

Crimson Sky

Volume 09, Issue 04

November 18, 2016

<http://www.7af.pacaf.af.mil>

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United Kingdom Air Chief Marshal Sir Stephen Hillier, Royal Air Force chief of air staff, Lt. Gen. Won, In-Choul, Republic of Korea Air Force Operations Command commander, and Lt. Gen Thomas W. Bergeson, 7th Air Force commander, participate in a media event for Invincible Shield, an interoperability exchange, at Osan Air Base, ROK, Nov. 8, 2016. The RAF, U.S. and ROK air forces participated in Invincible Shield, which marked the first time the RAF has fielded aircraft on the Korean Peninsula since the Korean War. (U.S. Air Force photo by Senior Airman Dillian Bamman)

Invincible Shield: US, UK, ROK air forces conduct strategic exercise

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

OSAN AIR BASE, Republic of Korea -- The United Kingdom Royal Air Force operated its largest deployment of equipment and personnel to the Korean Peninsula since the 1950s during Invincible Shield, a combined interoperability exchange.

The RAF sent multiple Eurofighter Typhoon FRG4s to Osan Air Base, which were flown alongside U.S. F-16 Fighting Falcons and A-10 Thunderbolt IIs, and ROK air force F-15K Slam Eagles in multiple sorties throughout the exchange, which marked the largest RAF gathering in Korea since the end of the Korean War.

"I expect Invincible Shield, our first ROK-U.S.-United Kingdom combined-air exercise, to not only enhance the combined air operations capability to protect peace and stability on the Korean Peninsula, but also greatly contribute to the improvement of military operation with the Royal Air Force," said Lt. Gen. Won, In-Choul, ROK Air Force Operations Command commander.

The exchange provided an opportunity for the three nations to share information and skills acquired throughout decades of historic combined aerial experience in different theaters across the globe.

"Working shoulder-to-shoulder, we are showing a unified front to those who would wish to do us harm," said Lt. Gen. Thomas W. Bergeson, 7th Air Force commander.

The RAF personnel were appreciative of the opportunity to not only train alongside the U.S. and ROK air forces, but also continue to strengthen their decades-old relationship with the ROK.

"I know from speaking with those that have been participating in the exercise the success it has been so far, enhancing the interoperability between our air forces and strengthening our mutual interest in security and defense," said Air Chief Marshal Sir Stephen Hillier, RAF chief of air staff. "The RAF participants have also told me what a privilege they have felt it to be to exercise so closely with our Korean partners and friends, alongside U.S. forces, on Invincible Shield."

The deployment of RAF assets and continuation of training missions alongside ROK and U.S. crews will continue through Nov. 10.

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Crimson Sky

Published by Seventh Air Force

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Circulation: 7,000

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CSAF announces CMSAF #18

Chief Master Sgt. Kaleth O. Wright was named the 18th Chief Master Sergeant of the Air Force by U.S. Air Force Chief of Staff Gen. David L. Goldfein, Nov. 16, 2016. Wright will assume the duties of CMSAF in February following the retirement of Chief Master Sgt. of the Air Force James A. Cody. (U.S. Air Force file photo)

Secretary of the Air Force Public Affairs

WASHINGTON, D.C. -- Air Force Chief of Staff Gen. David L. Goldfein named Chief Master Sgt. Kaleth O. Wright to serve as the 18th Chief Master Sergeant of the Air Force Nov. 16, 2016.

Wright will assume his new position in February, following the retirement of Chief Master Sgt. of the Air Force James A. Cody. Cody's retirement culminates more than 32 years of service to the Air Force.

"Chief Wright is absolutely the right choice as Chief Master Sergeant of the Air Force #18 for our Air Force," Goldfein said. "He has experience in squadrons and major commands and in the deployed environment. He served in key leadership positions all along the way, leading our Airmen in almost every region of the world. I am positive he and Tonya will continue to serve tirelessly for our enlisted force as advocates for our Airmen and families. Dawn and I are excited to have them join our team."

Secretary of the Air Force Deborah Lee James echoed Goldfein's words and reflected on Cody's time as Chief Master Sergeant of the Air Force.

"It was an absolute honor to serve with Chief Cody and Athena. They have shown a remarkable commitment and dedication to taking care of Airmen and their families,"

James said. "Chief Cody's steadfast leadership in continuing to develop the enlisted force and fighting for our Airmen has been unrivaled. Over the past four years, he has made monumental changes which will continue to positively impact our enlisted force for years to come. I wish him and Athena the best as they begin the next chapter of their lives."

Wright joined the Air Force in 1989, and is currently the command chief master sergeant for U.S. Air Forces in Europe and U.S. Air Forces Africa, headquartered at Ramstein Air Base, Germany. His career includes various assignments in the dental career field and as the command chief master sergeant, 22nd Air Refueling Wing, McConnell Air Force Base, Kansas; 9th Air and Space Expeditionary Task Force-Afghanistan, Kabul; and 3rd Air Force and 17th Air Expeditionary Air Force, Ramstein AB.

The office of the chief master sergeant of the Air Force represents the highest enlisted level of leadership, provides direction for the enlisted corps and represents their interests to the American public and all levels of government. The CMSAF serves as a personal advisor to the Air Force Chief of Staff and Secretary of the Air Force on all issues regarding the welfare, readiness, morale, proper utilization, and progress of the enlisted force and their families.

NEO exercise prepares Osan's families for evacuations

By Staff Sgt. Jonathan Steffen
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Affairs -- Team Osan families participated in Courageous Channel 2016, an annual noncombatant evacuation operational (NEO) exercise, to practice the evacuation of non-combatant families off the peninsula Oct. 29-30, here.

"What we are exercising is the ability to setup the assembly points and process the noncombatants through the assembly point," said Tech. Sgt. Kathryn Wood, 51st Force Support Squadron NEO program manager.

Wood said her goal is to get as many families in and out of the assembly point during the exercise to ensure families are prepared for an evacuation.

Reasons for evacuating non-combatants can include political or civil unrest, natural or man-made disaster and war.

"The exercise will get the families prepared for an evacuation in addition to getting the NEO wardens prepared," said 1st Lt. Deborah Smith, 51st Force Support Squadron chief of marketing and community programming and partnership office.

Families were required to bring passports, gas masks, ID cards and their NEO binder while processing through the assembly point.

"During a real-world event, the active duty member is not going to be there to help them walk the kids or pets through," said Wood. "It's really important that they know how to come prepared for an evacuation."

After completing the NEO exercise requirements, all command and non-command sponsored families, Department of Defense and contractor civilians and their families are eligible to be evacuated if the situation arises.

To find out more information about the NEO program, contact your units NEO warden.



(Right-Above) U.S. Air Force Tech. Sgt. Anthony Gomez, 51st Logistics Readiness Squadron NCO in charge of individual protective equipment, and Senior Airman Alex Baer, 51st LRS IPE journeyman, inspect an infant and child nuclear, biological and chemical positive-pressure protective system during exercise Courageous Channel 2016 at Osan Air Base, Republic of Korea, Oct. 29, 2016. Gomez and Baer ensured that family members had working IPE to use in the case of an evacuation.

(Right) U.S. Air Force Staff Sgt. Kristina Ramos, 51st Civil Engineer Squadron NCO in charge of emergency management training, shows Stephanie Shufelt and her son Damian how to use an infant and child nuclear, biological and chemical positive-pressure protective system during exercise Courageous Channel 2016 at Osan Air Base, Republic of Korea, Oct. 29, 2016. During the exercise, families had a chance to wear and learn about the protective system that could protect them from nuclear, biological and chemical contaminants.



U.S. Air Force Tech. Sgt. Seth Barrett, 51st Logistics Readiness Squadron NCO in charge of material control, gives a Non-combatant Evacuation Operations reception briefing during exercise Courageous Channel 2016 at Osan Air Base, Republic of Korea, Oct. 29, 2016. The NEO reception briefing gives the non-combatant families an overview of the process and timeline if they were to be evacuated. (U.S. Air Force photo by Staff Sgt. Jonathan Steffen)

731st Special Handling has a “hand” in everything



(Above) U.S. Air Force Staff Sgt. Richard Allen, 731st Air Mobility Squadron special planning supervisor, and Airman 1st Class Kevin Johnston, 731st AMS special planning technician, toss a securing net over an ammunitions shipping build during routine shipping operations at Osan Air Base, Republic of Korea, Nov. 2, 2016. The special handlers provide storage and shipping requirements for critical military items across the Korean Peninsula.

(Right) U.S. Air Force Airman 1st Class Kevin Johnston, 731st Air Mobility Squadron special planning technician, moves a barrel of compressed helium at Osan Air Base, Republic of Korea, Nov. 2, 2016. From a small blood sample to aircraft ammunition, the special handlers assist in the distribution of critical items to military installations across the Korean Peninsula. (U.S. Air Force photo by Senior Airman Dillian Bamman)

By Senior Airman Dillian Bamman
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- A dark, mysterious storage compound rests on the edge of the Osan Air Base flightline.

Vaults litter the sulfur-smelling storage area holding items valued in the millions, with others priceless to the United States.

One small group of Airmen hold the responsibility of accepting, storing and transferring these critical items aiding in the safety and stability of the South Korea.

From a small blood sample to aircraft ammunition, the 731st Air Mobility Squadron's special handling section assists in the distribution of critical military items to installations across the Korean Peninsula.

"We deal with everything that has potential to save a life or end it," said Airman 1st Class Kevin Johnston, a 731st AMS special planning technician.

The 731st AMS assists all Osan AB units, but they work closely with the 51st Munition Squadron and 51st Medical Group, as well as Army and Marine units around South Korea, including the Demilitarized Zone.

"Anything they bring to the peninsula to sustain that mission goes through us, such as helicopters, bullets and grenades, to help them keep

the DMZ postured," said Staff Sgt. Richard Allen, a 731st AMS special planning supervisor.

As well as equipment, the special handlers also support the mortuary affairs capability of South Korea.

"If any of our service members sustained life-ending injuries, we would be the ones to bring their body back to the states for ceremony and recognition," Allen said.

Depending on the situation, special handlers may be called to perform a joint inspection, which Johnston recently assisted with the U.S. Navy.

"The situation was a helicopter was landing onto a Navy carrier and it crash-landed," Allen said. "To help, Johnston and another Airman had to travel to the location, inspect that helicopter for air worthiness and put it on a plane to be shipped back to the States."

With the critical nature of their career, special handlers require advanced training to handle certain items.

"What I like the most about my job is its significance to the mission," Allen said. "We can ship a 1-pound box, but the total value of that box can range in the millions of dollars. We have our hands on a lot of multi-million dollar (pieces of) equipment, and for us to support that on a daily basis is amazing to me."

Osan Storytellers show other side of Airmen's lives

By Senior Airman Dillian Bamman
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Airmen from across the base gathered at the Mustang Center to hear the stories of their fellow Airmen for during an Osan Storytellers event Oct. 26, here.

The Osan Junior Enlisted Council and First Sergeant Association hosted the quarterly event to highlight the stories of resiliency and difficulty Airmen face.

"Osan Storytellers is based upon the concept that every Airman has a story," said U.S. Air Force Master Sgt. Jesse Reed, 5th Reconnaissance Squadron first sergeant. "These stories are shared in hopes that the Airmen of Osan can relate and be inspired."

Six speakers opened up to the audience with personal stories such as losing a family member, enduring a first PCS and a diagnosis of breast cancer.

"It's important because new Airmen coming into the Air Force often don't know the struggles being faced by the everyday Airman, like EPRs, supervision and general military life," said U.S. Air Force Senior Airman Alex Baer, 51st Logistics Readiness Squadron individual protective

equipment journeyman. "This is an avenue to hear these personal accounts and to get them thinking about these issues to better our Air Force."

U.S. Air Force Master Sgt. Patrick Odom, 7th Air Force first sergeant, shared his story titled "Off to a Bad Start," highlighting his journey of growing into a SNCO and first sergeant.

"This isn't about me, but how I can help others through my story," said Odom. "It's an honor and privilege to give back to the Airmen here. I want people to go into their own mindset and help themselves in some way. We all have our own struggles, but as an Air Force, we are all a family that takes care of one another."

U.S. Air Force Master Sgt. Conchas, 5th Reconnaissance Squadron section chief, shared his story as a young Airmen struggling with weight gain.

"I was putting too much into my professional development that I lost track of what's most important: my personal health," said Conchas. "It took a lot of motivation, but thanks to my friends and Air Force family, I was able to get my weight under control."

Overall, Storytellers is not just an opportunity for Airmen to share their stories, it provides a unique chance to find strength in shared experiences and community in the Air Force family.



U.S. Air Force Master Sgt. Gordon Carpenter, 5th Reconnaissance Squadron section chief, speaks during an Osan Storytellers event at the Mustang Club at Osan Air Base, Republic of Korea, Oct. 26, 2016. Carpenter shared his account of resiliency as a single father and First Term Airman. Osan Storytellers is a quarterly event giving Airmen of all ranks the opportunity to share personal and military experience with other Airmen.

CHAPEL SCHEDULE

KUNSAN AIR BASE	OSAN AIR BASE	USAG-YONGSAN
<p>Protestant Services</p> <p>Liturgical Communion Service</p> <p>Sunday, 8:30 a.m. Main Chapel, Bldg. 501</p> <p>Gospel Service</p> <p>Sunday, 1 p.m. Main Chapel, Bldg. 501</p> <p>Contemporary Service</p> <p>Sunday 5 p.m. Main Chapel, Bldg. 501</p> <p>Catholic Services</p> <p>Sunday Catholic Mass Sunday, 10:30 a.m. Main Chapel, Bldg. 501</p> <p>Daily Mass and Reconciliation Please call the Chapel</p> <p>Other Worship Opportunities</p> <p>LDS Service Sunday, 2:30 p.m. SonLight Inn, Bldg. 510</p> <p>Point of Contact: Kunsan Chapel, 782-4300</p> <p>Visit us on SharePoint: https://kunsan.eis.pacaf.af.mil/8FW/HC</p>	<p>Protestant Services</p> <p>Traditional Service Sunday, 10 a.m., Chapel Sanctuary</p> <p>Gospel Service Sunday, Noon, Chapel Sanctuary</p> <p>Contemporary Service Sunday, 5 p.m., Chapel Sanctuary</p> <p>Church of Christ Sunday, 3 p.m., Chapel Annex</p> <p>Protestant Ministries</p> <p>Awana Children's Ministry Wednesday, 6 p.m., Middle School</p> <p>Men of the Chapel Wednesday, 7 p.m., Chapel Annex</p> <p>Singles & Unaccompanied Thursday, 7 p.m., Mustang Center</p> <p>Women of the Chapel Monday, 7 p.m./Tuesday, 9 a.m. Chapel Annex</p> <p>Youth of the Chapel Sunday, 3 p.m., Chapel Annex</p> <p>Point of Contact: Osan Chapel, 784-5000</p> <p>Visit us on SharePoint: https://osan.eim.pacaf.af.mil/51FW/51FW-HC/default.aspx</p> <p>Visit us on Facebook (OSAN AB CHAPEL) https://www.facebook.com/OsanABChapel</p>	<p>Catholic Mass</p> <p>Daily Mass Tuesday – Thursday, 11:30 a.m., Sanctuary</p> <p>Saturday, 5 p.m., Sanctuary</p> <p>Sunday, 8:30 a.m., Sanctuary</p> <p>Reconciliation Saturday, 4 p.m., Blessed Sacrament</p> <p>Catholic Ministries</p> <p>Catholic RE Sunday, 10 a.m., Chapel Annex</p> <p>Korean Prayer Group Tuesday, 9:30 a.m. Blessed Sacrament</p> <p>Bible Study Tuesday, 6 p.m., Chapel Annex Rm 4</p> <p>Women of the Chapel Thursday, 9 a.m., Chapel Annex Rm 3</p> <p>Other Faith Groups</p> <p>Earth-Based Jewish Call the Chapel for the current POC</p> <p>Point of Contact: USAG Yongsan Religious Support Office, 738-3011</p> <p>Visit us on SharePoint: http://www.army.mil/yongsan</p>



Spiritual Charge

Thankfulness during Thanksgiving



By Ch, Capt. Tim Session
Chaplain, 8 FW/HC

Each year during the Thanksgiving Holiday, I am reminded of some great advice a well-respected mentor once shared with me. He told me that one of most important phrases in the English language consists of two simple words. These words when placed together announce the gratitude you have for the many blessings you have been given in life. The two words are simply “thank you.”

Throughout my life I have enjoyed the opportunity to visit a multitude of countries and experience many cultures. All of them have a universal acceptance and understanding of gratitude no matter what the spoken language might be. In Spanish we say “gracias”, in German it’s “danke”, French is simply “merci”. One of the first phrases I learned upon my arrival to Korea was “kamsahamnida” which is the Korean word for “thank you.” It is a mouth full, but of the limited phrases in my Korean repertoire, it is the one I have used the most. I’m sure I butcher the pronunciation,

but our gracious Korean hosts seem to appreciate my attempt to speak their language.

If you struggle with speaking Korean as I do, realize that gratitude can be expressed without words. A few weeks ago I joined a group Airmen from Kunsan AB who decided to serve the local community by cleaning up trash around Eunpa Park in the city of Gunsan. As we walked around filling our trash bags, many of the local Koreans would pass by and greet us with an occasional thumbs up or a huge smile. They may not have known how to tell us thank you in English, but we clearly understood their gratitude by their actions.

Gary Chapman, well-known author of The 5 Languages of Appreciation, points out five ways in which people understand appreciation. These “languages” of appreciation are identical to the five love languages which are: words of affirmation, quality time, acts of service, tangible gifts and physical touch. Words of affirmation is the

only one of the five languages that is verbal. The remaining four require action. You can express gratitude to a loved one by simply spending time with them. Completing an unfinished chore around the house says “Thank You” to those who value acts of service. One of the easiest ways to show appreciation is to buy a tangible gift such as flowers or a card. Finally, a simple high five or hug can let those who prefer physical touch to know you are thankful.

I encourage you to take a time and discover your own language of appreciation and more importantly, the language of those you love. Once you do, let Thanksgiving challenge you to intentionally express gratitude to your loved ones in both word and deed. When we thank the people who have made great contributions to our lives, what we are really telling them is, “I recognize the love you have shown me and I love you too!” We all desire to be loved and appreciated and one of the best ways to receive it is to give it.

CSAF shares Air Force vision, way forward with Wolf Pack



(Above) Air Force Chief of Staff, Gen. David L. Goldfein, speaks to airmen in the base theater during an all call at Kunsan Air Base, Republic of Korea, Nov. 2, 2016. Goldfein traveled to Kunsan to meet with airmen and discuss his focus areas as Air Force Chief of Staff as well as the Air Force mission throughout the Pacific region. (U.S. Air Force photo by Tech. Sgt. Jeff Andrejcik)

(Right Above) Col. Sung-Bok Lee, 38th Fighter Group commander, greets Air Force Chief of Staff, Gen. David L. Goldfein, at Kunsan Air Base, Republic of Korea, Nov. 2, 2016. Goldfein traveled to Kunsan to meet with airmen and discuss his focus areas as Air Force Chief of Staff as well as the Air Force mission throughout the Pacific region. (U.S. Air Force photo by Senior Airman Michael Hunsaker)

(Right) Air Force Chief of Staff Gen. David L. Goldfein speaks with 8th Security Forces Squadron members at Kunsan Air Base, Republic of Korea, Nov. 2, 2016. 8th SFS showcased their role in the first priority of Wolf Pack's mission to, "Defend the Base." (U.S. Air Force photo by Senior Airman Michael Hunsaker)



things right in the Air Force."

Identifying areas for improvement and taking action to fix those areas have become a hallmark in Goldfein's tenure as Chief of Staff of the Air Force so far.

Since becoming the 21st CSAF, he has adamantly expressed his vision for revitalizing squadrons and has already taken strides to modify the additional duty program, shifting focus back to the core mission.

"This is really the first wave [of changes]," he said. "We're not declaring victory on this. It's the first hack at the tree trunk and the SECAF and I are going to continue swinging away at this until we think we have it right. It's not an insignificant first step, as I think it's gotten us to a better place but I'm not satisfied that we're even close to done."

Goldfein's emphasis on revitalizing squadrons has been at the forefront of his agenda and as a result he has begun to utilize all resources to work on the issue.

Establishing a solid foundation at the squadron and unit level will create long-term and lasting effects throughout the Air Force, according to Goldfein.

"If you're going to achieve lasting change, then you have to move what I call these big rocks in the right direction; you actually have to slow down to speed up," he said. "From the beginning I wanted to get everyone's minds thinking of the broader Air Force and why we need to look at these particular areas. The squadron is where airmen thrive, where families thrive, where we build readiness and where innovation occurs. It's the level of command where you actually set the culture of the unit, at a level that's lasting."

By Capt. Candice Dillitte

Headquarters Pacific Air Forces Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Air Force Chief of Staff, Gen. David L. Goldfein, spent time with Kunsan airmen to discuss his focus areas as Air Force Chief of Staff, future expectations and the long-term strategy throughout the Pacific region.

For 66 years the U.S. Air Force has stood shoulder-to-shoulder with the Republic of Korea and its allies, helping sustain not just regional but global peace and stability.

"The nation's long term strategic goals in Korea begin with assuring our allies here on the peninsula," said Goldfein. "A big part of assuring them is actually being here and engaging with them every day. The commitment we've made to the Pacific is really unrelenting when it comes to the whole of our government's approach."

According to Goldfein, the partnership between U.S. and Republic of Korea forces should have no gap as our alliance continues to play a major role in supplementing the regions ability to confront and curb North Korean aggression.

With that said, managing resources has become imperative to help revitalize areas in need of improvement in order to maintain the fight tonight posture and readiness.

"What I don't have is a big bag of money to throw at this," said Goldfein. "This is very much going to be an internal dialogue within the current resources, and I believe if we get the squadron piece right, we'll get a lot of

Local students thank Kunsan airmen



Airmen from the 8th Fighter Wing are recognized during a volunteer appreciation night at the Hanwon Convention room in the city of Gunsan, Republic of Korea, Nov. 8, 2016. Each of the volunteers taught English to students from 36 different schools in Gunsan. The students involved in the program also attended the appreciation night and were able to sit with their respective teachers.

By Tech. Sgt. Jeff Andrejcik
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Airmen from the 8th Fighter Wing attended a volunteer appreciation night at the Hanwon Convention room in the city of Gunsan, Republic of Korea, Nov. 8, 2016. Each of the volunteers taught English to students from 36 different schools in Gunsan. The students involved in the program also attended the appreciation night and were able to sit with their respective teachers.



(Left) Staff Sgt. Robbin Toumberlin, 8th Operations Support Squadron noncommissioned officer in charge targets intelligence, is recognized with her students during an appreciation night at the Hanwon Convention room in the city of Gunsan, Republic of Korea, Nov. 8, 2016. Toumberlin taught English to local students in Gunsan City as a volunteer.

(Right) Students from Dangbook Elementary School perform a traditional Korean play during a volunteer appreciation night at the Hanwon Convention room in the city of Gunsan, Republic of Korea, Nov. 8, 2016. The students participated in an English language program taught by 8th Fighter Wing airmen. (U.S. Air Force photo by Tech. Sgt. Jeff Andrejcik)



[More photos from page 1](#)



(Right Above) A Royal Air Force Eurofighter Typhoon FRG4 takes off at Osan Air Base, Republic of Korea, Nov. 7, 2016. The RAF deployed the largest number of assets on the Korean Peninsula since the Korean War during Invincible Shield, an interoperability exchange, from Nov. 1 – 10. (U.S. Air Force photo by Senior Airman Victor J. Caputo)

(Right) Two Royal Air Force Eurofighter Typhoon FGR4s taxi off of the runway after landing at Osan Air Base, Republic of Korea, Nov. 5, 2016. The arrival of the Typhoons marks the first time the RAF has fielded aircraft on the Korean Peninsula since 1956. (U.S. Air Force photo by Senior Airman Victor J. Caputo)

(Above) United Kingdom Air Chief Marshal Sir Stephen Hillier, Royal Air Force chief of air staff, speaks during a media event for Invincible Shield, an interoperability exchange, at Osan Air Base, Republic of Korea, Nov. 8, 2016. The RAF, U.S. and ROK air forces participated in Invincible Shield, which marked the first time the RAF has fielded aircraft on the Korean Peninsula since the Korean War. (U.S. Air Force photo by Senior Airman Dillian Bamman)



A Royal Air Force Eurofighter Typhoon FRG4, U.S. Air Force F-16 Fighting Falcon, and a Republic of Korea air force F-16 and F-15K Slam Eagle fly in formation during Invincible Shield on Osan Air Base, Republic of Korea, Nov. 7, 2016. The intent of Invincible Shield is to bolster the interoperability between the RoK, the U.S. and United Kingdom while improving combat capability in the Pacific region. (DoD photo by Chief Master Sgt. Kim, Kyeong Ryul, Republic of Korea air force)

PACAF, U.S. Marines conclude fighter ops in Cope West 17

By Master Sgt. George W. Maddon Jr.
Headquarters Pacific Air Forces Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- Cope West 2017, a bilateral aircraft exercise between U.S. and Indonesia military forces at Manado Air Base, Indonesia, concluded operations November 11, ending a week of full-spectrum fighter training.

Cope West, a Pacific Air Forces sponsored exercise, normally focuses on the exchange of techniques related to airlift, air-land and air drop delivery operations, however, this exercise focused on fighter operations, and was the first fighter combat training exercise in Indonesia in the past 19 years.

"The exercise was a resounding success at all levels," said Col. Christopher Faurot, PACAF's Director of Air National Guard Forces who served as the command's exercise liaison at Manado. "The two countries wrapped up with an 81% mission success rate with the only losses due to weather cancellation. The interaction between the U.S. Marines and the Indonesian Air Force was noteworthy and resulted in all participants walking away better for the experience with a greater appreciation of each other's capabilities."

With PACAF as the planning component for CW17, U.S. Marines from the Marine Aircraft Group 12, Marine Corps Air Station Iwakuni, Japan, executed the CW17 daily mission operations including subject matter expert exchanges and air-to-air fighter employment.

Lt. Col. Edward Khim, PACAF Chief of Exercises & Aerial Events, lauded the Marines for their willingness and flexibility when it came time to commit forces to the exercise.

"The Marine Corps jumped into this exercise and now that we have reintroduced Combat Air Forces exercises with Indonesia, it is definitely going to better prepare us for future bilateral engagements," Khim said.

Brig. Gen. Dirk Smith, the PACAF Director of Air and Cyberspace Operations, highlighted the importance of building exercise capabilities with Indonesia.

"As we engage with our Indonesian partners we want to build on what the Marines have accomplished to continue to advance the relationship, interoperability, capability and capacity with the Indonesian Air Force," Smith said.

In his closing remarks, Maj. Gen. Michael Compton, Air National Guard assistant to Commander Pacific Air Forces, thanked Indonesian partners for their invitation and partnership.

"The combined training offered by Exercise Cope West 17 will help prepare the U.S. Air Force, U.S. Marine Corps and Indonesian Air Force to work together in promoting a peaceful Indo-Asia-Pacific region," said Compton.

Conducted since 1989, Cope West exercises have aimed to improve interoperability between the two nation's militaries. This is the fifth Cope West exercise since 2009 when the U.S. resumed international military education and training programs with Indonesia.



Indonesian media interview U.S. Air Force Maj. Gen. Mike Compton, Air National Guard assistant to the commander, Pacific Air Forces, during a closing ceremony for exercise Cope West 17 at Sam Ratulangi International Airport, Indonesia, Nov. 11, 2016. First conducted in 1989, Cope West is a Pacific Air Force lead exercise, normally focusing on airlift, air-land and air drop delivery operation techniques. Cope West 17 is the first fighter-focused exercise in Indonesia in 19 years involving the U.S. Military and the Indonesian Air Force.



See more photos on page 12

U.S. Marines with Marine All-Weather Fighter Attack Squadron (VMFA(AW)) 225 and Indonesian Air Force service members pose for a photo with an Indonesian Air Force F-16 Fighting Falcon during a closing ceremony for exercise Cope West 17 at Sam Ratulangi International Airport, Indonesia, Nov. 11, 2016. The combined training offered by this exercise helps prepare the U.S. Marine Corps and Indonesia Air Force to work together in promoting a peaceful Indo-Asia-Pacific region while practicing close air support and air-to-air training that will enhance their ability to respond to contingencies throughout the region. Both the U.S. F/A-18D Hornets and Indonesian F-16 Fighting Falcons bring unique capabilities affording the associated nations the opportunity to learn and understand each other's skills, preparing them for real world contingencies and further strengthening their relationship. (U.S. Marine Corps photo by Cpl. Aaron Henson)

Licking their wounds: Trained dogs assist, comfort wounded Airmen



Rick Yount, the executive director of Warrior Canine Connection, trains a young golden retriever at one of the group's sites in Brookville, Md., March 11, 2016. Wounded warriors also help instruct dogs in specialized skills for two years before they are permanently placed to help with another wounded warrior's daily living. (U.S. Air Force photo illustration/Sean Kimmons)

By Sean Kimmons
Air Force News Service

BROOKVILLE, Md. (AFNS) -- Constant back pain from an injury suffered years ago in combat still troubles Staff Sgt. Ryan Garrison. It wakes him up at night when his medication wears off. It triggers his depression and anxiety, leading to angry outbursts.

"The smallest thing would set me off," Garrison said. His home once had several holes in the walls after he punched through them to calm his rage. "I didn't know a healthy way to deal with it."

Several prescriptions and mental health visits didn't effectively assist with his emotional state. The 39-year-old defense courier then met Luke, a pitch-black Labrador.

Always at his side, the skilled service dog can sense anxious feelings in Garrison and will nudge his leg with his snout to trip up the negative thoughts.

"You get your mind off what was causing the anxiety," said Garrison, who has since medically retired after serving 14 years. "You realize it before it becomes a full-blown panic attack."

With these cues, he said his panic attacks have dropped by half since he's received Luke from Warrior Canine Connection, a nonprofit that trains dogs for wounded military members.

"Dogs have been shown to be able to detect trace amounts of chemicals," said Rick Yount, the group's executive director. "Human emotions are chemically driven. Obviously, medications wouldn't work if that wasn't true."

WCC is involved in two major studies focusing

on service dogs for wounded warriors. In 2014, Congress earmarked \$7 million for researchers to look at how dogs are helping military members at Walter Reed National Military Medical Center in Bethesda, Maryland. A year before that, the nonprofit teamed up with the Uniformed Services University of the Health Sciences, located next to the hospital, on a \$750,000 Defense Department grant.

Reducing meds

A decade after his combat-related injury, Garrison is reaping the benefits of Luke's intuition. The four-legged helper even wears a harness that Garrison can clutch, giving him leverage that pulls him up when the dog walks forward -- a less painful way for the Airman to stand up due to a torn disc in his back.

"When it flares up, I lose all feeling in my right leg. Luke helps with my mobility," he said, noting that he rarely uses a cane now.

In 2006, Garrison was hauling a shipment on a cargo loader at Kirkuk Air Base, Iraq, when an insurgent fired a rocket-propelled grenade over the fence. The RPG missed him but the nearby explosion thrust him backward, causing him to bend backward across a railing, resulting in the torn disc.

The injury nagged him for years and led to sleep disturbances and mental health problems.

"You try to fake it for so many years that you finally realize that you need to see somebody," he said.

He was prescribed medications that initially soothed symptoms, but the side effects produced even more.

"The first medication I took gave me 15 side

effects," he recalled. "My anxiety attacks had fewer symptoms than my side effects."

For some veterans, service dogs can provide a path to easing drug dependency for mental illnesses, said retired Maj. Gen. Kevin Pottinger.

Many service dog groups across the country are gaining popularity as more veterans seek treatment, he said.

Dealing with two recent wars, the Department of Veterans Affairs has seen disability recipient numbers grow from 2.3 to 3.7 million between 2000 and 2013. A steady stream of disabled vets will likely continue, as the post-9/11 veteran population is set to climb by more than 50 percent from 2013-2018, according to VA's latest data.

"We have so many veterans with traumatic brain injury or post-traumatic stress disorder that they just can't provide enough dogs to take care of all our vets," Pottinger said of service dog groups.

It can take up to two years before a dog is permanently placed with a veteran, he added.

Garrison heard of the natural healing approach when his wife, Julie, a music therapist, saw the service dogs at Walter Reed. She convinced him to look into it.

"I can now have my husband back," she said. "Luke forces him to be in the present. The dog is trained to respond to his triggers before he explodes."

Healing more vets

Golden and Labrador retriever puppies embark on a two-year regimen by the WCC to learn how to

Continue on page 17

More photos from page 10



(Above) A U.S. Marine Corps F/A-18D Hornet with Marine All-Weather Fighter Attack Squadron (VMFA (AW)) 225 and an Indonesian Air Force F-16 Fighting Falcon fly in formation during exercise Cope West 17 in Indonesia, Nov. 4, 2016. The combined training offered by this exercise helps prepare the U.S. Marine Corps and Indonesia Air Force to work together in promoting a peaceful Indo-Asia-Pacific region while practicing close air support and air-to-air training that will enhance their ability to respond to contingencies throughout the region. Both the U.S. F/A-18D Hornets and Indonesian F-16 Fighting Falcons bring unique capabilities affording the associated nations the opportunity to learn and understand each other's skills, preparing them for real world contingencies and further strengthening their relationship. (Courtesy photo by TNI-AU Capt. I Gede Ngurah Satrya Wibawa)

(Right) U.S. Marine Corps Capt. Bryan Boer, a pilot with All-Weather Fighter Attack Squadron (VMFA (AW)) 225, and an Indonesian Air Force pilot, participate in a traditional patch exchange during the Cope West 17 opening ceremony at Sam Ratulangi International Airport, Indonesia, Nov. 1, 2016. The Charge de Affairs, Brian McFeeters, replaces the pilots; patches with the Cope West patch, symbolizing the commencement of the exercise. (U.S. Marine Corps photo by Cpl. Aaron Henson)



U.S. Marines with Marine All-Weather Fighter Attack Squadron (VMFA (AW)) 225, the Indonesian Air Force and representatives from the U.S. Embassy pose for a photo after an opening ceremony to mark the beginning of exercise Cope West 17 at Sam Ratulangi International Airport, Indonesia, Nov. 1, 2016. This fighter-focused, bilateral exercise between the U.S. Marine Corps and Indonesian Air Force is designed to enhance the readiness of combined interoperability between the two nations. (U.S. Marine Corps photo by Cpl. Aaron Henson)

Airman beats cancer, completes 22nd marathon

By Senior Master Sgt. Emily Beightol-Deyerle
167th Airlift Wing Public Affairs

MARTINSBURG, W.Va. (AFNS) --

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

His cancer diagnosis came as a complete surprise. After all, he had just run his 21st marathon. Other than a recent cold, he was a picture of perfect health.

Chief Master Sgt. Todd Kirkwood, the 167th Maintenance Group superintendent, received the news of his diagnosis the day after Thanksgiving in 2015.

Less than a year later, after a very aggressive treatment, he is cancer free and just completed his 22nd marathon.

"I feel it's by God's grace and mercy, along with the prayers of many, that carried me through this journey this past year to my restored health today," Kirkwood said.

Kirkwood was just a few weeks away from running the Marine Corps Marathon in Washington, D.C., last October when he caught a cold. He went to see his family doctor in Greencastle, Pennsylvania, hoping to get something to relieve his symptoms.

The doctor noticed that he had a swollen lymph node in his neck.

Kirkwood wasn't concerned. He said it had been swollen prior to having an impacted wisdom tooth removed two years ago. His oral surgeon told him that it was not uncommon to have swelling or damage to a lymph node after surgery.

With a logical explanation for his swollen lymph node, his family doctor prescribed him an antibiotic for his cold and sent him on his way.

As his marathon date drew closer, his cold symptoms lingered. Kirkwood called his doctor again hoping to get something stronger to knock the cold out of his system. His doctor referred him to an ear, nose and throat specialist for the cold symptoms and also for his swollen lymph node. The specialist could not see him until the week following the marathon.

So, Kirkwood ran the marathon sick, and afterward, his ear, nose and throat specialist ordered a CT scan in early November. Upon viewing the results, he promptly scheduled a surgery to have the lymph node removed.

The day before Thanksgiving, Kirkwood underwent a 1 hour, 40 minute surgery. It had been scheduled for 20 minutes.

The cells had spread out of his lymph node and were growing around his jugular vein and moving toward his ear.

Two days and one 5K race later, Kirkwood returned to the ear, nose and throat specialist for a follow-up. That's when he first heard the word

that had never crossed his mind -- cancer.

He quickly realized the possible outcomes. "It was a lot to process," he said.

A biopsy identified it as squamous cell carcinoma, a cancer that originates in the tongue and tonsil region.

"The lymph node wasn't the source, but it caught the (cancer) cell," Kirkwood explained.

His doctors ordered a positron emission tomography scan hoping to locate the source cell. They couldn't detect the cell on the scan. They determined they were dealing with a microscopic cell.

A vigorous treatment plan was established.

His team of doctors, affiliated with the National Cancer Institute of Philadelphia, prescribed 35 radiation sessions and three chemotherapy treatments to be completed in seven weeks.

Every weekday for seven weeks, Kirkwood was driven to Gettysburg, Pennsylvania, to receive treatments.

Kirkwood was quick to express gratitude for the tremendous support network he had during that time.

"Every day I had a different driver to take me to my appointments, some being unit members that came up," he said, noting the distance they had to drive. He lives about 30 minutes from the West Virginia Air National Guard base and his treatments were another hour drive from there.

During his treatments, Kirkwood wore a custom-fit, mesh-like mask over his head and neck while he received radiation in a linear accelerator. The mask helped to pinpoint locations where the radiation was needed, minimizing the impact to his healthy cells.

By the fifth week of his treatment, he could no longer eat food orally. He used a feeding tube to ingest liquid nutrition but struggled to consume 200 calories a day. He'd lost 40 pounds by the end of his treatments in mid-February. Still, he had to wait three months, as the radiation subsided, to learn that his treatments were successful.

In the meantime he concentrated on recovery.

On May 8, he was feeling well and the weather was nice, so, he decided it was a good day to lace up his running shoes for the first time since his diagnosis five months earlier.

Five miles later, he had completed his first training run for the Virginia Beach half marathon.

"I had signed up for the 2016 Virginia Beach half marathon last year while I was at the expo for the 2015 Virginia Beach half marathon, so life as I knew it was still normal," Kirkwood said.

The Virginia Beach half marathon scheduled for Sept. 4, 2016, became his initial goal of returning to a starting line. Kirkwood crossed that

finish line in 1 hour, 54 minutes.

About a month prior to completing that race, a family friend entered him into a drawing to win a race bib for the Chicago Marathon, one of the largest marathons in the world.

He won the entry into the race scheduled for Oct. 9, giving him about eight weeks to train.

Kirkwood explained that he built up his weekly mileage to about 40 miles a week and to do it safely he often ran two shorter runs a day rather than one long run.

When he stepped into the starting corral in Chicago, with more than 40,000 fellow runners, Kirkwood said he wasn't thinking about cancer.

There is a journey to the starting line of every marathon.

"It's not all about race day," Kirkwood said, "but the hard work and dedication of many hours and literally the hundreds of miles during training required. For this particular marathon, the journey to make it to the starting line had been extraordinary given what I had physically had been through."

When Kirkwood stepped to the starting line he was determined to validate the restoration of his physical health. His first goal was to simply finish the race. His secondary goal was to complete it in less than 4 hours, 30 minutes.

During the 26.2 mile race, about half way through the course, he began chatting with one of the pacers named Betty. She asked him to share a little bit about himself with her. He told her about his journey to the start line that day.

She was moved. She asked for the attention of the nearby runners and said, "Everyone meet Todd, he just turned 50, he's been wearing the Air Force uniform for over 31 years and he just kicked cancer's butt!"

Kirkwood finished the marathon in 4 hours, 9 minutes.

Restoration of physical health -- validated.

"I think what was more important to me was knowing how many friends and family were following me on race day," Kirkwood said. "I felt this was a huge victory for them as well, showing how we can overcome adversity in our lives."

Kirkwood said prior to his diagnosis he, like so many others, got caught up with the stress and business of everyday life.

"If I could offer anything to others from my experience of this -- recognize and embrace the blessings in our lives each and every day," he said. "Our lives as we know it can change in a moment and tomorrow is never a guarantee."



Senior Master Sgt. Todd Kirkwood, the 167th Maintenance Group superintendent, gives a thumbs up at mile 25 of the Chicago Marathon, Oct. 9, 2016. Kirkwood ran the marathon only eight months after undergoing chemotherapy and radiation treatments for cancer. (Courtesy photo)

Kunsan		Osan	
Ilmagwon Orphanage Join Airmen from across the base in a wing chapel-sponsored event as they travel down to the Ilmagwon Orphanage in Gunsan City every Tuesday at 6 p.m. for an evening of playing games and learning more about the local culture. For more information, contact the chapel at 782-4300.	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.	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.	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.
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.	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.	*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.	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.
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."	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.	*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 Needed for Translation (Good Neighbor Program) Seventh Air Force is seeking volunteers who are able to speak both Korean and English for a USFK-led event. The Executive Orientation Program is a good neighbor outreach program aimed at improving relations between USFK and the Republic of Korea. As part of the program, about 80 distinguished small business owners between the ages of 30-50 from Seoul will be visiting the base and we are in need of Korean/English speakers during the dinner, aircraft static display and KAOC tour portions of the visit.
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	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.	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.	WHEN/WHERE: Tuesday, 22 November 2016 1500-1540 hrs (F-16 A-10 Static Display at Flight Line) / 1600-1640 hrs (KAOC Tour) / 1720-1830 hrs (Dinner at E-Club) ATTIRE: UOD If you would like to volunteer please contact 7AF/PA Mr. Pak, To Yong via email at to_yong.pak.kr@us.af.mil or DSN 784-4709. Thank you!

Kunsan's emergency phone numbers				Osan's emergency phone numbers			
Emergency Services	911	Commander's Hotline	782-5224	Emergency Services (Fire, Medical, Security Police)	911	Commander's Hotline	784-4811
Off Base/Cell Emergency	063-470-0911	After-hours medical advice	782-4333	Off Base/Cell Emergency	031-661-9111	Crime Stop: (to report a crime)	784-5757
Crime Stop: (to report a crime)	782-5444	IG Complaints FWA Reporting:	782-4850 (duty hours) 782-4942 (anytime)	Emergency Room:	784-2500	IG Complaints FWA Reporting:	784-1144
Base Locator: (after duty hours)	782-4743	Chaplain (After duty hours)	782-6000	Base Locator: (after duty hours)	784-4597	Emergency Leave	784-7000
Law Enforcement desk	782-4944	Sexual Assault Response Coordinator (SARC)	782-7272	Force Protection Information Hotline:	115	Sexual Assault Response Coordinator (SARC)	784-7272
Emergency Leave / Red Cross		782-4601 (on base) 1-800-733-2761 (anytime)		Chaplain (After duty hours)	784-7000	Security Forces Control Center	784-5515

Songtan Bus Terminal Time Table

서울 - 남부터미널 SEOUL ₩3800 NamBu Terminal		동 서 울 장지 가락 잠실	성 남 SeongNam ₩3400	인천공항 InCheon Airport ₩11200	인 천 InCheon ₩6200	의 정 부 (동두천) UiJeongBu ₩8000
06:10		Dong Seoul ₩4400 JangJi	06:00	04:45 12:25	06:30	
06:30		GaRak JamSil	06:40	05:05 12:55	07:50 via CheongBuk	07:45
06:50			07:00	05:25 13:25	08:30	09:45 Dongducheon
07:05	06:20 via Dongtan		07:30	05:45 13:55	10:10	12:05
07:20	06:35		08:20	06:10 14:25	10:50	15:55
07:30	06:55 via Dongtan		09:10 via Dongtan	06:25 15:10	11:30 via CheongBuk	17:05
07:45	07:15 via Dongtan		09:50 via Dongtan	06:55 15:45	13:40	20:05 Dongducheon
08:00			11:05	07:25 16:25	15:30	속 초
08:20	08:25		11:50	07:55 17:10	16:00 via CheongBuk	SokCho ₩20000
08:40	09:05		12:30	08:25 17:45	18:30	
08:55	09:35		13:20	08:55 18:25	19:10	08:45
09:10	10:05		14:25	09:25 19:05	21:40	14:25
09:30	10:35		15:10	09:55 19:45	동 탄	강 릉
09:55	11:05		15:50	10:25	DongTan ₩2100	GangNeung ₩14800
10:15	11:35		16:40	10:55	06:10 To GoYang	07:20
10:30	12:05		17:30	11:25	06:20 To DongSeoul	09:20
10:50	12:35		18:40	11:55	06:55 DongSeoul	11:50
10:55	13:05		19:05		07:15 To DongSeoul	13:50
11:15	13:35		20:00		08:40 To GoYang	16:20
11:30	14:05		20:30		09:10 To SeongNam	18:20
11:50	14:35		21:50		09:50 To SeongNam	원 주
12:15	15:05				10:40 To GoYang	WonJu ₩9200
12:30	15:35				12:40 To GoYang	
12:50	16:05				14:10 To GoYang	07:10
13:10	16:35				15:30 To GoYang	08:50
13:30	17:05	청북, 해군아파트 포승, 평택항		KimPo Airport ₩7200	16:40 To GoYang	10:30
13:45	17:35	CheongBuk ₩1900	06:10 Dongtan	18:40 To GoYang	18:40 To GoYang	12:10
14:00	18:05	PoSeung PyeongTaek Port	08:40 Dongtan	20:40 To GoYang	TaeBaek ₩21900	13:50
14:30	18:35		10:40 Dongtan		07:25	20:30
14:40	19:05		12:40 Dongtan		09:25	제 천
15:00	19:35		14:10 Dongtan		14:25 JeCheon ₩13300	
15:20	20:25		15:30 Dongtan		ChunCheon ₩14000	15:10
15:40	21:05		07:20		CheongPyeong GaPyeong	19:10
16:00	21:35		16:40 Dongtan		KwangJu ₩16600	광 주(전남)
16:40			09:10			
16:55	고양 백석		10:40	20:40 Dongtan		
17:10	GoYang ₩8600		12:20			
17:25			13:50			
17:40	06:10 Dongtan		16:20	DaeJeon ₩7200		
18:00	08:40 Dongtan		17:20	Sejong-Si ₩10400		
18:15	10:40 Dongtan		19:10	06:30 Sejong-Si	09:00	
18:20	12:40 Dongtan			08:30	10:55	07:10
18:30	14:10 Dongtan			10:30	12:50	09:40
18:50	15:30 Dongtan	CheongBuk ₩1900	16:30 Sejong-Si	12:30	14:00	08:45
19:10	16:40 Dongtan		18:30		10:50	10:25
19:30	18:40 Dongtan		07:50	20:00	CheongJu ₩6400	14:30
19:45	20:40 Dongtan		11:30		16:50	15:45
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21:50						

본 문서 및 그림파일의 허가 없는 재배포를 금합니다.(블로그, 카페, 신문등)
경화한 총판터미널 시간표는 <http://www.stbus.net> <http://blog.naver.com/s2sv1>에서 확인 가능합니다.

Holiday Observances

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

MANDATORY FEEDBACK REQUIREMENTS FOR U.S. CIVILIAN EMPLOYEES: The current rating period for U.S. civilian performance appraisals will end on 31 Mar 17, with ratings and awards effective on 1 Jun 17. The Civilian Appraisal Program mandates the use of AF Form 860B, Civilian Progress Review Worksheet, to document the mandatory performance feedback session between the supervisor and employee. The law requires feedback once during the rating cycle. Normally, this occurs around the middle of the appraisal period. Supervisors are reminded of this requirement and encouraged to meet with employees now if they haven't done so already. Please keep a copy of the completed AF Form 860B with the AF Form 971, Supervisor's Employee Brief.

REMINDER - ANNUAL LEAVE: It is time to review your current leave balances. All managers/supervisors of U.S./KN civilian employees should arrange annual leave schedules to allow each civilian employee an extended period of leave for rest and relaxation to assist in maintaining maximum efficiency and productivity. Leave schedules should be established at the beginning of the leave year and reviewed periodically to ensure vacation schedules will not interfere with maintenance of an adequate work force at all times.

The Leave and Earnings Statement (LES) received each payday is a ready reference concerning the amount of annual leave which must be used before the end of the leave year. The leave year ends on 7 Jan 2017 for U.S. and on 31 Dec 2016 for KN APF employees respectively. Now is the time to finalize leave plans for the remainder of 2016.

If you have questions regarding the above, please contact Ms. Kim, Min Kyo of the Civilian Personnel Office, 784-4434/8177. (51 FSS/FSMCE)

Kyung Dong bus schedule As of 1 April 2016 (Yongsan - Osan - Humphreys)

MONDAY-FRIDAY

Lv. Yongsan	0550	0700	0830	1000	1100	1250	1420	1630	1720	1720	1900	2130
Ar. 121st GH							1425					
Lv. Osan AB	0650	0810	0940	1110	1210	1400	1530	1740	1830	x	2010	2240
Ar. Humph	0740	0850	1020	1150	1250	1450	1620	1820	1910	1850	2050	2320

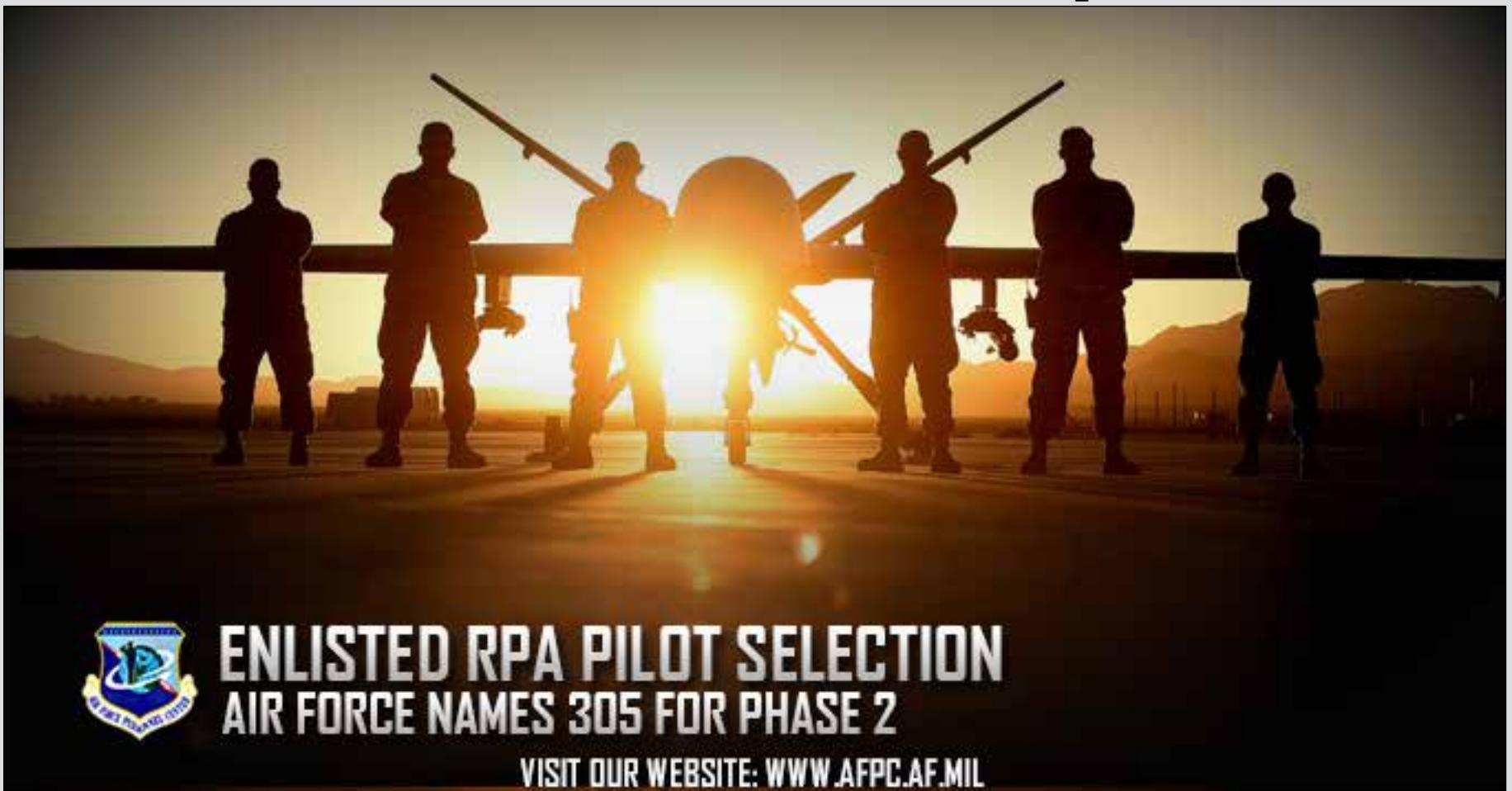
Lv. Humph	x	0550	0700	0830	1000	1100	1230	1330	1530	1710	1910	2020
Lv. Osan AB	0600	x	0750	0920	1050	1150	1320	1420	1620	1800	2000	2110
Ar. 121st GH		0720	0850									
Ar. Yongsan	0710	0730	0900	1030	1200	1300	1430	1530	1730	1910	2110	2220

(Yongsan-Osan AB) Price \$ 5.50 or ₩ 6,200 one way, For more info (DSN)723-4499
(Yongsan-Humph) Price \$ 6.25 or ₩ 7,000 one way
(Humph-Osan AB) Price \$ 3.10 or ₩ 3,500 one way

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	*													
Lv. Osan AB	0620	0800	0930	1030	1130	12								

305 make next cut for enlisted RPA pilot selection



ENLISTED RPA PILOT SELECTION AIR FORCE NAMES 305 FOR PHASE 2

VISIT OUR WEBSITE: [WWW.AFPC.AF.MIL](http://www.afpc.af.mil)

The Air Force has chosen 305 Airmen to move forward with the selection process to become enlisted remotely piloted aircraft pilots. The upcoming selection board will identify the next enlisted group to attend RPA pilot training as part of the deliberate approach to enhance the Air Force's intelligence, surveillance and reconnaissance mission. (U.S. Air Force graphic/Staff Sgt. Alex Pons)

By Kat Bailey

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Air Force officials have chosen 305 active-duty enlisted Airmen for the next phase of the Enlisted Remotely Piloted Aircraft Pilot Selection Board process as part of a deliberate approach to enhance the intelligence, surveillance and reconnaissance mission.

"We have an incredibly talented pool of enlisted Airmen, and we're confident that this rigorous selection process will yield excellent enlisted aircrew who will continue to provide combatant commanders with the ISR they need to win today's fight," said Senior Master Sgt. Rebecca Guthrie, the career enlisted aviator assignments manager at the Air Force Personnel Center.

The selection board process mirrors that of the Undergraduate Flying Training Program as closely as possible. However, AFPC received more than 800 applicants whereas the UFT normally nets about 200, necessitating a phased approach that generated the initial list of potential board candidates.

Those selected in Phase 2 answered the July call for nominations and completed both the Air Force Enlisted or Officer Pilot Qualifying Test and the Test of Basic Aviation Skills with qualifying scores. Those scores were then combined with an applicant's flying hours to generate a pilot candidate selection method score (PCSM). If high enough, the PCSM, combined with other eligibility factors such as assignment limitation and availability codes and retainability, enabled an Airman to advance to the next step in the

application process.

Candidates selected in Phase 2 will need to get the required medical screening, commander's recommendation and submit completed application packages to AFPC no later than Dec. 16. Medical waivers are due by Jan. 27, 2017. The Enlisted RPA Pilot Selection Board meets Feb. 6-9, 2017, with results to be released later that month.

The candidate list has posted to myPers. To view the list, as well as specific application requirements and next steps for candidates, select "Any" from the dropdown menu and search "enlisted RPA pilot."

For more information about Air Force personnel programs, go to myPers. Individuals who do not have a myPers account can request one by following these instructions.

National Military Family Month: honoring heroes on the homefront

By Ashley Palacios

Joint Base San Antonio-Randolph Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- On Oct. 28, President Barack Obama signed a presidential proclamation declaring November to be "National Military Family Month."

"We must always be there for our service members and their families -- just as they are there for us," Obama said in the proclamation. "Through the thickest of fights and the darkest of nights, our extraordinary military families -- our heroes on the homefront -- stand alongside our patriots in uniform, and in their example we see the very best of our country's spirit. During Military Family Month, let us thank them for their tremendous devotion to duty and for their unyielding sacrifice. Let us honor their resolve and patriotism and uphold our solemn responsibility to ensure the priorities of our nation reflect the priorities of our military families."

Maree Scanlan, whose husband is currently deployed, has been a military spouse since 2009. After seven years of being part of the Air Force family, she describes military life as a series of ups and downs.

Scanlan said being part of the Air Force family has allowed her to meet new people, experience new cultures and travel. She said her worldview has been expanded in a way that wouldn't have been possible had she lived in the same place her entire life.

But as all military families know, life in the Air Force has its challenges too.

It's difficult to pack up and move to a new place, a new school and a new city with new people, Scanlan said. Dealing with the unknown, the deployments and having to rearrange family routines are some of the hardest parts of military family life.

"My kids are resilient but it's still hard on them," she said. "Change is scary and difficult. They have to leave their friends, family and way of life

to start all over, but I also see how it's building character, making them more resilient, teaching them to accept change, be problem solvers and overcome challenges."

Scanlan's advice to other military families who may be struggling, is to stay positive and be proactive.

"It will all be OK," Scanlan said. "It's tough, but you and your spouse have to rely on each other. As a spouse, be willing to be part of the military life, the base and the community. Don't be scared of change and remember to stay flexible as a family."

Scanlan said she's proud to be part of the Air Force family. Moments like seeing her young daughter with her hand over her heart as retreat played remind her why their service is important.

"My husband and I joke that the Air Force is the first wife, but really, we're just like any normal family," Scanlan said. "No family is perfect. Every family has their ups and downs, their good days and bad days, their challenges and their successes; ours is no different."

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assist veterans when needed. During that time, the dogs are trained by wounded warriors and are taken to medical centers to interact with others.

Over the training period, the nonprofit estimates that one dog will reach at least 60 wounded warriors.

While attending therapy sessions at Walter Reed, the dogs caught the attention of retired Master Sgt. Jesse Graham, who suffered a broken neck during a snowboarding accident.

The wheelchair-bound Graham went on to help train a dog, and last year was given Stanley, another black Labrador.

"My arms get tired pushing myself around all the time," the 32-year-old former Airman said. "He's able to pull me when I get worn out."

A high-functioning quadriplegic, Graham stays active in several sports and competes in the Warrior and Invictus Games. But Stanley stays close by to assist with the small stuff. He flicks on light switches, opens doors, fetches shoes, and can be used as a brace.

"He can literally pick up a dime with his mouth, not swallow it and drop it in your hand," he said.

As playful creatures, dogs can even get reclusive PTSD sufferers, like Garrison, to open up.

"He's an icebreaker in talking to people," Garrison said of Luke. "I've always tried to avoid conversations out in public. But people now come up to me to pet him and it forces me to be more social."

Service dogs may help ease the symptoms of some ailments, but experts recommend that a dog be used to supplement other treatments.

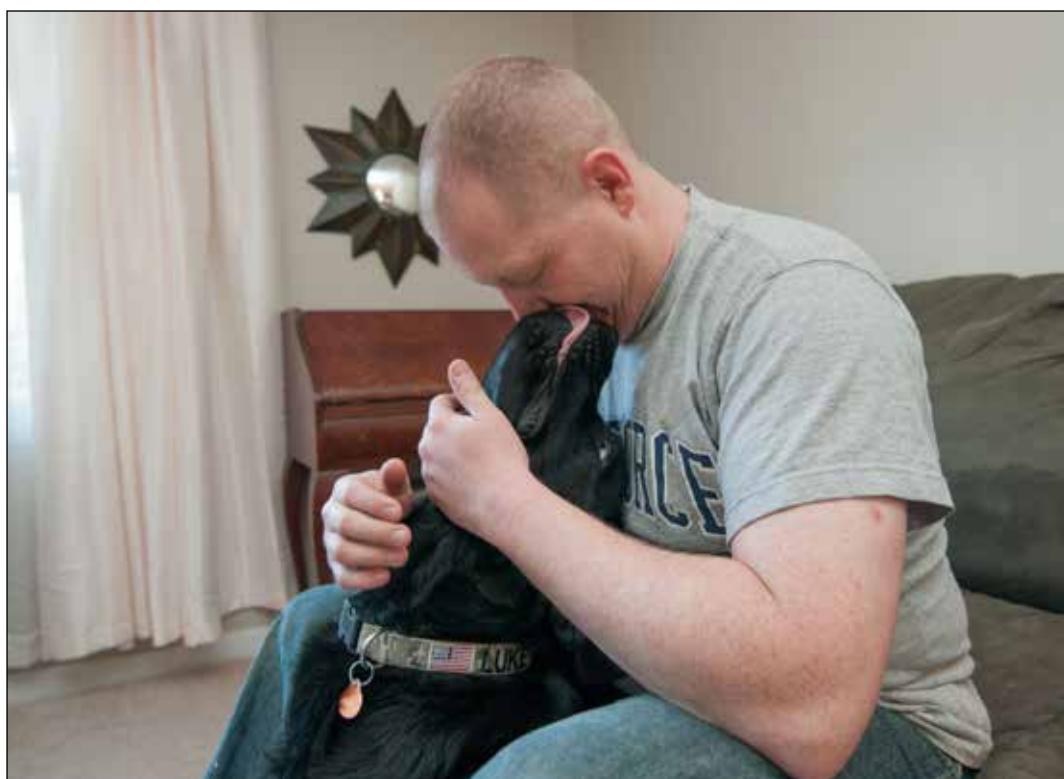
Still, Yount said it's hard to ignore the chemistry between these dogs and wounded warriors.

"I really do believe, based on the science, that it's not magic and there's something powerful happening here," he said. "We've seen enough positive results now that this is offering important benefits and not showing side effects that we're significantly concerned with."

But there are at least two side effects: drool and fur.

(Right Above) These two golden retriever puppies are some of the newest recruits for Warrior Canine Connection, a nonprofit that trains service dogs to help wounded warriors. Research has shown that dogs can help with the physical and emotional effects of traumatic injuries.

(Right) Staff Sgt. Ryan Garrison embraces his service dog Luke at their home in Glen Burnie, Md., March 29, 2016. Garrison, who worked at the Defense Courier Station-Baltimore at Fort Meade, Md., before he medically retired, was given the Labrador to help him cope with the physical and emotional effects of his combat-related injury. (U.S. Air Force photo/Sean Kimmons)



Bodybuilder come out to compete at Osan



Bodybuilders pose during the 2016 Mustang Mania Bodybuilding Competition on Osan Air Base, Republic of Korea, Nov. 5, 2016. A total of 38 contestants participated in the competition. (U.S. Air Force photo by Staff Sgt. Jonathan Steffen)