

Crimson Sky



Air Force contributes to joint special operations mission

By Tech. Sgt. Louis Vega Jr., 386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (AFNS) -- The original Sparta was a warrior society in ancient Greece and Spartan culture was centered on loyalty to military service. Located at the 386th Air Expeditionary Wing in Southwest Asia, such a place still exists.

Camp Sparta is a secure and isolated compound where joint service logisticians from all branches of service and support disciplines are attached to United States Special Operations Command Central's Joint Special Operations Forces Support Detachment - K. The compound serves as a trans-

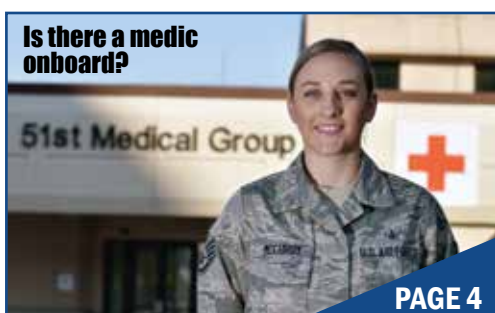
regional, intermediate-level staging base and logistics hub for special operations personnel and cargo coming in and out of theater. The JSSD-K mission began in 2012, but in December 2016, a U.S. Central Command execution order solidified and expanded its mission.

"The personnel assigned to the JSSD-K are America's top tactical to operational level logisticians, maintainers, engineers, and contracting personnel, many of whom were hand-picked for this unique mission set," said Army Lt. Col. Joseph Thomas, JSSD-K commander. "Our predominately Air Force-filled headquarters staff was a critical ingredient to our expanded mission, and increased successes that we've

had throughout the area of responsibility. Their inherent ability to conduct liaison and day-to-day operational interaction with the 386th and the Joint Special Operations Aviation Command has been a complete game changer in the velocity and volume of cargo moved forward in support of SOF operators."

Thomas leads the camp and its unconventional organizational structure at Camp Sparta, in addition to two subordinate SOF support elements located in Southwest Asia. The team is comprised of Army, Air Force, Navy, Marines, and Defense Department civilians and contractor field service representatives.

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Capt. Millie Hale, 22nd Air Refueling Wing executive officer, and Capt. Ralph Hale, 22nd Operations Group executive officer, pose for a photo on a T-38 Talon Aug. 13, 2017, at Sheppard Air Force Base, Texas. While she was in pilot training, a German air force pilot instructor provided the inspiration for Hale's joint spouse proposal that was recently implemented into the Career Intermission Program. (Courtesy photo)

Air Force dual-military retention improves thanks to Airman's idea

By Airman 1st Class Alan Ricker, 22nd Air Refueling Wing Public Affairs

MCCONNELL AIR FORCE BASE, Kan. (AFNS) -- The day comes when that final project is due for class. The project is ready and prepped for presentation or thrown together within twenty-four hours. Either way it has to be ready without delay. Despite being an academic project, sometimes there are cases where it could be implemented in real life.

Such is the case for Capt. Millie Hale, 22nd Air Refueling Wing executive officer, when an idea of hers that began as an academic project proved to have a great effect in her own life and for many dual-military spouses serving in the Air Force.

Hale, a student in Squadron Officer School, explained that her final research project involved a change that she would like to make in the Air Force. Her capstone presentation was on dual-military spouse retention and her simple idea made its way to Air Force headquarters.

"They read my proposal and they called me, asking if I could do a teleconference," said Hale. "I ended up doing two teleconferences on it to explain my idea."

In the National Defense Authorization Act in 2009, the Career Intermission Program was passed. This program allows the military to grant up to three years to members who desire to take a pause from the military and attend to personal or professional needs

outside of the service such as going to school, raising a child, writing a book or whatever that individual's dreams might be. It also allows the military member to take a leave of absence and return with the same rank as when they left. The Navy implemented the idea in 2009, and the Air Force adopted it in 2015.

At Squadron Officer School in 2016, Hale explained how the Air Force can allow dual-military spouses to stay together by letting them take on the CIP, which would not force couples to worry about being separated during their time of service.

"One of the biggest challenges we have faced as a dual-military couple is being stationed apart," said Ralph Hale, 22nd Operations Group executive officer and Millie's husband. "Knowing that the Air Force Personnel Center is taking steps to help alleviate that challenge, makes it easier for us to focus on our duties at McConnell because we don't have to worry as much about where we will move next."

Millie said it was a culmination of brainstorming over her years in service. She shared a story about Lt. Jens Meinke, a German air force instructor pilot from Euro-NATO Joint Jet Pilot Training in 2012, which provided the inspiration to form an idea for her dual-military spouse retention project. The instructor was assigned from the German air force to come to America

and teach international and American pilots how to fly. His wife was also in the German air force, so when he moved to America she followed him to the U.S.

Even though she didn't have a job in the U.S., she was able to receive a full salary from the German air force.

"The German air force considered it was their fault that she was there without a job," said Hale. "There was no intent to punish the couple for her not having a job in the United States at the same time he did."

Millie said she thought it was a very unique approach to see the German air force so dedicated to keeping dual-military spouses together at all costs.

"That really stuck with me," said Millie. "So when I was offered the opportunity to look into the joint spouse issue, it seemed like an easy solution. Luckily, a lot of people above me thought it was a great idea as well."

The Air Force has now implemented Hale's idea into the Career Intermission Program and are currently working on keeping spouses together during their time of service.

"It's incredible to me that she was able to take an Air Force-wide concern and work hard enough on her idea to be able to have an Air Force-wide influence," said Ralph. "I love that she was able to make a positive difference."



U.S. Air Force Staff Sgt. Cassidy McCurdy, 51st Medical Group independent medical duty technician, at Osan Air Base, Dec. 21, 2017. McCurdy has more than five years of experience through the USAF in the medical field including two years as an IDMT. While on a flight from San Francisco to Seattle, she responded to a victim who went into cardiac arrest by providing cardiopulmonary resuscitation and stabilizing the victim. Once the aircraft landed, emergency responders from the ground transported the patient to the emergency room. (U.S. Air Force photo by Staff Sgt. Franklin R. Ramos/Released)

Is there a medic onboard?

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

OSAN AIR BASE -- While returning from leave, a Team Osan member sprang into action, saving the life of a fellow passenger mid-flight, Nov. 11, 2017.

After visiting family in Santa Ana, Calif., U.S. Air Force Staff Sgt. Cassidy McCurdy, 51st Medical Group independent duty medical technician, was heading back from leave on a flight from San Francisco to Seattle, when things took an unexpected turn.

"I was taking a nap and there was some commotion going on in the back [of the aircraft]," said McCurdy. "Then the [flight attendants] asked if there was a doctor or emergency medical technician onboard."

McCurdy sprang to action to assess the situation onboard.

"I got up and there was a woman in cardiac arrest," said McCurdy. "There were no other medics around [at the moment] and she didn't have a pulse, so I started to do chest compressions. I just completely reacted and did everything I've been trained to do through the emergency medicine protocols that we do. It was the first time I had to 100 percent rely on myself to know what to do [in a cardiac arrest situation]."

It took around two minutes of cardiopulmonary resuscitation for the victim to gain consciousness.

"She quickly gained consciousness. Then another gentleman moved her to the back where the flight attendants sit," said McCurdy. "So from there we just got her stable, she started vomiting and another nurse came back and assisted."

McCurdy has more than five years of experience through the USAF in the medical field including two years as an IDMT.

"[As an IDMT] we're essentially physician extenders trained on anything in the hospital.

We're able to see patients, prescribe medication, diagnose and treat them under a flight surgeon," said McCurdy. "We're supposed to be like a mini hospital ourselves, so if we deploy, we can help take care of everything like dental, labs, pharmacy, public health, water testing, etc."

McCurdy had to apply what she learned throughout her military career to help aid the victim.

"We administered oxygen, maintained her vitals, obtained glucose readings, and made sure she stayed stable," said McCurdy. "I was able to do a full neurological exam to rule out a couple of

other things."

Once the aircraft landed, emergency responders from the ground transported the patient to the emergency room.

"I feel very grateful I was there. She truly was my reason for being on the plane that night. It has been more than a month since this happened and each day I have wondered if what I did was enough and how she is doing," said McCurdy. "I joined the medical field to help people, so it feels great knowing that the skillset the Air Force has taught me allowed me to do so in a moment's notice."



386th MWR brings respite to deployed service members



Master Sgt. Kimberlee Koldste, 386th Expeditionary Force Support Squadron first sergeant, helps out at the 12 Days of Bingo event at an undisclosed location in Southwest Asia, Dec. 24, 2017. The 12 Days of Bingo provided 386th EFSS customers the opportunity to win prizes daily from Dec. 13 to 25, 2017. (U.S. Air Force photo by Staff Sgt. William Banton)

By Staff Sgt. William Banton with reporting by Staff Sgt. Benjamin W. Stratton, 386th Air Expeditionary Wing

SOUTHWEST ASIA (AFNS)-- Despite deployed location challenges, the 386th Expeditionary Force Support Squadron provides quality morale, welfare and recreation services and programs for service members and coalition forces.

"We deal with everything from the Army to the Marines...to the NATO troops," said Staff Sgt. Benjamin Rush, 386th EFSS MWR day shift noncommissioned officer in charge. "We hit every troop here possible and we get to serve them all. I really enjoy being able to take care of the troops."

This year, the staff provided Airmen with numerous holiday-themed events which included holiday karaoke, a lip-sync battle, public showings of holiday movies and 12 days of bingo, which provided service members the opportunity to win prizes, including gift cards and electronics. The MWR also worked with the United Services Organization for a special holiday event and the Army and Air Force Exchange Service to provide a Hollywood blockbuster movie to the area of operations, the same day it was released in the U.S.

"I think we give people an opportunity to kick back and offset their minds of their surroundings" said Master Sgt. Nicole Zottola, 386th EFSS MWR facility manager.

Senior Airman Jorge Correa, 386th EFSS MWR assistant shift lead, said additional nonappropriated funds are sometimes provided for events such as concerts, which can also support future events.

"What we sell, like concessions, all that goes straight to funding events for Airmen like the prizes for bingo," said Correa.

The MWR staff is also tasked with actively coordinating performers and entertainers through the Armed Forces Entertainment, the Defense Department agency assigned to providing entertainment to deployed military personnel. Every year AFE hosts more than 600 shows, reaching more than 400,000 personnel at 200 military installations around the world.

These types of events require teamwork and coordination through multiple installations and organizations.

"For instance, for a concert, the headliner is going to have other country nationals with them, we need force protection for that" said Zottola. "We need civil engineer support for the generators. We need [386th Communication Squadron] support for the microphones and audio equipment. If we decided to offer refreshments we have to go through rations and if we have to bed down the performers, we're going to have to go through lodging and make sure there are rooms."

This team mentality has helped the MWR make the coordination and implementation of these events seem effortless.

"It's trying to figure out how to bring everything full circle and how to resource [the event]," Rush said. "I love it because the ultimate outcome is priceless...when you see everyone jumping up or getting excited about the band, or the artist, that's when I can sit back and say this is what I enjoy doing here and this is what I'm meant to do."



Master Sgt. Allan Reeves, Joint Special Operations Forces Support Detachment-K noncommissioned officer in charge of movements, guides Staff Sgt. Christopher Jensen, JSSD-K assistant noncommissioned officer in charge of movements, Dec. 21, 2017, as he uses a Skytrak 10K vertical reach forklift to move a pallet of Hesco barriers at an undisclosed location in Southwest Asia. (U.S. Air Force photo by Tech. Sgt. Louis Vega Jr.)

- Continues from page 1 -

The camp is also occupied by logisticians from Support Center Iraq, manned by members of Naval Special Warfare Command and Marine Special Operations Command, and Support Center Syria, manned by members of the 5th Special Forces Group Support Battalion. Together they provide direct support to Combined Joint Special Operations Task Forces Iraq and Syria, respectively. All three entities work together to support the entire AOR.

The Air Force was tasked to fill a large portion of the unit's headquarters positions for two six-month rotations. The Army National Guard will replace the headquarters staff from the current Air Force rotation and are expected to continue the mission indefinitely.

"Our mission continues to evolve," said Air Force Capt. Dean Kazi, JSSD-K operations officer. "We have 7 million dollars of construction breaking ground this month to build a new joint logistics

operations center, upgrade our maintenance hangars, and put in latrines and laundry facilities in order to increase our capability and capacity. We also plan on developing a new ammo holding area."

The JSSD-K team supports a wide variety of missions, to include Operations Inherent Resolve and Freedom Sentinel in Iraq, Syria and Afghanistan, as well as other SOF operations, activities, and actions throughout SOCCENT's 20-country AOR.

The camp also serves as a joint reception, staging, onward movement and integration for hundreds of SOF personnel moving in and out of the theater each month. Furthermore, they handle intermediate level maintenance capabilities, providing repair and modifications on special operations peculiar vehicles and weapon systems.

"I am a government liaison ensuring the contract companies are doing what is expected of them," said Tech. Sgt. Patrick Sandridge, JSSD-K maintenance non-commissioned officer in charge and assistant contracting officer representative.

"If everything meets government standards, I accept the repaired weapon system or modified vehicle and push it forward for special operations forces down range."

A typical day can include maintenance and modification operations, communications equipment and weapons system installation, cargo runs to the seaport and airports, supply runs to nearby installations, and coordinating multi-modal movements of personnel and cargo throughout the AOR.

"Commanding the JSSD-K has been the most challenging, yet rewarding experience that I've had in nearly 20 years of service," Thomas said. "This organization is undoubtedly the most diverse, covering more sustainment disciplines with every branch of service and supporting a wide variety of SOF organizations in an extremely complex region of the world. Pound for pound, the JSSD-K provides an unmatched level of support throughout the sustainment enterprise."

Nomination window open for 2018 USAF Alison Award for Character and Innovation

By Kat Bailey, Air Force's Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas-- Nomination packages for the 2018 U.S. Air Force Alison Award for Character and Innovation are due to the Air Force's Personnel Center by May 31, 2018.

The U.S. Air Force Academy Falcon Foundation established the award to recognize a commissioned officer who exemplifies the Air Force core values. The foundation sponsors the award in recognition of demonstrated outstanding character and innovation in a single act or a series of related events during a single

year. The recipient will receive the award at the annual Falcon Foundation Banquet in October 2018 at the Air Force Academy.

Maj. Gen. John R. Alison, for whom the award was named, was a highly decorated World War II combat ace and veteran of the Korean War who became known as the father of Air Force Special Operations. On his death, Alison's family asked that donations in his honor be sent to the Falcon Foundation and the Air Force Association.

Organizations and base-level personnel must contact their major or combatant command, forward operating agency, direct reporting unit or MAJCOM-equivalent for applicable suspense dates and additional information regarding

nomination procedures.

Each MAJCOM, COCOM, FOA, DRU and MAJCOM-equivalent may submit one nomination.

Find additional information about nomination eligibility criteria, process and other specifics on myPers using a CAC-enabled computer. Select "Any" from the dropdown menu and search "Alison." Prior to posting the list on myPers, AFPC provided senior raters with advanced knowledge of their officers' selection to allow notification through the chain of command.

For more information about Air Force personnel programs, go to myPers. Individuals who do not have a myPers account can request one by following these instructions.

An A-10 Thunderbolt II with the 442nd Fighter Wing, Whiteman Air Force Base, Mo., completes close-air support training with members of the 146th Air Support Operations Squadron and Estonian tactical air control party specialists at Smoky Hill Air National Guard Range, Salina, Kan., Dec. 13, 2017. Members of the 146th ASOS organized the training between the 442nd FW and Estonia TACP. (U.S. Air National Guard photo by Staff Sgt. Tyler Woodward)

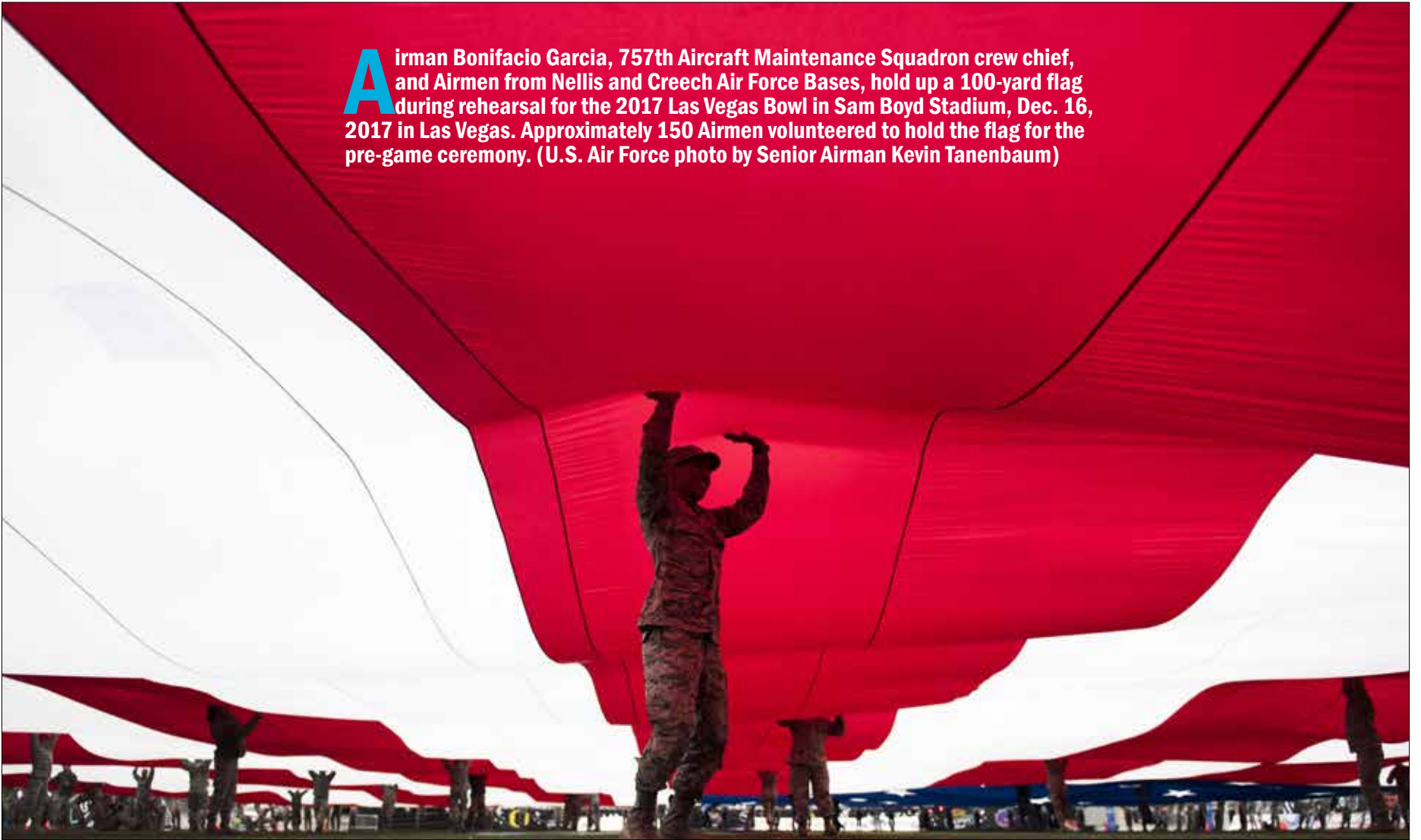


Senior Airman Travis Bauerschmidt, 723rd Aircraft Maintenance Squadron aircraft hydraulics systems journeyman, loosens a screw on the tail rotor of an HH-60G Pave Hawk, Dec. 15, 2017, at Moody Air Force Base, Ga. Members from the 723rd AMXS and 23rd Civil Engineer Squadron participated in the training to improve readiness and practice using operational skillsets. The 723rd AMXS performed maintenance on helicopters and the 23rd CES conducted rescue operations including extinguishing a mock fire within an HH-60G Pave Hawk. (U.S. Air Force photo by Airman Eugene Oliver)

A SpaceX "flight proven" first stage booster successfully lands on Landing Zone 1, Cape Canaveral Air Force Station, Fla., Dec. 15, 2017. The 45th Space Wing supported SpaceX's successful launch of NASA's Commercial Resupply Mission 13 aboard a Falcon 9 rocket. (Courtesy photo by SpaceX)



Airman Bonifacio Garcia, 757th Aircraft Maintenance Squadron crew chief, and Airmen from Nellis and Creech Air Force Bases, hold up a 100-yard flag during rehearsal for the 2017 Las Vegas Bowl in Sam Boyd Stadium, Dec. 16, 2017 in Las Vegas. Approximately 150 Airmen volunteered to hold the flag for the pre-game ceremony. (U.S. Air Force photo by Senior Airman Kevin Tanenbaum)



Staff Sgt. Richard Murkin, 823rd Base Defense Squadron fire team member, fires a .50 caliber M2 machine gun during a heavy weapons qualification, Dec. 13, 2017, at Camp Blanding Joint Training Center, Fla. Airmen train with the M2 to maintain their proficiency and remain familiar with the weapon. (U.S. Air Force photo by Senior Airman Janiqua P. Robinson)

Soldiers jump from an Air Force C-130 Hercules at the Juliet drop zone during training, Dec. 12, 2017, in Pordenone, Italy. The Soldiers are paratroopers assigned to the 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade, the Army's contingency response force in Europe. (U.S. Army photo by Paolo Bovo)





First Lt. Quinn Van Drew, C-130J Super Hercules first pilot, assigned to the 36th Airlift Squadron, pilots his aircraft during Operation Christmas Drop, Dec. 15, 2017, above the Pacific Ocean near Guam. Operation Christmas Drop enhances humanitarian assistance and disaster relief crisis response capabilities by allowing aircrews from the U.S. Air Force, Japanese Air Self-Defense Force (Koku Jieitai) and Royal Australian Air Force, to maintain and develop combat readiness through sustainable aircraft generation and training for humanitarian assistance and disaster relief. (U.S. Air Force photo by Staff Sgt. Alexander W. Riedel)



Airmen from the 820th Base Defense Group low crawl through an obstacle during an Army Air Assault School readiness assessment, Dec. 7, 2017, at Camp Blanding, Fla. The AAA readiness assessment is designed to prepare Airmen for the course curriculum as well as its physical and mental stressors. During AAA, service members are taught an array of skills associated with rotary-winged aircraft, which improves the 820th BDG's ability to swiftly deploy and defend. (U.S. Air Force photo by Senior Airman Daniel Snider)



An F-16 Fighting Falcon goes through a maintenance check during a hot pit session, Dec. 14, 2017, at Eglin Air Force Base, Fla. The 96th Test Wing recently established the quarterly hot pit refueling capability, enabling aircrew to fly more sorties and maintainers more time to work on the aircraft. Although hot pitting is new for the test wing, it is a common occurrence for operational wings. (U.S. Air Force photo by Samuel King Jr.)



Every journey begins with a single step — An Airman's story of resiliency Part 1

**By Shireen Bedi, Air Force Surgeon
General Public Affairs**

FALLS CHURCH, Va. (AFNS) -- Maj. Stephanie Proellochs, a Medical Service Corps officer, was fighting cancer, overcoming the odds and set on returning to active duty. Unfortunately, just when the finish line was in sight, new challenges presented themselves.

After a year of treatment and the amputation of her left foot, Proellochs thought she was cancer-free in November 2017. She was not. Her cancer had spread, and will require additional treatment. Her drive to overcome cancer, her commitment to rejoin her fellow Airmen and her relentlessly sunny and positive attitude are all still present and stronger than ever.

The first part of her story showcases an Airman exhibiting strength and gratitude through the highs and lows of her treatment journey.

"Every journey begins with a single step," read the Facebook caption under a picture of Proellochs walking on a treadmill with a smile from ear-to-ear.

Most Airmen are not excited about exercising on a treadmill, but Proellochs is not your average Airman. As a recent amputee, this single step marked an important milestone on her road to recovery. Her journey has highlighted how patient-centered principles of trusted care help wounded, ill and injured Airmen at all levels of care.

For Proellochs, who has served for 10 years, it all started in late 2015 with unbearable pain in her left foot. That began a year long quest to find the root of her pain, a journey that drastically changed her life.

"I started seeing doctors, being referred to specialists and tests," said Proellochs. "My healthcare team was determined to find answers to the cause of my pain and get me back to work."

Her quest for answers led her to an orthopedic oncologist at Walter Reed National Military Medical Center in November 2016.



Maj. Stephanie Proellochs relies on her wheelchair as she heads in to her daily physical therapy session at Walter Reed National Military Medical Center, Nov. 8, 2017. Proellochs received a below-the-knee amputation in September 2017 to treat a malignant tumor that had metastasized and spread. (DoD photo by Karina Luis)



Maj. Stephanie Proellochs and her husband, John, are all smiles before heading for her last physical therapy session before she is fitted for her prosthesis at Walter Reed National Military Medical Center, Nov. 8, 2017. (DoD photo by Karina Luis)

"The first thing he said to me was, 'You have a tumor in your foot and the next time I talk to you, I will be taking it out,'" said Proellochs. "They removed the tumor in December 2016."

While most would be shocked at the thought of a tumor, Proellochs had some prior experience with a benign tumor in the same foot. She assumed once doctors removed the tumor, her ordeal would be over.

However, in January 2017 she learned that her tumor was malignant and her foot needed to be amputated. Insisting on holding off on such a life-changing operation, Proellochs opted to undergo months of radiation therapy instead. By June, Proellochs thought she was healed and ready to go back to work.

Unfortunately, not long after she was back in combat boots, she noticed lumps in her upper thigh. In June, she discovered her tumor was metastatic and had spread from her foot.

"It was at that point I said, 'Take the foot,'" said Proellochs. "When I found out it was on the move, it was time for the foot to go."

For anyone, an amputation of a limb is a life-altering experience that nobody is prepared for. Fortunately, Proellochs' husband and his experience working with amputees made the upcoming transition a bit easier.

"My husband, John, volunteers for a non-profit organization that is focused on working with wounded veterans who have disabilities like amputations," says Proellochs. "He was familiar with life after amputations and conversations about what life would be like was common in our household. With the help of my husband and his experience, I felt prepared for it. And now he got his own amputee."

Knowing life as an amputee would be different, Proellochs wanted to have one last "tour" with all 10 of her toes. This motivated her to plan a "Farewell to Foot Tour" with her family.

"I wanted to put both of my feet in the sand one more time. My family, friends and I planned a vacation to commemorate the last time I would be able to do this with my left foot. We all met up and took pictures of my 10 toes in the sand and two feet in the water for the last time."

In September 2017, Proellochs underwent surgery to amputate her foot at Walter Reed National Military Medical Center in Maryland. The procedure was a below-the-knee, trans-tibia amputation on her left leg. This type of procedure will give her a strong chance at regaining a functional limb, and enable her to return to an active lifestyle.

"After speaking with my healthcare team at Walter Reed, I felt comfortable moving forward with the amputation," said Proellochs. "The team here has such an amazing reputation, so I knew I was in good hands."

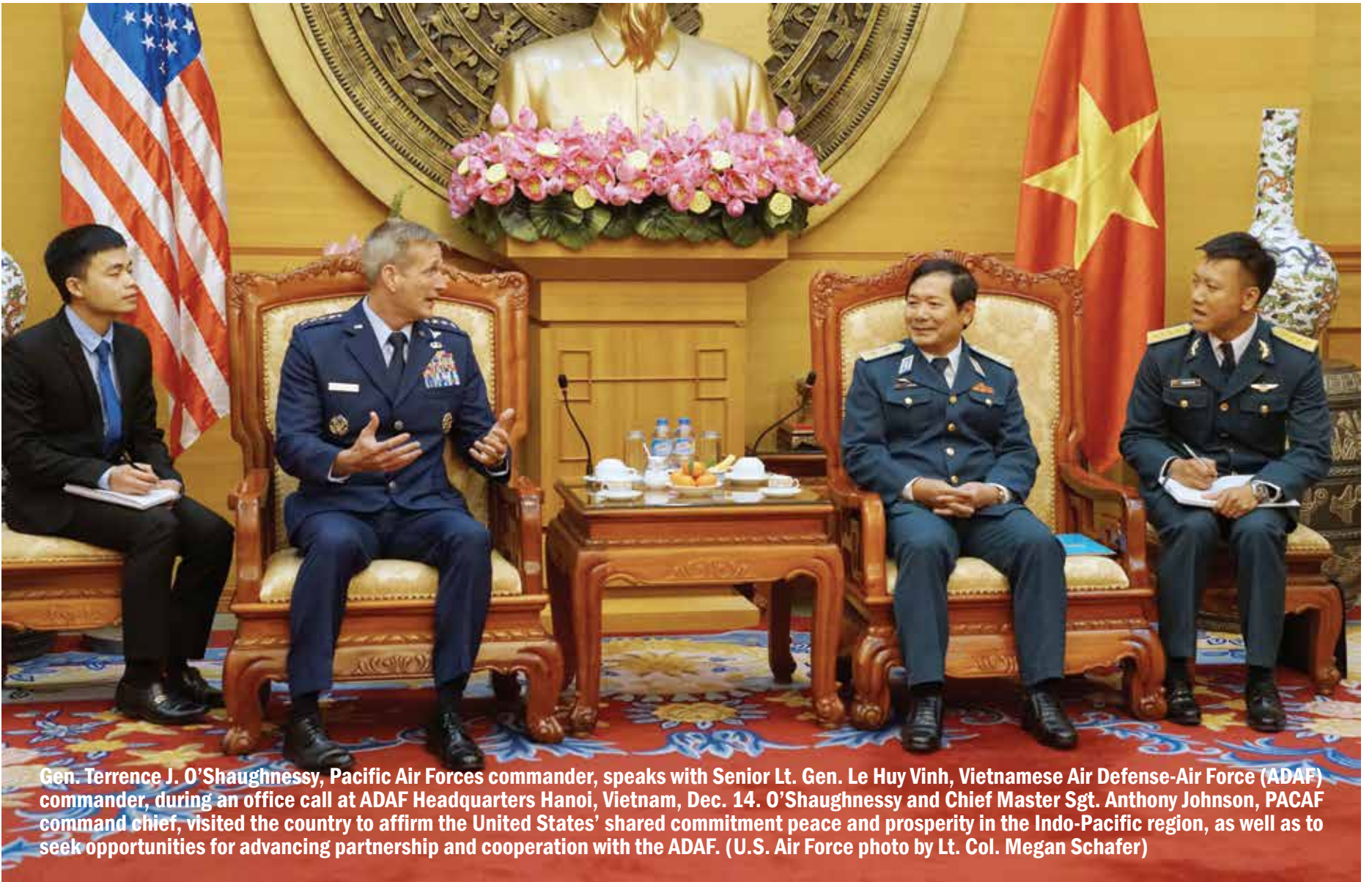
Proellochs' strength, positive outlook and, most of all, gratitude after amputation are impossible to ignore and help drive her recovery.

"I have the 'paper cut' of amputations. I only lost my left leg, so I can still drive," explains Proellochs. "When you talk to other amputees with more severe injuries, it puts it all in perspective. I have spoken with patients who are quadruple amputees, making incredible recoveries. I look at my situation and think, 'This is nothing. I just have a paper cut.'"

Proellochs might describe her amputation as "just a paper cut," but facing such a life-changing event like this is a sign of her strength and her ability to stay focused on her recovery.

The next part of her story brings to light her amazing support system, the impact this has had on her Air Force career, and her ability to use humor to face the more challenging moments of her treatment.

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Gen. Terrence J. O'Shaughnessy, Pacific Air Forces commander, speaks with Senior Lt. Gen. Le Huy Vinh, Vietnamese Air Defense-Air Force (ADAF) commander, during an office call at ADAF Headquarters Hanoi, Vietnam, Dec. 14. O'Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States' shared commitment peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF. (U.S. Air Force photo by Lt. Col. Megan Schafer)

COMPACAF visit to Vietnam affirms growing partnership

By Pacific Air Forces Public Affairs

HO CHIMIN CITY, Vietnam -- "Enhanced cooperation between the United States and Vietnam is of mutual benefit to our airmen, our nations and the entire region," said Gen. Terrence J. O'Shaughnessy, Pacific Air Forces (PACAF) commander, during his first visit here Dec. 14-16.

O'Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, stopped in Hanoi, Cam Ranh, and Ho Chi Minh City to affirm the United States' shared commitment to peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing cooperation with the Vietnamese Air Defense-Air Force (ADAF). Col. Jay Gibson, PACAF director of safety, also accompanied a portion of the visit to discuss further cooperation on the subject of aviation safety with his ADAF counterpart.

"This visit is the start of a continuous dialogue between our airmen, allowing us to better understand each other and identify areas we can make progress together," O'Shaughnessy said. "We have much in common...pride in our service, shared interests and perspectives, and common security challenges. We look forward to greater cooperation to ensure peace and stability in the region and in the world."



Gen. Terrence J. O'Shaughnessy, Pacific Air Forces commander, speaks with Vietnamese Air Defense-Air Force (ADAF) pilots during a base visit at Gia Lam Air Base, Vietnam, Dec. 14. O'Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States' shared commitment to peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF. (U.S. Air Force photo by Lt. Col. Megan Schafer)

O’Shaughnessy and Johnson met with key defense and military leaders throughout the three-day visit, to include Sr Lt. Gen. Phan Van Giang, Vietnam People’s Army chief of General Staff, Lt Gen. Le Huy Vinh, ADAF commander, and members of the U.S. Embassy and Consulate. Additionally, the group visited four air bases – Gia Lam, Noi Bai, Cam Ranh and Bien Hoa – providing the opportunity to engage with ADAF airmen on a variety of subjects.

In addition to shared security challenges, discussions focused on opportunities to further cooperate in areas of aviation safety and pilot training, search and rescue, humanitarian assistance, and military medicine.

Both nations also affirmed their commitment to continued progress on war legacy issues, highlighting the 142nd Repatriation Ceremony in Hanoi Dec. 13. The ceremony marked the recovery of four cases of U.S. servicemembers’ remains, the result of the ongoing humanitarian partnership between the Governments of Vietnam and the United States.

“The repatriation of our warriors serves as a great example of the trust we must continue to build upon between our nations,” O’Shaughnessy said. “We remain committed to making progress in these areas together, to acknowledging the past and looking forward to the future.”

- More photos on page 19 -



Gen. Terrence J. O’Shaughnessy, Pacific Air Forces commander, speaks with Senior Lt. Gen. Le Huy Vinh, Vietnamese Air Defense-Air Force (ADAF) commander, during an office call at ADAF Headquarters Hanoi, Vietnam, Dec. 14. O’Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States’ shared commitment peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF.(U.S. Air Force photo by Lt. Col. Megan Schafer)



<left> Gen. Terrence J. O’Shaughnessy, Pacific Air Forces commander and Senior Lt. Gen. Le Huy Vinh, Vietnamese Air Defense-Air Force commander, review a formation of ADAF airmen prior to an office call at ADAF Headquarters, Hanoi, Vietnam, Dec. 14. O’Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States’ shared commitment to peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF. (U.S. Air Force photo by Lt. Col. Megan Schafer)



<right> Vietnamese Air Defense-Force (ADAF) leadership greet Gen. Terrence J. O’Shaughnessy, Pacific Air Forces commander, during a visit to Bien Hoa Air Base, Vietnam, Dec. 16. O’Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States’ shared commitment to peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF. (U.S. Air Force photo by Tech. Sgt. Eric Donner)

Combined Federal Campaign Overseas:



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

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

Our Help is Needed:

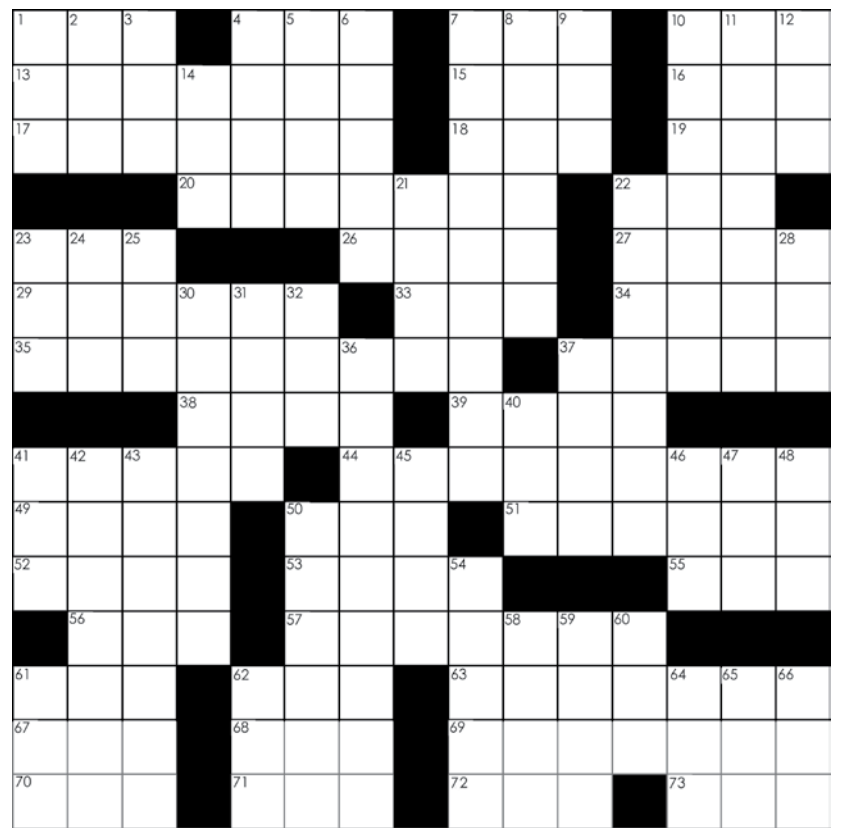
- During the next four years, it is expected that 250,000 service members will transition into civilian communities, annually.
- One in ten homeless adults is a veteran.
- Since 2001, more than two million American military children have had a parent deploy at least once.
- Deployed veterans are 41 percent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

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

What is your cause?
Show Some Love!

The Crossword

By Jon Dunbar



ACROSS

- 1 Rule
- 4 Donkey
- 7 Animated image
- 10 English money
- 13 Actress Portman
- 15 ___ to Joy
- 16 Old woman
- 17 Enhance
- 18 Fib
- 19 Irish terrorists
- 20 Korean National Assembly location
- 22 World Series league
- 23 Necessary cards
- 26 Robert Frost or Maya Angelou
- 27 "Frozen" snowman
- 29 Less meaty
- 33 List of IPs
- 34 Wheel
- 35 Kiss under this
- 37 Forward

- 38 USFK legal agreement
- 39 Odin's holiday
- 41 Wartime control over armies
- 44 Coniferous tree
- 49 DPRK citizen, slang
- 50 Dwight Eisenhower
- 51 Finally
- 52 Largest continent
- 53 Cotton-tipped stick
- 55 "The Walking Dead" channel
- 56 Gift for a kid
- 57 Punk musician Henry
- 61 Hole-making tool
- 62 Seoul river
- 63 Location of Hamilton Hotel
- 67 Buddy
- 68 Explosive trap
- 69 Woven screen
- 70 Expert
- 71 Yasser Arafat's group
- 72 Bioengineered food
- 73 Lion constellation

DOWN

- 1 Copy of DNA
- 2 ___ de toilette
- 3 Internet slang for bye
- 4 Leeward
- 5 Chinese prefix
- 6 Install a computer program
- 7 Brosnan 007 movie
- 8 Morons
- 9 Price
- 10 Sniper's suit
- 11 Journalist Walters
- 12 Tiger's tournament
- 14 Acker or Sedaris
- 21 Socotra Rock, old spelling
- 22 Opposite of fathers
- 23 PC company
- 24 Ryan Zinke's department
- 25 Social media
- 28 US central bank
- 30 Answer to an apology
- 31 Tesla CEO Musk

- 32 Dennis Leary Christmas movie "The ___"
- 36 Korean martial art
- 37 One sea plant
- 40 Web address
- 41 Cat ___ hot tin roof
- 42 Opposite of antebellum
- 43 Mexican cocoa
- 45 Baby beef
- 46 Important time
- 47 "Nightmare on ___ Street"
- 48 Manhattan location
- 50 Netanyahu's country
- 54 Jewelry
- 58 Thing
- 59 Defense alliance
- 60 Goes with box or TV
- 61 Phone software
- 62 Cool
- 64 Actor Wheaton
- 65 Nine divided by nine
- 66 Similar to nonprofit group

Answers (12-22-2017)	30 KRAMPUS	68 ISLA	10 HON	42 DIA
ACROSS	32 INC	69 XMAS	11 ANG	44 MAR
-----	33 AHAB	70 RINGS	12 SASH	45 AND
1 TSP	37 BEGA	71 NEAL	14 HINDU	46 UZI
4 ASAN	38 TANGO	72 ESSO	20 EEK	50 WATER
8 OSHA	40 POCARI	73 MAGE	22 COSTA	51 AFN
12 SHAH	42 DANCER	74 GSW	24 DAE	55 EYING
13 NORTH	43 PLUTO	DOWN	25 OMG	56 LOSES
15 IRON	44 MAUI	-----	26 KPA	57 INLAW
16 AERO	47 TILE	1 THETA	27 VINCI	58 ZEAL
17 ULCHI	48 ALT	2 SARAH	28 ANGEL	59 ALSO
18 DING	49 KWANZAA	3 PHOTO	29 SCORE	60 ARSE
19 STATES	52 LYE	4 ANUS	31 RBI	61 AXE
21 NCO	53 MARDI	5 SOL	33 APPAL	62 DMS
23 HAKHOE	54 FELIZ	6 ARC	34 HOLLY	63 SAS
24 DOKDO	59 ACT	7 NTH	35 ACUTE	65 LIM
27 VAS	60 ANYONE	8 OIDO	36 BAT	66 DNA
	61 ADSL	9 SRI	39 ANT	67 EGG
	64 ELDER		41 ROKMC	

Deployed parents see their children open toys

By Tech. Sgt. Louis Vega Jr.,
386th Air Expeditionary Wing
Public Affairs



Master Sgt. Shalenna Mitchell, 386th Air Expeditionary Wing finance budget analyst and Tech. Sgt. Randle Mitchell, 386th Expeditionary Civil Engineering Squadron assistant chief of fire prevention, video chat with their children Dec. 21, 2017, as they do daily while on deployment at an undisclosed location in Southwest Asia. (U.S. Air Force photo by Tech. Sgt. Louis Vega Jr.)

SOUTHWEST ASIA (AFNS) -- The opportunity to spend time and celebrate the holiday season with family and friends should not be taken for granted. Sharing a deployment with a spouse during this time can be a blessing and provide comfort especially when separated from little ones.

Master Sgt. Shalenna Mitchell, 386th Air Expeditionary Wing finance budget analyst and Tech. Sgt. Randle Mitchell, 386th Expeditionary Civil Engineering Squadron assistant chief of fire prevention, share their experiences and feelings during the holiday season while deployed at an undisclosed location in Southwest Asia.

"I was at a different location for the first two months of our deployment and then forward deployed here with my husband," said Shalenna. "Having each other during the holidays lessens the homesick feelings most (service members) have during this time of year."

The Mitchells have three young boys; Rashawn, eight years old, and twin toddlers, Ryan and Stefan, 21 months. The boys are being cared for by Randles' mother and aunt back home.

"We did not have to change much," said Randle. "Our kids are at home and did not have to move or change the school and daycare they go to."

Typically, the Mitchells see their boys before school and daycare every day via video chat, and then again when the boys return home. Fortunately, communication has been more frequent recently due to Christmas break in the states.

"Our oldest has not expressed to us, but has told a few people that he misses us and is ready for us to come home," said Shalenna.

The Mitchells are at the tail end of their rotation here and have invested 15-years to the Air Force. They are deployed from the 19th Airlift Wing, Little Rock Air Force Base, Arkansas, with five deployments between them. Their plan is to continue their journey with the Air Force and retire serving their country.

"The Air Force is all we've known as adults," said Shalenna. "We've pushed this far, so it's no question that we would continue on to retirement. We've accomplished a lot in our careers and most of what we've experienced has

molded us into the people and leaders we are today."

The couple will not be home for the holidays this year but say they are grateful for having each other and for their family support system to step in and care for their three children. They also had advice for couples preparing to deploy.

"Always make sure you have a valid family care plan," said Randle. "We knew there was a possibility of being deployed at the same time and in 14-years it was never the case until now. Many people work long hours here and have different shifts. Enjoy that quality time with each other and get a routine that works for you both and it will help the time pass quickly."

Randle and Shalenna are one of five military married couples currently deployed to the air base who have married quarters available for them to live together.

"This is my first deployment where I've seen quarters for married couples available," said Master Sgt. Celeste Fletes, 386th Expeditionary Force Support Squadron lodging flight chief. "They should reach out to their first sergeant to prepare the reservation or request when a couple finds out they are deploying here to ensure a room is available for them once they arrive."

The Mitchells stated that they were happy to watch their kids open their presents on Christmas day and that their deployment experience has been accommodating for their family. Having the internet available to communicate with their children daily made it better.



Tech. Sgt. Randle Mitchell, 386th Expeditionary Civil Engineering Squadron assistant chief of fire prevention and Master Sgt. Shalenna Mitchell, 386th Air Expeditionary Wing finance budget analyst, pose with their sons Rashawn, seven, Ryan and Stefan, six months, during a family photo Oct. 22, 2016. (Courtesy photo)

Kunsan

Kunsan Photo Club

Interested in sharing your photography experience with others and exploring Korea along the way? Have a camera, but want to learn how to use it more completely? Then join the Kunsan Photo Club as they delve into the finer qualities of photography where the key concept is: "It's not the camera that makes a great photo, but the photographer." If interested in joining, the group can be found on Facebook, just search for "Kunsan Photo Club."

Wolf Pack Lodge

Lodging Space A Policy
Need a break? Got family visiting and no room to house them? You can book lodging rooms on a space available basis up to 120 days in advance for a maximum of 30 days depending on availability. You can also book reservations for the holiday season (November and December) up to 30 days in advance for a maximum of 15 days. (Depending on availability) Book now for all of those relatives coming for the holiday!

Reservations – Front Desk-DSN 782-1844 or Commercial (82)63-470-1844 FAX: DSN 315-782-0633 Commercial (82)63-470-0633

Sunday Sonlight dinner

Every Sunday, volunteers from a specific unit cook dinner for their fellow Wolf Pack members at the Sonlight Inn. The dinner begins at 6 p.m. following grace led by a chaplain. Meals range from "breakfast for dinner" to "Italian cooking" to

"Southern style." For more information or to volunteer, contact the chapel at 782-HOPE.

Sponsor training
Learn creative ways to assist newcomers reporting to Kunsan AB. Registration required. Class is held at the Airman and Family Readiness Center. Call 782-5644 for more information, dates or to sign up.

ROKAF English Class

Team 5/6 is looking for volunteers to support the ROKAF English class every Saturday, at the Sonlight Inn. You will be talking to ROKAF Airmen (enlisted) for approximately one hour. This event is open to all ranks! Civilian attire is preferred, however, UOD is allowed.

For more information, contact Staff Sgt. Charles Nelson.

Ping Pong tournament

Free to all. Prizes for first and second places. Prizes include Wolf Pack Won. To sign up, dates or for more information, call the CAC at 782-5213 or 4679.

Osan

Airman and Family Readiness Center programs

***Bundles for Babies** - A workshop for expectant parents who want to learn more about parenting and support programs here at Osan. The class also offers you a finance piece that focuses on budgeting for your new baby from conception to college years and a chance to meet other new parents. Additionally, you'll receive a free "bundle" from the Air Force Aid Society.

***Separation & Retirement Benefits** - This is an optional workshop where separating and retiring members can learn about their benefits- includes briefings by MFLC, TMO, CPO, Finance, Tricare and SBP.

***Spouse Orientation** - This is a great opportunity for spouses to learn about the 51st Fighter Wing Mission, Non-combatant Evacuation Operation (NEO) process, and receive a protective (gas) mask demonstration. Spouses will also have an opportunity to meet key base representatives and learn about Korean Culture. As a bonus, a community information fair will end the day.

Anthem Singers
Sopranos, altos, tenors and bass vocalists are needed to sing the US and ROK National Anthems at various events on base. Practice is held at 5 p.m. every Tuesday at the Chapel Annex. For more information, send an e-mail to: nicholas.smith.21@us.af.mil or ric.rebulanan.1@us.af.mil

***Volunteers' Training** - The goal is to ensure all our volunteers are registered and they receive all tools and information to keep them informed of volunteer opportunities. For more information, call [784-0119](tel:784-0119).

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

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

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

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

CHAPEL SCHEDULE

KUNSAN AIR BASE

Protestant Services

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

Catholic Services

Sunday Catholic Mass
Sunday, 9:45 a.m.
Main Chapel, Bldg. 501

Daily Mass and Reconciliation
Please call the Chapel

Other Worship Opportunities

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

Point of Contact:
Kunsan Chapel, 782-HOPE

Visit us on SharePoint:

<https://kunsan.eis.pacaf.af.mil/8FW/HC>

OSAN AIR BASE

Protestant Services

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

Protestant Ministries

Awana Children's Ministry
Wednesday, 5 p.m., Grades 7-12
Wednesday, 6 p.m., Pre-K to 6th Grade
Chapel

Osan Middle School
Men of the Chapel
Wednesday, 7 p.m., Chapel Annex
Singles & Unaccompanied
Thursday, 7 p.m., Mustang Center
Friday, 7 p.m., Hospitality House
Saturday, 6 p.m., Hospitality House

Women of the Chapel
Monday, 6:30 p.m./ Tuesday, 9 a.m.
Chapel Annex

Youth of the Chapel
Monday, 6 p.m., Chapel Annex

Catholic Mass

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

Catholic Ministries

Catholic RE
Sunday, 10 a.m., Chapel Annex

Korean Prayer Group

Tuesday, 9:30 a.m.

Blessed Sacrament

Bible Study

Tuesday, 6 p.m., Chapel Annex Rm 4

Women of the Chapel

Meet Monthly, Please call 784-5000

Other Faith Groups

Earth-Based (Contact the Chapel)

Jewish (Contact the Chapel)

Muslim (Contact the Chapel)

Buddhist (Contact the Chapel)

LDS Sunday, 1 p.m., Contact the Chapel

Point of Contact:

Osan Chapel, 784-5000

Visit us on SharePoint:

<https://osan.eim.pacaf.af.mil/51FW/51FW-HC/default.aspx>

Visit us on Facebook (OSAN AB CHAPEL)

<https://www.facebook.com/OsanABChapel>

USAG-YONGSAN

Protestant Services

Traditional Service
Sunday, 9:30 a.m.
Memorial Chapel, Bldg 1597
Sunday, 9:30 a.m.
Brian Allgood Hospital Chapel
Contemporary Service
Sunday, 9 a.m.
South Post Chapel, Bldg 3702
Sunday, 10:30 a.m.
K-16 Chapel
Nondenominational Service
Sunday, 11 a.m.
South Post Chapel, Bldg 3702
Gospel Service
Sunday, 1 p.m.
South Post Chapel, Bldg 3702
Pentecostal
Sunday, 1:30 p.m.
Memorial Chapel, Bldg 1597
Latter Day Saints (LDS)
Sunday, 4 p.m.
South Post Chapel, Bldg 3702
Seventh-Day Adventist
Saturday, 9:30 a.m.
Brian Allgood Hospital Chapel
KATUSA
Tuesday, 6:30 p.m.
Memorial Chapel, Bldg 1597

Catholic Mass

Sunday, 8 a.m.
Memorial Chapel, Bldg 1597
Sunday, 11:30 a.m.
Memorial Chapel, Bldg 1597
Saturday, 5 p.m.
Memorial Chapel, Bldg 1597
1st Saturday, 9 a.m.
Memorial Chapel, Bldg 1597
M/W/T/F, 11:45 a.m.
Memorial Chapel, Bldg 1597
Tuesday, 11:45 p.m.
Brian Allgood Hospital Chapel

General Service

Episcopal Service
Sunday, 11 a.m.
Brian Allgood Hospital Chapel

Jewish

Friday, 7 p.m.
South Post Chapel, Bldg 3702



Point of Contact:

USAG Yongsan Religious Support Office, 738-3011

Visit us on SharePoint:

<http://www.army.mil/yongsan>

SPIRITUAL CHARGE

Earning Your Blessing

Welcome to 2018! A new year is a time of reflection so I'd like to share about a Goalcast video by Brendon Burchard. He spoke about three questions by which he evaluated whether he's living a life of meaning. These questions stood out to me because I have asked those questions in some shape or form. Did I Live? Did I Love? Did I Matter?

I asked myself, Did I Live? When I joined the Air Force, I was under a lot of pressure to succeed because I will soon have the responsibility of taking care of my parents. I made rank early, but in hindsight I was overwhelmed and stressed. I didn't fully enjoy my time as a young airman. Now I'm learning to live and find the balance of working toward my goals without sacrificing the soundness of my mind and body. I am grateful for the amazing experiences I've been afforded in being part of the Air Force. Some people don't have this chance. I also learned to trust where I'm being led. Every base has something good to offer, you just have to actively look and be open to it. It's what you make of it.

Did I love? Romantic attachment is not the only kind of love. It can also come in the form of an act of kindness. Being Airmen, we struggle with missing our loved ones, being homesick, or sometimes feeling lonely.

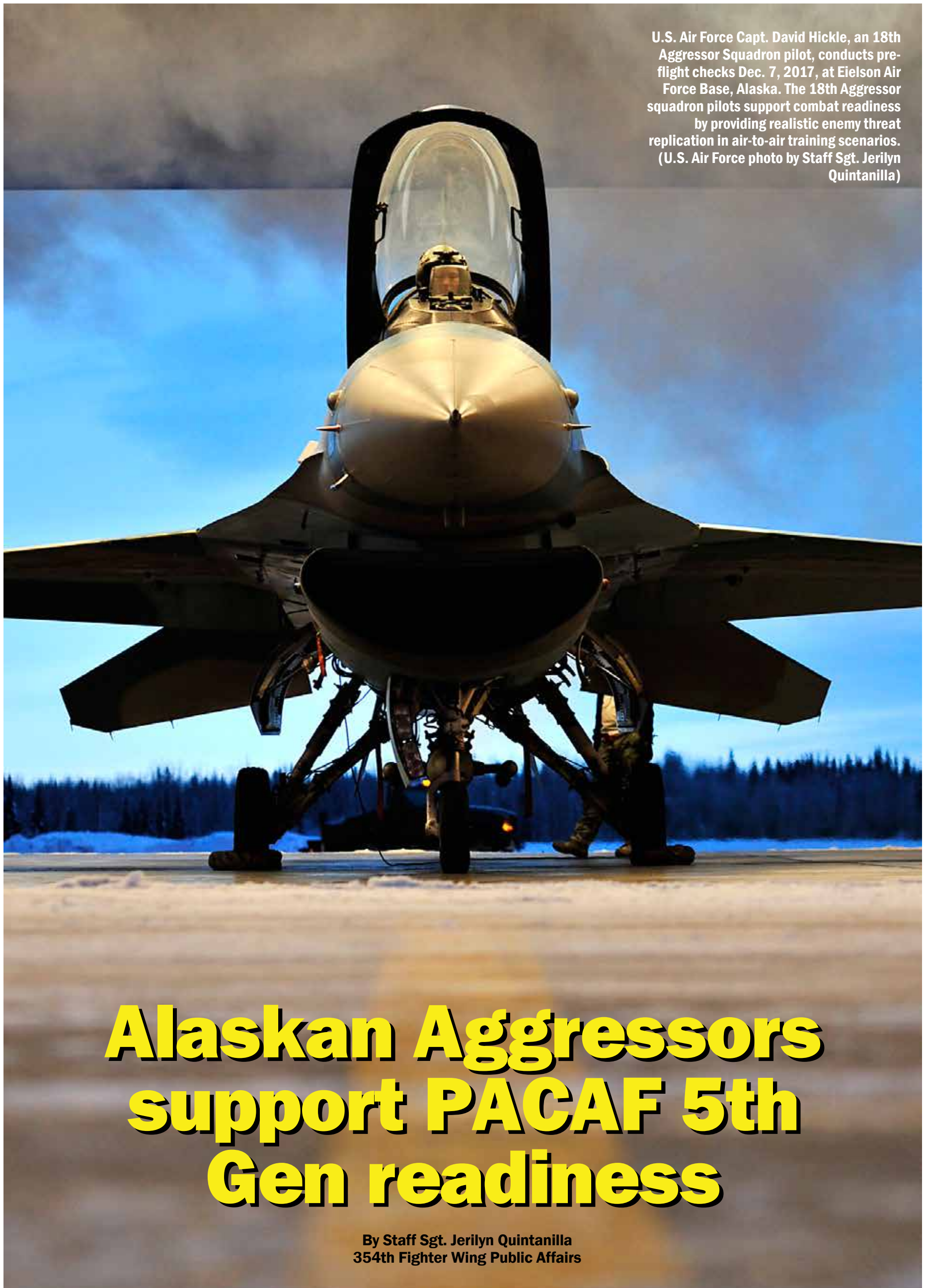


SSgt. Gail Mones
51st Fighter Wing Chaplain Corps

Once I was honest about how I was feeling and opened up, I was surprised of how much people genuinely cared. I have not run out of support and encouragement. From then on, I have come to find the grace of God in every person I meet.

Did I matter? Seven years ago I met this young woman in Lackland. We were tasked as fire monitors in BMT. This gave us time to get to know each other. She got stationed in Fort Meade, and I went to Eglin. Over the course of those years, we stayed in touch. With each little success, she was there to share in my joy and we were each other's support through the tough times. When I told her I was going to Korea, she sent crying emojis worried we wouldn't be able to communicate as often. I assured her we would. She is my ultimate wingman and I am hers. Knowing someone will miss me and that I made a difference in her life gave me a kind of comfort. PCS'ing is saying good-bye and saying hello at the same time. It's having a new place to explore but leaving behind people you care about and love. Sometimes just knowing you made a mark in someone's life is enough to get you through the next move and hopefully do it all over again.

I'm trying to live a life of earning my blessing—to live with the purpose of appreciating everything I'm given and using it to better myself. To quote UNHCR Special Envoy Angelina Jolie, "do the best I can with this life, to be of use to others," whether at work, with my family, or a friend. So when the time comes, and I will meet my Creator, I know I have lived, loved, and mattered.



U.S. Air Force Capt. David Hickle, an 18th Aggressor Squadron pilot, conducts pre-flight checks Dec. 7, 2017, at Eielson Air Force Base, Alaska. The 18th Aggressor squadron pilots support combat readiness by providing realistic enemy threat replication in air-to-air training scenarios. (U.S. Air Force photo by Staff Sgt. Jerilyn Quintanilla)

Alaskan Aggressors support PACAF 5th Gen readiness

By Staff Sgt. Jerilyn Quintanilla
354th Fighter Wing Public Affairs



Two U.S. Air Force F-16 Fighting Falcons taxi down the flight line Dec. 7, 2017, at Eielson Air Force Base, Alaska. The 18th Aggressor Squadron acts as the primary supporting unit for the 3rd Operations Group F-22 Raptors based at Joint Base Elmendorf-Richardson in Anchorage, Alaska. (U.S. Air Force photo by Staff Sgt. Jerilyn Quintanilla)

EIELSON AIR FORCE BASE, Alaska -- Training never stops, at least not for the 354th Fighter Wing's 18th Aggressor Squadron. The unit works tirelessly year-round to support continuous combat readiness and enhance U.S. and partner nations' skills and capabilities.

During the winter, the Aggressors often train with the 3rd Wing based on Joint Base Elmendorf-Richardson. While some may think the harsh environment and temperatures would halt training, the Eielson team finds a way to work through the challenge.

"We train all the time, in different environments, weather conditions, scenarios, and with different objectives in mind. We have all these variables because we need to be prepared for anything. The weather is challenging but sometimes we just have to work through it," said Capt. David Hickle, an 18 AGRS pilot.

The Aggressor Squadron's job is to use its F-16s to replicate the aircraft type and capabilities an adversary air force would bring to the fight against US and partner nation air forces.

"We train with the 3rd Wing F-22 Raptors primarily in air-to-air scenarios. The Aggressors' role is to provide a realistic threat representation of what it would be like to fight with near-peer adversaries," he said.

The two wings work together and build training scenarios with specific objectives in mind. It requires a high degree of coordination but it keeps training focused and enables pilots to continue to prepare for what's ahead.

This dissimilar air-to-air training provided by the professional adversary force of the 18th Aggressor Squadron has enhanced the quality and quantity of training for pilots across the Air Force and is a core part of RED FLAG-Alaska

exercises hosted at Eielson.

"Air-to-air training is a highlight of RED FLAG-Alaska and a big part of why other units come to Alaska to train," said Col. Richard Koch, 3rd Operations Group commander. "The Aggressors provide a quality in training beyond measure. Their knowledge and expertise helps us produce more wingmen, flight instructors and flight leads that are mission-ready."

Although their mission keeps them in the training realm instead of direct combat, Koch notes the tremendous impact the 18th Aggressor Squadron has on readiness throughout the area of responsibility.

"The support we get from the 18th and the entire Icemen team helps generate combat capability throughout the Pacific; we're extremely grateful," he said.



<above> U.S. Air Force Capt. David Hickle, an 18th Aggressor Squadron pilot, reviews an F-16 Fighting Falcon maintenance log Dec. 7, 2017, at Eielson Air Force Base, Alaska. The 18 AGRS prepares Combat Air Force, joint and allied aircrews through challenging, realistic threat replication, training test support and academics. (U.S. Air Force photo by Staff Sgt. Jerilyn Quintanilla)

<bottom> A U.S. Air Force F-16 Fighting Falcon crew chief stands by as a jet prepares to taxi Dec. 7, 2017, at Eielson Air Force Base, Alaska. The 18th Aggressor Squadron's mission is to prepare Combat Air Force, joint and allied aircrews through replicating near-peer tactics and procedures and conducting air-to-air training. (U.S. Air Force photo by Staff Sgt. Jerilyn Quintanilla)





Truax Field, Wisc. and Dannelly Field, Ala. were recently named preferred locations to receive the F-35A Lightning II. The 5th generation aircraft will replace current 4th generation platforms to meet combatant commander requirements. (U.S. Air Force photo/Staff Sgt. Kate Thornton)

AF selects locations for next two Air National Guard F-35 bases

By Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) -- The Air Force has selected Truax Field Air National Guard Base, Wisconsin and Dannelly Field, Alabama as the preferred locations for the next two Air National Guard F-35A bases.

"Selecting Truax Field and Dannelly Field will increase Air National Guard F-35A units providing 5th Generation airpower around the world," said Secretary of the Air Force Heather Wilson. "As F-35As arrive at these locations, we will use the existing aircraft at these fields to replace the aging F-16s at other Air National Guard units."

F-35As will eventually replace many of the 4th generation Air Force aircraft. However, the Air Force will continue to fly a mix of 5th and 4th generation fighters into the 2040s, in order to

maintain enough fighters to meet combatant commander requirements, provide required training and allow a reasonable deployment tempo for the force.

"Putting F-35s at these two Air National Guard bases continues our transition into the next generation of air superiority," said Air Force Chief of Staff Gen. David L. Goldfein. "It helps ensure we can always offer the Commander-in-Chief air power options and be ready to penetrate any enemy air defenses, hold any target at risk and go when and where the president tells us to go. We're the options folks. The F-35 is critical to the family of systems we need to accomplish this mission for the nation now and in the future."

At this time, the Air Force expects the F-35As to begin arriving at Truax Field in early 2023 and at Dannelly Field later that year.

These locations remain preferred alternatives until the secretary of the Air Force makes the final basing decisions after the requisite environmental analysis is complete.

The Air Force also evaluated Gowen Field ANGB, Idaho, Selfridge ANGB, Michigan and Jacksonville Air Guard Station, Florida in this round of decisions. Those bases were reasonable alternatives, but not preferred.

Previously, the secretary of the Air Force selected three active duty operational locations and one Air National Guard location—Hill AFB, Utah, RAF Lakenheath, England, Eielson AFB, Alaska and Burlington AGS, Vermont.

Additionally, the Air Force announced Naval Air Station Joint Reserve Base Fort Worth, Texas as the preferred alternative for the first Air Force Reserve base.

• BULLETIN •

MARTIN LUTHER KING'S DAY, 15 Jan 2018, is an official U.S. holiday. The liberal leave policy will be in effect for Korean National (KN) non-essential civilian employees. Employees who wish to take this day off must request and be approved for the appropriate leave (i.e. annual leave, etc.). Supervisors should ensure the time and attendance card for KN civilian employees who wish to be off are properly coded to reflect the appropriate leave code. Organizations with KN civilian employees scheduled to work should provide adequate supervision. If an office is going to be closed, KN civilian employees can be required to take annual leave but management must provide them with a 24-hour advance notice.

If you have questions regarding the above, please contact Mr. Kim, Song Won of the Civilian Personnel Office at 784-4434/8177. (51 FSS/FSCA)

- More photos from page 13 -



<left> Gen. Terrence J. O'Shaughnessy, Pacific Air Forces commander and Senior Lt. Gen. Le Huy Vinh, Vietnamese Air Defense-Air Force commander, review a formation of ADAF Airmen prior to an office call at ADAF Headquarters, Hanoi, Vietnam, Dec. 14. O'Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States' shared commitment to peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF. (U.S. Air Force photo by Lt. Col. Megan Schafer)

<right> Pacific Air Forces and Vietnamese Air Defense-Air Force (ADAF) staff pose for a photo following a dinner hosted by the ADAF in Hanoi, Vietnam, Dec. 14. O'Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States' shared commitment to peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF. (U.S. Air Force photo by Tech. Sgt. Eric Donner)



<bottom> Gen. Terrence J. O'Shaughnessy, Pacific Air Forces commander, pose for a photo with Vietnamese Air Defense-Air Force (ADAF) pilots, during a visit to Bien Hoa Air Base, Vietnam, Dec. 16. O'Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States' shared commitment to peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF. (U.S. Air Force photo by Tech. Sgt. Eric Donner)



<above> Gen. Terrence J. O'Shaughnessy, Pacific Air Forces commander, is instructed on how to play a traditional instrument by a Vietnamese Air Defense-Air Force (ADAF) musician, during a dinner hosted by the ADAF, Hanoi, Vietnam, Dec. 14. O'Shaughnessy and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited the country to affirm the United States' shared commitment to peace and prosperity in the Indo-Pacific region, as well as to seek opportunities for advancing partnership and cooperation with the ADAF. (U.S. Air Force photo by Tech. Sgt. Eric Donner)

How ISIS was defeated in Iraq

Hint: It's thanks in part to air-ground teamwork

By Lt. Gen. Jeff Harrigian, Air Forces Central Command commander

WASHINGTON (AFNS) -- For more than three years, the people of Iraq have endured unspeakable suffering under the dark shadow of Islamic State terrorists. That shadow has now receded, as a result of the defeat of the Islamic State of Iraq and Syria forces that was declared in early December 2017, by Iraqi Prime Minister Haider al-Abadi.

As commander of 21,000 coalition Airmen who continue to fight alongside our Iraqi partners to fully annihilate ISIS and prevent its return, it's my privilege to congratulate our Iraqi allies on this historic occasion and pause to honor the thousands who perished in the brave fight.

Every inch of ground the Iraqi Security Forces pried from ISIS is testament to their courage in the face of desperate enemy forces who employed suicide bombers, routinely shielded themselves with civilians and rigged schools and homes with explosives.

The Iraqi Security Forces paid dearly to free their country, but they were never alone. Every step of their advance was covered by coalition airpower and enabled by air-ground teamwork.

Air-ground teamwork is nothing new. The U.S. military and its coalition partners have trained for years to ensure that air and ground forces can operate seamlessly. Yet the campaign to defeat ISIS ushered in a new approach.

Instead of a large U.S. and coalition ground force shouldering the effort, we worked with our local partners, who were supported by a small footprint of coalition conventional and special operations ground troops, all enabled by ever-present coalition air forces.

Throughout the fight, coalition airpower, along with an increasingly capable Iraqi Air Force, provided the Iraqi Security Forces an asymmetric advantage over their enemies. When Iraqi Security Forces fighters were pinned down by fire, coalition air controllers embedded with them

called in precision airstrikes to silence the enemy.

When suicide vehicle bombers raced towards exposed Iraqi Security Forces fighters, airpower delivered precision weapons to stop the enemy forces from completing their grisly mission.

This complex teamwork spanned the globe and required extensive synchronization to ensure it worked in harmony. Surveillance aircraft - including unmanned aircraft flown by Airmen in the U.S. - served as the Iraqi Security Force's eyes to monitor ISIS around the clock and provide intelligence.

Coalition planners in Qatar used this intelligence to develop airstrikes to the smallest detail, from weapon selection to timing, in order to effectively destroy targets while minimizing civilian casualties.

Coalition reconnaissance aircraft served as the ears of Iraqi Security Forces, intercepting ISIS conversations and warning of impending attacks. Airborne refuelers ensured this protective blanket of aircraft remained in the skies 24/7.

Coalition planners worked tirelessly so the Iraqi Security Forces' ground attacks were in lockstep with the air plan. Our Iraqi allies advanced when our aircraft were overhead, and paused to rest when they were not. Together, we shaped the battlefield.

Before Iraqi Security Forces advanced to liberate Tal Afar, weeks of persistent surveillance and precision airstrikes targeted vehicle bombs like those used against the Iraqi Security Forces in the previous battle for Mosul.

By removing this threat early, our Iraqi allies liberated Tal Afar in a 12-day battle where only a handful of vehicle bombs were detonated. By creatively adjusting our tactics, we wrote a new chapter in the history of air-ground teamwork and liberated a nation.

The citizens of Iraq, especially those displaced by the difficult and destructive urban fights, now begin the slow process of returning home and rebuilding. As reliable partners, coalition nations and non-governmental organizations have begun



Lt. Gen. Jeffrey L. Harrigian, Commander, Air Forces Central Command (U.S. Air National Guard photo by Master Sgt. Andrew J. Moseley)

to help, starting with clearing out booby traps and rigged explosives left behind by ISIS.

Much hard work remains. Providing basic safety and security is the first challenge, because no rehabilitation can happen without a secure and stable environment.

The liberation of Iraq does not spell the end of the fight. Coalition and Iraqi airmen continue to patrol the skies, hunting ISIS' demoralized remnants to prevent their return. We will continue to hone our air-ground teamwork to safeguard the hard-won gains. As Iraqis celebrate their newfound liberty, it is worth pausing to embrace an accomplishment achieved together.

Air Force releases findings of 2016 F-16CM mishap

By Headquarters Pacific Air Forces Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- Pacific Air Forces completed an Accident Investigation Board following a December 2016 aircraft mishap involving an F-16CM Fighting Falcon at Osan Air Base.

The board concluded that the primary cause of the mishap was the left main landing gear of the F-16CM striking debris on the inside Runway 09R (RWY 09R) after landing at Osan AB, causing the collapse of the left main landing gear. The AIB president also found that the poor condition of the runway and an increase in aircraft sorties contributed to the mishap. The training and quick thinking of the pilot prevented the mishap from becoming a tragedy.

On December 4, 2016, around 5:57 p.m. local time the aircraft pilot approached the runway and successfully lowered the landing gear. The pilot landed on the left side of RWY 09R in accordance with normal procedures. A few seconds later, he felt a "bump" from under the aircraft and noticed the left wing of the aircraft was lower than the right. From the Osan AB control tower, the Supervisor of Flying noticed a bright "flash" from the left side of the aircraft followed by sparks from under the left side of the aircraft. The pilot attempted to use a right roll command to keep the aircraft level but was unable to do so. He determined he was going to depart the prepared runway surface at an unsafe speed and elected to eject from the aircraft in accordance with flight manual procedures.

The F-16CM and pilot were assigned to the

51st Fighter Wing, Osan Air Base, Republic of Korea. Since 1990, their primary mission is to train and participate in a series of exercises to maintain combat readiness for the air defense of South Korea. Osan is a critical base positioned in a strategic position on the Korean peninsula, which warrants a high operation tempo to be ready to respond at a moment's notice.

The Accident Investigation Board, comprised of subject matter experts from aviation backgrounds, conducted a thorough review of all available evidence to determine the facts surrounding the mishap to discover the cause and any substantially contributing factors. There is a commitment to a thorough and accurate investigation to ensure that Pacific Air Forces is equipped with the knowledge and procedures to prevent an accident like this to happen again.



Combating Trafficking in Persons (CTIP)



TRAFFICKING IN PERSONS:

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

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



CTIP INDICATORS:

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

DO YOUR PART AND REPORT SIGNS OF TRAFFICKING IN PERSONS

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



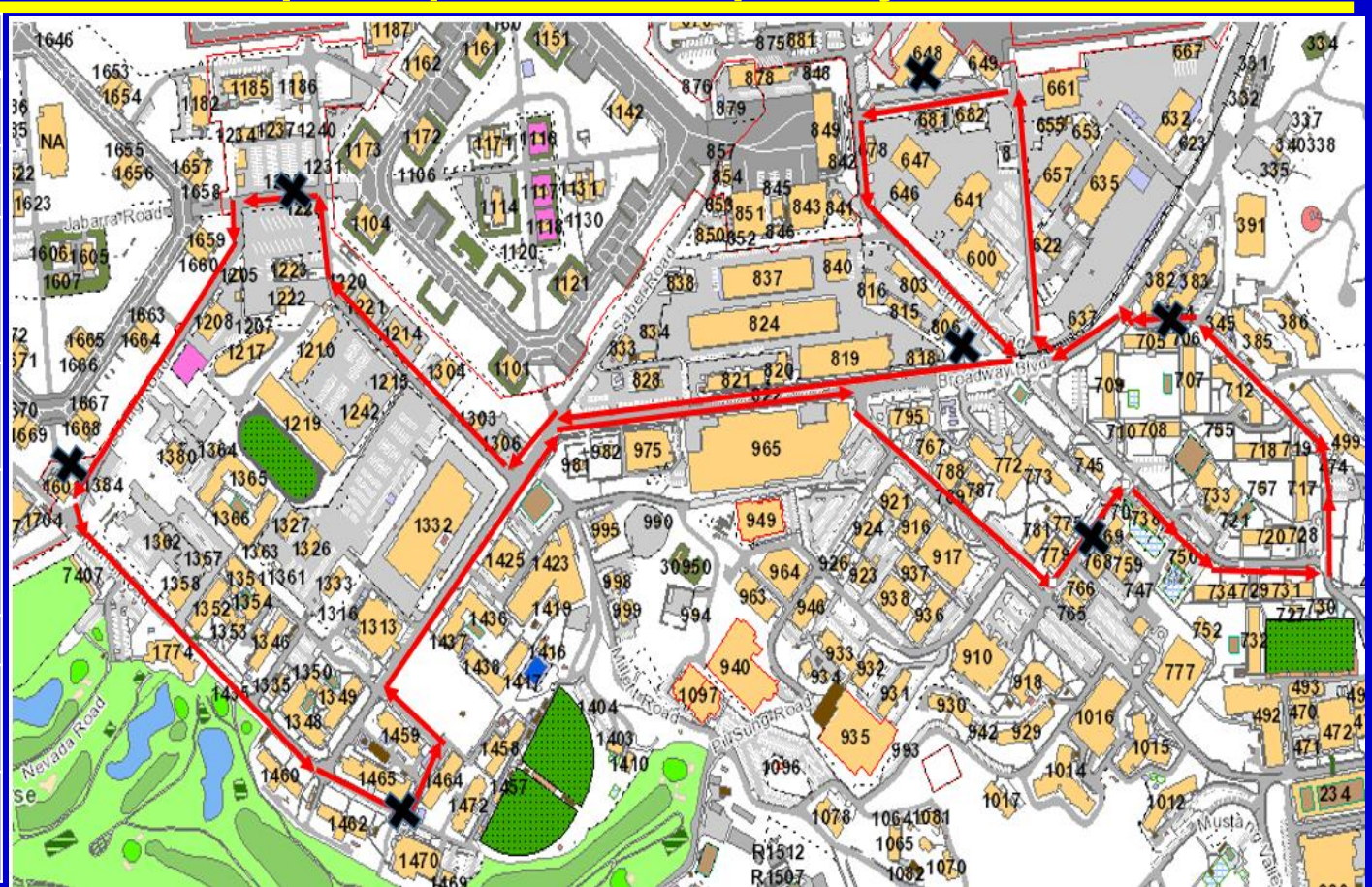
LEADING THE CHARGE!



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

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



Feel the Thunder!

Embracing the uncharted life as an amputee — An Airman's story of resiliency Part 2



Maj. Stephanie Proellochs, a Medical Service Corps officer, carefully inspects her leg and prosthesis after a round of physical therapy exercises at Walter Reed National Military Medical Center, Nov. 15, 2017. Proellochs underwent an amputation as a result of a malignant tumor that spread. (DoD photo by Karina Luis)



Maj. Stephanie Proellochs, a Medical Service Corps officer and recent amputee, takes some of her first steps in her new prosthesis, Nov. 15, 2017. During her physical therapy appointments, Proellochs engages in various exercises to ensure her comfort and safety with walking in a prosthesis. (DoD photo by Karina Luis)

By Shireen Bedi, Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. (AFNS) -- Maj. Stephanie Proellochs, a recent amputee, gazes up at the rock climbing wall at Walter Reed National Military Medical Center's physical therapy center in Bethesda, Maryland. She recalled the time she witnessed a service member who had lost his arm effortlessly climb his way to the top.

"Yeah, I'm climbing that wall soon. Just watch," said Proellochs, a Medical Service Corps officer.

On the surface, this physical therapy center looks like a normal gym with its energetic music, exercise equipment, and rock-climbing wall, all surrounded by a running track. Look closer, and you see service members recovering from amputations, overcoming challenges, and making remarkable progress as they return to duty.

Proellochs is one of those patients taking her first steps with her prosthesis on the road to recovery.

Proellochs spent months receiving treatment for a cancer diagnosis that culminated in the amputation of her left foot in September 2017. Now learning to walk with her prosthesis, Proellochs shows a resilience that has been with her throughout all the phases of her diagnosis, treatment, and beginning of her recovery journey. Equipped with a daring sense of humor and support from her family, she demonstrates internal strength and resilience that are so critical to recovery.

That attitude was on full display right before she took her first steps. Proellochs and her husband, John, decided to spend Halloween at Walter Reed with other patients, physicians and physical therapists.

"Halloween here is on another level," said Proellochs. "Former patients even come back because everyone gets really excited about it and takes the costume contest seriously."

Proellochs was no exception. She won the costume contest with her amputation creatively dressed up as the iconic alien from the film "E.T." and her wheelchair fashioned to look like the familiar bicycle with a basket over the handlebars.

"Stephanie manages to make me laugh at every

appointment," said Kyla Dunlavey, a physical therapist working with amputee patients at Walter Reed. "Her 'E.T.' costume is just one example of her humor! It was the best I had seen in my 14 years here."

Proellochs embraced all these challenges with a smile. Her attitude and appreciation for the support she has received helped her build meaningful relationships with her physical therapists and other patients. These connections have helped her cope and prepare for what to expect when taking these crucial first steps in a prosthesis.

"I was told that it's the little things that you don't think of that you take for granted," said Proellochs. "For example, you can't feel the ground so you need to rethink about foot placement. Some other amputees have said that no matter how well you think you've got it down, you will never pick your foot up high enough."

Despite a minor setback that delayed her from receiving her prosthesis sooner, Proellochs was ready to take her first steps on Nov. 10, 2017.

"The moment I stood up I felt total elation. I can't begin to describe it but it was a very emotional moment," said Proellochs. "My husband and I were both brought to tears and we could not even look at each other when I first stood up."

That total elation is plain to anyone who sees Proellochs walking on her new prosthesis. It is easy to see how eager she is to move to the next steps in her recovery.

"I know this might sound corny but this is my first step in my new life. There are all these things I want to start doing now," Proellochs said. "I know that it will take time for me to get comfortable with my new leg before I start running, but I am excited."

Proellochs' determination has pushed her to be diligent in every exercise that will help her walk on her own. Despite still relying on a single crutch, she has been able to outpace her therapist while walking around the track in the physical therapy area.

"I am excited, but this new leg definitely takes some getting used to," said Proellochs. "If it rubs or gets unbearably uncomfortable, then I work with the physical therapist to make sure that my gait is correct and physically doing what I am supposed to be doing."

Proellochs takes advantage of every moment with her prosthesis. As soon as her physical therapist helps her stand, she is ready to tackle that day's exercises. She eagerly races around the track to the parallel bars for her next exercise. She fearlessly transitions from her one crutch to walking on her own, minimally relying on the bars for support. Her smile and confidence make it look like she has done this a million times before. It can be easy to forget that she has only recently received her prosthesis.

Her healthcare team is a significant factor for her safely walking in her prosthesis and back to her active lifestyle. The team-based approach between her oncologist, surgeons, therapists, and her prosthetists has been vital to her recovery. They work together to ensure she is receiving the best care, a classic example of Air Force Medical Service Trusted Care principles.

"My entire healthcare team is aware of and invested in every step of this journey," said Proellochs. "My therapist takes note of any discomfort I have during each session and the prosthetist actually takes my leg to make adjustments. I often see the surgeon who did my amputation come here to check in on his patients and speak with the therapists here. They really work together as a team and make me feel supported and engaged in my care."

Proellochs jokingly admits she sometimes struggles saying the word "prosthetists," but she has never had trouble facing new challenges. Talking with her healthcare team and other amputees recovering at Walter Reed, she is able to put her journey in perspective while finding solace through every step of her journey.

"People might not understand this, but it was liberating seeing the world from a wheelchair," said Proellochs. "I have gained a new perspective and appreciation to just be able to stand and walk again."

The next part of her recovery touches on how her role as a Medical Service Corps officer and how her amazing support system has prepared her for the unknown and ever-changing journey with cancer.

Winter Trips to Korean Hot Springs and Spas!

Spas and hot springs are popular attractions during winter in Korea as visitors can soak in soothing, warm water. Most adults prefer hotels with spa and massage facilities for a relaxing vacation whereas families seek hot springs with water park facilities to meet the needs of all family members. Pick one of the top recommended spa facilities and water parks to enjoy a warm winter!



Paradise Spa Dogo

Paradise Spa Dogo is located in Asan, a region that has long been famous for its hot springs. The spa's alkaline water that is extracted from 300m deep underground contains sulfur and is known to be highly effective for brightening skin, smoothing wrinkles, and preventing hair loss.

A gigantic bade pool equipped with massage jets is another highlight feature here, proven to offer countless health benefits through its streams of bubbles emitted to spa bathers. Swimming in thermal spa water is not only great for your health, but also a fun activity in combination with the spa's myriad of sauna facilities and variety of water rides.

- Address: 176, Dogooncheon-ro, Dogo-myeon, Asan-si, Chungcheongnam-do
- Admission
- Spa: Adults 37,000 won / Children 31,000 won (For weekends & public holidays, add 5,000 won)
- Hot Spring Bath: Adults 10,000 won / Children 8,000 won (For weekends & public holidays: Adults 12,000 won / Children 9,000 won)
- Website: www.paradisepa.co.kr



Asan Spavis

Asan Spavis is a health-based water park that offers water therapy and a spa bath that contains all-natural organic ingredients such as sodium bicarbonate, beneficial in reducing cellulites, and helpful in regenerating important body cells. It also has an outdoor water park that has exciting slides and other fun activities.

- Address: 67, Asanoncheon-ro 157beon-gil, Eumbong-myeon, Asan-si, Chungcheongnam-do
- Admission (Water park + hot spring): Adults & Teenagers 37,000 won (Weekends 44,000 won) / Children 28,000 won (Weekends 33,000 won)
- * Sauna only: Adults & Teenagers 9,000 won / Children 7,000 won
- Website: www.spavis.co.kr



Yongsan Dragon Hill Spa

Dragon Hill Spa is a large jjimjil-bang & spa facility offering the chance to try a variety of sauna experiences at a great price. This eight-story facility is equipped with a wide range of amenities, including themed saunas, spas, massage rooms, and open-air bathing pools. Most notably, the spa features a grand, decorative interior and a large hardwood charcoal sauna, which is heated and scented through the use of traditional oak wood burning. Other facilities include a swimming pool and a fitness center.

- Address: 40, Hangang-daero 21na-gil, Yongsan-gu, Seoul
- Admission: Weekdays: Daytime 12,000 won / Nighttime 15,000 won / Weekends & public holidays: Daytime 14,000 won / Nighttime 15,000 won
- Inquiries: +82-2-792-0001
- Website: www.dragonhillspa.com



Aquafield at Starfield Hanam

Aquafield is located inside Starfield Hanam in Hanam, Gyeonggi-do where one can refresh both body and mind. Aquafield offers a water park and sauna and spa facilities to entertain visitors. The water park is especially popular thanks to the infinity pool. A variety of additional pools are prepared for ages to enjoy and sauna rooms built in different themes, such as charcoal, yellow clay, cypress tree, salt, and clouds, offer much to see and experience.

- Address: 750, Misa-daero, Hanam, Gyeonggi-do
- Admission:
 - Water Park: Adults 38,000 won / Children 30,000 won
 - Sauna & Spa: Adults 20,000 won (Weekends & public holidays 22,000 won) / Children 16,000 won (Weekends & public holidays 18,000 won)
- Website: www.aquafield-ssg.co.kr



Resom Spa Castle (Chunchunhyang)

Resom Spa Castle is a four-season recreational spa facility known for its multicultural water therapy theme, combining the benefits of European, Southeast Asian, Japanese and American spa treatments. Chunchunhyang, one of the most famous spa facilities in Resom Spa Castle, is said to make your skin healthier with its 40-49 degrees Celsius germanium hot spring water. The spa complex has a super-sized waterslide, wave pool, lazy river, walking path, and much more. There are over 20 different indoor and outdoor pools including a green tea pool, sulfur pool, and herbal pool.

- Address: 45-7, Oncheondanji 3-ro, Deoksan-myeon, Yesan-gun, Chungcheongnam-do
- Admission: Adults 48,000 won / Children 30,000 won
- Website: www.resom.co.kr



Phoenix Blue Canyon

Phoenix Blue Canyon is an ideal location for enjoying the fresh mountain air and pristine water coming from Gangwon-do's mountain terrains. The water park's design is based on the deep blue of the Mediterranean Sea. Among the water park's many exciting amusements is the nation's first indoor-outdoor waterslide. The slide starts inside, but through a series of twists and turns, ends up making its final drop into a pool outside. Located next to the water park is Phoenix Snow Park, one of the main hosting stadiums for the upcoming Olympic Games.

- Address: 174, Taegi-ro, Bongpyeong-myeon, Pyeongchang-gun, Gangwon-do
- Admission: Adults & Teenagers 40,000 won (Afternoon pass 34,000 won / Night pass 28,000 won) / Children 34,000 won (Afternoon pass 29,000 won / Night pass 24,000 won)
- Website: www.phoenixpark.co.kr

