

Crimson Sky

Senior Airman Austin West, 8th Security Forces Squadron military working dog handler, and MWD Bonus, wait their turn for familiarization training during a joint medical evacuation training event at Kunsan Air Base, Republic of Korea, April 13, 2021. The handlers gradually exposed the MWDs to the helicopters to familiarize them with the noises and vibrations to reduce their anxiety while flying. (U.S. Air Force photo by Senior Airman Suzie Plotnikov)



Kunsan, Humphreys participate in joint MWD medevac training

By Senior Airman Suzie Plotnikov
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Military working dog teams from the 8th Security Forces Squadron, along with Army units from Humphreys, Republic of Korea, participated in the first joint medical evacuation training event, here at Kunsan Air Base Republic of Korea, April 13, 2021.

The purpose of the training was to observe and calculate the steps needed to properly execute a

medevac for MWDs and their handlers due to the physical distance between the working dogs and their veterinary staff.

"Kunsan is approximately a two and a half hour drive to Humphreys, where our MWDs must go for any type of veterinarian treatment," said Tech. Sgt. Raymond Esteves, 8th SFS MWD kennel master. "If there was a life or death situation, our section wouldn't have much time to try and stabilize, transport and safely maneuver through local Korean traffic while in route to Humphreys."

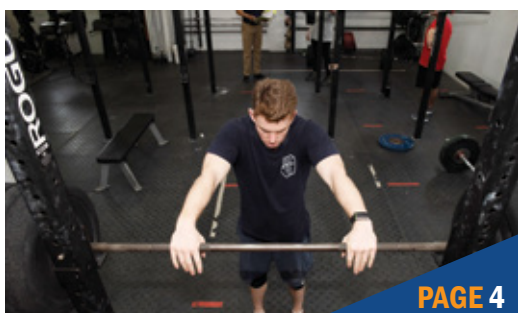
The K-9 handlers worked closely with their veterinary staff and medics from the 106th Medical Detachment and 3-2 General Support Aviation Battalion, Humphreys, to dispatch two U.S. Army HH-60M Black Hawk helicopters and get the MWDs familiar with the aircraft upon arrival.

"The MWDs were introduced to the helicopters gradually, by first getting in while the engines were off to give them a better understanding and there was nothing to be timid about," said Senior Airman Jacob Figgins, 8th SFS MWD handler.

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Airmen from 51st Operations Support Squadron and Marines with the Marine Air Control Squadron 4 pose for a group photo at Osan Air Base, Republic of Korea, April 26, 2021. The MACS-4 team arrived to train Osan's air traffic controllers on the procedures of controlling from outside the tower. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ▼

Two Branches, One Mission: Airmen and Marines Hone Skills Together



Wolf Pack, Mustangs charge runway



Staff Sgt. James Stanley, Senior Airman Dominique Briggs and Staff Sgt. Josiah Hudock, 35th Aircraft Maintenance Unit load crew team members, perform a storage management system confidence check on an F-16 Fighting Falcon at Kunsan Air Base, Republic of Korea, April 20, 2021. An SMS confidence check ensures the weapon systems on the fighter aircraft are effectively functioning. (U.S. Air Force photo by Staff Sgt. Mya M. Crosby) ▼

Senior Airman Tyler Sims, power lifting competitor, performs a squat during a power lifting competition at Osan Air Base, Republic of Korea, April 10, 2021. The competition consists of three compound exercises, a squat, deadlift and bench press in order to get a score. (U.S. Air Force photo by Senior Airman Noah Sudolcan) ►

Power Lifting Competition

A competitor performs a squat during a power lifting competition at Osan Air Base, Republic of Korea, April 10, 2021. The competition consists of three compound exercises, a squat, deadlift and bench press in order to get a score. (U.S. Air Force photo by Senior Airman Noah Sudolcan) ▼



Staff Sgt. Kristin Moyer, power lifting competitor, performs a deadlift during a power lifting competition at Osan Air Base, Republic of Korea, April 10, 2021. The competition consists of three compound exercises, a squat, deadlift and bench press in order to get a score. (U.S. Air Force photo by Senior Airman Noah Sudolcan) ▼



The top competitors of the male category for the power lifting event pose for a photo at Osan Air Base, Republic of Korea, April 10, 2021. Each participant lifted the most in their respective weight class. (U.S. Air Force photo by Senior Airman Noah Sudolcan) ▲

The top competitors of the female category for the power lifting event pose for a photo at Osan Air Base, Republic of Korea, April 10, 2021. Each participant lifted the most in their respective weight class. (U.S. Air Force photo by Senior Airman Noah Sudolcan) ►





Team Osan Competes in Worldwide CrossFit Competition

By Staff Sgt. Douglas Lorange
51st Fighter Wing Public Affairs

Staff Sgt. Cole Gastel, 51st Civil Engineer Squadron fire crew chief, uses a rowing machine as part of his CrossFit Games quarterfinals workouts on Osan Air Base, Republic of Korea, April 10, 2021. The quarterfinals portion of the CrossFit Games consists of a series of five scored workout routines that took place over three days. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ▲

OSAN AIR BASE, Republic of Korea -- Every year, the CrossFit organization hosts the CrossFit Games, a competition season of scored workouts open to all challengers across the world.

Lt. Col. David Lycan, 51st Security Forces Squadron commander, Staff Sgt. Cole Gastel, 51st Civil Engineer Squadron fire crew chief, and Amber Zebka, Team Osan spouse, all lifted, crunched and rope climbed their way into the top ten percent of all worldwide participants, earning them selection into the CrossFit Games quarterfinals.

The CrossFit Games begin with a worldwide open competition, where anyone 14 years or older can sign up to attempt a new series of recorded workouts every Thursday during a three-week period and submit their workouts online.

"It's pretty straightforward once you sign up," said Zebka. "You can see where you are compared to the rest of the world online."

The top ten percent of the competitors move on to the quarterfinals, the second stage of the competition. Here they must compete in five selected workout routines over the course of a single weekend in order to advance to the semifinals.

"From here only the top one hundred and twenty are selected for the semifinals," said Gastel. "Then only the top five or six from there make it to the finals."

Lycan, who got into CrossFit as a way of keeping up with his cardio while also introducing more weightlifting back into his workout regimen, soon fell in love with the competitive drive the Games provided.



Amber Zebka, Team Osan spouse, descends a rope as part of her participation in the CrossFit Games quarterfinals on Osan Air Base, Republic of Korea, April 9, 2021. The CrossFit Games is a worldwide fitness competition where participants are scored in their speed and skill at various workout routines. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ▲

Lt. Col. David Lycan, 51st Security Forces Squadron commander, performs a weighted squat during the CrossFit Games quarterfinals competition on Osan Air Base, Republic of Korea, April 10, 2021. The CrossFit Games is a worldwide fitness competition where participants are scored in their speed and skill at various workout routines. (U.S. Air Force photo by Staff Sgt. Douglas Lorange) ►



"I have always been a competitive person by nature, so the CrossFit Games just speak my language," he said.

Meanwhile, Zebka enjoys the Games and CrossFit in general for the community it provides. While she got into it to get back in shape after her first child, she soon found herself falling in love with the way everyone helps each other to get their best possible workout.

"It definitely helps with accountability to be able to see people pushing themselves, be social, and celebrate your victories with other people," she said. "Everyone genuinely wants you to do well and push each other in a way that's hard to replicate when working out by yourself."

Gastel also enjoys the community CrossFit provides both in and out of the gym, having been introduced to the Games by some coworkers while he was stationed in Hawaii. He considers it a little family outside of work and home that helps meet new people whenever he changes bases.

"It's not just a good way to get into shape, it's also a great networking opportunity. It's where I met most of my friends," he said. "I wouldn't have been able to meet the majority of the people I met at Hawaii or here at Osan if it wasn't for CrossFit."

While they all had different reasons for beginning their journey to the CrossFit Games and no matter where they end up past the quarterfinals, these three Team Osan members have found more than a reliable workout regimen. They have found a community that will help them stay fit to fight.

"Just get started, wherever you are with your physical fitness," said Zebka. "It doesn't get any easier to make that first step the longer you wait, so just get started."



Amber Zebka, Team Osan spouse, performs a "wall ball" routine during the CrossFit Games quarterfinals competition on Osan Air Base, Republic of Korea, April 10, 2021. The quarterfinals portion of the CrossFit Games consists of a series of five scored workout routines that took place over three days. (U.S. Air Force photo by Staff Sgt. Douglas Lorange)

Wolf 2 passes 2,000 flying hour milestone



Col. David "Wolf II" Ross, 8th Fighter Wing vice commander, celebrates with 80th Fighter Squadron F-16 Fighting Falcon pilots at Kunsan Air Base, Republic of Korea, April 16, 2021. Ross recently passed 2,000 flying hours, primarily in the F-16, T-37 Tweet and T-38 Talon. (U.S. Air Force photo by Staff Sgt. Mya M. Crosby) ▲

80th Fighter Squadron pilots and Col. David "Wolf II" Ross, 8th Fighter Wing vice commander, pose for a group photo in front of an F-16 Fighting Falcon at Kunsan Air Base, Republic of Korea, April 16, 2021. (U.S. Air Force photo by Staff Sgt. Mya M. Crosby) ◀

1st Lt. Adam Dengler, 36th Fighter Squadron F-16 Fighting Falcon pilot, prepares for flight at Osan Air Base, Republic of Korea, April 21, 2021. Dengler must perform a preflight inspection to ensure the aircraft is safe and serviceable to fly. (U.S. Air Force Photo by Senior Airman Noah Sudolcan) ▶



Osan Takes Flight



Airmen from the 8th Force Support Squadron practice accepting follow-on forces at Kunsan Air Base, Republic of Korea, April 15, 2021. The 8th FSS military personnel flight ensured personnel had all required documents for in-processing. (U.S. Air Force photo by Staff Sgt. Jordan Garner) ◀

Wolf Pack accepts follow-on forces

Wolf Tank funds innovative ideas

Staff Sgt. Mark White, 8th Civil Engineer Squadron explosive ordnance disposal technician, poses for a photo with an inner ear bone conducting headset during a Wolf Tank at Kunsan Air Base, Republic of Korea, April 9, 2021. Wing leadership funded three of the five ideas that were presented, which included a wireless intercom system, an inner ear bone conducting headset, and hardened aircraft system GPS repeaters. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ▶



< Continued from front page >

"We loaded the MWDs with the engines running to further familiarize them with the noises and vibrations they'd experience during flight. Obviously you can't explain to the dog what is going on, so the gradual exposure helps reduce the anxiety associated with the helicopter."

Participating in this kind of training not only benefits the MWDs, but also helps the handlers, veterinary staff, the aviation brigade and the 8th Medical Group reevaluate and develop processes for continuity and quick action responses in emergency scenarios.

"As K-9, we are always looking at innovative ways to enhance, improve and expose both our handlers and our canine counterparts, aligned with mission requirements and tactical objectives," Esteves said. "Through an amazing working relationship with our veterinary staff, coordination and collaboration flowed extremely well between the many different organizations and expertise. Like anything with life, the more repetitions everyone is able to achieve will only increase effectiveness, confidence and foundation needed for not only current members but those who will take over for us in the future."



U.S. Army Soldiers from Humphreys, Republic of Korea, escort 8th Security Forces Squadron military working dog teams to an HH-60M Black Hawk helicopter during a joint medevac training event at Kunsan Air Base, Republic of Korea, April 13, 2021. (U.S. Air Force photo by Senior Airman Suzie Plotnikov)



Senior Airman Austin West, 8th Security Forces Squadron military working dog handler, and MWD Bonus, sit inside a U.S. Army HH-60M Black Hawk helicopter for familiarization training during a joint medevac training event at Kunsan Air Base, Republic of Korea, April 13, 2021. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ◀

U.S. Army Soldiers from Humphreys assist 8th Security Forces Squadron military working dog teams into an HH-60M Black Hawk helicopter during a joint medevac training event at Kunsan Air Base, April 13, 2021. The handlers gradually exposed the MWDs to the helicopters to familiarize them with the noises and vibrations to reduce their anxiety while flying. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ▼



A canine training manikin is strapped on a litter during a joint medical evacuation training event at Kunsan Air Base, April 13, 2021. Military working dog teams from the 8th Security Forces Squadron participated in a joint medevac training exercise with the units from Humphreys to observe and calculate the steps needed to properly execute a medevac for MWDs and their handlers, as well as reevaluate and develop processes for continuity and quick action responses in these kinds of scenarios. (U.S. Air Force photo by Senior Airman Suzie Plotnikov) ▲





Boy Scouts help plant trees and flowers at Osan Air Base, Republic of Korea, April 22, 2021. The Scouts helped the Osan Elementary School staff celebrate 51 years of Earth day. (U.S. Air Force photo by Senior Airman Noah Sudolcan)



Dahlia Williams, Osan Girl Scout, poses for photo at Osan Air Base, Republic of Korea, April 22, 2021. Dahlia planted trees at the Osan Elementary School in celebration of the 51st Earth Day. (U.S. Air Force photo by Senior Airman Noah Sudolcan) ◀



Boy and Girl Scouts learn how to plant flowers in celebration of Earth Day at Osan Air Base, Republic of Korea, April 22, 2021. The Scouts helped the Osan Elementary School staff plant trees and flowers for the 51st Earth Day celebration. (U.S. Air Force photo by Senior Airman Noah Sudolcan) ◀



Boy Scouts help plant trees and flowers at Osan Air Base, Republic of Korea, April 22, 2021. The Scouts helped the Osan Elementary School staff celebrate 51 years of Earth day. (U.S. Air Force photo by Senior Airman Noah Sudolcan)

Airman 1st Class Danielle Sonnenberg (left) and Staff Sgt. Marcos Maldonado, 51st Munitions Squadron, steady ordnance during the Load Crew of the Quarter Competition at Osan Air Base, Republic of Korea, April 16, 2021. Two teams of Munitions Systems Airmen competed to build munitions the fastest. (U.S. Air Force photo by Technical Sgt. Nicholas Alder) ▶



Load Crew of the Quarter Competition



Senior Airman Ian Saure, 36th Aircraft Maintenance Unit load crew member, positions a munition during the Load Crew of the Quarter Competition at Osan Air Base, Republic of Korea, April 16, 2021. Two teams from the 36th and 25th Aircraft Maintenance Units raced to build and load munitions onto either the A-10 Thunderbolt II or the F-16 Fighting Falcon aircraft. (U.S. Air Force photo by Senior Airman Keavn Allen) ▼



The audience applauds during the 51st Maintenance Group's "Load Crew of the Quarter" Competition at Osan Air Base, Republic of Korea, April 16, 2021. Two teams, representing the 25th and 36th Aircraft Maintenance Units, raced to build and load munitions onto both the A-10 Thunderbolt II and F-16 Fighting Falcon aircraft. (U.S. Air Force photo by Technical Sgt. Nicholas Alder) ▼

Airman 1st Class Danielle Sonnenberg (left) and Senior Airman Michael Morris, 51st Munitions Squadron, compete in the Load Crew of the Quarter Competition at Osan Air Base, Republic of Korea, April 16, 2021. This competition is held by the 51st Maintenance Group to showcase the Munitions Squadron and Aircraft Maintenance Units while fostering healthy competition and morale. (U.S. Air Force photo by Senior Airman Keavn Allen) ▲



Col. Brian Moore, 51st Maintenance Group Commander (left), and Chief Master Sgt's. James Otto and Jason Johnson, 51st Maintenance Group Superintendents (right), present Senior Airman Michael Bryant, Staff Sgt. Daniel Jimenez, and Senior Airman Ian Saure the trophy during the Load Crew of the Quarter Competition at Osan Air Base, Republic of Korea, April 16, 2021. The 36th Aircraft Maintenance Unit took home the trophy this quarter. (U.S. Air Force photo by Technical Sgt. Nicholas Alder) ▲



FIRE SAFETY

In case of fire, smell of smoke, and/or fire alarm bells sounding, remember S-P-E-E-D and perform these actions:

- S - Sound the alarm (Alert all in the building)
- P - Phone 911 (call Fire Department Dispatch Center with details)
- E - Evacuate the building
- E - Extinguish the fire (if it can be done without injuring yourself)
- D - Direct first arriving fire crew of where the fire or emergency is located

No matter how small or large the fire is, even if it is extinguished, call 911 or 0505-784-9111. All fires must be reported to the Fire Department. Should you have any questions, feel free to reach out to Fire Prevention Office at 784-4835. Have a fire safe day.



THE MOMENT YOU HELP US REACH THEM IN TIME

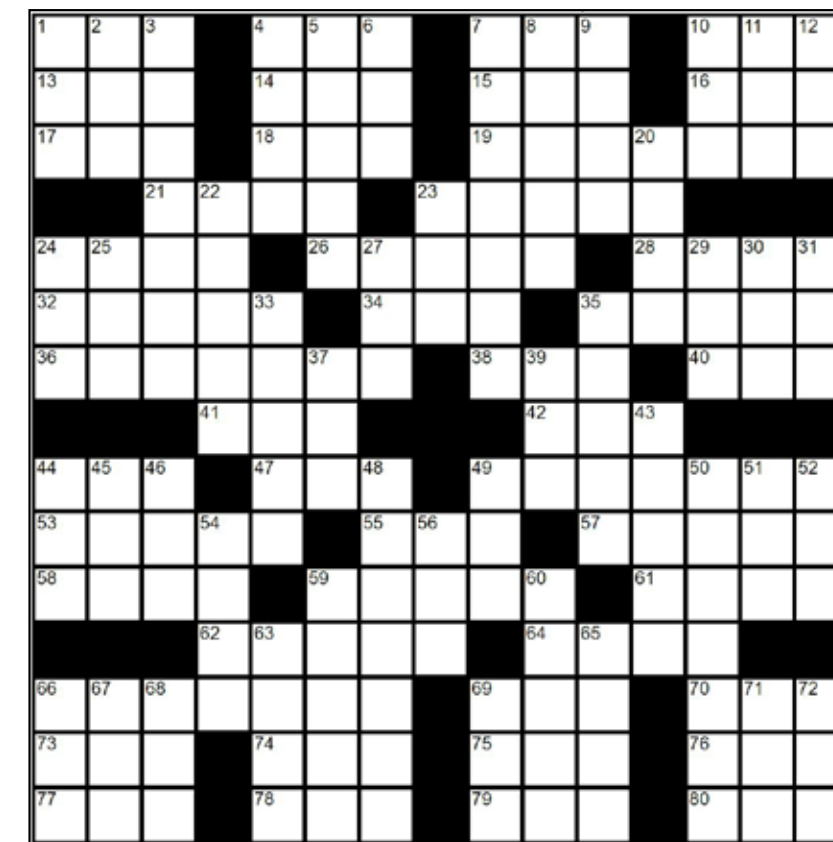
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The Crossword

By Jon Dunbar



- ACROSS
- 1 Cost-sharing deal
 - 4 Global trade group
 - 7 Int'l baseball tournament
 - 10 Illuminated
 - 13 Atmosphere
 - 14 Make a mistake
 - 15 Actor Brynner
 - 16 Long period of time
 - 17 Mai ____
 - 18 U-boat
 - 19 Uncontrollable
 - 21 Campus troops
 - 23 Goes with Burke or Force
 - 24 General Bradley
 - 26 Korean alternative to Walmart
 - 28 A-bomb, for one
 - 32 2012 Taylor Swift song
 - 34 Stimp's partner
 - 35 System manager
 - 36 Worn around a GI's neck
 - 38 Opposite of he
 - 40 "On ____ on"
 - 41 Goes with Christmas or All Hallow's
 - 42 SNL cast member Nwodim
 - 44 Air mail service
 - 47 And so on
 - 49 Popular fried food
 - 53 Not sooner
 - 55 Six-pack muscles
 - 57 Paris river
 - 58 Ukraine capital, their spelling
 - 59 Hotmail alternative
 - 61 Colony insects
 - 62 Cairo's country
 - 64 Actress Hathaway
 - 66 Twin-engined chopper
 - 69 Gardner or DuVernay
 - 70 Mil. assignment
 - 73 Deceased K-pop star Ha-ra
 - 74 Submachine gun
 - 75 Gun the engine
 - 76 Loaner's promise
 - 77 Ex-soldier
 - 78 Highlands hat
 - 79 Attempt
 - 80 Hat

- DOWN
- 1 College entrance exam
 - 2 Lost soldier
 - 3 Korean folk song
 - 4 Adam or Kanye
 - 5 Ceasefire agreement
 - 6 Sphere
 - 7 SK baseball team
 - 8 Assembled
 - 9 Coagulate, as in blood
 - 10 Bruce or Byung-hun
 - 11 Charged particle
 - 12 Explosive substance
 - 20 ____, sea and air
 - 22 Give a speech
 - 23 Actor Daniel ____ Kim
 - 24 Former Monterey Bay fort
 - 25 Cow noise
 - 27 Opposite of Mr.
 - 29 Actress Thurman
 - 30 Kith and ____
 - 31 Opposite of beginning
 - 33 Korean alternative to Google
 - 35 Targeting system
 - 37 "____ Carter"
 - 39 Chuckle noise
 - 43 Pacific or Atlantic
 - 44 Moose's cousin
 - 45 Spring month
 - 46 Gonorrhea or chlamydia
 - 48 Former USO location in Seoul
 - 49 Forensic detective
 - 50 Lethal, in military action
 - 51 Head doctor
 - 52 Sega competitor
 - 56 Cave dweller
 - 59 Japanese dumpling
 - 60 Edible seaweed
 - 63 Joint pain reason
 - 65 Sea force
 - 66 Korean movie theater chain
 - 67 Korean raw fish
 - 68 Smart devices
 - 69 Paintings sculptures, etc
 - 71 Casualty
 - 72 Opposite of nope

- Answers to Previous Crossword
- | | | | |
|------------|--------------|-------------|--------------|
| ACROSS | 29 ARARAT | 70 STYX | 31 RIOS |
| 1 ABCS | 34 JIKJI | 71 DENS | 32 ACRE |
| 5 GAGA | 38 ARMISTICE | DOWN | 33 TENS |
| 9 HANOK | 40 OKIE | 1 AAFES | 34 JODY |
| 14 ALAI | 41 FREED | 2 BLOAT | 35 IKEA |
| 15 SULU | 42 TORN | 3 CAUSE | 36 KISS |
| 16 AWARE | 43 DESTROYER | 4 YASSER | 37 JETS |
| 17 FOUR | 45 VASES | 5 SIREN | 39 MERCENARY |
| 18 OXEN | 46 YASSER | 6 AUXILIARY | 41 FORD |
| 19 NOTED | 47 SCMH | 7 GLEN | 44 RETREAT |
| 20 EASE | 49 TDY | 8 AUNTS | 45 VHS |
| 21 MINT | 51 EASTERN | 9 HANGARS | 48 MAALOX |
| 22 GLOSS | 56 ARMOR | 10 AWOL | 50 YURIS |
| 23 STENCIL | 62 ALOE | 11 NATO | 52 TAMED |
| 25 SWA | 63 SIEGE | 12 ORES | 53 ELATE |
| 27 GAIT | 64 REAL | 13 KEDS | 54 ROMAN |
| | 65 MAMA | 14 CGI | 55 NEATS |
| | 66 INTRA | 15 MAID | 56 ASIS |
| | 67 TARO | 16 MAID | 57 RINK |
| | 68 ETAT | 17 TREES | 58 METE |
| | 69 SKEET | 18 ATTA | 59 OGRE |
| | | | 61 SEAT |



The U.S. Air Force Air Demonstration Squadron "Thunderbirds" perform at the Cocoa Beach Air Show in Cocoa Beach, Fla., April 18, 2021. Since 1953, the Thunderbirds team has served as America's premier air demonstration squadron, entrusted with the vital mission to recruit, retain and inspire past, present and future Airmen. (U.S. Air Force photo by Staff Sgt Cory W. Bush) ▲

Retired Air Force Col. Gail Halvorsen, the "Berlin Candy Bomber," poses for a picture in front of an F-35A Lightning II after a demo team practice session at Hill Air Force Base, Utah, April 16, 2021. Halvorsen and family members witnessed the F-35 demo and then visited with the demo pilot and team afterward. (U.S. Air Force photo by Todd Cromar) ◀



Airman 1st Class Kwari Jackson, 113th Aircraft Maintenance Squadron F-16 Fighting Falcon crew chief, performs preflight checks prior to departing for a mission during exercise Green Flag 21-06 at Nellis Air Force Base, Nev., April 15, 2021. The District of Columbia's 113th Aircraft Maintenance Squadron Airmen are responsible for aircraft maintenance including servicing, inspections, launch and recovery, and munitions loading. (U.S. Air Force photo by Airman First Class Zachary Rufus) ▲

Air Force's Matthew O'Rourke looks for an opening against Mercer University's Matt O'Connor during a lacrosse game, April 3, 2021, at the U.S. Air Force Academy in Colorado Springs, Colo. A dominant fourth quarter by Mercer pushed the Bears past the Falcons, 15-13, in the Southern Conference matchup. (U.S. Air Force photo by Joshua Armstrong) ◀



U.S. Air Force Staff Sgt. David Dat Trinh, Defense POW/MIA Accounting Agency recovery team linguist, carries buckets during a recovery mission in Quang Nam province, Vietnam, April 11, 2021. (U.S. Air Force photo by Staff Sgt. Jonathan McElderry) ▲



Air Force special tactics and combat rescue officer candidates perform push-ups in the water during an assessment and selection process at Hurlburt Field, Fla., March 25, 2021. STO and CRO selection is an arduous process, which screens candidates to become leaders in the elite Air Force special warfare community, leading global access, precision strike and personnel recovery. (U.S. Air Force photo by Tech. Sgt. Sandra Welch) ◀

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 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 CENTER: 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.

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 answer 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 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 INVENTORY: 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.

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

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.

HEALTHY THINKING CLASS: Want to 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.

MUNITIONS 100 PERCENT INVENTORY: 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.

GRAPHICS DESIGNER NEEDED: The Osan AB Chapel is looking for a volun-

teer with Graphics Design skills and experience to create stunning graphics for FB, Worship Services, and other advertising. If you are interested please email osanpcc@gmail.com

SCHOLARSHIP OPPORTUNITY: Do you have an idea on how to better accomplish your mission? Have you ever said "is there is a better way to do this?" Well, Osan Spark is here to serve as your idea catalyst! Leadership from top to bottom on Team Osan is providing all Airman an outlet for their voice to be heard and a unique opportunity to shape the very future of Osan Air Base! Submit your ideas at the link below!
<https://osan.eis.pacaf.af.mil/osanorgs/spark/SitePages/Osan%20Spark.aspx>

YOUTH SOCCER COACHES NEEDED: We are wanting volunteer soccer coaches for our youth sports program. Please go to <https://51fss.com/youth-sports/> to fill out the forms and send them to the email on the page. Thank you for supporting our youth.

Kunsan's emergency phone numbers			
Emergency Services	911		
Off Base/Cell Emergency	063-470-0911	Nurse Advice Line	1-800-723-8255
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



Col. Abraham Suhr, an ophthalmologist and Deputy Commander for Surgical Services at Landstuhl Regional Medical Center, is a second generation Korean American. May is recognized as Asian American Pacific Islander Heritage Month. Asian American Pacific Islander Heritage Month stands as a reminder of the strength the Army has gained and will gain, through a high-quality diverse all-volunteer force. (Russell Toof) ◀

Second generation Korean American reflects on Asian American Pacific Islander Heritage Month

By Russell Toof, Regional Health Command Europe

LANDSTUHL, Germany -- May is Asian American Pacific Islander Heritage Month, a national observance that honors the perseverance and legacy of Asian and Pacific Americans and celebrates their contributions to the nation.
For Col. Abraham Suhr, a second generation Korean American, a block of American cheese generates memories of a connection between his family and the U.S. Army.
"My father and my father-in-law were both 10 years old during the Korean War," said Suhr. "My father's father was captured and never seen or heard from again. My father's six other brothers and sisters survived by their mother's devoted tenacity and with the help of the American GIs. My father has a deep appreciation for the sacrifice it took for each American Soldier to leave their family to come to Korea to defend people they didn't even know."
"My father-in-law always likes to have American cheese in his

refrigerator," added Suhr. "When I asked him one day why, he said as a young boy that he and his family did not have basic necessities such as food. He remembers an American military member giving him something. Opening up the mystery, it was a block of American cheese. He still remembers the creaminess. I am reminded of the long-lasting power of a simple act of service."
Both Suhr's father and father-in-law immigrated to the United States when they were young adults.
"They came to study, make a life for themselves, build a future and a family," added Suhr.
Suhr grew up in San Luis Obispo, California, and commissioned into the Army in 1997. He received a letter of acceptance to attend medical school at the Uniformed Services University of the Health Sciences. In order to attend, he needed to join the military.
"Joining the Army or even the military was not on my radar during all my planning and preparation

for medical school," he said.
"However, when I interviewed at the Uniformed Services University, I fell in love with the community and all the opportunities within the military and military medicine. Current medical students were enthusiastic about attending USU and would not stop talking about all the unique opportunities and tremendous support given to medical students."
Suhr said that at the time, he wasn't entirely sure what kind of doctor he wanted to be, but he eventually chose ophthalmology.
"Eyesight is extremely valuable to people," said Suhr. "We make a quick and noticeable improvement in someone's life with the right diagnosis and management. It's rewarding professionally and personally."
Suhr currently serves as the Deputy Commander for Surgical Services at Landstuhl Regional Medical Center.
That position supports LRMCC's mission to enable readiness of the

Joint Domain Warfighter as they receive care through LRMCC's surgical clinics and operating rooms.
"Joining the military has provided me an opportunity to be exposed to many people with diverse backgrounds and experiences," said Suhr. "It has given me the opportunity to travel and see various parts of the United States and the world. While in the military, I accomplished my professional goals and have taken care of the most appreciative patients in the world. I value all my opportunities and experiences of being part of the military."
Asian American Pacific Islander Heritage Month stands as a reminder of the strength the Army has gained and will gain, through a high-quality diverse all-volunteer force.
"I have gained multicultural experiences through various military assignments and being a physician to a large number of people from different ethnicities," said Suhr. "I've learned lessons which boils down to the importance of having respect for others, regardless of the ethnicities or other perceived differences."
Suhr often reflects on his father and father-in-law's experience with the military and how it has shaped his Army career.
"What we do, or do not do, can have a tremendous and long-lasting impact on individuals and even generations," said Suhr. "Think about the GI giving the block of cheese. We may be oblivious to the significance of what we did and unaware of the extent of the impact. However, maybe it is good enough to know of the potential so that it motivates us to always serve well."
With more than two decades of service, Suhr can now reflect on his time in the Army and offer advice to young Soldiers just starting their career.
"Seek to build relationships with all sorts of people, especially with those you would not normally befriend," said Suhr. "Remain humble and ask yourself what you can learn from someone else, regardless of the person's rank or other traits. The military definitely gives people opportunity; it is up to you to take them."

Spiritual Charge

How To Start Every Day



By TSgt. Justin Alexander
51st FW Chapel

Time goes fast at here at Osan Air Base. My last four months have been a blur. Every day has its challenges and often what I planned for the day goes out the window. While the craziness is going on, I find the first thing I neglect and the most important, is my spirituality. Most of us know about the importance of CAF-Comprehensive Airman Fitness. We're told to champion the physical, social, mental, and

spiritual domains and continue to strengthen them. In fact, the Enlisted Force Structure requires us to maintain the highest level of personal readiness to meet mission requirements. Without thinking too hard we can come up with some definition about physical, social, and mental wellness but what about the spiritual pillar? Coming from the Enlisted Force Structure, Airmen are to be spiritually ready to accomplish the mission. Spiritual readiness is the proactive practice of establishing a sense of purpose or personal priorities to develop the skills needed in times of stress, hardship and tragedy. Spiritual readiness may or may not include religious activities. As leaders, we are to allow for and encourage subordinates to develop spiritual skills. This may or may not include religious activities.

When people think of spiritual readiness it may include religious activities such as attending church, reading scriptures, prayer, taking communion, celebrating the sacraments and holy days etc. On the other hand, some non-religious

activities could be watching the sunrise, being out in nature, gazing at the night sky, spending time reflecting, accomplishing charitable goals. Spending time with friends and family can help a person develop a spiritual sense of well-being. One of my favorite verses in the Bible is in Isaiah 40:26 which says, "Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of his great power and mighty strength, not one of them is missing."

In order to see stars at night, Isaiah needed to be in a place where he could look up into the heavens. He needed to focus on the night sky, reflect on what God was saying to him and not be distracted by the things happening around him. Gazing up into the night sky was a spiritual experience for Isaiah and through that experience, God spoke to him. I think that all of us want to have spiritual experiences but life's trials and troubles often keep us distracted from making that

spiritual connection.

One way that we can make a spiritual connection in this fast paced life is by writing down our thoughts, feelings and experiences, known as journaling. Someone who has taught me the spiritual value of journaling is Ben Franklin.

Benjamin Franklin believed the beginning of the day was the most sacred. Each day, Ben would rise before dawn, start the kettle, then walk over to his old writing table. He would sit down in the chair and begin each day's journal entry with a question: "What good will I do this today?" For him, journaling was a spiritual experience. As the day went on, he would reflect and focus on what he wrote in his journal and it helped him to focus on doing good to others.

My life may not mirror Ben Franklin's, but he inspired me to focus on doing one good thing per day. It's easy to get caught up with the business of life and only focus on the BIG distractions you're facing. I would encourage you to start every day by asking yourself the same question: What good can I do today?

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.pocaf.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 (multi-purpose room) across from the gym:
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

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 -
9:00 a.m. Liturgical Service - PVC
9:30 & 11:00 a.m. Agape (Contemporary) - 4MCC
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
Wednesdays -
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

Catholic

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, 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 - 4MCC
POC: CH(Cpt) Daniel Kamzam daniel.j.kamzam.mil@mail.mil

Islamic

Friday, 12:00-13:00 p.m. Jumrah 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

Pagan

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



Two F-15C Strike Eagles assigned to the 144th Fighter Wing fly in formation with a KC-135 Stratotanker assigned to Fairchild Air Force Base, Wash., during operation Noble Defender over San Francisco, April 6, 2021. Noble Defender simulated air defense of ports in California and North Carolina. (U.S. Air Force photo by Senior Airman Lawrence Sena)



Special tactics operators assigned to the 321st Special Tactics Squadron tandem hoist into a CV-22B Osprey during a training exercise near RAF Mildenhall, United Kingdom, April 15, 2021. The 321st STS provides a quick reaction, rapidly-deployable force capable of establishing and providing positive control of the air-to-ground interface during special operations or conventional missions. (U.S. Air Force photo by Tech. Sgt. Westin Warburton)



Master Sgt. Leonardo Erazo, 5th Health Care Operations Squadron medical logistics flight chief, simulates decontaminating the inside of a Negatively Pressurized Conex loaded on a C-17 Globemaster III at Dover Air Force Base, Del., April 7, 2021. NPC's are containment units designed to allow in-flight medical care for patients with diseases like COVID-19 while minimizing the possible spread of infectious diseases to medical personnel and aircrew on board. (U.S. Air Force photo by Roland Balik)

Airmen assigned to the 673rd Security Forces Squadron defend Camp Mad Bull from a simulated attack during exercise Polar Force 21-5 at Joint Base Elmendorf-Richardson, Alaska, April 8, 2021. Polar Force is a training exercise designed to test JB Elmendorf-Richardson's mission readiness and to help hone Airmen's skills and techniques in a simulated expeditionary environment. (U.S. Air Force photo by Airman 1st Class Emily Farnsworth)



Mobility Airmen exercise ACE, joint force integration in Indo-Pacific

By Airman 1st Class Jayden Ford
19th Airlift Wing Public Affairs

A Navy SEAL parachutes into the water near Joint Base Pearl Harbor-Hickam, Hawaii, April 6, 2021. Navy SEALs worked in conjunction with aircrew from the 41st Airlift Squadron and drop-zone coordinators to accomplish required high altitude low opening jumps from two C-130J Super Hercules. (U.S. Air Force photo by Airman 1st Class Jayden Ford) ▲

LITTLE ROCK AIR FORCE BASE, Ark. -- As part of an effort to maximize Mobility Air Forces and Combat Air Forces integration as well as enhance agile combat employment capabilities in the Indo-Pacific theater, a contingent of Airmen from the 19th Airlift Wing participated in an off-station training exercise at Joint Base Pearl Harbor-Hickam, Hawaii, March 29 – April 7.

Led by the 41st Airlift Squadron, alongside Airmen from the 19th Aircraft Maintenance Squadron and 19th Operations Support Squadron, Airmen completed 24 sorties, 88 flying hours, and more than 700 training events during the OST.

This training afforded C-130J Super Hercules' aircrews the opportunity to further enhance their capabilities and receive hands-on experience with equipment, procedures, and personnel that they do not typically see while at home-station or downrange during deployments.

"Our main goal was to challenge and train our aircraft commander upgrade students by exposing them to different threat based scenarios," said Capt. Lionel Alford, 41st AS instructor pilot and OST deputy mission commander. "By training in an environment that is completely different than the one we are familiar with, we are able to expand the boundaries of our tactics, techniques and procedures."



Soldiers from the 25th Infantry Division prepare to board a C-130J Super Hercules at Bradshaw Army Airfield, Hawaii, April 1, 2020. Airmen from the 41st Airlift Squadron flew multiple airlift missions – transporting troops and cargo – in support of the 25th ID's field training exercise. (U.S. Air Force photo by Airman 1st Class Jayden Ford) ▲

The 10-day training exercise began with the integration of F-22 Raptors from the 19th Fighter Squadron, simulating an engagement from fighter aircraft and testing the C-130J's defensive systems while enhancing ACE concepts in support of the joint and combined warfighter.

While conducting operations out of JBPHH, Airmen also had the chance to work hand-in-hand with the U.S. Army's 25th Infantry Division, building upon their ability to integrate with joint forces by providing airlift support to the unit — transporting personnel and equipment, including the M777 Howitzer, into a simulated combat zone.

"This OST offered our loadmasters a great opportunity to work with some of the non-standard missions we are tasked with," said Senior Airman Kirk Mumau, 41st AS instructor

loadmaster. "When we're at home-station and even during deployments, we traditionally haul cargo most of the time, so this gave them the hands-on experience necessary to learn a new skillset."

Falling under the scope of ACE core competencies, aircrews also provided wet-wing defuel training to U.S. Marines at Marine Corps Base Hawaii, and provided airlift support for U.S. Navy special operations forces who performed high-altitude low-opening jumps.

"All of the training we participated in allowed us to hone our full spectrum readiness and joint interoperability," Alford said. "The working relationship that we built with the 25th Infantry Division, the Marines out of Marine Corps Base Hawaii, the Navy SEALs, and our other Air Force partners allowed us to exercise

our abilities as the 19th Airlift Wing and 41st AS and deliver on our motto of anywhere, anytime."

Alford added that this OST serves as an example of the 19th AW's commitment to project and sustain agile combat airlift in any area of responsibility and successfully integrate its personnel and resources to accomplish the mission no matter the tasking.

"It's easy to get used to performing what we do at home station, so it's important to take that on the road and apply our lessons learned in a different environment," Alford said. "It is vital to expose our members to working with different units and strive to advance joint integration to ensure that we, as well as any other unit we work with, can better project and sustain combat forces across the world in support of the Department of Defense."

24/7 Free Telephone Interpreting Service

For your reference and convenience, we want to share free interpretation services as follows.

1. 1330 TRAVEL HOTLINE & COMPLAINT CENTER

► 1330 Korea Travel Hotline
1330 Korea Travel Hotline, operated by Korea Tourism Organization (KTO), is a one-stop helpline available as a public service for local and international travelers. Knowledgeable and helpful staff provide assistance in Korean, English etc. to ensure each caller has a worry-free travel experience. The KTO's 1330 Korea Travel Hotline provides information and services for most regions of Korea as well as interpretation services.

► Exclusive Travel Information
Certified travel specialists provide detailed information on attractions, transportation, accommodations, shopping, festivals, events, and more!

► Multilingual Assistance
Trained specialists provide tourism interpretation and assistance for tourists in Korean, English etc.

► 24/7 Service
The 1330 Korea Travel Hotline is open 24 hours a day, 7 days a week, so visitors can rest assured knowing there will always be a qualified professional to answer their call.

► Emergency and Related Service
In order to assist travelers with immigration, safety and medical needs, tourist complaints, and other concerns, 1330 can connect callers to the 1345 Ministry of Justice Call Center, 119 Emergency Rescue Service, KTO Complaint Center, and other related call centers.

► How to use 1330 Travel Hotline & Complaint Center

- Phone: 1330 (in Korea) / +82-2-1330 (from overseas)
- Dial 1330. You will be able to speak to an operator after choosing a language. Local phone charges only.

- Process 1
In Korea, Dial 1330 (without area code)
- Process 2: Language selection
Korean: press 1
English: press 2

- Process 3: Speak to a 1330 operator



2. 1588-5644(BBB)

► This volunteer interpretation service can be used anywhere at any time

BBB's voluntary interpretation service is a real time service based on each volunteer's anonymity. BBB's volunteers are taking part in bbb's movement to solve communication problems by offering interpretation through their mobile phone in their daily lives. One encounters various communication problems when they are staying abroad with different language background. When you are in an important situation which requires accurate communication, such as in hospital, police office, real estate agency and mobile phone shop, ask bbb for help any time. BBB's volunteers are problem solvers that help people in need of communication behind the scenes.

► How to use

- Using BBB's main number 1588-5644: Call 1588-5644 which is BBB's main number. Follow the instructions and press the number corresponding to the desired language preference. You will be connected directly to the relevant phone volunteer.
- Using BBB's smart phone application
You can access BBB service more easily and conveniently using bbb's smart phone application. Turn on the application, choose the desired language and you'll be connected directly to the mobile phone of the proper volunteer.

► Introduction to BBB

BBB is the abbreviation of 'Before Babel Brigade. It explains the organization's wish to restore the world to the state before the Babel Tower, during which the human race shared one language and had no problem in communication. BBB Korea is the one and only NGO of language and culture for a world in which all people can communicate with each other.

Spring is a beautiful time to visit Korea, especially when nature presents such a colorful tapestry of colors! Parks in an urban setting are a great way to enjoy this beauty without cutting into your vacation time. Suitable for a relaxing picnic, fun activities, or just a short walk, parks are a great fit for all travelers and styles!

7 BEST Urban Parks to Visit in Spring



Songdo Central Park



▼ Ilsan Lake Park

It wouldn't be far-fetched to call Ilsan Lake Park a flower park. The park is populated by nearly 1,800 cherry blossom trees, in addition to numerous weeping willows and forsythia shrubs. The over-abundance of flowers can give photos the illusion of having been straight out of a fairy tale. The park is also the venue of the annual International Horticulture Goyang Korea, a global flower exposition.

Ilsan Lake Park is the largest man-made lake in Asia, but it feels as natural as the trees that circle the lake. The perfect example of an urban oasis, the park features bicycle paths as well as pedestrian paths dotted with benches to enjoy the view. The large grassy areas are open to picnickers; be sure to go early if you want a spot in the shade of the trees! The nearby shopping centers Western Dom and La Festa are great spots to check out before leaving.

● Address: 595, Hosu-ro, Ilsandong-gu, Goyang-si, Gyeonggi-do

▲ Yeouido Hangang Park

The Hangang River runs through the heart of Seoul and serves as a resting place and perfect weekend outing location for the local citizens. There are a total of 11 citizens parks spread out along the banks of this beloved river, but the most popular among tourists and locals alike is Yeouido Hangang Park. It is especially popular in April, when the cherry blossoms are in full bloom.

The park's most charming feature may be that it is easily accessible by both subway and bus. There are various events and fun activities happening throughout the year. Enjoy the skyline of Seoul from the large grassy field, or rent a bicycle and follow the paths along the river for a day unlike any other.

● Address: 330, Yeouidong-ro, Yeongdeungpo-gu, Seoul



◀ Busan Citizens Park

Busan Citizens Park is designed with the five themes of memory, culture, pleasure, nature, and participation. The park is quite large, covering 473,911 ㎡, with the central area of Hialeah grass plaza being as large as six soccer fields. You can explore and use the park's many facilities such as the forest book café, culture & arts village, or agricultural themed forest through the park's AR mobile stamp tour. The culture & arts village in particular offers many hands-on programs at the craft studios operated by local artists.

● Address: 73, Simingongwon-ro, Busanjin-gu, Busan

▶ Olympic Park

Located in Songpa-gu, Seoul, Olympic Park is grand in both size and name, having served as the venue of both the 1986 Asian Games and the 1988 Summer Olympics. The park takes up a vast 1.4 million square meters and would take roughly 3 hours to walk through the entire park. To make your wandering easier, we recommend stopping at the information center by the World Peace Gate for a map of the park's many pathways.

There are many ways to enjoy this vast park. Options include taking pictures with outdoor sculptures and biking or skating in the skate park at Peace Plaza. Benches are also installed along the walking trails, so you can relax and enjoy the beautiful scenery.

● Address: 424, Olympic-ro, Songpa-gu, Seoul



▼ Imjingak Pyeonghwa Nuri Park

The northern-most park in Gyeonggi-do, Pyeonghwa Nuri Park within Imjingak Resort was created in 2005 as part of the World Peace Festival. Although the war and subsequent separation are painful moments in Korea's history, the park serves to promote peace and reconciliation. The park's key points are the Hill of Music, a large grassy outdoor concert venue; and the Hill of Wind, featuring a photo zone of over 3,000 pinwheels spinning freely.

The atmosphere of a simple picnic on a blanket here is better than in the fanciest of restaurants. The colorful pinwheels spinning in the breeze create a wonderful background to the sounds of people enjoying their time. Visitors with children are recommended to visit Peaceland, an amusement park with the popular Viking Ride, a merry-go-round and other exciting attractions.

● Address: 148-53, Imjingak-ro, Paju-si, Gyeonggi-do

▲ Gwanggyo Lake Park

Gwanggyo Lake Park in Suwon offers a nice blend of facilities with nature. The park's landmark attraction is the urban levee. The 1.6-kilometer-long levee circles the lake on three levels, for various ways to observe the park. In spring and fall, the park is perfect for picnics. For a panoramic view of both Woncheon and Sindae Lakes, be sure to head up to Freiburg Observation Deck.

● Address: 57, Gwanggyohosu-ro, Yeongtong-gu, Suwon-si, Gyeonggi-do



▲ Songdo Central Park

Songdo Central Park is a main attraction of Incheon, and was the first urban waterside park in Korea to use seawater using the natural topography. The park features many sports amenities such as canoes, kayaks, and family boats, as well as the multi-complex Tri-Bowl. The park also has many themed gardens, like the walking garden, terrace garden, and sunset garden. Planning some time at the nearby Songdo Hanok Village will fill out a trip here.

● Address: 196, Technopark-ro, Yeonsu-gu, Incheon



Air Force Firefighter of the Year 2020

By Airman 1st Class Joao Marcus Costa
35th Fighter Wing Public Affairs

MISAWA AIR BASE, Japan -- A Misawa Air Base Airman recently won the 2020 Military Firefighter of the Year Award for the Air Force.

U.S. Air Force Staff Sgt. Journey Collier, a 35th Civil Engineer Squadron firefighter, will represent the Air Force in the 2020 Department of Defense Military Firefighter of the Year competition. Collier said she is humbled and recognizes her team for enabling her success.

"It's a huge accomplishment, but it's definitely not something that I did by myself," said Collier. "I've spent all four years of my career at Misawa Air Base. I've had many supervisors and experiences that have definitely helped mold me into who I am now."

Collier didn't earn this award by rushing into burning buildings and saving cats from trees. She earned it by doing her job with a positive mindset.

"I feel like I'm just doing my job and what's expected of me," said Collier. "My only goal is to try to make sure I'm not making the day harder for anybody else and making our 48-hour shifts a little more enjoyable. I want to be someone that's reliable and dependable for my team."

Collier's accomplishments included streamlining the firefighter certification process for new Airmen, cutting out 135 surplus hours; giving virtual school tours to 300 kids amidst the COVID-19 pandemic; and leading three trainings with her Japan Air Self-Defense Force counterparts ensuring 23 firefighters were able to work together and secure the safety of Misawa's sole joint, bilateral and civilian airfield.

"Collier is an outstanding technician in her craft, excelling in her schooling, personal and professional life," said U.S. Air Force Senior Master Sgt. Damean Moore, the 35th CES deputy fire chief. "Not only is she dedicated to her work and this team, but she's also dedicated to give back to the community. When we talk about the whole Airman concept, that's who she is."

Being a firefighter wasn't something she ever planned to do. Collier decided to become a firefighter to challenge herself.

"I wanted to do something I've never done before and didn't know anything about," said Collier. "You would only see firefighters, from time to time, during emergencies, but you never get to see what their life entails. I chose this life to see for myself."

Collier has decided to continue challenging herself with new opportunities.

She was accepted into the Professional Officer Course-Early Release Program (POC-ERP) commissioning program and will return to the United States to continue college. As she prepares to leave, she continues to train new Airmen, leaving a positive impact as she goes.

The team is sad to see her go, but enjoys knowing she's being used for the betterment of the Air Force.



U.S. Air Force Staff Sgt. Journey Collier, a 35th Civil Engineer Squadron firefighter, stands in front of a fire truck at Misawa Air Base, Japan, March 31, 2021. Collier recently won the Air Force Military Firefighter of the Year award and is now representing the Air Force at the Department of Defense level. (U.S. Air Force photo by Airman 1st Class Joao Marcus Costa) ▲



U.S. Air Force Staff Sgt. Journey Collier, a 35th Civil Engineer Squadron firefighter, puts on her helmet at Misawa Air Base, Japan, March 31, 2021. Collier recently won the Air Force Military Firefighter of the Year award. She also streamlined the certification process for new firefighters at Misawa. (U.S. Air Force photo by Airman 1st Class Joao Marcus Costa) ▲



U.S. Air Force Staff Sgt. Journey Collier, a 35th Civil Engineer Squadron firefighter, raises a fire truck ladder at Misawa Air Base, Japan, March 31, 2021. Collier won the Air Force Military Firefighter of the Year award. This annual award recognizes a military firefighter for superior job performance and outstanding contributions to a Department of Defense and fire and emergency services organization. (U.S. Air Force photo by Airman 1st Class Joao Marcus Costa) ◀