

Pulse 65

APRIL 2018

**Jinhae
Cherry
Blossom
Festival**

**3-Time
Combat Medic
Remembered**

**Best of
the Brigade
Compete**



**Beopjusa, an Introduction
to Korean Buddhism**

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EDITOR'S LETTER

Military children make up a very special part of our nation's population. Although young, these brave sons and daughters stand in steadfast support of their military parents. To honor their unique contributions and sacrifices on behalf of our country, each April is designated the Month of the Military Child.

Month of the Military Child started in 1986, when Secretary of Defense, Casper W. Weinberger, realized that no one was recognizing the sacrifice that military children make by having one or both parents in the military. He thought that military children were inspirational in how they handled hard situations like being separated from family members due to deployment and frequently moving.

This awareness month was established to underscore the important role children play in the Armed Forces community. There are approximately 2 million military children, ranging in ages from newborn to 18 years old; 1.3 million military children are school-aged. Care of military children sustains our fighting force, and strengthens the health, security, and safety of our nation's families and communities.

In order to honor and reach out to children who are dealing/have dealt with a parent or both parents in the military, many organizations are putting on events for military children to be a part of. Here's a few examples of the fun events being hosted:

Purple Up – encouraging everyone to wear purple on April 15th, as a visible way to show support and thank military children for their strength and sacrifices.

DoDEA and the Department of Defense are partnering up to encourage schools around the globe to plan events that recognize and show appreciation for our military children.

Young Lives, Big Stories Contest – military children can submit a drawing that depicts, "what does it mean to be a military child?" Top prizes include an Apple laptop, Xbox, Wii, iPad and more!

Operation Megaphone – an annual worldwide event that was designed to connect military teens from around the world to discuss key issues that affect military teens.

Even though these "Month of the Military Child" events are taking place in April, there are many organizations that work all year round to better the lives of military children. One organization that works hard to recognize military children and the sacrifices they have to make is Military One Source.

Military One Source – is open 365 days a year and 24 hours a day to help military families with problems they might be facing. One of the resources they have available is parenting and helping military children.

Military children make many sacrifices by having a parent or both parents in the military, so we are thankful for these great organizations that help to make April a fun month for the children being affected, as well as the organizations who work with military families all year round. Remember to wear your purple on Wednesday, April 15th to show your support!

We 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.



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



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Vietnam War Feb. 28, 1961 – May 7, 1975	* if currently serving on active duty today, you are eligible.

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Features



Best of the Brigade Compete

Congratulations to the winners of the 65th Medical Brigade Best Warrior Competition. The five were selected during the week long competition on U.S. Army Garrison Humphreys.



3-Time
Combat Medic
Remembered



Medical officer
maintains close
Filipino family ties



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Blossom Trip to
Jinhae Gunhangje
Festival



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Korea's cherry blossoms are the highlight of the spring season, and definitely worth a trip. But with such a short blooming period, these beautiful flowers are hard to catch. Luckily, there are spring festivals all over the country for the cherry blossoms that travelers can join in. If the cherry blossoms are your main agenda for your spring Korea trip, then catch the Jinhae Cherry Blossom festival. The largest and grandest of its kind in the whole country, the small naval town of Jinhae comes alive as over 350,000 cherry blossom trees come into full bloom. For more on the Jinhae Cherry Blossom Festival see pages 72-78.

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Foreigners Feel At Home At Columbia Dental Clinic

US-educated Dentists Offer Comprehensive Dental Care

Like a lot of foreigners who move to Seoul without speaking Korean, 15 year-old Angela Castillo was nervous about not being able to communicate with her healthcare providers. Until the Castillos, from San Antonio, Texas, found the Columbia Dental Clinic, Angela says that getting dental work was frustrating, "because no one could explain it in English. I want to know what's going on with my teeth." A year ago, her mother, Insun Castillo was referred to Columbia Dental by an American friend, and Angela felt comfortable immediately. "They speak English, and they take good care of my teeth, even though I've always had teeth problems."

Shortly after Angela got her first braces at Columbia Dental, she needed intensive procedures to correct overcrowding. "It was scary and it was worrisome," she remembers "but they always made sure that I was all right and that nothing was hurting." On top of the good care, Angela's mother, Insun, likes that the clinic is extremely convenient, especially because it's set-up for TRICARE coverage. "In other places, they don't know how to do the paperwork for TRICARE, but here there is everything we need. There's even valet parking". Now, Insun, Angela, Jadon, and Ret. Military



"McBride family and Glossup family gathered for little photo session with Dr. Yun and his hygienist Suhyun."

Rank Mr. Castillo are all regular patients. "Dr. Yun has really taken care of our family," said Sarah Burns, age 13 from Kansas. Michael Burns and his family moved to Seoul from Kansas City, Oklahoma a year ago. Sarah started with braces and then the rest of the family started visiting the clinic too. "Her's also good with younger children, like my brother, Joshua, who is 8 years old. Dr. Yun is a good mix of professional and kind."

For the Lenfant family, Columbia Dental was a critical link in continuing the quality of service they'd had in the States. "Dr. Yun is U.S. educated and licensed, with significant experience" said Col. Babette Lenfant and her husband Phil, who brought their 12-year-old son in the Phase 2 orthodontic treatment. "On the basis of comparison with an American orthodontic clinic, other U.S. general dentistry clinic in Seoul, Columbia Dental Clinic stands out as one of the best we have ever experienced."

Wide-range of dental treatments provided at Columbia Dental Clinic



Woosung Yun, DDS

- Columbia University School of Dental Oral surgery Division of Orthodontics.
- Columbia Presbyterian Hospital General Dentistry Residency.
- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Yale New Haven Hospital Dental Department Externship.
- Columbia University School of Dental & Oral Surgery Doctor of Dental surgery.
- Dr. Parlow's Orthodontic Clinic Partnership Practice.
- Licensed in New York, New Jersey, Connecticut U.S.
- Diplomate of the American Board of Orthodontics.
- 18th Medical and Dental Company Affiliated Hospital.

Son A Kim, DDS

- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Columbia University School of Dental & Oral surgery DDS.
- Brown University: Bachelor of Science in Biology.
- Bronx VA Hospital, NY, New York: Oral Biology Externship.
- Columbia University School of Dental & Oral Surgery: Cosmetic Dentistry Externship.
- Columbia University School of Dental & Oral Surgery: Oral Surgery Externship.
- Van Eten Hospital, NY, New York: Prosthodontics Externship.
- U.S. National and Northeast Regional Licensure in Dentistry.

Columbia Dental Clinic is proud to introduce H. Kim, DDS. She joined us with her great expertise in Pediatric (Children) Dentistry.

- Seoul National University: College of Dentistry
- Seoul National University: MS in Department of Pediatric Dentistry
- Seoul National University Dental Hospital: Pediatric Dentistry Residency



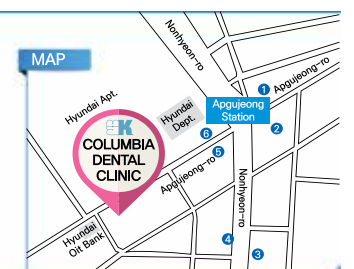
SERVICES

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- Cosmetic Dentistry [bleaching, laminate veneers]
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CALENDAR

EVENTS in KOREA



APR01-10

Jinhae Gunhangje Festival

Tongsin-dong, Jinhae-gu, Changwon-si, Gyeongsangnam-do
+82-55-225-4086



APR04-08

Nonsan Strawberry Festival

522, Jungang-ro, Nonsan-si, Chungcheongnam-do
+82-41-746-8386~9



APR05-08

Cheongdo Bullfighting Festival

Gyeongsangbuk-do Cheongdo-gun Sossaum Stadium
+82-54-370-7500



APR06-13

Yeouido Spring Flower Festival

Yeouiseo-ro Street, Seoul
+82-2-2670-3114



APR07-15

Jeju Canola Flower Festival

381-15, Noksan-ro, Seogwipo-si, Jeju-do
+82-64-787-7012



APR11-22

Sinan Tulip Festival

178, Daegwanghaesuyokjang-gil, Sinan-gun, Jeollanam-do
+82-61-240-4041~4043



APR12-15

Gijisi Juldarigi Festival

11, Anteulmosi-gil, Dangjin-si, Chungcheongnam-do
+82-41-350-3580~5



APR13-17

Changnyeong Nakdonggang Youchae Festival

177, Namjigangbyeon-ro, Changnyeong-gun, Gyeongsangnam-do
www.cng.go.kr



APR19-22

Gijang Anchovy Festival

Gijang-eup, Gijang-gun, Busan
www.gijang.go.kr



APR19-MAY13

Tae'an Tulip Festival

400, Kkotjihae-ro, Tae'an-gun, Chungcheongnam-do
www.koreaflowerpark.com



APR27-MAY07

Hampyeong Butterfly Festival

27, Gonjea-ro, Hampyeong-gun, Jeollanam-do
+82-61-320-1784



APR27-MAY13

International Horticulture Goyang Korea

Ilisan Lake Park in Goyang
www.flower.or.kr



United Club Spouses' & Civilians' Association

Monthly Luncheons

Join us at the beginning of the month for a delicious luncheon!



About UCSCA

The United Club Spouses' & Civilians' Association is a non-profit organization that provides social and philanthropic needs within Camp Humphreys. We foster a commitment to helping strengthen and unify the Area III community through friendship, goodwill, and various community services.

UCSCA Monthly Luncheons

Get up-to-date news about association events, activities and volunteer opportunities. UCSCA Luncheons are a great place to make friends and learn more about life in and around Camp Humphreys. *Luncheons are for members only.*

Not a member?

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UCSCAmembership@gmail.com.

To RSVP for Luncheon events,
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NAVIGATING KOREAN HOSPITALS

THIS MONTH'S HIGHLIGHTS



The MindCare Institute

The goal of the MCI center is to provide empirically based assessment and therapy to clients. Therapy has and always will be a healing art at the heart of which is the relationship between the therapist and the client. However, in the past 30 years there has been an explosion of research on new and innovative but also empirically sound ways to assess and treat a variety of psychological disorders. At this clinic, research meets practice, and they are always looking for ways to expand and further our training to learn new ways or to hone "old and tried" ways of helping clients.

The main work that the MCI center do with clients is traditional psychotherapy and they are very conservative about providing therapy that does not have any empirical grounding. However, they are open to trying rationally sound new ways to expand old methods. For example, for parents of children with developmental delay and speech delay, and/or autism spectrum disorders we have begun to actually "teach" parents in the session (akin to live supervision) how to play with their children to work on speech goals or social interaction goals rather than simply rely on parent education or on play therapy with the child only. They have also worked quite hard on trying to overcome the problem with lack of generalization for children's social skills groups and are in the process of developing different modules to target this problem. The MCI center tries to incorporate volunteers from elementary, middle school, high school, and

from colleges and universities to help out as mentors and group participants to help the groups be as close to "real life" as possible.

In addition, the MCI center prides themselves on providing a thorough and comprehensive assessment for children ages 1 year and above to provide an accurate diagnostic picture of the child's difficulties and utilize a variety of assessment tools (including neuropsychological assessment tools) in the process. They also work closely with international schools both in Korea and abroad to help children who are bicultural and bilingual to be academically, socially, and emotionally successful in their schools.

Phone: 070-8888-8277

International clinic working hours:

Mon- Sat. 1000 - 2000

Fax: 02-594-2877

Email: assist@mindcarecenter.co.kr

mindcarecenter@gmail.com

Location: 27 Seochojungang-ro 24 gil, G-five Central Plaza #220, Seocho-gu, Seoul

Website: www.mindcarecenter.co.kr

Directions (Subway):

Seoul National University of Education Station line 2 exit 4, go straight 100 meters and turn left

Specialties: Adult Psychology/ Couple & Marital Therapy/ Family Therapy/ Individual Therapy



Kyungpook National University Chilgok Hospital

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- Daegu and Gyeongbuk Regional Cancer Center: The comprehensive local cancer center, engaged in the project of research, treatment, prevention, and maintenance of cancer, endeavors to provide the highest quality of medical service for local residents.

- The Geriatric Medical Care Center: Designated from the Ministry of Health and Welfare as the first Geriatric Center of Public Health and Medical Service in the nation, this center is faithfully engaged in positive maintenance and comprehensive handling of ever-increasing geriatric diseases.

Phone: 053-200-2043

International clinic working hours:

M – F 0830 – 1730

Fax: 053-200-2049

Email: knumc.amanda@gmail.com

Location: 807 Hoguk-ro, Buk-gu, Daegu 41404

Website: eng.knumc.org

Directions (Subway): Kyungpook National University Chilgok Hospital Station (KNUMC), Daegu subway line 3 exit 4. 0.3 mile walking distance or a taxi that will cost about 3,000 won.

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

Live MUSIC&DANCE CALENDAR



MAR31-APR21

2018 Orchestra Festival

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



APR06-15

Universal Ballet <Giselle>

Universal Arts Center
ticket.interpark.com



APR07

WheeSung Concert

Nurim Art Hall
ticket.interpark.com



APR14-15

22018 Kazumi Tateishi Trio
Live in Korea - CLASSIC
meets JAZZ

Seongnam Arts Center
ticket.interpark.com



APR15

Jian Wang & Sunwook Kim
Duo Concert

Lotte Concert Hall
ticket.yes24.com



APR17

Magdalena Kožená & La Cetra
Barockorchester

LG Arts Center
www.lgart.com



APR24

Martin Stadtfeld Piano Recital

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



APR27

OneRepublic Live in Seoul

Olympic Park Olympic Hall
ticket.interpark.com



APR29

European Jazz Trio

Dongtan Cultural Center
ticket.interpark.com



MAY04

Pinchas Zukerman:
All Beethoven

Lotte Concert Hall
ticket.interpark.com



MAY05

SENSATION KOREA 2018
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Gocheok Sky Dome
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MAY06

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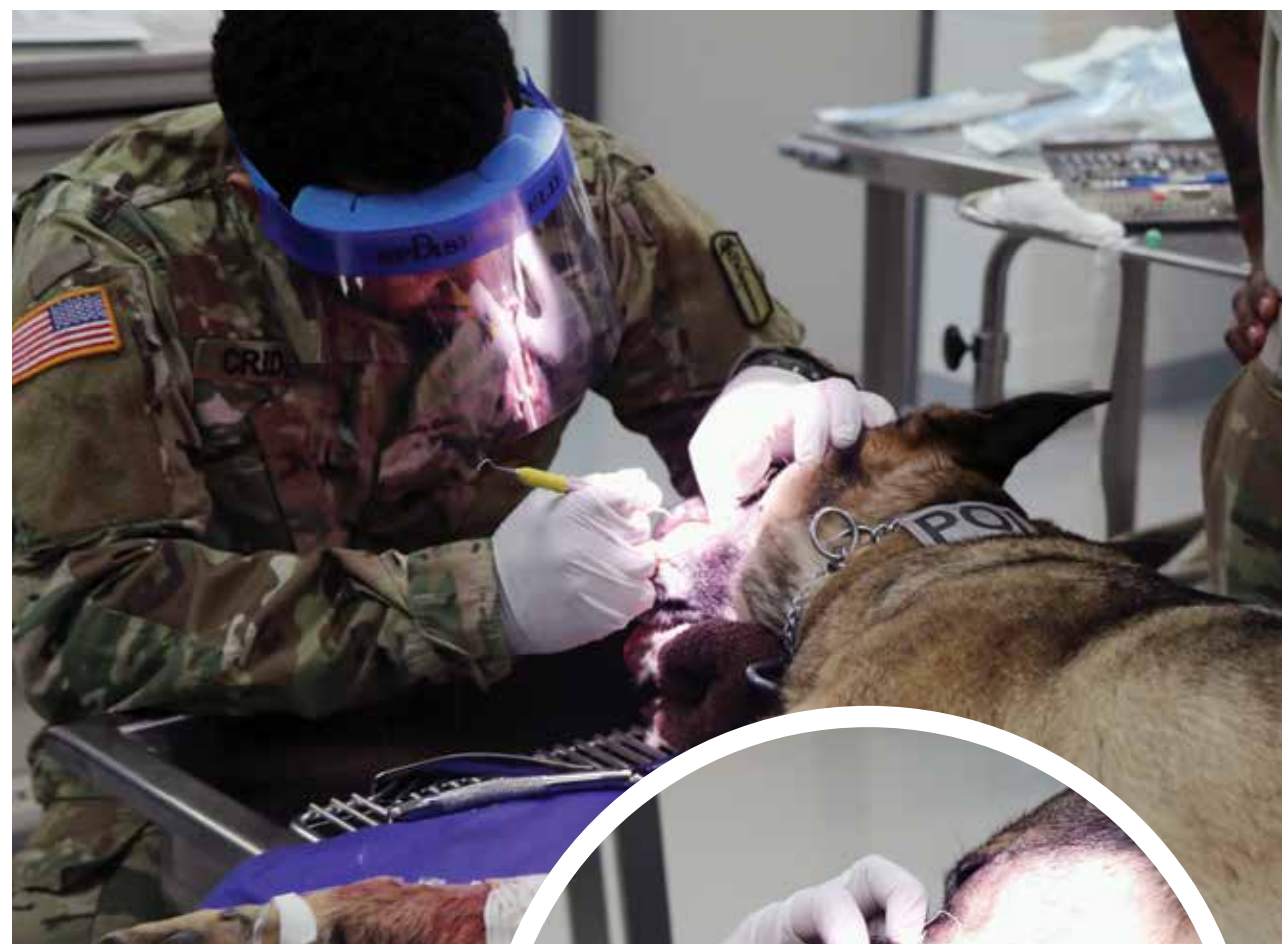


CARDIOLOGY • ORTHOPEDICS • BARIATRICS • WOMEN'S HEALTH • STROKE CARE • PEDIATRICS



A 'Canine' Cleaning

Photos by William Wight
65th Medical Brigade Public Affairs Office



A Soldier from the 106th Veterinary Services Detachment at U.S. Army Garrison Humphreys works on the teeth of Eve, a military working dog, from Kunsan Airbase Force Protection. The care and service of both dental and medical to military working dogs is the top mission of the detachment.



Brigade Hosts Table Top

Photos by William Wight
65th Medical Brigade Public Affairs Office

The 65th Medical Brigade Commander, Col. Wendy Harter facilitated a Health Services Table Top Exercise last month designed to synchronize the flow of forces and materials in support of focused readiness both in Korea and Pacific supporting forces.



Developing Future Leaders

Photos by First Sergeant David Ruiz
Headquarters, Headquarters Company 65th Medical Brigade



Soldiers from Headquarters, Headquarters Company, 568th Ground Ambulance Company and 106th Veterinary Detachment conducted a motivated ruck march to kick off the quarterly Junior Leadership and Noncommissioned Officer Professional Development session at



U.S. Army Garrison Humphreys. The daylong session was designed to bring topics of concern, professional growth and development as led by the Brigade Command Sgt. Maj., Command Sgt. Maj. Todd Garner. Sgt. Raymond Allaire and Pvt. Ryan Chavez were recognized for intervening and stopping a sexual harassment as bystanders.



SCENE & HEARD

NATIONAL & INTERNATIONAL

By Eric Young-Seok Park

PHYSICIST STEPHEN HAWKING IS DEAD AT 76



Stephen Hawking has died at the age of 76 at his home in Cambridge, England. Hawking suffered for decades from ALS, a.k.a. Lou Gehrig's disease. The condition causes nerve cells in the brain and spinal cord to degenerate. The renowned

physicist and professor at the University of Cambridge made many discoveries in physics, mathematics and cosmology that raised his profile internationally. His better-known works involve black holes and the theory of relativity. He also wrote a number of popular science books, including "A Brief History of Time." Lately, Hawking warned vocally about the dangers posed by artificial intelligence. Last year, he said A.I. could be the worst event in the history of our civilization.

LIGHTNING KILLS 16 CHURCHGOERS IN RWANDA

At least 16 people were killed in Rwanda and 140 others injured when lightning struck a Seventh Day Adventist church in the country's south, said a provincial governor. The churchgoers were injured and rushed to a nearby hospital, where two are in serious condition, said Rose Mureshyankwano. She said 17 of those injured are still in the hospital while the rest have been discharged. A similar incident occurred a few days ago when lightning struck a group of 18 students, killing one. Last October, lightning killed 18 people in different parts of the country. Lightning strikes are frequent across Rwanda, which has many hills and mountains, and the country's police record a number of human and livestock deaths each year. Lightning killed 30 people, injured 61 and killed 48 livestock in 2016, the most recent year with full figures, according to Rwanda's Ministry of Disaster Management and Refugee Affairs.



34 PASSENGERS PLACED ON WRONG FLIGHT, FLOWN 600 MILES FROM DESTINATION



A group of passengers landed 600 miles away from their intended destination after being placed on the wrong flight. 34 passengers were informed their 5 pm Nextjet flight to Gothenburg, Sweden, was delayed due to bad weather conditions. At 8 pm, a plane arrived

and the group scanned their boarding passes and got on the flight. However, instead of taking the passengers to Gothenburg, on the west coast of Sweden, the plane landed in Luleå in the far north of the country. Nextjet airline was forced to cancel its flight to Gothenburg, but it did not relay the information to the waiting passengers or the airport. Instead of being overly concerned, a passenger Roger Leirvik responded to the surprise, "I just laughed. What can you do?"

TOURIST WALKS INTO THE RED SEA AND GIVES BIRTH



The new mom, believed to be from Russia, gave birth with the help of her husband and a Russian doctor who specializes in water births. Pictures of the doctor and the baby's dad carrying the baby out of the waves in the resort town of Dahab, Egypt, went viral after being shared on social media. The images, which show the baby with its umbilical cord still attached and its placenta in a plastic container, were taken by a tourist from a hotel balcony. The baby's mom had just given birth after going into the sea while wearing a bikini, according to eyewitnesses. Some Facebook users praised the apparent "beauty" and "easiness" of the baby's water birth. Dahab, which lies 50 miles northeast of the popular resort of Sharm el-Sheikh, has become increasingly popular with moms-to-be aiming for a seawater birth, according to local media reports. The woman, her husband and their baby have not been named, and there is no report on the baby's gender or condition. One social media user commented: "The sea was really red that day!" Dahab, formerly a Bedouin fishing village, is popular with tourists and is now considered to be one of Sinai's most treasured diving destinations.

AGEING JAPANESE TOWNS OVERRUN BY WILD BOARS

In the tiny island of Kakara, off southwest Japan, people are outnumbered three to one by wild boar who feast on their gardens and are becoming increasingly aggressive and territorial. The problems facing the residents of Kakara are being repeated across Japan, with boar numbers exploding as rural populations decline. Japan's rapidly ageing and shrinking population is part of the reason behind the increase in wild boar, as older rural populations die out, leaving towns and villages empty. Meanwhile, young people are also moving to the cities in search of work. The number of people with shotgun licenses has also fallen sharply in recent years. And as the people leave, the boar are moving in. Local children cannot play outdoors for fear of being attacked and residents have stopped walking even relatively short distances for fear of encountering one of the aggressive creatures. Desperate islanders have set countless traps and catch around 50 of their tormentors every year, but that figure is far outstripped by the rapidly breeding boar population – a sow can give birth to as many as six piglets a years. Some residents are even suggesting that they should evacuate the island, abandoning it to the wild pigs. And with few checks on the boars' territory, they are growing larger as well as more numerous. They are finding their way out of the forests and fields and into train stations, gardens and school sports grounds. Local people fled to safety; the wildlife remained and thrived.



TOYS 'R' US PREPARING TO CLOSE ALL U.S. STORES

Bankrupt Toys 'R' Us Inc is preparing to sell or close all 885 stores in its U.S. chain, risking up to 33,000 jobs, after failing to reach a deal to restructure billions of dollars in debt, a person familiar with the matter said. In Britain, its 75 remaining shops will close within six weeks, joint administrators for the retailer said after they were unable to find a buyer for all or part of the business, resulting in the loss of about 3,000 jobs. Creditors decided they can get more from liquidating assets of the toy seller, the largest in the United States and one of the best known in the world, rather than finding a way to keep the business alive, the person said on condition of anonymity to discuss the private negotiations. A Toys 'R' Us spokeswoman declined to comment on internal meetings or their content. The planned closure in coming months is a blow to generations of consumers and hundreds of toy makers that sold products at the chain, including Barbie maker Mattel Inc, board game company Hasbro Inc and other large vendors such as Lego.



MYSTERY NEW HAMPSHIRE LOTTERY WINNER GETS HER PRIZE, KEEPS HER PRIVACY

A woman who sued the New Hampshire state lottery commission asking it to allow her to collect the \$559.7 million prize she had won without making her name public collected her winnings, lottery officials said, and kept her privacy for now. The woman won the fifth-largest jackpot in the history of the multistate Powerball lottery drawing in early January but began her legal odyssey when she signed her winning ticket with her own name, which would make her identity a matter of public record. The winner's attorney, William Shaheen, said in a statement he was collecting the prize in the name of the Good Karma Family 2018 Nominee Trust, which the winner established to serve as a legal mechanism to accept the money. Her award was a one-time payment that came to \$264 million after taxes. "We recognize the tremendous interest this prize has generated but hope you appreciate our client's desire to maintain a sense of normalcy by keeping her name confidential," Shaheen said. A state court judge is still determining whether to allow the winner to keep her name out of the public record. The state lottery commission last month agreed to pay out the prize while the court case continued.

MISSISSIPPI BOY COMMITS SUICIDE DUE TO BULLYING



A 12-year-old Mississippi boy killed himself due to bullying. Andrew Leach left a note to his family before he hung himself in the garage. Leach's parents believe the sixth-grader had been struggling to come to terms with his sexuality. "He finally came out with the information at school that he thought he may be bisexual," said his father Matt Leach. "I think that really amped up the bullying." His mother Cheryl Hudson said the bullying was relentless and was a serious problem in Andrew's middle school. "A few years ago there was a young girl who hung herself from a water tower due to bullying," she said. "There have been several attempts since then with other kids." Hudson said she spoke with the school's principal about the bullying and Andrew's father spoke with the teacher once. "I didn't know how to handle it," she said. The note he left behind explained more of what was happening. "Kids were telling him, 'We're gonna put hands on you. You're not going to make it out of this bathroom.' Things of that nature," said his father. The mother said they heard there was a group of children that were calling Andrew fat, ugly and worthless.

A COUPLE LOVES TARGET SO MUCH THAT THEY SHOT THEIR ENGAGEMENT PHOTOS THERE

A couple Isabella Sablan and Michael Delvalle, of Miami, who has been dating since 2010, wanted a unique engagement shoot, but they certainly didn't think they'd have it at Target. As they were coming up with ideas, Sablan, 27, joked about the prospect. "We both kind of liked the idea," said Delvalle. "We've actually kind of enjoyed target since we started dating. At some point it started becoming a fun hobby. We just found joy in doing it together." On the day of their January 26 wedding, the couple headed to their Target store in North Miami with photographer Evan Rich. Clad in wedding attire, they posed between aisles with props like a Target popcorn bag and DiGiorno pizzas. They spent two hours at the store. "There was some onlookers wondering what was going on," Delvalle said. The couple said the idea ended up being perfect for their big day. "We wanted something that spoke to our personalities and that was fun," Sablan said. They later tied the knot at the Miami Beach Botanical Gardens.



BARACK OBAMA IN TALKS TO CREATE SHOWS FOR NETFLIX



Former U.S. president Barack Obama is in advanced talks with Netflix Inc to produce a series of high-profile shows. Under the terms of a proposed deal, Netflix will pay Obama and former first lady Michelle Obama for exclusive content on the video streaming service. The company declined to comment on the report. Obama will not use his Netflix shows to respond to President Donald Trump or conservative critics, and has instead talked about producing shows highlighting inspirational stories, the New York Times said. The financial terms of the deal are not known yet. In addition to Netflix, executives from Apple Inc and Amazon.com Inc have also expressed interest in talking to Obama about content deals. Last year, Penguin Random House landed a deal to publish two books by Barack Obama and Michelle Obama, with one volume to be written by each. The deal followed a heated auction for global rights to the two books with bidding that reached more than \$60 million.

INDIAN DOCTORS SUSPENDED AFTER SEVERED LEG USED AS PILLOW

Indian authorities have suspended two doctors and launched an investigation after a patient's severed leg was used as a pillow to prop up his head. Administrators at the government-run hospital in Uttar Pradesh state vowed "strict action" after images emerged showing the patient on a stretcher with the amputated limb being used as a headrest. Two doctors have been suspended pending investigation. The man, identified as 28-year-old Ghanshyam, was seriously injured in a bus accident. "When we reached the hospital, we saw his leg being used as a headrest," Janaki Prasad, a relative said. "I repeatedly asked the doctors to intervene but they refused," Prasad added, saying Ghanshyam's relatives eventually bought a pillow from a local market. India's state-run hospitals are often ill-equipped, severely underfunded and stretched to breaking point. Just a handful of specialists are available to treat millions.



Best of the Brigade Compete

Photos by William Wight and Cpl. Jae Yeon Chung
65th Medical Brigade Public Affairs Office



Congratulations to the winners of the 65th Medical Brigade Best Warrior Competition:

- KATUSA Category: Cpl. Ji Heon Choi, 106th Veterinary Detachment
- ENLISTED Category: Spc. Edgardo Santiago, 106th Vet. Det.
- NCO Category: Sgt. Erika Bustamante, 618th Dental Company Area Support
- OFFICER Category: 2nd Lt. Nicholas Paneral, Headquarters, Headquarters Company
- WARRANT OFFICER Category: Chief Warrant Officer 2 William Uhila, 106th Vet. Det.

The five were selected during the week long competition on U.S. Army Garrison Humphreys. They will represent the Brigade in May at the 8th Army Best Warrior Competition.



Volunteer Cadre calculate the scores of the Army Physical Fitness event.



◀ Capt. Jennifer Munhofen, 106th Vet. Det., masters the five gallon water can relay as part of the Combat Physical Fitness Event.



Candidates were given a map of U.S. Army Garrison Humphreys to plot points for the land navigation event.

Determination, Strength and Grit

Photos by William Wight
65th Medical Brigade Public Affairs Office



In honor of Women's History Month, 65th Medical Brigade Commander, Col. Wendy Harter was the guest speaker of the 1-38 Field Artillery and 210th Field Artillery Brigade Women's History Month Observance Mar. 16 at the Camp Casey Theater. The "Steel" Battalion reflected on Harter's words on the determination, strength and grit women have shown in the past and continue to exemplify today.



THE INTRODUCTION

PRESENTED BY
2ID SHARP & AREA NORTH ASAP

"The Introduction."

The play features Soldiers training Soldiers in the form of a play that provides an innovative, creative and realistic visual of the subtlety of the sexual perpetrator, victim options, process of the unrestricted report and the ability to discern, recognize and apply alternatives to sexual assault/ alcohol abuse. Also highlighted, are the rippling effects of one's choices, the battle's role in preventing/intervening in sexual assaults, community resources, suicide prevention, resiliency and the impact of sexual assaults on Soldiers, Families, Careers, Unit Readiness and future.

Camp Red Cloud Theater :	Camp Casey Theater:	Yongsan Multiplex Theater:
April 6, 14:00	April 11, 10:00	April 13, 10:00
May 10, 10:00	April 11, 14:00	April 13, 14:00
May 10, 14:00		

Training satisfies requirements for SHARP & ASAP Training

POINTS OF CONTACT

SHARP PM-MAJ Latisha Brooks @ 732-7874 or latisha.a.brooks.mil@mail.mil

ASAP, Russell Jordan @ 730-4144 or russell.jordan1.civ@mail.mil

Women's History in the Making at BAACH

Story by In Kyeong Yun
Brian Allgood Army Community Hospital
Unit Public Affairs Representative

“This cane reminds me that we are here to make positive changes every day.”

Col. Erica Clarkson, the first female Commander for Brian Allgood Army Community Hospital in its 60 plus years of history, walks into her office every morning looking at the historical cane with names of all the past commanders' etched in metal plates.

“It's truly an honor to have the opportunity to follow such a long list of distinguished leaders, in particular, my former commander Col. Brian Allgood,” said Clarkson. “I feel especially blessed having an amazing hospital team to lead. And by my side is my battle buddy, Command Sgt. Maj. Nicole Haines, who replaced Command Sgt. Maj. Diahann White, two absolutely phenomenal women. I have rarely seen the army select an all-female

command team.”

The combination works as evidenced by the tremendous success throughout the hospital. The hospital has been recognized on several occasions as being the best in the region for in-patient satisfaction, access to care, safety and various quality metrics.

Clarkson mentioned it hasn't always been easy but she has tried her best to bring beneficial changes to every place she has served. “I try not to think about my gender, I try to lead using education, experience and training that I have received over the years and apply all the principles of good leadership.”

Haines also shared how she experienced, as soon as she joined the team, the positive atmosphere endorsed by Clarkson and how that influenced the staff to have a positive culture leading to many accomplishments over the past two years.

“We are serving a dual mission as a Combat Support Hospital and also as a Community Hospital.

The positive culture started by Clarkson has helped us effectively complete our missions and deliver safety and satisfaction to our patients,” added Haines.

BAACH was also the first Medical Treatment Facility to be given the Army's Safety and Health Management System's star banner in Regional Health Command- Pacific in 2017, while maintaining the ranking of number one in Medical Command Behavioral Health critical initiatives for more than six months.

“As a senior leader, sometimes you experience challenges, but because you are a woman, you might not be taken seriously and even double challenged on your decisions,” said Haines. “However, you should never be let down, but remain strong in the fight even when the challenges seem overwhelming. Lift each other up within your reach, but reach even further to grab those who may need your strength. We can always influence those around us in a positive way.”

“As I witness more and more

female Soldiers advance to leadership positions and thrive as leaders, I become more confident in saying that each day, we are making new history with our ability to serve our country and we can set ourselves an example to junior leaders and even to our future generation,” added Clarkson agreeing with Haines.

When asked what they enjoy the most as senior leaders, both Clarkson and Haines answered that it's when they see positive changes and growth in junior leaders.

“As an example, we have two female company commanders out of five companies, Capt. Erika Rosales (Bravo Company) and Capt. Kyung Zimmerman (Charlie Company) in the hospital. When seeing how resilient and dedicated they are as commanders, but also as moth-

ers, it makes me proud. They have managed their time effectively juggling between being a mom and a commander and excelling at both,” said Clarkson.

As a response to a question on how she manages to find the balance between the two jobs, Zimmerman shared that what motivates her most is her five year old daughter, Aspen. “Sometimes I want to cut corners and go the easy way but that's not what I learned from Col. Clarkson. I want to be a mom of whom Aspen can be proud.”

“Gender doesn't matter but your character does” added Zimmerman. “I was born and raised in Korea. If a girl from another country can come this far and take the biggest and most complex company in this hospital, anybody can do what they pursue to do, if

they have the right mindset and keep working on themselves. Don't take no as an answer and always take the initiative. Look out for opportunities but also train yourself so you can seize the opportunities when they become available.”

Rosales also shared that being a female commander shouldn't be and isn't any different than being a male in a command position. What makes her the commander is how she can intertwine that leadership role with the knowledge of her experiences as a mother, wife and nurse.

Celebrating the Women's History Month in March, the BAACH has seen Women's history in the making every day, from the first female commander continuing to future commanders in the Army.



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Watch Dogs Gain New Leadership

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



T

he 5th Medical Detachment of Preventative Medicine of the 168th Multi-functional Medical Battalion of the 65th Medical Brigade conducted their change of command on February 27 at the U.S. Army Garrison Humphreys Theater.

Outgoing commander, Maj. Derek Monthei passed the mantle of command to the incoming detachment commander, Maj. Lyndsay Knoblock-Fast.

Reviewing Commander and 168th MMB Commander, Lt. Col. Anthony Gray congratulated the unit on its excellence as a direct reflection on the commander's leadership.

The Detachment is the first unit within the Brigade to earn the United States Forces Korea Fitness Streamer, Eighth United States Army Readiness Streamer and the first in the battalion to earn the Battalion Readiness Streamer.

"I am proud of the Soldiers and Katusas of the Detachment, who have continued to perform the mission, volunteer for the community and participate in countless cultural events, despite a culmination of change with the transition of the unit from U.S. Army Garrison Yongsan to USAG Humphreys," said Maj. Monthei. "For the past 18 months, I have never been more pleased to lead these fine men and women, who have never had any alcohol related incidents, UCMJ actions or infractions of any kind."

Maj. Monthei will transition to the Army Public Health Center at Aberdeen Proving Ground, Maryland.

Maj. Knoblock-Fast is no stranger to the mission of the detachment, having served as the Chief of Entomology, Brooke Army Medical Center/Joint Base San Antonio, Fort Sam Houston, Texas. As a medical entomologist, she knows the mission and looks forward to taking the Detachment to new heights of excellence shaping the public health image in the Republic of Korea.

The 5th MED PM mission is to provide preventive medicine support by conducting base camp assessments, food services inspections, water inspections, pest control and surveillance on the Korean Peninsula.

HISTORY

The History of the Change of Command

The Change of Command Ceremony is a time-honored tradition that formally restates to the personnel of the command the continuity of the authority of command.

Custom has established that the change of command ceremony be formal, conducted with great dignity and designed to strengthen the respect for authority which is vital to any military organization. The change of command ceremony allows subordinates to witness the formality of command change from one officer to another and to preserve the continuity of command and authority.

The passing of colors, standards, or ensigns from an outgoing commander to an incoming one ensures that the unit and its soldiers is never without official leadership, a continuation of trust, and also signifies an allegiance of soldiers to their unit's commander.

The change of command ceremony is rooted in military history dating back to the 18th century during the reign of Frederick the Great of Prussia. At that time, organizational flags were developed with color arrangements and symbols unique to each particular unit. To this flag and its commander, the soldiers of the unit would dedicate their loyalty and trust.

When a change of command took place, the flag was passed to the individual assuming the command. This gesture was accomplished in front of the unit so that all could see and witness their new leader assuming his dutiful position. He who held the flag also held the soldier's allegiance. This symbolic tradition has survived throughout military history.

Jonathan Cheung, a Brian Allgood Army Community Hospital Occupational Therapist, provides coaching on how to perform pushups using the TRX machine.



April is Occupational Therapy Month

Story and photos by Capt. Kristin de Guzman
Chief, Occupational Therapy Services-Korea

What is Occupational Therapy?

Occupational Therapy is a profession that treats individuals across the lifespan to re-engage in meaningful activities. Occupational therapists (OT) enable people of all ages to live life to its fullest through therapeutic inventions that enable individuals with injury, illness, or disability to complete daily functional tasks.

Common occupational therapy interventions include helping children with different abilities participate fully in school and social situations, helping people recovering from injury regain skills, and providing support for older adults experiencing physical and cognitive changes. For example, an OT may help someone who had a stroke learn to dress or feed themselves independently using one handed techniques, or may introduce adaptive equipment to help individuals accomplish their goals, such as a one-handed cutting board to prepare a meal. An OT may also provide memory aids for a Soldier who has difficulty concentrating and remembering tasks after a traumatic brain injury. The role of the OT is to help people maximize independence and reach their full potential, regardless of their current abilities or medical conditions.



Jonathan Cheung, a Brian Allgood Army Community Hospital Occupational Therapist, fabricates a custom wrist splint using thermoplastic material.

What OT Services are Available in Korea?

Within the military treatment facilities, OTs treat upper extremity neuromuscular and orthopedic injuries, ranging from carpal tunnel syndrome, tennis elbow, finger sprains, to recovery after orthopedic surgeries.

Capabilities at the Occupational Therapy Clinic at the Brian Allgood Army Community Hospital include the fabrication of custom splints, re-

habilitation and strengthening with state of the art equipment using the Baltimore Therapeutic Equipment Machine, and the ability to work in close proximity with a physiatrist and the orthopedic department. Adjunct services are available at U.S. Army Garrison Humphreys. To obtain a consult, individuals should see their Primary Care Manager before they are evaluated by an OT. During the evaluation process, the therapist will complete a thorough physical examination and develop a customized treatment plan, focused on returning Soldiers and beneficiaries to duty and re-engaging in meaningful activities.



3-Time Combat Medic Remembered

Humphreys Patient Centered Medical Home Memorialized

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

Perhaps Cicero, the Roman orator, said it best: “The life of the dead consist in being present in the minds of the living.”

This is why we memorialize our loved ones, famous statesmen, those who bravely fought in wars and all the deceased who have touched the lives of ourselves and our forebears.

As long as we remember them, our loved ones live on in our minds and hearts.

For the community of U.S. Army Garrison Humphreys, the memorialization process takes on a personal meaning as every facility and road will be memorialized.

On March 22, the Soldiers of the U.S. Army Medical Department Activity Korea, 65th Medical Brigade, 8th United States Army, USAG Humphreys, civilians and family members gathered in front of building #555 for a ceremony to memorialize the medical facility as the Master Sgt. Henry L. Jenkins Patient Centered Medical Home.



Guest speaker for the ceremony, Maj. Gen. Thomas James, Director of Operations, United Nations Command, Combined Forces Command, United States Forces Korea, said, “Master Sgt. Henry Jenkins responded to the calls of ‘Medic’ and was devoted to his profession. Should we achieve to aim like him, this new medical home will be a landmark within our community and I cannot think of another way to inspire selfless service or caring for one another than by dedicating this clinic to a true hero.”

Henry L. Jenkins, “Doc”, to his good friends, was born in 1917 in Rigby, Idaho as the first of nine children. When World War II started, he enlisted in the U.S. Army and went into the medical field as a combat medic. He served in the Pacific Theater where he was awarded the Combat Field Medics Badge, a Purple Heart, Bronze Star and Silver Star for courage under fire.

After the war, Henry returned to the U.S. for several years until he returned to active duty to serve his country in Korea. Again as a medic, he showed courage under extreme circumstances and was awarded the Combat Field Medics Badge (2nd award), another Purple Heart and Silver Star. He chose to stay in the Army and pursue a career after the war.





Maj. Gen. Thomas James, Director of Operations, United Nations Command, Combined Forces Command, United States Forces Korea, was the guest speaker for the memorialization of the Master Sgt. Henry Jenkins Patient Centered Medical Home on U.S. Army Garrison Humphreys Mar. 22.

Years later, he was sent to South Vietnam and was awarded the Combat Field Medics Badge (3rd award). He later retired from the Army as a Master Sergeant with 26 years of service.

Henry was placed in the Medical Hall of Fame at Fort Sam Houston as one of two medics with the Combat Field Medics badge from World War II, Korea and Vietnam.

Prior to the naming of the facility, the staff of the

Brian Allgood Army Community Hospital began to make improvements in services by expanding the clinics hours, rotating more specialty care providers, developing a phone application and establishing a 24-hour bilingual medical advice line all in efforts to make sure the community has medical care support. The facility is now the largest outlying clinic on the Korean peninsula serving over 13,000 beneficiaries.

Brian Allgood Army Community Hospital Commander Col. Erica Clarkson, Master Sgt. Henry Jenkins' daughter Linda, son Michael and daughter-in-law Trina, and Maj. Gen. Thomas James, Director of Operations, United Nations Command, Combined Forces Command, United States Forces Korea cut the ceremonial cake during the reception of the memorialization of the Master Sgt. Henry Jenkins Patient Centered Medical Home on U.S. Army Garrison Humphreys Mar. 22.



UNITED THROUGH READING

Being away from our littlest loved ones is never easy, but the United Through Reading program offers parents and grandparents a way to stay connected while being apart. Family members can be privately recorded while reading a book from our library of childhood favorites! The recording is sent to the child and allows them to view your narration from home and follow along in their very own book! Create a memory that will last a lifetime.



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USO Walker: DSN 764-4437





Master Sgt. Henry Jenkins, daughter Linda, son Michael and daughter-in-law, Trina pose in front of the Bronze Star plaque in the foyer of the memorialized medical clinic at U.S. Army Garrison Humphreys.



President of the United States of America, takes pleasure in presenting a Bronze Oak Leaf Cluster in lieu of a Second Award of the Silver Star to Sergeant Henry L. Jenkins, United States Army. He distinguished himself by extraordinary heroism in connection with military operations against an armed enemy in the vicinity of Pungsan, Korea, on 2 November 1950. On this date, Sergeant Jenkins was attached to the First Platoon of Company C, 17th Infantry Regiment, 7th Infantry Division, as a Medical Aidman. When the company moved forward in the attack, the first platoon was subjected to heavy small arms and mortar fire, resulting in many casualties.

With utter disregard for his own personal safety, Sergeant Jenkins exposed himself repeatedly to enemy fire, as he moved about the platoon administering to the wounded. He was wounded in the leg in the early stages of the attack but continued to give first aid to the wounded and assist in their evacuation. In the bloody fighting that followed, Sergeant Jenkins' courage and supreme devotion to duty was displayed time after time, as he refused to be evacuated in spite of his painful wound and continued to administer to the wounded, not only of his

platoon, but of those in the second platoon as well. Seven hours after he was wounded, his condition was brought to the attention of the Company Commander. Sergeant Jenkins was found to be seriously wounded and suffering from loss of blood. Only after he was so ordered would he allow himself to be evacuated to the battalion aid station where he was further evacuated to the rear. The service rendered and extreme devotion to duty displayed by Sergeant Jenkins on this occasion reflects great credit upon himself and the military service.

Sergeant Jenkins continued to serve, attaining the rank of Master Sergeant before his retirement on 19 May 1972.



The Combat Medical Badge (CMB), or Medical Badge as it was initially called, was established by the War Department in March 1945. It was created as a means to recognize the important role performed by medical personnel assigned or attached to infantry units, and who on a daily basis shared the same hazards and hardships of combat in World War II. The need to establish a badge for medical personnel was a result of the Combat Infantry Badge (CIB) being established on 27 October

1943 for the infantryman, who was subjected to the worst conditions in combat, sustained the most casualties and yet received very little, if any, recognition for their sacrifice and heroic actions. The CIB could only be awarded to infantrymen. While it was recognized that other personnel, like the medics, who served along side these gallant soldiers, suffered the same hardships of combat, and often died on the battlefield treating their comrades, no exceptions were made to give the CIB to anyone but infantrymen. This new infantryman's badge led to many requests and recommendations to create special combat badges for medical personnel and other components of the army; however, the War Department disapproved all of these initiatives.

The Army Medical Department continued its efforts to have a combat badge established for its personnel serving in infantry units. The War Department finally approved the Medical Badge for medical personnel in WD Circular 66, dated 1 March 1945, and made it retroactive to 7 December 1941.

The approval of the Medical Badge did not include the \$10.00 extra pay a month that was authorized to an infantryman who earned the CIB. While the issue of ex-

tra pay was being addressed, the infantryman certainly had no objections to the medic or "DOC", as he was commonly referred to in the unit, to receive equal pay.

One infantry unit took matters in their own hands and took up a collection from its members for their medics who "shared their dangers but not their pay". In July 1945, extra pay was approved for medical personnel who served in infantry units.

In February 1951, the war department approved the addition of stars to the CMB to indicate subsequent awards of the badge in separate wars or conflicts. Multiple awards of the CMB are limited to WW II, the Korean Conflict and Vietnam. The rules for awarding of the CMB have been expanded to include Army medical personnel who served in armor and ground cavalry units during Desert Shield/Storm. Medical personnel of the Navy and Air Force who have been assigned or attached to similar Army units engaged in active ground combat may also be awarded the CMB. The CMB is one of the most coveted awards a "Soldier Medic" can earn.

MSG Jenkins is one of only two medics in the history of the U.S. Army to have earned the CMB three separate times.



Master Sgt. Henry Jenkins is one of only two medics in the history of the U.S. Army to have earned the Combat Medical Badge three separate times from World War II, Korea and Vietnam.



Paladians Change Leadership

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

The 568th Ground Ambulance Company “Paladians” of the 168th Multi-functional Medical Battalion of the 65th Medical Brigade conducted their change of command leadership on February 27 at the U.S. Army Garrison Humphreys Theater.

Outgoing commander Capt. Aaron Shramek passed the mantle of command to the incoming company commander, Capt. Stefanie Meyer.

Reviewing Commander and 168th MMB Commander, Lt. Col. Anthony Gray congratulated Shramek for his professionalism and charged Meyer with continuing to provide the unit with character based leadership while ensuring the unit is ready to save lives and provide ground medical evacuation operations in support of the Korean Theater of Operations.

“Aaron you made the Pacific Medics team proud by executing multiple Brigade and Echelon above missions to include supporting garrison community events, Korean Service Corps mobilizations, Dragon



Lift, best medic competitions, expert field medical badge on the Demilitarized Zone and improved medical readiness by administering the influenza vaccines during the Flu campaign,” said Gray. “I commend you for your support of the Eighth United States Army transformation effort by relocating the 568th from split company headquarters and motor pool locations into the current consolidated location reducing excess by over \$85,000.00 while continuing to provide 24-hour medical transport services to over 13,000 beneficiaries with a personnel, medical and equipment readiness rate of 90 percent and higher.”

Upon taking command, Capt. Meyer thanked Shramek for setting her up for success. “Over the past five weeks of change of command inventories, it has been abundantly clear how much Capt. Shramek cares about this company and its Soldiers. It is an honor to follow in his footsteps,” said Meyer.

AREA II SHARP Program Invites you to..... 2018 Sexual Assault Awareness Month Proclamation & Kick-Off Ceremony

Date: Thursday, 5 April 2018

Time: 1330-1545

Location: South Post Chapel-Yongsan, Bldg #S3702

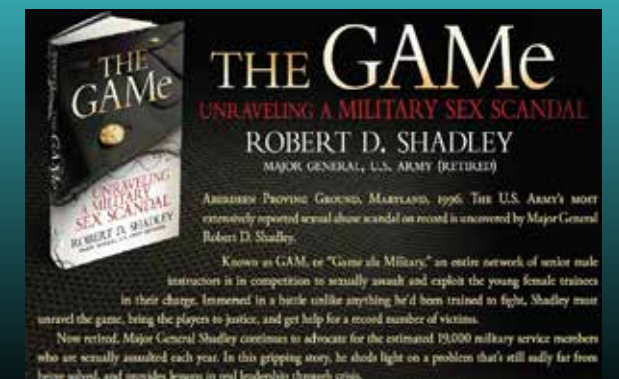
With our Honorary Guest Speaker, MG (Ret) Shadley, author of “The Game: Unraveling A Military Sex Scandal” during the U.S. Army’s most extensively reported sexual abuse scandal on record unraveled in Aberdeen Proving ground, MD 1996.



Robert D. Shadley
Major General, U.S. Army (Ret)

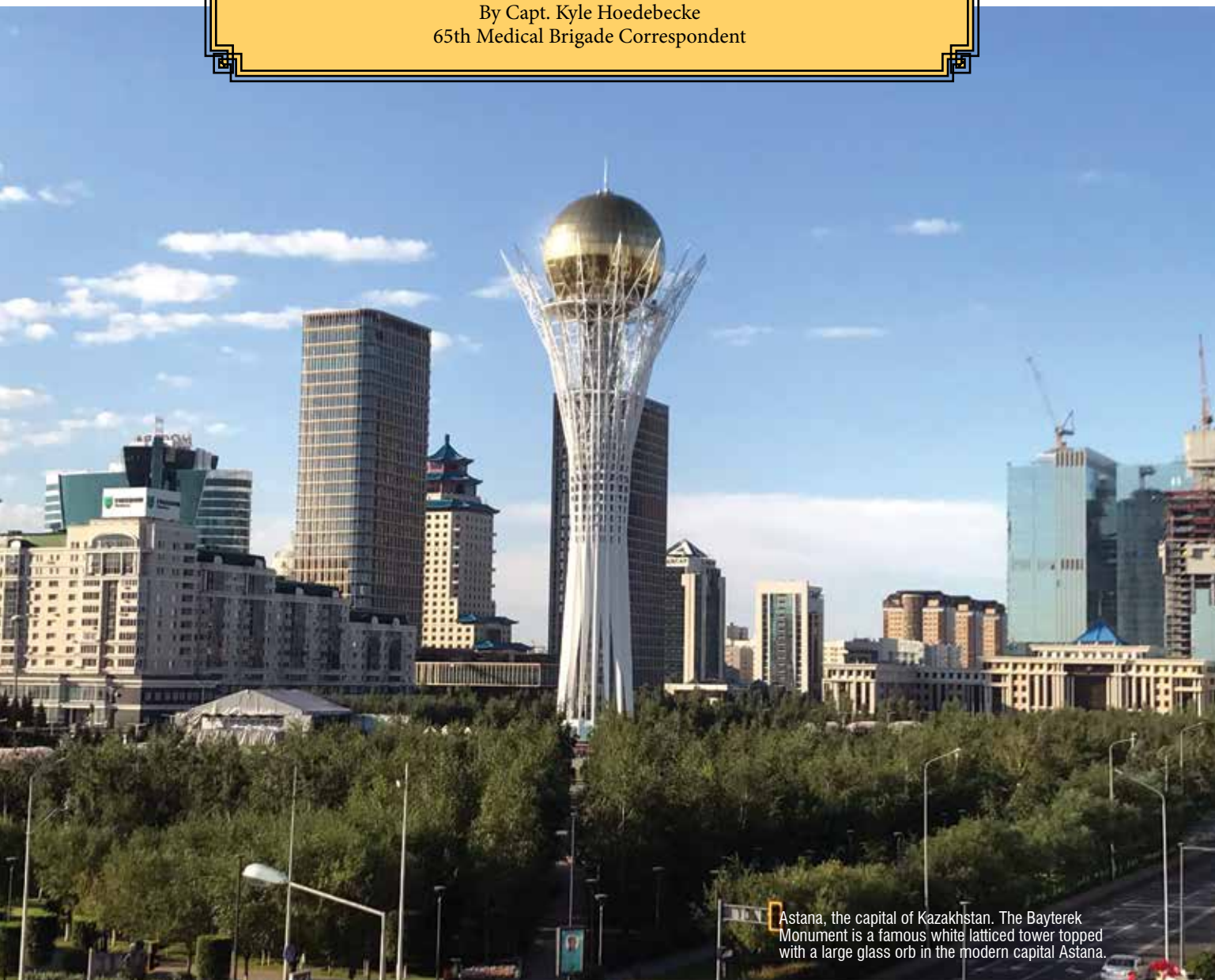


POC: Mr. Hocaoglu / Ms. Amlan @ DSN: 738-3183/5498



Family Adventures in Asia: Kazakhstan

By Capt. Kyle Hoedebecke
65th Medical Brigade Correspondent



Astana, the capital of Kazakhstan. The Bayterek Monument is a famous white latticed tower topped with a large glass orb in the modern capital Astana.

Kazakhstan is the 9th largest country by size in the world - though it's population is only 16 million people. Though it is the largest landlocked country in the world, it still hosts a navy based on the similarly lander or "adventurer." - making Kazakhstan the "Land of the Wanderers." The capital is Astana and boasts an ostentatious skyline. The primary city, however, is Almaty in the southeast portion of the country whose name originates from the Kazakh word for "apple" and is often translated as "full of apples." This is important as wild apples are believed to have originated here. It's a scenic city of greater than 1.5 million people with snow-capped mountains on the horizon, beautiful architecture, and modern conveniences. Almaty opened its metro system in 2011. Stan is an ancient Persian word meaning "land" or "nation," and Kazakh means "wa being individually decorated and designed.



Capt. Richard Detheridge and his wife, Eun Young Ahn, pose in front of a tile mosaic of the Kazakhstan flag at the "Library of the First President of Kazakhstan"



Similar to the United States, Kazakhstan also considers itself a melting pot. This is primarily because Joseph Stalin deported many different ethnicities here during his rule over the Soviet Union. Notably, there are more than 130 different ethnic groups living in Kazakhstan to include a large section of the population boasting Korean descent. Visitors will notice that the local markets commonly have a Korean section where kimchi, japchae, and other delicacies are available.

The Green Market in Almaty.
What kind of meat do you
think that is?

The Kazakh national dish - Beshbarmak



Kazakhstan's national dish is beshbarmak, which literally means "five fingers" because it is traditionally eaten using one's hands. It is usually served in a large dish placed in the center of a table for all to share. Common ingredients include large chunks of boiled horse meat layered over noodles boiled in a broth and then topped with onions, garlic, parsley, and fennel.

My family and I adventured to this lovely country last year to visit the World Expo that was being held in Astana. Kazakhstan is a beautiful country with a rich nomadic history. The people were very kind and we were able to use the public transportation throughout the city very easily. It was interesting visiting Astana, because it only became the capital city 20 years ago, so a lot of the buildings are new. There is a lot of modern and creative architecture throughout the city, a stark contrast to Almaty which has a post-Soviet feel to it. This was an interesting place to take a vacation here in Asia.



Capt. Hoedebecke with Kazakh medical colleagues in front of the highest skating rink in the world outside of Almaty.



Capt. Detheridge at the 2017 World Expo in Astana.

All service members can enjoy visa-free travel here in addition to direct flights to both Astana and Almaty from Seoul, South Korea.

Travel Tip of the Month

There are so many places to visit in Asia in so little time. Check out the various cruise lines - Norwegian, Royal Caribbean International, and Costa just to name a few - that allow you and your family to visit several international locations quickly and painlessly.

Nurse Advice Line Enhances Overseas Service

Story courtesy of Military Health Systems Communications Division

On April 1, 2018, The Military Health System Nurse Advice Line will launch as a major enhancement to the Nurse Advice Line service to beneficiaries by offering NAL services to U.S. service members worldwide where ever there is an established military treatment facility.

Prior to the launch of the MHS NAL, nearly one-fourth of all purchased care and nearly half of all direct care ER visits were generally for non-emergency issues.

National estimates for the civilian system also indicate that one-half of all ER patients would have seen a primary care doctor had one been available.

Medical care challenges related to unnecessary ER and Urgent Care (UC) visits are longer wait times for patients, additional workload for staff, additional stress on resources, and higher costs to the MHS.

The CONUS based Nurse Advice Line helped to redirect non-emergency and non-urgent visits to routine providers relieving strain on the ED system and thereby increasing beneficiary access to their primary care manager (PCM) or urgent care facilities when required. Our beneficiaries' health and well-being are our priority.

The goals of this plan are to inform internal and external stakeholders about the benefits of the new MHS Nurse Advice Line expanded coverage of overseas locations, enhanced communication capabilities, specific actions to address identified challenges in missions, access to care, and outcomes as well as to educate senior leaders, internal and external stakeholders, partners, and beneficiaries,

on the MHS Nurse Advice Line products and its capabilities and purpose.

All TRICARE beneficiaries who require unscheduled, non-emergent healthcare advice can use the Nurse Advice Line.

As of April 1, 2018, the MHS NAL will be available in all countries with an established military treatment facility, to include the Pacific and Latin America regions.

CONUS beneficiaries can now reach a nurse online at <https://mhsnurseadvice.com>, where they can choose web chat, video conference, or call (1-800-TRICARE).

OCONUS beneficiaries can now reach a nurse online at <https://mhsnurseadvice.com>, where they can choose web chat or video conference. OCONUS beneficiaries that prefer to call should continue to call their local MTF appointment line to enter the MHS NAL system.

The MHS Nurse Advice Line, available at no cost to beneficiaries, provides beneficiaries with assistance and advice to make smart decisions regarding their immediate health care needs.

The MHS Nurse Advice Line is now available on-line 24 hours a day, 7 days a week at <https://mhsnurseadvice.com>. From the website you can now web chat or video conference with a nurse, securely and conveniently.

The MHS Nurse Advice Line is still available via telephone 24 hours a day, 7 days a week by calling: 1-800-TRICARE (874-2273) Option 1. If calling from an OCONUS location, please continue to dial your local MTF to enter the MHS NAL system. The MHS NAL may guide and refer beneficiaries to the most appropriate health pro-

vider or health service based on their health needs and situation.

MHS NAL nurses will ask a series of questions about a caller's specific concerns to advise when and how to seek care for an acute problem or give instruction on self-care at home.

The MHS NAL supports nearly all TRICARE beneficiaries in CONUS and OCONUS locations with established MTFs.

Benefits of MHS NAL

Speak with a Registered Nurse who can answer beneficiary's urgent medical questions as well as pediatric care questions. The beneficiary's child will need to be present during the call to help the nurse make the best recommendation for care and assess symptoms to help the beneficiary decide if an office visit with a health care provider is required as well as assist the beneficiary to locate high quality medical care based on their current medical condition.

The Nurse Advice Line (MHS NAL) is a medical advice line to diagnose and provide medical advice on a health concern. If it is after hours or you are not sure if you need to see a doctor, call TRICARE's Nurse Advice Line by calling: 1-800-TRICARE (874-2273) Option 1 (24 hours a day, 7 days a week).

The Nurse Advice Line is not intended for emergencies and is not a substitute for emergency treatment. If you think you may have a medical emergency go the nearest emergency room.

If you are traveling, the Nurse Advice Line can help you find urgent care in the network.

THE LAUNCH CODES

THE FOOLPROOF GUIDE TO PREPARING YOUR TEENS FOR LIFTOFF

**Are you struggling to prepare your teen for life without you?*

**Are you worried they don't have what it takes to make it?*

**Do you feel like sometimes they just don't get it?*

Thursday, April 12, 5:30 - 7p.m.

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Coming Soon: The New MHS Nurse Advice Line



WHAT IS THE NURSE ADVICE LINE?

The MHS Nurse Advice Line (NAL) is available 24/7 to all TRICARE beneficiaries in the U.S. and countries with an established military treatment facility (MTF), to include Europe, the Pacific, and Latin America Regions.



MHS NURSE ADVICE LINE

MHS NAL will be available in all countries with an established MTF.

Scheduled Launch:
1 April 2018

MHS NAL Services Include:

- + Availability of Contemporary Telehealth Services
- + Secure Website, Web-chat, and Video Teleconference
- + Provider Locator Services for Urgent/Emergent Care
- + Healthcare Locator Services for Traveling Beneficiaries

EXPANDED COVERAGE



18 March 2018
Soft launch in Japan and South Korea



1 April 2018
Fully deployed in the U.S., Puerto Rico, Cuba, Guam, Bahrain, Belgium, Germany, Greece, Italy, Spain, Turkey, and the United Kingdom

ENHANCED SERVICE



- Secure Web-Chat & Video Teleconferencing
- Access to Self-Care instructions, NAL Encounter, and "Sick Slip"
- Hosted on secure non-DoD website for ease of access overseas

 **1,500**
Calls Per Day

The Nurse Advice Line launched in **August 2014** CONUS-wide and in select OCONUS areas (mainly EurAsia).

WHAT CAN THE NAL HELP YOU WITH?



Referral to Urgent Care
(If Required)



Same-Day Appointing



RN Triage Consultation



NEED TO CONTACT THE MHS NURSE ADVICE LINE?

You can call us for help. But if you need to see a doctor, remember:

- + You must follow the rules of your other health insurance (OHI) first.
- + Your OHI is the primary payer.
- + If we help you find a doctor, make sure they're in your other plan's network or your care may not be covered.



www.mhsnurseadvice.com



1-800-TRICARE (1-800-874-2273)

In the U.S., Guam and Puerto Rico, select OPTION 1 to speak to a nurse. All other locations should contact your local MTF Appointment Line and select "Speak with a Nurse."



You can call the MHS Nurse Advice Line 24/7, at no cost to you, to talk to a registered nurse who can:

- ☒ Answer your urgent care questions
- ☒ Give you health care advice
- ☒ Help you find a doctor
- ☒ Schedule appointments within 24 hours at military hospitals and clinics

If you have an emergency and are in need of immediate medical attention, call 911 or go to the emergency room.





BEOPJUSA

AN INTRODUCTION TO KOREAN BUDDHISM

Story and photos by M. Robert Marks
Staff Photographer



Built in 776 during the Shilla dynasty period, the Geumdong Mireujdaebul is a 33 meter tall bronze Maitreya statue coated in 80 kilograms of gold.

Nestled among the pines in Songnisan National Park, near Boeun city, Beopjusa is a premier temple with the tallest remaining wooden Pal-sangjeon pagoda in Korea and holds several of Korea's national treasures. It is a great place to experience and learn about Korean culture, the journey to self-discovery and enlightenment, and an excellent family retreat location through the temple stay.



The day starts at 3 a.m. with Doryangseok, Buddhism's form of reveille; a morning wake-up call where one monk walks around the temple chanting and playing a Moktat instrument.

Shortly after Doryangseok comes Yebool and Samul. Yebool is a prayer ceremony performed twice a day where monks and practitioners take a moment for self-reflection and pay respect to Shakyamuni Buddha, Bodhisattvas and Buddha's disciples, followed by 108 prostrations. Samul is the sounding of the four instruments twice a day, played by several monks in rotation. The large Dharma drum is beaten with two thin wooden drum sticks to save all land animals and guide sentient beings to find the truth of the Buddha-Dharma. The large temple bell is rung using a swinging log to save those who are in hell. The wooden fish bell is hit using two thick wooden drumsticks to save fish and remind practitioners to keep themselves conscious and alert at all times, just as the eyes of a fish are always open. The cloud-shaped gong is rung quickly with a mallet to save all winged creatures.





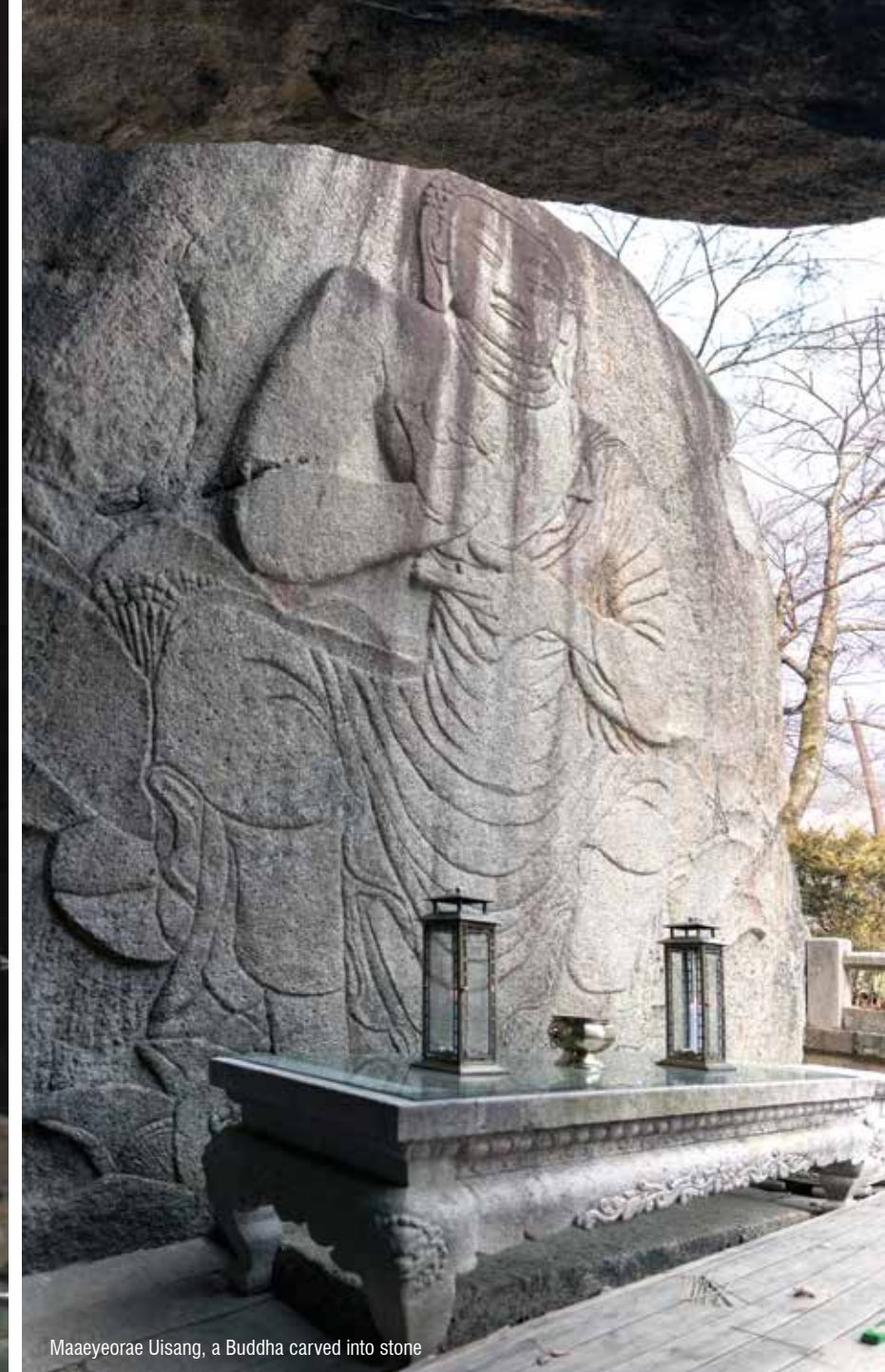
Built in 553 AD by Silla monk Uisin, Beopjusa, meaning 'Buddha stays here,' is a head temple of the Jogye Order of Korean Buddhism. During the Goryeo dynasty as many as 3,000 monks studied and lived at Beopjusa, and through the Joseon dynasty more than 60 buildings and 70 meditation cottages were constructed, most of which were destroyed during the Japan Invasion of 1592. Beopjusa temple was rebuilt in 1624 and some of the original structures from 653 AD still exist.

Bells chiming in the wind, the creaking sounds of century old wooden floors, songbirds singing every morning, the trickling of a nearby stream, drums and gongs as well as the serene sound of the forest and other sounds of Beopjusa are captivating and relaxing. Thoughts of the hustle and bustle of a busy city life fade away as everything about the aesthetics and senses experienced at temples promotes concentration and self-discovery.

Buddhism, in general, is about complete self-awareness and questioning. It is a path of practice and spiritual development leading to insight into the true nature of reality.



A woman performs Seungmu, a Korean dance performed for monks.



Maaeyeorae Uisang, a Buddha carved into stone

Korean Buddhism is distinctly different in that it's adaptive, progressive and dynamic. Mahayana Buddhism originating in India, came to the Korean peninsula in different forms from various countries but initially from China in 372 AD. Early adopters were intrigued but disturbed by the variances in the traditions brought to them as this new way of life merged with Shamanism, the indigenous spiritual practice of Korea and northern Asia at the time. Korean scholars set out to smooth out inconsistencies between the various traditions and make it distinctly their own by taking a holistic approach. Hence, the uniquely Korean Buddhism is called Tongbulgyo ("interpenetrated Buddhism"), named by scholar Wonhyo (617–686 AD), focused on harmonizing all the details and doctrine into one.

It was not all chanting and ceremony. There are many conversations with monks full of laughter and lively learning. During orientation the temple staff teach the rules of the temple, the significance of bowing and how to do it. Silence and showing respect are two of the most important rules.

Breakfast starts at 6 a.m. Temple food is among the most authentic Korean food consisting of a tasty vegan variety with most of the ingredients grown and gathered on site or in the surrounding forests. Meals often consist of kimchi chigae (spicy soup) or miyeok guk (seaweed soup), many different kinds of vegetables, kimchi and side dishes, Korean pancakes, tofu dishes, rice cakes, and of course a large bowl of rice. There's plenty of food and a second helping is



A monk beats the Dharma drum during evening Samul.

welcomed, but wasting food is extremely discouraged.

Beopjusa Temple complex has about thirty buildings and hosts the Songnichukjeon Festival every year in April of the Lunar calendar.

The Main Buddha Hall houses Sakyumini, the Buddha of the past, while outside the 33 meter tall bronze Buddha coated in 80 kilograms of gold represents the Maitreya Buddha of the future. There are several buildings to explore with various paintings, artwork and relics.

The 5-story Palsangjeon Eight Paintings Pagoda is the oldest wooden pagoda in Korea. The paintings describe important events in Sakyumuni Buddha's life. It is National Treasure No. 55. The pagoda houses four statues of Sakyamuni, facing the 4-cardinal directions, with different hand positions. Buddha facing East shows fearlessness, the



The 700 year old Jeongipum Pine stands with the help of support braces under its branches.



West Buddha is “Turning the Wheel of Dharma”, touching the earth is the South Buddha and the North Buddha is lying down in a dying pose, known to be very rare in Korea. This Palsangjeon also displays 500 white-faced statues called Buddha’s disciples otherwise known as images of Buddha with over 80 different features.

Near the entrance of Songnisan National Park stands a 700-year-old Jeongipum Pine Tree, National Treasure No. 103. Legend has it that King Sejo visited Songnisan Mountain in 1464 to cure a skin problem. While passing under this tree, he looked up and saw that his royal chair was about to be ensnared in the tree’s branches. As he called for his bearers to look out, the branches suddenly lifted for the royal procession to proceed. On his way to Seoul, King Sejo was also able to take shelter from a rain shower under this tree. The tree was awarded the ministerial rank of Jeongipum.



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- ✓ **Dr. Kim has written numerous publications** in his areas of expertise, including a recent textbook chapter: Orthodontics Basic Aspects and clinical considerations

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TRAINING

RHC-P Enhancing Readiness through Human Resources

Story and photos by Ana Allen
Regional Health Command-Pacific
Public Affairs Office



Col. Samantha Hinchman, human resources director for Regional Health Command-Pacific (RHC-P) conducts face-to-face training Feb. 9 on the hiring process, during the last day of a five-day training summit for human resources staff members and select staff, who came together from across the Pacific region in Honolulu, Hawaii. The purpose of the summit was to enhance leadership capabilities, increase knowledge-base in the field and to refine hiring and personnel management processes.

Regional Health Command-Pacific (RHC-P) held a training and leadership summit Feb. 5-9 in Honolulu, Hawaii, where 45 G-1 professionals and select staff came together from across the Pacific region to enhance leadership capabilities, increase knowledge-base in the field and to refine hiring and personnel management processes.

"Army hospitals and support units are as good as the doctors and team members that work in them. Our team of G-1 professionals is responsible for bringing in the best of the best so that military members, their families, and retirees get the best healthcare possible," said Col. Samantha Hinchman, RHC-P G-1 director. "When we enhance health, we enhance medical readiness, as well as family wellness. There's a direct correlation there and we have an important

role to play in the hiring, retaining and leading of healthcare providers and support staff," she said.

Summit leaders also emphasized the G-1's vision and how RHC-P nested with the Army's Medical Command, which is the higher headquarters for RHC-P. Attendees also received information on the way ahead for military and civilian human resources and how to better coordinate in the execution of tasks.

"We were able to share ideas and processes that enabled us to streamline some functions while pointing out possible issues and how to avoid them," said Daniel Blashill, the chief of military human resources at Medical Activity-Alaska. "The goal is for the RHC-P G-1 folks to attain top proficiency so that we ensure Soldier and civilian readiness," he added.

As part of the agenda, participants also completed a training

from the Arbinger Institute, which, according to the foundation's website, equips employees with practical strategies and tools to implement an outward mindset approach to their work.

"It was extremely important for us to include this mentoring and coaching aspect to the summit since enabling excellence starts with leaders who not only embrace an outward mindset but practice it on a daily basis. This training further cultivates a leadership approach that moves beyond conflict resolution to conflict transformation," said Kimberly Reinbrecht, chief of civilian human resources for RHC-P. "This commitment to leadership will no doubt positively impact all aspects of human resources, which, at the end of the day, makes our organization better as we contribute to the medical readiness mission," added Reinbrecht.



Will my FWAB be counted?



All FWABs submitted on time and according to State rules will be counted. However, here are the most common reasons for rejection:

- **Illegible handwriting.** If you prefer to type your information, you may complete the FWAB form online and print it out.
- **No signature.** Don't forget to sign and date your completed FWAB before mailing to your local election office.
- **No ballot request on file.** Ballot requests can be made using an FPCA. Not all States require you to first submit an FPCA.*
- **Transmitted in a manner not allowed by State law.** Some States accept an emailed or faxed FWAB, while others require a hardcopy.*
- **Received after the deadline.** Deadlines vary by State.*
- **Not witnessed.** Some States require witness signatures.*
- **Voter signatures on file don't match the submitted ballot.**
- **Not filled out completely or accurately.** Look over your completed FWAB to ensure you have provided all the information required by your State, including a complete voting residence address (P.O. Box addresses are not valid).

*Specific State requirements at FVAP.gov/FWAB.

Cast your ballot by submitting a completed FWAB

The FWAB has two distinct sections: (1) the Voter's Declaration/Affirmation, which serves to identify and authenticate you with the local election official processing the form and (2) the ballot and security envelope, which allow you to make your selections and keep those choices secret. For the hardcopy or online version of the FWAB, both the Declaration/Affirmation and security envelope (with voted ballot inside) are mailed to your election official.

Step 1: Complete and Sign



- Complete one of two versions of the official Federal Write-In Absentee Ballot: (1) hardcopy or (2) PDF version from the online FWAB assistant or fillable form.*



- Complete and sign the attached Voter's Declaration/Affirmation form.

Step 2: Seal



- Place the ballot portion of the FWAB in a sealed security envelope. This comes attached to the hardcopy version, but if you are using a PDF version you must find a blank envelope and label it "Security Envelope."
- Place the Voter's Declaration/Affirmation form and the sealed security envelope in a larger mailing envelope. This comes attached to the hardcopy version, but you must provide one yourself if using a PDF version.

Step 3: Fill Out Envelope



- In the upper left corner, enter your current mailing address and the date of the election in which you just voted.
- Under "To," enter the name and mailing address of the local election office* to which you are sending the packet.

Step 4: Postage

- **Within the U.S.:** The form is postage paid in U.S. mail. This information is included on the hardcopy version's mailing envelope and an envelope template can be downloaded at FVAP.gov if you are using a PDF version.
- **Outside of the U.S.:** The form is postage paid in U.S. mail, to include APO/FPO and diplomatic pouches. If using foreign postal systems, put the correct amount of local postage on the front of the envelope, in the top right corner.

*For information about your State's requirements, how to transmit the form and how to contact your election official, visit FVAP.gov/FWAB.

BOSS TOURS

FOR MORE INFORMATION, CALL 723-3291.

BOSS BUNGEE JUMP & ATV

SATURDAY, 7 APRIL, 0800-1700

INJE X-GAME RESORT

Sign Up at Moyer ODR
Sign Up Due Date: 2 April
Minimum 15 & Maximum 40 Sign-ups

\$60.00 for Bungee Jump & ATV Ride
\$40.00 for Bungee Jump Only
\$30.00 for ATV Ride Only
*Maximum weight for bungee jump: 230 lbs
*Bring extra won for lunch or snack.

SPRING HIKING

Cheong-Gye Mountain in Seoul

"Enjoy the spring flowers, mountain view, and fresh air while getting some exercise!"

Friday, 27 April, 0830-1500

Sign Up at Moyer ODR
Sign Up Due Date: 23 April
Minimum 10 & Maximum 40 Sign-ups
Letter of Release is Required!

* Cost: \$10.00 per person (includes transportation and guide)
* Bring a small lunch, snacks, and water.
* Wear proper clothes and shoes for a moderate mountain hike (about 3-4 hours).

BOSS ZIP-LINE TRIP

MONDAY, 7 MAY, 0800-1700

MUNGYEONG ZIP-LINE KOREA

Sign Up at Moyer ODR
Sign Up Due Date: 2 May
Minimum 20 & Maximum 40 Sign-ups

\$40.00 per Single or Unaccompanied Service Member.
Price includes zip-lining, transportation, and guide.
Bring extra Korean won for lunch or snacks
Max weight requirement: 220 lbs

April 2018

Celebrating the Month of the Military Child

GO TO FVAP.GOV FOR MORE INFORMATION

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[Facebook.com/DoDFVAP](https://www.facebook.com/DoDFVAP) and Twitter @FVAP

National Pet Day



Celebrated annually on April 11th, National Pet Day is an unofficial holiday that encourages all of us to pay our pets some extra attention. It is also a day to commemorate everything that our pets do for us on a daily basis. So if you have a pet, you can do something special for them on this day by taking them for a long walk; buying them a special treat or maybe, just by spending a little bit of extra time with them. After all, don't they deserve it?

History of National Pet Day

National Pet Day was founded by Colleen Paige – an Animal Welfare Advocate and Pet Lifestyle Expert – in 2006 to celebrate pets and the joy they bring into our lives. She also created the day to shine a spotlight on the plight of the many types of animals which are in shelters all over the planet.

Facts About Pets

- 80 million households in the United States currently have a pet

- In the U.S., there are almost 80 million pet dogs and almost 86 million pet cats
- With the proper care, goldfish can live 30-40 years in captivity
- Adult dogs normally have about 42 teeth
- Dogs only sweat through the pads of their feet
- Cats sleep about 13 to 14 hours per day, on average

Observing National Pet Day

Observing National Pet Day is pretty easy. All you have to do is take some time out of your day, or some money out of your wallet, and do something nice either for your own pets or for some of the many pets which are in shelters and rescues at this very moment. Some of the things which can be done include:

- Buy your pet a new toy or treat
- Take pictures of your pet

- Share photos of your pets via social media using the hashtag #NationalPetDay
- Adopt a pet from your local shelter
- Donate money, food, toys and/or blankets to an animal welfare organization
- Throw an awesome National Pet Day party for your pets
- Help someone who needs it buy pet food or other items for their pets
- Help organize against puppy and kitten mills
- Volunteer at a local shelter

Conclusion

National Pet Day is a great day to do something for a pet you love or to help one of the many abandoned pets in animal shelters around the world. After all, pets are an important part of our lives and do so much for us, so shouldn't we really give something back to them to show them our appreciation?





1st Sgt. Juan Fabia (second from right) poses with senior 8th Army enlisted leadership during this Korean War tour.

Medical Officer Maintains Close Filipino Family Ties

Story by William Wight
65th Medical Brigade Public Affairs Office

Photos courtesy of Maj. James Fabia
Brian Allgood Army Community Hospital

On December 8, 1941, one day after the attack on Pearl Harbor, the 200th Coast Artillery Regiment began taking fire from enemy troops. This initial air strike of the Philippine Islands was followed by a full scale invasion of the main island of Luzon. By January the American and Filipino defenders were forced to retreat to a defensive position on the island's western Bataan peninsula.

With their main fighting force cut off from supplies and facing starvation, many of the troops defending the Pacific region were forced to surrender into enemy hands. Those on Luzon formally surrendered to the Japanese on April 9 and they would endure a 65-mile march with no food, water, or medical supplies resulting in thousands of deaths, known today as the "Bataan Death March."

Maj. James Fabia, Chief Information Officer for the Brian Allgood Army Community Hospital, recently shared his families tie to that gruesome World War II event -- the survival of his grandfather.

Juan Reyes Fabia was born in 1918 in Pangasinan, Philippines in a nepa hut where his ancestors lived for hundreds of years. He left home at an early age and lied about his age to join the Philippine Scouts as a member of the 24th Philippine Scout Field Artillery Regiment, part of the U.S. Army's Philippine Division., wanting to be a soldier, Fabia quickly rose in the ranks to 1st. Sgt., before joining the U.S. Army.

After the bombing of Pearl Harbor, the scouts were fighting to hold Bataan. With old weapons, no water or food, low on ammunition, they surrendered to the Japanese and forced marched.

Malaria and malnutrition were common among the prisoners. Many died from malaria, the march, beaten, starved and killed with bayonets. Juan became sick with malaria and kept falling out of the march, his captors shot him



Maj. James Fabia and his mother, Mary Ann Fabia, accepted the Congressional Gold Medal in honor of 1st Sgt. Juan Fabia at a ceremony in Washington D.C. last year.





Maj. James Fabia and his mother meet with World War II survivors of the Battle of Bataan.



in the leg and pushed him down a hill, sensing no movement of his body they presumed he was dead. Juan waited until dark and crawled back to his village where his family nursed him back to health. He later joined the resistance movement and the U.S. Army fighting in the Pacific and later Germany. After World War II, he went on to serve in the Korean War in 1952.

After 23 years of service, Juan retired. He received the Purple Heart, bronze star, United Nations Service Medal with two battle stars, and attained the rank of Master Sergeant.

Years later in Junction City Kansas, James was born and as he grew up in a town full of military history and commemorations, he learned at a young age about his grandfather's service which led him to join the military.

"My motivation has always been my grandfather and what he endured," said Fabia. "I had no idea growing up as he never spoke about it when I was in high school. Then one day the community was holding a memorial event and I remember seeing my grandfather wearing his uniform. Later I was told about his sacrifice and service."

Following in his grandfather's footsteps, Fabia enlisted into the Texas Army National Guard. "I wanted to gain experience and leadership as an infantry soldier," said Fabia, who attained distinguished honor graduate status while at Fort Benning Georgia. Upon graduation from college, Fabia sought an active duty commission from Army ROTC and became a 2nd Lieutenant. His first assignment brought him to Korea

as a maintenance officer with the 168th Area Support Medical Battalion at Camp Carroll. Later he was promoted to 1st Lieutenant on the Demilitarized Zone, left Korea and returned to Kansas as a Dental Company Commander. There he was able to honor his grandfather where he rests at the Fort Riley Cemetery.

For 21 years, Maj. Fabia having served in Korea, Germany, Fort Sam Houston, Fort Riley and deployments, always remembers what his grandfather endured. A few months ago he went to Washington D.C. to accept the Congressional Gold Medal honoring his grandfather and all Filipino Veterans of World War II. The medal is the highest award Congress can give to express appreciation to American people to tell an aspect of history.



The Painted Door Thrift Shop

We gladly accept donations of your new or gently used clothes, electronics, books, jewelry, and more!



Find us on Facebook to get the latest update on sales, operating hours and volunteer opportunities!

www.facebook.com/ThePaintedDoorThriftShop/

Hours

Tuesday 10:00 a.m. – 2:00 p.m.

Wednesday 2:00 p.m. – 6:00 p.m.

Thursday 2:00 p.m. – 6:00 p.m.

1st Saturday of the month 10:00 a.m. – 2:00 p.m.

Location

Building 550 (across the Education Center/by Old Housing at Camp Humphreys in Area III).



The Painted Door is run by The United Club, a non-profit organization operating on Camp Humphreys in South Korea. **ALL PROCEEDS** from the Painted Door Thrift Shop are given back to the community through the United Club Spouses' & Civilians' Association's Welfare and Scholarship program.



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Find us on the web!

www.HumphreysUnitedSpouses.com

Romantic Cherry Blossom Trip to Jinhae Gunhangje Festival

Courtesy of Korea Tourism Organization



Jinhae Gunhangje Festival is Korea's biggest spring festival, attracting at least 2 million visitors every year. The festival first began as a memorial service to commemorate Joseon period's most noteworthy naval admiral Yi Sun-sin and has now grown to become a festival enjoyed by everyone. Pack up and get ready to enjoy one of the most spectacular events in Korea surrounded by unbelievably stunning cherry blossoms!

Jinhae NFRDI Environment Eco-Park

Cherry blossoms reflected upon water

Jinhae NFRDI Environment Eco-Park is located nearby the Nambu Inland Water Research Center with an area of 83,897m² which serves as a habitat to diverse organisms. This environmentally friendly park boasts a splendid natural landscape with over 65 different species of trees and abundant flowers. The park is open to the public and is a favorite retreat for residents of the area.

Address: 55, Yeomyeong-ro
25beon-gil, Jinhae-gu, Changwon-si,
Gyeongsangnam-do



Yejowacheon Stream's Cherry Blossom road

Must-visit course for lovers!



The area around Yeojwacheon Stream is well known as one of Jinhae's best spots for viewing cherry blossoms. Each April, the entire city of Jinhae is filled with cherry blossoms, but the Yeojwacheon Stream area has the most beautiful cherry blossoms which makes it a prime tourist attraction. In the evening, the area is illuminated with ornamental lights, creating a romantic ambience.

Address: Area of Yeojwa-dong,
Jinhae-gu, Changwon-si, Gyeong-
sangnam-do

Victory Parade

Time travel to the Joseon Dynasty



The Victory Parade reenacts the victory march held by Admiral Yi Sun-sin and his army after winning a battle in the Imjin War (1592-1598). Viewers will be able to get a glimpse of Korea's history through the parade.

- Period: 15:00-16:00
April 6, 2018
- Location: Jungwon Rotary and city streets

Jangboksan Sculpture Park

Beautiful views from the peak

Jangboksan Sculpture Park stands as the unofficial gateway to Jinhae at the end of Jangbok-ro Road between Masan and Jinhae. Built in 1979 in the wake of a mountain landslide, the park offers a wide-open view of Jinhae and its quiet waters. In spring, more than ten thousand cherry trees interspersed throughout the pines come to full bloom, permeating the air with their sweet fragrance.

- Address: 56-42, Jangboksan-gil, Jinhae-gu, Changwon-si, Gyeong-sangnam-do



Luxury Jewelry



<http://lovxoit.shop>



Korea Naval Academy and Navel Base Headquarters

A special visit

Korea Naval Academy and Naval Base Headquarters are popular as unique attractions due to the fact that they are open to the public only during the festival period. A life-sized model of the Turtle Ship designed by Admiral Yi on display at the Korea Naval Academy Museum is something you do not want to miss.

Address: Saseoham 88-1 ho, 1, Jungwon-ro, Jinhae-gu, Changwon-si, Gyeongsangnam-do



Jehwangsang Park

Beautiful scenes both day and night



Jehwangsang Park boasts a harmony of cherry blossoms and forsythias in full bloom, lining both sides of a 365-step stairway, which is also referred to as “one year stairway.” Once you reach the peak, you will be welcomed with a breathtaking view of Jinhae’s cityscape covered in cherry blossoms and the blue sea beyond.

Address: San28-6, Jehwangsang-dong, Jinhae-gu, Changwon-si, Gyeongsangnam-do

Yeojwacheon Starlight Festival

Wonderful harmony of cherry blossoms and starlight



Yeojwacheon Starlight Festival is an evening event where Yeojwacheon Stream and Romance Bridge are decorated with illuminations and laser lights. This nighttime event is a must-visit festivity as the mesmerizing sight offers a different atmosphere from daytime.

Period: April 1-10, 2018
Location: Yeojwacheon Stream and Romance Bridge

Sokcheonhang Port Multimedia Fireworks on the Sea

Lights embroidering the night sky

In addition to Yeojwacheon Starlight Festival, Sokcheonhang Port Multimedia Fireworks on the Sea is another nighttime event that brightens the night sky. Take note that this event takes place only one night of the entire Jinhae Gunhangje Festival period.

Period: 20:00 April 4, 2018
Location: Over the sea in front of Sokcheonhang Port



Anmingogae Hill

Enjoy bird's-eye-view of Jinhae!



Anmingogae Hill is a 9 kilometer-long hill that reaches from Taebaek-dong in Jinhae to Anmin-dong in Changwon. Six of the nine kilometers are lined with cherry blossoms, making up the famous Jinhae Cherry Blossom Tunnel. The path starting from the entrance of Anmingogae Hill to the heliport located at the hill's peak is the main cherry blossom course, taking about 20 minutes on foot. In particular, the nightscape of Jinhae from the hilltop is famous for its mesmerizing beauty.

Address: Anmingogae-gil, Seongsan-gu, Changwon-si, Gyeongsangnam-do

Gyeonghwa Station Cherry Blossom Road

Romance on the tracks

Gyeonghwa Station is a cherry blossom-themed station that operates only during the festival period. The train running through an approximately 800 meter-long cherry blossom tunnel creates a fascinating scene, forming a perfect backdrop for amazing photos. Along with Anmingogae Road and Yeojwacheon Bridge, Gyeonghwa Station is one of the top three spots in Jinhae for taking photos of the cherry blossoms.

Address: 1200-1, Gyeonghwa-dong, Jinhae-gu, Changwon-si, Gyeongsangnam-do



Cherry Blossom in Palace

Seoul - Saturday, 14 April, 1300-1800
Pyeongtaek - Saturday, 14 April, 1200-1900



KORIDOO
EVENT TOUR
BOOK NOW

Tongyeong Napoli of the Orient Tour

Seoul & Pyeongtaek
29-30 April, 1 Night 2 Days



- Dongpirang Mural Village
- Mt. Mireuk Cable Car
- Undersea Tunnel
- Riding a Luge
- Napoli Farm

Reservation

Sweet Strawberry Farm

Seoul & Pyeongtaek
Every Sunday in April, 0945-1400



Spring Tulip Festival

Seoul & Pyeongtaek
Sunday, 15 April, 0830-1730



2018


Points of contact for questions involving Gifts:

65th Medical Brigade Legal Office

738-8111

References:

- 5 C.F.R. § 2635
- 5 C.F.R § 3601.204
- Joint Travel Regulations (JTR)
- Joint Ethics Regulations (JER)
- AR 1-100
- MEDCOM Regulation 1-4
- RHC-P Policy Memo 86



The information in this article is subject to change at any time due to new policies / regulations. If you have any questions or would like IG assistance, please contact the Eighth United States Army Inspector General's Office at 755-4300 or United States Forces Korea IG Office at 753-3317

OR

The Regional Health Command Pacific IG Office at (808) 433-6654/6619/6665/6610.

Gifts

Throughout the year, special events such as birthdays, PCS's, ETS's, holidays and retirements occur, it is important to review the ethic rules regarding federal employees offering and receiving gifts. Alt-hough this bulletin addresses some aspects of gifts, it does not cover all of the situations. Therefore, one should consult with either their unit Ethics Counselor, Gift Manager, or servicing Staff Judge Advocate for guidance on specific situations. It's also beneficial to understand the rules regarding receiving compensation or upgrades during official travel.

What is NOT allowed?
Per 5 C.F.R. § 2635.302(a)), an employee shall not, directly or indirectly:

- Give a gift or make a donation toward a gift for an official superior or solicit a contribution from another employee for a gift to either his own official superior or that of another; or
- Accept a gift from a lower-paid employee, unless the donor and recipient have a personal relationship and are not in an official superior-subordinate relationship.
- Where an exception exists, **soliciting more than \$10 for gifts to an official superior**, alt-hough employees are free to give **more than \$10 for special infrequent occasions**. All donations must be completely voluntary (given freely, without pressure or coercion). (JER 2-203.b)

However, there are exceptions, as explained below. (5 C.F.R. § 2635.304)

What are those exceptions? What is allowed? The following two situations apply to gifts given between employees within an organization (internal).

- Situation 1: Occasional Basis.** Unsolicited gifts may be given on an **occasional basis (not routine)**, including traditional gift-giving occasions, such as **birthdays and holidays**. This includes:
 - Items (no cash) with an **aggregate value of \$10 or less per occasion**;
 - Items such as refreshments that will be shared in the office among several employees;
 - Personal hospitality (e.g., meals) at someone's home, and
 - Items in connection with the receipt of personal hospitality (e.g., flowers or bottle of wine).
- Situation 2: Special Infrequent Occasions.** A subordinate may give a gift appropriate to the occasion or donate toward a gift to an official superior, and an official superior may accept a gift on **special infrequent occasions** such as:
 - In recognition of an infrequent event of personal significance to the recipient such as **marriage, illness, or birth or adoption of a child** (but not a promotion); or
 - Upon an occasion that terminates the official superior - subordinate relationship, such as transfer, resignation, or retirement.
 - Group gifts on special infrequent occasions are limited to \$300 in value per donating group.** (JER 2-203.a)

What is the “20/50 Rule”? This rule pertains to gifts from **external sources** that are not prohibited sources. Federal employees are permitted to receive **unsolicited gifts** with a market value of **\$20 or less per source**, per occasion, so long as the total value of all gifts received from a single source during a calendar **year does not exceed \$50**. (5 C.F.R. § 2635.204(a))

What about frequent flyer miles and upgrades during official travel?
Federal employees (military and civilian) who receive promotional items (including frequent flyer miles and upgrades) as a result of using travel services obtained at federal government expense **may retain** the promotional items for personal use provided the promotional items are obtained under the same terms as those offered to the general public and at no additional cost to the Federal Government. (JTR) However, no upgrade may be accepted if it is provided on the basis of the employee's grade or position. (5 C.F.R. § 2635.202)

What about if I am bumped off my flight?

- Involuntarily Bumped.** If a federal employee is **involuntarily bumped** from an overbooked flight on official travel, any compensation the employee receives (such as a check or a complimentary ticket) **belongs to the government as liquidated damages**. (JTR)
- Voluntarily Bumped.** The employee **may keep any compensation** earned as a result of **voluntarily relinquishing** his or her seat on an overbooked flight, **as long as taking the later flight does not result in any additional cost to the government, and the delay will not detract from the performance of official business**.





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





How to Shoot Better

by Learning from your Mistakes

Story by Chris Cerino, Shooting Sports USA
Photos by William Wight, 65th Medical Brigade Public Affairs Office

Shooting can be as similar to driving a car or riding a bicycle. The problem is that most of us were never really taught how to do it well. What we got was the shooting equivalent of how to drive our car on one road, in one direction, to one location with someone looking over our shoulder the entire time to make sure we got there safely.

As a new police recruit, my range training was given by a group of instructors who told us what we should do to succeed. They never showed us how to succeed nor did they demonstrate for us what success looked like. Without firing a round, they barked orders about dressing the line and handling our pistols safely. We were safe and qualified (for the most part) simply by saturation of the air with lead.

During the past 25 years, I learned how to teach people to

shoot. More than a qualification session—it's a learning session. Performance is taught best through higher understanding. I don't give them a fish; instead I teach them how to fish.

Why do some people continue to not use the sights? There is no other way to deliver accurate fire than to use the sights and it can be done fast—just ask any Bianchi Cup shooter in production, metallic—or any of the divisions for that matter. Once you've learned what your weapon is capable of you can quit blaming the weapon and start working on your own skills.

Grip

Recoil management starts at the grip. Forget about what your feet are doing and learn how to hold the weapon correctly. Recoil management starts at the grip and ends

somewhere between the elbows and shoulders. Know this to be true and change your grip today.

Sight Alignment and Sight Picture

The sights are the mission. If you can make the sight picture the mission, your body will comply. Your focus and intent should be to keep the sights on the target while you are shooting. I say "make the sights the mission and the body will comply." If your focus wanes and you look to the target to see how you're doing, or if you change your focus to the trigger, you've lost the battle because the mission has changed. Make the sights the mission and you'll learn what it's like to be able to hit anything you aim at.

conscious thought, just a visual recognition that creates a stimulus.

Trigger Management

Having covered sights, it's important to know that the sights and sight picture should be a stimulus for a conditioned response to the trigger finger. The trigger finger is like your foot when driving. Don't change your focus from the sights to the trigger. If you are trying to put the sight picture together, and then you change your focus to, "Okay there it is, now I'll start the trigger," you have changed your mission. Your focus and the sights will drift as your focus shifts. Trigger and finger need to become one. Follow through can't be properly performed if you jump out of the trigger



I lump sight alignment and sight picture together because without one, the other is useless. Properly aligned sights placed on the target make a "sight picture." Your mission is to maintain that picture while firing. You must make the sights the mission so the body will drive the sights. As distance increases the target is harder to see. Nothing changes. Make the sight picture and press the trigger while maintaining that alignment and picture.

When you drive a car you don't have to tell your foot what do when you see a red light or a green light. The foot either goes to gas or goes to brake. There is no

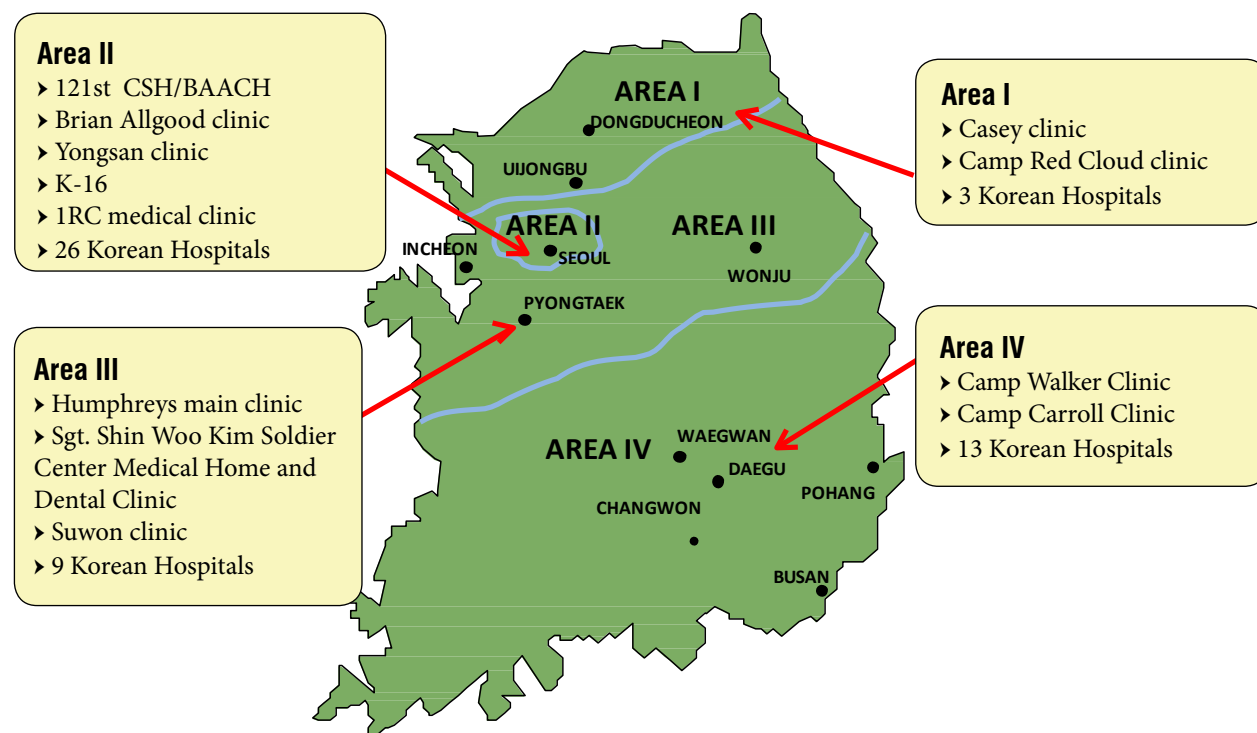
guard the instant the weapon goes off. Trigger management is the most important fundamental. Ironically, people seem to spend the least amount of time working on it.

Once you learn what fundamentals are the most important and how to best perform them, you begin to understand what it takes to hit and why you miss. Shooting will become like driving a car. You'll just do it without much conscious thought. When a tough course of fire comes up, you'll treat it like driving though a new and complex city. You'll have to find your way but you won't worry about making turns or applying the brakes. That happens subconsciously.

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

1RC 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 (18-65 yrs)
- 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

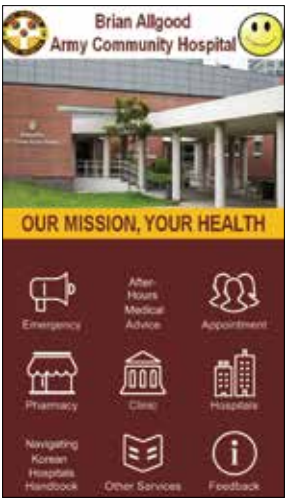
- Korea-wide bilingual medical advice line (24/7)
- Rotating speciality providers from BAACH to Humphreys Clinics
- Enhancing tele-health at Humphreys

iPhone/Android App

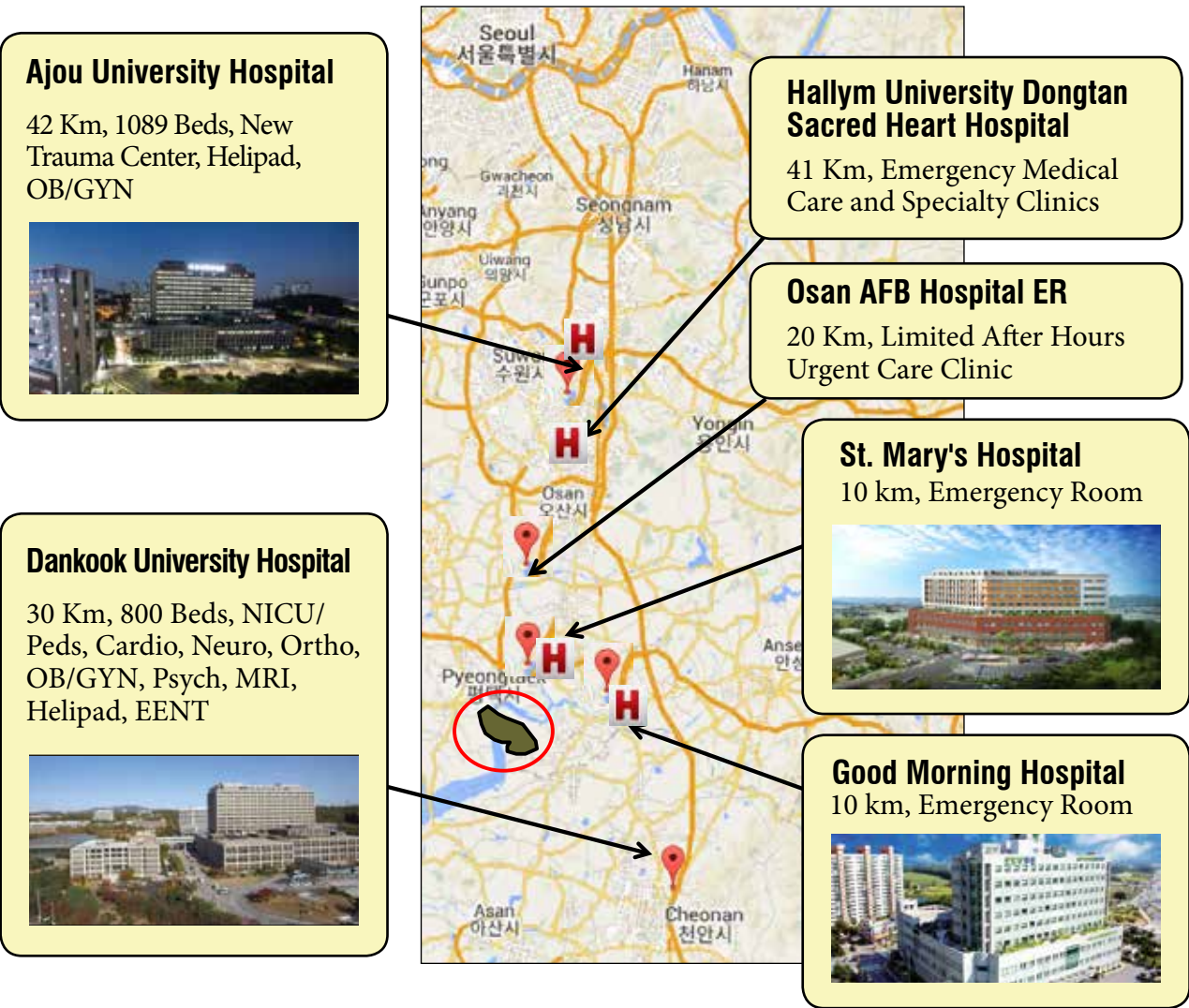
For convenience, staff and patients enrolled or seeking care can navigate Brian Allgood Army Community Hospital 24/7 from anywhere in South Korea. Beneficiaries can download the free BAACH app. from apple iTunes or Google Play store.

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 Health Clinic

M,T,W,F 0800-1700
Thurs 1300-1630

Camp Casey Front Desk: 737-2762/2763
CRC TMC Front Desk: 732-7776/6011
APPOINTMENT LINE: 737-2273
(Mon-Fri 0700-1600)

Public Health Nurse:
737-3557
Mon-Fri 0830-1730

Audiology: 737-3590
Mon-Fri 0830-1130 & 1300-1630

Behavioral Health (Bldg. 802):
730-4304
Mon-Fri 0830-1730

Immunizations: 737-3577
Mon-Fri 0830 -1200 & 1300-1700

Lab: 737-3580
Mon-Fri 0830-1700

Optometry: 737-3594
Mon-Fri 0900-1200 & 1300-1700

PHAs: Call Appointment Line
737-2273
*APPTs ONLY
*MUST COMPLETE PART 1 FIRST

Pharmacy: 737-3598
Mon-Fri 0830-1700

Physical Therapy: 737-3588
Mon-Fri 0800-1200 & 1300-1700

Radiology: 737-3585
Mon-Fri 0800-1130 & 1230-1700

Triage & Transport Center (TTC): 737-3582
Open 24/7

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)

Master Sgt. Henry L. Jenkins Patient Centered Medical Home
(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. 777)
784-2108
Mon – Wed, Fri 0700 - 1700
Thurs 0900 - 1700

US Forces Medical-Dental-Veterinary

Facilities Directory

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

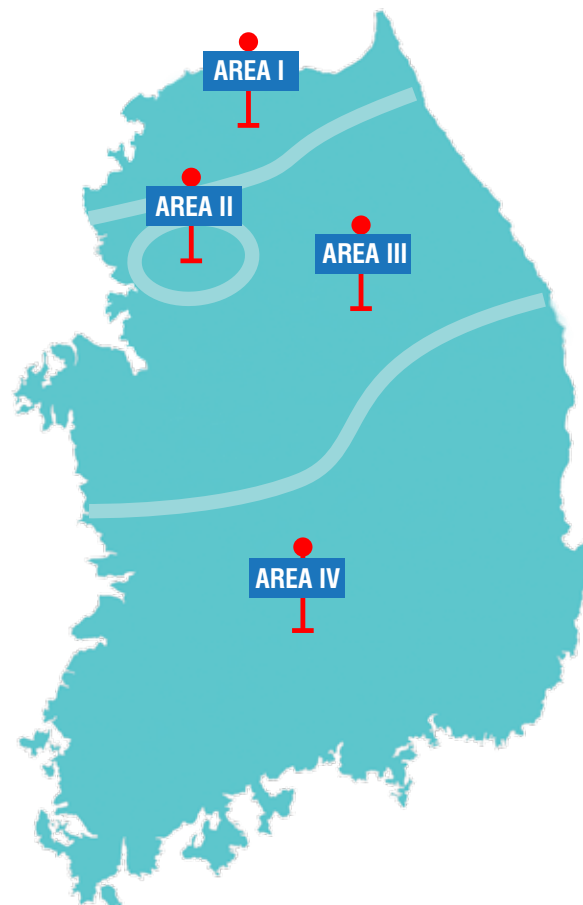
**USAG Humphreys
(Bldg. 2260)**
737-9720
Closed in observance of all Federal Holidays.
Mon, Thurs Closed
Tue, Wed, Fri 0900 - 1200, 1300 - 1600

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 0900-1600



To Call DSN by cell phone, dial 050-3330-xxxx
for numbers starting with 730 or
050-3337-xxxx for numbers starting with 737.
Dial last four digits as normal.
NOT AN EMERGENCY CARE CLINIC

EMERGENCY on post from DSN: 911
EMERGENCY on post from Cell: 050-3330-5906
EMERGENCY off post from Cell: 119



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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

Free Shuttle Bus from Humphreys to SMC

For the convenience of US military patients and family members, SMC will operate a free shuttle bus between Camp Humphreys and SMC starting December 4th, 2017. We hope you take advantage of this service.

From Camp Humphreys to SMC

Monday to Friday (not available on Korean national holidays)

Bus Stop	Camp Humphreys Main Gate (Anjeong-ri)	SMC Gate 4
Time	08:00	09:30

From SMC to Camp Humphreys

Monday to Friday (not available on Korean national holidays)

Bus Stop	SMC Gate 4	Camp Humphreys Main Gate (Anjeong-ri)
Time	16:30	18:00

- * Shuttle bus departs exactly **on time**. Please don't be late.
- * Please **check the sign 'Samsung Medical Center'** prior to boarding the bus.
- * This shuttle bus is **for US military patients and and family members** who have appointments at SMC.
- * If you have a question, please contact at 02-3410-0232
- * Pictures of the shuttle bus (한아름)





A 65th Medical Brigade Soldier flips a vehicle tire as part of the Combat Physical Fitness Test during last month's Brigade-Wide Best Warrior Competition. The five winners will represent the "Mighty 65th" at the 8th Army Best Warrior Competition in May at Camp Casey. For more on the competition see pages 24-25. (Photo by Cpl. Jae Yeon Chung, 65th Medical Brigade Public Affairs Office)

WITH THE LG DOOR-IN-DOOR REFRIGERATOR LIFE'S MORE CONVENIENT

Introducing the LG Signature Door-in-Door Refrigerator. It's the French Door with more. It has the largest capacity in its class, and a unique door-in-door design that gives you easy access to all the things you use most. It's the dream fridge for everyone, only from LG.

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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	3.4million
Area	Encompassing 10.5% of South of Korea
Administrative Divisions	18 Cities and Counties, 315 Districts
Major Cities	Changwon-si