

Pulse

DECEMBER 2017

**65th BRIGADE
MAKES HISTORY**
38th PARALLEL SYMPOSIUM
**12 SITES AROUND
PYEONGCHANG**



Holiday
Gift
Guide



Korea- Mecca for Healing & Romance

Gyeongsangnam-do

Located in the South-east of the Korean peninsula, Gyeongsangnam-do, with Busan metropolitan city on its east and Daegu metropolitan city in the north, has a temperate climate with a yearly average temperature of 13°C.

The province's main tourist attractions can be divided into two main categories: Its North-western area is renown for 'healing Tourism' with its dense thick forests, including Jiri Mountain, Deogyu Mountain, Gaya Mountain, and clear valleys (this area is where the beauty of nature meets the traditional culture of Korea); The Southern area of the province is a famous tourist attraction featuring small islands and outstanding scenery offering a new experience for all family members as well as couples, while sharing its unique charm along its southern coastline.



Haeinsa Temple In Gaya Mountain



Place Name	Gyeongnam Provincial Government
Population	3.4milion
Area	Encompassing 10.5% of South of Korea
Administrative Divisions	18 Cities and Counties, 315 Districts
Major Cities	Changwon-si

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EDITOR'S LETTER

Dear readership of the PULSE 65,

The time around Christmas and New Year's Day is a time of social activities and celebrations, but there is also an increased risk of accidents and injuries.

Social events held at work or home should be about the company you share, not the liquid you drink. If you drink alcohol, drink responsibly. If hosting a holiday party, set the example by acting responsibly and ensure everyone gets home safely. Have the number of a taxi on hand for guests. Remember that no one who has been drinking should get behind the wheel!



Leaders and first-line supervisors can make a difference during the Holiday Season. When you practice and teach others safety and risk mitigation, you save lives. Ensure you and your teammates incorporate risk management into your plans. If you are going on leave, TDY, or pass ensuring you complete TRiPS (<https://trips.safety.army.mil/>).

It is my sincere hope you make the most of this time of the year and spend quality time with family and friends. Celebrate the Holidays responsibly and take care of each other so that all of us can ring out 2017 on a good note and bring in 2018 with cheer.

I ask that if anyone has an interest in photography or is at an event that might be newsworthy to please submit articles and photos to the following email: 65thmedbdepao@gmail.com.

We hope that you enjoy our publication and assist us as we continue to strive to improve this publication. Suggestions and comments are always welcomed along with submissions. Help us in telling the Army Medicine, Army Dental, Army Veterinary and Army Logistic story.

From our families to yours: Best wishes for a wonderful Holiday Season. May the New Year bring you peace, happiness and good health!

William Wight
PULSE 65 Senior Editor
65th Medical Brigade
Public Affairs Specialist



Korea

12 Days of Christmas



Humphreys South
Food Social



Osan
Children's Christmas Party



Seoul
Christmas Spirit Costume Contest

Share your child's best Christmas costume on @uso.seoul starting 12/1 to win!



USO Korea
Facebook Contest

Share with @uso.korea your favorite USO Team Member in Korea and why! The person with the most votes will win a prize!



Casey
Beginning of Christmas Notes Week

Leave a Christmas note for your loved ones at the Center and we'll post it on Facebook (@caseyuso)!



Osan
Hot Cocoa Break

Humphreys South
Suwon AB Christmas Lunch



Casey
Christmas Special Lunch
Humphreys
Christmas Dinner @ Lunch



Walker
Christmas Dinner



Casey
JSA Christmas
Seoul
Operation Christmas Cheer

Humphreys South
Children's Party
Osan
Kunsan Christmas Party



USO Korea
Facebook Contest

Share with @uso.korea your favorite program that the USO delivers! 10 lucky winners will be selected on Dec 24!



USO Korea
Facebook Contest

Share with @uso.korea your favorite program that the USO delivers! 10 lucky winners will be selected from the comments.



Seoul
Christmas Day Brunch



65th Brigade Makes History

On Nov. 7, 2017 the 'Mighty 65th' made history as Col. Wendy Harter, 65th Medical Brigade Commander and Brigade Command Sgt. Maj. Todd Garner were joined by soldiers, KATUSAs and civilians of Headquarters and Headquarters Company civilians and brigade staff at an uncasing ceremony of the Brigade colors taking command and control of their new home at U.S. Army Garrison-Humphreys.

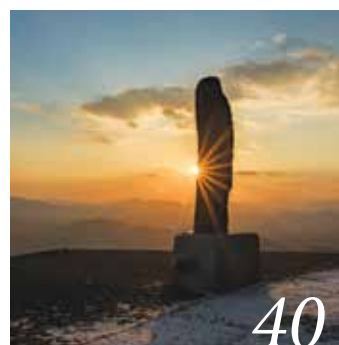
On the Cover

Hanging glass balls of potpourri line the hallways between exhibits at the Country Herb Farm, PyeongChang. See inside photo spread on 12 sites in and around PyeongChang.

Cover photo by Robert Marks.



38th Parallel Symposium




12 Sites around PyeongChang



Learn about stroke care today, so you can enjoy tomorrow.

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Pulse65

65th Medical Brigade

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Happy Holidays!
FELIZ NAVIDAD!
MERRY CHRISTMAS!

즐거운 성탄절 보내세요!

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SAM Korean Medicine Detox Package

Loquat Moxibustion + Coffee Detox Therapy + Cupping Therapy

Loquat Moxibustion

Moxibustion(Chinese: 灸) is a traditional Chinese medicine therapy which consists of burning dried mugwort(moxa) on particular points on the body.

Loquat Moxibustion is mainly used in Korean Medicine as a hyperthermia. It emits the toxin in our organs, bones and cells throughout the skin by using the arsenic and hydrocyanic acid gas. It releases the pain with cancer and prevents our body from metastasis.

Effect Enhancement of immune system / Blood circulation / Uterine myoma / Bladder and gastric disease / Period pain / Constipation / Indigestion / Fatigue



Coffee Enema Detox Therapy

Coffee Enema Detox Therapy's principal is veins carries rectal / sigmoid toxins directly to the liver for detoxification. When a coffee enema is used, the caffeine from the coffee is preferentially absorbed into this system and goes directly to the liver where it becomes a very strong detoxicant.

Effect Body detoxification / Enhancement of immune system / Developing liver function / Pain relief / Emit active oxygen / Reducing ascites and toxin/ Constipation improvement / Skin care/ Losing weight / Recovering from fatigue/ Normalizing ammonia level



Cupping Therapy

Cupping Therapy is a local suction which is created on the skin. During the suction, the skin is drawn into the cup by creating a vacuum in the cup placed on the skin over the targeted area.

Effect Blood circulation / Pain relief (shoulder and back) / Improving immune system / Disk treatment / Contusion treatment and internal organ disease



Time About 2 hours 20 minute [Loquat Moxibustion (about 1 hour) + Coffee Detox Therapy (about 40~60 min) + Cupping Therapy (about 10~30 min)]

* All treatment method should get the balance each other to treat the patient comprehensively.

Tel : +82-31-389-3862~5

www.samhospital.com

CALENDAR **EVENTS** *in* KOREA



NOV27-DEC17
Korea's Landscape-Dokdo

Seoul Calligraphy Art Museum
+82-2-522-7278



DEC03-09
Korea Fine Art Festival 30th Exhibition

Hangaram Art Museum Gallery,
Seoul Arts Center
+82-2-580-1300



DEC03-MAR31
Lighting Festival at the Garden of Morning Calm

Gapyeong, Gyeonggi-do
morningcalm.co.kr/_ENG



DEC07-10
KIDULT FESTA 2017

Changwon Convention Center (CECO)
www.kidultfesta.com



DEC07-11
Seoul Design Festival

513, Yeongdong-daero,
Gangnam-gu, Seoul
+82-2-2262-7200



DEC08-17
Korea Christmas Fair 2017

Kintex, Goyang-si
www.christmasfair.co.kr/english/



DEC09-10
Expatriate Fair

COEX Hall C, World Trade Center,
Gangnam-gu, Seoul
www.expatair.kr



DEC14-17
Home Table Deco Fair

COEX Convention Center Grand Ball Room, Seoul
www.hometabledeco.com



DEC15-17
Yeongdong Dried Persimmon Festival

Areas of Hasang Parking Lot,
Yeongdong, Chungcheongbuk-do
+82-43-745-8918



DEC20-22
App Show Korea

COEX Convention Center Grand Ball Room, Seoul
app-show.co.kr/en/



DEC21-23
International Mega-Conference on Future Generation Information Technology

Daejeon University, Daejeon
www.conferen.org/FGIT2017/



DEC22-MAR04
Alexander Girard, A Designer's Universe

Hangaram Art Museum Gallery,
Seoul Arts Center
+82-2-6273-4242

Christmas

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\$79
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December
17-21
26-28

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2 Consecutive NIGHTS or MORE

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Tell them you want the HOLIDAY SPECIAL
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PUBLISHER'S LETTER

Holiday Greetings from the Oriental Press

It is my honor and pleasure to print and distribute this Dec. 2017 edition of Pulse65 magazine. This is our sixth edition and as the holidays approach we wanted to take this opportunity say thank you for your service and sacrifice here in the Republic of Korea.

Next year will see the United States Forces Korea Headquarters relocate to U.S. Army Garrison-Humphreys. With the majority of USFK personnel and family members stationed in Pyeongtaek City significant changes have been and will take place over the next few years until the Brian Allgood Army Community Hospital opens their doors on USAG-Humphreys.

We believe that Pulse65 is critical in educating and enlightening the USFK population regarding the health facilities, dental facilities and public health services that exist as well as the numerous Korean medical hospitals, clinics and institutions listed in the Purchased Care Sector Providers section.

In addition, we at Oriental Press will do our best to enhance the effort to provide enlightening articles regarding the culture and history of your host nation to assist you in knowing more about the adjacent Korean communities and the numerous sites to see throughout the Republic of Korea.

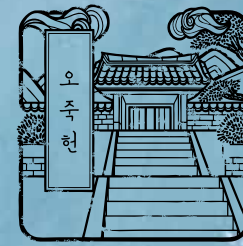
Oriental Press has been a part of the USFK community since 1987 and has seen numerous changes in the USFK base structures and the surrounding communities. We take personal pride in our contribution in printing and distributing Pulse65 at high traffic within the U.S. Forces installations throughout Korea.

I would like to extend our sincerest gratitude to the 65th Medical Brigade Commander, Col. Wendy L. Harter and Brigade Public Affairs Officer, William Wight, for their tireless effort to make this publication what it is today. And, with trusting Oriental Press to ensure a copy of this publication gets into the hands of all who desire one.

Have a safe and happy holiday time from our family to yours!



Charles Chong
Chief Executive Officer
Oriental Press



Korean winter highlights

Ojukheon House

Ojukheon House is the home where renowned Korean female artist Shin Saimdang was born. It portrays the beautiful and practical architectural styles of the Joseon period.

www.visitkorea.or.kr



Live MUSIC&DANCE CALENDAR



DEC05

Wiener Symphoniker

Seoul Arts Center, Concert Hall
ticket.yes24.com



DEC06

Pixar in Concert

Seoul Arts Center, Concert Hall
www.sacticket.co.kr



DEC06-17,24

**CHRISTMAS Meets Jazz:
Kazumi Tateishi Trio**

Venues vary: Seoul, Cheongju,
Kwangju, Daegu, Ulsan, etc.
ticket.interpark.com/global/



DEC07-10

**La Boheme:
Korea National Opera**

Seoul Arts Center, Opera Theater
ticket.interpark.com/global/



DEC07,12-22

**The Little Singers of Paris:
Christmas Concert**

Venues vary: Seoul, Busan,
Wonju, Goyang, etc.
ticket.interpark.com



DEC08-10

Bangtan Boys

Gocheok Sky Dome, Seoul
www.ticketbis.net



DEC10

Bass René Pape Recital

Seoul Art Center Concert Hall
www.sac.or.kr/eng/



DEC12-13

**Gergiev & Mariinsky Orches-
tra with Matsuev, piano:
Rachmaninov, Tchaikovsky**

Seoul Arts Center, Concert Hall
ticket.yes24.com



DEC15-16

**Seoul Metropolitan Chorus
'A Celebration of Christmas'**

Sejong M Theater
www.sejongpac.or.kr/eng



DEC23-24

**The 2017 3rd Christmas
Premium Gala Show**

COEX Grand Ballroom
ticket.yes24.com



DEC24

**Yuhki Kuramoto & Friends:
2017 Christmas Concert**

Seoul Arts Center, Concert Hall
www.sacticket.co.kr



DEC24

**Ronn Branton Jazz Christ-
mas Concert**

Sejong M Theater, Jongno-
gu, Seoul
www.sejongpac.or.kr/eng/

SEASONS GREETINGS
FROM YOUR MILITARY POSTAL STAFF
WE REMIND YOU TO...



MAIL EARLY!!

2017 DEADLINE MAILING DATES

(FROM MPOs IN KOREA)

DESTINATION	EXPRESS MAIL	1ST CLASS LETTERS/ CARDS	PRIORITY	SAM / PAL
CONUS	16 DEC	11 DEC	11 DEC	4 DEC
APO/FPO/DPO AP	N/A	11 DEC	11 DEC	4 DEC
APO/FPO/DPO AE (EXCEPT ZIPS 093)	N/A	11 DEC	11 DEC	4 DEC
APO/FPO/DPO AE ZIPS 093	N/A	4 DEC	4 DEC	27 NOV
APO/FPO/DPO AA ZIPS 340	N/A	11 DEC	11 DEC	4 DEC
				6 NOV (SAM parcels over 15 lbs & 60" combined length & girth)



USFK POSTER 65-5, 23 OCT 2017



NAVIGATING KOREAN HOSPITALS

THIS MONTH'S HIGHLIGHTS



Uijeongbu St. Marys Hospital

Founded in 1957 to fulfill Catholic values through medical care, research and service, the Catholic University of Korea Uijeongbu St. Mary's Hospital is one of the leading university hospitals of northern Gyeonggi-do.

The International Health Service Center opened its doors following the signing in 2000 of an MOU with the 18th Medical Command of the United States Army Korea. The Center serves the healthcare needs of over 4,000 patients annually, delivering high-quality medical services to locally-stationed U.S. servicemen and their families, as well as general international patients. In 2006, the Center was designated by Gyeonggi-do's provincial government as a primary provider of healthcare services to international patients for the northern section of the province, and is open 24 hours a day, 365 days a year. Under a cooperation arrangement with International SOS, the Center is ensuring that international travelers and workers receive the quality medical care they need even away from home, among others by placing English-speaking physicians and staff in the emergency unit.

Phone: 031-820-3636 **Fax:** 031-820-3665

International clinic working hours:

M – F 0830 – 1700

Sat. 0800 – 1200 (office only not for consultation)

24/7 English Speaking Service: 010-8931-3435

Email: ujbrc@catholic.ac.kr

Location: 271 Cheonbo-ro, Uijeongbu, Gyeonggi-do

Website: www.cmcujb.or.kr

Directions (Subway): Line #2 : Uijeongbu Station Dongbu Square — Uijeongbu Station bus stop — Town bus #207 or City bus #2 (30min. trip)

Specialties: Allergy & Immunology, Cardiology, Dentistry, Dermatology, Dialysis, Endocrinology ENT, Emergency Care; Gastroenterology, General Practice, Radiology, Infectious Disease, Internal Medicine, Nephrology, Neurology, Obstetrics & Gynecology, Oncology, Ophthalmology, Orthopedics, Pathology & Laboratory, Pediatrics, Pharmacy, Physiotherapy, Psychiatry – Adult, Psychology – Adult, Pulmonary, Rheumatology, Surgery: Cardiothoracic/ Colorectal/ Facio-maxillary/ General/ Neurosurgery/ Plastic/ Vascular, Urology



Seoul National University Hospital

Seoul National University Hospital(SNUH), the leading health care facility in Korea, has now extended its services and programs in response to an increase in demand from international residents and tourists in Korea.

Its services and programs include inpatient, outpatient and emergency care from a comprehensive range of advanced specialty fields.

The Seoul National University Hospital International Healthcare Center (IHC) was founded on June 1st, 1999 with the aim of increasing convenience and enhancing the efficiency of medical services for international patients.

Understanding the communication needs of our patients who come from the world over, they provide multilingual interpretation service for English, Chinese, Mongolian, Russian, Spanish and Arabic.

For more than 30,000 patients from over 80 countries per year, IHC has helpful and attentive staff and provides cashless billing service/coordination with national embassies and international insurance companies, as well as consistent medical care for customers with chronic diseases, medical examinations and screening, and vaccinations and international travel consultations.

Phone: 02-2072-2890, 02-2072-0505

International clinic working hours:

M – F 0900 – 1730

(closed on Korean national holidays)

Fax: 02-2072-0785

Email: international@snuh.org (English)

Location: 101 Daehak-ro, Jongno-gu, Seoul 03080

Website: www.snuh.org/global/en/main.do

Files claims for TRICARE Prime and Standard

Directions (Subway): Hyeehwa Station line 4 exit 3, it takes about 15 minute walk or take a taxi that will cost about 3,000 won

Specialties: Allergy & Immunology, Cardiology, Dentistry, Dermatology, Dialysis, Emergency Care, Endocrinology, ENT, Gastroenterology, General Practice, Infectious Disease, Internal Medicine, Nephrology, Neurology, Obstetrics & Gynecology, Oncology, Ophthalmology, Orthopedics, Pathology & Laboratory, Pediatrics, Pharmacy, Physiotherapy, Psychiatry – Adult, Psychology – Adult, Pulmonary, Radiology, Rheumatology, Sleep Studies, Surgery: Cardiothoracic/ Colorectal/ Facio-maxillary/ General/ Neurosurgery/ Plastic/ Vascular, Urology

SCENE & HEARD

NATIONAL & INTERNATIONAL

Story by Eric Young-Seok Park

SEOUL MYEONGDONG IS 8TH MOST EXPENSIVE RETAIL STREET IN THE WORLD



According to Cushman & Wakefield's 2017 Main Streets Across the World retail report, Myeongdong, Seoul has been ranked world's 8th most expensive retail district with annual rents at \$914 per square foot. New York's 5th Avenue retained the most expensive main street in the world with annual rents at an average of \$3,000 per square foot per year. Hong Kong's Causeway Bay ranked second globally and Asia's most expensive street with annual rents at \$2,725. The report is based on rent per capita and tracks 462 of the top retail streets around the world.

SHARK ATTACK REPORTED IN NORTHERN CALIFORNIA

A man spearfishing in Northern California was reportedly bit by a shark. The attack happened at Still Water Cove at the popular Pebble Beach area, according to the Monterey County Sheriff's Office. Two off-duty deputies were in the area fishing when they were alerted of the victim who was bit, officials said. "One of the deputies on scene was trained in emergency field medicine and applied a tourniquet to the man's leg stopping his massive blood loss," officials said in a Facebook post. Pebble Beach is a top tourist destination in California known for The Lodge, a popular golf course, and its scenic coast and trails. Tourists who visit Monterey County reportedly spent billions of dollars in the region.



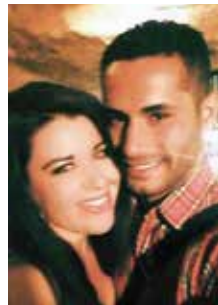
MEXICO CREATES PACIFIC MARINE SANCTUARY TO PROTECT ITS 'CROWN JEWEL'



Mexico has joined a growing global effort to safeguard the world's oceans with the creation of a marine reserve surrounding Revillagigedo Archipelago, a chain of four volcanic islands off the country's Pacific coast. At more than 57,000 square miles — roughly the size of Georgia — Revillagigedo Archipelago National Park becomes the largest fully protected marine reserve in North America, according to the Pew Charitable Trusts. All fishing and other extractive activities will now be banned in the area. Mexican President Enrique Peña Nieto established the sanctuary via a decree on Nov. 24. The archipelago and the rich waters surrounding it are critical habitat for numerous species and have already been recognized by UNESCO as a World Heritage Site in 2016.

TOURIST FACES DEATH PENALTY FOR BRINGING HUSBAND'S PAIN PILLS TO EGYPT

A British tourist Laura Plummer, 33, was arrested with the tramadol tablets in her suitcase after she flew into a Red Sea beach resort for a two-week break with her Egyptian husband Omar, 33. He is suffering back pain after an accident, so she took 29 strips of tramadol, each containing 10 tablets, plus some Naproxen given to her by a pal. In Britain, tramadol is prescription only, but it's banned in Turkey, where addicts use it as a heroin substitute. She's being held on drug trafficking charges at Hurgada 1st Police Department with "murderers, heroin addicts and prostitutes," her family said. She is crammed into a tiny cell with 25 other women and a hole in the floor for a toilet. Plummer's sister Jayne Synclair, 40, said she fears her little sister, who is still wearing the same clothes she flew out in, will try to end her life after 26 days locked in "repulsive" conditions. The family has been told she's facing either 25 years in prison or the death penalty and is extremely worrying that they'll make an example of her.



MAN BUYS \$10K WORTH OF TOYS FOR LOCAL KIDS



Christmas came a little early for the people of New Jersey after a mysterious man hit the Toys R Us store in the town of Cherry Hill on Black Friday. A New Jersey man spent this Black Friday putting together a great surprise for dozens of local families. The man, identified only as Charlie K., told CBS 3 that he woke up Friday morning planning to shop for his son when a bright idea hit him. He went over to the Toys R Us store in the town of Cherry Hill, where he paid for orders that customers had put on layaway. He wound up paying for more than 60 orders totaling over \$10,000. "I'm trying to bring some happiness to people, to the community that brought happiness to me and my family," he told CBS 3. "I love this community and I am trying to provide back to it." A Toys R Us spokeswoman confirmed the good deed. "We love the heartwarming acts of one secret Santa who visited Toys R Us Cherry Hill this morning - Charlie K. paid off more than 62 Layaway orders totaling approximately \$10,780," the spokeswoman told NJ.com. On top of that, Charlie K. also purchased an additional \$2,000 worth of toys for Toys for Tots, a charity run by the U.S. Marine Corps Reserve that brings Christmas gifts to children whose parents can't afford them.

TIGER ATTACKS EMPLOYEE AT ZOO IN RUSSIA

The zoo in Russia's westernmost region says a tiger has attacked one of its staff after she entered the enclosure in violation of safety regulations. The Kaliningrad Zoo said in a statement the rare Amur tiger charged at the employee, Nadezhda Srivastava, a 44-year-old mother-of-three. Visitors shouted at the tiger and threw stones, tables and chairs in order to distract it and their efforts worked. The tiger eventually stepped away from the keeper, allowing her to crawl to safety. She was taken to a hospital but her life is not in danger. Russia's Investigative Committee launched a probe but the zoo said the employee breached safety regulations. The 16-year old tiger, called Taifun, has never been aggressive, the zoo said, adding that it has no plans to euthanize the animal. Srivastava later describes being mauled for ten minutes - which seemed like 'an eternity' - after getting trapped in its cage.



BULLFIGHTER GORED MID-FIGHT IN MEXICO



Horrifying images have captured the moment a bullfighter was gored in the groin area during a fight. Luis David Adame can be seen grimacing in pain after the bull's horn penetrated his skin. Photos show blood seeping from the wound as he was helped off the bullring. He tried to cover the injury with his own hands. He was then rushed to hospital. The attack from the injured animal, which can be seen with several banderillas - harpoon-pointed sticks - in its back, took place in the Santa Maria de Queretaro in Mexico during the first round of the festival. Mr. Adame had been using the traditional red cape to dazzle and confuse the animal when the bull quickly changed direction. Unable to get out of the way, Mr. Adame was injured and tossed into the air. He then fell to the ground and his colleagues ran to help him. Dr Rafael Vazquez Bayod told local reporters: "Luis David Adame has suffered a large goring in the scrotum that has torn the skin across 10cm, including injury to the testicles." Mr. Adame is reportedly in a stable condition and is expected to recover.

ABANDONED DOG WITH DREADLOCKS GETS 4 AND A HALF POUNDS OF HAIR SHAVED OFF



Rags, a 3-or 4-year-old Shih Tzu mix, was rescued by an animal non-profit after a homeowner said the dog had wandered into their yard. Rags walked with bowed legs because his fur was tangled so tightly. He also had hundreds of fleas and sores beneath his coat. His hair was so matted that they couldn't be cut with scissors. The dog with thick dreadlocks now looks brand new after groomers gave him a three-hour makeover. After three hours of bathing and shaving at Clarksdale Animal Rescue Effort and Shelter (CARES), Rags was transformed. Groomers shaved off four and a half pounds of fur. After getting rid of his dreadlocks, Rags slept in a plush bed, which he loved. Now the shelter is trying to raise \$500 to pay for Rags to have treatment for heartworm, which he has tested positive for. The adorable pup is also now looking for a new home.

DAVID CASSIDY'S DAUGHTER REVEALS HIS FINAL WORDS

David Cassidy passed away on Nov. 21 at the age of 67, surrounded by his loved ones. And now his daughter is revealing the "Partridge Family" star's final words. "My father's last words were 'so much wasted time,'" Katie Cassidy revealed on Twitter. "This will be a daily reminder for me to share my gratitude with those I love as to never waste another minute... thank you." The younger Cassidy, 31, added, "Words cant express the solace our family's received from all the love & support during this trying time." Katie Cassidy, who stars on "Arrow," is the actor's daughter with former model Sherry Williams. David Cassidy was best known for starring in "The Partridge Family," playing heartthrob Keith Partridge. The sitcom, which centered on a widow raising five children who eventually form a traveling band, ran from 1970 to 1974. He sold millions of records as the musical group's lead singer.

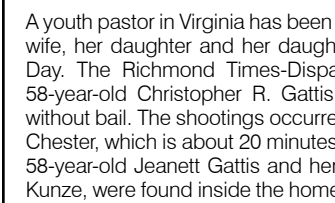


BTS CERTIFIED BY GUINNESS AS MOST RETWEETED BAND



BTS a.k.a. Bangtan Boys or Beyond The Scene, a seven-member South Korean boy band, broke a Guinness World Record as the most retweeted band. Guinness World Records announced via its official Twitter account that the band landed a spot in the 2018 book for having the world's most Twitter engagements for a music group. According to ABC's "Good Morning America, there have been over 20 million tweets on the band following their appearance on the American Music Awards 2017.

VIRGINIA YOUTH PASTOR MURDERS FAMILY DURING THANKSGIVING DINNER



A youth pastor in Virginia has been charged with fatally shooting his wife, her daughter and her daughter's boyfriend on Thanksgiving Day. The Richmond Times-Dispatch reported on Nov. 24 that 58-year-old Christopher R. Gattis is being held at a county jail without bail. The shootings occurred at the house they all shared in Chester, which is about 20 minutes south of Richmond. Police said 58-year-old Jeanett Gattis and her daughter, 30-year-old Candice Kunze, were found inside the home. Kunze's boyfriend, 36-year-old Andrew Buthorn, was found outside. Officers took Gattis into custody at the scene. Authorities said this was a domestic dispute that turned violent. Gattis was a youth pastor at Grace Lutheran Church located in Chester, Virginia, according to NBC12.

SHARP in the PARK

Photos by William Wight
65th Medical Brigade Public Affairs Office



The 65th Medical Brigade planned and executed a 'SHARP in the PARK' social event for Soldiers and Family Members on U.S. Army Garrison Humphreys October 13 to promote unit camaraderie in a safe, fun environment; bringing awareness to the Army's Sexual Harassment/Assault Response and Prevention (SHARP) Program; and promote a responsible drinking campaign.



Land Navigation

Photos by William Wight
65th Medical Brigade Public Affairs Office

Soldiers from Charlie Company, 121st Combat Support Hospital conducted a Land Navigation/Map Reading course at Camp Hovey Nov. 9 to practice basic movements, pace count, reading a map and terrain association in order to improve basic Soldier Skills and Army Warrior Training while maintaining their 'Fight Tonight' readiness capabilities.





HHC Gains New Leadership

Story and photos by William Wight, 65th Medical Brigade Public Affairs Office

The “Scorpions” of Headquarters, Headquarters Company, 65th Medical Brigade bid farewell to Lt. Michael Kim and welcomed Capt. David Tobin during a change of command ceremony Nov. 8, 2017 on U.S. Army Garrison-Humphreys Freedom Field one day after the brigade colors were unfurled at their new headquarters.

Reviewing officer, Brigade Commander, Col. Wendy Harter reflected on the many accomplishments that Lt. Kim has attained during his tenure as company commander and highlighted his successful people skills and ability to get the job done. “Lt. Kim you have led HHC through a challenging relocation and transformation period while simultaneously ensuring continuity of operation throughout numerous missions such as Key Resolve, Ulchi Freedom Guardian and 38th Parallel Healthcare Symposium,” said Harter.

Kim contributed his command accomplishments to

the successful people behind the scenes from the unit leadership, to the supply room, to the orderly room and to the command team both past and present. “We [HHC] have come a long way and having the opportunity to command you all has been the most rewarding of my career. The drive that the soldiers, KATUSAs and NCOs have helped make this the best company within this brigade and I could not have done it without all of you,” said Kim.

“HHC is unique and being in command has certain challenges with a diverse number of military occupational specialties and a lot of personnel out rank the Company Commander,” continued Kim. “I am humbled as I have learned why the Army places such great emphasis on command at all levels. It is the ultimate exercise in leadership, negotiation, tactical patience and navigating through a myriad of personalities and conflicts.”

Tobin, brings his logistics expertise to led HHC to-





“ Let’s continue to make history with this prestigious organization as we integrate into USAG-Humphreys.”
 — Capt. David Tobin

through 2018. Harter praised him as being the right person to ensure the unit will continue to improve its operational posture and readiness to ‘fight tonight’ while challenging the soldiers to achieve excellence.

During his address to the troops, Tobin emphasized he will continue to enforce the importance of medical readiness on peninsula thru employing mission command principles, setting conditions for medical operations, medical logistics and combat casualty care.

“Let’s continue to make history with this prestigious organization as we integrate into USAG-Humphreys,” said Tobin. “I am honored and humbled to become your commander and am fortunate to walk into a climate of professionals surrounded by those that desire to succeed.”

Tobin comes to HHC from USAMMC-K.

“There is no more complex medical brigade in the Army today, forward positioned at the most strategic pivot point in the world,” said Harter. “Scorpions keep leading the way to ensure health service support and our force health protection mission whether during armistice or conflict is accomplished and lives are saved and U.S. Forces Korea and 8th Army are ready to ‘fight tonight’ while the Brigade stands with you.”



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Brigade Makes History

Story courtesy 1st Sgt. David Ruiz, HHC 65th Medical Brigade
Photos by William Wight, 65th Medical Brigade Public Affairs Office





On Nov. 7, 2017 the 'Mighty 65th' made history as Col. Wendy Harter, 65th Medical Brigade Commander and Brigade Command Sgt. Maj. Todd Garner were joined by soldiers, KATUSAs and civilians of Headquarters and Headquarters Company civilians and brigade staff at an uncasing ceremony of the Brigade colors taking command and control of their new home at U.S. Army Garrison-Humphreys.

This historical relocation of the Brigade Headquarters as part of the Eighth U.S. Army transformation to USAG-Humphreys plays a vital role in strengthening and bonding the U.S./ Republic of Korea alliance.



"It is [heartbreaking] we left U.S. Army Garrison-Yongsan from our 1909 Japanese prison occupation buildings and assumed command and control of a new modern state of the art headquarters facility," said Harter. "As Pyeongtaek is becoming the center of the U.S./ROK alliance, the brigade will continue to sustain readiness and unity of effort with unmatched medical capabilities on a new medical campus and ensuring our health service support mission and force health protection mission will continue across the peninsula," continued Harter.

The 65th Medical Brigade was constituted on Oct. 18, 1927 in the regular army as the 15th Medical Regiment.



The brigade went through several activations and re-activations before it became the 65th Medical Brigade on Oct. 16, 2008.

The colors of the brigade represent not only the heritage of the unit, but also the unity and loyalty of its Soldiers. The Colors are the commander's symbol of authority, representing her responsibilities to the organization.

Presently, the 65th Medical Brigade is comprised of several units: Headquarters, Headquarters Company, 121st Combat Support Hospital, 168th Multifunctional Medical Battalion, 618th Dental Command Area Support, 106th Veterinary Detachment and U.S. Army Medical Materiel Center-Korea.



Incoming Command Sgt. Maj. Michael L. Gragg (left), Lt. Gen. Nadja Y. West (center), the U.S. Army Surgeon General and Commanding General, U.S. Army Medical Command, and outgoing Command Sgt. Maj. Gerald C. Ecker (right) stand before the MEDCOM Change of Responsibility ceremony on Nov. 3, at MacArthur Parade Field, Joint Base San Antonio, Fort Sam Houston, Texas. DoD Photo by Rebecca Westfall, U.S. Army/Released. (Photo Credit: Rebecca Westfall)

MEDCOM Welcomes New Command Sergeant Major

Courtesy of U.S. Army.mil

Lt. Gen. Nadja Y. West, the U.S. Army Surgeon General and Commanding General, U.S. Army Medical Command presided over a change of responsibility ceremony for outgoing MEDCOM Command Sgt. Maj. Gerald C. Ecker and incoming Command Sgt. Maj. Michael L. Gragg, on Nov. 3, at MacArthur Parade Field, Joint Base San Antonio, Fort Sam Houston, Texas.

Command Sgt. Maj. Gerald C. Ecker has served as the MEDCOM Command Sgt. Maj. since 2014 and previously served as the U.S. Army Public Health Command and U.S. Army Medical Department Center & School Command Sgt. Major.

Reflecting on his time in the U.S. Army, Ecker stated, "Our mission and profession as Soldiers, I can think of none nobler--as I ask all of you on the field to give our Army 100 percent, and then some, for our mission and

people, I encourage you to think about why you do it, why you serve. I have always maintained the belief that when the mission is demanding and going gets tough, we fall back on our training and experience, and each other."

"As Soldiers we are often asked to rise to the occasion, our creeds, beliefs, and training enables us to do so. I believe in our mission, our profession, and I believe in you the American Soldier."

Facing retirement, Ecker said, "Today is much like how I felt, in August of 1990, as a young sergeant and senior medic of an airborne infantry rifle company destined for Iraq--maybe a bit restless to rendezvous with destiny, but

a relationship and spreading the [Army Medicine] message," said Gragg.

The ceremony at MacArthur Parade Field included the ceremonial passing of the MEDCOM colors to illustrate the passing of responsibility and leadership to the incoming Command Sergeant Major.

Regarding those who praised Gragg on his appointment, "As I embark on this journey, I want to ensure all those people [who offered me praise] that I didn't achieve this by myself, I am nothing but a collage of all the leaders who have invested in me--leaders that have left an indelible mark on me--I truly appreciate all the patience, wis-



never doubting my task and purpose, or the will to achieve it. My god and my family give me this will and I could ask for no more, other than the wisdom and strength to continue to serve my family and country, now as a soldier for life, and in a manner that would honor all those who have gone before me and continue to serve."

The incoming, Command Sgt. Maj. Michael L. Gragg will serve as the senior enlisted advisor to Lt. Gen. Nadja Y. West, the U.S. Army Surgeon General and Commanding General, U.S. Army Medical Command.

"To Lt. Gen. West, your leadership and guidance has postured Army Medicine for the foreseeable future--to date, your inspirational words and calming presence have allowed the AMEDD to endure some of the toughest challenges in a generation. I look forward to forging

dom, and guidance you have shared with me over the last 28 years."

Prior to his appointment, Gragg held numerous leadership positions including Medical Evacuation NCO, Flight Medic, Department of OBGYN NCOIC, Drill Sergeant, Intelligence NCO, Platoon Sergeant, Operations Sergeant, Forward Support Medical Company First Sergeant, Medical Operations Sergeant, Chief Operations NCO, Warrior Transition Battalion-Europe Command Sergeant Major, Landstuhl Regional Medical Center Command Sergeant Major, 32d Medical Brigade Command Sergeant Major, Interim AMEDD Center and School Command Sergeant Major, Sergeant Major U.S. Army Physical Disability Agency, and Command Sergeant Major Center for Initial Military Training, Fort Eustis, Virginia.

Brigade Hosts Healthcare Training Symposium

Story and photos by William Wight
65th Medical Brigade Public Affairs Office



Ensuring a trained healthcare professional force is medically ready can be challenging in the Republic of Korea. From Oct. 30 to Nov. 3, 2017, the 65th Medical Brigade hosted the 67th Annual 38th Parallel Healthcare Training Symposium at U.S. Army Garrison-Yongsan's Dragon Hill Lodge which was designed to discuss medical issues and advancements unique to the peninsula and Pacific Region.

This year's theme was global health security in the Asia Pacific region and was designed to ensure that trained and ready healthcare professionals sustain a



medically ready force that is prepared to "fight tonight".

"We achieved this by providing high quality continuing education and strengthening our bonds with our Republic of Korea military medical partners," said Sgt. Maj. Alejandro Pereyraalaniz, 65th Medical Brigade clinical operations sergeant major.

The symposium offered professional classes and discussions on a variety of topics to include medical operations, trauma care, chemical biological radiological nuclear environment, emerging health threats, dental trauma, non-commissioned officer leadership, care and treatment of military working dogs, behavioral health concepts and medical best practices.

The 38th Parallel Society was formed in 1951 by a group of medical officers in Korea that met to discuss current medical issues on the peninsula and has continued every year since.

"This year the span of discussions focused on global health security in the Asia-Pacific region and provided a holistic approach and better understanding of operating within our present environment," said Col. Wendy Harter, 65th Medical Brigade Commander.

The Commanding General for Eighth United States



Army and Chief of Staff of United Nations Command, United States Forces Korea, Lt. Gen. Thomas Vandal was a plenary guest speaker at the symposium. During his opening remarks, Vandal stressed the commitment of medical health care professionals. “The quality of medical care in our Army is superb allowing our soldiers to continue to serve because of the efforts of you, the health care professionals. Events such as the symposium ensures that [you] have the opportunity to share lessons learned and exchange ideas, sharpen your skills ensuring our forces are better equipped and prepared by sharing

“ High quality education and training ensure our Soldiers, civilians, families and military working dogs have access to best care available.”
 — Lt. Gen. Thomas Vandal



medical advances and practices preparing all of us for effective operations in this combined joint environment,” said Vandal. “Medical readiness is critical in all echelons and every soldier must be proficient in warrior tasks, medical care professionals are no different and must also master their craft. High quality education and training ensure our Soldiers, civilians, families and military working dogs have access to best care available.”

The symposium was no small task as the Brigade Headquarters was also transitioning and relocating forces to U.S. Army Garrison-Humphreys. Vandal highlighted that the command emphasis and teamwork within the Brigade has helped 8th Army to maintain over 90 percent medical readiness over the last thirteen months.

“It is through your combined efforts and opportunities to train and collaborate in venues such as this, that we all have gained a deep shared understanding critical to the combined joint operations resolving our interoperability gaps and gained quality educational experiences while simultaneously improving our medical readiness posture on the peninsula at a time that is critical,” concluded Vandal.



Secretary of the Army Message



Photo courtesy of Army Times

To the Army Family,

Today I had the great honor of being sworn in as your 23rd Secretary of the Army. Having served previously in the Regular Army, Guard, and Reserves, I know well that people are the Army's greatest asset. I fully understand and acknowledge the sacrifices our Soldiers and Families have given to our great Army; especially during the previous 16 years of sustained combat operations. Thanks to your service, our Army remains the world's premier ground combat force and the bedrock of our Nation's defense. This is why the readiness and welfare of our Soldiers, Civilians, and their Families will always be foremost in my mind, and why I intend to pursue initiatives that will offer the professional opportunities and quality of life all deserve.

As I return to duty, I want you to know that my first priority is Readiness – ensuring the Total Army is ready to deploy, fight and win across the entire spectrum of conflict, with an immediate focus on preparing for a high-end fight against a near-peer adversary. Improving Readiness is the benchmark for everything we do; it should guide our decision-making.

My second priority is Modernization – building greater capacity and capabilities in the longer term. This means growing our operational force while maintaining quality, reshaping it to be more robust and successful in all domains, and modernizing it with the best weapons and

equipment available to guarantee clear overmatch in future conflicts.

My third priority is Reform – improving the way we do business, including how we implement these priorities, to make the Total Army more lethal, capable, and efficient. This means changing the organizations, policies, processes, and tasks that consume time, money, or manpower without delivering real value, and applying the savings to our top priorities.

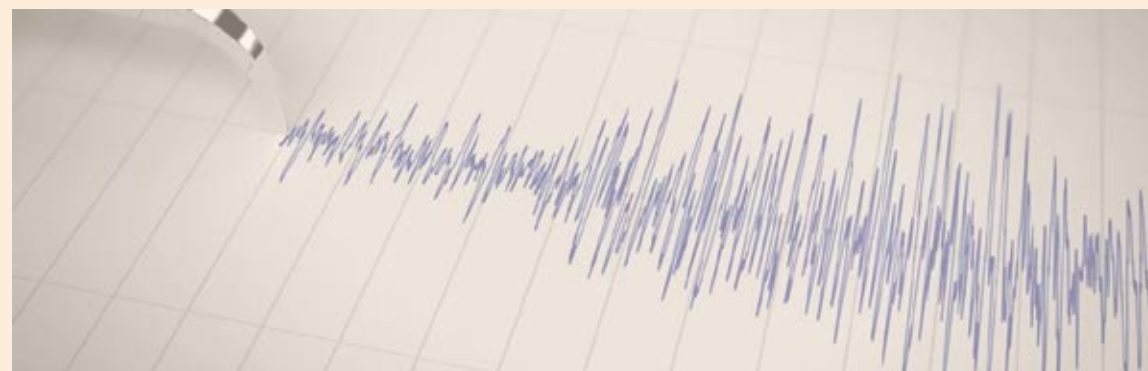
Lastly, I place great importance on a commitment by all – especially Leaders – to the Army's Values. This includes treating everyone with respect, collaborating broadly, and always doing the right thing. The Army is at its best when it works and fights as one team, and with the challenges we face ahead, a recommitment to these Values will serve us well.

I will be working hard on all of these priorities, and welcome your ideas on how we can best achieve them. To be successful, we must work together and empower people at all levels to lead, innovate, and make smart decisions.

I look forward to meeting with and hearing from many of you in the months ahead, and am excited about the great things we will accomplish together.

Army Strong!
Mark T. Esper
Secretary of the Army

Earthquake Preparedness



Federal, state, and local emergency management experts and other official preparedness organizations all agree that "Drop, Cover, and Hold On" is the appropriate action to reduce injury and death during earthquakes.

Protect Yourself! Spread The Word!

Official rescue teams who have been dispatched to the scene of earthquakes and other disasters around the world continue to advocate use of the internationally recognized "Drop, Cover and Hold On" protocol to protect lives during earthquakes:

DROP to the ground (before the earthquake drops you!),
Take COVER by getting under a sturdy desk or table, and
HOLD ON to it until the shaking stops.

- If there isn't a table or desk near you, drop to the ground in an inside corner of the building and cover your head and neck with your hands and arms. Do not try to run to another room just to get under a table.
- The main point is to not try to move but to immediately protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you therefore will most likely be knocked to the ground where you happen to be. You will never know if the initial jolt will turn out to be start of the big one. You should **Drop, Cover, and Hold On** immediately!
- In addition, studies of injuries and deaths caused by earthquakes in the U.S. over the last several decades indicate that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. **Drop, Cover, and Hold On** offers the best overall level of protection in most situations. As with anything, practice makes perfect, practice **Drop, Cover, and Hold On** once each year.

What NOT to do

- **DO NOT** get in a doorway! An early earthquake photo is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!
- **DO NOT** run outside! Trying to run in an earthquake is dangerous, as the ground is moving and you can easily fall or be injured by debris or glass. Running outside is especially dangerous, as glass, bricks, or other building components may be falling. You are much safer to stay inside and get under a table. For more information please check out the links below.

- OSHA Earthquake Preparedness: <https://www.osha.gov/dts/earthquakes/preparedness.html>
- FEMA Earthquake Preparedness Checklist: http://www.fema.gov/media-library-data/1421937886237-e683b4975c2c324b18967ead20336b2f/FEMAB526_2014.pdf
- CDC Earthquake Preparedness: <https://www.cdc.gov/disasters/earthquakes/>

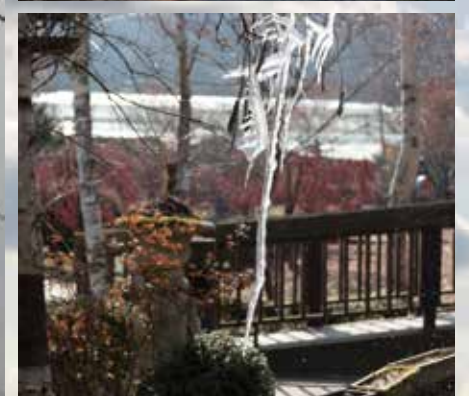
Mark Williamson, Emergency Manager, 737-2290

12 Sites around *PyeongChang*

In this edition of the PULSE 65, the editorial team is embarking on a series of tourism articles focusing on events in and around the city of PyeongChang and the other venues (Gangneung and Bukpyeong-myeon) that will be hosting the upcoming Olympic Games in February 2018.

So get ready to travel and experience the many unique aspects of South Korea from the exhilarating ride on Asia's longest zip-line to the serene calm of the most historic Korean Buddhist temples. There is something for everyone from foodies to art aficionados to the adventurous.

Photos by Robert Marks



View from Seondol cliffs



The Turkey Gallery houses an eclectic mix of historical appliances and art.

Country Herb Farm

The Country Herb Farm is a working farm full of beautiful gardens with a restaurant and café on site. Thirteen gardens each with their own unique theme such as Shakespeare, medieval, butterfly, children and healing span the property. One can also view the eclectic mix of galleries that include a herb gallery to inspire the senses, a Turkish artifact gallery and a gallery lined with fantasy and comic books spanning several decades.





Tourists enjoying the sunset and seemingly endless mountain ranges from the glass observation deck.



Arii Hills / Byeongbangchi Skywalk / Zip line

Prepare yourself for breathtaking views of Bamseom, Donggang River (the Grand Canyon of Korea), Seonam Village and Dujunbong Peak as you experience the exhilarating walk along the 11 meter u-shaped glass observation desk.

For the adventurous, fly through the clouds at speeds of 100kph on the longest zip line in South Korea. Those that are somewhat less adventurous can follow the signs to the zip line boarding gate and follow the wooden stairs to the observation deck.



Mooee Gallery

Sculptures, calligraphy, pottery, drawings and artworks of famous and contemporary Korean artists await you at the Mooee Gallery. Repurposed from a former elementary school, the gallery features exhibits, outdoor large-scale sculptures, hands-on experience programs and artwork sales. Visitors here can play the many organs scattered throughout the gallery.



A view of the outdoor sculpture park



Calligraphy Gallery





Woljeongsa Temple

Nestled on the eastern side of Odaesan Mountain, Woljeongsa Temple is the Buddhist headquarters for over 60 temples and eight monasteries. Unique to this temple is the nine-story octagonal pagoda and a huge stone seated Buddha adorned in gold. Established in 590 by monk Ja Jang, the temple hosts the remains of Buddha. For the history buff, historical documents and artifacts from the Goryeo Dynasty (918-1392) can be found at the Seongbo Museum. Many well marked hiking trails offer access to several smaller temples and 22 pagodas. Temple stays are also offered here for visitors that would like to learn Buddhism and interact with the daily living routines of the monks.



A child pushes and rotates a large spindle-like structure, similar to a prayer wheel.



Jeonggangwon – Korean Traditional Food Culture Experience Hall

Are you interested in learning how to make bibimbap, Korean hot pepper paste or traditional Kimchi? This is the place for the gastro-curious. Jeonggangwon is the largest food experience center in the country established to preserve and promote the culture of Korean traditional food. Visitors can explore the history of Korean food and cultural eating traditions, learn the fermenting process, see a huge collection of kimchi pots and sample common dishes and delicacies. Experience a traditional hanok (overnight room) with amenities such as a bed and private bath with shower. Room rates include breakfast and dinner with stays greater than two nights.





Haslla Art World Museum Hotel

The Haslla Museum hotel has it all. Situated on 61 acres, the venue boasts a hotel, gardens, art gallery, museum, wedding hall, restaurant and a spectacular view of the East Sea. Created by the sculptor couple, Park Shinjung and Choi Okyung, the name 'Haslla' represents the harmony between art and humankind in nature. The many beautiful gardens include the art and pine tree, field, wetlands, cow patty, sea and fun topped by a nearby observatory. A marionette gallery that includes Pinocchio and other characters are on display. Children can observe nature and have the opportunity to make marionettes, candles, t-shirts, drinking mugs, sotdae and other Korean folk items. Adult programs include pottery, cooking and coffee classes.

Thought provoking, creative and innovative all describe the Haslla experience where there are no mirrors found anywhere in the facility. This is meant to focus thoughts away from yourself and into the world around you. All rooms face the sea and have a bed in a bowl (symbolizing the comfort and security of a womb).





Tree Bridge

Tree bridges also known as living root bridges are formed from the flexible roots of the ficus elastica tree or fig tree over several years. The roots are “trained” by positioning the roots in the desired location and direction by weaving the roots around each other or around another structure until the roots are strong enough to hold a person.

The Seopdari Bridge in Juchoen, Yeongwol, Gangwon Province has been made famous in the drama Fashion ‘70s where filming for the drama first episode started. Several folk songs were written to tell of its significance over its 300-year history. The bridge is celebrated annually at the Seopdari Festival and the Firefly Festival. The area can be accessed via bus to Yeongwol and Jucheon where a taxi can then be taken to the bridge. Buses from Dong Seoul Bus Terminal run 13 times a day.



Made from living trees, these tree bridges are flexible and spring up and down as you walk across.





The Gyeongpodae Pavilion is well lit at night and always open.

Gyeongpodae Pavilion

Originally built in 1326, the Gyeongpodae Pavilion is designated Regional Cultural Asset No. 6. It was moved from the site of the Inwoksa temple and rebuilt in its current location in 1508 on the edge of Gyeongpoho Lake adjacent to the East Sea. The Pavilion is famous for its intricate detail in both pointed architecture and color as well as its panoramic views of the lake, the sea and the pine grove by the beach. On the 15th day of the first lunar month the moon can be viewed in the lake and on the sea. Folklore and poetry describe viewing the moon at this location. One saying is that the moon can be viewed five times: once in the sky, on the lake, on the ocean and twice in your love's eyes.

The Pavilion is a storehouse for various literary works such as "Gyeonpadaebu," written by Yulgok, a Korean Neo-Confucian thinker (1536 - 1584), when he was ten years old. The Pavilion also holds works by Sukjong (1095-1105), the 15th king of the Goryeo Dynasty and many other well-known artists.



Gyeongpodae Sunrise Festival

Come to Gyeongpodae Beach to celebrate the New Year in true Korean style with a New Year's countdown, spectacular fireworks and many cultural events. Gangneung City holds its annual Sunrise Festival during the New Year celebrations, Dec. 31 to Jan. 1. Welcome the beautiful first sun rays of the year early in the morning over the coast. Try the specialty tofu and visit their gramophone museum while in the area.



Seondol cliffs

Located approximately 40 minutes south of PyeongChang along the Seogang River stands a large rock about 70m tall known as Seondol Rock which acts as the gateway of Yeongwol, Sonagijae. The views of the Seogang River and valley are spectacular from this vantage. Seondol is also known as the place of the black and white painting "Seondol." The movie 'Gaeulro' was filmed here and on the wooden steps leading to the summit.



Seonam Village

For the nature enthusiast check out Seonam Village which boasts large pine trees, clear and clean rivers and mountain rocks. When viewed from above, Seonam Village appears in the shape of the Korean Peninsula. Children will enjoy the Yeongwol Book Museum with interactive activities.



A winter's sunset over the city of Yeongwol, seen from the observatory.

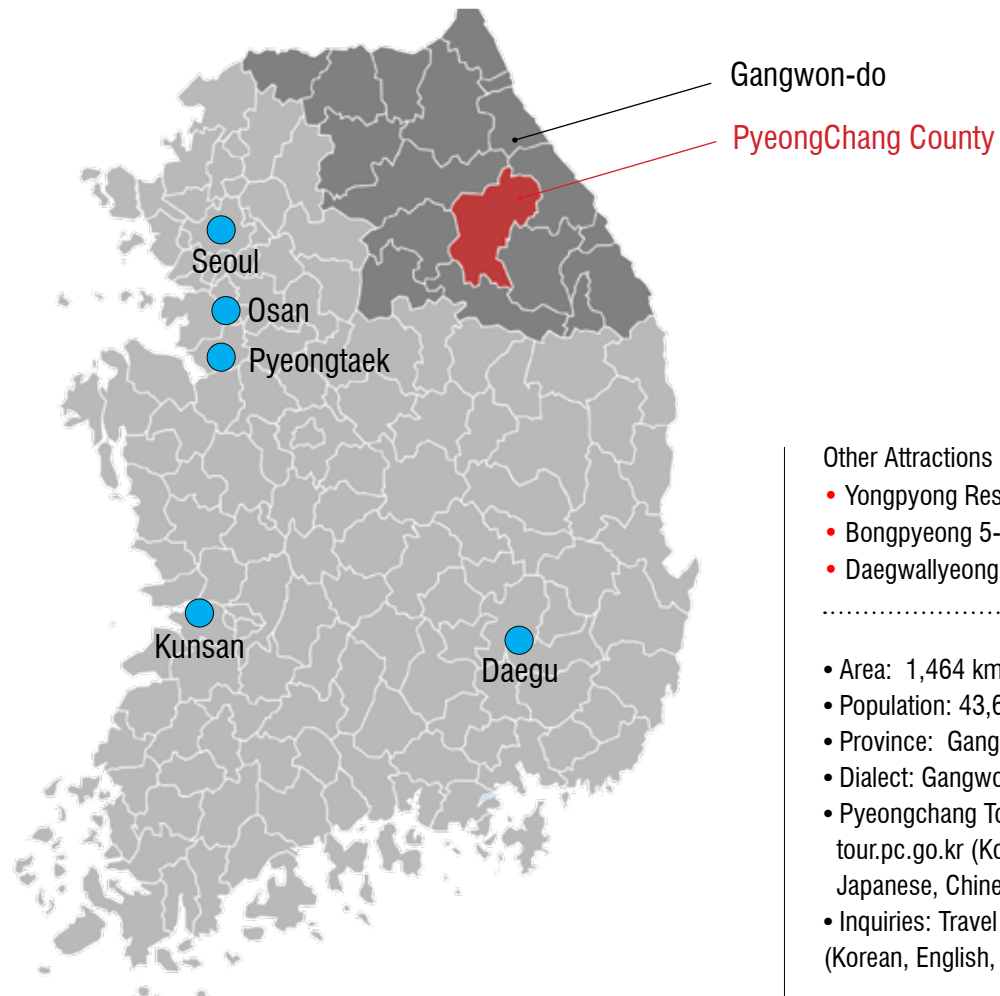


Yeongwol Byeolmaro State Observatory

South Korea's largest astronomical observatory sits upon the peak of Mt. Bongnaesan (799.8 meters). The site consists of 11 telescopes, 10 supplementary telescopes and the Nation's largest telescope measuring 80 centimeters in diameter. Yeongwol's elevation ensures a clean natural environment that is free from light pollution with generally good weather allowing for an average of 192 nights of mostly clear skies for viewing the stars. The wish to view stars in a clean and peaceful environment is conveyed by the term 'Byeolmaro', which is a collection of the words 'byeol' (star), 'ma' (peak) and 'ro' (peaceful). Other activities in the area include rafting, cave exploration and paragliding.



PyeongChang



Other Attractions in PyeongChang:

- Yongpyong Resort
- Bongpyeong 5-day Market
- Daegwallyeong Sheep Farm

- Area: 1,464 km²
- Population: 43,666 (2013)
- Province: Gangwon-do
- Dialect: Gangwon dialect
- Pyeongchang Tourism website: tour.pc.go.kr (Korean, English, Japanese, Chinese, German, French)
- Inquiries: Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese)

- Transportation
(Seoul > Pyeongchang)
(Dong Seoul Bus Terminal > Pyeongchang Bus Terminal): First bus 07:00, last bus 18:46 / Travel time approx. 2hrs
(Dong Seoul Bus Terminal > Jangpyeong Bus Stop): First bus 06:35, last bus 20:20 / Travel time approx. 1hr 50min
(Seoul Nambu Terminal > Jangpyeong Bus Stop): First bus 07:00, last bus 19:20 / Travel time approx. 1hr 50min

PyeongChang is a county in Gangwon Province, South Korea. It's known for Odaesan National Park, with trails crisscrossing the Taebaek Mountains. The park is also home to several Buddhist temples, including Woljeongsa Temple, with its 9-story octagonal pagoda. Lee Hyo-seok Culture Village explores the life of early-20th-century poet Lee Hyo-seok. On the Heungjeong Valley bank are the 7 themed gardens of Herbnara Farm.

There is no shortage of wonderful places in Korea, but perhaps none quite as naturally beautiful and pure as PyeongChang. A host city of the upcoming international winter sports event, Pyeongchang is famous for its beauty in fall and winter. However, nature isn't the only thing waiting for tourists. PyeongChang is home to relics of traditional culture, galleries full of modern art, and many more unique attractions. This winter, take in the refinement of PyeongChang's nature and arts.

PHOTO NEWS

Retiree Appreciation Day



The Area Public Health Nurse for Area I organized a retiree appreciation day Nov. 17, 2017 at the Camp Casey food court. More than 100 patrons attended and received information on the changes in Tri-care, the appointment process and public health information.

(Courtesy photo Area I PHN office)

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Soldiers from Charlie Company, 121st Combat Support Hospital conducted a Land Navigation/Map Reading course at Camp Hovey Nov. 9 to practice basic movements, pace count, reading a map and terrain association in order to improve basic Soldier Skill's and Army Warrior Training while maintaining their 'Fight Tonight' readiness capabilities. See more photos on page 23.

Photo by William Wight, 65th Medical Brigade Public Affairs Office



Maj. Gen. Holcomb tours BAACH

Story and photos by William Wight, 65th Medical Brigade Public Affairs Office

Taking care of patients and becoming professional is a day to day quality that Maj. Gen. Barbara Holcomb, commanding general, U.S. Army Medical Research and Materiel Command (MRMC) and Fort Detrick, MD; Chief, U.S. Army Nurse Corps, echoed to the leadership and staff of the Brian Allgood Army Community Hospital on U.S. Army Garrison-Yongsan during her Oct. 31, 2017 Korea visit.

During her visit to the BAACH, Holcomb received a clear picture and description of the organizational structure and capabilities of the hospital, along with highlighted readiness and safety successes, as well as current and future continuous process initiatives.

After her brief from the hospital command, Holcomb conducted a virtual town hall addressing such issues as pa-



tient care and professional development.

As this was her second visit to the BAACH, Holcomb stated that she was impressed of the work and success the BAACH has had in meeting U.S. Army Medical Command's policies of access to care.

"I am proud of what I have seen today," said Holcomb. "You are practicing the professional practicing model the same as it is done at every medical facility whether that is in a specialty clinic setting or ambulatory care center or field hospital."

At the town hall, Holcomb stressed the importance of professional development, mentoring and counseling subordinates by growing professionally.

"It is about interaction with people you work with and work for, that relationship building and the care you provide to people that makes you stand out," said Holcomb.





Two RHC-P Members Inducted into Order of Military Medical Merit

By Amy Parr
 Tripler Army Medical Center
 Public Affairs Office

Brig. Gen. Bertram Providence, Regional Health Command-Pacific Commanding General, inducted two new members, Col. Christensen Hsu, Dental Command-Pacific commander, and Col. Mark Burnett, Tripler Army Medical Center Pediatric Infectious Diseases chief, into military medicine's prestigious Order of the Military Medical Merit, or O2M3, during a ceremony at Tripler Army Medical Center Oct. 4, 2017.
 (Photo by Marlowe Gungab)

Brig. Gen. Bertram Providence, Regional Health Command-Pacific Commanding General, inducted two new members into military medicine's prestigious Order of the Military Medical Merit, or O2M3, during a ceremony at Tripler Army Medical Center Oct. 4, 2017.

The O2M3 recognizes people who have served in an Army Medical Department for at least 10 years, and through selflessness, have made a sustained contribution to the betterment of Army Medicine. These individuals demonstrate high standards of integrity, moral character and professional competence. The O2M3, founded in 1982 by the U.S. Army Health Service Command commanding general, recognized excellence and promotes fellowship and esprit de corps among Army Medicine members.

According to Providence, the award is very significant and important to Army Medicine members and highlights skills and expertise. "We are in a knowledge-based environment," he said. "We are in the people business. We take care of people." He added that the O2M3 is a method that allows people to be motivated through recognition and is a testament to their dedication of living to the words found in unit mission statements.

Col. Christensen Hsu, Dental Command-Pacific commander, was

recognized for her service to the Army Medical Department as a leader with distinction, a mentor, author and highly skilled oral and maxillofacial surgeon in the Army Dental Corps. Hsu made significant contributions with the Advance Education in General Dentistry Program where she used her expertise and advanced surgical skills to train and mentor junior officers and enlisted Soldiers. Serving in multiple command positions, she provided critical support to exercises throughout the Indo-Asia Pacific Region, highlighting and improving readiness and deployment capabilities of medical Task Forces and strengthening relationships with sister services, allies, and host nations. Hsu, a recognized subject matter expert, presented to more than 600 participants from 28 countries during the 2017 Asia Pacific Military Health Exchange.

Col. Mark Burnett, Tripler Army Medical Center Pediatric Infectious Diseases chief, is described as a tremendously talented and dedicated leader, educator and Army Medical Corps Of-

ficer, who improved the readiness of Soldiers and other beneficiaries at home and during numerous deployments to Iraq and Afghanistan supporting contingency operations. Burnett was responsible for providing direct and supervisory care for pediatric patients with a wide range of infections and immunologic diseases. He greatly assisted the pediatric residency programs, teaching and training the next generation of military physicians. Additionally, Burnett oversaw the Pacific Island Healthcare Project, the longest running telemedicine program in the world, advancing medical and surgical care in remote islands throughout the Pacific.

"It's always a pleasure to recognize excellence," said Command Sergeant Major Richard Watson, RHC-P Command Sergeant Major. Our two inductees clearly demonstrate the highest degree of professional competence. It's important, in front of families, friends and colleagues, that we took the time to recognize their achievements and their contributions to Army Medicine."

2017 Korean-American Friendship Holiday Concert

- Who: All SMs, Family Members, DA Civilians and KATUSAs are invited
- When: 17 DECEMBER 2017 from 1500-1700
- Where: Seoul Arts Center, 2406 Nambusunhwan-ro, Seocho-gu, Seoul (Seocho-dong)
- Why: Promote cross-cultural awareness and further strengthen/sustain the ROK-US Alliance
- Cost: Free
- Attire: ASU or Service Equivalent for Military; Business Attire for Civilians





RHC-P Commanding General
presents
ASHMS 'Safety Star' Banner
to Brian Allgood Army Community Hospital

By Inkyeong Yun
Brian Allgood Army Community Hospital
Unit Public Affairs Representative

Brig. Gen. Bertram Providence congratulated the Brian Allgood Army Community Hospital staff as he presented the first ASHMS 'Safety Star' banner in the region to Col. Erica Clarkson, BAACH commander. (Courtesy photo)

Brig. Gen. Bertram Providence, commanding general, Regional Health Command-Pacific presented the 'Safety Star', known as the Army Safety and Health Management System (ASHMS) banner to Brian Allgood Army Community Hospital, Oct. 31, 2017.

ASHMS is the development of a culture of safety in which safety is part of everyone's daily routine. The purpose of ASHMS is to promote an effective worksite-based safety and health program. It is a cooperative, action-oriented approach where supervisors, managers, employees and contractors work together to combat

workplace hazards to reduce injuries and illness.

BAACH has successfully demonstrated that it has met all Occupational Safety and Health Administration Voluntary Protection Program's requirements for full implementation of the Army's Safety and Health Management System when the ASHMS audit took place in June 2017.

During the presentation ceremony, Providence congratulated the organization for receiving the very first 'Safety Star' in the region. "Having a culture of safety is a journey and this banner is a milestone. I encourage you to continue to keep up the good work."

"This is something Col. Brian Allgood would have loved to have for the hospital" added Providence as he shared his memories of Allgood during his time at BAACH where Allgood served as the commander from June 2004 through June 2006. BAACH was memorialized with his name in 2008.

"The achievement reflects a genuine team effort. We couldn't have done this without the effort of every single member in the organization," said Col. Erica Clarkson, BAACH commander. "And our work didn't stop after the audit. We are still living in the culture of safety and working every day to make it a safer place."

HAVE YOU HEARD OF YONGSAN LEGACY?

After the Korean Armistice was signed, Yongsan Garrison provided security, jobs, homes, education, love stories, friendships, business opportunities and cultural exchanges for Koreans... which have not been recorded anywhere.

This social history of the Garrison's occupants is on the verge of being lost forever.

Yongsan Legacy is documenting the stories of those who passed through Yongsan Garrison and Yongsan area because we believe these stories offer a unique window into understanding the Korean society of today.



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Yongsan Legacy Podcast with John Nowell

Interviewing people that served and/or lived inside the 70 year old US Army base in the heart of Seoul, Korea

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www.yongsanlegacy.org

Holiday GIFT GUIDE



1. Blue Orange Games Photosynthesis Strategy Board Game
Retail: \$36.34 Available at: Amazon.com
2. Corta Maison Candle
Retail: \$30.00 Available at: Voluspa.com, Shop.nordstrom.com
3. AKG N60NC On-Ear Noise-Cancelling Bluetooth Headphones with Built-In Remote and Mic
Retail: \$239.95 Available at: Bhphotovideo.com, Amazon.com
4. LEGO Ideas NASA Apollo Saturn V (21309)
Retail: \$183.84 Available at: Shop.lego.com, Amazon.com
5. RLP-08 Rowlock Classic Wooden Turntable (LP/CD/Radio)
Retail: \$150.00 Available at: Global.gmarket.co.kr

6. Click & Grow Smart Garden 3 (indoor fresh herb growing kit with 3 basil cartridges, self watering planter & patented nano-tech growth medium, soil full of nutrients, proper aeration, pH & moisture)
Retail: \$99.95 Available at: Clickandgrow.com, Amazon.com
7. F1 Aero Pak (All travel essentials are packaged within a navy trifold case with mesh pouches and an extra pocket.)
Retail: \$25.00 Available at: Flight001.com
8. TONYMOLY Panda's Dream So Cool Eye Stick (brightens and clarifies dark circles)
Retail: \$12.00 Available at: Birchbox.com, Amazon.com



9. Acorn Moc Slippers (with memory foam sole and fleece lining)
Retail: \$41.95 Available at: Zappos.com, Amazon.com
10. DJI Spark Portable Mini Drone
Retail: \$499.00 Available at: store.dji.com, Amazon.com
11. Indoor Snowball Fight SNOWTIME ANYTIME
Retail: \$39.99 Available at: Amazon.com
12. Polaroid Originals OneStep2 Instant Film Camera
Retail: \$99.99 Available at: bhphotovideo.com, bestbuy.com
13. Cloud B On-the-Go Giraffe Travel Size Plush Sound Machine (soothing sounds to help a child sleep easier, two timers)
Retail: \$27.99 Available at: Toysrus.com

14. Classic Camden Pocket Wallet
Retail: \$59.95. Available at: Padandquill.com
15. RAVPower Fast Wireless Charger
Retail: \$49.99 Available at: Amazon.com
16. Great Northern Popcorn 6010 Roosevelt Top Antique Style Popcorn Popper Machine
Retail: \$160.00 Available at: Amazon.com
17. Fitbit Alta HR (fitness tracker with heart rate sensors)
Retail: \$149.95 Available at: Fitbit.com, Amazon.com
18. Darth Vader Toaster
Retail: \$42.50 Available at: Amazon.com

Holiday GIFT GUIDE



- 19. JBL Charge 3 Waterproof Portable Bluetooth Speaker
Retail: \$89.95 Available at: Jet.com, Amazon.com
- 20. THE FONDODLER "Hot Glue Gun" - But For Cheese
Retail: \$29.95 Available at: fondoodler.com, Amazon.com
- 21. Nixplay Seed 7 inch WiFi Digital Photo Frame
Retail: \$99.99 Available at: shop.nixplay.com, Amazon.com
- 22. AUKEY Night Light, Rechargeable Bedside Lamp, IP65 Water-Resistant & Drop-Resistant Table Lamp with Color-Changing RGB & Dimmable White Light
Retail: \$19.99 Available at: Amazon.com

- 23. Amazon Kindle Paperwhite E-reader
Retail: \$89.99 Available at: Target.com, Amazon.com
- 24. PlayStation 4 Slim 1TB Console
Retail: \$199.00 Available at: Amazon.com
- 25. Squishable Android Symbol Plush, Green, Mini 7"
Retail: \$18.99 Available at: Amazon.com
- 26. Freewrite Distraction-Free Writing Tool, Smart Typewriter, E Ink Display w/Frontlight, Cherry MX Mechanical Keyboard, Cloud Connected w/Wi-Fi
Retail: \$499.00 Available at: Getfreewrite.com

Stores that ship to APO/FPO/DPO



Below are a few more locations that ship to APO/FPO/DPO:

VICTORIA'S SECRET | NIKE | UNDER ARMOUR | THE CHILDREN'S PLACE | GYMBOREE | JANIE AND JACK | VITA COST | SIMPLY TO IMPRESS | LOVELY SKIN | BANANA REPUBLIC

For any retailers that don't ship to an APO/FPO/DPO, you can also look into using www.shipittoapo.com there is a fee involved, but if the item is a must this a great option.



Healthy Holiday Tips

By Ana Wolf-Carrizo
Camp Walker Registered Dietitian

As you know it's hard to out-exercise a poor diet, the goal should be healthy holiday eating. To start you on the right path, here are some healthy holiday strategies.

Eliminate the Holiday Stress

Preparing for the holidays can be stressful. Every year you feel like you have to do something new, be more creative to make it entertaining either for friends, extended family or even our own children. The real meaning behind the holidays is to strengthen relationships. Review your traditions and if they are stressful, eliminate them. This will really relieve the stress.

Eat the Holiday Meals at a Slow Pace

Typically all day is spent in the kitchen cooking these

holiday meals. However as fast as the food is set on the table we devour it in minutes. Within 20-30 minutes we are eating a second or third plate. Around that same time frame your stomach communicates with your brain to give you the message of fullness. Research studies have shown that when you slow down you can allow yourself to feel full on less food. You will get the best flavor from mostly the first two to three bites.

Make the Vegetables the Main Attraction

Of course after the turkey, vegetables should be the next focus in your holiday meals. Vegetables have shown to prevent and even reverse illnesses. Make the goal for your holiday meals to be at least 50% vegetables. This will definitely improve the food comas we undergo after eating so many carbohydrates and fat. Some suggestions for vegetables you could take would be like brussels sprouts, roasted sweet potatoes, butternut squash, kale salad or even sautéed mushrooms. If you are invited to come over for a meal take the initiative to bring a

vegetable instead, this way you make sure that you have something healthy to eat.

Choose Low-Calorie Beverages

Alcohol is high in calories and can make you want to overeat. Drinking alcohol can decrease the chances of eating healthy. Work on replacing it with a reduced sugar to no sugar beverage. Some good options to look into would be sparkling water w/ a splash of lemon or lime juice and stevia or cinnamon stick w/ sliced apples infused in water. Plain water can also work as a no-calorie option.

Portions, Portions, Portions

It's hard to deny certain foods that we haven't had all year long so instead just be mindful of portions. Reducing portion sizes or eating one to two bites of your favorite indulgences from creamy mashed potatoes or "grandma's" favorite pie will satisfy the cravings without expanding your waistline and improve your holiday meal outcome.

Be More Active

Being more active doesn't have to just be hitting the gym. There are so many other ways to stay active over the holiday season. For example a nice

bike ride or even just a fast paced walk around the neighborhood. Instead of driving places walk there instead to burn more calories. Staying active through the holiday season will definitely help those extra calories we are consuming.

The holidays should always be about relationships not food. Looking forward to spending time together is what it should be all about. The focus of holiday meals should be to share what each person is grateful for.



General Kinds of Korean Food

Courtesy of Korea Tourism Organization



▲ Bap and Side Dishes

Main dishes

Bap (Rice)

Bap, a staple of Korean food, is steamed rice. It may also include other grains. There are many kinds of bap depending on the ingredients such as huinbap (white rice); japgokbap (rice with barley, millet, and beans); byeolmibap (rice with vegetables, seafood and meat); and bibimbap (rice mixed with namul and beef).

Juk (Porridge)

Juk is one of the Korean dishes that was developed in early times. It consists of grains simmered for a long time with 5 to 7 times the volume of water. There are many varieties of juk depending on the ingredients. Juk is not only served as a main dish but it can also be part of a special meal. It is served to patients and eaten for health.

Guksu (Noodles)

Korean noodles are made by kneading wheat flour or buckwheat flour and drawing the dough into long coils. Noodles helped develop the use of chopsticks in Korea.

Mandu and Tteokguk (Dumpling soup and Sliced rice cake pasta soup)

Mandu is a dumpling made of thin wheat flour wrappers stuffed with fillings then steamed, or boiled in jangguk (soy sauce soup). It is a specialty of the northern area of Korea. Tteokguk consists of diagonally sliced white rice cakes that are simmered in jangguk. It is served on the first day of the year.

▼ Traditional Guksu (Janchi Guksu)



Side dishes

Guk (Soup)

Guk is a soup of vegetables, seafood and/or meats boiled in plenty of water. Some varieties are malgeun-jangguk (clear soy sauce soup), tojanguk (soybean paste soup), gomguk (rich beef soup) and naengguk (chilled soup). The standard Korean table setting always has bap and guk. Guk has helped develop the use of spoons in Korea.

Jjigae (Stew)

Jjigae has less water and more solid ingredients than soup, and it is saltier. Varieties include malgeun-jjigae (clear jjigae) and tojang-jjigae (soybean paste jjigae).

▼ Kimchi Jjigae



Jeongol (Hot pot)

Jeongol started as a royal court food. It consists of meat, seafood, mushrooms and vegetables simmered in broth at the table just before serving for dinner or as a dish to accompany liquor.

Jjim (Steamed dish)

Jjim is a dish of main ingredients cooked with seasonings in deep water. It may be boiled with soup just above the solid ingredients, or steamed.

Seon (Steamed or parboiled stuffed vegetables)

Seon means “good ingredients.” It is a dish of vegetables such as pumpkin, cucumber, eggplant and cabbage or tofu stuffed with beef and/or mushrooms that is steamed or parboiled in broth.

Jorim (Braised dish)

Jorim is a cooking method to braise meat, seafood or vegetables with soy sauce or red pepper paste on low heat. The ingredients are cooked for a long time to allow the flavors to seep in. It may have strong seasonings and can last a long time.



▲ Yeon-geun (lotus root) Jorim



▲ Algamja (braised baby potatoes) Jorim

Cho (Janggwa) (Seasoned and braised seafood)

Cho (janggwa) is a dish of boiled sea slugs, abalone and mussels with seasoning on low heat. Then starch liquid is added and boiled. The resulting soup is quite thick and glossy.

Bokkeum (Stir-fried dish)

Bokkeum is a stir-fry of meats, seafood or vegetables. There are two types of bokkeum dishes; one is just stir-fried in an oiled frying pan, the other one is stir-fried with soy sauce and sugar.

Gui (Grilled dish)

Gui is a dish of grilled meats, seafood or vegetables as is, or grilled after seasoning.

Jeon, Jeok (Pan-fried dish, Brochette)

Jeon is a dish of pan-fried meats, seafood or vegetables after they have been minced or sliced and coated with wheat flour and beaten egg. Jeok is a dish of pan-fried ingredients after they have been seasoned and skewered.

Hoe, Pyeonyuk, Jokpyeon (Raw fish/Raw meat, Pressed meat, Pressed trotters)

Hoe is a dish of raw meat, fish or vegetables seasoned with vinegar soy sauce, vinegar red pepper paste, or mustard. It can also be blanched in boiling water. Pyeonyuk is a dish of pressed and sliced beef or pork. Jokpyeon is a dish of long-simmered ox-head and ox-feet that is solidified and sliced.

Mareun-chan (Dry side dish)

Mareun-chan is a dry side dish made of salted and seasoned meat, seafood and/or vegetables that can be stored for a long time. It is enjoyed dried or fried.

Jangajji (Pickled vegetables)

Jangajji is a side dish of pickled vegetables that include Korean radish, cucumbers, bellflower roots and garlic in soy sauce, soybean paste or red pepper paste. It can be stored for a long time.

Jeotggal (Salt-fermented seafood)

Jeotggal is a side dish of marinated shrimp, anchovies or clams with salt that is fermented. It is served as a side dish or used as a seasoning.

Sukchae (Parboiled vegetables)

Sukchae is a dish of parboiled vegetables. It may be mixed or fried with seasonings. Sukchae is a popular basic side dish in Korea.

Saengchae (Fresh salad)

Saengchae is a seasonal fresh salad dressed with vinegar soy sauce, red pepper paste or mustard. It is sweet and sour. This method of preparation is best for preserving the taste and most of the nutrition in the ingredients.

Kimchi (Seasoned and fermented vegetables)

Kimchi is a dish made by marinating Korean cabbage and Korean radish with salt, seasoning it with red pepper, garlic, green onion, ginger and salt-fermented seafood, mixing it thoroughly and letting it ferment. Kimchi is the quintessential side dish in Korea. It is a typical fermented and storable food.

Desserts

Tteok (Rice cake)

Tteok is a dish made by steaming, frying, or boiling rice powder or other grain powder after it has been sprinkled with water. It is served at ceremonies and holidays without fail.

Hangwa (Korean cookies)

Hangwa are traditional Korean cookies. There are many varieties depending on the ingredients or recipes such as yumilgwa, gangjeong, sanja, dasik, jeonggwa, suksilgwa, gwapyeon, yeotgangjeong and yeot.

Eumcheong (Beverages)

Eumcheong are non-alcoholic beverages.



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WORLD CULTURAL HERITAGE SITES

Courtesy of Korea Tourism Organization



Series V

Hwaseong Fortress

(Designated 1997)

Location: Suwon-si, Gyeonggi-do





H

waseong Fortress is an impressive structure from the latter part of the Joseon Dynasty (1392-1910) and the official fortress of Suwon-si, Gyeonggi-do. The fortress, constructed from 1794 to 1796, was built as a display of King Jeongjo's filial piety towards his father and to build a new pioneer city with its own economic power.

The fortress wall stretches for a total of 5.52km and has a great variety of military facilities that are hard to find anywhere else. Four gates face each of the cardinal directions—Janganmun (north), Paldal-mun (south), Changnyongmun (east), and Hwaseo-mun (west)—and the seven-arch style Sumun gates straddle the point where the nearby stream reaches the palace. Above the Sumun gates is a pavilion called Hwahongmun.

Hwaseong Fortress was constructed under the

guidance of Yu Hyeong-Won (1622-1673) and Jeong Yak-Yong (1762-1836), and is believed to have been constructed very scientifically. The fortress wall was built using Seokjae and Jeondol (bricks) and the holes between the bricks are just big enough to fire guns, arrows, or long spears through in case of an attack.

During construction of the fortress Jeong Yak-Yong invented 'Geojunggi,' which uses a 'hwalcha' (lever) to lift up heavy stones, greatly reducing construction time.

The Suwon Hwaseong Fortress went through many turbulent times and damage, and in the battle of June 25th, many of the facilities became so damaged that they were deemed irreparable. Even though the fortress restoration initiative (1975-1979) restored many of the sites to their former glory, Paldal-mun to Dongnamgakru (an area 491 meters in length) has still not been renovated.

The fortress was designated as Historic Site No. 3 in January 1963, and in December 1997, it was designated a UNESCO World Cultural Heritage Site. A variety of performances and events are held at the fortress every day and Suwon Hwaseong Cultural Festival takes place here in autumn.



Paldalmun Gate is the southern gate of Hwaseong Fortress's four main gates. Designated National Treasure No. 402, it has maintained its original structure since the time of its first construction. This gate is unique in that it is detached from the rest of the fortress wall. Being located in the middle of the busy city, the gate was encircled by a crescent-shaped onseong to prevent the enemy from attacking the gate directly. Among all of the cultural relics of Hwaseong Fortress, none is as famous as Paldalmun Gate, which boasts a mesmerizing scene after sunset.

Seobuk Gongsimdon Tower is another structure designated as a national treasure. Made with bricks, it served as a major guard point, defending against attacks from the Hwaseomun direction. The walls feature arrow-slots, something found nowhere else in Korea, to give soldiers a sort of built-in shield as they shot firearms and canons through the holes.

Banghwasuryujeong Banghwasuryujeong Pavilion, sitting above Yongyeon Pond, functions as a strategic military position and provides great scenery. It commands a breathtaking view over the city, exhibiting an exquisite beauty and tranquility found nowhere else.

Hwaseomun is the western gate of Hwaseong, which previously served as the major route connecting the center of Suwon with Namyangman Bay and the western coast. Designated National Treasure No. 403, this gate is also surrounded by an onseong wall, though slightly different from the one that circles Paldalmun, being open on one side.

Address:

910, Jeongjo-ro, Paldal-gu, Suwon-si, Gyeonggi-do

Operating Hours

November-February 09:00-17:00

Interpretation Services Offered

Inquiries:

1330 Travel Hotline: +82-2-1330

For more information visit:

www.swcf.or.kr (Korean, English, Japanese, Chinese)

whc.unesco.org/en/list/817/ (UNESCO Site)

USAG Yongsan to/from Camp Humphreys



USAG Yongsan to Camp Humphreys Schedule					
Departure	Yongsan Bus Terminal	0700	0800	1600	1800
Arrival	Humphreys Bus Terminal	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)



Camp Humphreys to USAG Yongsan Schedule					
Departure	Humphreys Bus Terminal	0700	0800	1600	1800
Arrival	Yongsan Bus Terminal	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)

- › No cost to the Soldier or Unit
- › Pay bus option still available for Family Members/Dependents at USAG-Yongsan and USAG-Humphreys Bus Terminals

Authorized Passengers

Purpose:

A bus contract was developed to support the Yongsan Relocation Plan. This bus system transports passengers (at no cost to the passenger) directly between USAG-Yongsan and USAG-Humphreys during the workweek IOT provide USFK personnel transportation for official business. Only authorized passengers are entitled to bus transportation.

Authorized passengers are:

- › Passengers with valid ID Cards (Active/Retired Military, DA Civilians, Legal Dependents)
- › Local National Employees
- › ROK Armed Forces member
- › Contractor employee
- › Bus company employee who possesses a pass or ID card issued by US PMO

The following order of priority applies to passengers boarding on US military installations:

- › Active-Duty US Military
- › KATUSA personnel
- › DOD Civilian employees
- › Contractor Employee
- › Korean National Employees
- › ROK Armed Forces
- › Legal Dependents accompanying those personnel
- › Unaccompanied dependents of personnel
- › US Military Retirees

Pay Bus option still provided by New Kyong Dong Bus Company for Family Members/Dependents at USAG-Yongsan and USAG-Humphreys Bus Terminals. No pets are allowed on the free bus.



Regional Health Command-Pacific's 2nd Lt. Adam Schafer, 65th Medical Brigade and Sgt. Ryan Harpster, Bassett Army Community Hospital recently competed at the U.S. Army Best Medic team event at Camp Bullis, Texas. Schafer and Harpster represented RHC-P well, placing second overall in the Army's Best Medic competition and winning the best medical skills category. (Courtesy photo)

RHC-P soldiers compete and excel at Army's Best Medic Competition

By Emily Yeh
Regional Health Command Pacific Public Affairs Office

The U.S. Army Medical Command's 2017 Command Sgt. Maj. Jack L. Clark Jr. Best Medic Competition took place over 72 hours, at Camp Bullis, Texas. Regional Health Command-Pacific's top two finishers from the 2017 Pacific Best Medic competition represented the region at the event, Oct. 29 - Nov 2, 2017.

The region was represented by 2nd Lt. Adam Schafer, 65th Medical Brigade and Sgt. Ryan Harpster, Bassett Army Community Hospital at the U.S. Army Best Medic team event alongside other two-person U.S. Army medic teams. Schafer and Harpster represented RHC-P well, placing second overall in the Army's Best Medic competition last week and winning the best medical skills category.

Schafer and Harpster earned the honor to represent the region after Schafer received the highest score of all competitors in the 2017 Pacific Best Medic competition, while Harpster was the runner-up. Both Soldiers have also earned the Expert Field Medical Badge or the Combat Medical Badge a prerequisite for participating in the competition.

"Placing second and winning the best medical skills category shows the strength of the medics in our region. 2nd Lt. Schafer and Sgt. Harpster's performance also sets the bar

for future best medic competitors," said Command Sgt. Maj. Richard Watson, RHC-P's senior enlisted advisor.

Soldiers faced numerous challenges during the competition including a Soldier readiness test, a World War I era physical fitness test, a foot march, a chemical, biological, radiological lane event, an orienteering course, rifle skills, combat stress shoot, obstacle course and warrior task and battle drills. The exercises tested medical personnel on modern standards and procedures that they may face in combat.

"The most challenging part of the competition was staying sharp and attentive to the small details while I was very physically uncomfortable," stated Schafer. "There was never a point where I was not hot, freezing, sore, in pain or struggling with fire ant bites. It required a mental toughness to push out those distractions which was crucial for our success."

Throughout the competition Soldiers could be seen flipping tires, as well as conducting patient drags and litter carries. They completed numerous movement exercises which required navigating obstacle courses.

During the competition, Soldiers were required to conduct medical exercise testing lanes showing their ability to properly don gear and perform patient decontamination, in some instances under enemy fire, to recover and treat patients, dragging and low-crawling patients up a hill to a decontamination area. They were also challenged to cut through the simulated metal skin of a helicopter with axes to rescue a wounded crew member. Each team performed life-saving interventions before continuing on to a helicopter MEDVAC.

According to Schafer, it took raw grit to succeed. He never wanted to let his partner down, so when things got hard he just had to push back harder. His ability to communicate and understand his teammate's strengths and weak-

nesses were essential to knowing where each needed to be at any given time.

"From both a team and an individual perspective resiliency was huge," said Schafer. "Being able to move past mistakes and focus on what was ahead for us in the competition was the key to our success."

Lt. Gen. Nadja Y. West, surgeon general of the U.S. Army and commanding general, U.S. Army Medical Command, and Command Sgt. Maj. Gerald C. Ecker, senior enlisted advisor, U.S. Army Medical Command, presided over the award ceremony where teams were presented with certificates of achievement. Each team was acknowledged for their representation of their command and participation in the competition.

"This achievement is huge for me. I never expected to compete at this competition, let alone do as well as we did," stated Schafer. "It also improved my Soldier readiness. I can now take what I experienced back to my unit and prepare Soldiers with better day-to-day training, and assist in preparing those who may compete in future Best Medic competitions."

West and Ecker also presented the top three winning teams with medals, the MEDCOM Commanders Coin of Excellence and the MEDCOM Command Sergeant Major's Coin of Excellence.

"It was an honor to represent RHC-P, 8th Army, 65th Medical Brigade, and the 121st CSH/BAACH. There were a lot of people from those commands who believed in me, and invested their time to get me to that level, so I'm glad I was able to make them proud," said Schafer.

"I am very proud of the region's best medic team," said Watson. "Schafer and Harpster represented the region well and gained a lot of respect with the cadre."

Army to begin providing medical care to Chem/Bio research volunteers

By Army Medical Command

The U.S. Army is notifying veterans that they may be eligible to receive medical care if they participated in U.S. Army chemical or biological substance testing from 1942 to 1975 and have an injury or disease that they believe was proximately caused by their participation. Recently a class action lawsuit filed by the Vietnam Veterans of America required the U.S. Army to provide medical care to

veterans who volunteered to contribute to the advancement of the U.S. biological and chemical programs.

To be eligible for medical care veterans who may fall within this identified class must have:

- A Department of Defense Form 214 or War Department discharge/separation form(s) or the functional equivalent.
- Served as a volunteer medical research subject in a U.S. Army chemical or biological substance testing program from 1942 to 1975, including the receipt of medications or vaccines under the U.S. Army investigational drug review.
- A diagnosed medical condition they believe to be a direct result of their

participation in a U.S. Army chemical or biological substance testing program.

Medical care, to include medications, will be provided at the closest military medical treatment facility that has the capability and capacity. Medical care will be provided on a space available basis for a specific period of time as described in the authorization letter, and is supplemental to the comprehensive medical care a plaintiff is entitled to receive through the VA based on their status as a veteran.

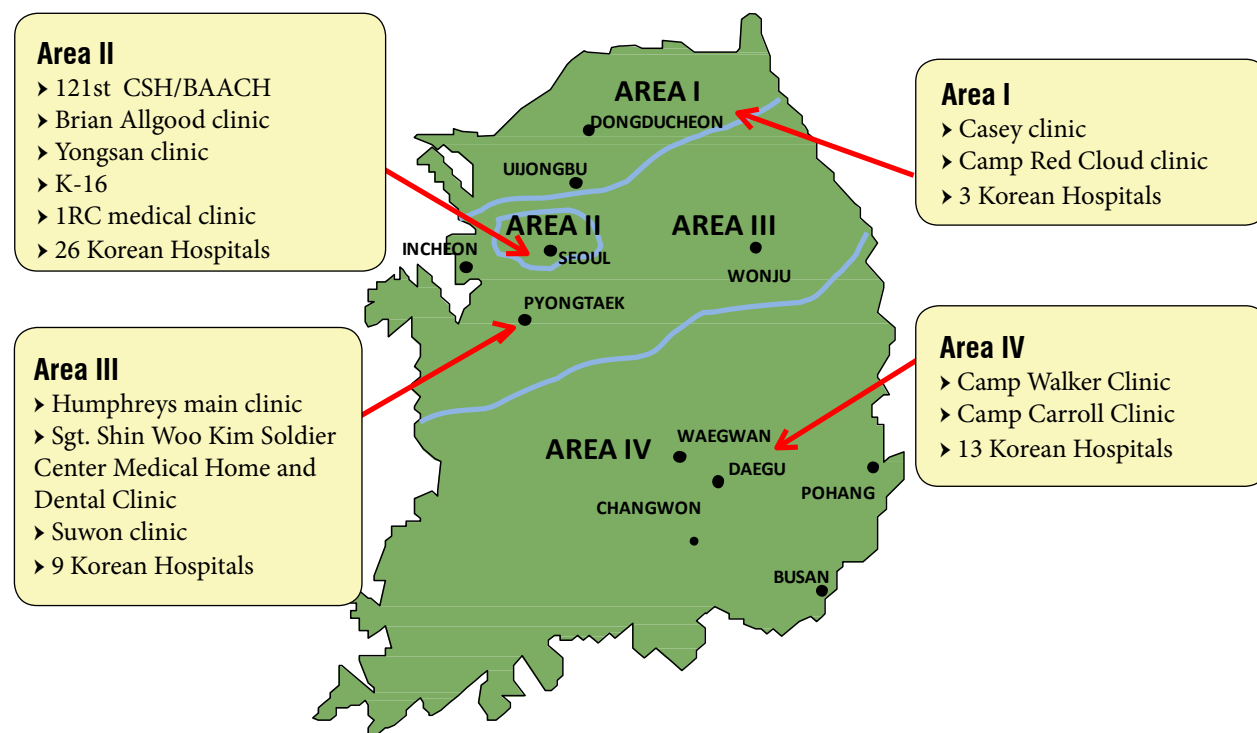
Eligible veterans are encouraged to go to <http://armymedicine.mil/Pages/cbtp.aspx> or call

1-800-984-8523 if they have any questions or need assistance.

Brian Allgood Army Community Hospital (BAACH)

Medical Capabilities

Population Supported



Brian Allgood Hospital

- Emergency Medicine
- Primary Care
 - Internal Medicine
 - Family Medicine
 - Pediatrics
- Medical Services
 - Dermatology
 - Sleep Medicine
 - Echocardiogram/ Stress Test
- Behavioral Health
 - Psychiatry
 - Psychology
 - Social Work
 - Addiction Medicine
 - Family Advocacy
- Radiology (MRI/CT)
- Surgical Services
 - OB/GYN
 - ENT
 - General Surgery
 - Orthopedics
 - Podiatry
 - Oral Maxillo-facial Surgery
 - Neuro-Surgery (limited)
- Physical Medicine & Rehabilitation
 - Physiatrist
 - Physical Therapy
 - Occupational Therapy
- Medical Board Section
 - Soldiers recommended for medical board in CONUS/ medical curtailment
- Nutrition



Casey Clinic

- Primary Care (13-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Host Nation Liaison Nurse
- Optometry

Camp Red Cloud Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (part time)

Brian Allgood Primary Care Clinic

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Nurse Case Manager
- All other services offered in BAACH hospital are available

Yongsan Soldier Center Medical Home

- Primary Care (18-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- PHAs/Flight physicals
- All other services offered in BAACH hospital are available

IRC medical team

- Hearing exams
- Immunizations
- Medical Inprocessing
- PHAs for incoming personnel
- All other services offered in BAACH hospital are available

K-16 Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Physical Therapy (part time)

Suwon Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory (in progress)
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Dental
- Working on:
 - Physical Therapy (part time)

Camp Humphreys Main Clinic (Bldg. 555)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Occupational Health (Bldg. 370)
- Public Health Nurse
- Physical/Occ Therapy (Bldg. 370)
- Behavioral Health (Bldg. 370)
- Nurse Case Manager
- Optometry(Bldg.576)
- Orthopedics (2 days per month)
- Prenatal care (up to 36 weeks)
- Dermatology (1 day per week)
- Nutrition (hiring)

Sgt. Shin Woo Kim Soldier Center Medical Home

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Public Health Nurse (once weekly)
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Prenatal care (up to 36 weeks)

Camp Walker (Wood Clinic)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Nutritionist
- OB care off post

Camp Carroll Clinic

- Primary Care (18-65yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (hiring)

After-hours medical care

- Emergencies- use BAACH App on post or 119 for off post (Host nation ambulance services will come)
- Provider on call for each clinic--off-duty hours
- Phone number posted on clinic doors/or use BAACH App
- On call provider gives medical advice
- If provider recommends an ER visit, unit transportation preferred, or provider will arrange transport with on call driver

Off post medical care

- Tricare approved Korean hospitals close to every base in Korea, many with international health centers with translation services
- Healthcare provided is on par with US care with some cultural differences
- Brian Allgood monitors all inpatient hospital care and provides assistance as needed
- Tricare Prime patients have no payments for Tricare approved hospitals

Humphreys Transformation

- Extended Hours of the main Humphreys Clinic
 - Mon-Fri: 8:30 a.m - 9 p.m.
 - Weekends/Holidays: 8:30 a.m. - 7 p.m.
- For appointments call 737-2273 or 0503-337-2273 from 7 a.m. to 5 p.m.
- For extended hour appointments call 737-2767 or 0503-337-2767 from 5 -9 p.m. on weekdays and 8:30 a.m. to 7 p.m. on weekends and holidays.
- New hospital expected to have first patient day in November, 2019



Current construction in progress

Coming healthcare enhancements

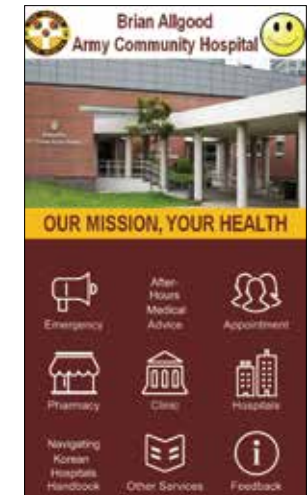
- Korea-wide bilingual medical advice line (24/7)
- Rotating speciality providers from BAACH to Humphreys Clinics
- Enhancing tele-health at Humphreys

iPhone/Android App

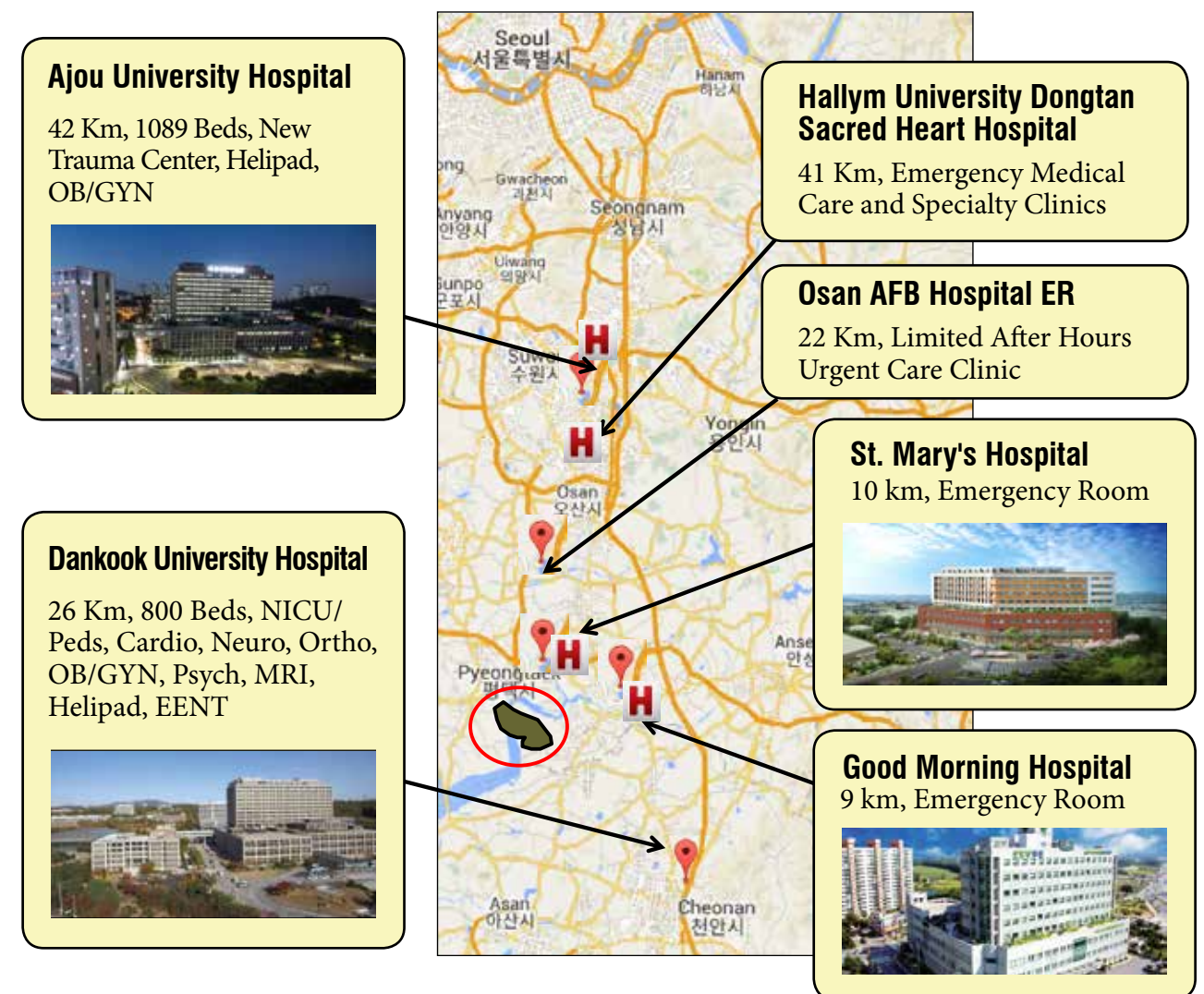
For convenience, staff and patients enrolled or seeking care can navigate Brian Allgood Army Community Hospital 24/7 from anywhere in South Korea. Beneficiaries can download the free BAACH app. from apple iTunes or Google Play store.

This app technology improves effective and efficient beneficiary access to their health care system anytime, any day, from anywhere on the Korean Peninsula.

Ensure location services are enabled on your phone and the app will link to your phone's map program to help you navigate to local hospitals.



Camp Humphreys Purchased Care Sector Providers



Facilities Directory

HEALTH CARE/TMC

AREA I

Camp Casey Patient Centered Medical Home (PCMH)
737-2273
Mon – Fri 0830-1200 & 1300-1730
(Soldiers/family members/retirees/DOD Employees)

Camp Red Cloud Medical Clinic
737-2273
Mon – Wed, Fri 0900-1730 (closed 1200-1300)
(Soldiers only)

AREA II

Brian Allgood Army Community Hospital
737-2273 (Press 1-1)
Mon-Wed, Fri 0800 - 1900 (closed 1200 - 1300)
Thurs 1300 - 1700
(Soldiers/family members/retirees/DOD Employees)

Yongsan Soldier Centered Medical Home
737-2273 (Press 2-1-1)
Mon – Wed, Fri 0900 - 1700 (closed 1200 - 1300)
(Soldiers/family members/retirees/DOD Employees)

K-16 Medical Clinic
741-6300
Mon – Wed, Fri 0900 - 1530 (closed 1130 - 1300)
(Soldiers only)

AREA III

Sgt. Shin Woo Kim Soldier Center Medical Home (Bldg. 6370)
737-2273
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700
(Soldiers only)

Camp Humphreys Medical Clinic (Bldg. 555)
737-2273
Mon – Fri 0900 - 2100; Sat, Sun, Holiday 0830 - 1900
(closed 1200-1300)
(Soldiers/family members/retirees/DOD Employees)

Suwon Aid Station
788-5107
(Soldiers only)

AREA IV

Camp Carroll Clinic
737-4300
Mon – Wed, Fri 0900-1700 (closed 1200-1300)
(Soldiers only)

Camp Walker (Wood Clinic)
737-2273 (Press 2-5-1)
Mon – Wed, Fri 0900-1700 (closed 1200-1300)
(Soldiers/family members/retirees/DOD Employees)

AREA V

Osan Air Base
0505-784-DOCS (3627)

BHC Chinhae
762-5415
Mon – Fri 0830-1630

DENTAL CLINIC

AREA I

Camp Casey DC (Bldg. 808)
737-9011 / 737-9012
Mon – Fri 0730 - 1630
In/Out Processing (Mon - Fri): 0730 - 1600
(Lunch 1130-1230)

Camp Red Cloud DC (Bldg. S-306)
737-9009 / 737-9010
Mon – Wed 0730 - 1630, Thur 1300 - 1630,
Fri 0730 - 1530
During normal hours of operation

AREA II

Dental Clinic #2 (Bldg. 5107)
737-9089 / 737-9090
Mon – Fri 0730 - 1130 & 1230 - 1630
Exams: Mon – Fri 0830 - 1100 & 1230 - 1330
Call for appointment
In/Out Processing: Mon - Fri 0830 - 1100 & 1230 - 1330

Dental Clinic #3 (Bldg. 3576)
737-9087 / 736-5221 / 736-5799
Mon – Fri 0730 - 1630
FM exam: Call for appointment

AREA III

Sgt. Shin Woo Kim Dental Clinic (Bldg. 6370)
737-5129 / 5130
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700

Carius Dental Treatment Facility (Bldg. 3020)
737-9206/9207
Mon – Fri 0730 - 1630

AREA IV

Bodine Dental Clinic (Bldg. 220)
737-9452 / 737-4791
Mon – Fri 0730 - 1630
Dental Exams: Activity Duty: Mon – Wed & Fri (Walk in only)
0900 - 1100, Thurs 1300 - 1500
*LIMITATIONS DUE TO SERGEANTS TRAINING
Activity Duty Family appointment only:
(Call 1230 - 1530 Mon – Fri) Space Available appointments

Camp Carroll Dental Clinic (Bldg. 180)
737-4201/4202
Mon – Fri 0930 - 1630
Call to make appointments for all dental treatment

AREA V

Osan Air Base Dental Clinic (Bldg. UB12)
784-2108
Mon – Wed, Fri 0700 - 1700
Thurs 0900 - 1700

VET CLINIC

AREA I

USAG Red Cloud (Bldg. 437)
732-7434
Closed in observance of all Federal Holidays.
Mon, Tue, Wed, Fri 0900-1200, 1300-1600

AREA II

USAG Yongsan (Bldg. 4728)
737-2450
Closed in observance of all Federal Holidays.
Mon 1300 - 1600 Tue 0900 - 1600
Wed 0900 - 1600 Thurs 1300 - 1600
Fri 0900 - 1600
(Closed for lunch 1130 - 1300)

AREA III

USAG Humphreys (Bldg. 2260)
737-9720
Closed in observance of all Federal Holidays.
Mon, Thurs Closed
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

AREA IV

USAG Walker (Bldg. 341)
764-4708
Closed in observance of all Federal Holidays.
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

AREA V

Osan Air Base (Bldg. 766)
784-6614
Closed in observance of all Federal Holidays.
Mon – Fri 0800 - 1630



PURCHASED CARE SECTOR PROVIDERS

AREA I

- Dongducheon Jooang St. Mary's Hospital **031-863-0550 (ext.104)**
- Inje University Ilsan Paik Hospital **031-910-7777**
- Uijeongbu St. Mary's Hospital **031-820-3636**

AREA II

- AHS Korea **02-749-7915**
- Yeouido St. Mary's Hospital **02-3779-2212**
- Seoul St. Mary's Hospital **02-2258-6818**
- Drs. Woo&Hann's Skin and Laser Clinic **02-777-2991**
- The Mindcare Institute **070-8888-8277**
- Hangang Sacred Haert Hospital **02-2639-5025**
- Severance Hospital **02-2228-5819**
- Cha Gangnam Medical Center, Cha University **02-3468-3127**
- Seoul National University Hospital **02-2072-4100**
- Tong Il Medical (DME only) **02-766-2433**
- Ewha Womens University Mokdong Hospital (West) **02-2650-5890**
- EZPAP Care (DME only) **10-3106-0414**
- Asan Medical Center **02-3010-5001**
- Samsung Medical Center **02-3410-0203**
- Withmed (Southwest;DME only) **031-395-4397**
- Inha University Hospital (West) **032-890-2080**

AREA III

- Good Morning Hospital **031-659-7736**
- Pyeongtaek St. Mary's Hospital **070-5012-3420**
- Hwain Metro Hospital **041-622-1300**
- Dankook University Hospital **041-550-7640**
- Hallym University Dongtan Hospital **031-8086-2300**
- South Seoul Hospital **031-218-0761**
- Ajou University Hospital **031-219-4010**
- St. Vincent's Hospital **031-249-8016**
- Seoul National University Bundang Hospital **031-787-2038**
- Cha University Bundang Medical Center **031-780-5168**

AREA IV

- Hyosung Hospital **053-766-7073**
- Yeungnam University Hospital **053-640-6645**
- Keimyung University Dongsan Medical Center **053-250-7997**
- Daegu Fatima Hospital **053-940-7520**
- Women Medi Park Hospital **054-450-9870**
- Gumi Cha Hospital **031-219-4010**
- Samsung Changwon Hospital **055-290-6229**
- Pohang St. Mary's Hospital **054-260-8105**
- Busan St. Mary's Hospital **051-933-7061**
- Dongeui Medical Center **051-850-8523**
- Ilsin Christian Hospital **051-630-0411**

New Technology Safety Bar

All of safety bars are conflicted to fire regulation except our new concept of safety bar in the world



Operating Safety Bar

Half open Safety bar

Termination Safety bar



Safety Bar & Fall Prevention System

We will support any kind of safety bars for your full type of window, half type of window, inside of window, outside of window and any other types.

Patent No.: US 8,534,343 B2
Date of Patent: Sep. 17, 2013

Patent No.: US 9,540,866 B2
Date of Patent: Jan. 10, 2017

Cell: 010 5251 4012
Mr. Choe, Man Son
daks0311@nate.com
Homepage: www.naunch.com





If you need that last minute present for that someone who is hard to shop for, check out the Holiday Gift Guide on pages 70-73 for some unique holiday gifts.

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