

Crimson Sky

BH 16-2: Mustangs train for quick response scenarios



An A-10 Thunderbolt II, assigned to the 25th Fighter Squadron, taxis along the runway as an F-16 Fighting Falcon, assigned to the South Carolina Air National Guard 169th Fighter Wing, takes off during Exercise Beverly Herd 16-2 at Osan Air Base, Republic of Korea, Aug. 24, 2016. The two airframes were used to fly multiple sorties in support of the exercise, providing both pilots, maintenance and munitions Airmen the chance to hone their quick-turnaround skills. (U.S. Air Force photo by Senior Airman Victor J. Caputo)

UFG16: Thousands gather for annual joint/combined command, control exercise

By Senior Airman Kasey Phipps

OSAN AIR BASE, Republic of Korea -- Uniforms of varied colors and patterns funnel through the turnstile gates of the Korean Air and Space Operations Center here to kick off Ulchi Freedom Guardian 2016, the world's largest simulation-supported command post exercise, Aug. 22 - Sept. 4, 2016.

The annual command and control exercise is conducted at U.S. Combined Forces Command and Republic of Korea military installations throughout the Korean peninsula and enhances the combat readiness and interoperability of the ROK and U.S. supporting forces.

"The greatest value of this training event to me is the strengthening of the alliance," said Air Force Maj. Gen. Walter Sams, deputy commander Air Force Forces. "This alliance has been together for more than 60 years, and it's stronger now than it ever has been. It's because of events like this that make this alliance one of the

strongest in the world."

Approximately 2,500 U.S. military personnel from U.S. military and Department of Defense installations as well as representatives from nine United Nations Sending States augment the U.S. forces already stationed in the ROK.

"The value of working with so many countries is truly immeasurable," said Air Force Maj. Paul Keddell, Air Command Component lead exercise planner for UFG16. "The exercise allows us to work hand-in-hand with each of the nine sending states. It affords us an opportunity to expand on preexisting relationships and continue to build new relationships."

The approximately 25,000-strong U.S. force joins ROK government and military personnel to create a realistic, multinational and multiservice training environment in which to focus on the defense, protection and maintenance of stability in the region.

"I am enormously proud of all military members on this peninsula," said Sams. "The cooperation between the ROK and U.S. Airmen in order to get the job done is better than anything I've seen."

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Crimson Sky

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Air Force to reduce additional duties

By Mike Martin
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) -- Airmen need more time to focus on their core missions.

Air Force senior leaders said that's the message they received from Airmen and it's the reason they made the decision to reduce additional duties.

In a memorandum to Airmen released Aug. 19, Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Dave Goldfein announced the service has established a task force titled "Airmen's Time," charged with streamlining, and in some cases eliminating, additional duties.

"We have heard your concern and frustration," James and Goldfein said in the memo. "In meeting with Airmen at installations around the globe, we have heard consistently that additional duties assigned at the unit level affect our ability to focus on core missions, which in turn impacts our readiness."

After conducting a review of the duties under the direct control of the Air Force, the task force was able to eliminate, reassign or reduce 29 of 61 specific duties identified under Air Force Instruction 38-206, "Additional Duty Management."

Reassigned duties will be carried out by commander support staff, which are being re-established over time as a central part of Air Force squadrons, or through other means that do not require Airmen to be pulled away from their core missions.

Over the last several years, the Air Force began adding support manpower to squadrons to help relieve some administrative burdens, but it will take time before most units are able to begin absorbing some of the reassigned additional duties.

For additional duties being transferred to the CSS work center, further action is required to document the workload requirement in manning standards, fund sufficient manpower resources, and accomplish required training to execute these duties.

"Until the new CSS decisions are implemented and CSS manning is healthy, commanders are empowered at all levels to consolidate CSS-assigned duties as appropriate, and discontinue non-critical duties beyond their ability to resource," they said.

Those duties being reduced will no longer universally apply to all units, giving commanders much more flexibility in determining what duties are necessary for their type of unit, thereby reducing the need to train Airmen on functions that aren't needed in a particular unit.

Simultaneous to the revision of the instructions, the inspector general will begin to make updates to inspection checklists to reflect modifications to the AFI. Additionally, beginning this fall, the Air Force will establish a new screening process to review new policies and identify areas creating additional duties for Airmen with the goal of preventing unchecked growth of these functions in the future.

James understands there is more work to be done.

"This, I want to emphasize, will be a first step," James said. "And it's going to be followed up by a review of computer-based training and other ancillary requirements that take up a lot of our Airmen's time."

According to the memo, the service will focus on duties originating in law and Defense Department policy, and emphasize areas where the Air Force can eliminate, consolidate or streamline training requirements that have increased in recent years.

"Our squadron commanders, civilian leaders, superintendents, first sergeants, and Airmen feel firsthand the challenges associated with increased mandatory recurring training, a growing list of additional duties, and the challenge of a "do-it-yourself world," Goldfein said. "It is time to revitalize the squadron as the warfighting core of our Air Force."

B-52, B-1, B-2s participate in first integrated bomber operation in USPACOM AOR



A U.S. Air Force B-52 Stratofortress, B-1 Lancer and B-2 Spirit fly over Guam after launching from Andersen Air Force Base, Guam, for an integrated bomber operation Aug. 17, 2016. This mission marks the first time in history that all three of Air Force Global Strike Command's strategic bomber aircraft are simultaneously conducting integrated operations in the U.S. Pacific Command area of operations. As of Aug. 15, the B-1 Lancer will be temporarily deployed to Guam in support of U.S. Pacific Command's Continuous Bomber Presence mission. (U.S. Air Force photo by Senior Airman Joshua Smoot)

By Tech. Sgt. Richard Ebensberger
36th Wing Public Affairs

ANDERSEN AIR FORCE BASE, Guam -- History was made Aug. 17, 2016 when all three of Air Force Global Strike Command's strategic power projection bombers, the B-52 Stratofortress, B-1B Lancer and B-2 Spirit, simultaneously took to the sky during their first integrated bomber operation in the Indo-Asia-Pacific region.

Though all the aircraft have deployed independently to the

U.S. Pacific Command's area of responsibility in the past, this was the first time all three bombers flew a formation pass over Andersen Air Force Base, dispersed and then simultaneously conducted operations in the South China Sea and Northeast Asia.

"This mission demonstrated the U.S. commitment to supporting global security and our ability to launch a credible strategic defense force," said Brig. Gen. Douglas Cox, 36th Wing commander.

Continued on page 12

Exercise Beverly Herd 16-2 kicks off at Osan

By Air Force Senior Airman Victor J. Caputo
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Exercise Beverly Herd 16-2, a quarterly exercise flexing Team Osan's war-fighting muscles, kicked off Aug. 23.

The base-wide exercise tests each unit's ability to conduct their wartime mission successfully and be prepared to 'fight tonight'.

"It is extremely important that we consistently exercise our abilities like this, keeping our strengths up and minimizing any weaknesses we find," said Col. Cary Culbertson, 51st Fighter Wing vice commander.

One of the first events of the exercise involved an explosive ordnance disposal team from the 51st Civil Engineer Squadron responding to a suspicious vehicle in a parking lot. The EOD Airmen cleared the area by using their Andros F6 robot to inspect chemicals and suspicious objects found in the back of the vehicle.

"In the real world, we have to be able to work flawlessly so we can provide risk-based [recommendations] to the commander," said Chief Master Sgt. Frank Roman, 51st Civil Engineer Squadron emergency management flight chief.

The week-long exercise is conducted throughout the entire base, but the focus is often on unit-level objectives and capability checks.

"The ability of our squadrons to accomplish their mission is the most fundamental part of Team Osan's 'Fight Tonight' capabilities," said Culbertson. "Whether it's building the armaments, generating the aircraft or securing the base, the skill and aptitude of our ground-level Airmen and NCOs determines how effective we can be in a wartime scenario."

(Left) A simulated improvised explosive device sits in the back of a vehicle at Osan Air Base, Republic of Korea, Aug. 23, 2016. The 51st Civil Engineer Squadron explosive ordnance explosive team was called out to inspect the suspicious device, kicking off the first event in Exercise Beverly Herd 16-2. (U.S. Air Force photos by Senior Airman Victor J. Caputo)



An Andros F6 robot is used to relay information to a remote explosive ordnance disposal team assigned to the 51st Civil Engineer Squadron during Exercise Beverly Herd 16-2 at Osan Air Base, Republic of Korea, Aug. 23, 2016. The robot uses several cameras to give its operators a clear view of what they are working on, and the EOD Airmen use exercises like these to hone their technical skills.

Mustangs mark 51st FW's birthday



A three-ship formation of F-86F Sabres assigned to the 51st Fighter-Interceptor Wing fly over Korea in 1953. The 51st Fighter Wing, under various designations, fought in the Korean War and has provided aerial support and deterrence on the Korean Peninsula since 1971. (Courtesy photo)

By Senior Airman Victor J. Caputo
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Aug. 18, 2016 marks the 68th anniversary of the 51st Fighter Wing's activation in 1948.

The 51st FW aligns its heritage with the 51st Operations Group, which was assigned to Naha Air Base, Japan, in 1947 prior to the activation of the wing. The 51st FW was moved to Itazuke AB, Japan during the Korean War, where it played a key role in the defense of the Republic of Korea.

"If you look at when the Incheon landing happened just prior to that, Pusan was a heavily contested area within the Korean Peninsula and the 51st FW," said Col. Andrew Hansen, 51st FW commander. "The missions flown by both the F-80s and F-86s in order to support the Army breakout from Pusan around September of 1950 was a pretty pivotal part of what was going on. It's really tied to the importance of air power here on the peninsula today and the necessity of our presence here on Osan."

The Mustangs ultimately flew more than 45,000 sorties and shot down more than 300 enemy MiG-15s. They also produced 14 air aces, including the top ace of the war, Capt. Joseph McConnell, credited with destroying 16 enemy aircraft.

The 51st FW returned to Naha after the end of the war, where it performed its primary mission of air defense coverage of the Ryukyu Islands while also deploying personnel and aircraft in support of Pacific contingency operations, including the Vietnam War. The 51st FW moved to its current home at Osan Nov. 1, 1971.

"[Our mission] is incredibly important because we're guarding the freedom of 51 million people," said Hansen. "There's no more powerful alliance than what we have between the United States and the Republic of Korea here . . . and that strength and that partnership is a strong deterrent against any threat."

The 51st FW is now the host unit at Osan, where the Mustangs work hand-in-hand with a multitude of tenant units, including the ROK air force, the 694th Intelligence, Surveillance, and Reconnaissance Group, the 607th Air Support Operations Group and the U.S.

Army 35th Air Defense Artillery Brigade.

All of these units provide the ability to provide defensive support of the Republic of Korea on a moment's notice, always ready to "Fight Tonight."

"The idea that on a moment's notice that we would have to fight; you're not going to experience that really any place else," said Hansen. "It's not just fight tonight against any threat, it's against a very credible threat. It's hugely important the mission that we have here, and that we do have that realistic readiness mindset that makes us always ready to 'fight tonight.'"



Capt. Joseph McConnell, center, sits in the cockpit of his F-86 Sabre before a combat sortie during the Korean War. McConnell was the war's top American ace, scoring 16 confirmed kills, and the Air Force's first triple jet-on-jet ace. (Courtesy photo)

Former 51st FSS employee recognized with AF-level award

By Senior Airman Victor J. Caputo
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Anthony Dalton was recognized as one of the Air Force's outstanding Force Support Squadron employees of the year for his work at Osan Air Base, Republic of Korea.

Dalton, who was a supervisory sports specialist here, won the Air Force A1 Program Specialist of the Year award for his dedication and hard work throughout 2015.

"I was thrilled because I know this award is more of a team honor rather than an individual award," said Dalton. "I think as Air Force leaders we all understand that it truly does take a great, all-around team effort to make a squadron work, especially at Osan where we expanded our programming significantly and the tempo is extremely upbeat," he said.

Dalton, now the 82nd Force Support Squadron sustainment services flight chief at Sheppard Air Force Base, Texas, cited supportive squadron leadership and a great relationship with his ROK counterparts throughout the 51st FSS as reason behind his success.

"Being at Osan for five years was probably one of the most growth-promoting times in my professional and personal life," he said. "I learned a lot about hard work, teamwork and how they really make the mission work in the grand scheme."

Dalton's experience, work ethic and ability led him to climb the career ladder that led to his new job in Texas.

He proved himself to be a versatile leader, and he wasn't afraid to take on new challenges. His new position greatly expanded his responsibility and scope, and he was a pleasure to work with, said Maj. William Parker, 51st Force Support Squadron director of operations and Dalton's previous supervisor.

ROK, US forces integrate at Daegu for Buddy Wing 16-7

By Senior Airman Dillian Bamman
51st Fighter Wing Public Affairs

DAEGU AIR BASE, Republic of Korea -- Fighter squadrons across the Korean Peninsula routinely participate in Buddy Wings to enhance the interoperability of U.S. and Republic of Korea air forces.

For Buddy Wing 16-7, F-16 Fighting Falcon pilots from the 36th Fighter Squadron traveled to Daegu Air Base to train with F-15K Slam Eagle pilots from the ROKAF's 11th Fighter Wing from Aug. 8-12.

"It was a great opportunity to practice combined training with the 36th Fighter Squadron," said ROKAF Capt. Chon, Hun Min, 11th FW F-15k pilot. "It was also a great experience to be able to train between the F-15K and F-16 heterogeneously."

This Buddy Wing provided an opportunity to bring different cultures together to practice the planning and execution of flying training missions.

"There were some differences in the capabilities of the F-15s and F-16s that we had to work through, because we tactically employ our weapon systems differently," said Capt. Ryan Pebler, 36th FS pilot. "Figuring out the differences there and how we can operate together is one thing we really honed in on."

Now that the pilots of Buddy Wing 16-7 have integrated, formed bonds and evolved through Buddy Wing, they look to the future for RED FLAG-Alaska.

RED FLAG is a Pacific Air Forces exercise that provides joint offensive counter-air, interdiction, close air support and large force employment training in a simulated combat environment.

"Flying with them and getting to know them on a personal level and a tactical level will definitely help us integrate more as we get down there," said Pebler. "We know them by name now, and we can work together without the bubble we might've had before. I definitely think that will help us be successful at RED FLAG."

Pebler discussed some strategies to ensure the ROK-U.S. Alliance showcased at RED FLAG, such as Suppression of Enemy Air Defenses (SEAD) and Air Interdiction (AI).

With the 36th FS and 11th FW holding a strong presence in the Pacific Region through their teamwork, they're ready to showcase that in a wider-known exercise like RED FLAG, further solidifying 67 years of partnership between the United States and ROK.

Thanks to Buddy Wing 16-7, the 36th FS and 11th FW are ready to demonstrate their teamwork and capabilities at RED FLAG, further enhancing over 60 years of partnership between the United States and ROK.

[More photos on page 6](#)



Capt. Ryan Pebler, 36th Fighter Squadron F-16 Fighting Falcon pilot, shakes hands with Republic of Korea air force Capt. Chon, Hun Min, 11th Fighter Wing F-15K Slam Eagle pilot, before takeoff during Buddy Wing 16-7 at Daegu Air Base, ROK, Aug. 12, 2016. In October, both Pebler and Chon will be participating in RED FLAG-Alaska, a Pacific Air Forces exercise that provides joint offensive counter-air, interdiction, close air support and large force employment training in a simulated combat environment. (U.S. Air Force photo by Senior Airman Dillian Bamman)

More photos from page 5



(Above) F-16 Fighting Falcons from the 36th Fighter Squadron rest on the flightline for preflight inspections during Buddy Wing 16-7 at Daegu Air Base, Republic of Korea, Aug. 12, 2016. The Buddy Wing program is a 7th Air Force initiative to foster and maintain close ties and interoperability between the U.S. ROK air forces by training and flying combined missions.

(Left top) An F-16 Fighting Falcon takes off for Daegu's airspace during Buddy Wing 16-7 at Daegu Air Base, Republic of Korea, Aug. 12, 2016.

(Left) An F-15K Slam Eagle from the Republic of Korea air force's 11th Fighter Wing takes off for Daegu's airspace during Buddy Wing 16-7 at Daegu Air Base, ROK, Aug. 12, 2016. Buddy Wing is designed to introduce and review tactics, exchange ideas and improve the interoperability between U.S. and ROK air force pilots, maintainers and support personnel. (U.S. Air Force photos by Senior Airman Dillian Bamman)



Members of the 51st Fighter Wing and Republic of Korea air force's 11th Fighter Wing pose for a photo before the last flying training mission of Buddy Wing 16-7 at Daegu Air Base, Republic of Korea, Aug. 12, 2016. This Buddy Wing served as a precursor to October's RED FLAG-Alaska, a Pacific Air Forces exercise that provides joint offensive counter-air, interdiction, close air support and large force employment training in a simulated combat environment. (U.S. Air Force photo by Senior Airman Dillian Bamman)

CHAPEL SCHEDULE

KUNSAN AIR BASE

Protestant Services

Liturgical Communion Service

Sunday, 8:30 a.m.

Main Chapel, Bldg. 501

Gospel Service

Sunday, 1 p.m.

Main Chapel, Bldg. 501

Contemporary Service

Sunday 5 p.m.

Main Chapel, Bldg. 501

Catholic Services

Sunday Catholic Mass

Sunday, 10:30 a.m.

Main Chapel, Bldg. 501

Daily Mass and Reconciliation

Please call the Chapel

Other Worship Opportunities

LDS Service

Sunday, 2:30 p.m.

SonLight Inn, Bldg. 510

Point of Contact:

Kunsan Chapel, 782-4300

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<https://kunsan.eis.pacaf.af.mil/8FW/HC>

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

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



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USAG Yongsan Religious Support Office, 738-3011

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Spiritual Charge

Olympic fascination and everyday fulfillment



By Ch, Maj. Erik A. Tisher
8th Fighter Wing Chapel

As I write this, the 2016 Olympic Games in Rio are well underway. Fans from around the world are cheering on their nation’s representatives. Many of those who are not sports fans (and such people do exist) have set aside their normal television viewing habits to view the feats of such talented individuals as Michael Phelps, Gabby Douglas, and Simone Biles.

So why all of the sudden are there so many sports fans? Why do we as Americans suddenly become interested in sports such as judo, table tennis, and curling every four years? Is it because we’re lacking entertainment options? I doubt that’s the reason. Between the cable networks, Netflix, and YouTube: there’s plenty to watch. Is it because we really intend to take up these sports we’re watching? That’s probably not it either. As interesting as it was for me to watch curling from the DFAC at an undisclosed deployed location during the last Winter Olympics, I never once found myself shopping for curling stones online. Or is it because of the human interest stories surrounding the athletes? That may be part of the intrigue, but may not explain the whole phenomenon.

The American minister and author Dr. Norman Vincent Peale once stated, “The more you lose yourself in something bigger than yourself, the more energy you will have.” The idea of losing one’s self in something bigger may help to explain the Olympic phenomenon. The Olympic Games embody several themes...national pride, international community, triumph over adversity, just

to name a few. These themes serve to inspire us, to challenge us, and to connect us to a reality that is bigger than our normal daily existence. These themes give us meaning and purpose.

Meaning and purpose...aren’t these the building blocks of spiritual fitness? Meaning and purpose serve to keep us focused on the important things, those things that are larger than the day-to-day tasks. They help us to look beyond career difficulty; beyond financial limitations; beyond relationship setbacks; and beyond our doubts, struggles, and fears. Those things in life which give us meaning and purpose are the fuel rods to propel us to greater heights. And those greater heights for us become a source of hope, insulating us from despair, even in the toughest of times.

So, you may be saying to yourself, “Now Chaplain, that’s great and all, but how do I cultivate meaning and purpose?” I will offer up two suggestions for cultivating meaning and purpose. First of all: commit yourself to a cause. Our world has no shortage of undertakings worthy of our attention; be they religious, philanthropic, intellectual, political, and social...you get the drift. And how should you pick a cause? A

good place to start is by asking yourself, “What really moves me?” Another source of information might be a Wingman or someone else who knows you well. Often, people see things in us that we don’t even see in ourselves! These causes grow our sense of meaning and purpose because they lead us to commit our time, talents, and resources to improve our world.

A second suggestion for cultivating meaning and purpose is for you to add depth and breadth to your relationships. We in the Chaplain Corps often speak of relationships existing on two planes: the vertical relationship (that which we have with the holy) and the horizontal relationship (that which we have with humanity). Relationships grow our sense of meaning and purpose as we see the difference that we make in others and as we see the difference others make in us.

By the time this is published, the 2016 Olympic Games will be over; but watching the Games may have stirred up a desire within you to become part of something bigger than yourself. If so... it may be time to examine your sense of meaning and purpose. So, as Walt Disney once said, “The way to get started is to quit talking and begin doing.”

Adam Driver visits Osan



Director Mark Brokaw, and actors Adam Driver, Francois Battiste, Dominic Fumusa, and Rachel Brosnahan perform a reading of the play “Lobby Hero” in the Enlisted Club at Osan Air Base, Republic of Korea, Aug. 13, 2016. The play reading was sponsored by Arts in the Armed Forces, a non-profit organization founded by Driver to bring free theater performances to military members. (U.S. Air Force photos by Senior Airman Victor J. Caputo)



Tech. Sgt. Antonio Mason, 51st Aircraft Maintenance Squadron crew chief, explains F-16 Fighting Falcon controls to actor Adam Driver at Osan Air Base, Republic of Korea, Aug. 13, 2016. Driver and several other actors visited base and learned about the Team Osan mission before performing a reading of the play “Lobby Hero” here.

51st SFS Defender earns Airman's Medal



Staff Sgt. Rodney X. Dowell, 51st Security Forces Squadron information assurance NCO, is presented the Airman's Medal by Col. Andrew Hansen, 51st Fighter Wing commander, at Osan Air Base, Republic of Korea, July 29, 2016. In 2015, Dowell saved the lives of four people trapped in a burning vehicle while he was traveling to work early in the morning. (U.S. Air Force photos by Senior Airman Victor J. Caputo)

By Senior Airman Victor J. Caputo
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- A 51st Security Forces Squadron Defender was recognized for his heroic actions of saving four people's lives.

Staff Sgt. Rodney X. Dowell, 51st SFS information assurance manager, received the Airman's Medal, the highest non-combat medal awarded in the Air Force, for saving the lives of four people trapped in a burning vehicle in early 2015.

"It goes to show that you don't have to be on duty to save someone's life," said Dowell. "You don't want to be one of the bystanders just watching or driving by, and not everyone has the same mentality. I would hope if I were ever in a bad situation, somebody would do the same for me."

Dowell was driving to unit PT early in the morning while stationed at Eglin Air Force Base, Florida, when he saw the overturned vehicle sputtering flames and smoke on the side of the road. He immediately pulled over and began to pull the passengers out without any hesitation.

Disregarding the flames and fumes continually getting thicker and closer to the passenger compartment, Dowell immediately pulled two of the victims out from the back of the vehicle, but couldn't pull the driver off of the last passenger.

"That's when it started to hit me, when the fire started coming in the cabin and [the driver] was lying there, passed out," said Dowell. "I didn't want to risk dropping him on top of the other passenger."

Dowell flagged down two more drivers and used their combined strength to pull the unconscious driver and the last passenger out of the vehicle.

Once the victims had been attended to by emergency personnel and the scene was contained, Dowell went back home to change out his now blood-soaked clothing and reported to his duty section. Dowell's leadership quickly realized the depth of his actions.

"You never know when it can be your last day," said Dowell. "Even a minute later, those people could have died if I hadn't saved them."

Dowell departed Florida to join Team Osan just a few months later, where he was eventually presented his medal.

"I've known Staff Sgt. Dowell since 2010, when I was his detachment commander in Bahrain," said Lt. Col. Joseph Ringer, 51st SFS commander. "He was reserved, professional, dependable and possessed an incredible work ethic, even as a young [airman first class]. It's nice to see that nothing, other than his rank, has changed."



Staff Sgt. Rodney X. Dowell, 51st Security Forces Squadron information assurance NCO, poses with Col. Andrew Hansen, 51st Fighter Wing commander, after being presented with the Airman's Medal at Osan Air Base, Republic of Korea, July 29, 2016. The Airman's Medal is the highest non-combat medal awarded by the Air Force to individuals who distinguish themselves by heroic actions, usually at the voluntary risk of life. (U.S. Air Force photo by Senior Airman Victor J. Caputo)

'Meet in the middle' brings love together



U.S. Air Force Staff Sgt. John Dunlap, a 35th Aircraft Maintenance Unit F-16 Fighting Falcon crew chief deployed from Kunsan Air Base, Republic of Korea, his wife Jennifer and 6-month-old baby Evelyn, tour the Thunderdome while visiting after his shift Aug. 11, 2016, during RED FLAG-Alaska 16-3, at Eielson Air Force Base, Alaska. Jennifer and the baby met Dunlap in Alaska to visit for the first time in the U.S. while he has been stationed at Kunsan, a remote duty location, where families are not permitted to reside with their sponsors. (U.S. Air Force photos by Staff Sgt. Shawn Nickel)

By Staff Sgt. Shawn Nickel
354th Fighter Wing Public Affairs

EIELSON AIR FORCE BASE, Alaska -- After four months of not standing on American soil together, Staff Sgt. John Dunlap finally joined hands with his wife and kissed his 6-month-old baby daughter at the international airport in Fairbanks, Alaska.

Being absent from the lives of his family, the two weeks of long work days during RED FLAG-Alaska 16-3 would be nothing compared to the joy of holding his only child and wife during off time.

Dunlap, a 35th Aircraft Maintenance Unit F-16 Fighting Falcon crew chief deployed from Kunsan Air Base, Republic of Korea, is working in a support role for the other 155 Airmen here for the exercise. Kunsan is a remote duty location, where families are not permitted to reside with their sponsors.

"It's like the country song says, 'I'll start walking your way, you start walking mine,'" said Dunlap, referring to a love song by Diamond Rio, Meet in the Middle, which portrays two young people splitting a distance to spend time together.

Near the end of his shift, Dunlap is clearly excited to see his family for the 9th day in a row as he can barely contain a smile. He explained that he feels the excitement every minute as he hands out equipment and keeps track of every tool his unit shipped from home station.

"It's amazing," Dunlap exclaimed. "I've only spent a little more than a month with my daughter, so every second here is absolutely precious."

Jennifer flew in from her parent's home where she temporarily resides in Phoenix, Arizona, while the flight from Kunsan was roughly the same length of time for Dunlap. They landed at the halfway point in the Last Frontier of Alaska. A sort of "working vacation" is giving the family these "precious" moments at a fraction of the cost it would take Dunlap to visit home.

"This is our 'old Georgia pine,'" Jennifer said, also referring to their song. "Saving the money meeting halfway is nice, but it doesn't matter. I'd pay anything for John and Evelyn to interact and to see her smile when they are together. It's not the same hearing his voice and seeing him on the computer. You have to be able to have that physical touch and hold a child to create a bond. A father is the most important thing in a girl's life."

Jennifer refers to John as "Baby" or "Love;" however, the couple's daughter Evelyn just smiles and coos incoherent excited squeals at the sight of him. The smile on her chubby face is almost cartoonish as she waves her arms and kicks her little bare feet.

"I was scared she wouldn't recognize him being apart for such long periods," Jen-

nifer said. "My heart lightened so much after I saw she warmed right up to John. That made me feel amazing knowing they got along so well, so fast. I was truly afraid John would be hurt if it didn't go that way."

With three more days here to cherish, the couple said every moment has been a blessing and gives Jennifer's love something to look forward to.

"I will cry when they leave... Three more months in Korea and I will be an active dad and husband again," Dunlap said. "I can be there every day to take in the little things I'm missing while I'm gone. I know this duty is for my country and my daughter's future, so I know it's worth it. I've made some of the best friends ever in Korea, but I am looking forward to being together again, seeing my family, smelling and experiencing everything in person rather than thousands of miles away."



U.S. Air Force Staff Sgt. John Dunlap, a 35th Aircraft Maintenance Unit F-16 Fighting Falcon crew chief deployed from Kunsan Air Base, Republic of Korea, kisses his 6-month-old baby Evelyn after his shift Aug. 11, 2016, during RED FLAG-Alaska (RF-A) 16-3 at Eielson Air Force Base, Alaska. Dunlap's family took the time he was in the U.S. to visit during RF-A, a Pacific Air Forces commander-directed exercise, which is vital to maintaining peace and stability in the Indo-Asia-Pacific area of responsibility.

CrossFit: Helpful or Harmful?

By Capt. Josh Van Wyngaarden and Staff Sgt. Pedro De Los Santos
8th Medical Operations Squadron

KUNSAN AIR BASE, Republic of Korea -- CrossFit is a popular workout routine combining strength training, Olympic style weight lifting, speed work and plyometrics. The increasing popularity has also led to some extreme opinions about the program. Answering the question whether CrossFit is safe or dangerous has become increasingly complex. Some CrossFit exercises are quite difficult and require coordination of multiple joints to ensure proper movement. Physical therapists are experts at analyzing these types of movement patterns. PTs commonly see CrossFitters in the physical therapy clinic to treat injuries that have occurred during exercise. PTs are trained to find the biomechanical dysfunctions causing pain and assess physical movements to make sure pain never occurs. Those who are new to CrossFit or are considering joining a CrossFit gym should consider the pros and cons listed below prior to beginning the program:

Pros:

Forges Fitness: The high intensity interval training of a CrossFit workout is among the best ways to develop and improve muscle strength while maximizing cardio. Additionally many individuals don't know how to effectively train total-body fitness. CrossFit is designed to do this, thus enabling participants to become well rounded with their fitness.

Community: In the CrossFit culture there is a strong sense of community and camaraderie, which is highly beneficial to completing challenging exercises. Additionally, with a close-knit team to work-out with you will be more likely to stick with the workout program.

Competition: When implemented correctly competition is an excellent tool to throw in the mix when it comes to exercising. CrossFit utilizes the "Workout of the Day" to compete against others or to set personal goals.

Cons:

Lack of Personalization: Not everybody completing the "Workout of the Day" is at the same skill and fitness level. Assigning the same workout for both advanced trainees and beginners is a mistake and can lead to injury. Individualizing programs for specific populations is likely limited to the trainers' skill level.

Frequent Injury: CrossFit injury rates are substantially higher than most fitness programs. Herniated disks, muscle and tendon ruptures, and ligament sprains are all common injuries. Even with carefully watching your technique you are at increased risk because of the significant stress placed on your joints. Some of the techniques in CrossFit are highly challenging and may take years to perfect. Additionally many times people become fatigued towards the end of the workout and do not perform their final rep(s) properly because their attention has waned.

Competition/Peer Pressure: Competition can be motivational and very beneficial under the correct circumstances. However, when you prioritize personal records or outperforming your workout buddy over proper form, injuries will almost certainly follow. Additionally, this type of atmosphere can lead to participants lifting heavier weight than they should. There is a fine line between healthy encouragement from your friends and dangerous weight lifting. This is not a criticism of an approach that involves prioritizing big numbers and steady progression. However, if you decide numbers matter more than everything else, you will likely end up injured.

CrossFit workouts are a great option for your fitness regimen especially here in Korea where multiple readiness exercises will put increased demands on your

strength and endurance. However it's safest and most effective for people who already have experience in the gym. If you feel that you are an experienced weightlifter and are thinking of starting a CrossFit program it is recommended that you start with a trainer who will emphasize technique and safety. The same goes for when you are searching for a CrossFit gym to join. This will help prevent injury and keep you pushing forward toward your ultimate fitness goal. The bottom line is CrossFit should be undertaken with caution especially if you are a beginner. To put it bluntly if you're getting injured from working out, you're working out wrong. Working through pain reinforces improper form and further contributes to your issue. Be smart with your exercises and listen to your body. Otherwise, you may end up in the physical therapy clinic with an injury you could have prevented.

If this article has piqued your interest and you would like more information on preventing CrossFit related injuries, please visit the Physical Therapy & Health Promotion Flight at Kunsan AB or contact your local Physical Therapy clinic.



BH 16-2: First-hand experience leads to second nature response

By Staff Sgt. Rachelle Coleman
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- During Exercise Beverly Herd 16-2 the airfield management and radar approach control are vital to making sure everything from the airspace to the airfield is clear of obstacles to conduct wartime operations.

Both sections share the same goal – provide a location for jets to launch in support of operations safely and expeditiously.

Radar approach control coordinates with 11 different adjacent Korean military and civilian air traffic control facilities for all aircraft coming into, out of or through Osan airspace.

"The main mission of this wing is the air power we can provide to the fight if needed," said Chief Master Sgt. Timothy Gibson, 51st Operations Support Squadron chief controller for radar approach control. "The role of the air traffic controller is to allow those aircraft to get to where they're going safely, and then also to be able to recover them in an expeditious manner."

"Through both lateral and vertical separation methods we just ensure that all aircraft transition quickly and safely through the airspace or to the airfield here," Gibson added. "Most of the ops side of the house, our job day in and day out is to train for a wartime environment."

"Realistically an exercise is kind of our opportunity to demonstrate that we know what we're doing and can do," he said. "Especially with a wartime-type scenario, aircraft may come back under distress and air traffic controllers are one of the first lines of communication to coordinate emergency recovery."

While RAPCON assesses the airspace, AMOPS conducts routine checks to ensure pilots have a safe place to launch and land.

After simulated missile or ground attacks the AMOPS teams up with the explosive ordnance flight and conducts a sweep of the 1,100 acre airfield for any UXOs, craters, or any other damage or compromises that could pose risk to pilots or installation security. Using quick-reaction checklists, they report any findings to emergency operations agencies.

Those checks are in addition to daily checks of airfield equipment. Real world airfield management operations don't stop during an exercise; striking the right balance is important. According to Morales, understanding how to manage exercise expectations that could save lives, and at the same time respond to real world incidents that supersede exercise injects, is important.

"A lot of people know that it may be one week but that's one week where we can iron out our flaws and learn what we've failed to do," Morales said. "We can improve that way in the next exercise, or God forbid something really does happen, it's going to save us."



A U.S. Air Force B-52 Stratofortress, B-1 Lancer and B-2 Spirit taxi in preparation for an integrated bomber mission at Andersen Air Force Base, Guam, Aug. 17, 2016. This mission marks the first time in history that all three of Air Force Global Strike Command's strategic bomber aircraft are simultaneously conducting integrated operations in the U.S. Pacific Command area of operations. As of Aug. 15, the B-1 Lancer will be temporarily deployed to Guam in support of U.S. Pacific Command's Continuous Bomber Presence mission. (U.S. Air Force photo by Senior Airman Joshua Smoot)

Continued from page 2

Missions such as this provide opportunities for bomber crews to integrate and train with allies and partners in a variety of missions, and are also designed to strengthen capabilities by familiarizing aircrew with Andersen's geographic area of operations.

Several B-1s and more than 300 Airmen from Ellsworth Air Force Base, South Dakota, arrived at Andersen AFB, in early August to replace the B-52s assigned to Minot AFB, North Dakota. Effective Aug. 15, the B-1s are temporarily located at Guam to carry out USPACOM's Continuous Bomber Presence mission.

Capt. Kaitlin Tardieu and 1st Lt. Ruben Labrador, both 69th Expeditionary Bomb Squadron B-52 Stratofortress pilots deployed from Minot Air Force Base, North Dakota, said after a successful mission, they will be heading home once the changeover is complete.

"We've been out here the past six months flying Pacific power projection sorties, so all over the Pacific area of responsibility doing assurance deterrence missions," said Tardieu.

"It's been an amazing experience, we've [been able] to use equipment we wouldn't usually use and integrate with our allies," added Labrador.

With a large weapon capacity and exceptional standoff strike capability, the B-1 provides USPACOM and its regional allies and partners with a credible, strategic power projection platform.

"The unique thing about our opportunities here as part of the continuous bomber presence is we really have the chance to train across all of the mission sets that the B-1 is capable of," said Lt. Col. Seth Spanier, 34th Expeditionary Bomb Squadron commander deployed from Ellsworth Air Force Base, South Dakota. "We will routinely, on a day-in and day-out basis, get to train with the land, air and naval forces of both the US and our allies and partners in the region. It's really an unmatched train-

ing opportunity for our squadron."

Additionally, as a demonstration to U.S. commitment to the region, three B-2s also arrived in theater from Whiteman Air Force Base, Missouri, Aug. 9 to conduct local sorties and regional training and integrate with partner nations. During the deployment, members of the 509th Bomb Wing will hone skills in such key areas as command and control, air refueling and long-range navigation, while directly interacting with allied military forces.

"Training deployments such as these are meant to maintain crew readiness and provide unique training opportunities," said Lt. Col. Keith Butler, 13th Bomb Squadron director of operations. "It also gives us the chance to work with other bomber aircraft we have inside Air Force Global Strike Command as well as some of our regional allies and partners for national security and deterrence in this part of the world.

The CBP mission and global strategic bomber deployments are part of a long-standing history of maintaining a consistent bomber presence in the Indo-Asia-Pacific region in order to maintain stability and provide assurance to U.S. allies and partners in the region. USPACOM's area of responsibility covers 52 percent of the globe, which makes strategic bombers an effective long-range global attack capability, assuring our allies while deterring potential adversaries.

AFGSC continues to routinely deploy bombers to Andersen, which provides opportunities for Airmen to advance and strengthen regional alliances and the long-standing military-to-military partnerships throughout the Indo-Asia-Pacific.

"By doing this, we showed the world we can expertly integrate three different platforms with unique capabilities, meeting Team Andersen's mission by providing the President of the United States sovereign options to decisively employ airpower across the entire spectrum of engagement -- thus achieving our Wing's motto, we are 'Prepared to Prevail,'" Cox said.



A U.S. Air Force B-52 Stratofortress, B-1 Lancer and B-2 Spirit fly over Guam after launching from Andersen Air Force Base, Guam, for an integrated bomber operation, Aug. 17, 2016. This mission marks the first time in history that all three of Air Force Global Strike Command's strategic bomber aircraft are simultaneously conducting integrated operations in the U.S. Pacific Command area of operations. As of Aug. 15, the B-1 Lancer will be temporarily deployed to Guam in support of U.S. Pacific Command's Continuous Bomber Presence mission. (U.S. Air Force photo by Tech. Sgt. Richard P. Ebensberger)

BH 16-2: Weapons safety ensures ammunition safety compliance, maintenance



Tech. Sgt. Tony Goodwin, 51st Munitions Squadron conventional maintenance section chief, and Staff Sgt. Gordon Inch, 51st Fighter Wing weapons safety manager, troubleshoot an ammunition loading machine during Exercise Beverly Herd 16-2 at Osan Air Base, Republic of Korea, Aug. 23, 2016. Inch and 51st FW safety Airmen go out to various shops across Osan to ensure compliance and provide assistance and advice with safety concerns. (U.S. Air Force photos by Senior Airman Dillian Bamman)



A maintainer from the 51st Munitions Squadron conventional maintenance shop troubleshoots an ammunition loading machine during Exercise Beverly Herd 16-2 at Osan Air Base, Republic of Korea. Conventional maintenance Airmen inspect, prepare and build a large spectrum of munitions for 51st Fighter Wing aircraft like the A-10 Thunderbolt II and F-16 Fighting Falcon.

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.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.

Conversational English Program

As part of the Good Neighbor Program, 7th Air Force Public Affairs has been supporting the conversational English program organized by the Osan City Mayor for middle school children in Osan city. We are in need of American volunteers who will assist/teach conversational English to students for the 2016 second semester beginning early September. Transportation is provided; two mini buses depart from Checkertails at 2:40 p.m. and return to Checkertails at approximately 5:30 p.m. each Monday. The program's goal is to improve Korean children's English language skills by allowing them to spend time with our service members in their Korean school classrooms. Spouses are welcome to volunteer. If you are interested in this "Adopt-A-School "English Tutoring Program," please contact Mrs. Yom, Kyong Suk via email at kyong_suk.yom.kr@us.af.mil or DSN 784-4724 or 010-4736-7979.

Holiday Observances

LABOR DAY: Sept. 5, 2016 is a legal holiday for U.S. civilian employees and the liberal leave policy is in effect for Korean National (KN) non-essential civilian employees. Supervisors should ensure the time and attendance card for KN civilian employees who wish to be off that day are properly coded to reflect the appropriate leave code. Organizations with KN civilian employees that require supervision must ensure adequate supervision is available. If an office is going to be closed, KN civilian employees can be required to take annual leave but management must provide them with a 24-hour advance notice.

CHUSOK HOLIDAY: The Commander, 51st Fighter Wing, has authorized a closure on Sept. 16 for all non-essential U.S. civilian employees. Out of respect for ROK custom, all non-essential U.S. civilian employees will be excused from duty without charge to leave or loss of pay on this day. Since this is a closure, not a U.S. Holiday, U.S. civilian employees required to work are not authorized either holiday premium pay or a substitute day off.

All Korean National (KN) employees will observe Chusok on Sept. 14, 15, and 16, 2016. They will be released from duty without charge to leave or loss of pay for the number of duty hours they are normally scheduled to work on the above dates. KN employees deemed essential and required to work will be paid holiday premium pay.

Questions should be referred to Ms. Kim, Min Kyo, 51 FSS/FSMCE, at 784-4434/8177.

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	(동두천) 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	09:20
10:15		11:35	16:40	12:55	06:55 Dong Seoul	11:50
10:30		12:05	17:30	13:35	07:15 Dong Seoul	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)	17:10
14:00		18:05			TaeBaek W21900	18:50
14:30		18:35			Postponed	20:30
14:40		19:05			보류	제천
15:00		19:35			춘천청평가평	JeCheon W13300
15:20		20:25			ChunCheon W14000	15:10
15:40		21:05			CheongPyeong	19:10
16:00		21:35			GaPyeong	광주(전남) KwangJu W16600
16:20					07:10	08:45
16:40					09:40	10:25
16:55					10:55	12:10
17:10					12:50	14:15
17:25					14:00	15:45
17:40					15:25	17:15
18:00					18:20	18:10
18:15					18:30	19:10
18:20					20:00	20:20
18:30					07:30	12:00
18:50						19:00
19:10						
19:30						
19:45						
20:10						
20:25						
20:40						
21:10						
21:50						

Kyung Dong bus schedule (Yongsan - Osan - Humphreys)

MONDAY-FRIDAY

										*			
Lv. Yongsan	0550	0700	0830	1000	1100	1300	1430	1630	1720	1720	1900	2130	
Ar. 121st GH							1435						
Lv. Osan AB	0650	0810	0940	1119	1210	1410	1540	1740	1830	x	2010	2240	
Ar. Humph	0740	0850	1020	1150	1250	1450	1630	1820	1910	1850	2050	2320	

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

- * Bus stops at Humphreys main gate
- ** Bus stops at Yongsan Dragon Hill Lodge

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

WEEKEND & U.S HOLIDAYS

										*			
Lv. Yongsan	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	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

Hemp-based supplements advisory



By 8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Kunsan Air Base service members are advised to check products they have purchased from GNC on base. The following items contain organic hemp protein or hemp flour and are prohibited for use by service members.

- Sunwarrior Warrior Blend Plant-Based Protein
- GNC SuperFoods 25 Protein Plus Probiotic
- GNC SuperFoods Ultra Mega Green Active

The Kunsan Air Base Exchange has removed these products from the shelves.

Service members who purchased these products should return them to the GNC in the Base Exchange for a full refund.

According to AFI 90-507, Military Drug Demand Reduction Program, para. 1.1.6, "Studies have shown that products made with hemp seed and hemp seed oil may contain varying levels of tetrahydrocannabinol (THC), an active ingredient of marijuana, which is detectable under the Air Force Drug Testing Program. In order to ensure military readiness, the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited."

Service members are reminded to check the ingredient list of all supplements they take. Kunsan service members interested in more information on supplements and their ingredients are encouraged to contact the Drug Demand Reduction Program team at DSN 782-4857.

Dorm 1346 crowned winner of energy saving competition

By Senior Airman Dillian Bamman
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Facilities across Osan have competed in energy saving practices over the past nine months for the 51st Civil Engineer Squadron's first Energy Consumption Reduction Competition.

Dorm 1346 took first place in the competition by saving over \$52,000 in energy costs, which falls in line with the Air Force's priority to "foster an energy aware culture."

"The competition is a tool to increase awareness in conserving energy and water on the base and to reduce energy consumption to help meet DoD mandated energy reduction goals," said David Moysey, 51st CES resource efficiency manager.

Collectively, Dorm 1346 and the other 31 facilities saved \$307,000, a portion of which will be put into the facilities.

"This will definitely benefit the residents' morale since we've won \$400 to purchase something to enhance their quality of life," said Staff Sgt. Dominic Schultz, 51st CES airman dorm leader for Dorm 1346.

Now the 2015 competition is over, the 51st CES plans to host the competition annually, with the next competition slated to begin Oct. 1.

Because energy conservation is a year-round effort, here are the 51st Civil Engineer Squadron's top tips to continue saving energy:

- Make sure doors and windows are closed when heat or air conditioning are activated.
- Make sure outdoor lights (on the building and bike racks) are turned off during the day.
- Make sure indoor lights are turned off when not in use and especially before leaving the building after work.
- Unplug appropriate appliances not in use, especially on weekends and holidays.
- In dorms, make sure residents clean out the dryer vents after each use of the clothes dryer.
- In dorms, make sure the lights are off in the day rooms, laundry rooms and exercise rooms when not in use.
- Make sure all incandescent lights have been replaced by fluorescent or LED lights in your facility.
- Make sure a facility manager or trained tank custodian is present during receipt of heating fuel and confirm the amount of fuel billed (by contractor) is the amount of fuel received (use AF Form 500).
- When the heat is turned on in November, if your facility is noticeably "overheated" (68 degrees Fahrenheit or 20 degrees Celsius is the target temperature IAW 51FWI 90-1702), notify the Energy Management Office at 784-9176, and they will contact the HVAC Office.
- If you want any additional energy saving tips for your specific facility, please send a request to david.moysey.ctr@us.af.mil

CFC Deputy Commander talks ballistic missile defense with 35th ADA



Gen. Hyun-Jip Kim, deputy commander, Combined Forces Command, toured the D Battery, 6th Battalion, 52nd Air Defense Artillery Regiment tactical site, Aug. 11 at Osan Air Base, Republic of Korea. The purpose of his visit was to learn more about the capabilities and equipment, and how the 35th ADA employs the Patriot missile station to deter and defend the Republic of Korea from adversary aggression.

By U.S. Army Capt. Jonathon A. Daniell
35th Air Defense Artillery Brigade Public Affairs

OSAN AIR BASE, Republic of Korea - The Deputy Commander, Combined Forces Command, Gen. Hyun-Jip Kim flew to Osan Air Base, Republic of Korea, Aug. 11 to discuss ballistic missile defense with 35th Air Defense Artillery Brigade.

Kim was greeted by Col. Mark Holler, 35th ADA Brigade commander, and Command Sgt. Maj. Eric McCray on the flight line. Upon arrival, Kim and his staff toured the D Battery, 6th Battalion, 52nd ADA tactical site to enhance their understanding of how the brigade is equipped and prepared to respond to adversary threats and aggression.

“When the second in command for all U.S. and Republic of Korea forces visits your footprint, it reinforces how important your mission is in the Korean theater of operation,” said Capt. Christopher Walker, D Battery, 6-52 ADA commander. “The success of this unit is a true testament to the hard work of the Soldiers; they’re always training and they’re always ready.”

Kim expressed interest on strengthening the strategic partnership between ROK and 35th ADA missile defense commands. His focus hovered around readiness, and how units can share best practices to reduce redundancy.

According to Hyong-Uk Kim, a cultural advisor assigned to 35th ADA Brigade, this was the general’s first visit to the Patriot tactical site at Osan, and members of his staff said Kim was very satisfied with the meeting.

The visit concluded with a brief exchange of gifts between Kim and Holler, a customary show of respect in the ROK when meeting someone for the first time.



(Above) Lt. Col. Marc Pelini, commander, 6th Battalion, 52nd Air Defense Artillery Regiment talks Patriot capabilities and equipment with Gen. Hyun-Jip Kim, deputy commander, Combined Forces Command at Osan Air Base, South Korea, Aug. 11. The meeting provided an opportunity for the 35th ADA command team to discuss how the Dragon Brigade is ready to provide ballistic missile defense in support of the Republic of Korea.

(Left) Col. Mark Holler, 35th ADA Brigade Commander, and Command Sgt. Maj. Eric McCray welcome Gen. Hyun-Jip Kim, deputy commander, Combined Forces Command to Osan Air Base, South Korea, Aug. 11. Kim and members of his staff toured one of the Patriot tactical sites to gain a better understanding of how 35th Air Defense Artillery Regiment provides ballistic missile defense in the Korean theater of operation.