



The 8th Medical Operations Squadron physical therapy flight poses with a picture with pilots from the Republic of Korea Air Force's 111th Fighter Squadron after a training session at Kunsan Air Base, Republic of Korea, Aug. 09, 2019. The 8th MDOS physical therapy flight taught the 111th FS pilots how to perform various stretches and exercises to alleviate pain and discomfort they were having. (U.S. Air Force photo by Senior Airman Stefan Alvarez)

## 8th MDG strengthens friendship with ROKAF Tigers

**By Senior Airman Stefan Alvarze  
8th Fighter Wing Public Affairs**

**KUNSAN AIR BASE, Republic of Korea --** The 8th Medical Group held a special pilot-oriented physical therapy class for the Republic of Korea Air Force's 111th Fighter Squadron "Tigers", Aug. 9, 2019.

Several pilots from the 111th FS participated in the class and learned about different types of

exercises that focus on aches and pains associated with flying fighter jets during this significant event, as this was one of the first times the 8th MDG has worked directly with a ROKAF unit.

"Pilots experience a lot of issues in the neck and back areas from wearing their helmets for long periods of time and putting themselves under a high amount of gravitational forces on a pretty regular basis," said Tech. Sgt.

Nicholas Ramirez, 8th Medical Operations Squadron physical therapy flight chief.

The PT staff went through a variety of stretches, mostly targeting the upper body, to help relieve pain and discomfort the pilots may experience after flying. Many of the pilots began to notice immediate results after being taught and practicing the stretching exercises.

"This is the start of a very

valuable and beneficial friendship with the physical therapy team," said Lt. Col. Choong-Won Oh, 111th Fighter Squadron commander. "We want to invite the 8th MDG physical therapy team to come to our squadron so they can help all of our pilots and continue to teach us how to better care and treat our aches and pains. Everything they taught us was excellent and very beneficial."

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# Leadership addresses suicide high



Col. John Gonzales, 51st Fighter Wing commander, briefs Airmen on the upcoming Resilience Tactical Pause day during his first all call inside the base theater at Osan Air Base, Republic of Korea, August 12, 2019. During the brief, Gonzales took time to brief Airmen on his priorities and vision, as well as holding a question and answer session. (U.S. Air Force photo by Senior Airman Denise Jenson)

## By Senior Airman Denise Jenson 51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- U.S. Air Force Col. John Gonzales, 51st Fighter Wing commander, and Chief Master Sgt. Adam Vizi, 51st FW command chief, hosted a series of all-calls Aug. 12 marking the beginning of Gonzales' tenure.

Among the topics discussed were upcoming base events, commander's priorities and resiliency.

Gonzalez laid out his priorities as readiness, teamwork and comradery. In line with his third priority, Gonzales plans to start a Mustang Resiliency Campaign, an ongoing effort beginning on the Resilience Tactical Pause day.

The 51st FW is slated to pause Aug. 30 to fulfill U.S. Air Force Chief of Staff Gen. Dave Goldfein's order for every wing to stand down for a day and focus on resiliency and suicide prevention.

"This day will give all of our Airmen the day to get to know each other and build unit cohesion," Gonzales said. "This will help us understand each other and what drives us, and to learn more about the helping agencies on base that are there for us. This will help us understand why we still have barriers to going and seeking help. Most importantly, it will help us figure out what is working and what isn't working and what we need to change."

Gonzalez played a heart-felt

message from Chief Master Sgt. of the Air Force Kaleth O. Wright on the topic.

"So as [Wright] said, this is our problem," he said. "This is something we have to wrap our arms around and figure out together. It's not one single group, which means there's no one single answer."

According to recent data, 79 Airmen have taken their lives this year, 28 more than this point in time last year.

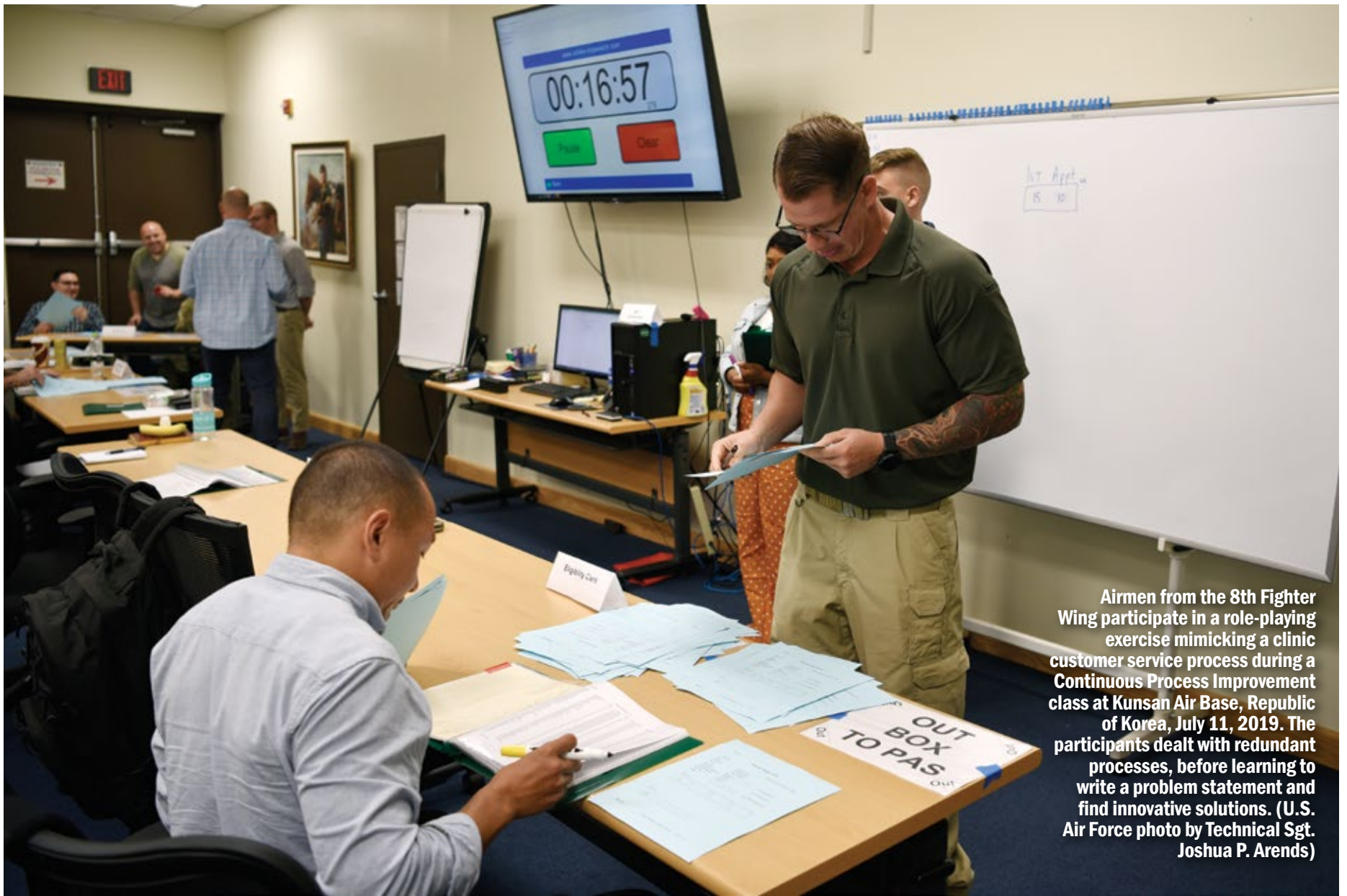
"If we don't do something, we could lose up to 150 to 160 Airmen in 2019," Wright said in a video posted Aug. 1. "We can't let this keep happening."

Gonzales mentioned while this Resilience Tactical Pause day is mandatory across the Air Force, individual units will be able to determine amongst themselves how they see fit to effectively spend their day discussing problems and potential solutions to help end this ongoing tragedy.



Chief Master Sgt. Adam Vizi, 51st Fighter Wing command chief, briefs Airmen during an all call inside the base theater at Osan Air Base, Republic of Korea, August 12, 2019. Vizi and Col. John Gonzales, 51st FW commander, discussed the upcoming Resilience Tactical Pause day, a day where Chief of Staff Gen. Dave Goldfein has ordered every wing across the U.S. Air Force to stand down for a day and focus on resiliency and suicide prevention. (U.S. Air Force photo by Senior Airman Denise Jenson)





Airmen from the 8th Fighter Wing participate in a role-playing exercise mimicking a clinic customer service process during a Continuous Process Improvement class at Kunsan Air Base, Republic of Korea, July 11, 2019. The participants dealt with redundant processes, before learning to write a problem statement and find innovative solutions. (U.S. Air Force photo by Technical Sgt. Joshua P. Arends)

# Wolf Pack Airmen learn to tackle practical problem solving

**By Tech. Sgt. Joshua Arends  
8th Fighter Wing Public Affairs**

**KUNSAN AIR BASE, Republic of Korea --** Airmen from the 8th Fighter Wing attended a Continuous Process Innovation course covering the first three steps of practical problem solving.

During the course, Airmen learned how to clarify and validate the problem, break it down and set an improvement target.

Col. Tad Clark, 8th Fighter Wing commander, wants to use courses like this to create a culture of innovation at Kunsan.

"This is about making sure that what we are doing is efficient, purposeful, deliberate and impactful," said Clark. "This is what group commanders, all the way down to the squadron level, are trying to do this year. At the end of the day, creativity and innovation is the most important thing. Innovation is huge, and it can never be a me thing, it has to be a we thing."

Over the five-day period, students acted as patients and care providers seeking to shorten the appointment making process. In order to clarify the problem, students worked on addressing the issues from the viewpoints of the patients, caretakers and leadership.



**U.S. Air Force Staff Sgt. Jordan Kovslowki, 8th Maintenance Squadron combat plans and training supervisor, instructs students to identify problems during the Continuous Process Improvement class at Kunsan Air Base, Republic of Korea, July 11, 2019. The CPI training is part of an initiative to build a culture of innovation at the 8th Fighter Wing. (U.S. Air Force photo by Technical Sgt. Joshua P. Arends)**



**U.S. Air Force Staff Sgt. Matthew Connelly, 8th Maintenance Squadron combat plans and training supervisor, instructs a class on how to turn customer feedback into measurable data during the Continuous Process Improvement class at Kunsan Air Base, Republic of Korea, July 11, 2019. The data collected during the CPI class was used to create a problem statement and measure improvements implemented through innovations. (U.S. Air Force photo by Technical Sgt. Joshua P. Arends) ►**

The second part of the class taught students how to map the appointment making process so they could locate problems or gaps. To build the map, the group had to discover the reason why problems were occurring at their level. The map could then be used to show leadership the current process' costs, the investment needed to correct the situation and how much can be saved.

Staff Sgt. Matthew Connelly, 8th Maintenance Squadron combat plans and training supervisor, re-enforced the importance of data when presenting a process change to leadership.

"Data makes you powerful," confirms Connelly. "If you have actual useful information in your corner, there is no leadership on the planet that is going to say no, because we don't have enough resources, manning or time to waste on stuff that is hurting us."

Clark encouraged everyone who attended the course to use the tools and apply it to their assignment at Kunsan.

"Whether you are in the back shop, dining facility, ammo or anywhere in between, let's not leave anything untouched." Clark said. "Let's look at every single thing that we are responsible for, own it and make it better than the way we found it."

**U.S. Air Force Master Sgt. Kevin Cumbie, 52nd Fighter Wing innovation and transformation office superintendent, provides an example of how to map a problem during the Continuous Process Improvement class at Kunsan Air Base, Republic of Korea, July 11, 2019. For this eight-hour class, Cumbie demonstrated the first three steps of Practical Problem Solving as a foundation for improving processes in the work place. (U.S. Air Force photo by Technical Sgt. Joshua P. Arends) ►**



**U.S. Air Force Col. Tad Clark, 8th Fighter Wing commander, encourages the airmen to be innovative and use the tools they are learning at the Continuous Process Improvement class at Kunsan Air Base, Republic of Korea, July 11, 2019. Clark visited the class to declare his intent to create a culture of innovation at the Wolf Pack, and to inspire airmen to use their voices and perspectives to help make Kunsan a better place than when they arrived. (U.S. Air Force photo by Technical Sgt. Joshua P. Arends)**



# Meet the Pacific Air Forces command chief



Chief Master Sergeant Anthony Johnson, Pacific Air Forces command chief, speaks to Airmen stationed at Osan Air Base, Republic of Korea, August 2, 2019. Johnson discussed his views on the importance of understanding the culture and climate Airmen live in, as well as remaining resilient in and out of the workplace. (U.S. Air Force photo by Tech. Sgt. Matt Davis)

**By Senior Airman Denise Jenson  
51st Fighter Wing Public Affairs**

**OSAN AIR BASE, Republic of Korea** -- Chief Master Sgt. Anthony Johnson, Pacific Air Forces command chief, held an enlisted all call during his visit to Osan Air Base, Republic of Korea, August 1-2, 2019.

During his all call, Johnson discussed his views on the importance of understanding the culture and climate Airmen live in, as well as remaining resilient in and out of the workplace.

Johnson also had the opportunity to sit down and talk about some of his leadership philosophies as the PACAF command chief, in which he mentioned the significance and value of Airmen that come to work every day to do their best and knowing they have a significant role in mission success.

"They know, right here, right now, here's what we're coming to do and here is the impact I have," Johnson said. "Our Airmen see a direct impact to the mission sets and from that standpoint they have an appreciation and they value what they do."

Johnson also talked with Airmen about his perspective on keeping an emphasis on overall mission readiness.

"The guidance I have is very similar to the guidance our boss would have: to be ready,

resilient and postured for the future," Johnson said. "One of the things that I'm asking is that readiness underpins all the things we do. We're here to do one thing and that's to really hone the skills of our warfighting capabilities and be able to project airpower throughout the command. If we can take that concept, and if we funnel it down and align those things to where our Airman understand it at the lowest level we can accomplish anything."

Although Johnson is the enlisted advisor for more than 45,000 Airmen and personnel across the entire Pacific forces, he had a direct message for those serving at Osan.

"This is not the Korea of old - we've changed, our mission set has changed and our community has changed," Johnson said. "Our Korean partners are ironclad. We have one of the strongest partnerships you can have within our Air Force around the globe right here, and more important is when you look at it, we train together, we fight together and we have fun together."

"Coming here is probably one of the best assignments you'll ever have and I would love to keep you more than one year," Johnson continued. "I want our Airmen to go somewhere else and say 'You know, my best assignment was in the Pacific and I want to go back.'"

Additionally, Johnson touched on the topic of resiliency, in light of recent remarks from Chief Master Sergeant of the Air Force Kaleth O.

Wright regarding the increasing rate of suicide across the U.S. Air Force.

"Resiliency isn't always just about the operational aspect of being able to reset and do other things, it's also making sure we're taking care of our Airmen because without them all of our things out there are just pieces of equipment," Johnson said. "We need to be operationally relevant, but we also need to ask ourselves how we take care of our team, holistically and overall. I'm concerned about that."

Johnson reminded Airmen that for many, this could be a person's first assignment and understanding what new Airmen are feeling is an important step in ensuring a person knows they are taken care of.

"We're away from our families, and so when an 18-year-old comes here, their family is the people they serve with while they are here," Johnson said. "So how do we take care of some young Airman who's from some small town or big town in the U.S. and wrap our arms around them to the point where they have the faith and trust that all of those around them have their best interest at heart?"

During his visit, Johnson also visited Airmen assigned to the 604th Air Support Operations Squadron at Camp Humphrey, RoK, hosted a breakfast with Airmen from Osan and attended the senior noncommissioned officer induction ceremony at the Officer's Club on base.





**U.S. Air Force Chief Master Sgt. Steve Cenov, 8th Fighter Wing Command chief, stands guard at an installation entry control point at Eielson Air Force Base in June 2000. (Courtesy photo)**

**U.S. Air Force Chief Master Sgt. Steve Cenov, 8th Fighter Wing Command chief, poses for a photo with his family while stationed in Germany in May 2019. (Courtesy photo)**



# Walking the road of sacrifice to success with Wolf Chief

**By Master Sgt. Schelli Jones  
8th Fighter Wing Public Affairs**

**KUNSAN AIR BASE, Republic of Korea --** In his debut role as a wing command chief for the 8th Fighter Wing, better known as the Wolf Chief, Chief Master Sgt. Steve Cenov has already hit the ground running.

"I'm too excited about being a member of the Wolf Pack team to be nervous," said Cenov. "I look forward working shoulder to shoulder with the Airmen, the Republic of Korea Air Force servicemen and women, mission partners and civilians that make this wing great."

He was notified in December 2018 by Col. Tadd Clark, 8th Fighter Wing commander, that he was selected to be command chief at the Wolf Pack.

"I remember it like it was yesterday," recalls Cenov. "I received countless phone calls and emails from active and retired Chiefs alike. Some who previously served in this position and others that never got the opportunity, but dreamed of the job. They all called to relay the honor and privilege of becoming Wolf Chief."

As a first-generation American, he joined the Air Force for reasons similar to most Airmen, which was to live a positive life, travel and get an education.

"When I was younger, my goal was to be a police officer with the [New York Police Department]," said Cenov. "It ultimately drove me to enlist in security forces."

He entered the Air Force approximately 20

years ago as a defender and upon the completion of this assignment, he will have spent eight years separated from his family.

"It's a struggle and I miss my family all the time," said Cenov. "I'm very lucky because they have always been extremely supportive but, I'll be the first to admit that I've sacrificed my family more than I should have. I owe my successful career to them."

Cenov met his wife, Senior Master Sgt. Renee Cenov, during technical training at Lackland Air Force Base, San Antonio. They have been married for 17 years and have two children.

As a dual military couple, he identifies with Airmen from the 8th Fighter Wing and understands what it is like to be away from loved ones.

"I know how hard it is and I sympathize with our teammates who are going through that struggle," said Cenov. "Our families sacrifice a lot too, it's not just the military member."

His experiences have broadened his perspective and ability to put himself in his Airmen's shoes.

"There will be times when your motivation is low, your commitment, determination and passion is tested," said Cenov. "I want our teammates to seize the day and make their days count while stationed here at Kunsan Air Base."

Cenov wants 8th Fighter Wing Airmen to focus on goal accomplishment during their tour. He has set also set high expectations for all senior noncommissioned officers here.

"While it's easy to embark on the pursuit of a worthwhile goal, the ability to maintain the

momentum to ensure its accomplishment is another issue altogether," said Cenov. "Unless we stay motivated to maintain the momentum towards our worthwhile goal, it will just remain just another unaccomplished pursuit."

Setting and accomplishing goals is very important to Cenov. He wants Airmen to know that he cares about their goals and is willing to help them cross the bridge to success. This motivates Cenov to meet with each senior noncommissioned officer here to personally communicate his expectations.

"I am personally meeting with more than 200 SNCOs because the development of our enlisted force is a primary concern of mine," said Cenov. "My expectation is for them to then sit down with all their NCOs and civilians they supervise to further strengthen their own relationships."

Part of Cenov's goals include creating an environment that enables supervisors to engage with their subordinates outside of scheduled, mandatory feedbacks.

"I'm talking about really getting to know our team on a personal and professional level so we all can grow stronger together," said Cenov.

From the Cenov's perspective, the smallest changes can have largest impacts. His intent is to strengthen the Wolf Pack by enabling a stable, goal-achieving team.

For the Wolf Chief, his follow-on is not a concern right now. He is focused on his responsibility to lead and ensure he and all Airman here use every day of their tour to accomplish the Wolf Pack's goals.





**U.S. Air Force Tech. Sgt. Nicholas Ramirez (far right), 8th Medical Operations Squadron physical therapy flight chief, and Master Sgt. Joshua Haney (middle left), 8th Medical Operations Squadron superintendent, teach pilots from Republic of Korea Air Force's 111th Fighter Squadron how to stretch their backs during a training session at Kunsan Air Base, Republic of Korea, Aug. 9, 2019. Pilots often find themselves developing pain in different areas from regularly putting their bodies under high amounts of gravitational forces. (U.S. Air Force photo by Senior Airman Stefan Alvarez) ▼**

**U.S. Air Force Tech. Sgt. Nicholas Ramirez, 8th Medical Operations Squadron physical therapy flight chief, teaches pilots from Republic of Korea Air Force's 111th Fighter Squadron how to adjust their posture during a training session at Kunsan Air Base, Republic of Korea, Aug. 9, 2019. Pilots often suffer from neck and back pain from flying for prolonged hours wearing their equipment. (U.S. Air Force photo by Senior Airman Stefan Alvarez) ▲**

- Continued from front page -

The clinic has the ability to tailor specific classes for whatever their patient needs or requests. If a unit requests a class focusing on running techniques, the PT clinic can customize a program focusing on that. Topics range from proper lifting techniques, exercises to target specific muscles and even exercises specific to bones instead of muscles.

"We're here to make sure our patients get what they need, whether its information or hands-on training, we can accommodate them," said Capt. Bridgette Griffiths, 8th Medical Operations Squadron physical therapy flight commander. "Some of our lessons are more informational and hands off, but it's just as beneficial to the members since we use real world studies and data to support our content."

The physical therapy class paved the way for more opportunities to present themselves and further strengthen their partnership.

**U.S. Air Force Staff Sgt. Michaela Chevalier, 8th Medical Operations Squadron physical therapy technician, teaches pilots from Republic of Korea Air Force's 111th Fighter Squadron how to stretch their necks during a training session at Kunsan Air Base, Republic of Korea, Aug. 9, 2019. Pilots often suffer from neck and back pain from flying for prolonged hours wearing their equipment. (U.S. Air Force photo by Senior Airman Stefan Alvarez) ►**







U.S. Air Force Senior Airman Jacob Levee, 8th Civil Engineer Squadron firefighter, helps a Korean child operate a fire hose during a tour at Kunsan Air Base, Republic of Korea, Aug. 2, 2019. Their visit included a chance to get hands-on with some firefighting equipment and see one of the fire trucks use its water cannon. (U.S. Air Force photo by Senior Airman Stefan Alvarez)

## Local Korean schoolchildren meet the Wolf Pack

By Senior Airman Stefan Alvarez  
8th Fighter Wing Public Affairs

**KUNSAN AIR BASE, Republic of Korea --** The 8th Fighter Wing hosted more than 20 school-age children from around the local area during a tour of Kunsan Air Base Aug. 2.

For many of the children, the tour was a unique opportunity to visit and interact with American Airmen for the first time.

"Having the kids here is a great opportunity to show them what we do and how committed we are to ensuring their safety," said Col. Tad Clark, 8th Fighter Wing commander. "They have a very bright future ahead of them."

Clark and Chief Master Sgt. Steve Cenov, 8th FW command chief, welcomed the children to the Wolf Pack and provided them with a short introduction before beginning their tour at the 8th Civil Engineer Squadron fire station.

The 8th CES firefighters led a hands-on demonstration for the children on how the water cannon extinguishes aircraft fires and also provided an opportunity to operate the hose with Airmen.

"Making a good, lasting impression on the kids is what we try to do," said Senior Airman



Korean children from the local area greet Sparky, the 8th Civil Engineer Squadron fire department mascot, during a tour at Kunsan Air Base, Republic of Korea, Aug. 2, 2019. Their visit included a chance to get hands-on with some firefighting equipment and see one of the fire trucks use its water cannon. (U.S. Air Force photo by Senior Airman Stefan Alvarez)



**U.S. Air Force Col. Tad Clark, 8th Fighter Wing commander, high fives a local Korean child during a tour at Kunsan Air Base, Republic of Korea, Aug. 2, 2019. More than 20 children from the surrounding area were invited to tour the base and visit some of the facilities and organizations, such as the 8th Civil Engineer Squadron fire department. (U.S. Air Force photo by Senior Airman Stefan Alvarez) ►**

Jacob Levee, 8th CES firefighter. “Letting them try on the firefighter suits and use the fire hose, they loved all of it and had a great time. Getting hands-on experience might want to make them become firefighters in the future, and maybe even end up working here at Kunsan with us.”

The tour concluded with the children getting up close with an F-16 Fighting Falcon, the same aircraft they can see flying in Gunsan skies almost every day. Airmen from the 8th Maintenance Group highlighted some of the fighter’s features including its maneuverability, range and speed and also demonstrated how to load the aircraft.

“Being able to share our mission with local schoolchildren was an amazing experience,” said Senior Airman Andrew Vance, 8th Aircraft Maintenance Squadron member. “We not only were able to talk about our job, but also shared what makes Kunsan and the Wolf Pack so important.”

While the children were sent off with plenty of gifts and goodies to remind them of their visit, they also left an impression with the Airmen. For the members of the 8th FW, seeing why they are here and whose future they are defending was an eye-opening experience and is something they will not forget.

**Korean children from the local area take a photo with 8th Fighter Wing leadership during a tour at Kunsan Air Base, Republic of Korea, Aug. 2, 2019. During their visit, the kids had a chance to get hands-on with some firefighting equipment and see one of the fire trucks use its water cannon. (U.S. Air Force photo by Senior Airman Stefan Alvarez) ▼**



**U.S. Air Force Col. Tad Clark (right), 8th Fighter Wing commander, and Chief Master Sgt. Steve Cenov (left), 8th FW command chief, speak to Korean children during a tour at Kunsan Air Base, Republic of Korea, Aug. 2, 2019. More than 20 children from the surrounding area were invited to tour the base and visit some of the facilities and organizations, such as the 8th Civil Engineer Squadron fire department. (U.S. Air Force photo by Senior Airman Stefan Alvarez)**







# Phantoms over Korea

7 AF History Office

## 50th Anniversary (ROKAF Phantoms)

August marks the 50th anniversary of F-4 Phantom II operations over the Korean peninsula by the Republic of Korea Air Force (ROKAF). The first ROKAF F-4D Phantoms (of an initial batch of 18) landed in Seoul on 25 August 1969; these aircraft were assigned to the 11 Fighter Wing based in Daegu. The purchase of the multirole fighter by the Korean government came at a time of heightened tension on the peninsula. The introduction of the F-4 Phantom into the ROKAF inventory gave South Korea an air defense fighter far superior to anything in the North. On numerous occasions, ROKAF F-4s have been utilized to intercept Russian, Chinese, and North Korean aircraft. In 1972, the United States Air Force's 3d Tactical Fighter Wing stationed at Kunsan AB that also operated F-4s loaned the ROKAF an additional 18 F-4Ds, in exchange for the release of 36 ROKAF F-5 Freedom Fighters that were needed to supply the South Vietnamese Air Force (officially the Republic of Vietnam Air Force). The loaned F-4s eventually became permanently assigned to the ROKAF. In 1977, the ROKAF started to receive the F-4E variant (with an internal 20mm cannon) of the Phantom II under Operation Peace Pheasant II. A total of 37



An F-4D Phantom II seen taxiing on Daegu Air Base in 1979. The nose art on this aircraft indicates that the Korean government purchased this aircraft using public donations. (USAF Photo, TSgt Don C. Sutherland)



An F-4E Phantom II (tail number 80-330 / USAF Serial 68-0330) is preserved on Suwon AB as a static display; the aircraft sits opposite a North Korean MiG-19 Farmer that it escorted down on 23 May 1996. This F-4E was assigned to two Phantom squadrons belonging to the 51 TFW: the 497 TFS, and later the 36 TFS, prior to being transferred to the ROKAF in 1989. ►

F-4E Phantom IIs from the 36th Tactical Fighter Squadron, 51st Tactical Fighter Wing fly over the Korean countryside near Osan, April 1984. The aircraft are equipped with air combat maneuvering instrumentation (ACMI) pod and an ALQ-119 electronic countermeasures pod. (USAF Photo TSgt Bill Thompson) ▼



A pair of F-16A Fighting Falcons from the 80th Tactical Fighter Squadron escort a four ship of F-4D Phantom IIs as they depart Kunsan AB (K-8) for the last time. These former Wolfpack (8 TFW) F-4Ds were refurbished and reassigned to the Air National Guard. (USAF Photo, SSgt Glenn Lindsey, 14 July 1982). ►

F-4Es were delivered under the program in two batches during 1977-1980. One of the Phantoms delivered (F-4Es serial number 68-0744) was the last F-4 built in the United States (F-4 production continued in Japan under license). The ROKAF would receive additional Phantoms (F-4D and F-4E variants) throughout 1987-1989.

On 23 May 1996, ROKAF Phantoms were scrambled to intercept a MiG-19 Farmer whose pilot had purposely crossed into South Korean Air Space. The F-4 pilots watched as the MiG-19 pilot wagged his wings and lowered his gear to demonstrate to the F-4 Pilots that he had no hostile intent and planned to defect. The Phantom pilots escorted the MiG south to Suwon AB where the MiG pilot was met by security forces after shutting down his aircraft. The North Korean pilot Captain Lee Chul Soo would later become an officer in the ROKAF and retire from the ROKAF as a Colonel. His MiG-19 and one of the F-4E's (a former 36 TFS aircraft) that escorted the North Korean pilot down are now both on display within Suwon AB's air park.

### USAF Phantoms

Nicknamed the Rhino and Double Ugly, USAF Phantoms made their appearance in South Korea in 1968 as a result of turmoil on the peninsula, including the USS Pueblo Incident on 23 Jan 1968. In response, the United

States Air Force deployed F-4D Phantom IIs from the Fourth Tactical Fighter Wing (4 TFW) Seymour Johnson AFB, North Carolina to Kunsan, AB South Korea. The 4 TFW was followed by multiple wings (354 TFW, 54 TFW, and 3 TFW), until 1974 when the 8th Tactical Fighter Wing (8 TFW) arrived in Kunsan and maintained continuous operations of F-4D Phantoms until 1981 when the wing transitioned to the General Dynamics F-16 Fighting Falcon.

The 51st Tactical Fighter Wing (later designated 51st Fighter Wing) operated F-4E Phantoms on Osan AB (K-55) from 1974 until 1989 when the 36th Fighter Squadron transitioned to the General Dynamics F-16 Fighting Falcon. This however was not the last USAF organization to operate the Phantom on the peninsula, that honor would go to the 460th Tactical Reconnaissance Group who operated a detachment of twelve RF-4C Phantoms from 1989 to 1990 from Daegu AB (K-2). The majority of these reconnaissance aircraft were later turned over to the ROKAF who continued to fly the RF-4C variant of the Phantom until 2014 when they were officially retired.

### Statics with History

Currently there are three F-4 Phantoms remaining on Osan AB. Today they are

utilized as static display aircraft and serve as reminders of our shared past. All three have unique histories of operating on the Peninsula. Two of the Phantoms are on loan from the National Museum of the Air Force WPAFB: an F-4D (tail number 40-943 / USAF serial number 64-0943) which was one of the first ROKAF Phantoms delivered to South Korea in 1969), and an F-4E (serial number 69-0291) that served with the 36 TFS in 1989 - prior to this, a crew earned an aerial victory against a North Vietnamese MiG-21 on 19 August 1972 flying this specific aircraft. The third and final aircraft, an F-4E (tail number 80-353 / USAF serial number 68-0353) served with the 51 Tactical Fighter Wing from 1981 until 1989 when it was transferred to the ROKAF. This aircraft is currently on display within the AFOC Air Park on Osan AB.

### Sources:

McDonnell F-4 Phantom Spirit in the Skies, Edited by Jon Lake, Aerospace Publishing London, 1992.

Untold Korean Airmen in the Modern Age, Origins & History of the Republic of Korea Air Force, ROKAF History & Archives Management Agency, 2016.

Aces & Aerial Victories The United States Air Force in Southeast Asia 1965-1973, Office of Air Force History, Headquarters, USAF, 1976.



FIRE EXTINGUISHER SAFETY

Section 1

Do you know how to use a fire extinguisher?  
Let's look at this picture.



**P**ull the pin.  
**A**im the nozzle to the base of fire.  
**S**queeze the handle.  
**S**weep the nozzle side to side.

Section 2

Fires can be very dangerous and you should always be certain that you will not endanger yourself or others when attempting to put out a fire.  
When you try to extinguish a fire, you have to think about these things.

- 1. **KNOW** what is burning. If you don't know what's burning, you won't know what kind of extinguisher to use.
- 2. **HAVE** adequate or appropriate equipment.
- 3. If you are uncomfortable with the situation for any reason:  
It is best not to try fighting the fire.  
Let the fire department do their job.
- 4. Is the fire spreading rapidly beyond the point where it started? The time to use an extinguisher is at the beginning stages of the fire.
- 5. If the fire is already spreading quickly, it is best simply to evacuate the building.
- 6. As you evacuate a building, close doors and windows behind you as you leave. This will help to slow the spread of smoke and fire.

Remember when you try fighting the fire.  
**A**lways position yourself with an exit or means of escape at your back before you attempt to use an extinguisher to put out a fire.  
If the extinguisher malfunctions, or something unexpected happens, you need to be able to get out quickly. You don't want to become trapped.

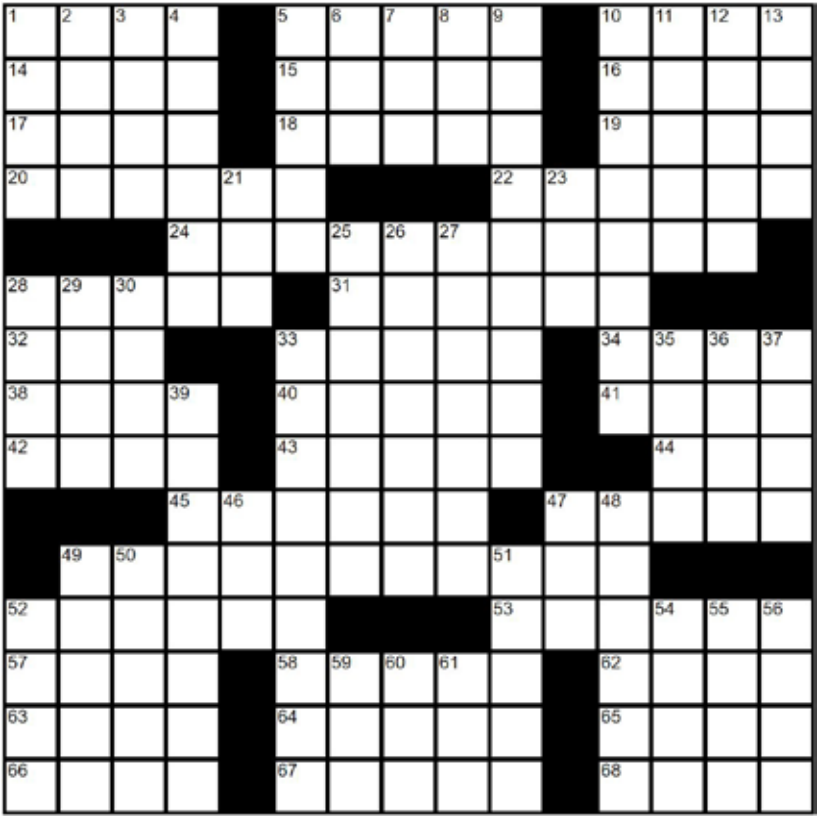
Section 3

**R**ight to know toxic information.  
When you were fighting the fire, you might inhale toxic gas. When synthetic materials such as the nylon in carpeting or foam padding in a sofa burn, they can produce hydrogen cyanide, and ammonia in addition to carbon monoxide. These gases can be fatal in very small amounts.

If you have any question, feel free to call fire prevention office, contact number is 784-4835

The Crossword

By Jon Dunbar

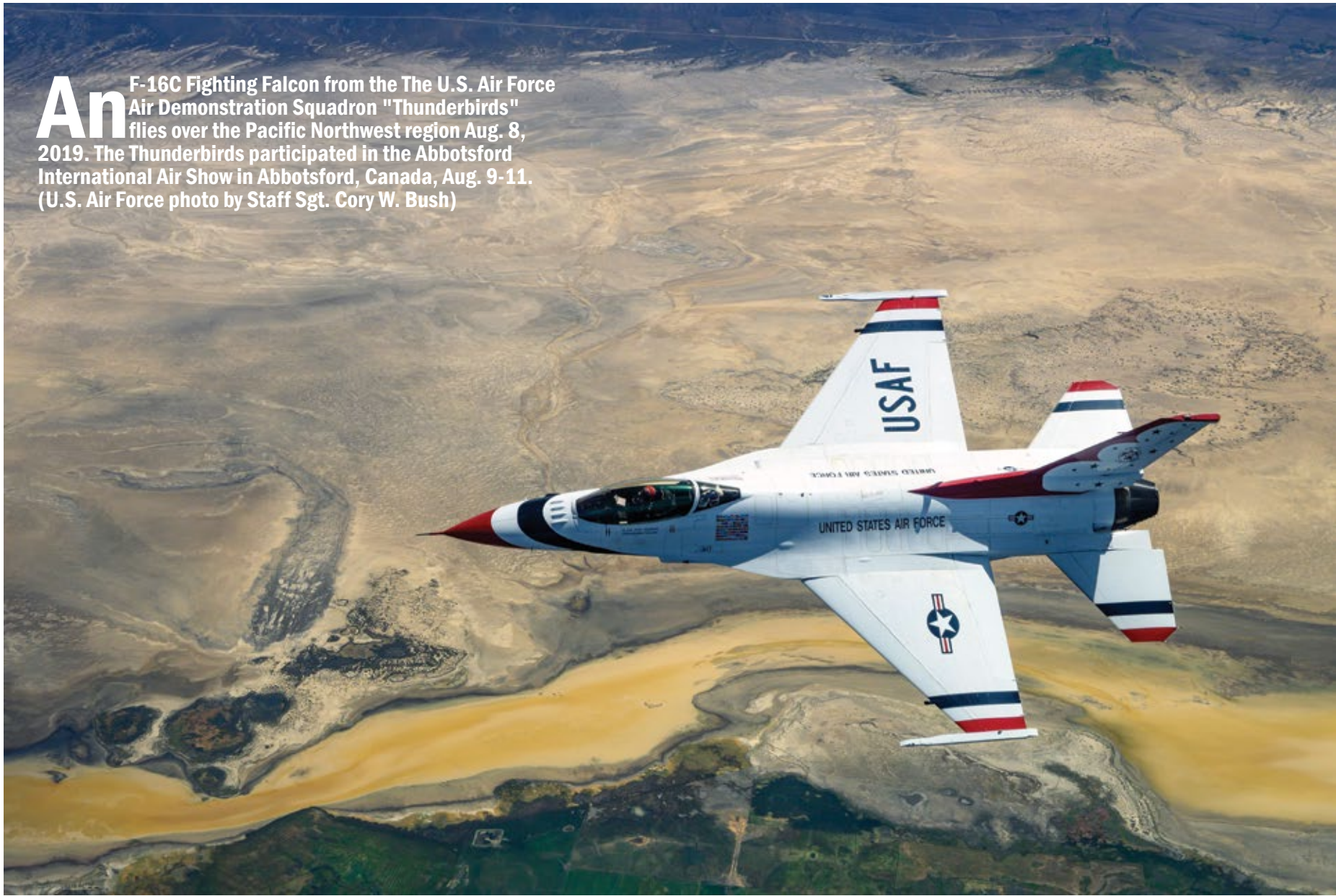


- ACROSS
- 1 Located between delta and foxtrot
  - 5 Kitchen apparel
  - 10 Sink or \_\_\_\_
  - 14 Sailor's greeting
  - 15 \_\_\_\_ Vista Social Club
  - 16 Carry
  - 17 Radiation units
  - 18 Not over
  - 19 October birthstone
  - 20 Goes with United or altered
  - 22 Manmade waterways
  - 24 Power
  - 28 Teem
  - 31 "I get it now"
  - 32 Unit of electrical resistance
  - 33 Snitches
  - 34 Pepper companion
  - 38 30.48 centimeters
  - 40 Yale or Katz
  - 41 Goes with Joshua or trunk
  - 42 Give and \_\_\_\_
  - 43 Opposite of husbands
  - 44 Meeting time
  - 45 Weber and Dias
  - 47 Spanish currency
  - 49 E Street Band's Bruce
  - 52 Among
  - 53 Mass-manufactured housing
  - 57 Stare
  - 58 Actor Wilson
  - 62 Civil rights activist Parks
  - 63 Type of sax
  - 64 Roger \_\_\_\_
  - 65 True \_\_\_\_
  - 66 Smack
  - 67 Canon competitor
  - 68 Opposite of nah

- DOWN
- 1 "I'm all \_\_\_\_"
  - 2 Converse
  - 3 NBC Today cohost Kotb
  - 4 "The world is your \_\_\_\_"
  - 5 Bully
  - 6 Wordplay
  - 7 Goes with wine or herring
  - Four minus three
  - 9 Echo's crush
  - 10 Least friendly
  - 11 "Dukes of Hazzard" actor Tom
  - 12 Mediterranean nation
  - 13 Gibson and Brooks
  - 21 Type of tree
  - 23 Playing card
  - 25 Fueling an old-fashioned ship
  - 26 Prospers
  - 27 Wealthiest
  - 28 Not hard
  - 29 Keanu Reeves catch phrase
  - 30 Berserk
  - 33 City stranger
  - 35 Greek god of war
  - 36 Actor Jared
  - 37 Jasmine and Earl Grey
  - 39 Cryer's discharge
  - 46 Fleur de \_\_\_\_
  - 47 Goes with capita or cent
  - 48 MC squared
  - 49 Odor
  - 50 Kim Ki-duk 2012 film
  - 51 Japanese printer manufacturer
  - 52 "\_\_\_\_ poor Yorick"
  - 54 Shouted on a golf course
  - 55 Largest continent
  - 56 Tub
  - 59 Nintendo game console
  - 60 Antlered beast
  - 61 Sergeant or corporal

Answers to Previous Crossword			
ACROSS			
1 CHOP	38 DAN	DOWN	
5 KUMHO	39 KIA	1 CPLS	33 SAUNA
10 COMA	40 SOL	2 HEAP	34 ENTER
14 PERE	42 LTE	3 ORCA	37 ILSAN
15 ORGAN	43 HUT	4 PEEVISH	40 STELE
16 OMAN	44 EMT	5 KOVRIG	41 OBSESSES
17 LACE	45 TBSPS	6 URI	46 PCS
18 VISIT	47 CONE	7 MGS	47 CELADON
19 UNIT	48 YESSSES	8 HAIL	49 SIGLEY
20 SPAVOR	50 CABLECAR	9 ONTARGET	51 BAHAMA
22 LATRINE	53 ILE	10 COURSE	52 LIU
24 IRISH	54 SNAIL	11 OMNI	55 CENT
27 RES	55 CONGEST	12 MAIN	56 OVER
28 MASSAGED	59 HUAWEI	13 ANTE	57 NINE
31 GREASE	63 EVIL	21 ORA	58 TAPA
35 INCH	64 SAMBA	23 TERSE	60 WEVE
36 ARIES	67 DEVO	25 SEALS	61 EVES
	68 NENE	26 HDR	62 IONS
	69 EPSOM	28 MIKEY	65 MSN
	70 OVEN	29 ANIME	66 BOT
	71 TREY	30 SCATS	
	72 SANTA	32 ADHOC	
	73 NESS		





**An** F-16C Fighting Falcon from the The U.S. Air Force Air Demonstration Squadron "Thunderbirds" flies over the Pacific Northwest region Aug. 8, 2019. The Thunderbirds participated in the Abbotsford International Air Show in Abbotsford, Canada, Aug. 9-11. (U.S. Air Force photo by Staff Sgt. Cory W. Bush)

**S**taff Sgt. Shane Stilson, 4th Space Launch Squadron mission assurance technician, stands in a Self-Contained Atmospheric Protective Ensemble suit at Space Launch Complex 6, Aug. 3, 2019, at Vandenberg Air Force Base, Calif. The Airmen don SCAPE suits to perform duties near rocket fuel. (U.S. Air Force photo by Senior Airman Clayton Wear) ►



**U**S. Air Force Senior Airman Victor Henderson, left, and Staff Sgt. Kyle Strobele, 52nd Security Forces Squadron military working dog handlers, conduct training with Mike, an MWD, at Spangdahlem Air Base, Germany, Aug. 1, 2019. Handlers wear protective gear to allow MWDs to practice correctly subduing a suspect with minimal injury to the handler. (U.S. Air Force photo by Airman 1st Class Valerie Seelye) ▲

**S**enior Airman Emma Grove, left, and Senior Airman Soloman Ivy, 908th Civil Engineer Squadron engineering assistants, put on mission oriented protective posture gear during exercise Patriot Warrior 2019, at Dobbins Air Reserve Base, Ga., Aug. 10, 2019. Patriot Warrior is Air Force Reserve Command's premier exercise, providing an opportunity for Airmen to train with joint and international partners in airlift, aeromedical evacuation and mobility support. (U.S. Air Force photo by Tech. Sgt. Richard Mekkri) ►







**S**enior Airman Michael Hirsch, 492nd Aircraft Maintenance Unit maintainer, secures a panel on an F-15E Strike Eagle during exercise Combat Hammer at Mountain Home Air Force Base, Idaho, Aug. 14, 2019. Combat Hammer is part of the U.S. Air Force Weapon Systems Evaluation Program, which is designed to evaluate the reliability, maintainability, suitability and accuracy of precision guided munitions as well as high technology air-to-ground munitions from tactical deliveries against realistic targets with realistic enemy defenses. (U.S. Air Force photo by Tech. Sgt. Matthew Plew) ◀

**M**aj. Paul Lopez, F-22 Demonstration Team commander, flies a twilight demonstration during EAA AirVenture in Oshkosh, Wis., July 28, 2019. Founded in 2007, the F-22 Raptor Demonstration Team showcases the unique capabilities of the world's premier fifth-generation fighter aircraft. (U.S. Air Force photo by 2nd Lt. Samuel Eckholm) ▼



**A**C-130 Hercules deployed from the 120th Airlift Wing, Montana Air National Guard, sits on the ramp at Ali Al Salem Air Base, Kuwait, July 29, 2019. C-130s carry cargo around the Air Force Central Command area of responsibility. (U.S. Air Force Photo by Tech. Sgt. Michael Mason) ▲



**A**irmen begin the Dash & Splash event near Post'l Point Aug. 9, 2019, at Eglin Air Force Base, Fla. The race was a two-mile run followed by a 200-meter run across Choctawhatchee Bay. (U.S. Air Force photo by Samuel King Jr.)



### 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

**GATE RENOVATION/CLOSURE:** The main gate construction project will cause considerable impacts to parking and vehicle traffic. Main gate will be closed to vehicular traffic periodically in the coming months for utility construction. The pedestrian gate will remain open, but there will be additional parking restrictions near the taxi lot. The first closure is Aug. 17-18. The second closure is Sept. 23 until Oct. 13. Please exercise caution when traversing through the south main gate parking lot.

**PYEONGTAEK PORT MARATHON:**  
Team Osan, DoD civilians and family members come participate in the Annual Pyeongtaek Port Marathon at Pyeongtaek Port International Passenger Terminal at 8:30 a.m. on Oct. 13. Transportation, lunch, a souvenir, t-shirt and admission are free of charge. Sign up NLT COB Aug. 23. For more information, contact the fitness center front desk at 784-5568 or Ms. Seo Su-yeon, Songtan International Community Center, at 031-667-2353.

**FINANCE PCS OUT-PROCESSING:** The briefing scheduled for Aug. 27 has been changed to Aug. 28 at 9 a.m. in the base theater. For more information, email 51CPTSCustomerSvs@us.af.mil

**VOLUNTEER VICTIM ADVOCATE COURSE:** Osan SAPR office is accepting applications for Initial Victim Advocate Training, scheduled Sept. 30 to Oct. 4. The 40-hour course is required for members to become a certified volunteer victim advocates. Eligibility requirements: Enlisted: E-4 and above, 21+ years of age. Officer: O-2 and above. DEROS April 2020 or later.

**AF CPI GREEN BELT TRAINING & CERTIFICATION:** Are you interested in earning your Green Belt Certification? 51 FSS Manpower offers classes monthly! Green Belt Training is a 3-part class, and GB Certification is earned after one process improvement event is completed and approved. Please follow the link here to check dates/times and sign up. If you have questions, contact 51FSS.MOFAllPersonnel@us.af.mil.

### HOLIDAY OBSERVANCES & CLOSURE

◆ **CHU-SEOK:** All Korean National (KN) civilian employees will observe 12, 13, and 14 Sep 2019 as Chu-Seok holidays. KN employees who are required to work during these days will be paid holiday premium pay.

For U.S. civilian employees, all non-essential activities will be closed on Friday, 13 Sep 19, in honor of ROK custom and observance of Chu-Seok. All non-essential U.S. civilian employees will be excused from duty without charge to leave or loss of pay on this day. Since this is a closure, not a U.S. Holiday, U.S. civilian employees required to work are not authorized either holiday premium pay or a substitute day off. This closure for Chu-Seok is Administrative Leave, Code LN in ATAAPS.

If you have questions, please contact the Civilian Personnel Office at 784-4434/8177.

### OSAN CITY'S ENGLISH PROGRAM FOR MIDDLE SCHOOL STUDENTS

As part of the Good Neighbor Program, 7th AF Public Affairs has been supporting the conversational English program organized by the Osan City Mayor for middle school children in Osan city. The program is in need of volunteers who will assist and teach conversational English to the students for the 2019 second semester. The program occurs every Thursday until 19 December 2019. Transportation is provided from Checkertails at 1540 and will return 1830 each Thursday. If you are interested in this "Adopt-A-School English Tutoring Program", please contact 7 AF/PA Ms. Yom, Kyong Suk via email kyong\_suk.yom.kr@us.af.mil or DSN 784-4724, cell phone 010-4736-7979.

Kunsan's emergency phone numbers			
Emergency Services	911		
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)	

Osan's emergency phone numbers			
Emergency Services (Fire, Medical, Security Police)	911	Commander's Hotline	784-4811
Off Base/Cell Emergency	031-661-9111	Crime Stop: (to report a crime)	784-5757
Emergency Room:	784-2500	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



# 24 Solar Terms (Part 14)

By KyongHui “Jennie” Pae

## 14. Cheseo

End of Heat

Indicating that summer is coming to an end. Around August 23rd of the solar calendar when the Sun's ecliptic reaches 150 degrees.

The heat of the day wears off, the warm sun cools down and the grass does not grow any longer, so they weed the paddy field or find graveyard. As the old saying goes, "The mosquito has a crooked mouth," so the coldness of the fly's mosquito kills its polarity and begins to produce crickets one by one. This is a leisurely time in farming households. It is said that the word "Ejung Chilwol" and "Gunduel Palwol," meaning that people spend the month in a quiet way and spend the month as leisurely as possible. Cheseo is a name given to the idea that the heat will stop and greet a fresh autumn.

Reference: Korean Folk Culture Research



## LAW OFFICES OF PARK & ASSOCIATES

Our law firm practices law in Guam, Saipan, and Washington DC.

Specialized in:

- Immigration: Green Card Application or Renewal, Petition for Alien Wife, US Citizenship Application (Naturalization) Reentry Permit
- Divorce in the US Courts

관, 사이판, 워싱턴DC에 자격증  
이 있는 미국변호사로서 영주권  
신청 및 갱신, 가족초청, 시민권  
신청, 재입국허가서 등의 이민업  
무와 미국법원에서의 이혼 등의  
업무를 처리해드립니다.

박문서 변호사 (MUN SU PARK,  
Attorney-at-Law, JD/Ph. D.)

P.O. Box 10749, Tamuning Guam 96931, USA

Tel:(671) 647-1200, (670) 287-1255

lawyerpark@hotmail.com / Kaokao Talk ID: attorneypark





An F-16 Fighting Falcon pilot assigned to the 36th Fighter Squadron from Osan Air Base, Republic of Korea, approaches a KC-135 Stratotanker aerial refueling boom assigned to the 328th Air Refueling Squadron from Niagara Falls, New York, during RED FLAG-Alaska Aug. 13, 2019. RF-A provides unique opportunities to integrate various forces into joint, coalition and multilateral training from simulated forward operating bases. (U.S. Air Force photo by Staff Sgt. Ramon A. Adelan) ◀

An F-16 Fighting Falcon flies soars through the air during RED FLAG-Alaska at Eielson Air Force Base, Alaska, Aug. 12, 2019. RF-A provides realistic combat training, which is essential to the success of air and space operations. (U.S. Air Force photo by Staff Sgt. Ramon A. Adelan) ▼

# 36th FS trains during RED FLAG-Alaska



Tech. Sgt. Mike Sage, a KC-135 Stratotanker boom operator assigned to the 328th Air Refueling Squadron from Niagara Falls, New York, communicates to a pilot as they approach for refueling during RED FLAG-Alaska Aug. 13, 2019. RF-A integrates the United States' continued commitment to the region as a Pacific nation, leader and power. (U.S. Air Force photo by Staff Sgt. Ramon A. Adelan) ▲

Tech. Sgt. Mike Sage checks the status of his boom during RED FLAG-Alaska Aug. 13, 2019. RF-A serves as an ideal platform for international engagement, which has a long history of including allies and partners, ultimately enabling all involved to exchange tactics, techniques and procedures while improving interoperability. (U.S. Air Force photo by Staff Sgt. Ramon A. Adelan) ►





SPIRITUAL CHARGE

TO BE OR TO DO



By Chaplain,  
Major Matthew Wilson

Recently I read a biography about Colonel John Boyd. He is best known for developing the OODA (observe, orient, decide, act) loop concept and designing the F-16. For those who worked with him,

he was also well-known for his “To Be or To Do” speech. His key point was as we make decisions in our military careers, we either focus on trying to “become something” or “do something.” He believed those who focus on becoming something, as in the next rank or position, would eventually end up compromising their integrity. He preferred to work with people who wanted to “do something” because they were already secure in their identity. He knew this kind of person would “do” what is right no matter the cost because what they “do” comes from who they are. This concept resonates with me and is a needed reminder for us today. When we spend our lives trying to build an identity, it can lead to frustration and emptiness because the identity that we were striving for doesn’t end up satisfying us. The award we thought would satisfy us sits in a drawer collecting dust. The rank and rows of ribbons we thought

would satisfy us doesn’t matter much after the retirement pin is added. The position we thought would satisfy us doesn’t matter much when the compromises that it took to get there come out from their hiding places. This is true outside of the military as well. Many people think that “if I could just have that car or that house or that relationship, then I would be happy.” Then they get what they wanted and very soon find out they want something else. Constantly trying to “be something” is an exhausting and frustrating way to live. Instead, let’s focus on “doing something,” not in order to build an identity, but because of the identity we already have. We have an identity found in our oath, creed and heritage. We are American Airmen who have sworn to defend the Constitution of the United States. No matter your rank or experience, every one of us are leaders, teachers and mentors

within our sphere of influence. That identity alone should drive everything we do as long as we wear this uniform. But that is not all that we are. Each of us has a unique story and identity that will remain with us long after we hang up the uniform. Establishing your identity is an intensely spiritual exercise. It is answering the questions, “Who am I?” and “Why am I here?” It is evaluating what are the things you value no matter where you work or what uniform you wear. The most important parts of my identity are the facts that I am a forgiven follower of Jesus Christ, I am a husband and I am a father. I am also a son, a brother, and a friend. This is my identity that will not change and that must drive everything “I do.” What is your identity? What drives you? Don’t live in frustration constantly trying to “be something.” Focus on who you already are and go “do something.”

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, 1:00 p.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*  
-Community Service @ 1030  
-Gospel Service @ 1230  
Regular Occuring Ministries:  
PYOC: (Middle School & High School Students)  
- Mondays—1830-2000 @ Chapel  
Spiritual Fitness Center.  
PCOC: (AWANA)  
- Wednesdays @ Chapel. Age 3 to 6th grade meet 1800 -1930 & grades 7th-12th meet 1700-1800 .  
PMOC: (Men)  
- Tuesdays - 1830 @ Chapel Annex.  
PSOC: (Singles & Unaccompanied) “Osan Hospitality House”  
- Bible Studies:  
\*Saturdays - 1900 @ Hospitality House. Dinner is provided.  
Sundays - 1700 @ Community Center, Classroom #3.  
- Game Night:  
\*Fridays - 1900 @ Hospitality House. Dinner is provided.  
\*Van pickup: Fridays: Chapel @ 1730, Mustang CTR @ 1735.  
Saturdays: Chapel @ 1830, Mustang CTR @ 1835.  
PWOC: (Women) “PWOC Osan AB”  
- Mondays 1800-2000, Tuesdays 0845-1100 @ Chapel Annex (Child Watchcare provided) & Sunday 1600-1730 @ Posco Apartments .  
MOPS: Join us for OSAN MOPS!  
- Meet twice a month on Wednesday @ the Chapel Annex  
Contact: osanmops@gmail.com

*Apostolic Pentecostal*  
Apostolic Connection Church  
Bible Study: Osan Chapel Sanctuary,  
Mondays 7PM-8PM

*Catholic Mass*  
Weekend Masses  
Saturday Mass (Sunday obligation), 5 p.m.  
Saturday, Also Confessions, 4 p.m.  
Sunday Mass, 8:30 a.m.  
Tuesday -Thursday Mass, 11:30 a.m.  
Friday Mass, 5 p.m.  
*Catholic Ministries*  
Catholic Religious Education  
Sunday, 10-11 a.m., Chapel annex  
Korean Prayer group  
Tuesday, 9:30 a.m.,  
Blessed Sacra Chapel  
Faith formation class/bible study  
Wednesday, 6:00 p.m., Chapel annex  
Catholic Men of the Chapel (CMOC)  
Wednesday, 7:00 p.m., Chapel annex  
Catholic Women of the Chapel (CWOC)  
Thursday, 5:30 p.m., Chapel annex hall  
Catholic Family social meal (Free)  
Friday, 6-7:30 p.m., Chapel annex hall  
Catholic Family social meal (Free)  
Saturday, 6-7:30 p.m., Chapel annex hall  
Knights of Columbus & Baptism classes  
Meet monthly, Pls 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>



# Pacific Air Forces honors 75th Anniversary during ceremony



**Kahu Kordell Kekoa, a local pastor, placed rainwater on the hands of Gen. CQ Brown, Jr., Pacific Air Forces commander, and his wife, Sharene during a 75th anniversary ceremony in the Courtyard of Heroes at Headquarters PACAF, Aug. 2, 2019. The Far East Air Forces was activated on Aug. 3, 1944 at Brisbane, Australia, under the command of Lt. Gen. George C. Kenney. Over the next 18 months, FEAF moved from Brisbane to New Guinea, the Philippines and then to Japan. The FEAF moved from Fuchu Air station, Japan, to Hickam Air Force Base, Hawaii, on July 1, 1957, and was redesignated Pacific Air Forces. (U.S. Air Force photo by Staff Sgt. Mikaley Kline)**

**By Staff Sgt. Mikaley Kline, Pacific Air Forces Public Affairs Squadron**

**JOINT BASE PEARL HARBOR-HICKAM, Hawaii** -- The 75th Anniversary of Far East Air Forces, also known as Pacific Air Forces, was celebrated during a ceremony in the historic Courtyard of Heroes at Headquarters PACAF Aug. 2.

On Aug. 3, 1944, the FEAF was activated at Brisbane, Australia, under the command of Lt. Gen. George C. Kenney. Over the next 18 months, FEAF moved from Brisbane to New Guinea, the Philippines and then to Japan.

FEAF moved from Fuchu Air station, Japan, to Hickam Air Force Base, Hawaii, on July 1, 1957, and was redesignated Pacific Air Forces under the command of Gen. Laurence S. Kuter.

"Since that move this historic building has served as our home," said Donald Fenton, PACAF command historian. "More than four million men and women have served in FEAF and PACAF over the last three quarters of a century. More than 10,000 have sacrificed their lives defending our nation and 31 have received the Medal of Honor in the Pacific."

Airmen in FEAF and PACAF have fought in World War II, Korea, and Vietnam, and have deployed in support of Operations Desert Storm, and Enduring Freedom, to include Inherent Resolve.

"PACAF has also been a major force for peace, supporting more than 275 humanitarian and disaster relief operations across the theater and beyond," Fenton said. "Operations with names such as New Life, Babylift, Fiery Vigil, Unified Assistance, and Tomodachi. As inheritors of this

proud 75-year legacy, today's PACAF Airmen stand ready to support stability and security in the Indo-Pacific, a region so vast that it encompasses half the globe and two thirds of the world's population."

Following Fenton's opening remarks, Kahu Kordell Kekoa, a local pastor, delivered a Hawaiian blessing.

"The gentle rain that falls upon us is really a reminder for us that we're doing good things," Kekoa said. "So the rain that I have inside this bowl was actually rainfall from 25 years ago, 50 years after PACAF began its life."

As part of the ceremony, Kekoa placed some of the rain water in the courtyard as well as on the hands of Gen. CQ Brown, Jr., PACAF commander, and his wife, Sharene.

"Seventy five years of anything doesn't just happen by some miracle or accident," Brown said. "It takes effort, it needs a purpose, and it requires adaptation."

The 75th anniversary is traditionally known as the diamond anniversary.

"A diamond is a fitting metaphor for what the FEAF and now PACAF was, is, and will be," Brown said. "A diamond is the hardest naturally occurring stone. It is a precious mineral formed through time, temperature, and pressure. Similarly, PACAF has developed into a polished command through time and immense pressure."

PACAF has three lines of effort to vector the command; strengthen alliances and recruit new

partners, enhance lethality and interoperability, and operational concepts for great power competition.

"Studying the history of the FEAF and PACAF, however, I can see that the three lines of effort that vector the command today played a major part in the growth of the Air Forces' role in the Indo-Pacific," Brown said. "Looking to the future, I envision those three lines of effort continuing to hone effort, deliver purpose, and refine adaptation."

Brown emphasized that strengthening alliances and recruiting new partners has been critical from the start.

"In both conflict and cooperation, we aren't alone – we work with our allies and partners by uniting over mutual values, interests, and security to preserve peace and stability in the region," Brown said. "When the FEAF was stood up by General Kenney, it was headquartered in Australia. The early alliance between the U.S. and Australia has developed over 100 years into an unbreakable friendship. That bond is not only the foundation of our command, it is the mold we aspire to replicate with every international interaction."

Brown closed out his speech by thanking everyone for coming out to celebrate PACAF's diamond anniversary.

"I am humbled to lead our command, proud to serve with each of you, and honored to build upon our legacy as we remain ready, resilient, and postured for the future," Brown concluded.



# TMO provides top service to Wolf Pack

**By Staff Sgt. Mackenzie Mendez**  
8th Fighter Wing Public Affairs

**KUNSAN AIR BASE, Republic of Korea** -- With the summer months comes the warm weather, fun outdoor activities and an influx of personnel joining the Wolf Pack. With more than 2,700 personnel calling Kunsan Air Base "home", ensuring Airmen have a successful move is the top priority for the 8th Logistics Readiness Squadron Traffic Management Office quality assurance Airmen.

The QA section is responsible for conducting onsite inspections for all inbound and outbound household good shipments while also making contact with each military member during their permanent change of station process.

"These inspections are essential to mission accomplishment since an Airman cannot support the mission if they and their families are not effectively relocated," said Col. Craig Punches, Personal Property Activity Headquarters commander at Joint Base San Antonio-Randolph, Texas. "Proper moving company oversight via on-site inspections ensure our Airmen are ready to do their mission without focusing on recovering from a bad move. It ensures that Airmen receive the best move possible."

For the first quarter in 2019, the 8th LRS TMO QA section maintained a 100 percent inspection rate, meeting with each inbound and outbound Wolf Pack member. They were the top QA section in Pacific Air Forces, beating the PACAF average of 87 percent.

"We are here to ensure our customers experience a smooth PCS process, that they are taken care of every step of the way and are satisfied with their move," said Staff Sgt. Chana Lawlor, 8th LRS TMO QA inspector. "It's important to me to remove any unnecessary stress for our customers by meeting with them face-to-face, explaining any confusing processes and answering any questions they may have."

Unaccompanied baggage and household good shipments can take up to two months to arrive on station. When PCSing to Kunsan, TMO recommends hand carrying important documents and ensuring Airmen have the necessary items needed to help transition to life on Kunsan such as bedding, a mattress pad, and necessary clothing, including uniforms. Items to include in unaccompanied baggage and household good shipments include cooking items, a television, decorations and sports equipment, including a bike and helmet.

During the most recent quarter, the QA section maintained a 98 percent, surpassing the Air Force standard of 80 percent. During peak season, the section inspects approximately 15 to 20 shipments per day, ensuring the contracted movers and packers are following Department of Defense and Air Force regulations.

"As quality assurance professionals, we have to enforce the standards and ensure our customers' personal property is being taken care of at the origin and destination," said Staff Sgt. Eric Kobylanski, 8th LRS TMO QA inspector. "We're here to monitor what the contractor does and brief members on the claims process and other entitlements."

For information about household good shipments and preparing for your upcoming PCS, visit [www.move.mil](http://www.move.mil). For information on weight allowances and other travel regulations, visit [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil).



**The 8th Logistics Readiness Squadron Traffic Management Office quality assurance Airmen are responsible for ensuring more than 2,700 personnel assigned to Kunsan Air Base, Republic of Korea, experience a successful move. For the first quarter of 2019, the QA section maintained a 100 percent inspection rate, meeting with each inbound and outbound Wolf Pack member. (U.S. Air Force photo by Staff Sgt. Mackenzie Mendez)**



**Staff Sgt. Eric Kobylanski, 8th Logistics Readiness Squadron Traffic Management Office quality assurance inspector checks inbound and outbound shipments for Wolf Pack personnel at Kunsan Air Base, Republic of Korea, Aug. 9, 2019. For the first quarter of 2019, the QA section was named the top section in Pacific Air Forces, beating the PACAF average of 87 percent with a 100 percent. (U.S. Air Force photo by Staff Sgt. Mackenzie Mendez)**





# Aug 2019: Energy Drinks & Hot Weather



## Energy Drink Over-Consumption Symptoms

- Dizziness
- Heavy Sweating
- Rapid Heart Rate
- Nausea
- Nervousness
- Heart Palpitations

All of these will make it harder to function safely when it is HOT outside!

Many people who choose energy drinks will often use them in place of water or electrolyte-rich drinks. Because energy drinks contain high amounts of caffeine, a diuretic, people risk dehydrating more quickly in the heat. To further complicate this problem, energy drinks cause the heart to pump faster. As the heart pumps faster, it raises blood pressure, increasing a person’s risk for heat stress. This effect is only compounded if a person is already raising his heart rate through exercise. During the exercise, a person should opt for water or sports drinks instead. You should never underestimate the effects that the caffeine and stimulants in energy drinks could have on your body. Especially in the summer heat, you could experience severe dehydration, elevated blood pressure, and even heat stress or cardiac arrest. Instead, keep your caffeine intake at a minimum and opt for water and drinks that replenish electrolytes in the body.

**WATER IS ALWAYS A BETTER CHOICE**

**WHEN OUTSIDE IN THE HEAT!**



## Bonus Tip: More Energy Drink Dangers

High amounts of sugar in energy drinks can lead to non-heat related issues, too. Weight gain, tooth decay and high blood glucose are some of them.



# Avionics Airman inspires young women at aviation camp

**By Chrissy Cuttita**  
Air Force Recruiting Service Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- An avionics technician recently returned to her place of inspiration, an event that helped her further set her sights on the skies right after she graduated high school in 2015.

Senior Airman Lydia Kamps, an avionics technician with the 756th Aircraft Maintenance Squadron, Luke Air Force Base, Arizona, had the opportunity to return to the Experimental Aircraft Association's GirlVenture Camp during the Oshkosh Air Show in Wisconsin as a mentor -- not just a participant. She was able to share how her path of becoming an Airman is taking her toward the goals she set for herself in aviation, a path most young women in the audience haven't considered.

"Not only do I get to share my experiences from flying general aviation and my time in the Air Force, I get to inspire others and give them direction for their aviation dreams," Kamps said. "It is even cooler that I am so close in age to the girls I mentored because I can really connect with them and help them realize their career goals are entirely possible even at a young age."

It was the second year in a row Kamps used the Air Force Recruiting Services' We Are All Recruiters program, or WEAR, to get approval for a permissive temporary duty to the summer event.

"The airshow and GirlVenture Camp is always one of the best parts of the year," Kamps said. "It is an awesome opportunity to connect with so many different people, the aviation professionals I mentor with and the girls that attend the camp. I was also able to meet up with old friends and aviation enthusiasts from all around the world and nerd out over hundreds of airplanes!"

A WEAR event is an event where the interaction of Air Force personnel educate and increase public awareness of the Air Force and could potentially provide numerous leads for recruiters. These events enhance the AFRS mission to inspire, engage and recruit future Airmen to deliver airpower for America.

"GirlVenture is one of the many outreach engagements we participate in to achieve the Air Force's rated diversity improvement objectives," said Maj. Lindsay Andrew, AFRS Detachment 1 director of operations, Joint Base San Antonio-Randolph, Texas. "This year, AFRS Detachment 1 manned a booth at Kidventure to inform, influence and inspire young aviation enthusiasts at Oshkosh, Wisconsin. Senior Airman Kamps' enthusiasm and expertise made her a perfect match for the type of spokespersons AFRS needed at GirlVenture."

Approval for WEAR is limited to those events where Airmen are directly speaking to potential applicants or influencers about Air Force opportunities. Applicants are defined as individuals within the 17- to 39-year-old range; and influencers can be defined as parents, community leaders, teachers, counselors, coaches and more.

"It can be challenging to share Air Force experience with the high school ladies as many of them have not ever considered the military and have misconceptions," Kamps said. "However, when I describe the technical skills I have gained from working on jets and mention the benefits of education, travel and camaraderie, they are intrigued and anxious to find out more. Additionally, when we are walking around the grounds looking at the aircraft and watching the jets fly in the shows they are amazed and encouraged to learn more."

WEAR events are approved on an individual basis and must be first approved by the individual's commander in accordance with AFI 36-3003 Military Leave Program. Air Force members may receive up to 14 days permissive TDY per year to attend WEAR events.

"My flight chief introduced me to the WEAR program last year when I was submitting leave to volunteer," Kamps said. "The program makes it a lot easier to take time from work and fully focus on mentoring and getting the most out of one week packed with people and airplanes."

While inspiring others, the avionics technician said she was also mentored by other Airmen sharing their story.

"This year we had the privilege of hearing from Col. Kim Campbell



**Senior Airman Lydia Kamps, a 309th Aircraft Maintenance Unit F-16 Fighting Falcon avionics technician, Luke Air Force Base, Ariz., speaks to young women during the Experimental Aircraft Association's GirlVenture Camp held July 22-24, 2019 during the EAA's AirVenture in Oshkosh, Wis. This is the second year in a row Kamps volunteered as a mentor at AirVenture and its air show, one of the largest aviation events in America. (Courtesy photo)**



**Senior Airman Lydia Kamps takes a photo with the young women she mentored during the Experimental Aircraft Association's GirlVenture Camp held July 22-24, 2019, in conjunction with the EAA's AirVenture in Oshkosh, Wis. Through the Air Force Recruiting Services We Are All Recruiters program, it was the second year in a row Kamps volunteered as a mentor at AirVenture and its air show, one of the largest aviation events in America. (Courtesy photo)**

about flying in Operation Iraqi Freedom and other accomplished aviators like the Chief Systems Pilot Bebe O'Neil who is prior Air Force," Kamps said. "The speakers were definitely a highlight for me and the girls."

A bond was created between the mentor Airman and participants through shared activities and experiences on the air show grounds.

"Many of them are intimidated by the military, especially since the majority that serve are gentlemen, but when they see me and find out about my success even as a woman, they are encouraged to not let that hold them back from their career goals," Kamps said. "Several girls are already looking at working toward being fighter pilots, and appreciate how I started out flying general aviation and later enlisted with the same goal of commissioning that I am currently pursuing."

"For others, hearing from my experience might just have been the first spark to their wanting to join the Air Force," she continued. "It was an honor to share my experiences as an avionics technician and tell them about all the opportunities the Air Force offers."



**O**ne of the must-do's in Seoul is none other than visiting one of the city's ancient palaces -Gyeongbokgung Palace, Gyeonghuigung Palace, Deoksugung Palace, Changgyeonggung Palace and Changdeokgung Palace and Huwon. These architectural gems were not only residences of kings and queens, but were also the center of politics and city life during the Joseon dynasty (1392-1910). Designated as a World Heritage site by UNESCO in 1997, Changdeokgung Palace is said to be the most traditional and authentic of Seoul's five palaces. It has been praised for its architectural sensitivity to its natural surroundings and lauded as a representative masterpiece of East Asian Palace Architecture. The palace is also believed to have the perfect geographical location according to ancient philosophies like that of Feng Shui. The palace is even more magical when seen under a full moon. Join the Moonlight Tour at Changdeokgung Palace for a pleasant evening stroll within the royal palace.

## Moonlight Tour at Changdeokgung Palace



### Donhwamun Gate: The oldest main palace gate ◀

Donhwamun Gate is the oldest of all the palaces' main gates. First built in 1412, it was burnt down during a period of conflict and later restored in 1608. The two-story high gate was given the name Donhwa, which means "to teach and love the subjects with compassion." This is where participants can take memento photographs with chief gatekeepers in traditional uniforms before the tour. The Moonlight Tour officially begins with cheongsachorong (a traditional candle lantern from the Joseon dynasty covered with red and blue silk) lighting the path.

### Buyongji Pond and Aeryeonjeong Pavilion: The majestic royal backyard ▶

The area around Buyongji Pond is the most beautiful and tranquil area inside Changdeokgung Palace and is one of the finest examples of landscapes designed during the Joseon period. This garden where kings would take leisure walks in the past consists of the small but pleasant Buyongji Pond and the surrounding trees that have endured hundreds of years, creating a cozy and elegant scenery. This area was the venue for celebratory banquets for those scholars who passed state exams during the Joseon dynasty.



### Yeongyeongdang Hall: A stage fit for the royal family ◀

Yeongyeongdang Hall is a wooden house built in the same style as the houses of the noblemen during the Joseon dynasty. It was constructed in the 19th century and was used as a venue to hold ceremonies and performances for the royal family by the best performers at that time. During your moonlit journey, Yeongyeongdang Hall will serve as the venue for an array of gugak (traditional Korean music) performances. The building's expansive yard is complete with enough seats for the audience. Korean tea and snacks are served as well.





*Sangnyangjeong Pavilion: The perfect spot to view the full moon ▼*

A hexagonal pavilion located on the hill overlooking Nakseonjae’s rear garden, Sangnyangjeong Pavilion provides a panoramic view of the surrounding area. Participants of the tour will be able enjoy the mood of a moonlit night with a daegeum (large bamboo flute) performance here.



*Nakseonjae Hall: The king's quarters ▼*

Nakseonjae Hall was built as the study and sarangchae (living quarters of the head of a household) of King Heonjong (24th king of Joseon, 1827-1849). Literally meaning “to enjoy virtue,” Nakseonjae implies that a king should serve his people with virtue so that both the people and the king himself will be happy. After King Heonjong passed away, the compound was used by King Gojong (26th king of Joseon, 1852-1919) and King Sunjong (27th king of Joseon, 1874-1926) to carry out state affairs.



*Injeongjeon Hall: The venue for royal ceremonies ▲*

The main building of the palace, Injeongjeon Hall was used as a reception venue for foreign diplomats as well as for royal ceremonies such as coronations. Inside this prestigious room, visitors can see the king's throne and folding screen behind, called Ilwoloakdo byeongpung, embroidered with the sun, moon, and five mountain peaks. The hall itself is quite beautiful lit up at night, but be sure to take a moment to observe the full moon and the modern cityscape looming in the background.

**2019 KDVA EDUCATION CONFERENCE AND DINNER**

GEN(R) Kwon, Oh-Sung, President, Korea Chapter of Korea Defense Veterans Association requests the honor of your presence to an 2019 KDVA Education Conference and Dinner for Junior Servicemembers on Thursday, 19 September 2019 at 1830 Ball Room, River Bend Golf Clubhouse, USAG Humphreys.  
R.S.V.P. by 9 Sep 2019 to USFK PAO [pacom.yongsan.usfk.list.pao-comrel@mail.mil](mailto:pacom.yongsan.usfk.list.pao-comrel@mail.mil) (DSN: 755-4424, 4426, 4427)

- WHAT:** 2019 KDVA Education Conference and Dinner for Junior Service members  
**WHO:** Korea Chapter of Korea Defense Veterans Association (KDVA)  
**WHEN:** 19 September 2019, Thursday at 1830  
**WHERE:** Ball Room, River Bend Golf Clubhouse, USAG-Humphreys  
**WHY:** To encourage soldiers, Junior NCOs and Officers serving in USFK, KATUSA, and CFC to actively educate themselves about the true meaning of ROK-US Alliance  
**HOW:**  
-- Attire: Duty Uniform (Mil) / Business Suit (Civ)  
-- Seats are open to E7 below and O4 below US service members  
-- Registration to USFK PAO at [pacom.yongsan.usfk.list.pao-comrel@mail.mil](mailto:pacom.yongsan.usfk.list.pao-comrel@mail.mil)

- PROGRAM:**  
1800-1825 Reception  
1830-1840 Opening and Introduction of KDVA  
1840-1845 Welcoming Remarks  
1845-1915 Lecture and Q&A  
1915-1920 Presentation about ROK-US Alliance  
1920-2010 Dinner  
2010-2030 Conversation on ROK-US Alliance  
2030-2035 Closing / Group Photo