

Celebrating Seollal in Korea

Coutresy of Korea Tourism Organization

eollal (Lunar New Year's Day; first day of the lunar calendar) is one of the most celebrated national holidays in Korea. This year, Seollal falls on February 12 of the Gregorian calendar. Seollal is a time for Koreans to return to their hometowns to pay respect to their ancestors, as well as catch up with family members. During Seollal, Koreans usually perform ancestral rites, play folk games, eat traditional foods, listen to stories and talk well into the night. Read on to discover how Koreans celebrate Seollal.

More than just a holiday to mark the beginning of a new year, Seollal is truly a special occasion

for Korean people. Not only is it a time for paying respect to ancestors, but it is also an opportunity to catch up with family members. During Seollal, Koreans usually perform ancestral rites, play folk games, eat traditional foods, listen to stories and talk well into the night. Read on to discover how Koreans celebrate Seollal.

In Korea, the rush to prepare for Seollal begins days beforehand. Food is prepared in advance and people begin to purchase and package gwifts for their parents and relatives. Another crucial part of preparing for Seollal for many people is making travel arrangements to visit their hometowns. There is a mad rush to book buses, trains, or plane tickets before they all sell out. Traveling during the holidays can

take two to four times the normal travel time due to heavy traffic.

Celebrations have changed from the past but in general, the morning of Seollal begins with the family members gathering in their seolbim (special clothing for Seollal) for an ancestral rite. The ritual is conducted to express respect and gratitude to one's ancestors. Following the rite, everyone gathers together and eats the ritual food. The main dish of the day is tteokguk, a traditional soup made with sliced rice cakes, beef, egg, vegetables, and other ingredients. In Korea, the clear broth of tteokguk is believed to symbolize starting out the year with a clean mind and body.

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Learn Traditional Culture to Celebrate Seollal

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Crimson Sky

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> 7afpa@us.af.mil 51fwpa@us.af.mil 8fw.pa@kunsan.af.mi

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



Republic of Korea pre-travel **COVID** test requirements

Seventh Air Force Public Affairs

OSAN AIR BASE, Republic of Korea -- Like many nations around the world, the Republic of Korea (ROK) has its own pre-travel COVID testing requirement.

As of January 8, 2021, and until further notice, the ROK government requires all foreign visitors entering the country to provide proof of a negative COVID Polymerase Chain Reaction (PCR) test.

Antigen tests are not accepted. The leading reason travelers are denied entry to the ROK, and returned on another flight to their country of origin, is presenting an antigen test instead of a PCR test.

The test must be conducted no earlier than 72 hours prior to the departure time of the international flight to Korea. This might not be the first flight of the trip.

Infants and children under the age of six, upon arrival date in the ROK, and passengers who are only transiting through a ROK Airport are exempt. The children may be required to get tested in accordance with the policy of the travel provider whether it be a commercial airline or a military rotator. It is important to know the Department of Defense (DoD) rules for children, so passengers are not denied boarding on the Patriot Express rotator flight.

Members should turn to their Military Treatment Facility (MTF) first to obtain the COVID PCR test

ensuring to clarify the test is a strict requirement by the ROK. If that is not an option, locate a test site on the Centers for Disease Control and Prevention (CDC) website, https:// www.cdc.gov/.../healthdire.../ healthdepartments.html.

Tricare will not reimburse members for commercial testing. Active duty members and their families on Permanent Change of Station (PCS) orders will pay for testing and be reimbursed via their voucher they file upon arrival. Active duty members and their families on personal travel, who require testing prior to re-entry to the ROK, will not be reimbursed for their commercial testing.

The COVID PCR test result paperwork needs to be printed out for presentation to the gate agent and the inspection officials at the arrival airport. Copies are also needed for personal records.

The test results are collected a Osan Air Base for Patriot Express

The COVID PCR test results must include a full name and one other personal identifier such as date of birth, passport number, or DoD identification number. Ensure the information matches the ID used to immigrate into ROK like a Common Access Card or passport.

Test results must be negative and must be written in English or

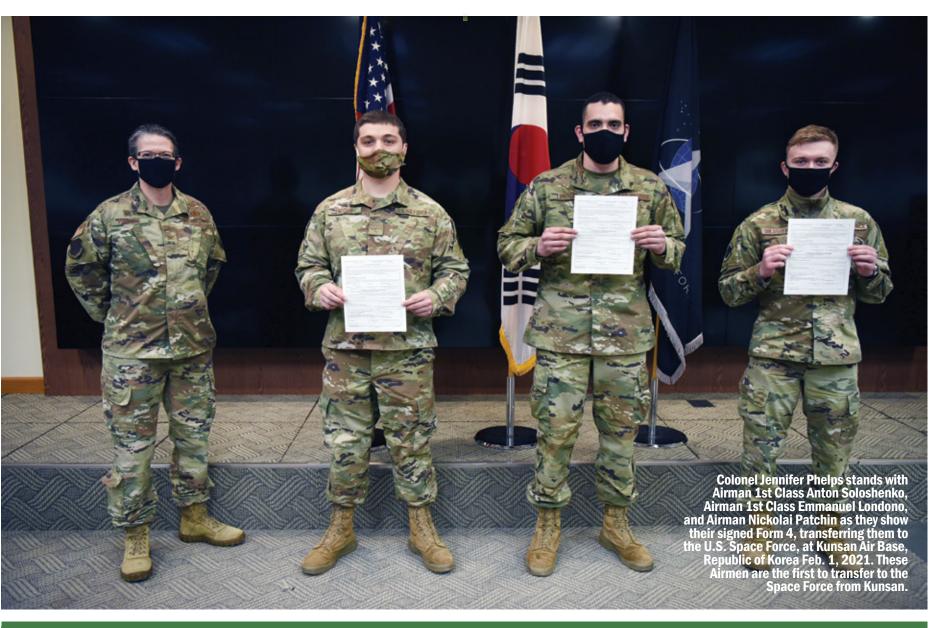
If the only option is a testing service that cannot print in English or Korean, it must be translated. The translation must be notarized by base legal, if available, or the ROK Embassy in the country of origin.

Costs associated with translation services may be claimed on a voucher for inbound PCS personnel. Personnel returning from ordinary leave will be responsible for all costs associated with commercial testing and translation services.

Failure to provide a test that meets the requirements of the ROK Government will result in denial of boarding or worse, denial of entry upon arrival into the ROK. Those denied entry in the ROK will be returned to their country of origin, not necessarily the point of embarkation. All costs and leave associated with returns will be the responsibility of the member.

In addition, personnel returning to the U.S. from the ROK need to ensure they meet CDC requirements outlined on the CDC

Pre-travel COVID testing requirements occurs in many nations around the world and each nation is different. Members are expected to turn to the DoD Foreign Clearance guide and check it regularly ahead of international travel to foreign countries by visiting, https://www.fcg.pentagon. mil/fcg.cfm.



Kunsan Airmen go Guardian

By Senior Airman Mya Crosby 8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea --

Three Airmen from the 8th Communications Squadron made history and transferred into the ranks of the U.S. Space Force during an enlistment ceremony at Kunsan Air Base, Republic of Korea, Feb. 1, 2021.

Airman 1st Class Emmanuel Londono, Airman 1st Class Anton Soloshenko and Airman Nickolai Patchin, are the first members of the Wolf Pack to enlist into the U.S. Space Force, the sixth and newest branch of the U.S. Armed Forces.

Col. Jennifer Phelps, 8th Mission Support Group commander, presided over the ceremony and spoke to the new U.S. Space Force

"Today, you guys gave up the title Airmen and became Guardians," Phelps said. "I'm sure there is a lot of excitement and unique opportunities waiting for you as you all transition to the United States Space Force. I couldn't be more honored to enable that transition for you."

Continuing to pave the way, today's USSF Guardians have the responsibility of acquiring military space systems, maturing



Airman 1st Class Anton Soloshenko, Airman 1st Class Emmanuel Londono, and Airman Nickolai Patchin sign U.S. Space Force paperwork at Kunsan Air Base, Republic of Korea, Feb. 1, 2021. These three Airmen are the first to transfer to the Space Force from Kunsan. **A**



the military doctrine for space power, and organizing space forces to present to combatant commands.

"One of the main reasons I joined was to be a part of history," Soloshenko said. "It's an honor. It was a hard choice for a lot of people, but I ended up being very enthusiastic about it. I applied and finally got accepted. I'm excited for the bigger focus on cyber security."

From "Fly, Fight and Win" to "Semper Supra" (Always Above), the three Airmen rose their right hands to take the Oath of Enlistment for the Space Force.

"This goes back to the great heritage within the Air Force," Phelps said. "Think back to 1947, when the United States Army Air Corps broke away and became the United States Air Force. This is just that next step in that evolution."

Space operations has had a presence within the Armed Forces dating back to 1982, when Air Force Space Command stood up during the Cold War-era. Established Dec. 20, 2019, with the enactment of the Fiscal Year 2020 National Defense Authorization Act, the U.S. Space Force is a continuation of the nation's mission to support and defend against all enemies, foreign and domestic.

< Continued from front page >

After the meal, the younger generations of the family pay respect to their elders by taking a deep bow called sebae. Then, the elders offer their blessings and wishes for a prosperous year. Children often receive sebaetdon (New Year's money) as a Seollal gift.

Seollal gifts vary each year depending on economic situations and gift trends, but the most popular ones are department store gift cards and cash. Popular gifts for parents include ginseng, honey, health products, and massage chairs. Other common gifts include toiletry gift sets such as shampoo, soap, and toothpaste, or gift sets composed of Spam, tuna, hangwa (traditional sweets and cookies), dried or fresh seafood, hanu (Korean beef), and fruit.

Seollal is an opportunity for the entire family to engage in fun activities together. The most common activity is yunnori, a traditional board game. This game is so easy to learn that all family members, regardless of age, can enjoy playing. Yunnori is played by throwing four sticks and moving your game markers around the board depending on the number of up-facing sticks. Each team has four markers and the first team to get all four of their markers around the board wins.



< See pages 26 & 31 for more about Seollal. >



Wing's first COVID-19 recipient receives second dose

By Senior Airman Suzie Plotnikov 8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Major Heather Foster, 8th Medical Group public health emergency officer, received the second dose of the Moderna COVID-19 vaccine here, Jan. 26., after receiving Kunsan's first vaccine in December.

First responders were among the first to receive the vaccine, in line with the Department of Defense prioritization guidelines.

"I'm doing great after getting the vaccine," Foster said. "I'm excited to be done with both shots."

'As a young, healthy person,' Foster explained, 'I feel it's my duty to do what I can to not only protect the pack, but those around the

"It would be very easy for me to contract COVID-19 and not have any symptoms," Foster said. "I could never know that I have it at all and easily spread it to someone who is more vulnerable. It is important to me to be able to protect other people."

Foster explained how the vaccine doses work together to boost

Upon receiving the first dose, the body is introduced to the protein that can recognize the virus and give partial immunity. After the second dose, the immune system has already been primed and it gives the immune system a chance to react to the second vaccine.

"You will get more side effects with the second dose, but that is a good thing because it means your immune system recognizes the virus and goes into overdrive to fight it," Foster said.

According to Foster, the 8th MDG is hard at work, vaccinating

U.S. Air Force Maj. Heather Foster, 8th Medical Group public health emergency officer, fills out paperwork prior to receiving the second dose of the Moderna COVID-19 vaccine at Kunsan Air Base, Republic of Korea, Jan. 26, 2021. (U.S. Air Force photo by Senior Airman



Kunsan Air Base personnel.

"It feels great to protect the pack," Foster said. "It feels great knowing that maybe in the future it may ease some restriction that we have in place. We're all feeling the restrictions of a global pandemic right now, so hopefully a lot of the things we like to do, like going out to eat and traveling, will open up again as more of the world gets vaccinated against the virus."

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On the frontlines of a pandemic

By Senior Airman Beaux Hebert 354th Fighter Wing Public Affairs

EIELSON AIR FORCE BASE, Alaska -- Many historical events took place in 2020 and most people are ready to move on and focus on the new year. However one thing has followed everyone into 2021, COVID-19.

With the pandemic still ongoing, Eielson Air Force Base has dedicated medical teams focused on combating the virus day in and day out. The Airmen of the 354th Medical Group COVID-19 Clinic and 354th Operational Medical Readiness Squadron Public Health office have had to adapt to the many challenges the virus has thrown at the medical career fields.

U.S. Air Force Airman 1st Class Giovanni Cruz is a 354th Healthcare Operations Squadron health service management specialist. He is the Airman talking to patients before entering the clinic and gathering their information about their symptoms. His job requires acute attention to detail to keep records accurate for primary care providers to give the correct type of medical care to patients.

Working alongside him is Senior Airman Toula Farnsworth. She is a 354th OMRS



U.S. Air Force Senior Airman Toula Farnsworth, a 354th Operational Medical Readiness Squadron medical technician, takes a simulated patient's temperature while practicing administering a COVID-19 test Jan. 13, 2021, on Eielson Air Force Base, Alaska. It's crucial for Farnsworth to maintain a sterile environment because not every patient that comes to the COVID-19 clinic will test positive. (U.S. Air Force photo by Senior Airman Beaux Hebert) ▲



medical technician. Farnsworth is responsible for administering the COVID-19 test. Not everyone who receives a test will test positive so maintaining a sterile environment is crucial. She is also charged with ensuring the test is accurate by preventing cross-contamination.

Although most of the world doesn't experience COVID-19 from the medical perspective, the shock was the same even for those working on the front lines like Farnsworth.

"When COVID-19 first kicked off I didn't realize the impact it would have, especially on a military installation, but when it comes down to the mission, this clinic is needed," Farnsworth explained. "At first it was crazy coming in and putting on the proper gear to protect not only me but my friends and coworkers. We had people pop positive and I was right there next to them and sometimes the gravity of the situation hit me. But it's good to see that we are taking care of our people and doing what we can to resolve this problem and continue on with our lives."

Cruz had a similar reaction to getting assigned to the COVID-19 Clinic.

"When I initially was told I would be over here it was nerve-racking," Cruz said. "Some days we saw an influx of 40-50 patients a day and with only two of us it got pretty busy. However we are now seeing a decrease in patients coming in and it's great to see things are getting better."

Supporting Farnsworth and Cruz in the COVID clinic is the 354th OMRS Public Health team. Airman 1st Class Shawn Savann, a 354th OMRS Public Health technician, works directly with those who are positive for COVID-19 and begins the steps of contact tracing. Savann also logs the results of positive tests into the Air Force Disease Reporting System which records disease trends amongst Airmen.

"It was crazy when COVID-19 started hitting Eielson," Savann said. "We had a lot of people very concerned about contracting this virus. Our job was to make sure everyone knew and followed the guidance given by the [Centers for Disease Control and Prevention] in order to keep us safe. There was a lot of planning that we did to be ready for our first case and it paid off the end. It's important that we keep following these guidelines so we can make it out on top."

For the better part of a year the world has witnessed the worst pandemic in recent history On the front lines of the fight against the virus

are Eielson Airmen like Cruz, Farnsworth, Savann and the rest of the 354th Medical Group staff who stand with the thousands of medical technicians, public health experts, nurses and doctors across the country working tirelessly in hopes of seeing an end to COVID-19.

"It's important the Airmen understand the gravity of what they are doing during this pandemic," said Master Sgt. Karen Edwards, the 354th OMRS Public Health flight chief. "We have to give a lot of credit to the technicians who made it happen. Without them, we would be in a totally different situation."



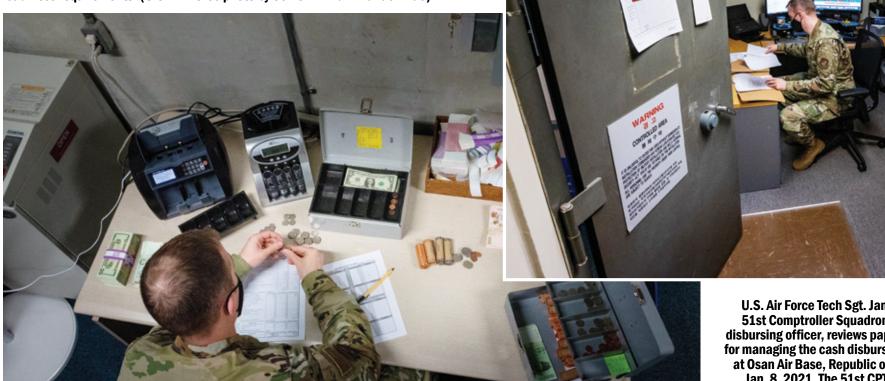
U.S. Air Force Airman 1st Class Giovanni Cruz, 354th Healthcare Operations Squadron health service management specialist, answers a phone call from a patient Jan. 13, 2021 on Eielson Air Force Base, Alaska. Cruz records COVID-19 tests, logs them into the patient's medical history and works with the 354th Operational Medical Readiness Squadron Public Health Flight to mitigate the spread of the virus. (U.S. Air Force photo by Senior Airman Beaux Hebert) ▲



U.S. Air Force Staff Sgt. Janica Rimas, 51st Comptroller Squadron cashier, helps a customer with processing a cash transaction at Osan Air Base, Republic of Korea, Jan. 8, 2021. In a contingency, the disbursing office is armed to equip and train members of the 51st CPTS to deliver a rapid response to fulfill and purchase requirements throughout the peninsula. (U.S. Air Force photo by Senior Airman Branden Rae)

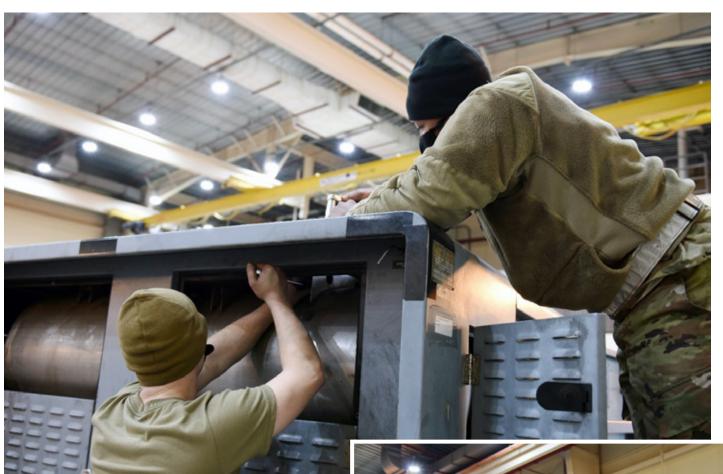
U.S. Air Force Tech Sgt. James Hill, 51st Comptroller Squadron deputy disbursing officer, counts money inside the 51st CPTS vault at Osan Air Base, Republic of Korea, Jan. 8, 2021. The disbursing office maintains a foreign currency account of Korean won for payment to vendors, the RoK Ministry of National Defense, the RoK government for civilian payroll taxes and benefits, Korean travelers with won-restricted accounts, and readiness requirements. (U.S. Air Force photo by Senior Airman Branden Rae) ▼

mission



U.S. Air Force Tech Sgt. James Hill, **51st Comptroller Squadron deputy** disbursing officer, reviews paperwork for managing the cash disbursements at Osan Air Base, Republic of Korea, Jan. 8, 2021. The 51st CPTS is the leading office for disbursal for the Air Force in the RoK. (U.S. Air Force photo by Senior Airman Branden Rae) ▲





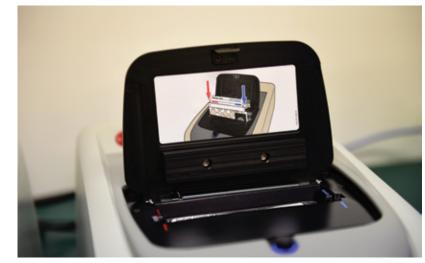
U.S. Air Force Staff Sgt. Seth Wilcox, 8th Maintenance Squadron aerospace ground equipment craftsman, and Staff Sgt. Adarius Smith, 8th MXS inspections lead, perform a reservoir level adjustment on a universal hydraulic test stand on the flightline at Kunsan Air Base, Republic of Korea, Jan. 21, 2021. The AGE flight is in charge of accounting for, maintaining and dispersing AGE for flightline maintenance, to keep aircraft in working order. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ◀

Senior Airman Shane Abalos Villegas, 8th Maintenance Squadron aerospace ground equipment journeyman, removes bolts from a panel on a bomblift vehicle on the flightline at Kunsan Air Base, Republic of Korea, Jan. 21, 2021. Bomblift vehicles are used to transport F-16 Fighting Falcon munitions. (U.S. Airforce photo by Senior Airman Jessica Blair) ▼















Thomas, 8th Medical **Group education** and training nor commissioned officer in charge, performs a COVID-19 test on Kunsan Air Base, Republic of Korea, Jan. 28, 2021. Personnel must receive negative results from at least two COVID-19 tests before they are released from quarantine. (U.S. Air Force photo by Senior Airman Jessica Blair) 🛦

Tech. Sgt. Emoni



causes over 160,000 home structure fires, annually, and is considered the number one cause of home fires and home injuries.

Of the 160,000 annual cooking fires, two-thirds (66%) started with the ignition of food or other cooking materials. Often, these fires are ignited by grease.

In an effort to keep your home and community safe, please share these tips with friends and family. Knowing how to respond quickly could be the difference between a minor kitchen fire and a devastating disaster.

TIPS TO PREVENT GREASE FIRES:

- Always keep children away from the stove while cooking.
- Stay in the kitchen while you are cooking. The leading cause of fires in the kitchen is unattended cooking.
- Do not use the stove if you have consumed alcohol.
- Keep anything that can catch fire away from your stovetop.
- Remove as much moisture as possible from the food before putting it in hot oil. Do not put frozen foods into hot grease.
- Keep the grease at the recommended temperature. If you see any smoke or the oil smells, it is an indication that it is too hot. Immediately turn off the burner to let it cool down.
- Heat the oil slowly and add food gently to prevent splatter.
- Keep a lid near the pan you're cooking with so that it is accessible if a fire starts.

IF A GREASE FIRE STARTS:

- 1. Cover the flames with a metal lid. Leave the cover on until it has cooled.
- 2. Turn off the heat source.
- 3. Do not try to extinguish the fire with water.
- 4. Do not attempt to move the pot or pan outside

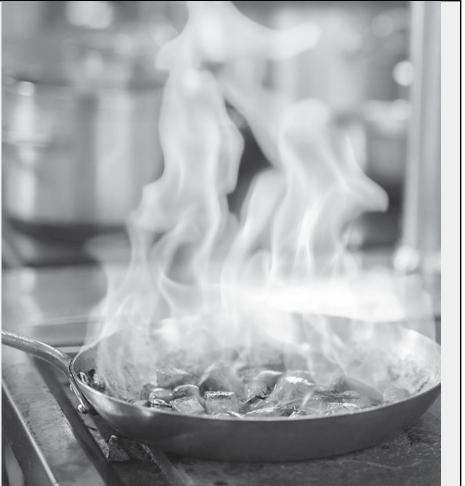
IF YOU ARE UNABLE TO EXTINGUISH THE GREASE FIRE:

- 1. GET OUT! You and your family members need to leave as soon as you can to prevent injury or loss of life. Do not try to be a hero.
- 2. Close the door as you leave to help contain the fire.
- 3. Call 911 as soon as you are at a safe distance from the fire.
- 4. Do not re-enter your home until the fire has been contained by firefighters.

Should you have any questions, please do not hesitate to contact Fire Prevention Office at 784-4835 (DSN) or 0505-784-4835 (Cell).

CRIMSON SKY

By Ion Dunbar



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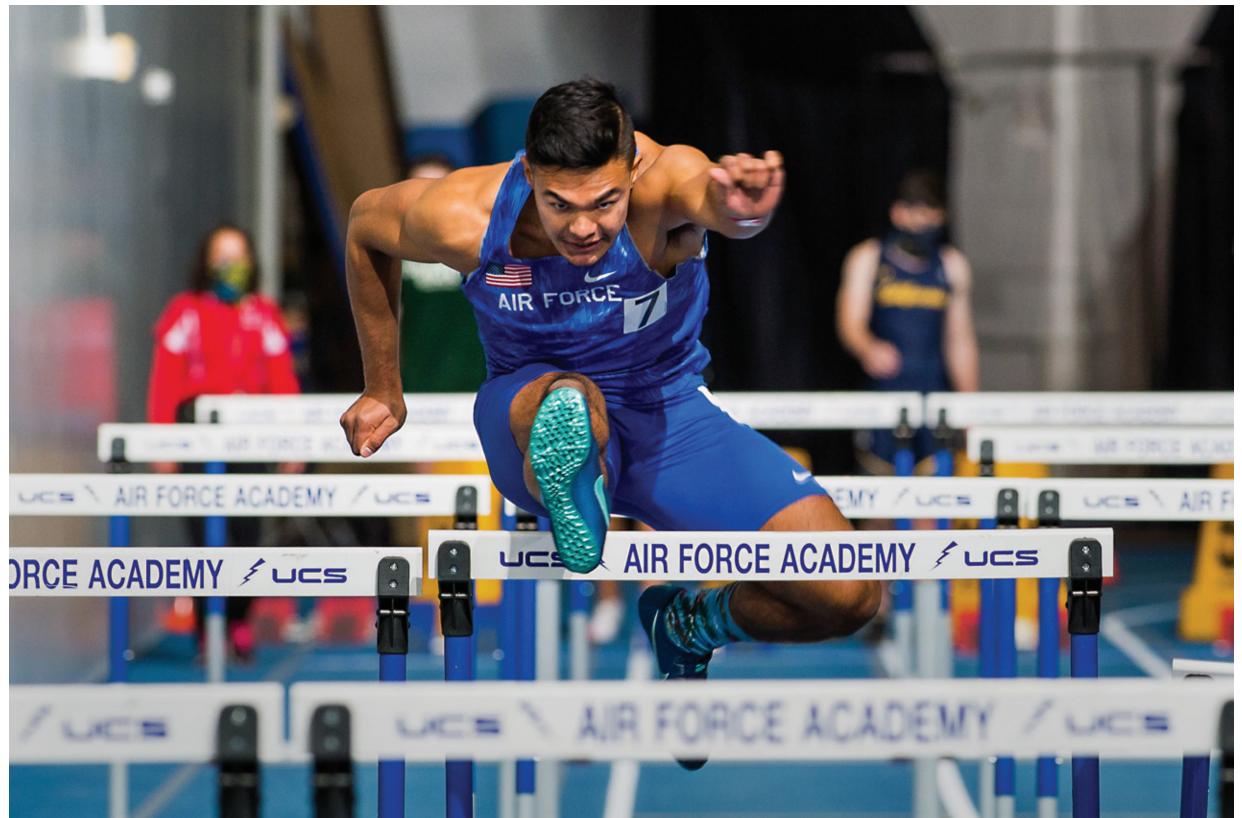
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taff Sgt. Angel Trejo, military working dog handler, and MWD Feri search for a hidden explosive aid during training at the U.S. Air Force Academy in Colorado Springs, Colo., Jan. 6, 2021. Handlers train their dogs to detect the odor and presence of explosives to prepare them for force protection and antiterrorism operations. (U.S. Air Force photo by Sarah Goldblum)

ech. Sgt. Brook A. Hamilton, 379th Expeditionary Civil Engineer Squadron noncommissioned officer in charge of explosive ordnance disposal training, places an XRS-150 X-ray in front of a simulated downed unmanned aerial system during an exercise at AI Udeid Air Base, Qatar, Jan. 20, 2021. The 379th Expeditionary Security Forces Squadron and 379th ECES defended against an UAS that posed a potential threat to the safety and security of AI Udeid AB. (Air National Guard photo by Tech. Sgt. Brigette Waltermire) ▼

ir Force Academy cadet
La'Akea Aiu competes in
the 60m hurdles during
the Air Force Invitational at the
Cadet Field House at the U.S.
Air Force Academy in Colorado
Springs, Colo., Jan. 22, 2021.
The men and women's team
won a collective five first-place
finishes including the men's
team title. (U.S. Air Force
photo by Trevor Cokley)

HC-130J departs after receiving fuel from a KC135 Stratotanker in the U.S. Central Command area of responsibility, Jan. 20th, 2021. The mission of the HC-130J is to rapidly deploy to execute combatant commander-directed recovery operations to austere airfields and denied territory for expeditionary, all-weather personnel recovery operations to include airdrop, airland, helicopter air-to-air refueling, and forward area ground refueling missions.

(U.S. Air Force photo by Staff Sgt. Taylor Harrison)





- 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 spe-

cific 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

AIR FORCE VIRTUAL EDUCATION CEN-

TER: The new Air Force Virtual Education Center (AFVEC) is currently working intermittently Air Force wide. Please be patient & keep trying to access it. When accessing AFVEC or trying to get MilTA approval in AFVEC from your supervisor, use Google Chrome or Microsoft Edge. Please contact the Education Center at 784-4220 or 51fss.fsde@us.af.mil for further questions/concerns. Thank you!

AFCEA HOSTED GUEST SPEAKER: 3D AFSC TRANSFORMATION: AFCEA is

hosting guest speaker CMSgt Stephanie Chrisman for her discussion on the 3D to 1D AFSC transformation! Come by for a better understanding on the future of comm career fields in the Air Force. Also, network with the many communications career fields scattered across Osan Air Base over hors d'oeuvres & open bar sponsored by some of AFCEA's industry partners.

OSAN AB RESTRICTED AREA BADGE

MASS RE-ISSUE: The Osan AB mass Restricted Area Badge re-issue will start 1 Nov 2020 and end 1 Mar 2021. Please make contact with your Unit Security Manager for details. (Members with a DEROS 31 Dec 20 and earlier, will not be issued a new badge)

OSAN AB RESTRICTED AREA BADGE MASS RE-ISSUE: The Osan AB mass Re-

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Nov 2020 and end 1 Mar 2021. Please make contact with your Unit Security Manager for details. (Members with a DEROS 31 Dec 20 and earlier, will not be issued a new badge)

STRESS MANAGEMENT CLASS: Does

your head hurt? Are your muscles tense? Irritated around others? Could be signs of stress. Come to the Stress Management Class held every Wednesday from 0900-1000 in the Dental Conference Room. Open to Active Duty/ adult dependents/civilians/contractors. For more information or to register, call 784.2148...registration is encouraged but not required

OSAN BASE HONOR GUARD "TO HONOR WITH DIGNITY": Are you or someone you know highly motivated, dedicated to excellence, and want to be among the sharpest? If the an-

swer is yes, the Osan Air Base Honor Guard Team welcomes you! For more information please contact Program Manager SSgt Akin Hyde at 784-1091 or via email akin.hyde@us.af.mil.

OSAN ANTHEM SINGERS: Osan Anthem Singers are looking for volunteers who would like to sing the Korean and

U.S. national anthems during various official/unofficial events throughout the base. You must be able to sing in a group in four-part harmony. Any member with a musical background

1-800-733-2761 (anytime)

and singing talent can audition for the group. Please contact MSgt Knollenberg at minji.knollenberg@us.af.mil if you are interested.

MUNITIONS 100 PERCENT INVEN-

TORY: Ammo will be conducting a 100 percent wall-to-wall inventory of our stockpile. During this time, manning will be strained, so please be sure that all custody issues, expenditures and turn-ins are submitted at least a week prior to the start of this inventory.

run down? Need more ZZZzzz's in your life? Come to the Sleep Optimization Class held every Tuesday from 0900-

SLEEP OPTIMIZATION CLASS: Feeling

1000 in the Mental Health Clinic. Open to Active Duty,/adult dependents/civilians/contractors. For more information or to register, call 784.2148...registration is encouraged but not required.

be the best version of You? It all starts in your head! Come to the Healthy Thinking Class held every Wednesday from 1000-1100 in the Dental Conference Room. Open to Active Duty/adult dependents/civilians/contractors. For

more information or to register, call

784.2148...registration is encouraged

but not required.

HEALTHY THINKING CLASS: Want to

MUNITIONS 100 PERCENT INVEN-TORY: Ammo will be conducting a 100 percent wall-to-wall inventory of our stockpile. During this time, manning will be strained, so please be sure that all custody issues, expenditures and turn-ins are submitted at least a week prior to the start of this inventory.

OSAN BASE SHUTTLE CHANGES:

Starting 18 January 2021, the base shuttle service will change its schedule and route to the following: Monday through Friday: (0530 - 0830 and 1500 - 1900) The updated route will be posted in the Osan App and on all the stops (new & old) to prevent confusion.

COMMUNITY BANK CLOSURE: Community Bank will be closed on 2/11/21 (Thu), 2/12/21 (Fri) and 2/13/21 (Sat) for Lunar New Year's day. ATMs, Online Banking and Mobile Banking will be working 24/7 as always.

TEEN DATING VIOLENCE AWARENESS MONTH: A MONTH OF WELLNESS:

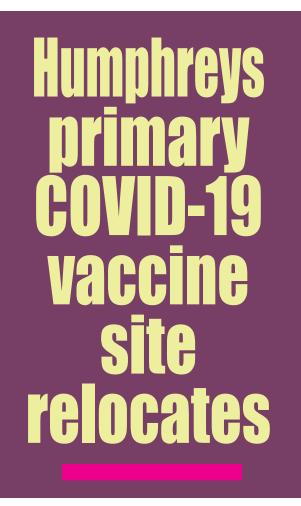
Every Tuesday in February, we highlight Youth and Teen Wellness; 2 Feb - Wellness, sleep habits, fitness and nutrition and more. 9 Feb - Expressing yourself through the Arts (Painting/drawing, theater, and music). 16 Feb - Teen Dating Violence and Healthy Relationships. 23 Feb - Cultural Diversity and more. Ages 9-18.

Kunsan's emergency phone numbers

	Emergency Services	911		
	Off Base/Cell Emergency	063-470- 0911	Nurse Advice Line	1-800-723-825
	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 / Re		Red Cross	782-4601 (on base)	

Osan'	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		

ARMY NEWS **February 5, 2021**





The new COVID-19 Vaccination Center will serve as the primary location for vaccine distribution. It is located in Building 2073, near Talon Café, on Humphreys. (Photo Credit: KATUSA Sgt. Hyeong Min Choi, Visual **Information Branch photographer)**

By Maria Gallegos

HUMPHREYS, Republic of Korea -- The COVID-19 vaccine distribution location moves from Brian D. Allgood Army Community Hospital to Building 2037, near Talon Café, on Humphreys, Jan. 19.

The transition will take about a week, after which the new COVID-19 Vaccination Center will serve as the primary location for vaccine distribution. The BDAACH vaccine site will remain open to support beneficiaries with disabilities, who may need mobility assistance.

"It's all about throughput," said Col. Michael Tremblay, U.S. Army Garrison Humphreys commander. "The bigger space in the new location will allow us to vaccinate up to 800 people a day. Our goal is to maximize our capacity to issue as many shots in arms as quickly as possible. The quicker we can get people vaccinated, the better the outcome will be for all of us."

Initially, in accordance with Department of Defense directive and guidelines, inoculations were limited to frontline healthcare workers and first responders; however, all eligible U.S. Force Korea-affiliated individuals will be offered the vaccine in the coming weeks.

The 65th Medical Brigade Facebook message advised that once identified individuals received their vaccine, other individuals including family members and beneficiaries will be notified through their leadership, social media and command channels when "they are eligible to receive the vaccine."

While the vaccine is completely voluntary under the Emergency Use Authorization (EUA) USFK Commander Gen. Robert Abrams stated in a USFK message that personnel should make an informed and educated decision about the vaccine, and should "strongly consider taking it." He also noted that the vaccine is another tool to protect the force and the community, and to "strengthen our 'Fight Tonight' readiness posture."

"Just over 5,000 personnel have already received their shots here [Camp Humphreys]," said USAG Humphreys Command Sgt. Maj. Benjamin Lemon. "And we have another 4,000 scheduled to get theirs next week. I got my first dose earlier this month and had no issues."

According to the Center for Disease Control and Prevention, the Moderna vaccine requires a 2-dose regimen, with a 28-day interval between doses. It is administered directly into muscle, and it can take up to two weeks after the second dose is administered for an individual to be considered fully vaccinated.

"We are doing exceptionally well in preventing the spread of the virus," said Tremblay. "Even though vaccinations have begun, we are not completely out of the woods yet. We still need to remain vigilant and adhere to our core tenets, the HPCON measures, and Republic of Korea (ROK) government and local directives, to continue to protect the force and the community."





Spiritual Charge

STEPPING OUT IN FAITH

I ended up having to leave college

I had to find a different way. A few

weeks after leaving school, my cousin

who lived in Texas, called me up and

invited me to come live with him. He

assured me that it would be easier to

find a good paying job down in the

great state of *TEXASSS* as they say.

Little did I know he was wrong, but

once again, I decided to step out in

FAITH and take that first step into

the unknown. With only a hundred

dollars to my name and dreams of

for Texas. However, things started

to not go as planned very quickly

and within a month, I had spent

all my money, had a fight with my

cousin and found myself living on the

streets. I lived on the streets for about

3 months, sleeping wherever I could

making it big, I boarded a Greyhound



By TSgt. Cordell R. Brown Religious Affairs Airmen 51 FW/Chapel

artin Luther King Jr. said, "FAITH is taking the first step even when you can't see the whole staircase."

This quote really resonates with me. I have always been a person of FAITH as long as I can remember. I grew up in the church and that's all I ever knew. But more important to me was knowing what FAITH truly meant. To me, faith and life are all about putting one foot in front of the other. Sometimes the path of life is pretty clear to see, but at other times, it feels like we're walking around in the dark, tripping over things and falling down. We don't

know what the path of life will look and eating whatever I could find. There were nights when I was very like, but if we never take that first cold and hungry and it was a very dark time in my life, because I didn't missing and tripping over all the other steps that lie ahead. When I graduated from high school, I was was travelling down.

really know how to get off the path I To me, it felt like someone had turned the lights out and I found myself stumbling around and falling. I felt bruised and beaten up mentally, physically and spiritually. I was so ashamed at what I had become, that I didn't reach out to family for help even though I knew they could take me off the path I was on. But I never lost FAITH that my circumstances would turn and that God would set me on a better path. When my life reached rock bottom, I decided to take action. I called my mother, asked if she could pawn my brand new stereo that my dad bought me and send me the money for a one way bus ticket. My mother listened to my request, sent me the money right away and I found myself on what seemed like the longest ride of my life on a Greyhound back to Michigan. Once I arrived back home, my family welcomed me home with open arms. I like to call my adventures in Texas, my "prodigal son" experience. You see, prior to moving to Texas, my brother, who had already been in the because you will never see what's military for 10 years, encouraged me to enlist. My brother always wanted

me to join straight out of high school, but I was overweight and out of shape. I was afraid that even if I could pass the MEPS physical. that I wouldn't pass basic training. I tried many times to lose the weight without much success. But living on the dusty, dirty streets of Texas where food was scarce helped me lose more than 100 pounds! I made the decision that I would join the Air Force upon my arrival back home, but I still needed to lose another 20 pounds before I could get in. I started working out with my brother and after a month of very hard work, I enlisted and was off to basic training. That was 17 years ago and since that time, I have travelled the world, seeing places and meeting people from all walks of life. I am married to a wonderful woman and we have 5 daughters together. I will not say that my path has always been easy; but my FAITH has never failed me and I continue to allow it to lead me along life's journey. With all of the turmoil going on in our country and throughout the world, we need to rely on our FAITH to guide us. Dr. King speaks of not seeing the whole staircase, but taking the first step anyway. Now is the time to take that first step, around the corner unless you put one foot in front of the other.

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

Due to the upcoming demolition and construction of the Osan Chapel facilities, the offices and worship services have been relocated as follows:

Chapel Offices:

The main chapel offices are located on the second floor of building 745 (formerly the Wing Safety building).

Chapel Worship Services:

Protestant service times/location: Protestant Services are now being held at the base theater across from the Exchange o Community Service @ 0900 o Gospel Service @ 1100

Catholic service times/location:

Catholic Sunday Masses are now being held at the Mustang Center

- o Confession @ 0830 o First Mass @ 0900
- o Confession @ 1030 o Second Mass @ 1100

Catholic Daily Masses will be held in building 769 (former AFRC bldg): o Tuesday — Thursday @ 1130

LDS services are at the Base Theater on Sundays @ 1300.

For the most current updates and announcements, please visit our "Osan AB Chapel" Facebook page.

> Find us on the web@ https://www.facebook.com/OsanABChapel

HUMPHREYS

Protestant Services
- Sundays -- Sundays 9:00 a.m. Liturgical Service - PVC
9:30 & 11:00 a.m. Agape (Contemporary) - 4CMC
11:00 a.m. Common Ground (Traditional) - FRDC
10:00 a.m. Burning Bush (Gospel) - WRC
10:30 a.m. Church of Christ - PVC
11:00 a.m. Spanish Service - PVC
1:00 p.m. Apostolic Pentecostal Lighthouse Service - WRC 6:00 p.m. KATUSA Service - PVC

The Church of Jesus Christ of Latter-Day Saints (LDS)
- Sundays 2:00 /3:15 p.m. Sacrament Meeting - FRDC
2:30-3:30 p.m. Sunday School - FRDC
3:30-4:30 Unaccompanied/Single SMs Meal - FRDC
POC: CH Brizzee 010-8921-1736; tyler.f.brizzee.mil@mail.mil

Saturday, 3:00-5:00 p.m. Adoration - FRDC Saturday, 3:30-4:30 p.m. Reconciliation/Confession - FRDC Saturday, 4:40 p.m. Rosary/Benediction - FRDC Saturday, 5:30 p.m. Vigil Mass - FRDC Sunday, 5:30 p.m. Vigil Mass - FRDC Sunday, 9:00 a.m. Mass - FRDC M-F, 5:30 p.m. Mass - FRDC

Jewish
2nd & 4th Friday, 5:00 p.m. Shabbat Evening Service - 4CMC
POC: CH(Cpt) Daniel Kamzam daniel.j,kamzam.mil@mail.mil

Friday, 12:00-13:00 p.m. Jumah Service - PVC Sunday, 1:00-3:00 p.m. Islamic/Arabic Classes - PVC POC: Sfc. Kamel 010-8449-3024; mohammed.a.kamel.mil@mail.mil

Seventh Day Adventist POC: Maj. Delavega 010-3917-6478; david.r.delavega.mil@mail.mil

POC: Cpt. Emory Erickson emory.j.erickson.mil@mail.mil



Photo NEWS



🦰 taff Sgt. Alex Lannucci, crew chief, assigned to the Ohio National Guard's 180th Fighter Wing, embraces a loved one after returning home from an overseas deployment, Jan. 26, 2020, in Swanton, Ohio. Approximately 300 180th FW Airmen returned home from a three-month deployment to Bagram Air Base, Afghanistan, in support of Operation Resolute Support. (U.S. Air National Guard photo by Staff Sgt. Hope Geiger) ▲

embers of the United States Joint Forces Color Guard march down Pennsylvania Avenue in Washington, D.C. in support of the 59th Presidential Inauguration rehearsal, Jan. 18, 2021. Military members from across all branches of the armed forces of the United States, including Reserve and National Guard components, provided ceremonial support during the inaugural period. (DoD photo by U.S. Air Force Senior Airman Andrew Kobialka) ▼





Four-legged wingmen: Misawa's Military Working Dogs

By Airman 1st Class Leon Redfern 35th Fighter Wing Public Affairs

MISAWA AIR BASE, Japan -- Since World War II, before the Air Force was a separate service, the Army Air Corps historically implemented Military Working Dogs (MWDs) to aid service members throughout the years. The 35th Security Forces Squadron here at Misawa Air Base showcases this tradition by implementing their four-legged counterparts when accomplishing the Air Force defense mission.

"Our military working dogs not only provide all types of detection capabilities, they also create a psychological deterrence for people who might want to cause harm to our personnel on base," said U.S. Air Force Staff Sgt. James Chiriboga-Flor, the 35th Security Forces Squadron kennel master.

The MWDs selection process begins and the dogs receive their initial training by the 341st Training Squadron, at Lackland Air Base in San Antonio, Texas.

"Once they pass a series of base requirements at Lackland, they will be sent off to their first duty station," Chiriboga-Flor said. "Between myself as the kennel master, and the trainer, we will conduct different training



U.S. Air Force Staff Sgt. Jesse Lawson, a 35th Security Forces Squadron (SFS) Military Working Dog (MWD) handler, follows behind his partner, Assan, a MWD, assigned to the 35th SFS, as he searches between two vehicles during detection training at Misawa Air Base, Japan, Jan. 15, 2021. The MWDs selection process begins when the dogs receive their initial training at Lackland Air Base in San Antonio, Texas. (U.S. Air Force photo by Airman 1st Class Leon Redfern) ▲

U.S. Air Force Staff Sgt. Jesse Lawson, a Military Working Dog (MWD) handler, and Assan, a MWD, both assigned to the 35th Security Forces Squadron, search between various vehicles during detection training at Misawa Air Base, Japan, Jan. 15, 2021. The dogs train on detecting explosives and narcotics, as well as controlled aggression tactics, when detaining suspects. (U.S. Air Force photo by Airman 1st Class Leon Redfern) ▶

sessions with the dogs to see if we can identify their deficiencies, then improve upon it."

The MWD and handler undergo training overseen by the MWD trainer to ensure they are both proficient and maintain the standard they are required to meet.

"We're always training on a daily basis, whether it's obedience, bite work, or detecting odors for explosive and narcotics detection," said U.S. Air Force Staff Sgt. Jesse Lawson, a 35th Security Forces Squadron MWD handler. "We train for the worst case scenarios to ensure we're ready when the time comes."

Lawson added that having a MWD in the Security Forces Squadron, especially on patrol, potentially calms the scene of the situation down

"There are certain tasks that industry professionals believe are better suited for K9s," Lawson said. "Based on their physical capabilities, alongside other accompanying factors that go into detection, it can be very beneficial and ultimately save more lives."

Chiriboga-Flor added that although maintaining a sense of preparation and readiness with training is important, MWDs also need breaks from working.

"Play is one of the biggest things that we use as a reward so every day they're getting that love and attention, just like any other dog," Chiriboga-Flor said. "If anything it is more important for those dogs to have, it is that, so they can build on the rapport between the dog and the handler."

Lawson added when a MWD is assigned to an installation, unless deployed, they will stay at the same installation for the rest of their career. This means when the MWD handler receives a Permanent Change of Station, they will have to pass the leash off to the next handler.

"It gets rough, when you build that bond and all of a sudden you have to drop it and let it go," Lawson said. "It's and emotional situation, but we understand that there's still a job to accomplish at the end of the day and you don't want to jeopardize the next handlers bond with the MWD."

Chiriboga-Flor added that a MWD can retire out of the Air Force; the last MWD handler will receive first choice at adopting the partner they've worked so closely with throughout their career. If the handlers are not able to adopt the dogs, that's when adoption is open to the base populace and sometimes the public.

"Our hope is always for them to be able to get that retirement life at the end of their service," Chiriboga-Flor said. "I believe the dogs deserve it more than anybody to lay on that couch and live that nice life after they've served their tour."

U.S. Air Force Staff Sgt. Jesse Lawson, a Military Working Dog (MWD) handler, and Assan, a MWD, both assigned to the 35th Security Forces Squadron, stand together after completing detection training at Misawa Air Base, Japan, Jan. 15, 2021. (U.S. Air Force photo by Airman 1st Class Leon Redfern) ▶





U.S. Air Force Staff Sgt. Jesse Lawson, a Military Working Dog (MWD) handler, and Assan, a MWD, both assigned to the 35th Security Forces Squadron, play together after completing detection training at Misawa Air Base, Japan, Jan. 15, 2021. The MWD teams at Misawa conduct daily training to keep them proficient, certified and mission ready. (U.S. Air Force photo by Airman 1st Class Leon Redfern) ▲



Kwang Yol Pak, 51st Maintenance Squadron aerospace ground equipment mechanic, repairs a moveable staircase at Osan Air Base, Republic of Korea, Jan. 21, 2021. Korean civilian Airmen work alongside U.S. Airmen to ensures each piece of equipment they inspect and repair meets the proper standards before it can be sent back out to the flightline for use. (U.S. Air Force photo by Senior Airman Branden Rae)▶

DIN ICS CI



Senior Airman Dwalyn Starks, 51st
Maintenance Squadron aerospace
ground equipment journeyman, reviews
the technical orders for inspecting the
MHU-83 bomb lift before flightline use
at Osan Air Base, Republic of Korea, Jan.
21, 2021. The AGE flight is responsible for
maintaining the equipment that supplies
electric, hydraulic and pneumatic power
necessary to perform maintenance on a
variety of aircraft. (U.S. Air Force photo by
Senior Airman Branden Rae) ◀

Senior Airman Timothy Brown, 51st
Maintenance Squadron aerospace ground
equipment journeyman, maintains proper
records of the MHU-83 bomb lift during
a weekly inspection at Osan Air Base,
Republic of Korea, Jan. 21, 2021. The AGE
flight maintains more than 500 pieces of
equipment across the base valued at \$30
million. (U.S. Air Force photo by Senior
Airman Branden Rae) ▼





Staff Sgt. Vincent Lomedico, 51st Maintenance Squadron aerospace ground equipment journeyman, examines an MHU-83 bomb lift to make sure that it operates correctly at Osan Air Base, Republic of Korea, Jan. 21, 2021. The AGE flight maintains equipment that tests, services and troubleshoots aircraft systems while the aircraft is on the ground to ensure safety of flight for the 51st Fighter Wing's two flying squadrons. (U.S. Air Force photo by Senior Airman Branden Rae)



Staff Sgt. Sierra Garcia,
51st Maintenance
Squadron aerospace ground
equipment craftsman,
inspects an MHU-83 bomb
lift for any leaks in the hose
lines at Osan Air Base,
Republic of Korea, Jan.
21, 2021. AGE Airmen are
responsible for supplying,
inspecting and delivering
equipment, in support of
flight line operations. (U.S.
Air Force photo by Senior
Airman Branden Rae) ◀



Seollal, Lunar New Year's Day, is one of Korea's main holidays. The holiday takes place on the first day of the new year according to the lunar calendar and serves as a time for people to greet each other with words of blessing for the year ahead. During the holiday period, Koreans also participate in ancestral memorial services, bow to their elders, and play traditional games. To learn more about these customs, follow along with Kayla and Sebastian as they show you different experiences you can try out yourself at home this season!

LEARN TRADITIONAL CULTURE TO CELEBRATE SEOLLAL

Korean cooking: tteokguk & jeon

The first part of Kayla and Sebastian's Seollal experience is to prepare a tasty lunch of tteokguk (rice cake soup).

Tteokguk is one of Korea's original dishes, and is traditionally eaten for the New Year. The dish is made by boiling thinly sliced white rice cakes in a clear soybean soup. Before eating, each bowl is garnished with meat, green onion, and egg; mandu (dumplings) can also be added for a more filling meal.

Be sure to follow this simple tip to make the tteokguk taste even better if you try it at home! Before putting the rice cakes in the soup to boil, wash them with cold water and let them soak for about 30 minutes. This will make the rice cakes softer, the boiling time shorter, and give the soup a clear taste. After they have soaked in the cold water, put the rice cakes in the boiling soup. To finalize your dish, artfully arrange the garnish for a dish as beautiful as it is tasty.

Kayla and Sebastian also prepare two types of jeon (savory pancakes) to go with the tteokguk. Jeon is made by lightly coating vegetables, meat, or slices of fish in flour and an egg wash before frying in a small amount of oil. Jeon can be





eaten at any time, but it is customary to have them at Seollal and Chuseok (Korean Thanksgiving Day). The name of each jeon is based on the main ingredient, such as gul jeon (batter-fried oyster), beoseot jeon (batter-fried mushroom), or hobak jeon (batter-fried zucchini). For Seollal, the most commonly prepared jeon are dongtae jeon (batter-fried pollack fillets) and yugwonjeon (batter-fried meatballs).

Dongtae jeon is made by warming thinly sliced dried pollack before marinating them in a mix of salt, pepper, and clear rice wine. After dabbing off any remaining moisture, the marinated slices are lightly coated with flour, dipped in an egg wash, and pan-fried over mid-low heat. Yugwonjeon on the other hand requires a bit more preparation. The meatball is made from mixing ground beef, tofu, garlic, and other seasoning ingredients together; the key to good yugwonjeon is making sure there is very little blood and water remaining in the meat and tofu, respectively. After mixing the ingredients fully together, it is rolled into small balls, lightly flattened in the palm of one's hand, and then follows the same steps as dongtae jeon: flour, egg wash, fry! In order to fully cook the inside of the meatballs, keep the heat low.

- Continued on page 22 -

- Continued from page 21 -

Wearing hanbok

nother key part of Seollal is wearing hanbok! Korea's traditional clothing, the design of hanbok has largely remained unchanged since the Joseon dynasty. While modern styles and imitations of hanbok have seen a rise in popularity recently, traditional hanbok is worn on cultural holidays and during memorial services. Traditional hanbok can be a bit tricky to wear, as the clothes are quite billowy.



The most difficult step to wearing hanbok is correctly tying the goreum (ribbon). The ribbon keeps the jacket closed and in place, so it is quite important! While you could just make any type of ribbon or even a simple knot, doing it the proper way creates a beautifully finished image. To make the proper ribbon, cross the right-hand goreum over the top of the left before pulling it back up through the two to tie them together. At this point, place your left hand over the tie and wrap the top goreum once around your hand, down the back and up the palm. With your right hand, create a ribbon shape with the hanging goreum and pass it through the goreum looped over your left hand. After this, simply tighten and adjust to make it picture perfect. If you have tied the goreum correctly, there should only be about a 5-centimeter difference in the two goreum ends.





New Year's bow

fter dressing in hanbok, it is only fitting to give a proper New Year's bow. Families gather together on the day of Seollal, and all members will give a New Year's bow to the elders of the family after completing the ancestral memorial rites. The bow is different for men and women, but both must pay important attention to their gongsu (hand position). For men, the hands are held lightly in front of the body with the left hand over their right; for women, the right hand is over the left.

For the female version of the New Year's bow, the hands, still held in the gongsu position, are lifted up to one's forehead, while turning one's head down to look at their feet. The hands will be held at this position throughout the bow until returning to the first standing position. At this point, the woman lowers her body slowly and kneels, starting with the left knee and then the right. From here, she sits down fully and then bends forward at the waist to about a 45 degree angle for three seconds.



From here, simply reverse the process, sitting up straight, kneeling, standing on the right foot and then the left, before returning both hands to the gongsu position.

For the male version of the New Year's bow, the hands held in the gongsu position are lifted up and out in a round motion to shoulder-height before being dropped down to the floor. Men also start kneeling with the left knee and then the right before sitting down. While women only have to bend slightly, men must bow further, lowering their backs to create a flat line. Their elbows should be placed on the floor and their forehead should hover slightly over their hands on the ground. If done properly, there will be a straight, flat line from the top of the head to the buttocks. After holding this position for three seconds, lift the elbows from the ground and sit straight up, place the right foot on the ground and use the hands in the gongsu position to push off from the right knee. After standing, lift one's hands to their eyes before returning to the original gongsu position.