

# Crimson Sky

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Staff Sgt. Dallas Crandell, 736th Security Forces Squadron fire team leader, from Andersen Air Base, Guam, explains joint defense sectors to Republic of Korea Air Force military police July 23, 2019, at Gwangju Air Base, Republic of Korea. The training prepared them for the practical application at the end of the week where they simulated response force actions. (U.S. Air Force photo by Staff Sgt. James L. Miller)

## Pacific Defender Outreach 19-1 builds cohesive joint force

**By Staff Sgt. James L. Miller**  
51st Fighter Wing Public Affairs

**OSAN AIR BASE, Republic of Korea** -- Recently U.S. Air Force Security Forces members joined Republic of Korea military police during a subject matter expert exchange at Gwangju Air Base, Republic of Korea, during Pacific Defender Outreach 19-1.

The training is intended to enhance strong personal

relationships and cooperation with the Republic of Korea Air Force Military Police Agency. During the event, attendees shared force protection tactics, techniques, procedures, and information while developing and enhancing interpersonal relationships.

"This training gives us upfront realistic understanding of our joint capabilities when working with our Republic of Korea Air

Force counterparts," said Master Sgt. Edward Grant, current operations manager with 7th Air Force. "What we have learned together is invaluable and unifies our combined force."

Security Forces members from the 736th Security Forces Squadron, Andersen Air Base, Guam, teamed up with military police and special forces units from Republic of Korea's 1st Fighter Wing, Gwangju AB, for

the weeklong event.

"This training gave the ROKAF forces a new perspective and helped give us some new methods for things we were already doing," said Staff Sgt. Tae Kwan Yeon, a special duty team member assigned to Gwangju AB. "The training itself was a cultural exchange, which helped us become more comfortable with each other as the training went on."

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# Keeping the Pack Strong: Your Mental Health Team

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

**KUNSAN AIR BASE, Republic of Korea** -- One in five adults in the United States, roughly 46.6 million, experience mental illness in a given year, according to the National Institute of Mental Health. The Air Force's Comprehensive Airman Fitness pillars are key to ensuring Airmen are taking care of each other while maintaining balance in their lives.

The 8th Medical Group Mental Health Clinic is at the center of the Air Force's CAF model, providing the tools Airmen need to lead a healthy lifestyle while also ensuring the pack is fit to fight.

"As mental health professionals, we are responsible for educating Airmen, frontline supervisors and commanders about the resources available for managing the mental pillar," said Capt. Josilyn Banks, 8th MDG Mental Health element chief and director of psychological health. "We are trained in conceptualization; analyzing every aspect of an Airman's life and helping them focus on the whole Airman concept and create balance between all four pillars."

As a specialty care clinic, mental health only sees a very small percentage of Airmen. Sixty percent of mental health concerns are resolved at the primary care level with an Airman's primary care manager or through the Behavioral Health Optimization Program, according to Banks. BHOP is a consultation service within primary care designed to target issues affecting optimal functioning.

Although mental health only sees a small portion of the Kunsan population, early intervention and prevention of stress and mental illness, such as depression, for all Airmen are top priorities for the clinic.

"We're constantly in collaboration with base helping agencies to identify local trends and concerns in order to mitigate them

the best we

can," said Tech.

Sgt. Jessica

Osgood, 8th

MDG Mental

Health Alcohol

and Drug Abuse

Prevention

and Treatment

Program NCO

in charge

and certified

addictions

counselor. "The

mission at each

base is going

to help dictate

what those

trends are. We

talk about the

concerns and come up with ways to focus on the needs of

our location."

The 8th MDG Mental Health clinic offers numerous

classes open to Airmen of all ranks that specifically target

concerns and trends seen at Kunsan. These courses cover

topics such as relaxation and sleep hygiene, mindfulness

and communication, and chronic pain management.

Additionally, the ADAPT program provides responsible drinking education to Airmen, both as requested and to those referred.

In addition to classes, professional enhancement courses such as First Term Airmen Course have played an integral part in educating Airmen on maintaining a healthy work-life balance as well as communicating mental health success stories.

"As our force becomes younger and younger, we want to focus on providing our Airmen with tools to help them manage what is going on in their lives," said Capt. Christina Kyc, 8th MDG Mental Health flight commander, ADAPT program manager and licensed clinical social worker. "We encourage frontline supervisors to get involved and get to know their Airmen on a deeper level. By recognizing their goals and accomplishments, as well as when Airmen are struggling, leaders are better able to refer Airmen to applicable agencies for assistance when needed."

Recently, Air Force senior leaders implemented a Resilience Tactical Pause with the purpose to increase Airmen connectedness and increase unit cohesion, trust and confidence in command teams while soliciting feedback to evolve the Air Force's approach to decrease suicides and increase the well-being of Airmen.

"The RTP gives us an opportunity to reconnect with helping agencies and focus on continuous resilience and continuous prevention," said Banks. "By emphasizing the concept of 'taking care of your people,' we are one step closer to creating a lasting culture change surrounding mental health."

The 8th MDG Mental Health clinic staff has three officers and five enlisted members, including an advanced nurse practitioner credentialed to prescribe medications. Enlisted mental health professionals also have the capability to teach and treat patients under their commissioned counterparts' licenses.

"Due to the provider extender culture, we have been able to triple our access to people on base," said Banks. "It extends our capabilities, trains our technicians and creates a more well-rounded office. It also increases our presence on the base by giving our technicians the tools to help and educate Airmen about mental health."

For more information about the 8th MDG Mental Health Clinic, visit the Air Force Medical Service website or call 782-2273.

**Editor's Note:** This is the first article in a series designed to highlight helping agencies and resiliency at Kunsan Air Base.



**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 Jensen)**



# USAF, ROKAF pilots bond with Friendship Day



By Senior Airman Denise Jensen  
51st Fighter Wing Public Affairs

Members of the 25th Fighter Squadron at Osan Air Base, Republic of Korea, and the 237th and 103rd FS's at Wonju AB, ROK pose for a group photo during a "friendship day" visit August 21, 2019. This "friendship day" allowed the U.S. and ROKAF military members the opportunity to integrate and strengthen their relationships. (U.S. Air Force photo by Staff Sgt. James L. Miller) ▲

**OSAN AIR BASE, Republic of Korea --** Members of the 25th Fighter Squadron at Osan Air Base, Republic of Korea, visited members of their "buddy squadrons" in the ROK Air Force, the 237th and 103rd FS's stationed at Wonju Air Base, ROK, for a Friendship Day Aug. 21.

This day gave the opportunity for members of both the U.S. and ROK military to bond with a cultural and relationship building day by providing the 25th FS partners an opportunity to tour Wonju AB and its squadrons, as well as visiting the Chiaksan Guryongsa temple.

The whole point of this is to support and work with the [Republic of Korea Air Force] squadrons so we can become more integrated and get used to doing operations with those guys," said 1st Lt.

Members of the 25th Fighter Squadron at Osan Air Base, Republic of Korea, tour the 53rd Air Demonstration Group, home of the ROK Air Force aerial demonstration team known as the Black Eagles, during a "friendship day" visit at Wonju AB, RoK, August 21, 2019. This "friendship day" allowed the U.S. and ROKAF military members the opportunity to integrate and strengthen their relationships. (U.S. Air Force photo by Senior Airman Denise Jensen) ►





Trevor Muzzy, a 25th FS A-10 pilot. “This way we can also develop the relationships we have with the ROKAF guys. Today, we went down to their squadrons to see their airfield and jets up close.”

These days are important for not only understanding each other on a personal level, but also helps build the comradery as military members from two different countries.

“This was a great opportunity to just hang out and get to know them a little better,” Muzzy said. “It helps you realize that although we’re from two different countries, we’re here doing the same mission and our communities are very similar in terms of how our squadrons are structured and the culture that we share. It was really cool to be able to integrate with them and build up our friendships.”

Osan Air Base; Republic of Korea; South Korea; ROKAF, 25th Fighter Squadron, 237th Fighter Squadron; 103rd Fighter Squadron; Wonju Air Base, Friendship Day



Members of the 25th Fighter Squadron at Osan Air Base, Republic of Korea, visit the Chiaksan Guryongsa temple during a during a “friendship day” visit with their ROK Air Force counterparts August 21, 2019. This “friendship day” allowed the U.S. and ROKAF military members the opportunity to integrate and strengthen their relationships. (U.S. Air Force photo by Staff Sgt. James L. Miller) ▲

An A-10 pilot assigned to the 25th Fighter Squadron at Osan Air Base, Republic of Korea, visit the Chiaksan Guryongsa temple during a during a “friendship day” visit with their ROK Air Force counterparts August 21, 2019. This “friendship day” allowed the U.S. and ROKAF military members the opportunity to integrate and strengthen their relationships. (U.S. Air Force photo by Staff Sgt. James L. Miller) ◀

• BULLETIN •

2019 DMZ Peace Marathon, October 6th (Sun), at DMZ area

Gyeonggi Provincial Government has cordially invited 40 Airpower members consisting of active duty, civilian and family members for the upcoming 2019 DMZ peace marathon.

Host/Sponsor: Gyeonggi Provincial Government/  
Gyeonggi Tourism  
Date: 6 Oct 2019 (Sun)  
Course: 6K/10K/Half/Full (Time limit: 1h/1.5 h/2.5h/5h)  
Location: DMZ area  
Cost: 10,000 won. (Transportation, registration fee, lunch, snack/water, medal and Jacket)

\*The Gyeonggi Provincial Government will pay 50,000 won per person, and 10,000 won will be at expense to each of participants.

Please send below information to 7AF/PA at 7AFPA@us.af.mil NLT 19 Sep.

Last Name First Name, DOB, Gender, Cell Number, Course (6k/10k/Half/Full), Jacket size (S/M/L/XL/XXL)

\*Once you sign up, you will get more details prior to the event.

For more information, please check out the website.  
<http://dmzpeacearun.com/marathon/code/7003/#>



# Wolf highlights 80th AMU, recognizes innovation



An Airman from the 80th Aircraft Maintenance Unit retrieves a tool from the 80th AMU supply section at Kunsan Air Base, Republic of Korea, Aug. 16, 2019. The implementation of a high-use tool area and other improvements has saved an estimated 1,800 man-hours annually. (U.S. Air Force photo by Staff Sergeant Anthony J. Hetlage)

**By Staff Sgt. Anthony Hetlage  
8th Fighter Wing Public Affairs**

## KUNSAN AIR BASE, Republic of Korea

-- The 80th Aircraft Maintenance Unit support section was recognized by 8th Fighter Wing leaders for executing innovative new processes that led to the reduction of annual man-hours and misplaced tool incidents.

The improvements included an enhanced customer service area, new bench stock bins and shadow boards. The section began the upgrades in September 2018, focusing on areas to improve their overall customer service.

"We installed improved lighting, repainted the shop, installed flooring, reflowed the customer service area, turned in hundreds of thousands of dollars in excess assets and the list goes on," said Master Sgt. Benjamin Simard, 80th AMU support section chief.

The renovations to the shop have not only increased productivity, but also improved safety as, old and cracked ceramic flooring unfit for industrial use created tripping hazards.

In addition to shop renovations, the section also created a more intuitive and easy-to-use tool checkout process.

"The tool reorganization has saved

several minutes for each maintainer, during each shift," said Simard. "On average, the new tool checkout process will save an estimated 1,800 man-hours annually."

Prior to the new tool checkout process, maintainers had to locate part numbers within technical orders then input those numbers into a database in order to locate the corresponding bin location. The new shadow board provides quicker way to determine the required part and which bin it is located in. High use items have also been moved to more accessible areas.

"The innovation of the 80th AMU is an amazing example of looking for opportunities to leave something better than the way it was found," said Col. Tad "Wolf" Clark, 8th Fighter Wing commander.

The 80th AMU support section provides tool checkout for more than 200 maintainers daily. These tools and equipment are used for daily maintenance on the F-16 Fighting Falcon.

While many of the innovations were formulated and accomplished by the 80th AMU support section Airmen, various other base agencies also helped transform the shop including the 8th Civil Engineer Squadron and the 8th Logistics Readiness Squadron.



An Airman from the 80th Aircraft Maintenance Unit locates maintenance parts after referencing the new shadow board at Kunsan Air Base, Republic of Korea, Aug. 16, 2019. The 80th AMU supply section provides tool checkout services and parts for aircraft and equipment maintenance to more than 200 maintainers each day. (U.S. Air Force photo by Staff Sgt. Anthony J. Hetlage) ▲



Beginning in September 2018, the 80th Aircraft Maintenance Unit supply section started creating innovative ways to streamline the ease of tool checkout for maintainers at Kunsan Air Base, Republic of Korea. The shadow board has numbered items that correspond with the items bin location. (U.S. Air Force photo by Staff Sgt. Anthony J. Hetlage) ▲



# KNP visits Kunsan, tours SFS



**By Staff Sgt. Joshua Edwards**  
8th Fighter Wing Public Affairs

8th Fighter Wing leadership and the Korean National Police Gunsan City branch members talk before eating lunch together at Kunsan Air Base, Republic of Korea, Aug. 20, 2019. The 8th FW and KNP often work together on issues directly outside the main gate and perimeter of the base. (U.S. Air Force photo by Staff Sgt. Joshua Edwards) ▲

**KUNSAN AIR BASE, Republic of Korea --** Members of the Korean National Police Gunsan City branch visited the 8th Fighter Wing to meet with base leadership and tour the 8th Security Forces Squadron building Aug. 20, 2019.

The tour started with a military working dog demonstration where security forces walked through having a K-9 chase a runner, escort a suspect and protect his handler. Then, the group went to the combined defense operations center, where the 8th SFS and the 8th Civil Engineer Squadron fire department can monitor the base through various cameras. Finally, they checked out the weapons used on base and learned about the virtual reality training system here.

“With this tour, we really wanted to show them the professionalism at all levels of our squadron,” said Lt. Col. Jacob Foley, 8th SFS commander. “We had senior airmen show weapons training, and showed we have staff sergeants controlling CDOC. We have Airmen that have only been in the Air Force for three to five years who are already taking on leadership roles. I think for them to be able to come in here and see it for themselves is something special.”

One of the reasons the 8th SFS invited the KNP to the base, was to build upon the



The 8th Security Forces Squadron provide a military working dog demonstration for the Korean National Police Gunsan City branch members at Kunsan Air Base, Republic of Korea, Aug. 20, 2019. The KNP visited the 8th SFS for a tour to learn about the different defensive measures of the base. (U.S. Air Force photo by Staff Sgt. Joshua Edwards) ▲





**Two members of the Korean National Police Gunsan City branch test a weapon simulation system at Kunsan Air Base, Republic of Korea, Aug. 20, 2019. The KNP received the chance to test out the equipment the 8th Security Forces Squadron use on a daily basis. (U.S. Air Force photo by Staff Sgt. Joshua Edwards) ◀**

partnership they already have. The KNP assists 8th SFS with all issues outside the main gate and base perimeter where the base’s jurisdiction ends.

“There is a close working relationship around the gate, especially at night,” Foley said. “When we call and ask for their assistance with something, they know what we are asking for, and they expect us to react appropriately and to assist them as well. We really want them to know that we are an ally that they can count on and to continue working together with.”

The 8th SFS and KNP will continue to support each other’s mission to keep the base and its people safe.

# US Air Forces Africa builds partnerships through APF Kenya

**A U.S. Air Force special tactics Airman with the 22nd Special Tactics Squadron observes the final demonstration of the African Partnership Flight Kenya 2019 program at Larisoro Air Strip, Kenya, Aug. 25, 2019. The culminating event, Linda Rhino 2, incorporated multiple skills covered during the week-long program, including combat search and rescue, aeromedical evacuation and personnel recovery command and control. (U.S. Air Force photo by Master Sgt. Renae Pittman) ▶**



**By Master Sgt. Renae Pittman**  
**U.S. Air Forces in Europe and Air Forces Africa Public Affairs**

**LAIKIPIA AIR BASE, Kenya** -- Approximately 120 Air Force delegates from the U.S., Kenya, Burundi, Tanzania and Uganda came together for a week to share personnel recovery topics for this iteration of African Partnership Flight Kenya 2019 held at Laikipia Air Base, Aug. 20-24.

“The African Partnership Flight is U.S. Air Forces Africa’s premier security cooperation program with African partner nations intended to foster military collaboration and strong, long-lasting relationships with and between African partner nations,” said Maj. Erik Anker, U.S. Air Forces Africa lead planner. This five-day event covered critical skills for successful personnel recovery operations.

“We covered a host of topics related to personnel recovery, including personnel recovery command and control, combat search and rescue, tactical combat casualty care and survival and evasion,” Anker said.

This APF was co-hosted by the Kenya Air Force with instructors coming from both militaries who are subject matter experts in their given field.

“This partnership has brought a wealth of skills within the KAF to enhance the security,

coordination and integration within the East African air forces,” said KAF Brigadier John Omenda, Laikipia Air Base commander.

The U.S. instructors came from multiple commands throughout the U.S. Air Force to help facilitate knowledge sharing and best practice exchanges among Eastern African militaries.

“I hope the East African nations will be able to take the information they’ve learned here and not only make their own personnel recovery programs better, but build a program where we can count on one another and ensure all of our isolated personnel come back to their families and countries,” said Tech. Sgt. Jared Todd, 818th Mobility Support Advisory Squadron survival, evasion, resistance and escape air advisor.

Participants completed four days of instruction with classrooms, demonstrations and field exercises designed to increase capabilities and standardize processes and procedures.

“This information is very important to me as a helicopter pilot,” said Maj. Naomi Karungin, Uganda Peoples Defense Air Force, helicopter pilot. “I now have a better understanding of how to recover isolated persons. I am glad that I can take this information back to my unit and teach my fellow pilots.”

In addition to U.S. Air Forces Africa working to build stronger partnerships in the region,

the Massachusetts Air National Guard had representatives help guide discussions as part of the State Partnership Program, which began in 2016.

“Programs like this are important because, under field conditions, you have limited availability, and we want to maximize the survivability of our partners by giving them the tools needed to maximize their survivability,” said Massachusetts Air National Guard Col. Melinda Sutton, 102nd Medical Group commander.

The event culminated in an exercise led by the Kenya Air Force named “Linda Rhino 2” where they utilized all of the skills practiced during the week. The exercise was observed by several air chiefs from across Africa.

“What I saw today in the exercise, was brilliant... it’s all about readiness,” said Brig. Gen. James R. Kriesel, Combined Joint Task Force—Horn of Africa deputy commanding general. “We, together, get paid to be responsive, resilient and as lethal as required against terrorist organizations and near peer competitors.”

The final thought for the conference emphasized teamwork.

“We cannot do this alone,” Omenda said. “We need each other. We need teams. You need experienced people to learn from, especially from people who have done it in real-life situations.”



# “Dear men in blue...” Band of the Pacific inspires international audiences through music

By Staff Sgt. Hailey Haux  
Pacific Air Forces Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- “Men, they walked in uniforms. How could they possibly be rock stars or jazz musicians? I wasn’t even excited when I walked out of the library to step into the auditorium for a concert, but I was inspired, elated and connected by the end of it. I am still going gaga in my head, thank you for giving me one of the most memorable experiences of my first jazz concert. You are all scored on my heart. Love, your fam from New Delhi.”

These words were scribed on a piece of artwork gifted to Airmen from the U.S. Air Force Band of the Pacific from an audience member who attended their recent concert in New Delhi, India. The artwork itself, simple yet beautiful, featured a group of four bandsmen with their various instruments.

Our Air Force bandsmen have a unique mission. They support the global Air Force mission during both war and peace time by providing a wide spectrum of musical products for events that enhance the morale, motivation, and esprit de corps of Airmen, foster public trust and support, aid recruiting initiatives, and promote national interests at home and abroad.

“Air Force Bands have unique and powerful capabilities,” said Maj. Michael Hoerber, Band of the Pacific commander. “There is not a culture on earth that does not have some form of music, so we use music as a soft power tool to make positive, lasting connections to build and strengthen partnerships across the region.”

Here in the Indo-Pacific, 40 Airmen make up the U.S. Air Force Band of the Pacific, responsible for an area of operations that spans across 36 nations. They provide musical services for a range of events in the Department of Defense’s largest, and prioritized, area of responsibility. From international airshows, music festivals, schools, to cultural festivals and military functions, they are known to play popular and traditional songs at each location to enhance understanding of military operations



U.S. Air Force Band of the Pacific members from Small Kine perform in New Zealand during a recent event. (Courtesy photo)



U.S. Air Force Band of the Pacific members received a piece of artwork after one of their performances. (Courtesy photo)



U.S. Air Force Band of the Pacific members take photos with fans after their performance. (Courtesy photo)



and strengthen relationships.

“I love my job because I can use the talents and skills I’ve honed over decades to accomplish the mission and to serve my country in a way that is very unique,” said Master Sgt. Jeremiah True, Band of the Pacific Readiness Section Chief and Non-commissioned Officer-in-Charge of Pacific Showcase – the unit’s jazz ensemble. “Traveling and performing is a dream come true for me. Many musicians perform all over the world in various ways, but my travels allow my musical endeavors to transcend the entertainment aspect of music. We do indeed entertain, but our travels allow us to bridge cultural gaps, engage with local communities, and have a definite, tangible outcome – creating partnerships around the world.”

The band recently launched from their two different locations – Yokota Air Base, Japan and Joint Base Pearl Harbor-Hickam, Hawaii – to conduct 17 performances in six different countries. From New Zealand, Papua New Guinea, South Korea, Vietnam, Thailand, and India, these Airmen traveled more than 20 thousand miles over 35 days.

Pacific Sax, Final Approach, Pacific Showcase, Hana Hou!, Small Kine, and Pacific Trends, all ensembles of the U.S. Air Force Band of the Pacific, each traveled to honor, inspire and connect with diverse audiences across the region.

While Pacific Sax traveled to New Delhi, India, Final Approach went to Vietnam, Pacific Showcase traveled to Thailand, Hana Hou! went to Papua New Guinea, Small Kine visited New Zealand and Pacific Trends went to the Republic of Korea.

In many cases, the band helps reach new audiences and areas of the region not always accustomed with U.S. military or U.S. presence. The Band’s visit to Tuyen Quang in the northern province of Vietnam was the first time a U.S. band has visited there.

“Cultural diplomacy is so powerful ... music is a universal language,” said Ambassador Daniel Kritenbrink, U.S. Ambassador to Vietnam.

In other settings, the band helps enhance a historical event or ceremony, such as their performance in the Republic of Korea. Pacific Trends joined the ROK Air Force Headquarters band for their 70th anniversary celebration. The two exchanged best practices as part of a mil-to-mil subject matter expert initiative and solidified their interoperability.

The Papua New Guinea (PNG) visit included a performance for the PNG military members and family at the country’s Air Transport Wing.

“Thank you for giving us the opportunity of listening to you, and what your Air Force can do,” said Papua New Guinea Air Transport Wing Commander Lt. Col. Edward Kemo Miro. “All of our Airmen and women here will someday dream of this and we look forward to more interaction between the U.S. Air Force and the PNG Air Force.”

While some concertgoers may approach an event a bit skeptical about a military band, they are quickly inspired or even transformed through the music, which can be seen on their faces in just about any photo taken at their performances. Some audience members even take to making artwork for the band members to show their appreciation.

“This lovely piece of art simply means to me mission accomplished,” True said of receiving



the piece of artwork. “My mission as a bandsman, to reach hearts and minds and bridge cultures, was accomplished, as the young artist stated. She entered our performance a bit skeptical, but something in our music ‘moved’ her, and she left with a very different perception of an American military band, and by extension, the U.S. military in general.”

The U.S. Air Force Band of the Pacific harnesses the power and energy of music – a universal language – to represent and be a symbol of the good will and presence of the U.S. Air Force, Department of Defense, and United States as a whole throughout the Indo-Pacific region.

“Music connects, honors, inspires, heals, communicates and can be understood by all peoples, regardless of their spoken language,” Hoerber said. “Thus, music is a hugely powerful medium for the Air Force to use in making the human connections that are a vital part of creating, strengthening and sustaining vital alliances and partnerships for the United States.”

For more information visit: Facebook @BandofthePacific, Instagram @afbotp or Twitter @USAFBandPacific or [www.outreachrequests.hq.af.mil](http://www.outreachrequests.hq.af.mil) to request band support.







Republic of Korea military police force members provide over-watch during hostile response force training July 25, 2019, at Gwangju Air Base, Republic of Korea. During Pacific Defender Outreach 19-1 joint forces shared force protection tactics, techniques, and procedures while developing and enhancing interpersonal relationships. (U.S. Air Force photo by Staff Sgt. James L. Miller) ▲

- Continued from front page -

Members attended classroom sessions followed by practical applications revolving around base defense, team tactics, casualty care, perimeter defense, combatives and flight line security.

While a language barrier would typically hinder most trainings, for those attending Pacific Defender Outreach 19-1 that wasn't the case.

"I didn't feel like there was a language barrier at all," said Grant. "During the training it created unique ways to get the message across and helped build bonds between us, which nails home the cohesive joint force we are trying to achieve."

"These trainings need to continue," said Technical Sgt. Rowdy Spears, ground combat instructor for the 736th Security Forces Squadron. "The more training we do with our joint forces, the more cohesive we are and the more fluid our movements are together. We gel together and become one family, and that makes us a power force to reckoned with."

**Staff Sgt. Tae Kwan Yeon, 1st Fighter Wing special duty team member, demonstrates how to defend yourself from a grab on Staff Sgt. Zachary Johnson, 736th Security Forces Squadron squad leader, July 23, 2019, at Gwangju Air Base, Republic of Korea. Both nations demonstrated various combatives techniques which were practiced at length until proficient. (U.S. Air Force photo by Staff Sgt. James L. Miller) ►**







Senior Airman Tequera Anderson, 736th Security Forces Squadron fire team member, runs for cover during shoot, move, communicate training July 24, 2019, at Gwangju Air Base, Republic of Korea. Shoot, move, communicate is a fundamental drill for U.S. Air Force Security Forces to develop tactile moving habits when under fire. (U.S. Air Force photo by Staff Sgt. James L. Miller) ◀

U.S. and ROK members perform “buddy drag” carries to evacuate their simulated casualty to the safe zone during training July 21, 2019, at Gwangju Air Base, ROK. During their training, U.S. forces demonstrated different casualty evacuation techniques followed by ROKAF members practicing the moves themselves. (U.S. Air Force photo by Staff Sgt. James L. Miller) ▼

Staff Sgt. Jacob Van Dyke, 736th Security Forces Squadron squad leader, coaches some Korean military police during ground combatives training July 24, 2019, at Gwangju Air Base, Republic of Korea. During Pacific Defender Outreach 19-1 joint forces shared force protection tactics, techniques, and procedures while developing and enhancing interpersonal relationships. (U.S. Air Force photo by Staff Sgt. James L. Miller) ▼



Master Sgt. Edward Grant calls out cadence during team pushups July 21, 2019, at Gwangju Air Base, Republic of Korea. During Pacific Defender Outreach 19-1 joint forces shared force protection tactics, techniques, and procedures while developing and enhancing interpersonal relationships. (U.S. Air Force photo by Staff Sgt. James L. Miller) ▶





CHIEF'S CORNER

Music and Leadership

“...great leaders have music in themselves, which governs their thoughts and actions, engages their feelings, imagination, and will power.”  
– Shakespeare

The importance of music in people’s lives is immeasurable. It has the power to connect one to a specific moment in time or to particular people that played a significant role in one’s life. However, that is just one aspect of it. Music also has a similar role to play in leadership as well. Even though the two concepts are not associated often, music, just like leadership, has the power to shape the patterns of human experience and energy. These sentiments make it important to explore the relationship between leadership and music.

Musical expressions, when executed skillfully, can be used to tap into and bring out crucial aspects of the leadership experience. Consider a band on stage prepping to deliver music to an audience. Key actions that make the entire show a success can be observed. For instance, it is common to witness musicians tune their instruments regardless of the instrument type. It is vital that everyone is on the same page before delivering the great music audiences like to hear. This applied to leadership can be of great importance. To a great leader, tuning of the instruments involves setting the strategic direction of an organization with a strategic plan. Strategic plans have to do with getting every stakeholder to be on the same wavelength, creating a common understanding among staff members of their tasks and responsibilities, and providing a baseline from which tasks can be launched.

Besides that, every great or successful leader seems to have some sort of magic, inspiration, or appeal that causes others to naturally follow in their footsteps. It has been found that this “magic” refers to the ability of great leaders to connect with their followers emotionally in a manner that energizes them to move and act, just as Shakespeare described the effect of music on people. Transformational leadership, for instance, engages people by rousing in them an element of desire, commitment, and possibility which are buried deep in the followers of the leaders themselves. Similarly, music connects with the listeners emotionally, instilling in them special energy that is in line with different emotional states. Consequently, music touches the listeners threefold - physically, emotionally, and spiritually - thus bringing out an emotion-inspired exploration of one’s condition at a given moment. So just like a great leader would inspire a hungry audience, music touches the mind and soul of the listening thus inspiring them to take action.

Finally, music has dynamics that metaphorically compare to those of leadership. Consider how musicians focus on harmonizing the rhythm and timing of beats to bring out a musical masterpiece. Similarly, leaders are tasked with harmonizing groups constituting of individuals of different skills working together to complete a set task in a given time frame. With poor leadership in either of the above scenarios, the results become calamitous. So, along those lines, music and leadership are inextricably linked.

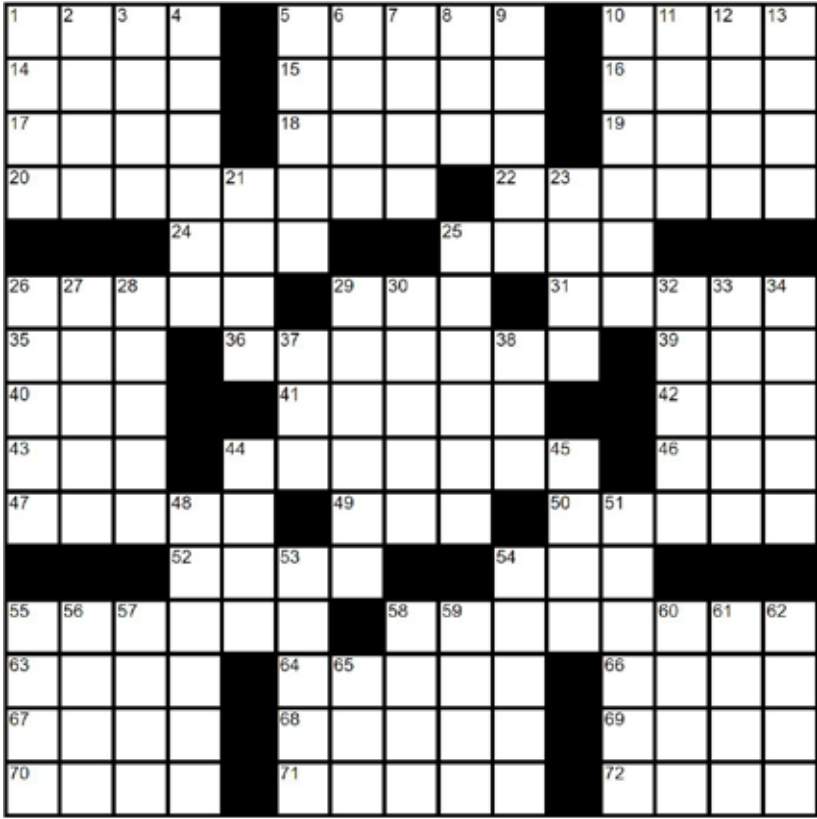
One can, therefore, see that the relationship between music and leadership is quite intimate. Based on aspects such as emotional inspiration, musical and leadership dynamics, and experiences, the link between leadership and music is evidenced effectively.



CMSgt Jacob N. Messina,  
Superintendent,  
36th Aircraft Maintenance  
Unit

The Crossword

By Jon Dunbar



- ACROSS
- 1 Opposite of pass  
5 Campfire treat  
10 Improves group dynamic  
14 Or \_\_\_\_  
15 Unpleasantly mild temperature  
16 One of the Great Lakes  
17 Korean neighborhood  
18 Excuse  
19 Alternative to kilometer  
20 Earmark  
22 Chopin's Piano Concerto No. 2 key  
24 Square root of 100  
25 Greenish-blue  
26 Former Cuban leader Castro  
29 \_\_\_\_ de toilette  
31 Guitar phrases  
35 Winehouse or Poehler  
36 Between echo and golf  
39 Decompose  
40 1981 film "\_\_\_\_ Boot"

41 Curved hooks  
42 Steven Behr or Gershwin  
43 Duke Field IATA  
44 Most greasy  
46 Knee ligament  
47 \_\_\_\_ Frog's bar and grill  
49 Little bit  
50 Goes with spending or killing  
52 Cots  
54 Pet name  
55 Parallel major of 22 across  
58 Camera lens opening  
63 Attract  
64 "Kate & \_\_\_\_"  
66 Molecular building block  
67 Guinness or Baldwin  
68 Not narrower  
69 Opposite of first  
70 Rodent or bug  
71 \_\_\_\_ & Stripes  
72 "\_\_\_\_ in Love with the Boy"

- DOWN
- 1 Government agents  
2 \_\_\_\_ vera  
3 The game \_\_\_\_ over yet  
4 Foreign envoy  
5 Nation  
6 Fuse together  
7 "\_\_\_\_ and Anthony"  
8 Chest bone  
9 Teach  
10 Apollo program predecessor  
11 Brockovich or Moran  
12 "\_\_\_\_ and Stitch"  
13 Prophet  
21 Goes with defense or control  
23 Korean corner store  
25 Reduced  
26 Slowly disappears  
27 Picture  
28 Vacuum maker  
29 Praises

30 Large interior spaces  
32 Robin Hood's \_\_\_\_ Tuck  
33 Skywalker's power  
34 Gone bad, like bread  
37 \_\_\_\_-Wan Kenobi  
38 CIA predecessor  
44 Black-and-white cookie  
45 Russian monarch  
48 Complain, in court  
51 Flower's colored parts  
53 Sketches  
54 Bud and Heineken  
55 Goes with mud or jack  
56 Beast of burden  
57 Greek god of war  
58 MASH actor Alan  
59 Place to dock a boat  
60 Salt Lake state  
61 Thorny flower  
62 Paramedics  
65 Illuminated

Answers to Previous Crossword			
ACROSS		DOWN	
1 ECHO	34 SALT	1 EARS	29 WHOA
5 APRON	38 FOOT	2 CHAT	30 AMOK
10 SWIM	40 ELIHU	3 HODA	33 NEWINTOWN
14 AHOY	41 TREE	4 OYSTER	35 ARES
15 BUENA	42 TAKE	5 ABUSE	36 LETO
16 TOTE	43 WIVES	6 PUN	37 TEAS
17 RADS	44 ETA	7 RED	39 TEARDROP
18 UNDER	45 ALINES	8 ONE	46 LIS
19 OPAL	47 PESOS	9 NARCISSUS	47 PER
20 STATES	49 SPRINGSTEEN	10 STONEST	48 ENERGY
22 CANALS	52 AMIDST	11 WOPAT	49 SMELL
24 ELECTRICITY	53 PREFAB	12 ITALY	50 PIETA
28 SWARM	57 LEER	13 MELS	51 EPSON
31 OHISEE	58 OWENS	21 ELM	52 ALAS
32 OHM	62 ROSA	23 ACE	54 FORE
33 NARCS	63 ALTO	25 COALING	55 ASIA
	64 WILCO	26 THRIVES	56 BATH
	65 GRIT	27 RICHEST	59 WII
	66 SLAP	28 SOFT	60 ELK
	67 NIKON		61 NCO
	68 YEAH		



**U**S. Air Force special tactics Airmen with the 22nd Special Tactics Squadron observe the culminating event of the African Partnership Flight Kenya 2019 program at Larisoro Air Strip, Kenya, Aug. 25, 2019. The event, Linda Rhino 2, incorporated multiple skills covered during the week-long program, including combat search and rescue, aeromedical evacuation and personnel recovery command and control. (U.S. Air Force photo by Master Sgt. Renae Pittman)



**A** 104th Fighter Wing pilot practices getting into a rescue raft during water survival training Aug. 16, 2019, at October Mountain, Mass. Water survival training and combat survival training gives pilots an opportunity to refresh their skills, so they know how to react in a real world situation. (U.S. Air National Guard photo by Airman 1st Class Sara Kolinski) ►



**S**enior Airman Eunbi Ko, a 919th Special Operations Medical Squadron aerospace medicine technician, assigned to Duke Field Air Force Base, Fla., checks a patient's blood pressure during Innovative Readiness Training Appalachian Care 2019, Aug. 24, 2019, in Wise, Va. Appalachian Care IRT 2019, which took place Aug. 16-29, highlighted care for the medically underserved communities of Wise while simultaneously conducting deployment and readiness training for military personnel. (Air National Guard photo by Staff Sgt. Jacob Cessna) ▲

**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) ►







**R**eserve Citizen Airmen participating in exercise Patriot Warrior 2019 conduct a training scenario Aug. 17, 2019, at Fort McCoy, Wis. Patriot Warrior is Air Force Reserve Command's premier exercise providing Airmen an opportunity to train with joint and international partners in airlift, aeromedical evacuation and mobility support. The exercise builds on capabilities for the future fight, increasing the readiness, lethality and agility of the Air Force Reserve. (U.S. Air Force Photo by Tech. Sgt. Gregory Brook) ◀

**T**he U.S. Air Force Air Demonstration Squadron, the Thunderbirds, perform over the skies of Rochester, N.Y., Aug. 24, 2019, at the Rochester International Air Show. This year, the Thunderbirds will perform demonstrations at more than 30 locations, showcasing the pride, precision and professionalism of American Airmen. (U.S. Air Force photo by Maj. Ray Geoffroy) ▼



**M**aster Sgt. Scott Smith, a 131st Maintenance Squadron Group hydraulics shop chief, marshals a B-2 Spirit at Naval Air Station Keflavik, Iceland, Aug. 28, 2019. This marks the B-2s first time landing in Iceland. While in Iceland, Airmen from Whiteman Air Force Base, Mo., conducted hot-pit refueling, which is a method of refueling an aircraft without shutting down the engines. (U.S. Air Force photo by Senior Airman Thomas Barley) ▼



**U**S. Air Force A-10 Thunderbolt IIs fly in formation after aerial refueling out of Kandahar Airfield, Afghanistan, Aug. 15, 2019. The A-10 provides coalition forces with close air support and precision strike capacity for targeting Taliban revenue sources. (U.S. Air Force photo by Staff Sgt. Keifer Bowes)



### 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.

**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.MOFAAllPersonnel@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](mailto: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 15)

By KyongHui “Jennie” Pae

## 15. Baekro

White Dew:  
Dew begins to fall



Indicating that the weather is getting cold and there are dewdrops on grass and trees in the morning. Around September 7th of the solar calendar when the Sun's ecliptic reaches 165 degrees.

Baekro means white dew, which is derived from the fact that night clouds fall below dew point and dew forms on grass or objects. The Jeju proverb says that rice plants that have not grown up until this time can no longer grow. It refers to the period of Chuseok in BaekRo, the so-called "glossary day," and is sometimes described as a good way to express one's good wishes by referring to grapes. When one sees a bunch of grapes on a vine, each grape represents a positive emotion or wish. By the time of Baengno, they start to visit their ancestors' graves. Since it was a time for a brief break from hard summer farming through harvest, it was traditional for women visit their parents during this time.

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,  
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# Wolf Pack trains, maintaining combat readiness



A U.S. Air Force pilot from the 8th Fighter Wing takes off in an F-16 Fighting Falcon for routine training at Kunsan Air Base, Republic of Korea, Aug. 29, 2019. The F-16 can reach altitudes above 50,000 feet. (U.S. Air Force photo by Staff Sgt. Anthony J. Hetlage) ▲

U.S. Air Force Capt. Michael Radosevich and 1st Lt. Scott Lafferty, 35th Fighter Squadron pilots, prepare for takeoff at Kunsan Air Base, Republic of Korea, Aug. 27, 2019. The 35th FS and 80th Fighter Squadron both pilot the F-16 Fighting Falcon, and perform regular training around the Korean peninsula. (U.S. Air Force photo by Staff Sgt. Joshua Edwards) ▼



A U.S. Air Force pilot with the 35th Fighter Squadron takes off in an F-16 Fighting Falcon during routine training at Kunsan Air Base, Republic of Korea, Aug. 29, 2019. The 8th Fighter Wing regularly flies its F-16s for various training opportunities, to include flying alongside units from the Republic of Korea Air Force's 38th Fighter Group. (U.S. Air Force photo by Staff Sgt. Joshua Edwards) ▲



U.S. Air Force Airmen from the 8th Civil Engineer Squadron fire department talk on their radios during training at Kunsan Air Base, Republic of Korea, Aug. 27, 2019. The training gave first responders and maintenance professionals the opportunity to respond to a U.S. Air Force F-16 Fighting Falcon emergency landing. (U.S. Air Force photo by Senior Airman Stefan Alvarez) ▲

U.S. Air Force F-16 Fighting Falcons assigned to the 8th Fighter Wing taxi down the runway in preparation for a routine training flight at Kunsan Air Base, Republic of Korea, Aug. 30, 2019. The 8th FW is home to two fighter squadrons, the 80th Fighter Squadron "Juvats" and 35th FS "Pantons." (U.S. Air Force photo by Staff Sgt. Mackenzie Mendez) ►



SPIRITUAL CHARGE

THE COURAGE TO CONTINUE



By Chaplain  
Lt Col Dwayne Jones

*The Courage to Continue*  
*Two roads diverged in a yellow wood,*  
*And sorry I could not travel both*  
*And be one traveler, long I stood...and*  
*I--I took the one less traveled by,*  
*And that has made all the difference.*  
  
- Robert Frost

Robert Frost reminds us that some roads are similar but you can only travel one, therefore, take your time and make the best decision from your experiences before traveling down the road of life. I have made many choices in my lifetime, some good, bad, and ugly. There is a time when you have to make a choice on which road to travel in life.

Here are a few things to consider as you travel.

First, you must make a decision. Life is about making decisions. If you fail to make decisions, your life can become stagnated with complacency and boredom. Some people say life has dealt them a bad hand. But if you don't play the hand that is dealt, you may feel that life is boring.

Making a decision is an action, taking that first step makes all the difference. Indecisiveness has the tendency to hold one's destiny hostage. You can't rehearse life, you have to live it. Choose a road, face your challenges, and don't allow your challenges to become

your character. You will make some mistakes along the way; mistakes can be transformed into triumph.

Second, don't be afraid to travel. Fear will paralyze your dreams and aspirations. Don't allow fear to control your life, you control your life. Not knowing what is down the road is daunting. Fear is the drum major for disappointment. Being resilient is about overcoming our fears and challenges.

I remember when I was in Airborne School at Fort Benning, Georgia, I was fearful, but I converted my fear into faith. I believe God created me to be victorious in all situations.

Third, travel the road less traveled. I grew up in Live Oak, Fla., a farming town where most people farmed. Generation after generation farmed. My family owned a farm, and we worked in the hot sun every day.

One day, I was riding on the back of the truck traveling to another tobacco farm. As I sat on the back of that truck I saw a

56-year old man sitting beside me, weary and gazing into space. He never owned a farm; he was a 45-year farmhand veteran. He never received any medals or awards, just brittle hands and wrinkled skin to show for his years as a farmhand. He was not the only one that was traveling the farmhand road.

At that moment, I was at a crossroads, and I decided to travel the road less traveled. I decided to go to college. No one on the truck had gone to college, most of them never graduated from high school. I am glad I traveled the road less traveled and it has made all the difference. Finally, be committed to your choice. If you stumble on your journey, get up and continue to move forward. Falling is not a problem, staying down is a problem. If you fall, you have a choice to be pitiful or powerful. I suggest the latter. Be powerful and get up! Winston Churchill once said, "Success is not final, failure is not fatal: it is the courage to continue that counts."

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](mailto: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>



# US hosts experts from 16 countries at Indo-Pacific Safety Air Forces Exchange



Attendees at the Indo-Pacific Safety Air Forces Exchange take a group photo in Waikiki, Hawaii, Aug. 20, 2019. The ISAFE is all about sharing best ideas and practices so others can bring those ideas back to their work areas and enhance their own safety programs. (U.S. Air Force photo by Staff Sgt. Hailey Haux) ◀

Royal Australian Air Force Group Capt. Nigel Ward, Director of Defence Flights Safety Bureau, gives a presentation during the Indo-Pacific Safety Air Forces Exchange in Waikiki, Hawaii, Aug. 20, 2019. The purpose of the ISAFE is to facilitate high-level exchange of aviation safety concepts, processes and best practices to enhance proactive safety and risk management. (U.S. Air Force photo by Staff Sgt. Hailey Haux) ▼

By Staff Sgt. Hailey Haux, Pacific Air Forces Public Affairs

**JOINT BASE PEARL HARBOR-HICKAM, Hawaii** -- Members from United States Indo-Pacific Command and Pacific Air Forces hosted the annual Indo-Pacific Safety Air Forces Exchange in Waikiki, Hawaii, August 19-23.

This year, the exchange involved the participation of 16 countries, in addition to the United States, throughout the Indo-Pacific region. The purpose of the ISAFE – which started in 2013 – is to facilitate high-level exchange of aviation safety concepts, processes and best practices to enhance proactive safety and risk management.

“Safety is a culture. Programs alone don’t work. We must find a way to make safety part of everything we do,” said United States Air Force Col. David Shoemaker, Pacific Air Forces chief of staff. “Now, programs are very important. They help focus us on those things that we need to think about as we make safety part of our culture. When we talk about risk, we’re talking about lives, and it’s our job to ensure that each of our nations’ air forces, each of our nations’ defense departments have that culture of safety.”

During the event, there were discussions on various safety topics which included, proactive aviation safety, operations risk assessment and

management, military exercise safety planning, Air National Guard flight safety, and aerospace physiology and human factors.

“We cannot predict the next mishap,” said Kevin Tibbs, United States Air Force Safety Center Airman Safety Action Program manager. “But if we inform our Airmen, they have great potential to help mitigate any possible risk.”

Attendees also received briefings from the different countries on topics ranging from best practices and challenges such as bird strikes, aircraft mishaps, accident investigations, trends, fatigue risk and conducting safety surveys in order to identify areas to focus on for future mishap prevention.

One country highlighted, it is even the small things that mitigate safety risks, mentioning they added reflective tape to stairs so they don’t pose as a hazard at night.

“There is a moral imperative to cause no harm to those who serve the nation,” said Royal Australian Air Force Group Capt. Nigel Ward, director of Defence Flights Safety Bureau. “Without aviation safety, there is no capability. We can’t afford to lose those precious people or our equipment because without those things, we don’t have a defence force,



we don’t have that capability.”

During the exchange, participants separated into groups for breakout sessions in order to have more in-depth discussions on various matters.

“We are here to enhance our safety and to learn about other countries’ safety measures and to work better with everyone,” said Royal Thai Air Force Group Capt. Thawach Ruangpetch, director of Academic RTAF.

The ISAFE is all about sharing best ideas and practices so others can bring those ideas back to their work areas and enhance their own safety programs.

“We are finding we are doing things more and more safely,” said Royal Canadian Air Force Col. John

Alexander, director of Flight Safety.

“Because of that, we aren’t getting the opportunity to learn lessons as much, so by sharing information between all of us, we can learn from one another and hopefully avoid it happening to ourselves.”

Mark Nunn, PACAF deputy director of Safety, outlined the importance and future of ISAFE, “This exchange is an outstanding opportunity for all of us to not only share our knowledge of safety and risk management, but to foster strong partnerships to influence positive cultural change. A culture of proactive safety across the Indo-Pacific region will not only save lives, but greatly enhance the preservation of our operational resources for the future.”



# Former Pacific Air Forces female Airman earns Ranger tab

By Vicki Stein, AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas -- Since 1955 when the Army began accepting Airmen into its school, nearly 300 Airmen across different AFSCs have earned the Ranger tab. This week, Air Force 1st Lt. Chelsey Hibschi joined those ranks and became the first Air Force female Airman to earn the tab. She pinned on her tab at the Army's Ranger school graduation held at Fort Benning, Georgia.

The Army Ranger Course is one of the Army's toughest leadership courses, with a concentration on small-unit tactics and combat leadership. The course seeks to develop proficiency in leading squad and platoon dismounted operations in an around-the-clock, all-climates and terrain atmosphere. Only about half of those attending the Ranger School actually graduate. All of the students go through rigorous challenges, learning more about themselves and their ability to persevere despite adversity.

According to Sgt. 1st Class Jeremy Billings, Airborne Ranger and Training Brigade public affairs officer, there are three phases the students go through. He said, "In the Ft. Benning phase, the students become trained on squad operations and focus on ambush and recon missions, patrol base operations, and planning before moving on to platoon operations. In the Mountain phase, students develop their skills at the platoon level in order to refine and complete their training in Swamp phase. After these three phases, Ranger Students are proficient in leading squad and platoon dismounted operations around the clock in all climates and terrain."

Hibschi, a former enlisted Airman, qualified for a slot in the course by attending the Air Force's Ranger Assessment Course (RAC) hosted by the Air Force Security Forces Center, then further improved her skills with the Tropic Lightning Academy in Schofield Barracks, Hawaii. RAC is based on the Ranger Assessment Phase week and the first two weeks of the Army Ranger Course.

Lt. Col. Sorensen, Air Force Security Forces Center chief of training and Ranger qualified himself, said of Hibschi and the course, "Ranger school is truly not for the weak or faint of heart. It speaks well of all those who persevere to find that inner grit and motivation to push through all that Ranger school throws at them." He further stated, "The perspective tabbed Airmen earn serves them well when the mission gets challenging and others look to them to find a way."

When Hibschi was in the RAC, she talked about how it was "an unmatched learning experience on leadership and followership." The instructors provide RAC as a stress-oriented battle course for Airmen to develop better leadership and command tools under the mental, emotional and physical strain and improve their resiliency and coping mechanisms to better prepare them for the rigors of Ranger school. She told of how lessons learned in RAC could apply to Ranger school because she had an "understanding of how you function when you're hungry, tired, wet, cold, and worse, then you have to lead a team of individuals feeling the exact same way. You really find out a lot about your team mates and yourself in these stressful situations."

Hibschi will take her leadership training to a new organization, acting as a flight commander in the 821st Contingency Response Support Squadron at Travis AFB, California, which provided support to Tyndall AFB, Florida, after Hurricane Michael wreaked havoc on that installation last year. Her previous assignment was with the 374th Security Forces Squadron at Yokota Air Base, Japan. She led PACAF's 2018 Defender Challenge Team to six event trophies and the overall Defender Challenge Championship.







Airmen 1st Class Brody Patterson and Colin Saumier, firefighters with the 673d Civil Engineer Squadron Fire and Emergency Services Flight, take a break from suppression efforts fighting the McKinley Fire near mile marker 90 along the Parks Highway in Alaska, Aug. 19, 2019. The Matanuska-Susitna area fire management officer requested assistance from the JBER taskforce, which immediately responded and fought the fire alongside local and state firefighters. ▲

Joint Base Elmendorf-Richardson firefighters wait to re-engage fire suppression efforts while a Canadian aircraft drops flame retardant on the McKinley Fire near mile marker 90.5 along the Parks Highway in Alaska, Aug. 18, 2019. The Matanuska-Susitna area fire management officer requested assistance from the JBER taskforce, which immediately responded and fought the fire alongside local and state firefighters. ▼



# Joint Base Elmendorf-Richardson firefighters help fight McKinley Fire

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

**JOINT BASE ELMENDORF-RICHARDSON, Alaska** -- Fifteen firefighters from the 673d Civil Engineer Squadron Fire and Emergency Services Flight and three firefighters from the Joint Base Elmendorf-Richardson Wildland Support Module returned to JBER at approximately 10 p.m. Aug. 22, from assisting with efforts to suppress the McKinley Fire.

The McKinley Fire has been burning along the Parks Highway north of Willow, Alaska, in the Susitna Valley since Aug. 17, threatening homes and other infrastructure.

The Matanuska-Susitna area fire management officer requested assistance from the JBER taskforce, which immediately responded and has been fighting the fire alongside local and state firefighters since Aug. 17, said Jon Glover, JBER WSM lead.

This is the fourth time this season the JBER taskforce has been called upon to respond to a wildfire, Glover said. In the latest three fires, they were called to respond in the beginning of the situation as an initial response force.

Since it takes three to four days for firefighting crews from the Lower 48 to make it onscene to assist fighting fires in Alaska, JBER firefighters and other local agencies are requested as first responders.

"The wildland fire community in Alaska and their leadership are recognizing what incredible assets JBER FES and the WSM have become," Glover said. "They're viewed

as highly capable assets who are going to be first responders when there are lives, property and infrastructure threatened."

Through training and by working closely with the Division of Forestry and local firefighting agencies, the firefighting community has learned the strengths and capabilities of the different agencies, said David Donan, JBER fire chief with the 673d CES FES.

"It doesn't necessarily matter who owns the capabilities, it's about bringing them together at the right time," Donan said. "We're glad we're able to help when they need it. I know they would be ready to help us if we're in the same predicament."

## Ways to prevent fires

According to the National Park Service, 85 percent of wildfires are human-caused, which includes downed power lines, equipment use and malfunctions, debris burning, unattended campfires and intentional acts of arson.

It's important to be aware of and adhere to burn bans, Donan said.

"What you might think is going to be a very small fire can quickly turn into something much larger that not only threatens your life and property, but that of your neighbors," Donan said.

For information on safe fire practices, visit the JBER Fire Prevention website at <https://www.jber.jb.mil/Services-Resources/Fire-Prevention/>. For emergencies, call 911.



Joint Base Elmendorf-Richardson firefighters engage in fire suppression efforts on the McKinley Fire near mile marker 90.5 along the Parks Highway in Alaska, Aug. 18, 2019. The Matanuska-Susitna area fire management officer requested assistance from the JBER taskforce, which immediately responded and fought the fire alongside local and state firefighters.



## Traditional Korean Holiday of Bountiful Harvest, Chuseok

**Chuseok, Korean Thanksgiving Day, is one of the biggest and most important holidays in Korea. Family members from near and far come together to share food and stories and to give thanks to their ancestors. In 2019, Chuseok Day falls on September 13. As the day before and the day after are also part of the holiday, this year's holiday period is from September 12 to 14.**

**Many Koreans visit their hometowns to spend quality time with their family. The holiday also provides a good opportunity to experience traditional culture throughout Korea. Let's take a closer look at the traditional Korean holiday of Chuseok.**



Charyesang (memorial service table) foods

### The Meaning of Chuseok (Hangawi)

Chuseok is one of Korea's three major holidays, along with Seollal (Lunar New Year's Day) and Dano (the 5th day of the 5th lunar month). Chuseok is also referred to as hangawi. Han means "big" and gawi means "the 15th day of the 8th lunar month or autumn." According to the lunar calendar, the harvest moon, the largest full moon of the year, appears on the 15th day of the eighth month.

### Traditions and Customs of Chuseok

#### Traditional Folk Games

As Chuseok is a celebration of harvest and abundance, the holiday period is made joyful with various entertainment and folk games such as samulnori (traditional percussion quartet), talchum (mask dance), ganggangsullae (Korean circle dance), and ssireum (traditional Korean wrestling). Ganggangsullae is performed during Jeongwol Daeboreum (celebration of 15th day of the first lunar calendar) and Chuseok. In this dance, women dressed in hanbok (traditional Korean clothing) join hands in a large circle and sing together on the night of the first full moon and on Chuseok. There are several stories about its origin. One of the most well-known stories says that the dance dates back to the Joseon dynasty (1392-1910) when the Korean army used to dress the young women of the village in military uniforms and had them circle the mountains to give off the appearance that the Korean military was greater in number than it actually was from the enemy side. The Korean army enjoyed many victories thanks to this scare tactic. Ssireum, another significant traditional entertainment, is a one-on-one wrestling match that requires strength and skills held on a circular sand pit.





Charye (ancestor memorial services) and Seongmyo (visit to family graves)

In the morning of the day of Chuseok, family members gather at their homes to hold memorial services called charye in honor of their ancestors. Formal charye services are held twice a year: during Seollal (Lunar New Year's Day) and Chuseok. During Chuseok's charye, freshly harvested rice, alcohol and songpyeon (half-moon rice cakes) are prepared as an offering to the family's ancestors. After the service, family members sit down together at the table to enjoy delicious food.

Another traditional custom of Chuseok is seongmyo, or visit to the ancestral graves. Seongmyo is an old tradition that is still carried out to show respect and appreciation for family ancestors. During seongmyo, family members remove weeds that have grown around the graves and pay respect to the deceased with a simple memorial service.

Chuseok Foods

A variety of foods are prepared during Chuseok to celebrate the bountiful harvest of the year, and one of the most significant foods that represent Chuseok is songpyeon. Songpyeon is prepared with rice powder that is kneaded into a size that is a little smaller than a golf ball, and then filled with sesame seeds, beans, red beans, chestnuts, or other nutritious ingredients. During the steaming process, the rice cakes are layered with pine needles to add the delightful scent of pine. It is an old tradition for the entire family to make songpyeon together on the eve of Chuseok. An old Korean anecdote says that the person who makes beautifully shaped songpyeon will meet a good spouse or give birth to a beautiful baby.

Other significant Chuseok foods include traditional liquor and jeon (Korean pancakes). Jeon are made by slicing fish, meat and vegetables and then lightly frying them in a batter of flour and eggs. They make a perfect pair with traditional Korean liquor.



Songpyeon (top), jeon & traditional liquor (bottom)

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