



U.S. ARMY



Community Information Gathering

Area IV

COL Edward J. Ballanco
Garrison Commander
USAG Daegu



Agenda

- Opening Remarks
- Community Events
- Health Update
- Wellness
 - Health
 - Mental
 - Spiritual
 - Sports and Fitness (Family)
- Housing Update
- Spouse Employment
- Soldier For Life
- Calendar of Events
- Community Service Providers
- Open Forum / Questions
- Senior Leaders Remarks





Community Information Gathering

Opening Remarks

COL Edward J. Ballanco, Garrison Commander

“Make a Difference”





Community Events

Area IV Nutrition Specialist – email: ana.m.wolf-carrizo.civ@mail.mil

Healthy Meal Challenge

Healthy Meals Challenge - Weeks #1 & #2 Selections

**Recipe ingredients are on display at the front of the Camp Walker Commissary.*

Submitted by Lindsey Acosta



Asian Salmon Avocado Bowls

Instructions for salmon in instant pot

- Place 1 cup water in the bottom of the Instant Pot. Add the metal steamer insert.
- Rub salmon with avocado oil generously, place the salmon fillets, frozen, on top of the steamer insert.
- Sprinkle Chinese 5 spice and salt on top of the salmon
- Lock the Instant Pot lid, then set the Manual timer for 5 minutes.
- When the timer beeps, press "Cancel" and carefully flip the Quick Release valve to let the pressure out.
- Serve immediately on top of quinoa or rice with slices of avocado and this sauce:

Lime Honey Drizzle:

- 2 teaspoons Unsalted Butter
- 1 clove Garlic, minced
- Pinch of Crushed Red Pepper Flakes
- 2 tablespoons Honey
- 2 tablespoons Fresh Lime Juice
- 2 tablespoons Soy Sauce
- 1 teaspoon Cornstarch



Submitted by Bryan Rose



Vegetarian Enchiladas

- 1 pkg beyond meat brat
 - ½ medium onion thinly sliced
 - 1 cup jasmine or brown rice cooked
 - ½ cup sour cream (optional)
 - 1 cup shredded cheese (taco or vegan)
 - 6 whole wheat organic burrito shells
 - 1 can enchilada sauce
 - Taco seasoning to taste
- Cook beyond meat brats in pan until done, set aside. Once cool enough to handle, finely chop.
 - Cook sliced onion until translucent, add in taco seasoning and put in a medium bowl with the rice, sour cream, shredded cheese (if using). Add beyond meat brats and combine well.
 - Lightly coat a 10x8 glass dish with olive oil. Evenly divide ingredients amongst the tortillas, roll and place in glass dish. Bake at 400F for 15 mins, remove and add cheese, place under broiler for 3 mins or until cheese is melted. Let cool for 3-5 mins and serve.

Step 1: Submit your recipe and photo to by email to address above.

Step 2: Best submission will be selected based on appearance and nutritional value.

Step 3: Selected recipes will appear at the commissaries each Friday. Monthly winners will be selected in February and March to receive \$50 gift certificates and a chance to be the overall National Nutrition Month winner for Area IV.

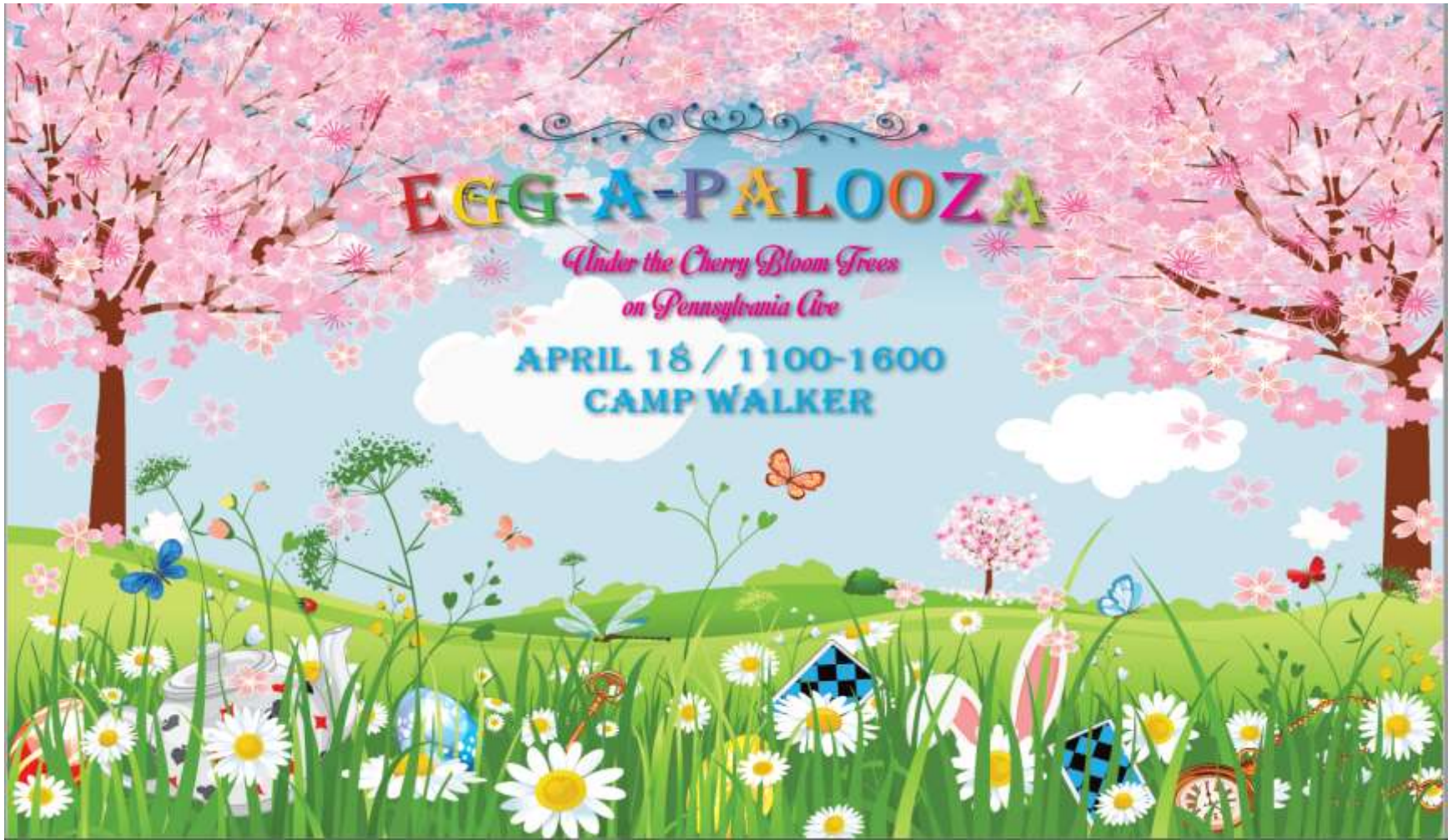
**all ingredients must be available at the commissary*





Community Events

USAG Daegu DFMWR





Health Update

Novel Coronavirus

- USFK Novel Coronavirus 24-hour hotline at Brian D. Allgood Army Community Hospital (BDAACH): 050-3337-2556 (mobile to DSN); or call 737-2556 (DSN)
- Web link: <https://www.usfk.mil>
- Daily updates link on lower left part of web page
- Use Microsoft Edge or Google Chrome as browser if Internet Explorer does not work
- Additional info at CDC website (<https://www.cdc.gov>)

UNITED STATES FORCES KOREA
We Go Together

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USFK Headquarter

LATEST PHOTOS

LATEST STORIES

USFK Vision / Priorities

SECRETARY OF DEFENSE

TWITTERS

Log in Below is USFK's Novel Coronavirus Update for Feb. 2, 2020. Please note our 24-hotline at

USFK Novel Coronavirus: Updated February 4, 2020
Feb. 4, 2020





Health and Wellness

Health and Wellness

- **Health and wellness** is a process of achieving one's personal best state of mental and physical being.
- **World Health Organization: Health** is a state of complete physical, mental and social **well-being** and not merely the absence of disease or infirmity.
- '**Wellbeing**' refers to a positive rather than neutral state, framing **health** as a positive aspiration





Health and Wellness

Keys to Health and Wellness:

- Diet
 - Portion control
 - Process-free
 - Planning
- Exercise
 - Aim for six days of CV exercise per week, at least 30 minutes each time
 - Mix things up
- Sleep
 - At least 7-8 hrs/night (adults)
 - 4-12 months: 12-16 hours
 - 1-2 years: 11-14 hours
 - 3-5 years: 10-13 hours
 - 6-12 years: 9-12 hours
 - 13-18 years: 8-10 hours
 - Less sleep increases fatigue and irritability, shortens life span
- Mental Fitness/stress control
 - Meditation
 - Yoga
- Finding happiness
 - Social
 - Spiritual
 - Family

The Five Dimensions of Personal Readiness



PHYSICAL
Maintain
good health



PSYCHOLOGICAL
Practice
self-control



SOCIAL
Cultivate
relationships



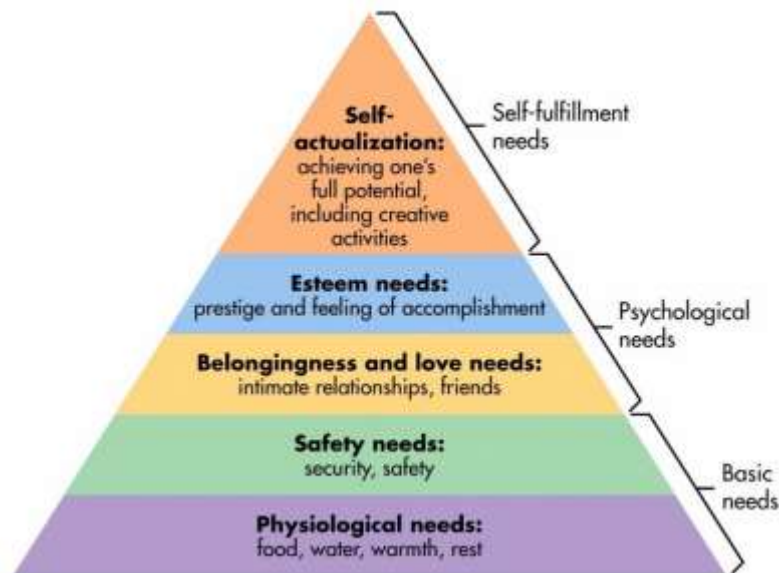
SPIRITUAL
Live the
Army Values



FAMILY
Schedule
time together



#ReadyandResilient





Health and Wellness

Health and Wellness Recommendations:

- Evaluate and balance dimensions of health/wellness/readiness
- Aim for the highest level (holistic and self-actualized); “Be all that you can be”
- Annual Checkups—Primary Care Managers are your coaches
- Quitting smoking, alcohol, and other substances; STI prevention; immunizations; travel health: Army Public Health Program (MAJ Bried)

Resources:

- SHARP, Ready and Resilient Directorate (<https://readyandresilient.army.mil/>)
- Army Wellness Centers (do a search) (<https://phc.amedd.army.mil/topics/healthyliving/al/Pages/ArmyWellnessCenters.aspx>)
- BAACH App (free for download)—excellent resources for emergencies, urgent care, medical advice, translation, appointments, etc. in KTO





Mental Wellness

168 Medical Battalion

Resources

Camp Walker Outpatient Behavioral Health

BLDG 226 located next to Wood Army Clinic
DSN 737-4784 or 0503-337-4784

Camp Carroll Outpatient Behavioral Health

BLDG S180 2nd Floor
DSN 737-4281

Military & Family Life Consultant Program

Area IV/Daegu MFL Counselors:
Adult/Family: 010-4965-5146/010-4965-0644
Child/Family: 010-4965-0556

Army Community Service

BLDG 330 Room 211
DSN 763-4426

Military Onesource

<https://www.militaryonesource.mil/>





Spiritual Wellness

USAG Daegu Religious Support



4 Keys to spiritual and emotional success are:

1. Build Resilience
 - a. Recognizing your own strengths
2. Bonding Relationships
 - a. Develop 3 key relationships: God, Self, Others
3. Binding Relevance
 - a. Understand Your Purpose
4. WIN: Work Hard, Intentional Focus, Never Quit

Resources

1. Broadcast: AFN Radio, Monday Motivation, Chilling with Chaps 0800-0900 (Mondays)
2. Counseling: Walk-In Marriage/Individual Counseling with Family Life Chaplain (Weekly)
3. Catholic Mass: Daily Catholic Mass 1200 (Monday – Friday), Camp Walker
4. Catholic Mass: Catholic Mass Sundays, 0900, Camp Walker
5. Protestant Services: Protestant Services, Sundays 10:30 and 12:30, Camp Walker
6. PWOC: Protestant Women of the Chapel, Wednesdays, 0900-1200, Camp Walker
7. KWOC: Korean Women of the Chapel, Tuesdays, 1000-1300, Camp Walker

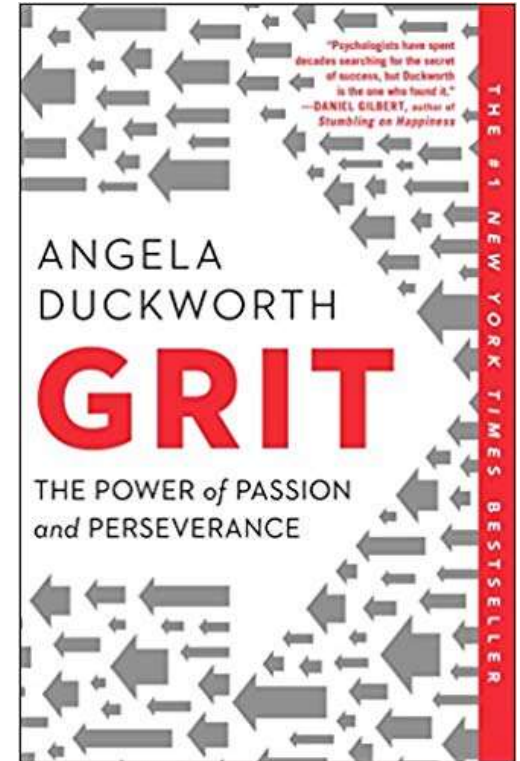
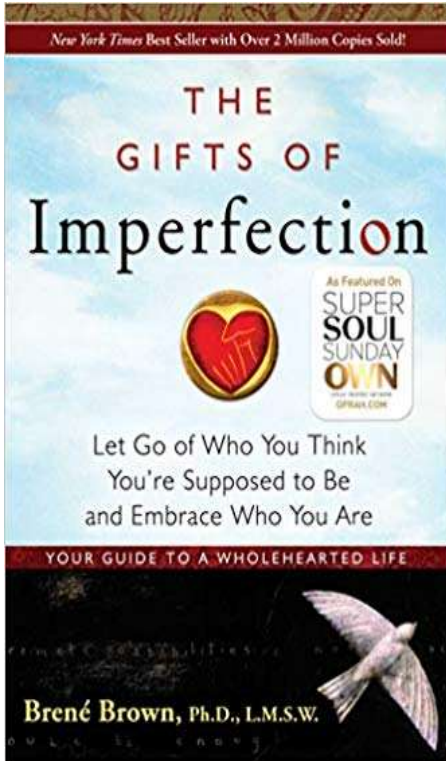




Spiritual Wellness

USAG Daegu Religious Support

Resource Reading Recommendations



<https://blindhypnosis.com/the-gifts-of-imperfection-let-go-of-who-you-think-youre-supposed-to-be-and-embrace-who-you-are-pdf.html>

https://www.academia.edu/37312627/Grit_The_Power_of_Passion_and_Perseverance_Angela_Duckworth





Sports and Fitness Wellness

USAG Daegu DFMWR

Current Programs

\$3.00 per class (Drop-in Fee)

- Yoga
- Zumba Strong
- Power
- Power Swim
- Taekwondo (**FREE**)



Coming Soon

- Indoor Cycling (Feb 15th)
- Water Aerobics (Feb 22nd)
- Wellbeats Virtual Fitness Classes (Mar 7th)
- Fitness 101 (Mar 14th)
 - (Orientation & Consultation)
- ACFT Workshop (Mar 28th)
- Civilian Wellness Program (Apr 1st)



Initiatives

- Fit-Pass Punch Card
 - \$20.00 for 10 classes
- Available Now**
- Wall of Fame
 - (Strongest & Fastest)
- Coming Soon**
- Spring Get Golf Ready
 - 7-11 April
 - 5-9 May
- Kelly Fitness Center Renovations
 - Phase 1 (May – Dec 2020)
 - Phase 2 (Dec – Apr 2021)



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USAG Daegu Sports, Fitness & Aquatics
@DaeguSFA





Sports and Fitness Wellness

USAG Daegu DFMWR Child & Youth Sports & Fitness

Upcoming Sports Registrations:

- Baseball / Softball - Registration open NOW (February)
- Spring Soccer Registration opens March 2
- Dance / Gymnastics / Kindermusik classes monthly
- Bowling / Weight Lifting & Conditioning registration begins April 1

In Development:

- Intramural Sports for Middle School
- Partnership Building with Daegu International Schools
- Developmental Clinics Prior to each season
- Family & Community Programs (Fling Golf / Fun Runs)
- Speed & Agility Clinics



**Volunteers are always needed to assist with coaching or officiating sports.
Call 0503-363-4561 for more information.**





Family Wellness

USAG Daegu DFMWR Camp Carroll Child Programs

Programs Begin in March

Parent and Child Romp and Stomp Playgroup: Themed playgroup for families with children ages birth to 5yrs. *Mondays from 0900-1100 - No Cost*

Give a Parent a Break Sessions: Services are offered from 0900-1200 twice a month for \$15 per child. Parents must register and pay (can be done telephonically) at least three days in advance. *Payment is non-refundable.*

Dates

5 March
19 March
2 April
16 April
7 May
21 May

Cut Off

2 March
17 March
30 March
13 April
4 May
18 May

Parent's Night Out: Offered quarterly for children 6 weeks - 12 yrs. Cost \$25 per child. Times 1800-2200 Minimum 7 children required to hold event.

Dates

14 March
6 June
12 September

Cut Off

6 March
29 May
4 September



Call 0503-363-2262 for more info or to register. All care is provided in the CAC Auditorium on Camp Carroll.





Housing Update

USAG Daegu Directorate of Public Works

Expectant Mother Parking Spaces



1. Four expectant mothers parking spaces are available
2. BBQ grill metal covering is installed
3. Toddler slide is installed
4. Toddler swing will be installed in March
5. Golf course protection net for Tower I and II will be installed by late March

BBQ Grill Cover





Spouse Employment

Civilian Personnel Advisory Center

Making Korea the assignment of Choice

Hiring Initiatives for Military Spouses

Direct Hire Authority for Military Spouses (18 Month Hire)

Resume Repository (POC Elva Busano; DSN: 763-4671 Comm:
0503-363-4671 elva.j.busano.civ@mail.mil)

Since August 1, 2019 we have hired **40**

MSP's in Area IV

CPAC brief at ACS (2nd Thursday of every Month from 1230 to 1300)

Live Radio spot on AFN every Tuesday on February **11th, 18th, 25th**
And March 3rd, 10th, 17th, and 24th from 1400 to 1500





Soldier for Life – Transition Assistance Program

Career Skills Program

The Army's Career Skills Program (CSP) provides soldiers with the opportunity to participate in career and employment skills training to improve future employment options.

Local Internships now available!

**Programs of interest: Installation Safety, Strategic Planning & Business Analytics and
Resource (Financial and Personnel) Management**

Basic Soldier Eligibility

- ✓ **Soldiers within 180 days of discharge/release from active duty**
- ✓ **Completed SFL-TAP capstone prior to enrollment**
- ✓ **Additional requirements prior to approval**

For more information, contact SFL-TAP at DSN: 315-763-4925





Calendar of Events

DATE	TIME	EVENT / LOCATION
12 Feb 20	1800-2000	SuperCrew Dance Show: (Camp Carroll CAC)
14 Feb 20	1800-2030	Valentine's Day Dinner: (Evergreen Club)
20 Feb 20	1800-1900	Team 19 Night: (Evergreen Club)
29 Feb 20	1800-2030	Father & Daughter Dance: (Evergreen Club)
9-13 Mar	0800-1600	Reregistration for SY 20-21: (AREA IV Schools)
14 Mar 20	1300-1930	Kristian Bush & Rita Wilson Tour Song Writing Seminar & Concert: (Evergreen Club)
20 Mar 20	1000-1400 1700-1900	Area IV Spring Community Job Fair: (Evergreen Club)
28 Mar 20		Baby Shower





Armed Forces Entertainment Events

Sat 14 Mar 2020

**Camp Walker, Korea
Sugarland's Kristian Bush & award-winning actress, musician Rita Wilson deliver intimate performances & songwriting workshops!**

The duo will share *An Evening of Song, Stories, and Joy*, as well as songwriting workshops where the two will guide the audience through a special songwriting workshop full of passion and creativity.



AFE BRINGS THE MOVES

Super Cr3w

AS SEEN ON AMERICA'S BEST DANCECREW

Watch Live
Camp Carroll Community Activity Center
Wednesday, 12 Feb at 1800

GOOD TIMES, FRONT AND CENTER

ARMEDFORCESENTERTAINMENT.COM

Wed 12 Feb 2020

**Camp Carroll, Korea
Super Cr3w will bring the moves**
Winners of America's Best Dance Crew, the collective is coming to USAG Daegu, Korea with incredible skills that music industry legends call on for tours and music videos.





Community Service Providers





Open Forum / Questions





Senior Leaders Remarks





Next Community Information Gathering

Evergreen Club
10 March 2020 at 0900





End of Brief

