



WE ARE THE ARMY'S HOME



Command Community Information Exchange (CCIE)

06MARCH2024 - Morning Calm Center

U.S. Army Installation Management Command



Installation Management Command – Who We Are

U.S. ARMY

WE ARE THE ARMY'S HOME

MISSION

IMCOM delivers quality base support from the Strategic Support Area, enabling readiness for a globally responsive Army.

VISION

Every installation delivers superior base support, enabling readiness and the highest quality of life for our Soldiers, Families and Civilians.

VALUES

- Loyalty
- Duty
- Respect
- Selfless Service
- Honor
- Integrity
- Personal Courage

(LDRSHIP)

PRINCIPLES

- Service
- Excellence
- Respect
- Vision
- Integrity
- Communication
- Empowerment

(SERVICE)





Agenda

- **DFMWR**
- **BOSS**
- **Army Continuing Education Services (ACES)**
- **PAO**
- **DPW**
- **Housing**
- **RSO**
- **DES**
- **KNP**
- **Exchange**
- **Commissary**
- **DoDEA**
- **Brian D. Allgood Army Community Hospital (BDAACH)**
 - **Armed Forces Wellness Center**
- **Veterinary Services**
- **American Red Cross**
- **AFSBn-K**
- **DPTMS**





Opening Remarks

COL Ryan K. Workman

Garrison Commander, USAG-H



Enhance Quality of Life: Create Opportunities for Families



Easter Brunch at the Morning Calm

- **Sunday 31 March**
- **Limited Seating, advance ticket purchase recommended**
- <https://humphreys.armymwr.com/calendar/event/easter-brunch/6363235/86650>



2024/25 Golf Season Starts 1 April

- **Advance Greens Fees Due 31 March**
- **Active Duty Service Members have priority for reservations**
- **Golf Lessons Available**
- <https://humphreys.armymwr.com/programs/river-bend-golf-course>





PCS reservations

- Must make room reservations in advance as there are limited supply
- Call DSN: 315-755-0233 or COMM: 031-692-0825
- Call from overseas: +82-31-692-0825
- Book on-line and find more information from:

<https://humphreys.armymwr.com/programs/humphreys-army-lodging>

PCS priority policy: July – October to accommodate PCS surge:

- First priority: Inbound Soldiers PCS Families
- Second priority: Inbound Civilian PCS Families
- Third priority: All other official travelers to include outbound PCS
- Fourth priority: All other authorized patrons not on government travel orders, 1-day advance reservation on space available only

Other months (Nov – Jun):

- All official travelers (PCS & TDY) can book reservation 1 year in advance.





DFMWR- Exceptional Family Member Program

Neurodiversity Awareness Month- March 2024



How Can System Navigators help you?

- Assist families who are transitioning to another duty station with "Warm Hand offs" to make sure families don't fall through the cracks and get the appropriate resources upon arrival.
- Provide information and referrals about disabilities or medical conditions of concern here and at gaining installation.
- Provide special education guidance and support including assistance with IEP and 504 plans.
- Help navigate your family's needs through the available systems.
- Provide assistance to families on Enterprise EFMP System and Family Travel Screenings.

Upcoming March Events:

- 01 March 0900-1200 EDIS Child Find Event @Humphreys EDIS (next to Hess CDC) -Registration required.
- 07 March 1100-1200 EFMP/EDIS Meet The Expert Workshop: Recognizing Indicators of Autism, 1100-1200@ Dukes Library
- 15 March 1130-1300 Conflict Resolution In Neurodiverse Relationships @ ACS Maude Hall -Registration required.
- 11 March 1700-2100 Sensory Bowling@ Downtown Lanes
- 12 March 1430-1530 Craft with the Navigator@ Dukes Library
- 19 March 1600-1730 Sensory Friendly First Responder Tour,#1Station Registration required.
- 28 March 1400 –1630 Sensory Friendly Movie TBA, Registration required.
- 30 March Private EFMP Egg Hunt (Eggsperience), Registration required.

For More information, stop by ACS @ Maude Hall, Bldg. 6400 or call 0503-357-2363





DFMWR- Army Emergency Relief

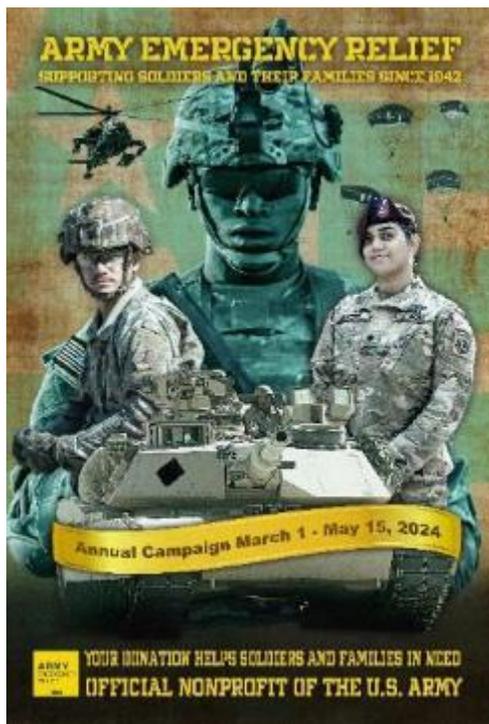
AER Annual Campaign 2024

- Additional Unit Rep Training:

- 12 March 1400
- 18 March 0900
 - ACS Classroom, BLDG 6400

- Unit Representatives:

- 168 out of 184 units have reps identified.
- 332 Unit Reps Identified
 - Names provided, Working on Training and Orders on file.
- Monthly Morale Event (Open to all Unit Reps):
 - Pizza and Pledges 03 April 2024, 1100
 - Location will be at the unit with the highest donation participation % in Mar



AER Scholarships 2024

<https://www.armyemergencyrelief.org/scholarships/>

- Mrs. Patty Shinseki Spouse Scholarship:

- First undergraduate degree/technical certification; up to 4 academic years
- Apply year-round, re-apply every year

- Maj Gen. James Ursano (Dependent Children) Scholarship

- First undergraduate degree/technical certification; up to 4 academic years
- Apply 1 Feb-1 Apr, re-apply every year

POC: Matthew Diehls, 757-2364 or Katharine Christy, 757-2371





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DFMWR- Employment Readiness Program



FIND YOUR NEXT CAREER

CAREER FAIR 2024

DATE
19 March 2024

TIME
10:00 AM - 2:00 PM

Location
Morning Calm, Bldg 125

More Information:
+82 (0)50-3357-2363
+82 (0)50-3357-2369
Military DSN (315) 757-2363

REGISTER NOW
Discover your limitless career possibilities and connect with local employers March 19!

Career Fair- 19 March 2024

Upcoming Workshops to Prepare for Career Fair & Support Employment:

- 5 Mar, 0900-1100: Making the Most of a Career Fair
- 23 Mar, 0900-1100: Interviews 101

Weekly Support:

- Walk-In Assistance Thursdays 1330-1600
(no appointment required, FCFS)

Employment Resources, Opportunities, & Event Registration



Employment Readiness



Workshops Eventbrite

**All Workshops and Walk-Ins Located in ACS at Maude Hall*





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DFMWR- Family Advocacy Program

Emergency Placement Care (EPC)



EMERGENCY PLACEMENT CARE

WE ARE LOOKING FOR COMPASSIONATE INDIVIDUALS TO PROVIDE SHORT-TERM CARE FOR MILITARY CHILDREN OF FAMILIES IN CRISIS

ACS Family Advocacy Program

USAG Humphreys
BLDG 6400 Suite B101
0503-357-2365 or
0503-357-2597



Community Resource Expo



COMMUNITY RESOURCE EXPO

FRIDAY, APRIL 26 1000-1500
MORNING CALM BLDG 125

- ORGANIZATIONS
- CLUBS
- PROGRAMS
- RESOURCES
- SUPPORT SERVICES





Military Family Life Consultant Directory- USAG H as of 21 FEB 24

	NAME	*UNIT	PHONE NUMBER	EMAIL
1	Hoson Naputi	Adult Rotational	010-5813-6076	hoson.naputi@leidos.com
2	Erin Maguire	Adult Rotational	010-5799-8901	erin.a.maguire@leidos.com
3	Angeline Toussaint-Gunn	Adult Rotational	010-7597-4904	angeline.toussaintgunn@leidos.com
4	Wilmise Gowins	2ID Warrior Clinic	010-2496-6179	wilmise.m.gowins@leidos.com
5	Jason Kim	2ID Warrior Clinic	010-9825-4610	jason.j.kim@leidos.com
6	Kimberly Smith	2ID Warrior Clinic	010-5885-5915	kimberly.j.smith@leidos.com
7	LaDonna Holmes	2ID Warrior Clinic	010-5680-5271	ladonna.p.holmes@leidos.com
8	Carl Neighbors	94 th MP BN	010-7462-9928	carl.neighbors@leidos.com
9	Celeslie Valcourt-Hall	8 th Army	010-5782-4219	celeslie.o.valcourthall@leidos.com
10	Betty Wilborn-Lee	1 ABCT	010-4425-7815	betty.j.wilbornlee@leidos.com
11	Janell Jordan	2 CAB	010-8307-7320	janell.l.jordan@leidos.com
12	Catherine Little	2 CAB	010-8327-1776	catherine.little@leidos.com
13	Smita Kapoor	35 th ADA	010-2414-1857	smita.kapoor@leidos.com
14	Angelia Stafford-Harvey	501 st MI	010-8324-7215	angelia.staffordharvey@leidos.com
15	Nichole Johnson	501 st MI	010-7990-2572	nichole.johnson@leidos.com
16	Mina Vassey	1 st SIG	010-5681-5304	mina.a.vassey@leidos.com
17	LaTasha Becton	65 th MED	010-8407-4975	latasha.y.becton@leidos.com
18	Jocelyn Gamble-Mitchell	CYS	010-4455-2120	jocelyn.mitchell@leidos.com
19	Lisa Lee	CYS	010-8497-6895	lisa.s.lee@leidos.com
20	Jorkill Almanzar	DODEA HMS	010-3981-4175	jorkill.almanzar@leidos.com
21	Clara Miller	DODEA HCES	010-7906-4014	clara.l.miller@leidos.com
22	Heather Coyle	DODEA HWES	010-2399-1672	heather.d.coyle@leidos.com



How to request embedded MFLC support

*If your unit is not listed you can call any one of our friendly Adult MFLCs to assist you with your needs.

- Provide the following data points:
- Email number of serviced population (AD, Adult FM, Children 5-12, Youth 13-18), Unit Name, and Unit POC to: silke.s.magahan.civ@army.mil



SKI & SNOWBOARD SEASON



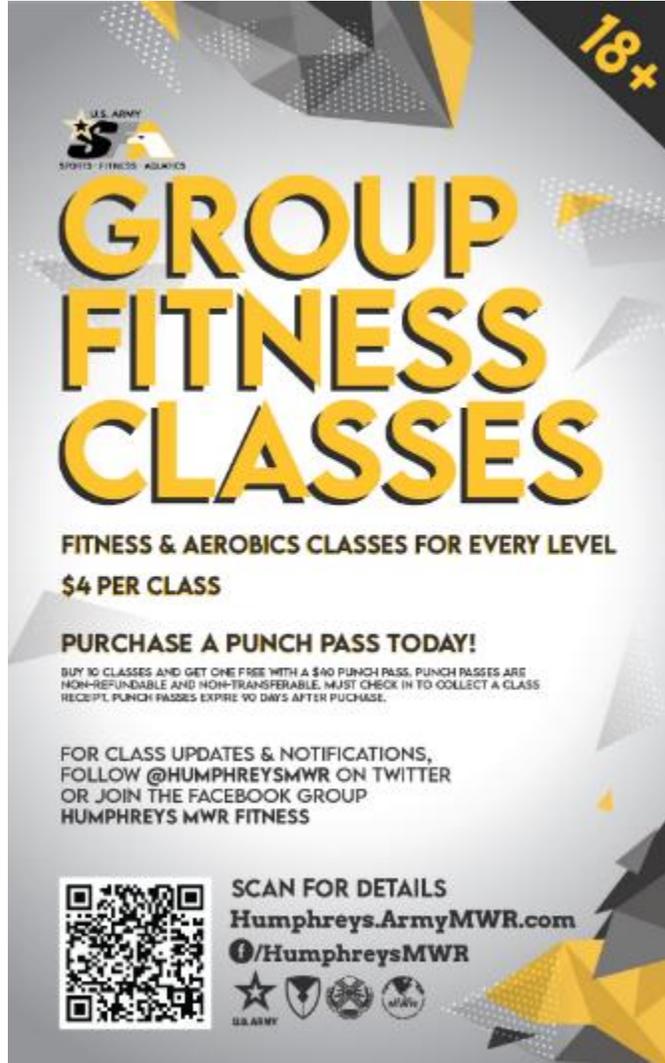
If you haven't had the chance to experience skiing or snowboarding in Korea, it's not too late! The last two trips are listed below!

**** First come, first served basis. ****

- **TOURS:** Visit Korea's favorite ski resorts for skiers and snowboarders!
 - 2 March: Jisan Ski Trip (**Register by NLT 29 February**)
 - 7 March: Welli Hilli Ski Trip (**Register by NLT 5 March**)
- For more information, please visit <https://humphreys.armymwr.com/happenings/outdoor-recreation-activities> or Call DSN (315) 755-1677.



NEW HAPPENINGS AT THE FITNESS CENTERS



18+

U.S. ARMY
SPORTS • FITNESS • AEROBICS

GROUP FITNESS CLASSES

FITNESS & AEROBICS CLASSES FOR EVERY LEVEL
\$4 PER CLASS

PURCHASE A PUNCH PASS TODAY!

BUY 10 CLASSES AND GET ONE FREE WITH A \$40 PUNCH PASS. PUNCH PASSES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. MUST CHECK IN TO COLLECT A CLASS RECEIPT. PUNCH PASSES EXPIRE 90 DAYS AFTER PURCHASE.

FOR CLASS UPDATES & NOTIFICATIONS,
FOLLOW @HUMPHREYSMWR ON TWITTER
OR JOIN THE FACEBOOK GROUP
HUMPHREYS MWR FITNESS

SCAN FOR DETAILS
Humphreys.ArmyMWR.com
@HumphreysMWR





PERSONAL TRAINERS

- Certified Personal Trainers are available to help!
- Getting on track in your exercise program, covering how to use gym equipment properly, providing accountability, improving duty-related performance, bodybuilding, strength training, cardio, and whatever your fitness needs are, **WE'VE GOT YOU COVERED!**
- For more information, please visit <https://humphreys.armymwr.com/happenings/personal-training>.



FITNESS CENTER LEADERBOARDS

- Elevate your fitness, own your results!
- Get your name on the USAG Humphreys Center Leaderboard by virtual submission in various events including Olympic Total, 700/1000 Pound Club, Indoor/Outdoor 5Ks, Maximum Consecutive Pull-Ups, Rowing 2,00 Meters, and many more!
- For more information, please visit <https://humphreys.armymwr.com/happenings/fitness-center-leaderboards>.





Enhance Quality of Life: Create Opportunities for Families



Prepare your baskets and join us at the Four Chaplains Memorial Chapel (Building 2230) Parking Lot for the exciting Spring EGGS'PERIENCE!
1130-1530, Saturday, 30 March

- NO REGISTRATION / NO FEE!
- Packed in tons of fun for all age groups with Games, Arts & Crafts, Activities, Vendors, Food, Music, and Child & Youth Services Performances.
- For more information, please visit <https://humphreys.armymwr.com/calendar/event/eggsperience/6381476/86410>.



Enhance Quality of Life: Create Opportunities for Families

EVENTS

30 March- Spring EGGS'PERIENCE (Apply by NLT 1 March)

20 April- Inaugural Car & Bike Show (Apply by NLT 18 March)

18 May- Spring Festival (Apply by NLT 1 April)

Complete packet submission of the following forms/criteria:

Soldier and Family Readiness Groups (SFRG)

- Vendor Application Form
- Fundraising Request Form
- DD2970 (Temporary Food Establishment Form) required food distribution
- Food Safety Course Completion; Case by Case basis determined by 65th MED PM (Food Handlers Course)

Private Organizations(PO)

- Certificate of Good Standing
- Vendor Application Form
- Fundraising Request Form
- DD2970 (Temporary Food Establishment Form) required food distribution
- Food Safety Course Completion; Case by Case basis determined by 65th MED PM (Food Handlers Course)

Home-Based Business (HBB)

- Registered and Trained
- Vendor Application Form

- Space is limited! First come, first served basis.
- Payment of \$75.00, once the entire packet is received and approved.
- Please contact usaghspecialevnts@gmail.com or DSN (315) 755-2679 for the application forms.
- For more information on Food Safety and completion of DD2970, please contact:
 - **Mr. Kim, Chinu (Environmental Health Technician)** at DSN (315) 737-1732 or chinu.kim.ln@health.mil.
 - **Mr. Gerace, Ronald (Sanitarian)** at ronald.l.gerace.civ@health.mil.





13 March 2024
How to apply:
USAJOBS.GOV
Announcement
Opens 12
February-6
March



CYS RECRUITMENT FAIR

Start your CYS Career Today!



USAG HUMPHREYS

YOUTH SPORTS

SPORTS	Registration	Season
Soccer 5-18 yrs	22 Jan - 23 Feb	01 Apr - 23 May
Spring Running Club 5-18 yr	01 Feb- 08 Mar	08 Apr - 18 May
Volleyball 9-18 yrs	01 Mar-01 Apr	Early May - Early Jun
Baseball/Softball 5-18 yr	3 July - 4 Aug	Mid Aug - Mid Oct
Flag Football 5-18 yr	3 July - 4 Aug	Mid Aug - Mid Oct
Outdoor Cheer 7-18 yr	3 July - 4 Aug	Mid Aug - Mid Oct
Basketball 5-18 yr	30 Oct - 1 Dec	Late Jan - Mid Mar 2025
Indoor Cheer 5-18 yr	30 Oct - 1 Dec	Late Jan - Mid Mar 2025
Swim Team 6-18 yr	September	Late Oct - Mid Dec
Fall Running Club 5-18 yr	05 Aug- 06 Sep	Mid Sep - Late Oct

START SMART	Registration	Season
Soccer 3-4 yrs	22 Jan - 23 Feb	01 Apr - 23 May
Baseball 3-4 yrs	3 July - 4 Aug	Mid Aug- Mid Oct
Flag Football 3-4 yrs	3 July - 4 Aug	Mid Aug- Mid Oct
Outdoor Cheer 4-6 yrs	3 July - 4 Aug	Mid Aug- Mid Oct
Basketball 3-4 yrs	30 Oct - 1 Dec	Late Jan - Mid Mar 2025
Indoor Cheer 4-6 yrs	30 Oct - 1 Dec	Late Jan - Mid Mar 2025

CAMPS & CLINICS	Registration	Season
Spring Break Camp 5-18 yr	20 Feb - 20 Mar	25-28 Mar
Summer Clinics 5-18 yr	May - Jun	Mid Jul-Early Aug
Start Smart General 3-4 yr	May - Jun	Jul- Mid Aug
Summer Swim 5-18 yr	Early May	10 Jun - 25 Jul
Kickball Camp 7-18 yr	1 May- 2 Jun	10- 26 June
Dodgeball Camp 7-18 yr	October	4-20 Nov
Winter Clinics 5-18 yr	Oct-Dec	Mid Nov- Late Dec

Register now! Please visit Parent Central Services located in Maude Hall Bldg 6400, 2nd Floor



Scan for more details and information
 annettesue.m.cruz.naf@army.mil
 DSN (315) 757-2244 or COMM 0503-357-2244
Humphreys.ArmyMWR.com









USAG Humphreys
**HOME
BASED
BUSINESS**

HBB TRAINING

MWR Training Room G-209 • Bldg 12601
Every **First Friday** from 1PM - 2PM
No registration required.

Learn the **NEW** changes making it easier and quicker to gain approval to operate an on-post Home Based Business.

Training Dates:

2 February, 2024	2 August, 2024
1 March, 2024	6 September, 2024
5 April, 2024	4 October, 2024
3 May, 2024	1 November, 2024
7 June, 2024	6 December, 2024
No July Class	



Humphreys.ArmyMWR.com





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USAG Humphreys BOSS Council



Senior Military Advisor
CSM Monty C. Drummond



PRESIDENT
SGT Rimalos, Laurengregg



BOSS MWR Advisor
Vacant



VICE PRESIDENT CUOPS
SGT Owens, Jordan



VICE PRESIDENT FUOPS
SPC Walters, George



TREASURER
CPL Yun, Hyeong Jun



SECRETARY
PFC Brown, Arthur



KATUSA LIASON
PFC Park, Sang-Woo





OLD News

Congratulations!

February Inclusion Cup: 2ID DIVARTY

- BOSS gathered over 25 Soldiers to volunteer Local Orphanage. They conducted English lessons, played several games, and made traditional Korean art with over 50 Children.
- BOSS mentored over 50 Soldiers in communicating effectively with our Communications Life Skills Class as well as scheduled 5 exciting new courses!
- BOSS assisted the Gary Sinise Appreciation Meals feeding active duty service members, first responders and emergency services (13 FEB)

Brigade Team Standings

PLACE	Brigade Name	Points
1	8 th Army	61
2	IMCOM	56
3	19th ESC	32
4	MSCK	15
5	65 th MED	18
6	2ID DIVARTY	15
7	501 st MI BDE	14
8	2 CAB	14
9	2ID SUST	9
10	1 st SIG BDE	0
11	2 ID HHBN	0
12	ROTATIONAL	0





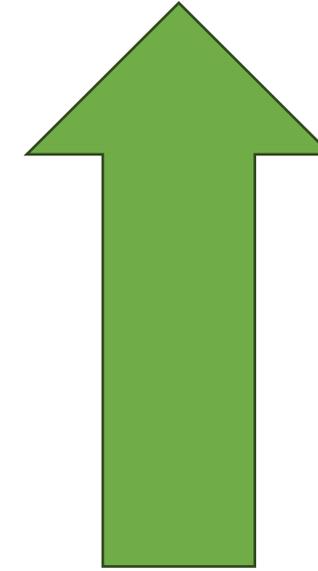
BOSS Updates

Good News:

- + February Inclusion cup was the largest so far with **8 BDEs Present**
- + **FMWR Full time advisor** accepted the tentative job offer as the MWR full-time advisor and finalizing the entrance date.
- + **Popular Trip:** Deep Sea Fishing Trip is now available for sign up.
- + BOSS is preparing for the **Annual (SAAPW) Sexual Assault Awareness & Prevention Week.**

Challenges:

- Essential to coordinate a collaborative effort to have all MSC Boss programs stand together to provide a unified front and commit to SAAPW fostering a culture of empathy, respect and accountability. We ask that you please allow your Soldiers to participate!



RETENTION & READINESS

- ⊕ The USAG-Humphrey's Inclusion Cup is being shared as a program best practice that cultivates **unit inclusion, morale** and **esprit d'corp** within the installation. Please support the BOSS program to help your Soldiers in their battle against **depression** and **harmful behaviors.**





USAG Humphreys BOSS

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March Highlights

MARCH Inclusion Cup Event:

BOSS T-Shirt Design. Date: MAR 29

Time: NLT 1700

Location: Online Submission (no limit)

***Winner:** will be voted on April Installation meeting awarded 10 pts)

Multiple Submissions allowed (2 pts each)



*Shirt Guidelines

Humphreys BOSS Programs — March 2024						
BOSS Main Office location: Downtown Recreation Center BLDG #5724						
Hours of Operation—Mon-Fri 1000-1700 / DSN: (316) 757-1647 / Email: camphumphreysboss@army.mil						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Please be advised that scheduled programs, activities and events may be affected throughout the month. BOSS is committed to protecting our Soldiers and will take precautionary measures to promote a healthy community. Dates, locations and times for BOSS Programs, services and activities are subject to change.					1
3	4	*T-shirt 5 *Library Clean Up BOSS Rep Training 1400-1700 DTRC BLDG 5724	6	7	8	9
10	11	*Library Clean Up *BOSS Senior Reps BOSS Installation Meeting 1400-1700 DTRC BLDG 5724	12	13	14	15
17	18	*Library Clean Up	19	20	21	22
24	25	*Library Clean Up BOSS Installation Meeting 1400-1700 DTRC BLDG 5724	26	27	28	29
						30

MARCH Meetings:

Rep Training: MAR 05, 1400 @BOSS Office (BLDG 5724)

Installation: MAR 12, MAR 26 1400 @DTRC (BLDG 5724)

BDE Reps: MAR 21, 1600 @DTRC (BLDG 5724)

Appreciation Meal Sponsored by Gary Sinise

Date: MAR 12

Time: 1100 – 1300

Location: Downtown Lanes

*****ADDITIONAL INFORMATION for MARCH CALENDAR*****
 Single Soldiers, Single Parents, KATUSA's and GEO-Bachelors
 Includes Cup Event!
 The March Inclusion Cup is a BOSS T-SHIRT DESIGN. EACH BDE (INCLUDE NAME OF BDE)
 Date: MAR 29 NLT 1700

TRIPS & ACTIVITIES

REGISTER at the Downtown Recreation Center bldg 5724. Bus departs from Walk-In Gate
 *Hawaii Sea Fishing Trip
 *Kauai National Park - March 29 (0600-1700) \$30 (includes transportation fee only)
 *Guaymas National Park - March 30 (0600-1700) \$30 (includes transportation fee only)
 *Lula World Trip
 *Lula World Adventure - March 31 (0600-2000) \$50 (includes transportation and ticket)
Always Trips have a Minimum of 20 Participants to happen
 *Deep Sea Fishing Trip
 *Deep Sea Fishing - March 30 (0600-1900) \$150 (includes transportation and equipment)
Always Trips have a Minimum of 10 Participants to happen

Life Skills Classes

Soft Communication Skills Class - Come get tips and tricks on how to better communicate with peers and how to call ideas to your command team! Date: March 05. Time: 1400-1700

VOLUNTEER OPPORTUNITIES

Humphreys BOSS POWSEM Program:
 Register an account on <https://www.armyfamilyhelpportal.com/> Search and apply for: BOSS Volunteer

- BOSS Committee (bldg 5724) Join and be active in various BOSS committees (4 Interest Groups) DTRC / DSN: TST-1647
- Library Clean-Up (bldg 5724) Every Tuesday, 1700-1900
- Appreciation Meals (Downtown Lanes bldg 5724) Every second Tuesday, 1100-1300 Meals sponsored by the Gary Sinise Foundation. As part of entertainment meals.
- Youth Sports and Fitness (bldg 6402) Coaches/Scorekeepers needed for sporting events POC: Mr. Sean Mays | DSN: TST-2104
- Karate Night (bldg 5807) Every Friday and Saturday, 2015-2000 POC: McGuinnis Wamler Zena | DSN: TST-1643
- Abandoned Bike Program (bldg 5506) 1st and 3rd Saturday, 1100-1700 POC: SGT Elyah 019-2942-4323

Contact us for more volunteer opportunities!



Follow us on Facebook:
<https://www.facebook.com/humphreysboss>

Questions, Comments or Concerns: (Email)
camphumphreysboss@army.mil or (DSN) 757-1647





BOSS Sexual Assault Awareness & Prevention Week (SAAPW)

<u>Monday</u> <u>08 APR</u>	<u>Tuesday</u> <u>09 APR</u>	<u>Wednesday</u> <u>10 APR</u>	<u>Thursday</u> <u>11 APR</u>	<u>Friday</u> <u>12 APR</u>
<u>0600-0800</u> SHARP STOMP 5K Ruck Location: Balbony Field	<u>1100-1300</u> Gary Sinise <u>Free Bowling and Pizza lunch</u> Location: Downtown Lanes	<u>0900-1100</u> Hands-On Bystander Intervention Training Location: BLDG 300 (SHARP Office)	<u>1930-2230</u> 'Take Back the Night' 5k Run Location: Balbony Field	<u>TBD</u> BOSS Volleyball Inclusion Cup Location: Collier Gym
<u>1400-1700</u> SHARP Processing and Reporting Class Location: Family Theater	<u>1400-1700</u> BOSS Installation Meeting Location: Downtown Recreation Center	<u>1300-1700</u> Bystander Intervention Training Continues Location: BLDG 300 (SHARP Office)		

POC – SPC Walters, George
email:
 george.o.walters3.mil@army.mil
DSN:757 - 1647
Cell:(010)8294 – 8637

Next Meeting:
 06 March 1300 @ Downtown Rec Center (BLDG 5724)
 13 March 1300 @ Downtown Rec Center (BLDG 5724)

Personnel needed:
 -SARCs
 -BOSS Reps
 -IG
 -Medical
 -Legal
 -FAP
 -CID





Army Education Center

U.S. ARMY

Army Education Center

Location: Bldg #657, Freedom Road

COMM: **0503-355-3600**

Hours of Operation:

Monday-Wednesday & Friday 8 a.m.-5 p.m.

Thursday 1-5 p.m.



COMM: **0503-355-3532**

Hours of Operation:

Monday-Friday 8 a.m.-5 p.m.

TROY
UNIVERSITY

COMM: **0503-355-3534**

Hours of Operation:

Monday-Friday 8:30 a.m.-5 p.m.

EMBRY-RIDDLE
Aeronautical University

COMM: **0503-355-3535**

Hours of Operation:

Monday-Friday 8:30 a.m.-5 p.m.





Army Education Center



TROY
UNIVERSITY

Troy University Chancellor gave official notice this week that the University is terminating their Education Services Agreement (ESA) with the Pacific, **effective Term 4, June 15, 2024**. Troy University staff will be vacating education centers OOA June 15, 2024, or sooner if they have no in-person student population.

Troy University will continue to offer courses and/or counseling services through June 15, 2024, in the following locations:

- Kadena AB, Japan
 - Misawa AB, Japan
 - Camp Humphreys, Korea
- Osan AB, Korea





Potential Government Shutdown Impacts on FY24 Tuition Assistance and Credentialing Assistance Requests

1. Tuition Assistance

a. If Congress does not pass a Budget or Continuing Resolution before 9 March 2024, approved FY24 Tuition Assistance (TA) Requests may be cancelled. ACCESS will cancel TA Requests starting on 8 March 2024 at 2359 GMT (1959 EDT) for 9 March 2024 term start dates and will continue daily cancellations throughout the government shutdown. These daily cancellations will continue until either a Budget or a Continuing Resolution is approved by Congress and signed by the President.

- Soldiers whose TA Requests were cancelled due to the government shutdown will receive a message in ArmyIgnitED.
- Soldiers whose TA Requests were cancelled due to the government shutdown must submit a new TA Request for a future term date.





BSEP provides academic instruction to support a Soldier's job-related learning performance of military duties, career progression and lifelong learning. BSEP curriculum and instruction develops skills in areas such as reading, mathematical computation, writing, speaking, science, English as a Second Language (ESL) and computer skills (depending on format). Course #8 March 11 - 22

How To Enroll

Improve Your GT Score!

- See an Education Counselor
- Receive BSEP Registration Packet
- Schedule Your Pre-TABE Test
- Meet with BSEP Manager
- Welcome Letter



DSN 315-755-3600 or 0503-355-3600

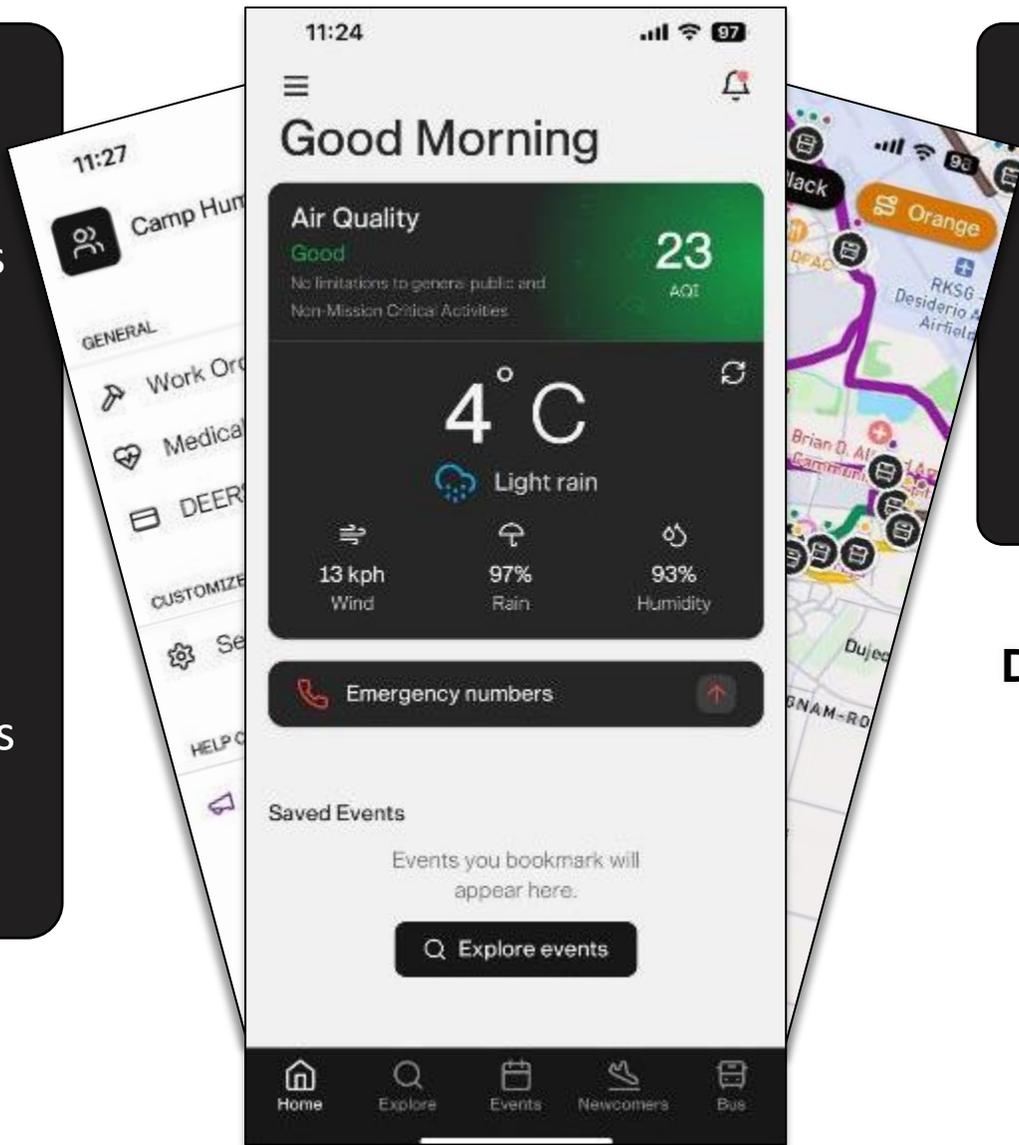
Email usarmy.humphyreys.id-pacific.mbx.bsep@army.mil





EXISTING FEATURES

- Near real-time updates
- Intuitive search functions
- Installation-wide alerts
- Interactive bus routes
- Bookmark common resources
- Air Quality Index
- One-click emergency calls
- Holiday hours
- Resource alerts

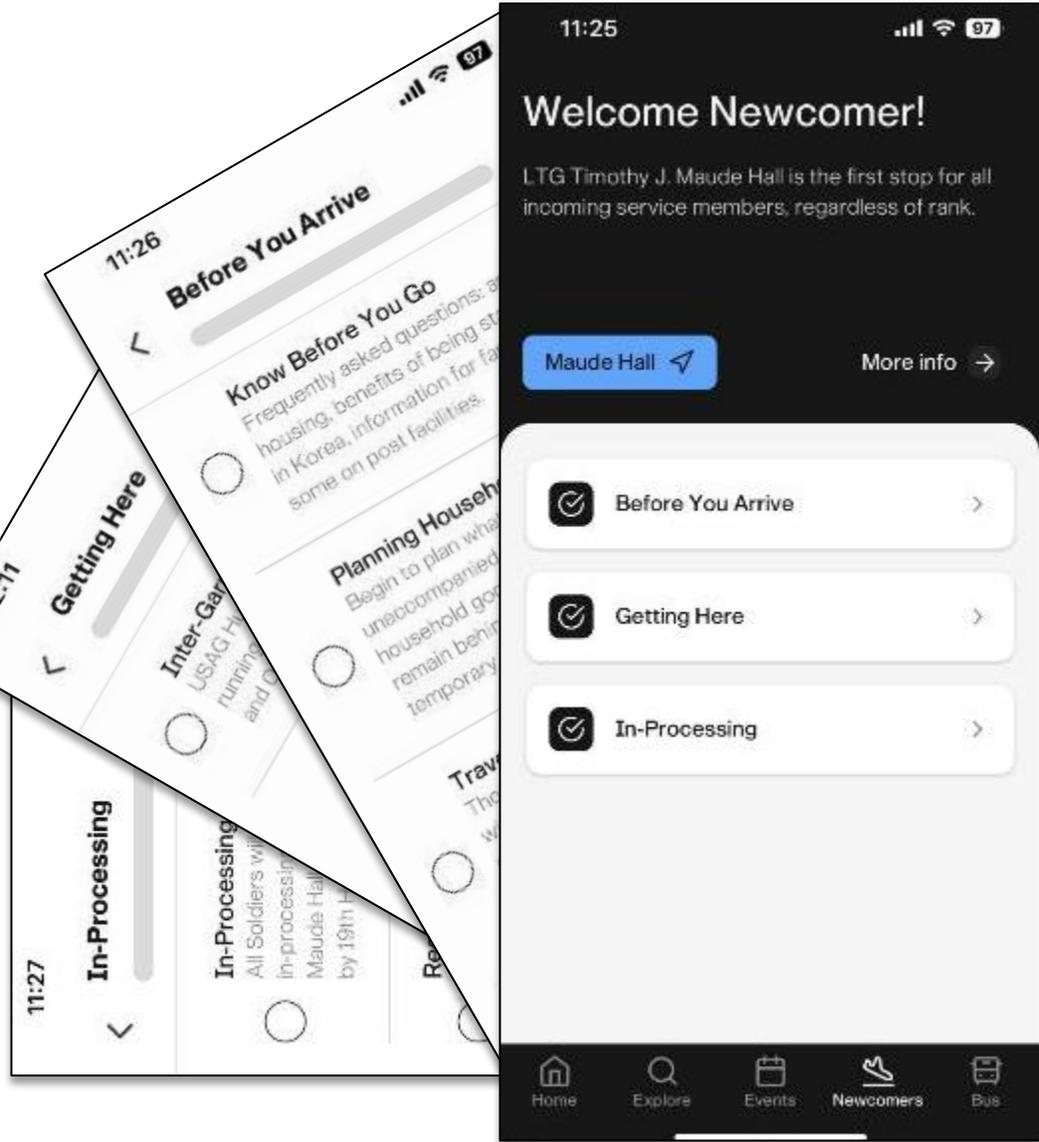


NEW FEATURES

- Revised Newcomers Info
- Events
- Maintenance Requests
- DEERS/ID Appointments
- HMS Genesis Login

Download the App!





- ### BEFORE YOU ARRIVE
- Know Before You Go
 - Plan Household Goods
 - Travel with Pets
 - Register for Childcare
 - Book Lodging
 - Ship Your Vehicle
 - Register Your Child for DoDEA Schools
 - Enroll in the EFMP

- ### GETTING HERE
- Inter-Garrison Bus Service

- ### IN-PROCESSING
- In-Processing Schedule
 - Register Vehicle
 - Obtain Driver's License
 - Stop by Housing Office
 - Obtain SOFA Stamp & A-3 Visa
 - Schedule Delivery of Household Goods

- ### LEADERS & SPONSORS:
- Share this App with Soldiers, DA Civilians, and their families.





Two restroom facilities supporting warehouse operations and Central Issue Facility (CIF) were recently built. The original employee restroom locations and capacity were not adequate for the hundreds of daily customers visiting the CIF. With the completion of the new restroom facilities, the warehouse employees and CIF customers have greater access to latrine facilities.





DPW

Repair Parking Lot Near HHBN and Burke SKIES

Parking lot near HHBN and Burke Skies recently reopened with 190 additional parking slots. The renovated parking lot now offers a designated drop-off point for children, enhancing safety while increasing parking capacity.





DPW

Repair Maude Hall Parking Lot

The overflow parking lot next to Maude Hall is being paved; the project timeline is from 25 Jan 2024 through 20 Jun 2024. Please use the parking lot next to finance center on the west side of Maude Hall until the overflow parking is finished.



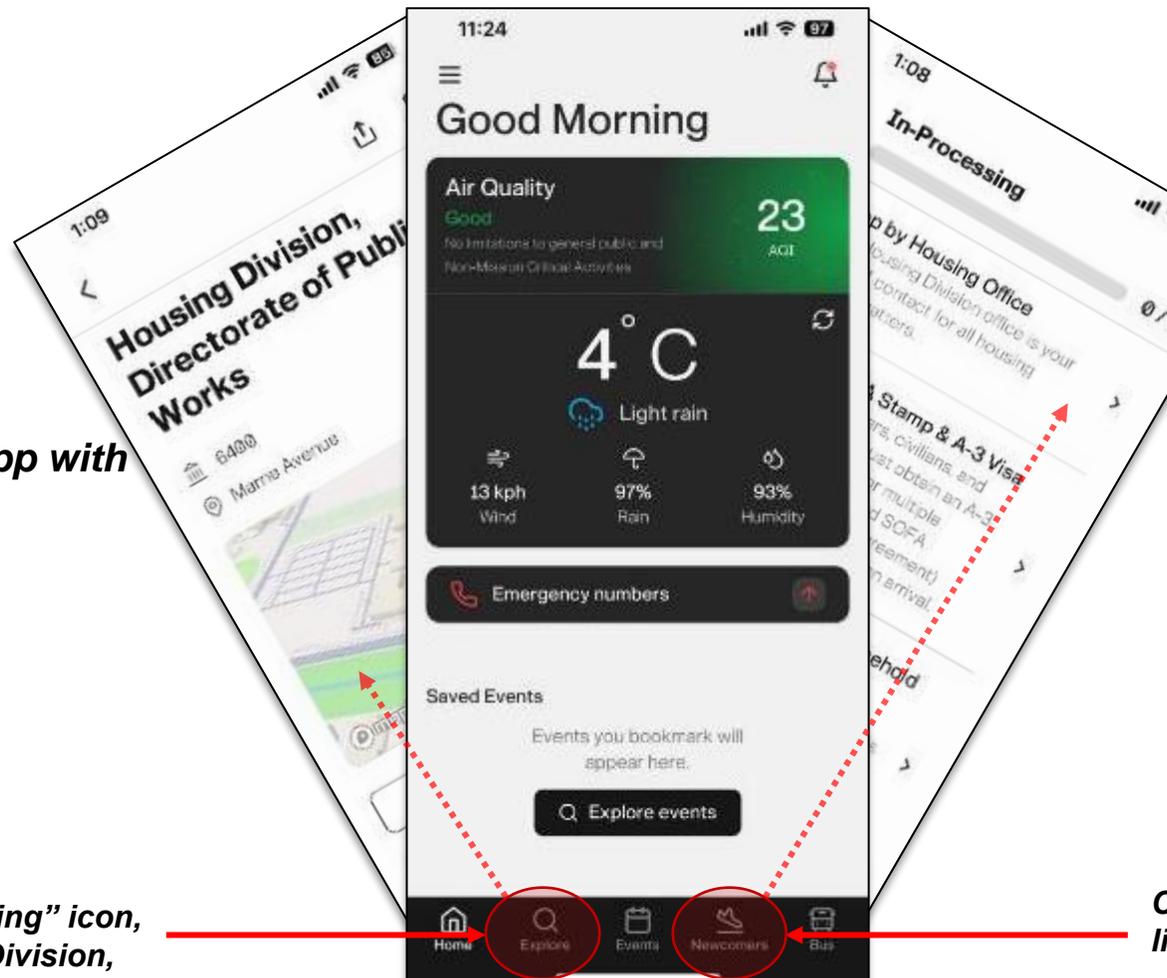


Download the App!



****Sponsors, share this app with your soldiers/families.**

My Army Post App



- ARMY HOUSING OFFICE**
 - Newcomers
 - In-Processing
- OUTBOUND**
 - Pre-Inspection
 - Loaner Furnishings Pick-Up
 - Final Inspections
 - TLA
- OFF-POST**
 - 30 Day Notice
 - Clearance Verification

Click "Explore", then "Housing" icon, & scroll down to "Housing Division, Directorate of Public Works".

Click "Newcomers", then "In-processing" link, & Stop by Housing Office".





U.S. ARMY

DPW Housing PCS Out-Bound

UNCLASSIFIED

REMINDERS:

- You must schedule a pre-termination inspection for ON (AFH/SLQ) & OFF-POST (Private Rental) housing, o/a **45 DAYS PRIOR TO DEPARTURE.**
- SM who receive **short notice PCS orders or have already departed the installation** and cannot or did not properly terminate on-post quarters, will require Commander's Representative Appointment Memorandum to act on behalf of the SM to clear.

For questions contact our Reception Desk @ 757-2647 / 0503-357-2647

Please see more information on the new [MyArmyPost](#) Application

- ✓ Housing email address for general inquiries:
✓ usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil
- ✓ To schedule off-post safety inspections and lease validation appointments:
usarmy.humphreys.id-pacific.mbx.housing-lease@army.mil
- ✓ To request Furnishings Repair/Replacement DMO please email:
usarmy.humphreys.id-pacific.list.usag-humphreys-fmb@army.mil
- ✓ Looking for Housing information on your new installation? Please visit:
Army Housing Online (AHOUS) @ <https://www.housing.army.mil/>

Download the App!



Find Housing Office under Explore





DPW Housing PCS In-Bound

UNCLASSIFIED

Send request to usarmy.Humphreys.imcom-korea.list.usag-Humphreys-housing@army.mil

- **Include Last name, First name, & Grade/Rank on subject line**

Army Housing Office is located @ Bldg. 6400 Maude Hall 3rd Floor (The One-Stop)

Hours of Operation

- **Mon - Fri 0800-1600**
- **Thurs 0800-1600**
- **Closed 2nd Thursday of Every Month (non-peak season months)**
- **Closed for Lunch – 1230-1330**
- **Closed American Holidays and Most Korean Holidays**
- **Open Most Training Holidays**

To access the in-processing documents, utilize the QR Code below:



AFH (All Ranks)

- DD Form 1746 –Application for Assignment to Housing
- PCS/Pin Point/Amendment Orders
- IPPS-A Absence Request (formerly DA Form 31 –Leave Form; determines Housing eligibility date)
- DA Form 137-2 –Installation Clearance Form (Determines Housing Eligibility Date)
- Command Sponsorship Program (CSP) Approval Memorandum with H-XXXX

UPH (Senior Enlist/Officers)

- PCS/Pin Point/Amendment Orders
- IPPS-A Absence Request (formerly DA Form 31 –Leave Form; determines Housing eligibility date)
- DA Form 137-2 –Installation Clearance Form

Off-Post (Civilians/Military with CNA or ETP)

- DD Form 1746 -Application for Assignment to Housing
- PCS/Pin Point/Amendment Orders/Letter of Employment
- IPPS-A Absence Request/DA Form 31 –Leave Form
- DA Form 137-2 –Installation Clearance Form
- Command Sponsorship Program (CSP) Approval Memorandum with H-XXXX



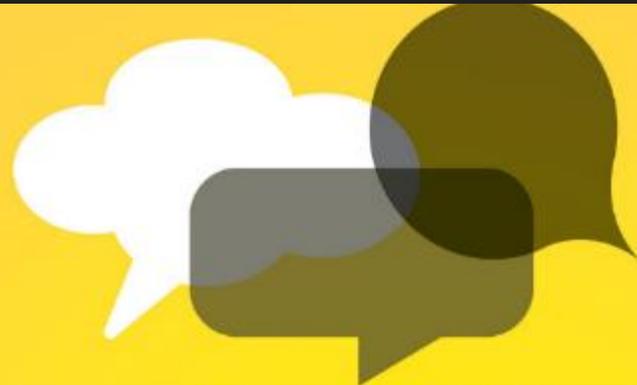


DPW Housing

U.S. ARMY



U.S. ARMY



Your opinion makes a **BIG DIFFERENCE** in the quality of life for Army families.

Your Army Wants to Hear from You!

TENANT

SATISFACTION SURVEY

04 March – 18 April 24
Stay Tuned for Updates!

Give your input on the steps taken to improve our families' housing quality and help to shape ongoing investment in gov't-owned housing units.

**Completely confidential*



OMB Control Number: 0704-0553

WE ARE THE ARMY'S HOME





U.S. ARMY

Religious Support Office

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For more information: <https://home.army.mil/Humphreys/index.php/about/Garrison/religious-support-office>

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U.S. ARMY

Religious Support Office

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Girl Scout Sunday & Sabbath

Girl Scout Sunday
10 March 2024

Girl Scout Sabbath
16 March 2024

Contact your Religious Service for details about participation

girl scouts

SPIRIT WARRIOR '24

Men's Conference

19 & 20 April, 2024

Four Chaplain's Memorial Chapel



KEYNOTE SPEAKER:

CHUCK STECKER

Registration:

<https://agapehumphreys.churchcenter.com/registrations/events/2172185>

For more information: 010-8247-3933 | randy.merkes@gmail.com





U.S. ARMY

Religious Support Office

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USAG Humphreys Holy Day and Spring Religious Services

Catholic Worship Services (Freedom Chapel):

- 23/24 MAR Palm Sunday: 1730 SAT & 0900 SUN
- 28 MAR Holy Thursday: 1730
- 29 MAR Good Friday (Day of Fasting & Abstaining): 1730
- 30 MAR Easter Vigil: 2000
- 31 MAR Easter Sunday: 0900

Protestant Worship Services:

- 24 MAR Palm Sunday: (All Chapels regular service times)
- 28 MAR Maundy Thursday: 1800 (Pacific Victors Chapel)
- 28 MAR Maundy Thursday: 1800 (4CMC)
- 29 MAR Good Friday: 1800 (Pacific Victors Chapel)
- 29 MAR Good Friday: 1800 (4CMC)
- 31 MAR Easter Sunrise Service: 0600 (4CMC outside)
- 31 MAR Easter Sunday Eggstravaganza Single Service:
0930 (4CMC)
- 31 MAR Easter Sunday: (All Chapels regular service times)

Jewish Worship Services:

- 23-24 MAR Purim Fest: (4CMC)
- 22-30 APR Passover Celebrations (4CMC)

Muslim Holy Days (Pacific Victors Chapel):

- 10 MAR-09 APR Ramadan
- 10 APR Eid Al Fitr

Pagan Services (Tree Circle Behind 4CMC)

- 16 MAR Spring Equinox: 1800

HAVA Heathen Traditions Services (Tree Circle Behind 4CMC)

- 23 MAR Sigrblót
- 13 APR Eostre Blót
- 25 MAY Einherjar Blót

Buddhist Services (Warrior Chapel):

- 12 APR Songran Day: 1100
- 23 MAY Vesak Day - Buddha Day: 1100
- 19 JUL Asalha Puja – Dharma Day: 1100

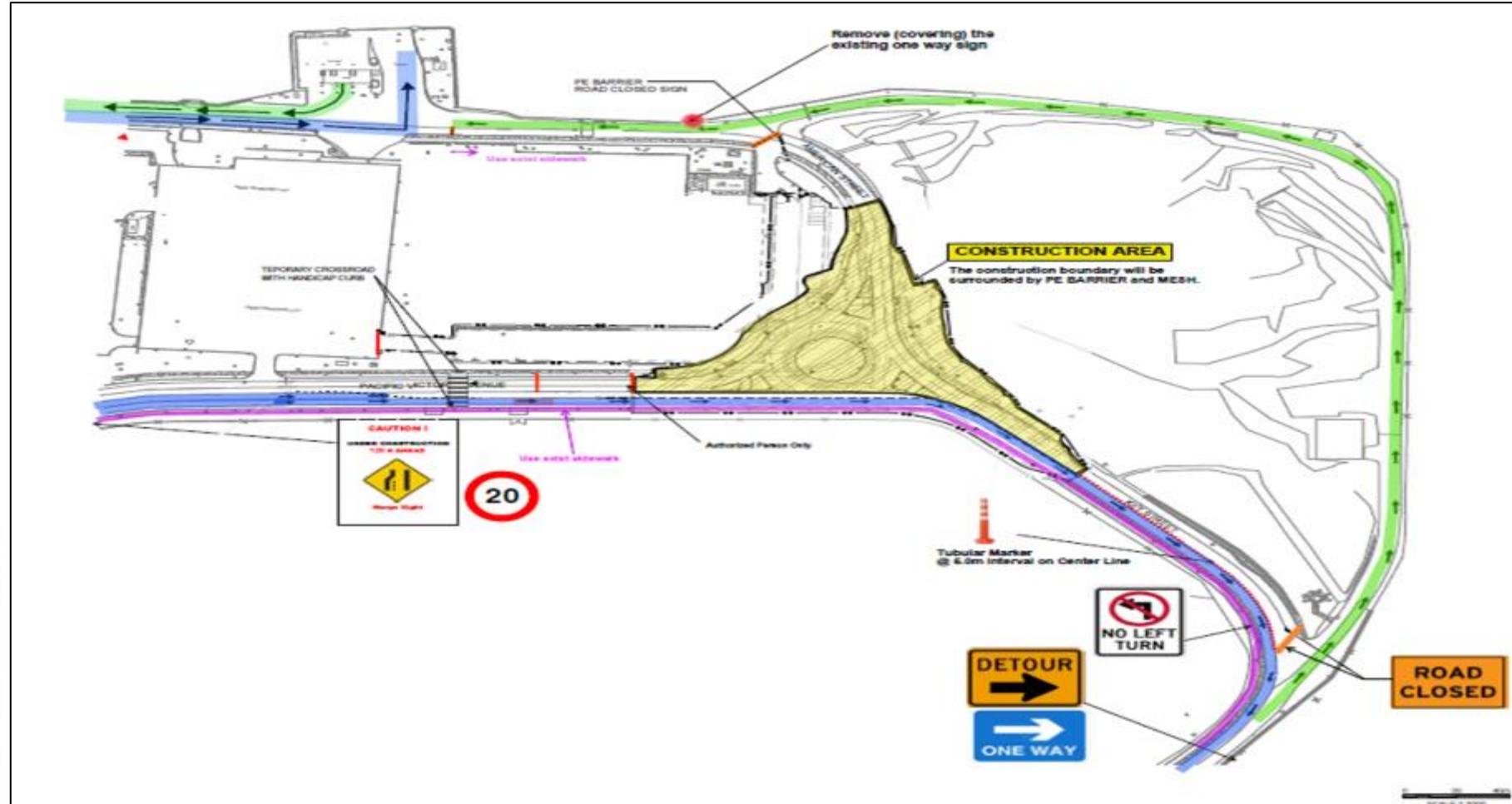
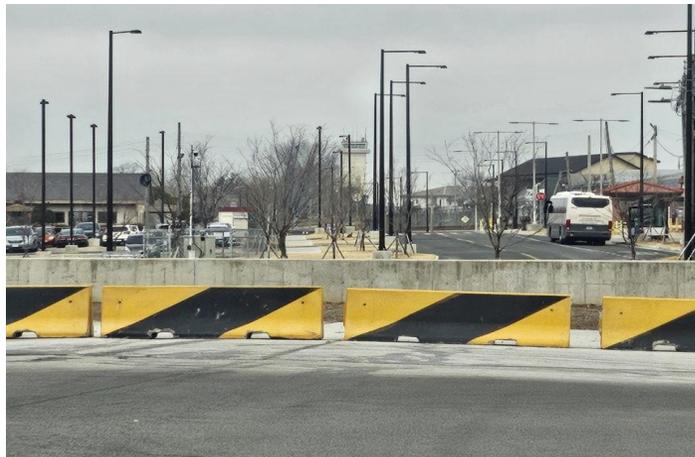
For more information: <https://home.army.mil/Humphreys/index.php/about/Garrison/religious-support-office>

WE ARE THE ARMY'S HOME



Millett Gate Construction Traffic Detour Route

Millett Gate traffic circle construction is tentatively scheduled to **begin late March/early April 2024** and will take roughly **10-months to complete**.





DES

UNCLASSIFIED

Millett Gate Construction Traffic Detour Route



Management and Use of UAS on/near Installations

ARMY REGULATION 190-13: The Army Physical Security Program.

Chapter 11 – Management and Use of Unmanned Aircraft Systems on or near Installation.

**This chapter does not pertain to military or official use of UAS.*

This section implements Army policy for the management and use of non-official unmanned aircraft systems (UAS) on Army installations.

- An **unmanned aircraft (UA)** is defined as **an aircraft operated without the possibility of direct human intervention** from within, or on, the aircraft.
- A **UAS** is defined as a **UA with associated elements**, to include communication links and components that control the UA.
- **UAS include** remote controlled aircraft capable of sustained flight in the atmosphere, including **multirotor, drones, helicopters, fixed-wing aircraft, and other model aircraft.**
- The Federal Aviation Agency (FAA) provides policy for regulating the flight of UAS in the U.S. air space to include UAS flight over Army property.
- **Recreational use of UAS within an Army installation is prohibited without prior approval from the senior commander, director, or their designee.**

Installation commanders and directors are responsible to regulate UAS use and will establish a local policy, program, base orders, or procedures to inform military, dependent, and civilian employee UAS hobbyists. These instructions should address or contain the following items:

- **UAS must not be operated** when the installation is **in FPCON Charlie or Delta.**
- Not to interfere with other military or commercial aircraft operations or endanger personnel or resources.
- **UAS flight must not enter** any **air space within 2 miles** of the **active end of a runway.**
- If **within 5 miles of an airfield control tower**, the UAS **operator must contact the tower watch supervisor before flight.**

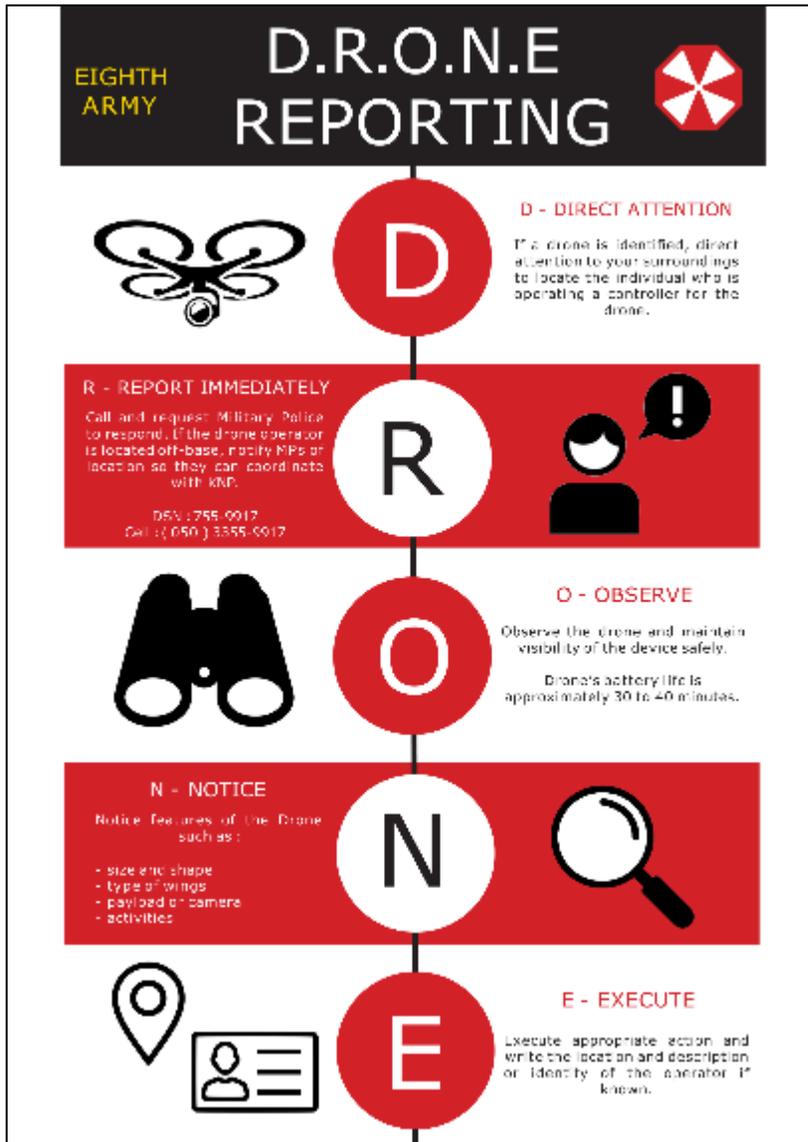
Recreational UAS operators to comply with:

- (a) Section 336 of Public Law 112-95 (14 Feb 2012).
 - (b) Local UAS laws and regulations.
 - (c) FAA registration and operation requirements found on:
 1. <http://www.faa.gov/uas/>.
 2. https://www.faa.gov/uas/recreational_fliers/
 3. https://www.faa.gov/uas/getting_started/register_drone/
- All UAS **greater than 0.55 lbs. must have registration and markings.**
 - **Flight** must be **restricted to altitudes below 400'** and remain clear of surrounding obstacles.
 - **Visual-line-of-sight operations only.**





Drone Reporting



D - DIRECT ATTENTION

If a drone is identified, direct attention to your surroundings to locate the individual who is operating a controller for the drone.

R - REPORT IMMEDIATELY

Call and request Military Police to respond. If the drone operator is located off-base, notify MPs of location so they can coordinate with KNP.

DSN : 755-9917 / Cell : (050) 3355-9917

O - OBSERVE

Observe the drone and maintain visibility of the device safely. Drone's battery life is approximately 30 to 40 minutes.

N - NOTICE

Notice features of the Drone such as :

- size and shape / - type of wings / - payload or camera / - activities

E - EXECUTE

Execute appropriate action and write the location and description or identity of the operator if known.



[Emergency Report Baro “긴급신고 바로” Operated by Ministry of Public Administration and Security]

iPhone (App Store)



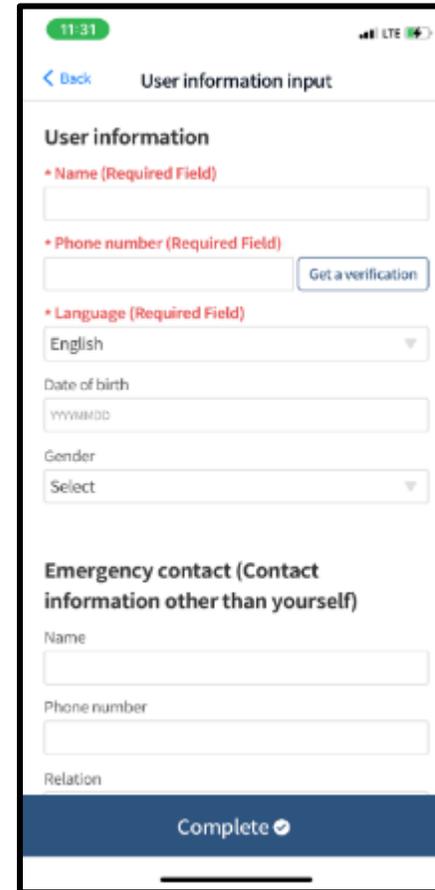
Android (Google Play)



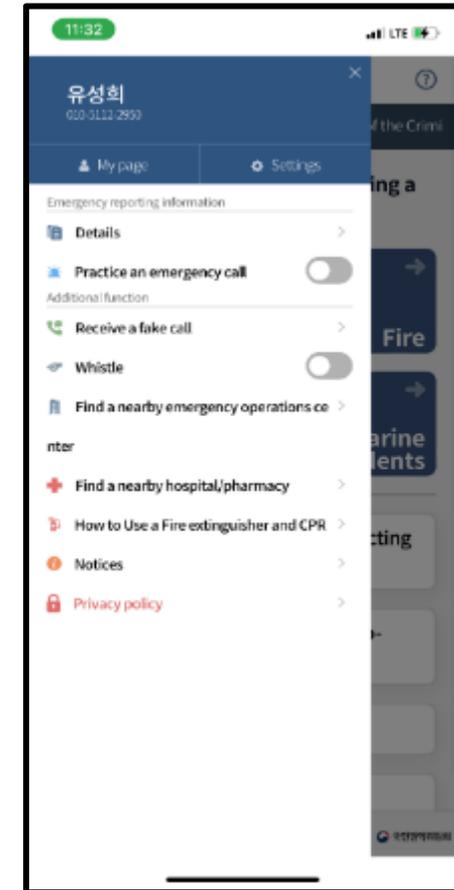
Installation



Singing up

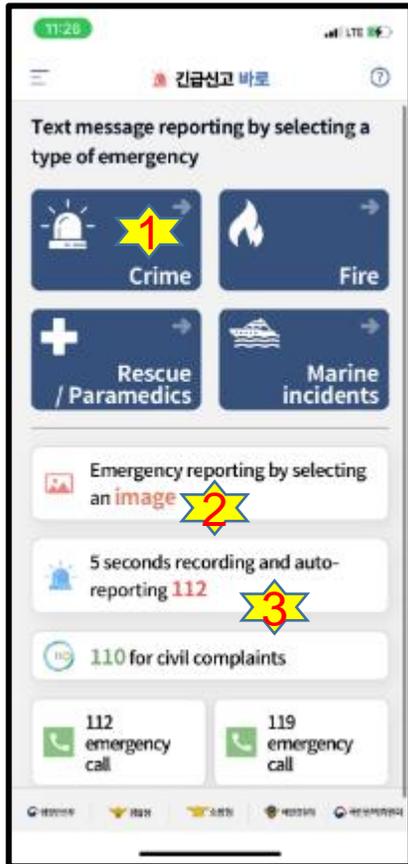


Functions

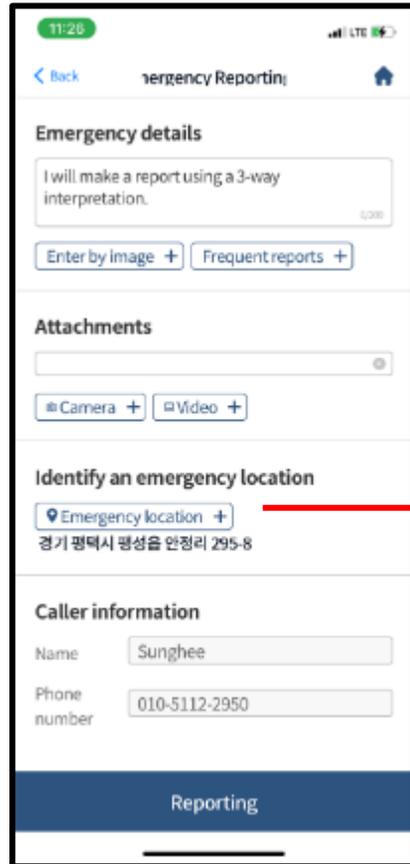


[Emergency Report **Baro** “긴급신고 바로” Operated by Ministry of Public Administration and Security]

Main Menu



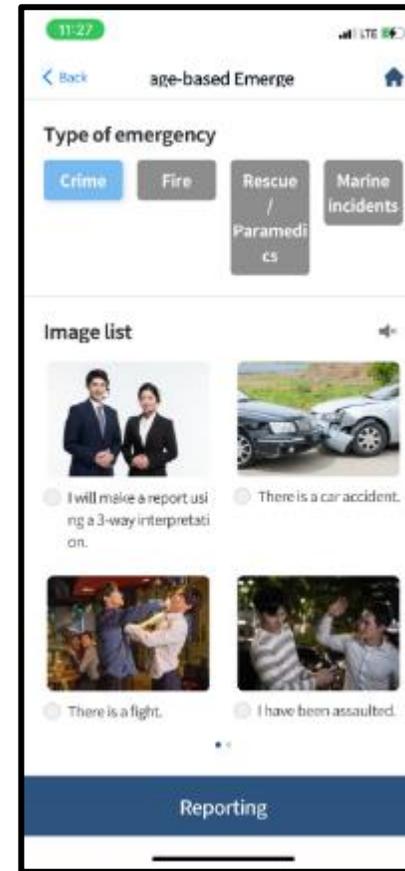
1 Crime Report



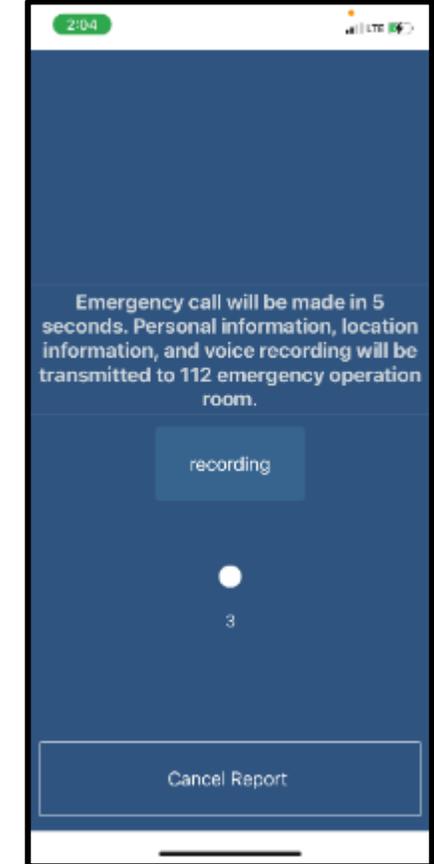
Location Setting



2 Reporting by Images



3 Recording & Auto Reporting





International Women's Day

- › When: 8 Mar (Fri) at 11:30
- › Where: Main Exchange
- › What: Trivia Game



March Free Screening

- › 09 Mar (Sat)
- › Family Theater at 16:00
- › Troop Theater at 17:30
- › First come, First serve



Meet Your Manager

- › When: 13 Mar (Wed), 11:00-13:00
- › Where: Main Exchange
- › Opportunity for the Humphreys community to engage with Exchange Managers. Provide feedback and ask questions.



Luck of the Leprechaun

- › When: 17 Mar (Sun), 11:00-13:00
- › Where: Main Exchange
- › What: Play games and you can get an opportunity to win prizes.



Vietnam Memorial Pinning Day

- › When: 29 Mar (Fri) at 11:00
- › Where: Main Store Entrance
- › What: Pinning of Vietnam Veterans, Cake cutting and cookies provided.



Easter Egg Coloring & Decorating

- › When: 30 Mar (Sat), 11:00-13:00
- › Where: Toy Land, Main Exchange
- › Who: Kids all ages
- › What: Have fun and decorate eggs for Easter





Tax Season has Started!
Our H&R Block Tax Professionals
will help customers get the
Maximum refund they are entitled
to. Guaranteed!

Plus a 10% Discount for all Military
Personnel!

Visit H&R Block
Maude Hall (One Stop)
Bldg. 6400 next to Quiznos & LGU+

Operating Hour
1 JAN – 30 APR (Tax Season)
Mon - Sat 1000-1900 / Sun Closed

For Appointments
Call 070-7727-6100



H&R BLOCK®



Did you know?

Per USFK 1501.01 a DoD ID must be scanned at Exchange Retail Point of Sale. Manual entry of your DoD ID is not authorized at Self-Checkout.



If you have questions concerning Ration Control in Korea, please contact USFK J1 or submit your question at <https://www.usfk.mil/Contact/>

Interested in bringing your Business onto USAG Humphreys?





SCAN HERE For More Information!

Join Our Concession Family!





FROZEN ITEMS NORMALLY SOLD CHILLED

Many items sold as chilled items in the U.S. must be frozen for shipment overseas and thawed for sale. If an additional sticker date is labeled on the packaging, this is the new honored sell-by date. Please disregard the original manufacturer sell-by date.

Many products sold as chilled items in the U.S. must be frozen for shipment overseas. The sell-by date on these products applied to their chilled status.

When frozen, these items are normally saleable for one year beyond the sell-by date on the package. The frozen uncooked whole turkeys have proven the shelf life to meet and exceed 24 months from pack date when they are maintained frozen (0°F to -10°F). We understand that you are needing shelf-life extension for 16/24 frozen whole birds. Butterball LLC guarantees wholesomeness on this product for 33 months if the product is maintained at a frozen state (0°F to -10°F)





SPOILAGE

- **Color change alone does not indicate the steak is spoiled, since it is a normal process for beef to change from red to brown. However, if there is color change combined with a funny smell, discard the steak. Steaks that feel slimy or sticky should always be eaten soon after purchased or frozen.**
- **Hint: Remember to read the **SELL BY DATE** on all process meat packages.**





DoDEA – Important Information & Dates

****Schools Need Substitute Teachers****

<https://www.usajobs.gov/GetJob/ViewDetails/604921500>

No School for Students

- 22 Mar – No School for students – Teacher Workday
- 25 – 29 Mar – Spring Break – No School
- 8 Apr – CCRS Professional Learning Day (Q4) – No School for Students

Upcoming School Dates

- 21 Mar – End of 3rd Quarter

Upcoming Events

- 4-8 Mar – HCES: Read Across America Week
- 5 Mar – HMS SAC Meeting @1600, Phoenix Nest
- 6 Mar – HHS: Scholarship Night @ 1700, Auditorium
- 7 Mar – HHS Fine Arts Night @1700, Auditorium
- 9 Mar – SAT @ HHS 0730-1200
- 12 Mar – HWES SAC Meeting
- 14 Mar – HCES: Pi Night @ 1700-1900, Cafeteria
- 14 Mar – HHS: Tri-M Honor Recital @ 1700, Auditorium
- 19 Mar – HHS SAC Meeting @1600
- 20 Mar – HCES SAC Meeting from @1500, VTC Room
- 21 Mar – HHS: Talent Show @ 1400, Auditorium
- 21 Mar – End of 3rd Quarter
- 1 Apr – Instructions Resumes (Q4)





U.S. ARMY

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DoDEA – Conditional Enrollment



Select courses and build a class schedule prior to arrival at your next school!

DoDEA Pacific high schools offer conditional enrollment to military-connected students who are moving to Japan, Okinawa, Korea or Guam due to Permanent Change of Station orders.



Eligibility

To be eligible for conditional enrollment, the student must:

- Meet eligibility requirements for space required enrollment
- Be requesting enrollment into grades 9-12
- Arrive at assigned duty station within three months of requesting conditional enrollment

Scan QR code to get started with the conditional enrollment process.



<https://dodeasis.myfollett.com/asper/login.do>

Note: There are two DoDEA Pacific high schools in Okinawa, and enrollment is determined based on housing location. Please consult the school zoning map and ensure conditional enrollment is completed at the appropriate high school.





U.S. ARMY

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Brian D. Allgood Army Community Hospital

OFF-POST APPOINTMENT POSTPONED OR CANCELED DUE TO THE KOREAN PHYSICIAN STRIKE?

1

If your appointment is postponed or canceled, the International Clinic of your host nation network provider will notify you via text and/or phone.

2

Once notified, please call TRICARE International SOS at 080-429-0880. International SOS will reassign your referral to an available Host Nation Hospital.

3

If you have any further questions or concerns that cannot be addressed by International SOS, please contact the BDAACH Referral Management Team at 0503-337-1441.





U.S. ARMY

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Brian D. Allgood Army Community Hospital

MYCARE OVERSEAS

A SECURE AND USER-FRIENDLY BENEFICIARY MOBILE APP



Using the App you can:

- Check your TRICARE Health Plan and Claims
- Look up appointments and Referrals to the Host Nation Hospitals
- Find helpful country information and tips
- Utilize translation support services including medical records and language support* (may only be available for TRICARE Prime)
- And more!

INTERNATIONAL SOS SERVES AS THE TRICARE OVERSEAS PROGRAM (TOP) CONTRACTOR



CUSTOMER SERVICE TOLL FREE NUMBER
080-429-0880

- MyCare Overseas™ is an easy-to-use, innovative tool designed to enhance your health care experience.
- Scan the QR code below to download the app. After you install the MyCare Overseas™ app on your mobile device, complete the registration process to begin enjoying the features of the app right away!
- Alternatively, access the MyCare Overseas™ web-based portal using your personal computer or laptop, by visiting <https://top.internationalsos.com/beneficiary>

WE ARE THE ARMY'S HOME



PHARMACY DELAYS

Due to a global disruption, our pharmacy is experiencing difficulties in processing prescriptions.

As a result, we are prioritizing **URGENT** medication requests at this time.

LIST OF URGENT MEDICATIONS

Post-operation medication ●

Antibiotics ●

ER discharge medication ●

Routine meds due for refill (4 days or less)





PCS Preparation: EFMP Top 3 Questions

Top 3 EFMP Questions:

- 1. How do I add a family member to my CMD Sponsorship?**
 - Create package in Enterprise EFMP system.
- 2. I am PCS'ing this year what do I do?**
 - Directly reach out to the office for guidance.
- 3. When does my EFMP expire?**
 - Log into your Enterprise EFMP account for accurate data.
 - <https://efmp.army.mil/EnterpriseEfmp/>

BDAACH EFMP Office:

Phone: 315-737-1283

Email: usarmy.humphreys.medcom-kor.mbx.efmp@health.mil

Office Location: BDAACH, 4th floor Room H4154

Hours: Monday-Friday 8:00 a.m. to 4:00 p.m. Walk-ins always welcome





Brian D. Allgood Army Community Hospital

U.S. ARMY

PCS Preparation: EFMP Screening for OCONUS Accompanied Travel

- A Soldier's EFMP enrollment is considered during the assignment coordination process. **If that assignment is to an overseas location and the Soldier requests accompanied travel, then each family member requires Family Member Travel Screening (FMTS) before travel, even if the Family member is already registered in the EFMP.**
- If Family member is registered** → EFMP screening simply acts as a process to confirm that the special need still exists or provides an opportunity to update the status of the special need if it has changed.
- If Family member is NOT registered** → EFMP screening process may result in the identification of an Exceptional Family Member (EFM) and enrollment in the EFMP.
- NOTE:** FMTS must be initiated within **30** days of official assignment notification.

DA Form 5888
DA Form 7246

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SCREENING QUESTIONNAIRE <small>For use of this form, see AR 600-70; the proponent agency is CACSM</small>		NAME OF MEDICAL TREATMENT FACILITY		
<small>DATA REQUIRED BY THE PRIVACY ACT OF 1974</small>				
AUTHORITY:	<small>PL 94-142 (Education for all Handicapped Children Act of 1975); PL 95-501 (Defense Dependent's Education Act of 1978); DOD 1342.12 (Education of Handicapped Children in DOD); 17 December 1981; DODI 1013.13 (Provision of Medically Related Services to Children Receiving or Eligible to Receive Special Education in DOD Dependents Schools Outside the United States); 28 August 1986; 15 USC 3013; 20 USC 221-232 and 1401 (b)(3)(B)</small>			
PRINCIPAL PURPOSE:	<small>To obtain information needed to evaluate and document the special education and medical needs of family members. This will permit consideration of special education and medical needs of family members in the personnel.</small>			
ROUTINE USES:	<small>Information will be used by personnel of the Military Departments to evaluate and document special education and medical needs of family members for consideration in personnel assignments.</small>			
DISCLOSURE:	<small>The provision of requested information is mandatory. Failure to respond will preclude U.S. Total Personnel Command from enrolling soldiers in the EFMP. Soldiers who knowingly refuse to enroll exceptional family members will receive, at a minimum, a general officer letter of reprimand. Refusal to provide information may preclude successful processing of an application for family travel command sponsorship.</small>			
SERVICE MEMBER'S NAME/RANK:		DATE (YYYYMMDD)		
BRANCH	UNIT	DUTY PHONE		
PROJECTED PCS ASSIGNMENT	COIN	HOME PHONE		
PROJECTED PCS DATE	HOME ADDRESS	DUTY ADDRESS		
LIST ALL FAMILY MEMBERS	FAMILY MEMBER PREFIX	SEX	DATE OF BIRTH (YYYYMMDD)	CHECK IF ENROLLED IN EFMP
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>





Maintain Health & Wellness during PCS season

PCSing can cause disruption in your day-to-day routine.

Keep yourself and your family healthy by:

- Maintaining daily physical activity
- Healthy nutrition
- Eating regular meals
- Getting good sleep
- Taking time to de-stress

Stop by your local AFWC to learn more about how to improve your health & wellness.

Humphreys AFWC: Bldg 578
 DSN 315-737-5758
 COMM 050-3337-5758



FOLLOW US ON SOCIAL MEDIA!





Armed Forces Wellness Center

U.S. ARMY

HERE TO HELP YOU ACHIEVE YOUR HEALTH, WELLNESS, AND FITNESS GOALS!

- Body Composition Analysis
- Resting Metabolic Rate Testing
- Fitness Testing
- VO2 Submax Testing
- Exercise Prescription
- Health Coaching



Bldg 578
DSN: 315-737-5758
COMM: 010-3337-5758



UNIT ASSESSMENTS AND CLASSES ARE AVAILABLE

WE CAN COME TO YOU!

MARCH 2024 CLASS SCHEDULE

- 3/1 @ 0800 – Stress Management
- 3/8 @ 0800 – Upping Your Metabolism
- 3/12 @ 1000 – Fueling For Health
- 3/15 @ 0800 – AR600-9 Certification (for NCOs and above)
- 3/19 @ 1000 – Stress Management
- 3/22 @ 0800 – ACFT Performance Optimization
- 3/26 @ 1000 – Meals in Minutes
- 3/29 @ 0800 – Healthy Sleep Habits





U.S. ARMY

Dental Health Activity – Korea

UNCLASSIFIED

Dental Readiness

It's part of your "fight tonight" medical readiness

Dental One-Stop Available Services



**DAILY WALK-IN EXAMS FOR SERVICE MEMBERS
DUE FOR AN ANNUAL EXAM WITH 60-DAYS**

MASS EXAM EVENTS COORDINATED FOR UNITS

**LIMITED SAME DAY/NEXT DAY SCHEDULED EXAM
APPOINTMENTS TO REDUCE THE WAIT TIME**



07:30-16:30, Monday-Friday
Closed for Lunch 11:30-12:30



USAG Humphreys, Maude Hall,
Building 6400, 2F J208





March Pet Readiness Clinic

Camp Humphreys

Veterinary Treatment Facility

22 March 2024

10:00pm-4:00pm

Osan

Veterinary Treatment Facility

5 March 2024

9:00am-4:00pm

Vaccines, microchips, pet registration, and assistance with pet travel documentation will be provided on a walk-in basis.

* Payment due at time of service *

Open to all Active Duty, Retirees, DA Civilians, and their dependents!

Osan Spring Cat Neuter Clinic



Offering male cat
neuter appointments
every day of the
week. Call Osan VTF
for more
information!

Osan Air Base Veterinary Treatment Facility

Hours: 9:00am-12:00pm/1:00pm-4:00pm

Phone: DSN 315-737-9820/21; Comm 0503-337-9820/21

Closed: Weekends, Holidays, and last day of the month

Camp Humphreys Veterinary Treatment Facility

Hours: 9:00am-12:00pm/1:00pm-4:00pm

Phone: DSN 315-737-9720; Comm 0503-337-9720

Closed: Weekends, Holidays, and last day of the month

FOLLOW US ON SOCIAL MEDIA!



Humphreys VTF: <https://www.facebook.com/CampHumphreysVeterinaryServices/>

Osan VTF: <https://www.facebook.com/OsanABVeterinaryServices/>





American Red Cross

Service to the Armed Forces

Course Price Changes March is Red Cross Month

Beginning 1 March, the American Red Cross in overseas military installations has reduced the costs of certifications in First Aid, CPR/AED, BLS, and Babysitters Training!

You can improve your family's readiness by getting certified in a variety of life saving skills.

First Aid CPR/AED	\$55 → \$18
Basic Life Support	\$55 → \$12
Wilderness & Remote First Aid	\$55 → \$18
Babysitters Training	\$70 → \$15



Red Cross Classes PRICE DROP

Effective 1 March 2024, the American Red Cross is reducing the prices for our training courses offered to our military communities overseas.

CONCEPT: We believe our military community members should have more affordable access our courses. We believe this will benefit Command readiness and force protection initiatives throughout the OCONUS military communities.

NOTES:

1. The quality of the courses have not changed.
2. We cannot refund previously taken classes.
3. Previously taken classes were already offered at reduced rates (50% discounted or more) while being overseas (compared to CONUS locations).
4. OCONUS price changes will apply to recertifications.





Service to the Armed Forces



HOURS

Mon-Fri 8am-4:30pm



DSN: (315) 757-2348
COMM: 0503-357-2348



SAFHumphreys@redcross.org



Maude Hall, Bldg 6400
2nd Floor, Room M201



Red Cross Classes

**Adult & Pediatric First Aid/ CPR
/AED: \$18**

(Standard course for anyone)

March

Tuesday 5th 1600-1900

Monday 11th 0900-1200

Thursday 21st 1300-1600

April (TBD)

BLS: \$12 Dates TBD

(Traditionally for medical personnel, refresh)

Babysitting Basics & Pediatric

First Aid/CPR/AED: \$15 Dates TBD

(11yrs old and up)

Keeps in guidelines with Child Supervision
Age matrix

Payment: debit or credit, no cash

We're looking for Volunteers!

- If you're interested in becoming a volunteer email us at SAFHumphreys@redcross.org for guidance to register.





Volunteer opportunities, don't worry, we provide training for this stuff...

Disaster Action Team (DAT) member: (often equated to emergency management)

- Volunteer on projects, information tables and briefings related to disaster, safety and emergency management.
- Aid in emergencies, real or simulated, on the installation on behalf of the Red Cross.
- Work with other leads and staff to cross lines of service

Youth Preparedness Instructors:

- Preparing with Pedro: teach K-2nd Grade disaster and emergency preparedness.
- PillowCase Project: teach 3rd-5th Grade disaster and emergency preparedness.

Casework volunteers:

- Family follow up: Calls/emails those who have been involved in emergency-leave to see if they have any questions or if Red Cross can be of further assistance.
- Contact cards: Inputs personal location information for new arrivals into the emergency communication database; this helps streamline emergency leave process.

Medical providers:

- We aid volunteers in placement of BDAACH, Dental and Vet clinic. We have Animal Visitation Program.

General Volunteers:

- Office work, crafting club, information tables, leading teams or programs or any combination of the above!





U.S. ARMY



American Red Cross

Service to the Armed Forces



Give blood. Help save lives.



- +** **WHO:** Anyone except for kids under 18 years old.
- +** **WHAT:** Area III Monthly Blood Drives
- +** **WHERE:** USO Sentry Village Bldg. P301
- +** **WHEN:** 06 FEB, 26 MAR, 23 APR, 21 MAY @ 1000-1600
- +** **HOW:** Have to register at the USO before donating.
- +** **WHY:** Americans in need of blood transfusion at BDAACH do sometimes get this blood.

- +** Their supply is our supply
- Did you know that when USFK members need extensive fresh blood products, it comes from the Korean National Red Cross?

- +** **You cannot give blood if...**
 - You've been in Korea less than 30 days
 - Donated blood in past 2 months
 - You've been tattooed in the last 6 months
 - You received any vaccination in the past 7 days
 - Lived a cumulative of 5 years or more in Europe.



For more information
visit our Facebook page
USAG Humphreys American Red Cross



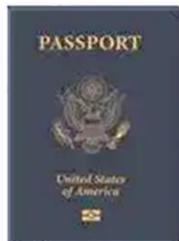
For more information please visit our Facebook page, USAG Humphreys American Red Cross





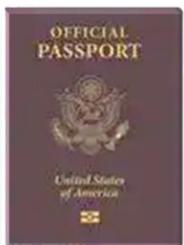
**Regular
(Blue/Tourist)**

- All U.S. citizens



**Special Issuance Passport (SIP)
No-Fee Regular
(Blue)**

- DoD Military & Eligible Family Members



**Official
(Maroon)**

- DoD Civilians
- DoD Civilian Eligible Family Members
- DoD Eligible Family Members

1. DoD Military:

- Travel on CAC and Travel Orders under SOFA: Authorized
- **Special Issuance – Appropriate Passport:** If authorized in the Foreign Clearance Guide; required for official travel; must apply prior to departure from point of origin
- **After applying** and if it cannot be obtained prior to departure, **use of a Regular (blue) Passport in lieu of the Appropriate Passport is permissible**

2. DoD Civilians:

- Travel on CAC and Travel Orders: **Not** authorized
- **Special Issuance – Official Passport:** Required for official travel; must apply prior to departure from the point of origin.
- **After applying** and if it cannot be obtained prior to departure, **use of a Regular (blue) Passport in lieu of the Official Passport is permissible**

3. DoD Sponsored Contractor:

- Travel on CAC and Travel Orders: **Not** authorized
- **Special Issuance – Official Passport:** Not authorized. Exception: DoD Sponsored Contractors with a unique requirement to obtain.
- **Regular (blue tourist) Passport:** Required for traveling on official business.

4. Eligible Family Members

Category 1: Official Passport. **Category 2:** No-Fee Regular (blue) Passport

- Cat 1 & 2: Travel on CAC and Travel Orders: **Not** authorized
- Cat 1: **Special Issuance – Official Passport:** Required for Eligible Family members of DoD Military, MPEP Officers, PEP students, SON, and OLMSTEAD scholars or DoD Civilian personnel traveling on official business.
- Cat 2: **Special Issuance - No-Fee Regular (blue) Passport:** Required for Eligible Family Members of DoD Military traveling on official business when the sponsor is not issued a Special Issuance Passport.
- Cat 1 & 2: Must apply prior to departure from the point of origin
- Cat 1 & 2: **After applying** and if it cannot be obtained prior to departure, **use of a Regular (blue) Passport in lieu of the Official Passport (Cat 1) or No-Fee Regular (blue) passport (Cat 2) is permissible**

<https://www.fcg.pentagon.mil/>





U.S. ARMY

DPTMS – Upcoming Community Event for March 2024

Date	Time	Event/Location	OPR
9-Mar-24	1700	Pool Tournament, Downtown Recreation Center	DFMWR
9-Mar-24	0600-2000	BOSS Wolchusan National Park Trip	DFMWR
13-Mar-24	1730-1830	Irish Fairy Tales at Library	DFMWR
15-Mar-24	1400-1530	Workforce Town Hall Meeting at Morning Calm Center	DHR
16-Mar-24	1600-1900	High Heels & High Tops Mother & Son Dance at Morning Calm Center	DFMWR
16-Mar-24	0600-2000	BOSS Gayasan National Park Trip	DFMWR
17-Mar-24	1700	Leprechaun Binoculars, Downtown Recreation Center	DFMWR
19-Mar-24	1000-1400	Career Fair at Morning Calm Center	DFMWR
20-Mar-24	0900-1600	Building Strength Through Integration Initiative (Prevention Training) for Non-2ID MSCs at the Morning Calm Center	DPTMS
21-Mar-24	0900-1600	Building Strength Through Integration Initiative (Prevention Training) for 2ID at the Morning Calm Center	DPTMS
23-Mar-24	1700	Ping Pong Tournament, Downtown Recreation Center	DFFMWR
23-31 Mar-24	-	Auto Skills Center Art Contest	DFMWR
24-Mar-24	0800-2000	BOSS Lotte World Adventure	DFMWR
24-26 Mar-24	0900	PAC-WIDE Men's & Women's Softball Tournament at Sports Fitness Aquatic (SFA)	DFMWR
25-29 Mar-24	-	Spring Break	DoDEA





U.S. ARMY

DPTMS – Upcoming Community Event for March 2024

30-Mar-24	0300-1600	BOSS Deep Sea Fishing Trip	DFMWR
30-Mar-24	1130 - 1530	Eggsperience at Tropic Lightening Avenue in front of School zones (From Library to 8A Band Bldg.)	DFMWR
30-Mar-24	1700	Outdoor Movie & S'mores at Downtown Recreation Center	DFMWR
31-Mar-24	0630	Easter Sunrise Service at Four Chaplains Memorial Chapel	RSO





U.S. ARMY

DPTMS – Upcoming Community Event for April 2024

Date	Time	Event/Location	OPR
1-Apr-24	0900-1130	Newcomer's Orientation at Family Theater	DFMWR
3-Apr-24	1030-1130	Command Community Information Exchange at Morning Calm Center	CMD GRP
4-Apr-24	1700-1900	Family Movie Night at Downtown Recreation Center	DFMWR
5-Apr-24	1100	8A Change of Command Ceremony at Bakers Field	CMD GRP
5-Apr-24	1300-1400	Home Based Business Training at MWR Training Room, Bldg. #12601	DFMWR
6-Apr-24	1500-1600	Sidewalk Chalk Art at Downtown Recreation Center	DFMWR
8-11 Apr-24	1400-2230	2024 BOSS Sexual Assault Awareness and Prevention Week events, Downtown Plaza	BOSS
13-Apr-24	0800-1700	Taehwasan & Magoksa Temple Trekking	DFMWR
13-Apr-24	0900-1230	Sprint Duathlon & Community Clean-up Day	DFMWR
16-Apr-24	0900-1300	2024 Volunteer of the Year Reception, Morning Calm Center	DFMWR
17-Apr-24	1530	Getting Lit(erary): YA Book Club at Library	DFMWR
19-Apr-24	1530-1700	Spring Fling at the Library	DFMWR





U.S. ARMY

DPTMS – Upcoming Community Event for April 2024

Date	Time	Event/Location	OPR
20-Apr-24	0830-1000	Men's Breakfast at Four Chaplains Memorial Chapel	RSO
20-Apr-24	1000	2024 BOSS Dash of Color 5K color run at Balboni Fields	BOSS
20-Apr-24	1200-1700	Car and Bike Show at Auto Skill Center	DFMWR
20-Apr-24	1000-1500	Spring Yard Sale & Bounce Fun at Downtown Recreation Center	DFMWR
20-Apr-24	1530-1730	DIY Robotics Kit at Downtown Recreation Center	DFMWR
26-Apr-24	1500	Darts Tournament at Downtown Recreation Center	DFMWR
27-Apr-24	0800-1800	Taeen Tulip Festival & Sindyri Coastal Sand Dune	DFMWR

Resources:USAG-H Facebook – <https://www.facebook.com/usaghumphreys>USAG-H Webpage – <https://home.army.mil/humphreys/>USAG-H Twitter – <https://twitter.com/usaghumphreys?lang=en>USAG-H MWR – <https://humphreys.armymwr.com/><https://www.facebook.com/HumphreysMWR>USO – <https://www.facebook.com/uso.humphreys/>BDAACH – <https://www.facebook.com/549BDAACH/>Humphreys Red Cross – <https://www.facebook.com/HumphreysARC/>Humphreys Main Exchange – <https://www.facebook.com/HumphreysExchange/>65th MED BDE – <https://www.facebook.com/65thmedbde>

DoDEA Pacific West District –

<https://www.facebook.com/DoDEA-Pacific-West-District-1177501295638299>DPTMS POCs: LTC Christopher Jo, 755-2241 christopher.c.jo.mil@army.milMr. Robert Nelson, 755-0820, robert.f.nelson.civ@army.mil



U.S. ARMY

DPTMS – Upcoming Community Event for May 2024

Date	Time	Event/Location	OPR
1-May-24	1030-1130	Command Community Information Exchange at Morning Calm Center	CMD GRP
3-May-24	1300-1400	Home Based Business Training at MWR Training Room, Bldg. 12601	DFMWR
4-May-24	1700-2100	Star Wars Celebration at Flightline Tap Room	DFMWR
6-May-24	0900-1130	Newcomer's Orientation at Family Theater	DFMWR
10-May-24	0730	U.S. & ROK Woo Jung Tournament at Riverbend Golf Course	DFMWR
15-May-24	1800-2000	Community Town Hall, at Morning Calm Center	CMD GRP
18-May-24	1230-2000	Spring Fest near Millett Gate Area	DFMWR
18-May-24	0830-1000	Men's Breakfast at Four Chaplains Memorial Chapel	RSO
24-May-24	1600	Humphreys High School Reverse Parade from Forward March Street along Tropic Lightening Avenue to the Humphreys High School	DoDEA
25-May-24	1300-1500	MAY Family Day Outdoor Backyard Games at Downtown Recreation Center	DFMWR
29-May-24	1800	Humphreys High School Graduation Ceremony at Humphreys High School Football Field	DoDEA

Resources:

 USAG-H Facebook – <https://www.facebook.com/usaghumphreys>

 USAG-H Webpage – <https://home.army.mil/humphreys/>

 USAG-H Twitter – <https://twitter.com/usaghumphreys?lang=en>

 USAG-H MWR – <https://humphreys.armymwr.com/>
<https://www.facebook.com/HumphreysMWR>

 USO – <https://www.facebook.com/uso.humphreys/>

 BDAACH – <https://www.facebook.com/549BDAACH/>

 Humphreys Red Cross – <https://www.facebook.com/HumphreysARC/> Humphreys

 Main Exchange – <https://www.facebook.com/HumphreysExchange/>

 65th MED BDE – <https://www.facebook.com/65thmedbde>

DoDEA Pacific West District –

<https://www.facebook.com/DoDEA-Pacific-West-District-1177501295638299>

 DPTMS POCs: LTC Christopher Jo, 755-2241 christopher.c.jo.mil@army.mil

 Mr. Robert Nelson, 755-0820, robert.f.nelson.civ@army.mil




Open Discussion / Questions





COL Ryan K. Workman

Garrison Commander, USAG-H

Next

Command Community Information Exchange (CCIE):

03 April 2024, 1030hrs

Location: Morning Calm Center

