

Crimson Sky

Vice President Mike Pence addresses Airmen during his visit to Nellis Air Force Base, Nev., Jan. 11, 2018. During his speech, Pence lauded the U.S. Air Force Warfare Center for its rigorous and realistic training via the U.S. Air Force Weapons School and Nevada Test and Training Range. (U.S. Air Force photo by Airman 1st Class Andrew Sarver)



Vice President Mike Pence visits Nellis AFB

By Master Sgt. Heidi West, 99th Air Base Wing Public Affairs

NELLIS AIR FORCE BASE, Nev. (AFNS) -- Vice President Mike Pence made his way to Las Vegas Jan. 11, 2018, to attend the grand opening of the first AFWERX facility and visit the men and women of Nellis Air Force Base, Nevada.

Upon arrival to Nellis AFB, Pence, Secretary of the Air Force Heather Wilson and Chief of Staff of the Air Force Gen. David Goldfein headed downtown for the opening of the AFWERX-Vegas storefront, which will serve as an innovation hub to connect innovators and accelerate results.

"It is a great honor to stand before a gathering of extraordinary leaders, innovators and pioneers and open the first in the nation's AFWERX in Las Vegas ... leading the way again!" Pence said.

After meeting with state officials and community dignitaries, the vice president, Wilson and Goldfein returned to Nellis AFB to meet the Airmen of Air Combat Command's largest base and home to the U.S. Thunderbirds. Wilson began the ceremony with opening remarks, praising Nellis AFB for providing the tools and tactical training to prepare today's Airmen to react within seconds during real world operations and meet the need for air superiority.

"This is where we, as Airmen, push the envelope," Wilson said. "We push ourselves and teams to do better, to be better, to fight harder, to learn more and to take the fight to the adversary. This is where you develop the tactics and practice with the equipment that will give every one of you a better chance to defeat the enemy and come home, again.

"In the 1950s, it was the F-86 (Sabre) that gave us a 14-1 kill ratio over Korea," Wilson continued. "Today, it's the F-35 (Lightning II) with space and cyber and unmanned [aerial] vehicles ready - ready to take the fight to the enemy."

- Continued on page 5 -



INSIDE →



Army and Air Force graduate ALA together

PAGE 4



Flying ambulances: Aeromedical evacuation

PAGE 12



Researchers test virtual reality Adaptive Flight Training Study

PAGE 22

Crimson Sky

Published by Seventh Air Force

7th Air Force**Commanding General/Publisher**

Lt. Gen. Thomas W. Bergeson

Public Affairs Officer/Editor

Lt. Col. Michal Kloeffer-Howard

PA Superintendent

Lt. Col. Jennifer Lovett

Editor/COR

Park, Do Young

51st Fighter Wing**Commander**

Col. William D. Betts

Public Affairs Officer

Capt. Carrie Volpe

Staff Writers

Technical Sgt. Benjamin Wiseman
 Staff Sgt. Alex Echols
 Staff Sgt. Franklin Ramos
 Staff Sgt. Tines Jackson
 Airman 1st Class Gwendalyn Smith

8th Fighter Wing**Commander**

Col. David G. Shoemaker

Public Affairs Officer

Capt. Christopher Mesnard

Staff Writers

Senior Airman Colville McFee
 Senior Airman Michael Hunsaker
 Senior Airman Colby Hardin
 SSgt. Victoria Taylor

This Air Force newspaper is an authorized publication for members of the Department of Defense. Contents of Crimson Sky bi-Weekly are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, or Department of the Air Force. The editorial content of this bi-weekly publication is the responsibility of the 7th Air Force Public Affairs APO AP 96278

Circulation: 7,000

Printed by Oriental Press, a private firm in no way connected with the U.S. Government, under exclusive written contract with the Contracting Command-Korea. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Air Force or Oriental Press of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

Oriental Press Chief Executive Officer

Charles Chong

Advertising Manager

Chris Vaia

Art Director

Eric Young-Seok Park

Commercial Advertising

Telephone: 738-2222 ext. 6815

E-mail: oriental_press@outlook.com

Address: PSC 450, Box 758, APO AP 96206-0758

Location: Dragon Hill Lodge, Bldg. 4050-B

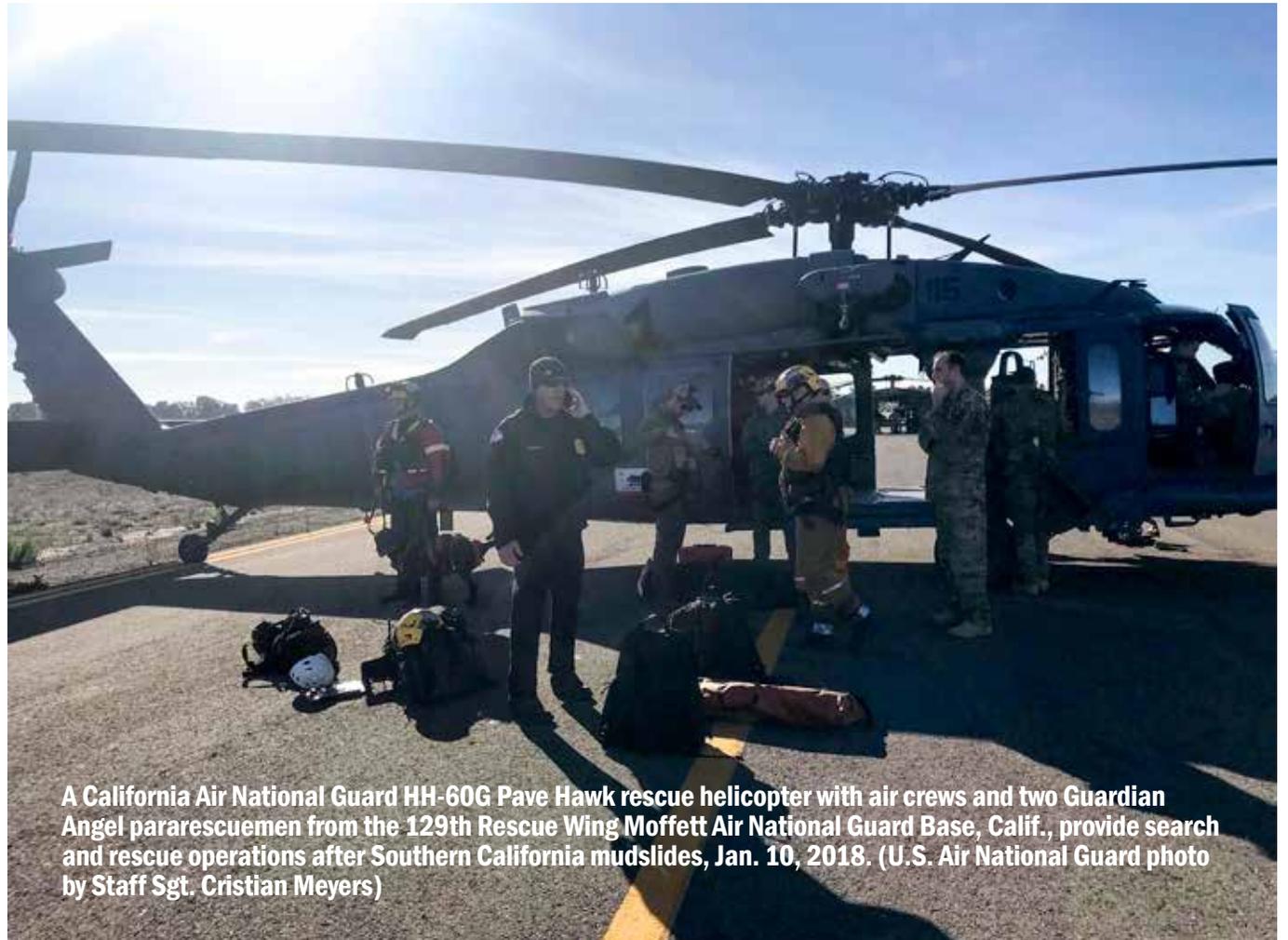
Visit us online

Crimson Skywww.7af.pacaf.af.mil

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

7afpa@us.af.mil51fwpa@us.af.mil8fw.pa@kunsan.af.mil

For all submitted items include a point of contact name and telephone number. All items are subject to editing for content and to insure they conform with DoD guidelines. Seventh Air Force Public Affairs and the Crimson Sky bi-weekly staff are located at Seventh Air Force Osan Air Base. For information, call Commercial 0505-784-4709 or DSN 315-784-4709.



A California Air National Guard HH-60G Pave Hawk rescue helicopter with air crews and two Guardian Angel pararescuemen from the 129th Rescue Wing Moffett Air National Guard Base, Calif., provide search and rescue operations after Southern California mudslides, Jan. 10, 2018. (U.S. Air National Guard photo by Staff Sgt. Cristian Meyers)

ANG supports SoCal mudslide rescue efforts

By Capt. Roderick Bersamina, 129th Rescue Wing Public Affairs

MOFFETT AIR NATIONAL GUARD BASE, Calif. (AFNS) -- California Air National Guardsmen from the 129th Rescue Wing are providing search and rescue support in Southern California for those impacted by the recent mudslides.

The 129th Rescue Wing has deployed an HH-60G Pave Hawk Helicopter with air crews and two elite Guardian Angel pararescuemen to Santa Barbara Municipal Airport and are performing

search and rescue operations in the surrounding areas adversely impacted by the recent mudslides.

The aircraft is one of eight California National Guard aircraft and a dozen high-water vehicles supporting mudslide-response efforts. The California National Guard and the 129th Rescue Wing are working closely with the Santa Barbara Sheriff's Office and stand ready to send additional personnel

and resources as needed.

"Like we've done time and time again, your local Air National Guardsmen answered the call at a moment's notice to help those in need," said Col. Taft O. Aujero, 129th Rescue Wing commander. "The extraordinary women and men of the 129th Rescue Wing are always ready to execute our life-saving mission."

Over the last few months, hundreds of these Silicon-Valley based Airmen deployed to support relief efforts in Texas for Hurricane Harvey, in Florida for Hurricane Irma, in Puerto Rico for Hurricane Maria and in California for the Wine Country Wildfires and the Thomas Fire.

The 129th Rescue Wing is credited with saving the lives of more than 1,100 people since 1977. From arid deserts and snow-covered mountain tops to urban and rural settings, 129th Rescue Wing Air guardsmen can reach any destination by land, air or sea. Equipped with MC-130P Combat Shadow aircraft, HH-60G Pave Hawk rescue helicopters and Guardian Angel teams (pararescuemen, combat rescue officers and SERE Specialists), the 129th Rescue Wing conducts combat search and rescue missions, as well as the rescue of isolated persons on board ships, lost or injured hikers, and medical evacuations across the West Coast.





Members of the Airpower Leadership Academy participate in a final class discussion at Osan AB, Republic of Korea, Dec. 5, 2017. The ALA is a ten week course that works with frontline supervisors to improve their leadership philosophies. (U.S. Air Force photo by Tech. Sgt. Benjamin Wiseman/Released)

Army and Air Force graduate ALA together

By U.S. Air Force Story by Staff Sgt. Franklin R. Ramos, 51st Fighter Wing Public Affairs

OSAN AIR BASE -- As the Airpower Leadership Academy's third iteration concludes at Osan Air Base, there is something different about this session's graduates.

U.S. Army Staff Sgt. Jason Burns, 35th Air Defense Artillery, becomes the first Soldier to graduate the 51st Operations Support Squadron's ALA course since its creation in 2014.

"The Airpower Leadership Academy is a 10 week course designed to target frontline supervisors and help mold them into stronger leaders," said U.S. Air Force Senior Master Sgt. James Kent, 51st OSS superintendent and ALA cadre. "We bring NCOs from around base and help build and share their leadership philosophies; as well as, tap into their experiences and experiences of other classmates."

The academy is not built for any type of NCO. Students are selected on an influential level basis and have to be nominated by a prior student, but there are a few exceptions.

"We take inputs from prior students when inviting members to the class," said Kent. "We notify the base when we have a course, and we let leadership know that we want an active NCO, not just a yes man to attend the course."

When the 51st OSS publicized this iteration, the 35th ADA Brigade jumped at the opportunity to send one of their supervisors.

"The 51st OSS reached out for nominations and the 35th ADA was happy to send one of our NCOs," said U.S. Army Command Sgt. Maj. Eric R. McCray, 35th ADA. "We chose Burns because he epitomizes what we expect of our NCOs. He displays all the traits and characteristics that the Army wants to reflect."

To McCray, courses like the ALA are a tool that can help solidify the Air Force and Army team.

"Through these combined courses, it helps us

better understand our joint partners. It provides a platform for our younger NCOs to get exposed to the joint team, so they can more effectively solve complicated problems together," said McCray. "Continuing to work together enhances our interoperability and ensures that not only will we be able to fight tonight, but we'll be able to fight together."

As the class graduates, Burns will take the knowledge back to his brigade.

"I'm glad my leadership gave me this opportunity.

After being informed that I was selected for the ALA, I wanted to see what the course was all about," said Burns. "As leaders, we don't know everything and have different experiences. It was exciting to hear and discuss our philosophies with the class."

"It was a great course, and I loved it," said Burns. "I would recommend any frontline supervisor attend the course if given a chance."

The 51st OSS will be starting a new ALA course at the beginning of the year with three total classes scheduled in 2018.



Members of the Airpower Leadership Academy celebrate their graduation at Osan AB, Republic of Korea, Dec. 5, 2017. The ALA is a ten week course that works with frontline supervisors to improve their leadership philosophies. (U.S. Air Force photo by Tech. Sgt. Benjamin Wiseman/Released)

Their continuing mission: Hurricane Hunters gather data for winter storms

Aircrew members from the 53rd Weather Reconnaissance Squadron "Hurricane Hunters" taxi a WC-130J Super Hercules aircraft to its parking spot on the runway at Keesler Air Force Base, Miss., after a winter storm flight Jan. 12, 2018. In addition to their hurricane taskings, Hurricane Hunters fly winter storm missions to gather weather data used by forecasters in generating models for systems that could affect the East, West or Gulf Coast of the United States. (U.S. Air Force photo by Tech. Sgt. Ryan Labadens)



By Tech. Sgt. Ryan Labadens, 403rd Wing Public Affairs

KEESLER AIR FORCE BASE, Miss. (AFNS) -- Some people might think that when hurricane season comes to an end, so does the mission of the Air Force Reserve "Hurricane Hunters." But that's not the case.

For members of the 53rd Weather Reconnaissance Squadron, also known as the Hurricane Hunters, the hurricane tasking is only one part of their overall data-gathering mission. Hurricane Hunters track winter storms off the East and West Coast of the United States and in the Gulf of Mexico. While the normal flying season for these missions runs Nov. 1 to March 31, some missions can take place either before or after these dates depending on the weather that season.

"So far this season, the Hurricane Hunters have flown two winter storm missions, one today and the other Jan. 3. The data from these and other winter storm missions help forecasters determine what type of weather conditions these storms might bring to coastal communities and even further inland, whether it be freezing rain, sleet, ice or snow," said Maj. Christopher Dyke, 403rd Operations Group weather standards and evaluation officer.

Dyke said the Hurricane Hunters fly their WC-130J Super Hercules aircraft on predetermined tracks to collect weather data such as air pressure, temperature, humidity, wind speed and direction, and global positioning system information. The dropsondes used to collect this data are released from the aircraft through a specialized cannon

and parachute down toward the water's surface.

"We collect this dropsonde data, which gives the modelers a full profile – from 30,000 feet down to the surface – of what the atmosphere looks like. That data gets ingested, or pulled, into the model, and that marks 'hour zero,'" said Dyke, referring to the starting point for the winter storm forecast models projected by meteorologists at the National Centers for Environmental Prediction, a division of the National Oceanographic and Atmospheric Administration. "So, that helps bring the model in line with reality so that it reduces the error as it goes forward."

While the NCEP collects some of its forecasting data from buoys in the water and weather satellites in orbit, Dyke said the data the Hurricane Hunters gather can help fill in key information gaps in the NCEP forecasting models.

"For those areas where you don't really have a lot of data to work with for initializing or starting the model, those are the areas where we help supplement it with data," said Dyke, who mentioned this data can provide 20 to 25 percent improvement in forecasting accuracy.

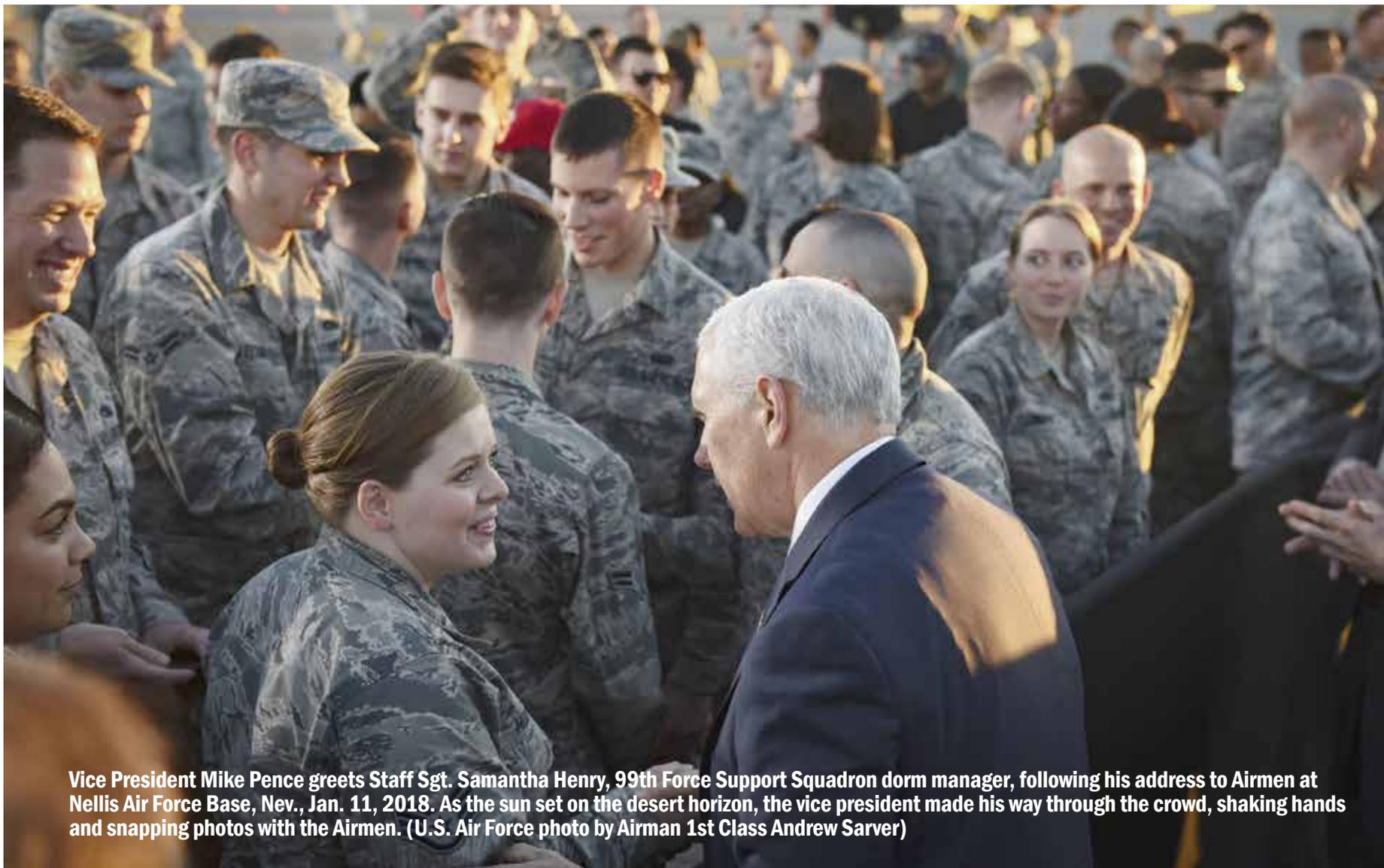
Dyke noted some of the main differences between the winter storm and hurricane hunting missions. While the National Hurricane Center provides the Hurricane Hunters with taskings for hurricane missions, the NCEP actually provides them with flight paths, called synoptic tracks, for the winter storm missions, which can last anywhere from five to 12 hours depending on the storm's location and number of drop points for the dropsondes.

"Also unlike hurricane missions, which take 53rd WRS aircrews into and through the storms,

winter storm missions have the Hurricane Hunters fly ahead of storm systems, releasing dropsondes anywhere from 27,000 to 32,000 feet to gather a vertical profile of data for NCEP forecasters to use in their weather models," said Maj. Brad Roundtree, 53rd WRS pilot. "Hurricane flights, however, normally occur no more than 10,000 feet above sea level. We actually try to fly as low as possible and straight through the storm (for hurricane missions) to pinpoint the center of circulation and gather all the data for forecasting the speed and movement of the storm, whereas for a winter storm we fly as high as possible and try to get out in front of it to take measurements of the atmosphere that it's actually going to be moving through."

Another difference between hurricane and winter storm missions is the data transmitted by the Hurricane Hunters is gathered solely through the dropsondes, whereas hurricane flights incorporate a horizontal data profile gathered from instruments on the plane as it flies through the storm, as well as visual information gleaned by the 53rd WRS aerial reconnaissance weather officers from watching the water's surface, such as wave activity.

"Overall, this information can help emergency managers and government officials determine what actions they may need to take in preparation for these winter storms," said Roundtree. "Just like the hurricane mission, this is all to help cities and local governments to prepare for these events so they can save time and money on the amount of preparations they do, and most importantly help to save lives with these preparations," said Roundtree.



Vice President Mike Pence greets Staff Sgt. Samantha Henry, 99th Force Support Squadron dorm manager, following his address to Airmen at Nellis Air Force Base, Nev., Jan. 11, 2018. As the sun set on the desert horizon, the vice president made his way through the crowd, shaking hands and snapping photos with the Airmen. (U.S. Air Force photo by Airman 1st Class Andrew Sarver)

- Continued from page 1 -

As the late afternoon crept onto the flightline, Pence and the crowd of men and women in uniform turned their eyes to the sky to see two F-22 Raptor and two F-35 fighter jets thunder overhead. Following the fifth-generation flyover, Pence turned toward his audience to express his gratitude for a vast history of air superiority.

“This base is essential to America’s national security, but you already know that,” Pence began. “For more than 75 years, in these halls and on these runways and in the vast expanse above us, our nations’ Airmen have prepared to fly and fight for freedom – and fight they have.

Nearly 60,000 gunners trained here before they took wing in the Second World War. Many of our fighter aces sharpened their skills in these skies.”

The vice president also lauded the U.S. Air Force Warfare Center for its rigorous and realistic training via the U.S. Air Force Weapons School and Nevada Test and Training Range.

“To this day, Nellis trains the best combat aviators in the world,” Pence said. “As we speak, I know nearly 600 of your members are in the skies and in the fight and we think of them this hour.

“As all of you know, year-round, through the Air Force Warfare Center, this base is laser-focused on testing, tactics and training,” he continued. “From the Weapons School, where the best train

with our most lethal technology to exercise Red Flag, which gives our pilots a realistic combat experience, to the NTTR unlike any training complex in the world.”

As the sun set on the desert horizon, the vice president made his way through the crowd, shaking hands and snapping photos with the Airmen. Bringing the day to a close, Pence toured the Thunderbirds museum, which houses decades of memorabilia and achievements by the Air Force’s premier aerial demonstration team, before heading to the Thunderbirds hangar for an up-close look at an F-35 Lightning II and F-16 Fighting Falcon fighter jets.



Vice President Mike Pence shakes hands with Chief Master Sgt. Raul Villarreal, 57th Maintenance Group chief enlisted manager, after meeting Staff Sgt. Samantha Buxton, 57th Aircraft Maintenance Squadron F-35 crew chief, during his tour of the F-35 Lightning II fighter jet in the Thunderbirds hangar at Nellis Air Force Base, Nev., Jan. 11, 2018. Pence praised Nellis AFB Airmen for their long-standing dedication to air superiority. (U.S. Air Force photo by Airman 1st Class Andrew Sarver)



Master Sgt. Chad Ehrlich, 386th Expeditionary Logistics Readiness Squadron noncommissioned officer in charge of special handling, points out Marine Corps howitzers that have recently been inspected and processed to be shipped out of an undisclosed location in Southwest Asia, Dec. 14, 2017. In 2017, the 386th ELRS processed and moved more than 65,000 tons of cargo. (U.S. Air Force photo by Staff Sgt. William Banton)

386th ELRS moves thousands of passengers, cargo

By Staff Sgt. William Banton, 386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (AFNS) -- The Air Force is required to move hundreds of thousands of tons of cargo a year in support of military operations around the world.

The importance of this mission is clear for the men and women who serve the 386th Expeditionary Logistics Readiness Squadron.

"In July we moved more than 16,000 passengers, which is unheard of," said Master Sgt. Chad Ehrlich, 386th ELRS noncommissioned officer in charge of special handling. "It is mind-boggling how many passengers that is...obviously, the tempo here is much different (than in the states). I recently started to prep my replacement and I showed him our tempo and he was like 'holy cow.'"

"The volume and number of movements we do in one day is quite phenomenal," he said.

Excluding passengers and baggage, in 2017 the 386th ELRS processed and moved more than 65,000 tons of cargo – pushing through approximately 16,000 work orders, requiring more than 200,000 labor hours of work – making it the busiest aerial port in the area of operations. This is comparable to transporting eight bull African bush elephants, or approximately 12 cruise ship size anchors.

Most of this tonnage is being transported to support operations in Iraq, Syria and Afghanistan in direct support of Army operations throughout the AOR.

The cargo being moved is broken down into two categories, general cargo and special-handled cargo. Special-handled cargo items include hazardous chemicals, ammunition, armored vehicles and

medical supplies including blood and other perishable items crucial to ensuring the safety of service members positioned on the frontlines.

"Every day it's on our mission boards, some days it's a single box, (other days) it is full (pallets)," said Senior Master Sgt. Jeremy Burlingame, 386th ELRS air terminal operation center duty officer, regarding medical supplies and blood products.

Blood products, which include whole blood, plasma and other variation of frozen blood products, require special refrigeration considerations.

"The regulations spell out if the item needs to be frozen or just chilled," said Burlingame. "Most of what we move here is chilled because we don't have the capability to move a whole lot of frozen (items)."

Different items have different regulated requirements based on how to safely transport them in and out of the AOR. For example, if the Army requires a M777 A2 Howitzer to be flown out of Iraq and back to the U.S., special handle cargo would first have to inspect the weapon to ensure each part has been secured for transport, and verify it is in operational condition and meets all U.S. customs requirements.

Ehrlich said special handling operates at a high pace and requires attention to detail, which demands consistent motivation from its Airmen.

All Airmen are required to complete a hazmat course certifying them to inspect hazardous materials and make sure they are packaged and annotated properly to ensure the item can be transported safely to its final destination. Additionally, the Airmen go through a two-week joint inspection course to teach them how to actualize the hazmat training to specific Air Force items, checklists and regulations during inspections.

"When my guys are out there looking at this [cargo], they have been trained to know what to spot and what to do. A lot of it comes from experience," Ehrlich said. "To be selected to be in special handling you had to be a star."



Marines rescue cargo after an inspection at an undisclosed location in Southwest Asia, Dec. 14, 2017. All cargo being transported on military aircraft is required to be inspected prior to being transported. (U.S. Air Force photo by Staff Sgt. William Banton)

Sheppard AFB has busiest joint-use airfield in AF

Senior Airman Daniel Palma, 80th Operations Support Squadron aircrew flight equipment, cleans an aviator helmet mask as part of his daily duties to ensure equipment issued to pilots of the 80th Flying Training Wing is in serviceable condition. AFE is one of many career fields that played a role in 2017 that led to Sheppard Air Force Base's airfield being named the busiest joint-use airfield in the Air Force. (U.S. Air Force photo by Alan R. Qewy)

By John Ingle
82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas (AFNS) -- The airfield at Sheppard Air Force Base has long been among the busiest in the Air Force as U.S. and NATO partner students train to become combat pilots.

Couple that with the civilian air traffic flying in and out of Sheppard AFB, and now the base has become the busiest joint-use air field in the Air Force, taking the top spot from Eglin AFB, Florida, for fiscal year 2017. Several factors play a role in the annual numbers-crunch determination, but all of them have to do with controlling the air space for which Sheppard AFB is responsible.

Leading that effort is Lt. Col. Jason Turner, 80th Operations Support Squadron commander, and Capt. Hollis Troxel, Airfield Operations Flight commander.

"From a military standpoint, there are several factors that go into the actual operations that we execute at any given time," Turner said. "A lot of people say, 'you've got this pilot shortage that you're trying to solve,' and part of what we're doing is trying to maximize our production to the maximum extent given the facilities we have available to us.

"So, that's one of the driving factors in that we've seen larger student classes over the last six months."

Turner said another component that contributed to the increase in flying activity was the loss of an auxiliary airfield in Frederick, Oklahoma, where student pilots conducted some of their T-6A Texan II training. Repairs on the

runway in Frederick were completed during 2017. While repairs were underway, more T-6A takeoff and landing training missions were conducted at Sheppard AFB.

When people think of an airfield and its purpose, they often think only of the aircraft and the pilots flying them. Troxel said there are many more behind-the-scenes functions that keep operations moving seemingly without a hitch.

"We have a multitude of Airmen in different (Air Force Specialty Codes) who are all behind the engine that you could say supports the flying mission here," he said. "You have everything from weather Airmen; aircrew flight equipment Airmen; you have air traffic control Airmen, both in the RAPCON (radar approach control) and the tower; you also have radar airfield weather systems Airmen who are fixing that equipment and radio equipment and radar equipment that keeps us up and flying each and every day."

Troxel said that in addition to Airmen supporting the mission, there are also civilians and contractors working alongside. He said all of those functions "really are the embodiment of OSS."

As the term "joint-use" indicates, the success of the airfield also takes a strong relationship between Sheppard AFB, the city of Wichita Falls and civilian pilots. Troxel said Sheppard AFB's airfield operations serves as a support agency for civilian aircraft.

For example, he said a civilian aircraft needed to make an intentional wheels-up emergency landing about a year ago when a mechanical malfunction prevented the landing gear from lowering. Although there were several other options available to the pilot, he chose to land at Sheppard

AFB because of the support structure in place.

"That's one of those things where it's important for us to see, as those agencies, that these guys trust our ability to do our mission here and know that we're going to support them when (they) need it," Troxel said.

Turner said the Wichita Falls Regional Airport serves as a transportation hub with a potential for growth.

"It's easy to see the value added," he said. "When we can support them, it makes our city a better place to live. And when they support us, it empowers us to be able to do more. It's a great partnership that we really have both ways between the civil side and the military side."

An increase in activity often means an increase in the hours demanded from 80th Flying Training Wing instructor pilots and support functions put in to keep the flying mission going. While leadership does their best to mitigate the longer hours, Turner said Airmen in the 80th OSS continue to rise to support the wing's mission requirements.

Another group of people who assist in getting the job done comes from 82nd Training Wing mission partners such as security forces, civil engineers, medical and more.

"Because the infrastructure itself belongs to the 82nd (FTW), we're really here borrowing it as a tenant unit," Troxel said. "That scope broadens very quickly when you talk to the number of people who are actually involved on a daily basis because you have security forces out here, you have a CE contractor out here, and multiple other agencies that are working day in and day out (to) make sure this mission happens."



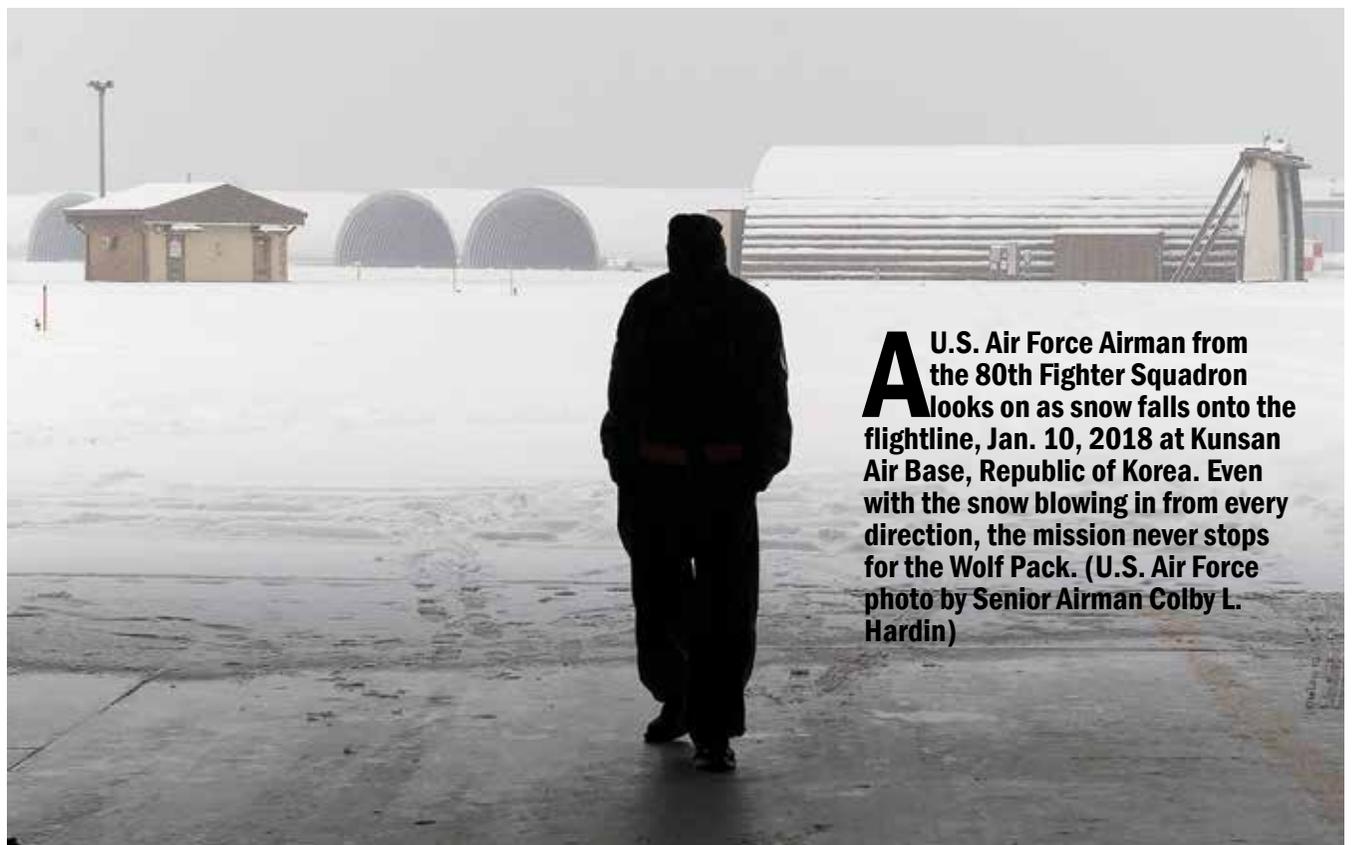
US. Air Force Senior Airman Isiah Bishop, 80th Fighter Squadron crew chief, looks through his tool-kit during a tire change Jan. 10, 2017, at Kunsan Air Base, Republic of Korea. The Airmen continue the mission despite the dramatic snowfall received on the flightline. (U.S. Air Force photo by Senior Airman Colby L. Hardin)

80th FS crew chiefs continue the mission

By Senior Airman Colby L. Hardin, 8 Fighter Wing Public Affairs

KUNSAN AIR BASE -- The crew chiefs and maintainers who work on swing shift to keep the 80th Fighter Squadron mission ready have a saying that reminds them no matter the weather condition, they have a job to do, and they'll do it "better than you."

US. Air Force Staff Sgt. William Horne and Senior Airman Isiah Bishop, 80th Fighter Squadron crew chiefs, change a left main-tire Jan. 10, 2018, at Kunsan Air Base, Republic of Korea. The crew chiefs and maintainers who work on swing shift to keep the 80th Fighter Squadron mission ready have a saying that reminds them no matter the weather condition, they have a job to do, and they'll "do it better than you." (U.S. Air Force photo by Senior Airman Colby L. Hardin)



A U.S. Air Force Airman from the 80th Fighter Squadron looks on as snow falls onto the flightline, Jan. 10, 2018 at Kunsan Air Base, Republic of Korea. Even with the snow blowing in from every direction, the mission never stops for the Wolf Pack. (U.S. Air Force photo by Senior Airman Colby L. Hardin)





B-2 Spirits support bomber assurance, deterrence mission

By Headquarters Pacific Air Forces Public Affairs



JOINT BASE PEARL HARBOR-HICKAM, Hawaii
-- A U.S. Air Force B-2 Spirit taxis Jan. 8, 2018, at Andersen Air Force Base, Guam. Approximately 200 Airmen and three B-2 Spirits from Whiteman Air Force Base (AFB), Missouri, deployed to Andersen AFB in support of the bomber assurance and deterrence mission. U.S. Strategic Command bombers regularly rotate through the Indo-Pacific region to conduct U.S. PACOM-led air operations, providing leaders with deterrent options to maintain regional stability. During this short-term deployment, the B-2s will conduct local and regional training sorties and will integrate capabilities with key regional partners, ensuring bomber crews maintain a high state of readiness and crew proficiency (Air Force photo by Airman 1st Class Gerald Willis) .



Members of the 379th Expeditionary Aeromedical Evacuation Squadron discuss mission details on a C-130 Hercules during a mission to pick up sick patients in Iraq, over the skies of the Middle East, Nov. 11, 2017. The job of the EAES is to transport wounded warriors to a higher echelon of care. (U.S. Air National Guard photo by Master Sgt. Phil Speck)

Flying ambulances: Aeromedical evacuation

By Master Sgt. Phil Speck, 379th Air Expeditionary Wing

AL UDEID AIR BASE, Qatar (AFNS) -- The morning starts early with an alert about four hours before takeoff. Members of the 379th Expeditionary Aeromedical Evacuation Squadron begin several mandatory tasks before boarding the aircraft. Nurses go over mission details, as medical technicians pack more than a thousand pounds of equipment on a flatbed that is ready to load onto the plane. They must take all their usual gear including bandages, intravenous fluid, regulators, defibrillators, suction units and various other pieces of medical equipment. They take these supplies partially as a precaution, as they don't know what they may need to keep patients stable in the air above the Middle East.

These teams, the aircrew and aircraft are flying ambulances for the U.S. Central Command area of responsibility.

The 379th EAES deployed to Al Udeid Air Base, Qatar, is one of the only two aeromedical evacuation squadrons in the AOR available to pull wounded warriors off of the battlefield and make sure they get the care they need.

According to Lt. Col. Julia Moretti, 379th EAES commander, their job is to transport wounded warriors to a higher echelon of care.

"We take them from the battlefield all the



Staff Sgt. Miguel Rodriguez, 379th Expeditionary Aeromedical Evacuation Squadron medical technician, inputs patient data to a computer during a mission to pick up patients in Afghanistan, Nov. 25, 2017. The job of the 379th EAES is to transport wounded warriors to a higher echelon of care. (U.S. Air National Guard photo by Master Sgt. Phil Speck)

way home," Moretti said.

If military personnel get injured or sick in the battlefield, the wounded initially receive first aid buddy care. If life-saving surgery is needed, the patients are flown to the nearest hospital abroad.

That is where 379th EAES comes in. They bring the injured service member back to Al Udeid AB. If they require more intensive care, they will then be transported to Landstuhl Regional Medical Center, Germany, and if they can't be fully treated overseas, they will return to the U.S.

"The goal is to keep them at the lowest level of care, rehab them and then get them back into the fight quickly as possible," said Senior Master Sgt. Matthew Ausfeld, 379th EAES first sergeant.

In addition to the AE teams, the squadron also has Critical Care Air Transport Teams, which are specialized medical teams comprised of one doctor, an intensive care nurse, and a respiratory therapist. If AE teams are the flying ambulance, CCATT is the ICU.

If patients can be treated and return to work while deployed, they will stay in the AOR. However, if they have a more severe condition and can't physically manage doing office work as they recover, they will return home.

As the war has progressed, the severity, type and amount of injuries have decreased significantly. In the early 2000s, the teams would care for 20-30 patients that would require transporting on a litter.

"Now that is the exception, and we're glad to see we aren't having that many now," Moretti said.

Aeromedical evacuation teams are made up of two nurses and three medical technicians. All members of AE are considered flight crew and, on top of all the medical expertise they must know and practice, they also need to know all about the aircraft they are flying on. They have to know how to put together seats, install stanchions to hold patient litters and how the electricity works for their machines aboard the aircraft, among many other details.

AE teams are also required to have the knowledge to perform their duties on a wide variety of aircraft, such as the KC-135 Stratotanker, C-130 Hercules, C-17 Globemaster III, C-5 Galaxy, and C-21.

The AE teams here exemplify total force integration in that active duty, Reserve, and Air National Guard members combine to create the medical teams. In fact, only a small percentage of the teams are made up of active duty Airmen.

"The Guard and Reserve components are a key part in the Aeromedical Evacuation world," Moretti said. "Around 88 percent of AE is Guard and Reserve augmenting active duty. It's a team effort with all the components to transport and care for our Wounded Warriors."

According to Moretti and Ausfeld, the job of an AE Airman is a rewarding one.

"It's a great feeling helping our wounded warriors," Moretti said. "Taking care of our own that were injured or became sick while protecting us, it's a small way to give back. We pamper the patients and give them the best tender loving care we can."

"I've moved wounded warriors around the world, some with severe battle injuries," Ausfeld said. "They'll look you in the eyes and thank you for what you're doing for them. It can catch you off guard and it can be hard to respond to. Because these warriors, these sons, daughters, mothers, fathers, brothers and sisters, have sacrificed their body and soul. We're just making sure they get home."



Staff Sgt. Vanessa Potchebski and Staff Sgt. Miguel Rodriguez, both 379th Expeditionary Aeromedical Evacuation Squadron medical technicians, unload medical equipment from a C-130 Hercules after a successful mission to pick up sick patients in Iraq, at Al Udeid Air Base, Qatar, Nov. 11, 2017. The job of the 379th EAES is to transport wounded warriors to a higher echelon of care. (U.S. Air National Guard photo by Master Sgt. Phil Speck)



Capt. Elise Cunningham, flight nurse and Lt. Col. Deveril Wint, medical crew director, both with the 379th Expeditionary Aeromedical Evacuation Squadron, pack equipment up after a mission to pick up sick patients in Afghanistan, at Al Udeid Air Base, Qatar, Nov. 25, 2017. The job of the 379th EAES is to transport wounded warriors to a higher echelon of care. (U.S. Air National Guard photo by Master Sgt. Phil Speck)



A U.S. Air Force B-52 Stratofortress bomber lands at Andersen Air Force Base, Guam, Jan. 16, 2018. The Stratofortress is one of six U.S. Air Force B-52H Stratofortress bombers and approximately 300 Airmen from Barksdale Air Force Base (AFB), Louisiana, deploying to Andersen AFB, Guam, in support of U.S. Pacific Command's (PACOM) Continuous Bomber Presence (CBP) mission. (U.S. Air Force photo/Tech. Sgt. Richard P. Ebensberger)

B-52s return to Pacific for routine Continuous Bomber Presence mission

By Public Affairs, Pacific Air Forces

JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- Six U.S. Air Force B-52H Stratofortress bombers and approximately 300 Airmen from Barksdale Air Force Base (AFB), Louisiana, are deploying to Andersen AFB, Guam, in support of U.S. Pacific Command's (PACOM) Continuous Bomber Presence (CBP) mission.

The Stratofortresses, last deployed to the region in July 2016, will assume responsibility for U.S. PACOM's CBP operations near the end of January 2018 from the 37th Expeditionary Bomb Squadron (EBS) B-1B Lancers, deployed

from Ellsworth AFB, South Dakota.

During their deployment, the 37th EBS conducted a variety of joint and bilateral training missions with the U.S. Navy, U.S. Marine Corps, Koku Jieitai (Japan Air Self-Defense Force), Republic of Korea Air Force and Royal Australian Air Force.

The B-52Hs return to the Pacific will provide U.S. PACOM and its regional allies and partners with a credible, strategic power projection platform, while bringing years of repeated operational experience.

The B-52 is capable of flying at high subsonic

speeds at altitudes up to 50,000 feet (15,166.6 meters) and can carry nuclear or precision guided conventional ordnance with worldwide precision navigation capability.

This forward deployed presence demonstrates the U.S. continued commitment to allies and partners in the Indo-Pacific region.

The employment of CBP missions in the PACOM area of responsibility, conducted since March 2004, are in accordance with international law and are vital to the principles that are the foundation of the rules-based global operating system.



Combined Federal Campaign Overseas:



Department of Defense (DoD) employees worldwide can support their favorite charities from October 2017 to January 2018 by participating in the 2017 Combined Federal Campaign Overseas (CFC-O). The mission of the Combined Federal Campaign is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

CFC is the world's largest and most successful annual workplace charity campaign with 36 CFC zones located everywhere federal employees work. Last year, military and civilian employees contributed more than \$167 million to almost 20,000 local, national and international charities. Once again this year, DoD employees worldwide have the opportunity to give to their favorite charitable cause during the CFC giving season from Oct. 2, 2017 to Jan. 12, 2018.

Our Help is Needed:

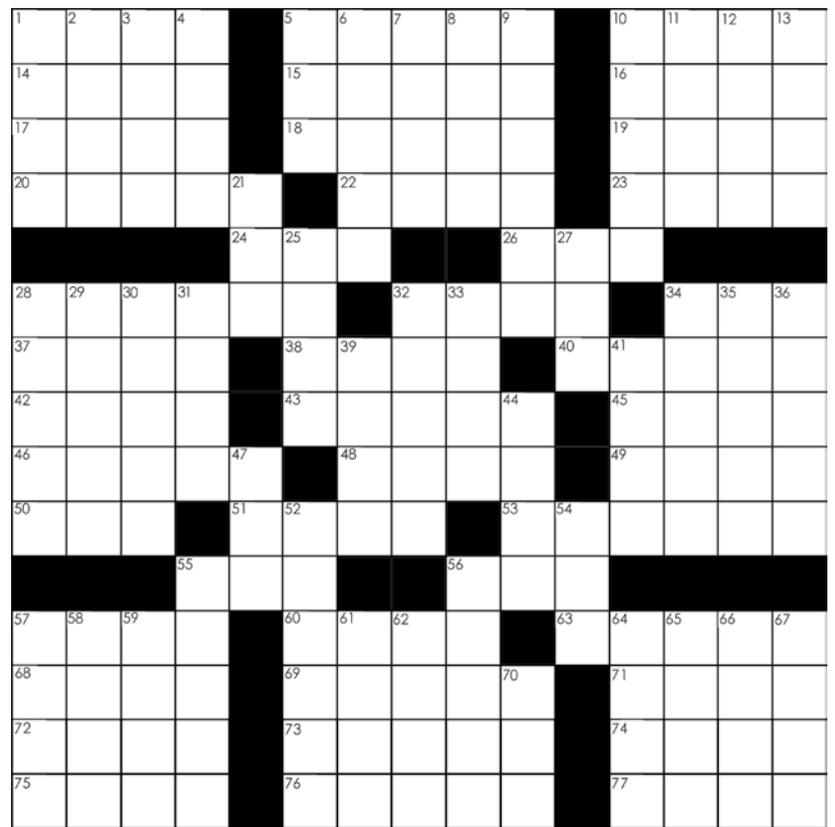
- During the next four years, it is expected that 250,000 service members will transition into civilian communities, annually.
- One in ten homeless adults is a veteran.
- Since 2001, more than two million American military children have had a parent deploy at least once.
- Deployed veterans are 41 percent more likely to commit suicide when compared to the general U.S. population.

We have 80+ Key Workers throughout the Unit in 51 FW and they would be able to help you fill out the either paper copy or online pledge form. If you do not know your Key Worker in your unit, please contact your Community Area Project Officer (CAPO) TSgt David Chun (david.chun@us.af.mil) or TSgt enjamin Wiseman (benjamin.wiseman.3@us.af.mil) and they will be more than happy to assist.

What is your cause?
Show Some Love!

The Crossword

By Jon Dunbar



ACROSS

- 1 Explosive sound
- 5 Some frogs
- 10 Alan Alda TV show
- 14 Troll cousin
- 15 7-10 in bowling
- 16 Singer Fitzgerald
- 17 Scottish valley
- 18 Water mammal
- 19 University head
- 20 Korean capital
- 22 Very small amount
- 23 Snakes
- 24 UK TV news
- 26 Unwell
- 28 Bibimbap hometown
- 32 Part of a URL
- 34 "Takin' Care of Business" band
- 37 Former UK aircraft maker
- 38 General's decoration
- 40 Goes with honor or life
- 42 Type of bog

- 43 Traditional Korean house
- 45 Opposite of false
- 46 Pretentious
- 48 Military on campus
- 49 Korea ___-Fisheries Trade Corp.
- 50 Bill the Science Guy
- 51 Someone from Bangkok
- 53 Yongin neighbor
- 55 Any port ___ storm
- 56 Cheerleader chant
- 57 Hotshot pilots
- 60 Western alliance
- 63 PX operator
- 68 La. city
- 69 Persona non ___
- 71 Chair
- 72 Space shuttle builder
- 73 Used to measure farmland
- 74 Opposite of hard
- 75 Goes with Guinness or Baldwin
- 76 Suites
- 77 Incheon airport train

DOWN

- 1 Swamps
- 2 Leer at
- 3 Black and white cookie
- 4 Found at a restaurant table
- 5 Chinese general famous for chicken
- 6 Type of eye nerve
- 7 Type of saxophone
- 8 What you eat
- 9 Sea passage between land
- 10 Service reward
- 11 Alcoholic drinks
- 12 Smack
- 13 Blix or Christian Andersen
- 21 JFK's successor
- 25 Clinton's successor
- 27 Taxi fuel
- 28 Korea's neighbor
- 29 Each
- 30 Give a lecture
- 31 The haves and have-___
- 32 Vietnam capital

- 33 Old Korean pop
- 34 Scow
- 35 Cape Cod town
- 36 Ancient Greek performance theater
- 39 Actress Reid
- 41 Salt Lace City state
- 44 NIS predecessor
- 47 Korean 24-hour news channel
- 52 Airplane garage
- 54 Ambassador nominee Victor ___
- 55 Korean toast maker
- 56 Hyundai defense manufacturer
- 57 Goes with Kendrick or Kournikova
- 58 Black energy source
- 59 Or ___
- 61 US oil company
- 62 Root vegetable
- 64 Not docked
- 65 Worry
- 66 "At ___"
- 67 "Mr. Roboto" band

Answers (1-05-2018)	27 OLAF	62 HAN	8 IDIOTS	42 POSTWAR
ACROSS	29 BONIER	63 ITAEWON	9 FEE	43 CRIOLLO
1 REG	33 DNS	67 PAL	10 GHILLIE	45 VEAL
4 ASS	34 TIRE	68 IED	11 BARBARA	46 ETA
7 GIF	35 MISTLETOE	69 NETTING	12 PGA	47 ELM
10 GBP	37 AHEAD	70 PRO	14 AMY	48 NYC
13 NATALIE	38 SOFA	71 PLO	21 IODO	50 ISRAEL
15 ODE	39 YULE	72 GMO	22 MOTHERS	54 BLING
16 HAG	41 OPCON	73 LEO	23 IBM	58 ITEM
17 AUGMENT	44 EVERGREEN	DOWN	24 DOI	59 NATO
18 LIE	49 NORK	1 RNA	25 SNS	60 SET
19 IRA	50 IKE	2 EAU	28 FED	61 APP
20 YEOUIDO	51 LASTLY	3 GTG	30 ITSOKAY	62 HIP
22 MLB	52 ASIA	4 ALEE	31 ELON	64 WIL
23 IDS	53 SWAB	5 SINO	32 REF	65 ONE
26 POET	55 AMC	6 SETUP	36 TAEKWONDO	66 NGO
	56 TOY	7 GOLDENEYE	37 ALGA	
	57 ROLLINS		40 URL	
	61 AWL		41 ONA	

Kunsan

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

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-HOPE.

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.

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 Tuesday at the Chapel Annex. For more information, send an e-mail to: nicholas.smith.21@us.af.mil or ric.rebulanan.1@us.af.mil

***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](tel:784-0119).

Volunteers for USFK Civilian Employees Appreciation Week
Each year, the USFK Commander takes time to recognize civilian employees for their accomplishments, contributions, and dedication to the USFK mission. This year, General Brooks has designated 11-15 September as USFK Civilian Employees Appreciation Week. We are currently seeking volunteers (US/LN Civilians, Active Duty Military, and Spouses/Family members) to assist in the planning and execution of this wonderful event. If you would like to volunteer to serve as a committee member, please contact Ms. Kim, Min Kyo, min_kyo.kim.kr@us.af.mil or Ms. Precious Clermont, precious.clermont@us.af.mil at [784-4434/8177](tel:784-44348177).

Open Continuous Vacancy Announcement for Pacific West Educational Aide positions
Applicants who previously applied under the Open Continuous Vacancies will need to update their application and required documents under the new announcement numbers if they wish to be considered for the SY 17/18
PLEASE re-iterate to these interested applicants to have a complete resume attached. This includes but not limited to total employment period, i.e., starting and ending dates (month and year) and number of hours per week for each work experience, paid and unpaid. A description of duties and accomplishments for each experience, including volunteer. If a current or former Federal employee, highest Federal civilian grade held, job series, and dates of employment.
Here is the direct link to the 2017 school support positions.
Job Title: Educational Aide (GS-1702-04)
Job Announcement Number: 17-042-KO-LG-1981388
<https://www.usajobs.gov/GetJob/ViewDetails/473464800>

Emergency Services	911	Commander's Hotline	782-5224
Off Base/Cell Emergency	063-470-0911	After-hours medical advice	782-4333
Crime Stop: (to report a crime)	782-5444	IG Complaints FWA Reporting:	782-4850 (duty hours) 782-4942 (anytime)
Base Locator: (after duty hours)	782-4743	Chaplain (After duty hours)	782-6000
Law Enforcement desk	782-4944	Sexual Assault Response Coordinator (SARC)	782-7272
Emergency Leave / Red Cross		782-4601 (on base) 1-800-733-2761 (anytime)	

Emergency Services (Fire, Medical, Security Police)	911	Commander's Hotline	784-4811
Off Base/Cell Emergency	031-661-9111	Crime Stop: (to report a crime)	784-5757
Emergency Room:	784-2500	IG Complaints FWA Reporting:	784-1144
Base Locator: (after duty hours)	784-4597	Emergency Leave	784-7000
Force Protection Information Hotline:	115	Sexual Assault Response Coordinator (SARC)	784-7272
Chaplain (After duty hours)	784-7000	Security Forces Control Center	784-5515

CHAPEL SCHEDULE

KUNSAN AIR BASE

Protestant Services
Gospel Service
 Sunday, 11:30 a.m.
 Main Chapel, Bldg. 501
Contemporary Service
 Sunday 5 p.m.
 Main Chapel, Bldg. 501

Catholic Services
Sunday Catholic Mass
 Sunday, 9:45 a.m.
 Main Chapel, Bldg. 501
Daily Mass and Reconciliation
 Please call the Chapel

Other Worship Opportunities
LDS Service
 Sunday, 11:00 a.m.
 SonLight Inn, Bldg. 510

Point of Contact:
 Kunsan Chapel, 782-HOPE

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

OSAN AIR BASE

Protestant Services
Gospel Service
 Sunday, 12:30 p.m.
 Chapel Sanctuary
Community Service
 Sunday, 10:30 a.m.,
 Chapel Sanctuary

Protestant Ministries
Awana Children's Ministry
 Wednesday, 5 p.m., Grades 7-12
 Wednesday, 6 p.m., Pre-K to 6th Grade
 Chapel
Osan Middle School
Men of the Chapel
 Wednesday, 7 p.m., Chapel Annex
Singles & Unaccompanied
 Thursday, 7 p.m., Mustang Center
Friday, 7 p.m., Hospitality House
Saturday, 6 p.m., Hospitality House
Women of the Chapel
 Monday, 6:30 p.m./ Tuesday, 9 a.m.
 Chapel Annex
Youth of the Chapel
 Monday, 6 p.m., Chapel Annex

Catholic Mass
Daily Mass
 Tuesday – Thursday, 11:30 a.m., Chapel
Reconciliation
 Saturday, 4 p.m (or by appointment), Chapel
Vigil Mass
 Saturday, 5 p.m., Chapel
Sunday Mass
 Sunday, 8:30 a.m., Chapel

Catholic Ministries
Catholic RE
 Sunday, 10 a.m., Chapel Annex
Korean Prayer Group
 Tuesday, 9:30 a.m.
Blessed Sacrament
Bible Study
 Tuesday, 6 p.m., Chapel Annex Rm 4
Women of the Chapel
 Meet Monthly, Please call 784-5000

Other Faith Groups
Earth-Based (Contact the Chapel)
Jewish (Contact the Chapel)
Muslim (Contact the Chapel)
Buddhist (Contact the Chapel)
LDS Sunday, 1 p.m., 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



Point of Contact:
 USAG Yongsan Religious Support Office, 738-3011
Visit us on SharePoint:
<http://www.army.mil/yongsan>

SPIRITUAL CHARGE

Fun vs. Fulfillment



**Ch, Lt Col Jeffrey D. Granger,
 Wing Chaplain, 51st Fighter Wing**

What is the difference between fun and fulfillment? Many activities are fun—a chance to let loose with friends or family. Some activities are fulfilling—gaining a sense of accomplishment, or making a difference for someone. For me, I need to be well connected socially to have fun; so, it can be hard to find when I'm new to an assignment. Fortunately, I usually have my family with me to provide opportunities for fun. Like, joking

at the dinner table about the acronym for the Family Advocacy Readiness Team. (I have an 8 year old boy—it's his kind of humor.)

What about fulfillment? How do we find fulfillment? Or, does fulfillment find us? There are times when I've found fulfillment in something I didn't expect to. But, I believe there is a sure way to find fulfillment. Fulfillment is found in where we find meaning and purpose in life. So, the challenge isn't necessarily finding fulfillment, but living life according to where you find meaning and purpose. Which begs the question, "so, how does one do that?"

Defining where you find meaning and purpose begins with identifying your values. Since I'm a chaplain, it won't surprise you that my number one value is my relationship with God. Next, is my family; and third, well, enough about me. There are probably about five top values you have. Can you name them off the top of your head? Probably not. So, take time to brainstorm and then hone a list of your top values. Then, rank order, or prioritize, your values. This is important because there are times when your values will come into conflict with one another. Your priorities can resolve that conflict.

With a defined set of values, you can set value based goals. Goals create activity and help you live out your values. So, for example, one of

my goals is to have a healthy relationship with God. This is an ongoing goal. It's not one that I'll ever finish striving for. But, I also value being physically fit. So, I set goals for physical training and activities. Some are ongoing goals for weekly exercise, and some are one-time goals, like completing a marathon. Goals can be lifetime goals that we wish to maintain, and others can be singular achievements.

Goals put our values into action. And, a plan to achieve our goals puts them into daily activities get us there. So, back to my example for my top value: my relationship with God. What does it take to maintain an ongoing healthy relationship? Good communication and quality time. So, translate this to daily activities, and I need to have daily prayer to communicate with God, and daily Bible reading to set my mind on his priorities and direction. Run this process out with each of your values. Set at least one goal to support each value. Set at least one daily activity to work toward each of your goals. Set up a way to keep yourself accountable to complete those daily activities. Keep a list somewhere that you will see each day. And, you will find that life is more fulfilling because you have aligned your life with where you find meaning and purpose. And, oh by the way, people who find that life is fulfilling tend to have more fun, too.



Second Lt. Kenneth Soyars, 14th Student Squadron student pilot, takes off during a virtual reality flight simulation Jan. 10, 2018, at Columbus Air Force Base, Miss. Two subjects flew at a time but no other subjects were allowed to watch or learn from other individuals' sorties. The Adaptive Flight Training Study pushed subjects to learn through the VR technology. (U.S. Air Force photo by Airman 1st Class Keith Holcomb)

Researchers test virtual reality Adaptive Flight Training Study

By Airman 1st Class Keith Holcomb, 14th Flying Training Wing Public Affairs

COLUMBUS AIR FORCE BASE, Miss. (AFNS) -- A team of student researchers from Air Command and Staff College, Air University at Maxwell Air Force Base, Alabama, conducted an Adaptive Flight Training Study Jan. 9-12, 2018, at Columbus AFB, Mississippi, to aid in the Air Force's advancement in training and education through virtual reality.

The study was held primarily to find out if the VR environment would help adults learn at or above the rates they are currently learning, and how the brain works and reacts in conjunction with other parts of the body during the learning process.

Three test groups were tasked to fly a T-6 Texan II simulator with no prior T-6 flying experience. The groups ranged from experienced pilots who had not flown the T-6; pilots who have limited flying experience and none within the T-6; and the final group had no flying experience whatsoever.

"We took the idea of learning through advanced

technologies like VR, and came up with our idea of a targeted learning system," said Maj. Matt Elmore, Air Command and Staff College student. "We are focusing on how our troops learn, using technology to measure the person, the environment and their performance, to see if we can provide better feedback both adaptively in the curriculum and to provide variables or indicators to select people for certain jobs based on the results."

The three test groups flew four simulations; the first simulated flight set the baseline so the data could be compared to the other three flights. The task was to fly a basic sortie around Columbus AFB and land safely.

During the baseline simulation flight, participants were given 10 minutes to read instructions of the pattern they would be flying and how to operate the aircraft. For their virtual training sessions the subjects were given three learning environments, providing less optical and auditory cues as they progressed to help them learn their task.

Following their training sessions the subjects would fly a final flight in the T-6

Texan II flight simulator to determine if there was any improvement through the virtual reality training.

"The data we are gathering can hopefully help us start to determine the key factors of what makes individuals succeed or perform better," Elmore said. "Now this won't be an end all be all, but it's good to be on the leading edge of this and start the conversation."

Because there is a lot of data being gathered, there are multiple groups attached to this project. Only a handful of individuals traveled to Columbus AFB to set up and conduct the study, each of them with a specific skill and portion of the study to control.

"There's a lot of use cases with our technology that the Air Force was trying to do, like being able to actually measure the activity of the brain as a student was learning to fly," said David Zakariaie, Senseye CEO.

The Senseye team members are primarily setting up the gear, running the VR programs, and collecting the data from where, when and how the subject's eyes are moving throughout their sorties.



Second Lt. Madeline Schmitz, 14th Student Squadron student pilot, prepares to take flight in the T-6 Texan II flight simulator Jan 10, 2018, at Columbus Air Force Base, Miss. The Adaptive Flight Training Study pushed subjects to learn through the virtual reality technology but used the T-6 flight simulator as a baseline to compare the other VR sorties. This allowed researchers to see if the subject's flights got better or worse after the VR flight training. (U.S. Air Force photo by Airman 1st Class Keith Holcomb)

"We're focusing on pilots now, but everything that we are doing here today, could be applied to almost any [Air Force specialty code]," Zakariaie said.

Along with the tracking of eye movement, another set of data that will be collected; the heart and respiratory patterns will be tracked throughout the study to see if any connection can be made to patterns of success or failure during subject's flights.

"We were briefed on the study and learned they

wanted to include, in all of this, an element of state assessment," said Capt. Wesley Baker, Air Force Research Laboratory deputy program manager for cognitive performance optimization. "For the purposes of this study I will be measuring the heart rate and respiration data of 15 individuals as they fly in the simulations."

The data is specifically being collected from the eyes, heart and lungs to possibly find each individual's estimated maximum cognitive loads; this is a factor on the success of the research, as

the implications of the possible findings could be applied to limitless training environments across the Air Force.

"What we want to prove is that a virtual reality environment will help our students learn at a faster rate than the traditional methods, and more effectively," Elmore said. "The real question is where can't this kind of learning go? We can drive this training and make it work for us instead of playing catch up and that's a big takeaway, if we become early adopters."



Col. William Denham, 14th Flying Training Wing vice commander, and the Adaptive Flight Training Study research team watch Lt. Col. Marc Deshaies, 14th Student Squadron commander, as he flies a virtual aircraft Jan. 9, 2018, at Columbus Air Force Base, Miss. The study was held primarily to find out if the VR environment would help adults learn at or above the rates they are currently learning, and how the brain works and reacts in conjunction with other parts of the body during the learning process. (U.S. Air Force photo by Airman 1st Class Keith Holcomb)

Airman 1st Class Conner Scott, an aircrew flight equipment journeyman with the 3rd Operations Support Squadron, inspects the new vests worn by pilots to ensure no wear or tears at Joint Base Elmendorf-Richardson, Alaska, Jan. 5, 2018. The new vests were designed to be more durable and provide pilots with the capabilities to adjust to fit individual needs and sizes.



AFE Airmen maintain pilot safety

By Airman 1st Class Caitlin Russell, 673rd ABW Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska -- For every pilot in the air, there are Airmen on the ground ensuring their equipment is well-maintained and operable.

At JBER, aircrew flight equipment shops are responsible for maintaining, inspecting and servicing all equipment aircrew require while performing their duties.

"One of our slogans is 'We're the last to let you down,'" said Senior Airman Kade McCammon, 3rd Operations Support Squadron AFE journeyman. "Pilots depend on the AFE team to guarantee their equipment is working properly for any operation."

Helmets, masks, harnesses, anti-G force suits and communication equipment are all under the AFE team's responsibility.

AFE Airmen also prepare parachutes, ejection seats and survival kits. Each survival kit includes a tourniquet, fire sticks, compass, head lamp and night vision goggles.

Included in the equipment are items specific to Alaska—cold weather gear and survival radios.

"Our team performs pre and post-flight, daily and weekly inspections of all the equipment," McCammon said. "During the inspections we ensure equipment is functional, not expired, and has no rips or tears."

Every piece of equipment used by aircrew members has requirements for how often it needs to be inspected.

While maintaining normal operations during duty hours, AFE Airmen also rotate around-the-clock shifts to perform pre and post-flight inspections for pilots flying night operations.

Included in the daily work is providing customer service to the pilots and other aircrew members. AFE Airmen work to answer questions or concerns, or assist with equipment.

"The gear we service is vital to aircrew safety," said Air Force Staff Sgt. Darius Clarke, 3rd OSS AFE

assistant noncommissioned officer in charge. "While the majority of pilots will never experience the need for their flight and survival equipment, it is still the number one priority that it work every time."

With properly maintained gear being a major priority for the AFE team, there can be challenges for Airmen.

"Challenges AFE Airmen can face involve adjusting to the different equipment they handle, performing timely inspections, and staying updated on training," Clarke said.

With step-by-step instructions on how to inspect and maintain gear, while learning how to

balance training and work, the AFE team is able to overcome any obstacle.

Duties for Airmen can vary depending on the flyer squadron they are attached to. Each flying squadron has an AFE unit attached to provide support to that specific squadron's mission.

However, even with the various duties, the mission for AFE Airmen remains the same – to ensure equipment safety for all aircrew.

"We're in the business of saving lives," said Senior Airman David Texada, 3rd OSS AFE journeyman. "We want to make sure everyone makes it home to their families at the end of the day."



Airman 1st Class Jemal Ford, an aircrew flight equipment journeyman with the 3rd Operations Support Squadron, tests the operability of aircrew equipment at Joint Base Elmendorf-Richardson, Alaska, Jan. 5, 2018. AFE Airmen are responsible for maintaining, inspecting and servicing all equipment aircrew require while performing their duties.

CMSAF focuses on resiliency in 2018



Chief Master Sergeant of the Air Force Kaleth O. Wright speaks to Airmen during an all-call at Maxwell Air Force Base, Ala., Jan. 10, 2018. The chief said he will focus more on building Airman resiliency in the new year. (U.S. Air Force photo by Melanie Cox)

**By Tech. Sgt. Patrick Brown
Maxwell Public Affairs**

MAXWELL AIR FORCE BASE, Ala. (AFNS) -- Chief Master Sergeant of the Air Force Kaleth O. Wright said he feels the Air Force is headed in the right direction concerning education and enlisted-force structure, but Airman resilience is an area that needs more attention.

He's starting the new year with that focus, he told the crowd during an all-call in the Polifka Auditorium at Maxwell Air Force Base Jan. 10, 2018.

"What I'm most concerned about, and where my priority will be in 2018, is the area of resilience," he said. "I still feel like there's work to be done. I

want to get out there and spend more time and energy this year getting after what's causing our Airmen to be less resilient. What's causing us to have less of a wingman culture?"

His desire to see the Air Force go back to more of a "wingman culture" stems from strong personal relationships that helped him get through difficult times. He said support from fellow Airmen and building a strong sense of resilience is key to what he predicts will be a tougher operations tempo in the future.

"The reason I've decided to place this laser focus on resilience is because ... it gets tougher," he said. "It's tough now, but it gets tougher. With what's happening in the world with the level of global insecurity and instability, our jobs will only get tougher. I don't look out a year or two or

three from now and see less mission. I see more deployments to Europe. I see more deployments to Africa. I see continued deployments to the Middle East, and I also see, at some point, some deployments to the Pacific."

The chief pointed to not only the strain on those on the deployments, but also the strain on the families left behind and the Airmen who remain to continue the mission.

"The mission here never stops, and the folks who are left behind are the ones who have to pick up the slack," he said.

Finding the correct work-life balance, the chief said, is key to building better resilience.

"A big goal of mine is to be able to give you as much time back as possible," he said. "I want you to be able to focus on the mission. I want you to be able to take care of each other and take care of yourselves. And I want you to be able spend time with your family. Family time is very important.

To find that balance between focusing on the mission, one's self and personal relationships, Wright introduced what he called the "2-10-5-7 philosophy."

The philosophy is a way to structure time: two hours of personal time in the morning, 10 hours for work, five to family and other personal relationships, and the remaining seven to sleep.

He emphasized the five hours to family should be "unplugged," referring to smartphones and social media. He admitted the five hours unplugged was his greatest struggle in trying to follow the regiment. "I won't say I've been successful, but I've made a conscious effort to maintain more balance."

773rd Civil Engineer Squadron Airmen clear the JBER flight line



By Alejandro Peña, JBER Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska -- Air Force snow plow operators assigned to the 773rd Civil Engineer Squadron pass a C-5 Galaxy while clearing the flight line during the first heavy snowfall of the year at Joint Base Elmendorf-Richardson, Alaska, Jan. 3, 2017. The civil engineer Airmen work continuously in any climate to keep the JBER flight line operational. (U.S. Air Force photo by Alejandro Peña)

Air Force saves Airmen time, no longer requires first year evaluations

By Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) -- Air Force officials announced Jan. 4, 2018, Enlisted Performance Reports are no longer required for regular Air Force Airmen in the grade of airman first class and below with less than 36 months' Time-In-Service or Air Reserve Component Airmen below the grade of senior airman.

This policy change supports Air Force senior leaders' focus on revitalizing the squadron and saving Airmen time. It is intended to eliminate an unnecessary administrative requirement and empower frontline supervisors, raters and commanders to frequently engage with their Airmen face-to-face, said Lt. Gen. Gina Grosso, deputy chief of staff for Manpower, Personnel and Services.

"While the Air Force values the contributions of all enlisted personnel, the requirement to document performance in a formal evaluation prior to the grade of senior airman is not necessary," said Grosso.

Instead, the Air Force has additional means available to document an Airman's performance and to ensure he or she is meeting the training, developmental and experiential skills required to perform as professional Airmen."

Performance feedback and Airmen Comprehensive Assessments will still be required. Initial feedback sessions will occur within 60 days of raters taking over as supervisors and then every 180 days until an EPR occurs.

The removal of EPRs prior to promotion to senior airman will allow Airmen more time to learn their primary skills and missions before their performance is documented on an EPR, Grosso said.

All active-duty enlisted Airmen will receive their initial evaluation upon reaching their first March 31 Static Close-out Date after either promotion to senior airman, or after completion of a minimum of 36 months' time-in-service, regardless of grade, whichever occurs first. All Air Force Reserve Component enlisted Airmen will receive initial evaluations upon the first March 31 SCOD as a senior airman.

Commanders still retain the option to complete a Directed By Commander evaluation to document substandard performance for those airmen first class and below any time after an Airman reaches 20 months' Time-In-Service. If a Directed By Commander evaluation is written, the Airman will receive a subsequent evaluation the following March 31 SCOD.

More information about the policy change is available at myPers.



Combating Trafficking in Persons (CTIP)

TRAFFICKING IN PERSONS:

- Recruitment
- Transportation
- Transfer
- Harboring and/or receipt of persons
- By means of
 - Threat
 - Force
 - Coercion
 - Abduction
 - Fraud
 - Deception
 - Abuse
 - Exploitation

BAR FINING IS ILLEGAL
 PAYING BAR EMPLOYEE'S TIMEOFF IS ILLEGAL
PROSTITUTION IS ILLEGAL



CTIP INDICATORS:

- Individuals...
- Do not have their personal freedom
 - Do not have access to their passports
 - Not allowed to leave living quarters during non-work hours
 - Abusive physical contact (beating/sexual abuse)
 - Living at work location
 - Travel to/from work monitored/controlled

DO YOUR PART AND REPORT SIGNS OF TRAFFICKING IN PERSONS

Osan AB, Area V contact Numbers (24 Hour Hotlines)
 USFK Human Trafficking Hotline : DSN: 315-736-9333, Comm: 0505-736-9333 Osan AB
 Security Forces: DSN: 315-784-5515, Comm: 031-661-5515



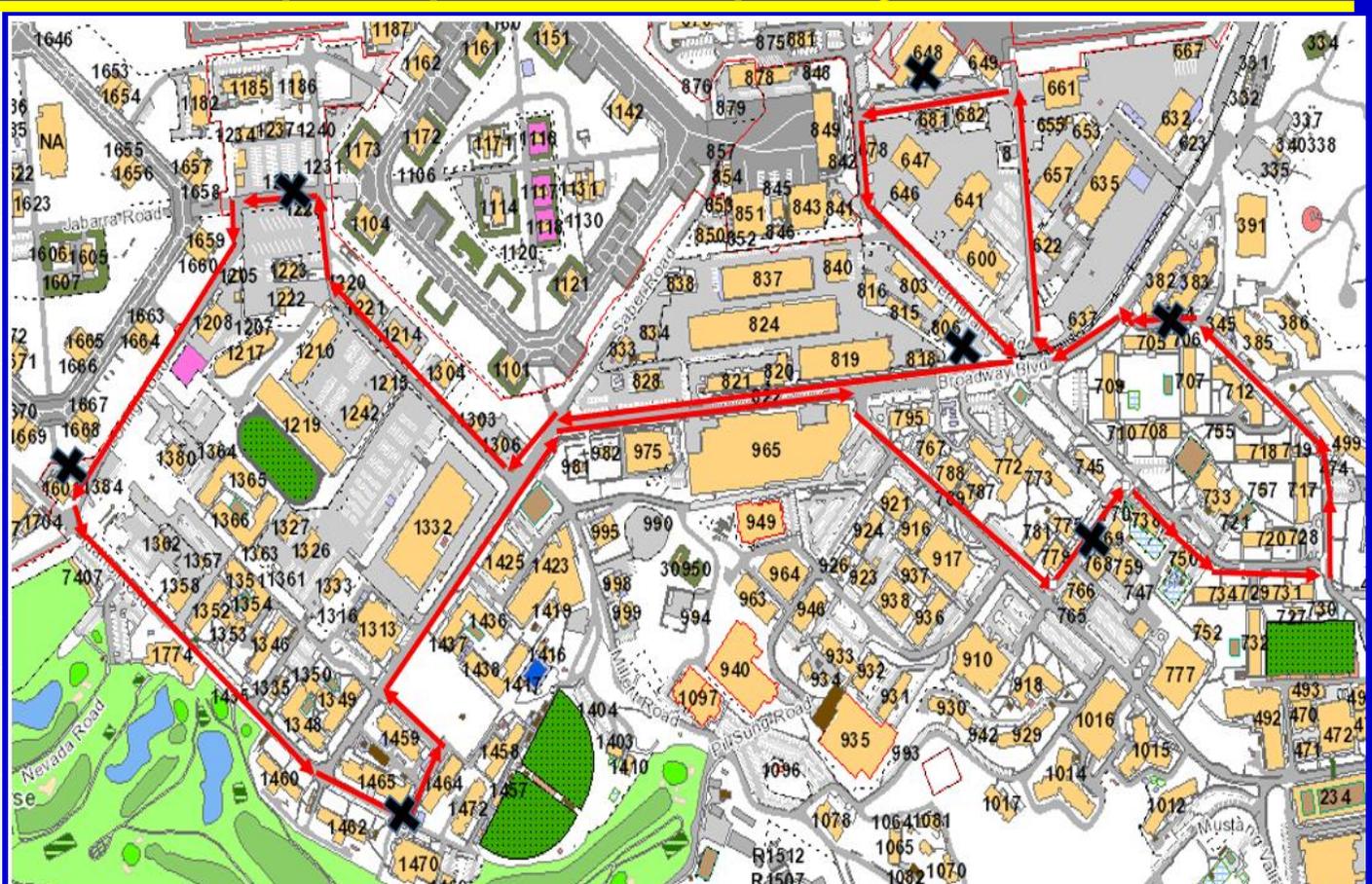
LEADING THE CHARGE!



Ginkgo Tree Midnight Shuttle

Hours of Operation: Sun-Fri from 2230-0130 hrs
 Shuttle will pick-up at each stop every 20 minutes.

Shuttle Stop
1. Bldg. 768
2. Bldg. 384
3. Bldg. 648 (Pax Terminal)
4. Across from Turumi
5. Bldg. 1235 (Commando Warrior)
6. ECP 1601
7. Ginkgo Tree DFAC
8. Bldg. 768



Feel the Thunder!



<above> Maj. Stephanie Proellocks (center), Medical Service Corps officer, works with two of Walter Reed National Military Medical Center's physical therapists in Bethesda, Md., Nov. 8, 2017. Alyssa Olsen (left) and Kyla Dunlavy work with the rest of Proellocks' medical team throughout her amputation recovery. Proellocks was diagnosed with a metastatic tumor in her left foot in January 2017, which resulted in having her foot amputated. (U.S. Air Force photo by Karina Luis)

<below> Maj. Stephanie Proellocks, Medical Service Corps officer, poses for a photo with her son, JP, and husband, John, in their home. Both her son and her husband have been with Proellocks through every step of her cancer journey and accompany her to every appointment since her diagnosis in January 2017. (Courtesy Photo)



Living with an attitude of gratitude – An Airman's story of resiliency Part 3

By Shireen Bedi, Air Force Surgeon
General Public Affairs

FALLS CHURCH, Va. (AFNS) -- "I already got my running blade," said an enthusiastic Maj. Stephanie Proellocks.

After only taking her first steps in November, Proellocks, a Medical Service Corps officer and recent amputee, was already thinking of how she would be able to run and eventually snowboard with her family.

"Since I started walking on my prosthesis there are all these things that I want to start doing now," said Proellocks. "I know that it will take time for me to get comfortable but I am excited. I want to run!"

With her ear-to-ear smile and enthusiasm for recovery, it can be easy to forget that her amputation was not the result of a single incident, but an ongoing, grueling, and unpredictable battle with cancer.

"Between being immobile and the radiation, sometimes it kind of keeps me down," said Proellocks. "The support I have received has made it so much easier to stand."

Proellocks credits her ability to smile through some of the toughest moments to support from her family. From her husband's experience working with amputees to her son's humor, Proellocks is grateful and feels confident about overcoming any challenges that come with being an amputee.

"My son has been taking it all in stride and does a great job of making me laugh," explained Proellocks. "Between school and practice, my son manages to come up to the hospital to see me even in rush hour traffic. He also finds little ways to make jokes. He says he is the only one who can get away at making jokes since everyone else is so nice to me. He says, 'I have to keep it real, mom.'"

Having never met an amputee before, Proellocks was also appreciative of her husband, John, who has not only been by her side at every appointment,

but also has experience working with service members with amputations.

"My husband is just outstanding and has made this whole process so much easier," said Proellocks. "It is helpful that he can use his experience being around so many different amputees for so long. John has made me feel comfortable with what was to come with my recovery. He and my son make a really great pair and I am beyond lucky."

Proellocks also extends her gratitude to her team at Walter Reed National Military Medical Center. Many patients who receive treatment at Walter Reed feel such a connection to their medical team that they often come back to visit just to express their appreciation.

"I mean just look around here," said Proellocks as she scanned the physical therapy center. "Many people here do not have appointments but just come back just to show how grateful they are to their medical team."

These patients who come back and share their experiences and stories have helped Proellocks put her own journey into perspective.

"I have spoken with patients who have been through horrible tragedies like Iraq, Afghanistan, acts of terrorism, accidents, or sickness," said Proellocks. "Listening to their stories and how they overcame their obstacles is extremely motivating. The support I have received from other patients has been motivating. You can't help but be uplifted and enriched by their experiences."

Hearing the recovery journeys of other service members has allowed Proellocks to maintain her focus on continuing her Air Force career. In many ways, her MSC colleagues provide additional support to ensure an easy transition whenever she is ready to come back.

"My MSC team has been great in keeping me up-to-date and involved as I telework," said Proellocks. "Many of them even came to my house to provide support and offer me food. When the Air Force

Medical Service says 'people are first' they really mean it and I have experienced that first hand."

Her experiences as a patient have also given Proellocks a new perspective in her career field. As an MSC officer, her duties ran more to the administrative side of health care. These roles provided limited exposure to direct patient care. Now, she has a new appreciation for the work medics play in caring for patients.

"I am more used to the behind-the-scenes processes of health care," explains Proellocks. "As a patient I learned so much about our healthcare system. The 'patient-first' concept of Trusted Care is not just lip service. It really hit home for me that it is the responsibility of all of us who work in the AFMS to create an environment where our patients trust the care they are receiving."

"This experience as a patient has been eye-opening. I believe this will make me a better MSC officer."

Her next step toward recovery is to keep building up her strength through physical therapy, leave the handrails of the treadmill behind, and walking unassisted with her new prosthesis. Proellocks jokes that she has started a new "leg" of her journey; those who know her would tell you that this is just another example of her amazing attitude and resiliency.

"I have met some inspiring people throughout this entire journey, and it has been a privilege to have had their support," said Proellocks. "This whole experience has been incredibly enriching and I feel that I am in good hands as I work to get healthy again."

The cancer diagnosis and subsequent amputation has never chipped away at her determination. With every obstacle she faces and works to overcome, she is humbled by the support from her family, her team at Walter Reed, and the Air Force. While she has a great deal of work ahead of her, she tackles every challenge head-on, and all with that same ear-to-ear smile and resilient attitude.

Winter Trips to Korean Hot Springs and Spas!

- Part 2 -



Daemyung Resort Cheonan Water Park

Daemyung Resort Cheonan Water Park was created based on the theme of the Norwegian Vikings and European culture, taking its inspiration from places such as Venice, Italy; Santorini, Greece; and Santa's Village in Finland. The resort has a wide range of pools using the top quality hot spring water piped from Cheonan. More health benefits are added by carbonating the water, increasing the calcium, potassium, magnesium, and mineral contents. Visitors will immediately feel the difference in their skin becoming smoother and silkier after a dip in these pools. Moreover, there are indoor/outdoor pools available throughout the year, open-air pools, and an array of indoor waterslides.

- Address: 200, Jonghaphyuyangji-ro, Seongnam-myeon, Dongnam-gu, Cheonan-si, Chungcheongnam-do
- Admission: Adults & Teenagers Day Pass 37,000 won (Weekends 40,000 won), Afternoon Pass 30,000 won / Children Day Pass 27,000 won (Weekends 30,000 won), Afternoon Pass 25,000 won
- Website: www.tedin.co.kr



Seorak Waterpia

Seorak Waterpia is located within Hanwha Resort Seorak, putting it in close proximity to the East Sea and Seoraksan National Park, one of Korea's most popular travel destinations. Seorak Waterpia is a year-round spa theme park that features spa facilities supplied with 100% all-natural hot spring water, and new and exciting water rides. Thanks to its natural water quality, this spa was designated as a health spa. Another draw for Seorak Waterpia is that all of its water park attractions are supplied with thermal spa water. It also has various entertaining attractions such as an indoor wave pool and outdoor spa facilities.

- Address: Hanhwa Resort Seorak, 88, Misiryeong-ro 2983beon-gil, Sokcho-si, Gangwon-do
- Admission:
 - Day pass: Adults 55,000 won / Children 43,000 won
 - Afternoon pass: Adults 46,500 won / Children 36,500 won
 - Evening pass: Adults 27,500 won / Children 21,500 won
- Website: www.hanwharesort.co.kr

Cheongkwanjang SPA G

Cheongkwanjang SPA G is a spa facility launched by KGC (The Korea Ginseng Corp.), the leading producer of high quality hongsam (red ginseng) products under the brand name Cheongkwanjang. Cheongkwanjang SPA G is known for their Hongsam Energy Spa that offers special care treatments for beauty and the immune system alike, making one's skin feel soft and toned after the treatment. Spa programs include single programs for body, face, back and foot, as well as package programs for various treatment courses.

- Address:
 - Daechi Branch: KT&G Tower B2, 416, Yeongdong-daero, Gangnam-gu, Seoul
 - Myeong-dong Branch: Hotel Skypark Central B1, 16, Myeongdong 9-gil, Jung-gu, Seoul
- Admission: Fees vary depending on massage hours and available programs.
- Website: www.spag.co.kr



Vivaldi Park Ocean World

With a theme of an oasis in the middle of the Egyptian desert, Vivaldi Park Ocean World's facilities are divided into 5 main areas – Indoor Zone, Wave Pool Zone, Extreme Zone, Dynamic Zone, and Megaslides Zone. Visitors can enjoy a variety of pools and slides and relax at the therapy center and sauna rooms at the Indoor Zone as well as go for an adventurous thrill ride on a 2.4m gigantic wave at the Extreme Zone.

- Address: 262, Hanchigol-gil, Seo-myeon, Hongcheon-gun, Gangwon-do
- Admission: Adults & Teenagers 45,000 won (Afternoon pass 35,000 won) / Children 35,000 won (Afternoon pass 25,000 won)
- Website: www.daemyungresort.com



Caribbean Bay

Caribbean Bay is a tropical-themed water park that features an indoor swimming pool, hot springs, saunas, and an outdoor lazy river. As the largest water park in Korea, it employs the latest spa technology and provides visitors with a unique combination of heart-pounding rides and relaxing spas and saunas.

- Address: 199, Everland-ro, Pogok-eup, Cheoin-gu, Yongin-si, Gyeonggi-do
- Admission: Adults & Teenagers 42,000 won (Afternoon pass 36,000 won) / Children 33,000 won (Afternoon pass 28,000 won)
- Website: www.everland.com



Spa Land Centum City

Spa Land is located within Shinsegae Centum City, allowing urban dwellers to enjoy a relaxing spa experience along with shopping. This traditional Korean thermal spa uses two kinds of water: carbonated spring water from 1,000m deep underground, and salt spring water from 560m below ground. Spa Land has 22 bathing pools including a children's tub, 13 themed jjimjil-bangs (Korean saunas), and an outdoor foot spa area, making it the perfect place for the whole family to relax and enjoy.

- Address: Shinsegae Centum City 1F, 35, Centumnam-daero, Haeundae-gu, Busan
- Admission:
 - Weekdays: Adults 15,000 won / Teenagers & Children 12,000 won
 - Weekends & public holidays: Adults 18,000 won / Teenagers & Children 15,000 won
- Inquiries: +82-51-745-2900