

#### WE ARE THE ARMY'S HOME

# Command Community Information Exchange (CCIE)

11JUNE2025 from 1000-1130hrs – Community Activity Center (Bldg. 302)

**U.S. Army Installation Management Command** 

## Installation Management Command – Who We Are

### 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

- **L**oyalty
- Duty
- Respect
- Selfless Service
- Honor
- Integrity
- Personal Courage (LDRSHIP)

### PRINCIPLES

- Service
- Excellence
- Respect
- Vision
- Integrity
- Communication
- Empowerment (SERVICE)





- DFMWR
- Army Education Center
- PAO
- DPW
- KNP
- Exchange
- Commissary
- K-16 Health Clinic
  - AFWC
  - Dental
  - Veterinary Services
- DPTMS





# **COL Ryan K. Workman**

Garrison Commander, USAG-H







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# **DFMWR - ACS: Army Emergency Relief**





## **AER PCS Assistance**

#### Initial Rent:

- Initial rent related to a PCS move is a groan: 50% loan/50% grant
- Security deposit assistance can also be requested as a 0% interest loan

#### <u>Temporary Lodging:</u>

- AER can provide a 0% interest loan for up to 14 of temporary lodging during a PCS move
- Quick Assist Program eligible\*

#### Pet Transportation:

- Assistance up to \$5,500 in the form of a 0% interest loan for costs related to shipping pets due to PCS
- Quick Assist Program eligible\*

## Pet Transportation Assistance

Army Emergency Relief offers zero-interest loans to help the whole Family stay together

#### WHAT

Pets are a part of the Family and AER recognizes the financial burden pet transportation can cause during a PCS. To help alleviate this, AER created the Pet Transportation Assistance Program.

#### wно

Active Duty and their eligible Family members

Reserve and National Guard on Active Reserve and Guard tours
 Reserve and National Guard activated with PCS Entitlements

#### HOW

Pet transportation assistance is processed by your nearest AER Officer or any military aid office. Soldiers can go directly to their AER offices or chains of command.

For more information, visit www.aerhq.org/news/petassistance



re you an AER Officer? Download the official guide here ww.aerhq.org/resource/official-pet-transportation-assistance-guidanc

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



Christopher J. Bradford / 755-2681 / christopher.j.bradford8.naf@army.mil

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# **DFMWR - ACS: Army Emergency Relief**







### AER Annual Campaign 2025

- **<u>Goals</u>** 100% informed, \$100,000 raised, 10% donation participation
- Status: 60% informed, \$30,699 raised (335 donors), 2.9% donation participation

## **Donation Participation**

	Large Installations				
Rank	Installation	Participation	Dollars	Per Capita	
1	FORT SILL	25.5%	\$232,196	\$19.66	
2	FORT CAMPBELL	4.0%	\$81,166	\$3.11	
3	FORT STEWART	6.8%	\$40,725	\$2.27	

Medium Installations				
Installation	Participation	Dollars	Per Capita	
FORT LEONARD WOOD	74.9%	\$186,036	\$26.70	
WIESBADEN	26.9%	\$47,577	\$19.09	
JB ELMENDORF-RICHARDSON	30.0%	\$45,171	\$10.26	
	Medium Installation FORT LEONARD WOOD WIESBADEN JB ELMENDORF-RICHARDSON	InstallationParticipationFORT LEONARD WOOD74.9%WIESBADEN26.9%	InstallationParticipationDollarsFORT LEONARD WOOD74.9%\$186,036WIESBADEN26.9%\$47,577	

	Small Installations				
Rank	Installation	Participation	Dollars	Per Capita	
1	FORT DETRICK	20.8%	\$12,078	\$12.10	
2	ROCK ISLAND ARSENAL	9.6%	\$3,115	\$9.11	
3	DAEGU	8.1%	\$18,655	\$8.87	

### **Unit Representatives:**

- 47 units
  - Complete
- 22 units
  - Training, no orders
- 3 units
  - Orders, no training
- 1 units
  - Names, no orders or training
- 70 units
  - No response or submission



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# DFMWR - ACS: Army Family Action Plan



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\*

AFAP Issue Status

FY24 Q1			
	24-5600	LQA for Spouses	Elevated FEB 2025
	24-5602	Priorities for Care (EEC CIV)	Elevated NOV 2023

FY24 Q4			
24-6170	Unrestricted On-Post Driver License for Teens	Closed MAR 2025	
FY25 Q1			
25-6216	Enhancing Support and Protections for Civilian Employees Serving OCONUS	Open	

Total Issues Closed/Completed: Total Issues for Elevation: 0 Total Issues Elevated: 2 Total Issues for FY 25: 0 New 1 Open

> Check out the Army's Issue Management System at

#### https://ims.armyfamilywebportal.com/

Using this website, you can submit new issues for our community and check the status of existing submissions across the Army.



AFAP is a process that invites members of the Total Army to be agents of change by establishing and improving programs and services, developing and changing policies and regulations, creating legislation and amending laws



#### THE PROCESS

AFAP provides the Total Army a VOICE in shaping their standards of living and identifying issues related to the current environment. Leaders trust and support the AFAP Process – it provides real-time information that enables commanders to respond more rapidly to resolve problems, implement good ideas and guides policy formation.

#### **PROVEN RESULTS**

- TRANSFERABILITY OF MONTGOMERY GI BILL (MGIB) BENEFITS TO DEPENDENTS
- FAMILY CARE PLAN PROVIDER ACCESS TO INSTALLATIONS
- PATERNITY LEAVE FOR SOLDIERS
- CREATION OF FAMILY READINESS GROUPS, BETTER OPPORTUNITY FOR SINGLE SOLDIER (BOSS) AND ARMY FAMILY TEAM BUILDING (AFTB) PROGRAM.
- AVAILABILITY OF AUTHORIZED TRICARE PROVIDERS
- TRAUMATIC BRAIN INJURY (TBI) REHABILITATION PROGRAM
   IN-STATE COLLEGE TUITION
- AUDIO / VISUAL SURVEILLANGE IN CHILDCARE CENTERS
   FEDERAL EMPLOYMENT MILITARY SPOUSE PREFERENCE

We thank you in advance for your interest in one of the Army's principal programs in ensuring quality of life for our community and ensuring the Army changes to keep up with the changing times.

IF IT'S A PROGRAM OR SERVICE, AFAP CAN IMPROVE IT. IF IT'S A POLICY OR REGULATION, AFAP CAN CHANGE IT. IF IT'S A LAW, AFAP CAN AMEND IT. IMPROVING THE QUALITY OF ARMY LIFE, ONE ISSUE AT A TIME.

Please email <u>Humphreysvolunteer@army.mil</u> with any questions



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# **DFMWR - ACS: Exceptional Family Member Program (EFMP)**



## **EFMP Summer Programming Updates**

Summer Play and Learn: 11 June, 09 July, 13 August, and 10 September

1st session (ages 0 to 2) 1000-1100 2nd session (ages 3 to 5) 1115 to 1215

Starting in June, EFMP and FAP will be kicking off our joint summer playgroup open to 0-3 years, siblings welcomed! See flyer for more information.

Craft With the Navigator: 13 June, 11 July, 08 August, 05 September 1100-1300

Come and get a DIY Craft and get to know your EFMP Systems Navigator! Open to all.





# DFMWR - ACS: Relocation Readiness Program (RRP)









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# **DFMWR - ACS: Military Family Life Counselors (MFLCs)**



	Name	<u>*Unit</u>	Phone Number	Email
1	Jocelyn Gamble-Mitchell	CYS	010-8455-9520	Jocelyn.Mitchell@leidos.com
2	Lisa Lee	CYS	010-8497-6895	Lisa.S.Lee@leidos.com
3	Coronda Wilms	DoDEA/MS	010-3981-4175	Coronda.Wilms@leidos.com
4	Clara Miller	DoDEA/Central	010-7906-4014	Clara.L.Miller@leidos.com
5	Kathleen McKinney	DoDEA/HHS	010-2399-1672	Kathleen.D.McKinney@leidos.com
6	Nefertiti Rowlette	2 CAB	010-8327-1776	Nefertiti.L.Rowlette@leidos.com
7	Leah Josiah	2 CAB	010-8307-7320	Leah.M.Josiah@leidos.com
8	LaTasha Becton	65th MED	010-8401-4975	Latasha.Y.Becton@leidos.com
9	Catherine Little	1ABCT	010-8410-7430	Catherine.Little@leidos.com
10	Jackson Edwards	1 SIG	010-5681-5304	Jackson.K.Edwards@leidos.com
11	Wilmise Gowins	2ID Warrior Clinic	010-2496-6179	Wilmise.M.Goins@leidos.com
12	LaDonna Holmes	2ID Warrior Clinic	010-5680-5271	LaDonna.P.Holmes@leidos.com
13	SooHyun Kim	2ID Warrior Clinic	010-9825-4610	SooHyun.Kim@leidos.com
14	Dalsem Yang	2ID Warrior Clinic	010-5885-5915	Dalsem.Yang@leidos.com
15	Angelia Stafford-Harvey	501st MI	010-8324-7215	Angelia.StaffordHarvey@leidos.com
16	Celeslie Valcourt-Hall	8th Army	010-5782-4219	Celeslie.O.Valcourthall@leidos.com
17	Erica Dinwiddie	94th MP BN	010-8061-7591	Erica.Dinwiddie@leidos.com
18	Angeline Toussaint-Gunn	Adult Rotational	010-7597-4904	Angeline.ToussaintGunn@leidos.com
19	Hoson Naputi	Adult Rotational	010-5813-6076	Hoson.Naputi@leidos.com
20	Erin Maguire	Adult Rotational	010-5799-8901	Erin.A.Maguire@leidos.com
21	Chadwick Lyon	35th ADA	010-2414-1857	Chadwick.Lyon@leidos.com
22	Smita Kapoor	K16	010-2338-3099	Smita.Kapoor@leidos.com

#### How to request embedded MFLC support:

Provide the following data points to: <u>katharine.m.christy.civ@army.mil</u>: Number of serviced population (AD, Adult FM, Children 5-12, Youth 13-18), Unit Name, and Unit



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# **DFMWR - Business Operations**







ALL Active Duty, E4 and below! Take advantage of the no fee Day-Pass on the Par-3 Executive Course and 50% discount on club and pushcart rentals on USFK designated training holidays.

Active Duty E4 and below also now have no fee golf when playing in a standby status.



### USAG Humphreys Army Lodging PCS Season Priorities July – October



Inbound PCS Active Duty with Families In PCS Civilian with Families All other Official Travelers on orders

Sponsors, please encourage those inbound families to make reservations now by visiting:

usarmy.humphreys.id-pacific.mbx.lodging@army.mil



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# **DFMWR - Business Operations**







(Sun) 15 Jun 2025, 7:30am

Individual Stroke Play | Registration Deadline: 11 Jun | Cost: \$20/Person Price includes green fees and cart fees. Call DSN 757-2278 for more info!

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# DFMWR - Child & Youth Services







a Middle School Summer Camp M-F Sam-12pm for eligible 6th-8th graders. Youth will then sign out of the building before returning at 1pm for optional Recreation Programming 1pm-7pm.

Summer Camp activities will include weekly field trips to locations like Lotte World and Seoul Land. "Saturday trips not included.

#### S Middle School Camp Fees

Weekly fees are based on Total Family Income calculated by Parent Central Services per the Army Fee Policy. Payments can be made through WebTrac accounts or at any CYS facility with a Point-of-Sales (i.e., MST Youth Center, Parent Central, etc.)



#### **Contact Us**

Parent Central/Parent Outreach Services

Hours of Operation: M, T, F 8:00 AM - 5:00 PM W 8:00 am - 6:00 pm TH 12:00 - 5:00 PM

Daily Walk-in Hours M, T, TH, F 1400-1700 w 1400-1800 (last patron accepted at 1615 M, T, TH, F & 1715 on w)

> 0503-357-2250/2254/2255/ 2256

Today!

https://forms.ale/XirhQexfpzhsXaKy

Open Enrollment begins April 1 Register at Parent Central Services

Scan QR code to request an appointment

with Parent Central Services to calculate

weekly camp fees. Spaces are offered on a

Summer Camp week you want your youth to attend. Weekly camp fee will be required

first come-first served basis. Request each

prior to starting.

Facebook: Humphreys CYS

Director: Janice Pascua

Assistant Director: Kelly Osborne-Rozgonyi



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# DFMWR - Child & Youth Services



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- 10 Jun, End of School Year Bash
- > 12 Jun, Parents VS. Youth Flag Football Game
- > 13 Jun, Bowling Night
- 18 Jun, Field Trip to Caribbean Bay
- > 25 Jun, Field Trip to Everland Amusement Park
- 28 Jun, Field Trip to Starfield Mall & Megabox Movie Theater



For CYS-Registered Families with Children enrolled in MS/T.

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Concentral Scont

**Pool Season: 13 Jun – 1 Sep** \* Opening date is subject to change.



## **Hours of Operation**

Mon: 12:00pm - 6:00pm Tue: 12:00pm - 6:00pm Wed: CLOSED Thu: 12:00pm - 6:00pm Fri - Sat: 11:00am - 6:00pm

### Prices

Daily Fees DoD ID Holder: \$5 Authorized Guest: \$8 <u>Monthly Pass</u> (30 days, DoD ID Holder only) Individual: \$40 Family: \$75

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## **TENTATIVE EVENT SCHEDULE**

2:30 PM – NATIONAL ANTHEM 2:32 PM – AERIAL DISPLAY WITH MUSIC FOR BLACK EAGLES 3:00 PM – SKIES PERFORMANCE 4:10 PM - NABIN 5:00 PM – MOJO JUJU (ARMED FORCES ENTERTAINMENT) 6:10 PM – THE GRAPES 6:30 PM – WRISTBAND SALES END 7:00 PM - TICKET SALES END 7:00 PM - KYURI 7:30 PM - GAMES & ACTIVITIES CLOSE 7:50 PM - DJ 8:50 PM – SENA 9:30 PM – FIREWORKS DISPLAY 9:45 PM – EVENT CONCLUDES

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# K-16 Seoul Air Base Landing Zone Club Café & Bar

### **Hours of Operation**

Tue: 6:00pm - 12:00am Wed: 6:00pm - 12:00am Thu: 5:00pm - 12:00am Fri - Sat: 7:00pm - 12:00am Sun - Mon: CLOSED

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## K-16 Library Summer Reading Program





Scan QR code or visit ArmyMWR.com/read

Family & MWR Programs are brought to you by the U.S. Army Installation Management Command.

### June 26 – August 21 Every Thursdays at 1300

- June 26 Kick-off
- July 3 'Have you seen Gordon?' Bingo (1<sup>st</sup> week)
- July 10 Roll, Play, Win! (Board Game Theme)
- July 17 –'Have you seen Gordon?' Bingo (2<sup>nd</sup> week)
- July 24 Get Your Head in the Game (Sports Games Theme)
- July 31 'Have you seen Gordon?' Bingo (3<sup>rd</sup> week)
- August 7 Step Right Up (Carnival Games Theme)
- August 14 Pixel Play (Video Game Theme)
- August 21 Closing Party (Magic Show)













### INTRAMURAL SSFTBALL LEAGUE

FRI, JUNE 6 K-16 MULTI-PURPOSE FIELD 1ST & 2ND PLACE WINNERS

REGISTRATION DEADLINE TUE, MAY 27

TEAM MEETING MON, 2 JUNE AT 1PM BASKETBALL COURT

FOR MORE INFORMATION (315) 722-8413 or 101-2730-3438





FRI, JUNE 13 - STARTING AT 6PM K-16 TENNIS COURT 1ST & 2ND PLACE AWARDS

REGISTER DEADLINE: MON, JUNE 9 TEAMS MEETINGS: TUE, 10 JUNE AT 1PM - BASKETBALL COURT

FOR MORE INFORMATION, CONTACT MR. SIN, KWANG YOL DSN 315-722-8413 - COMM 010-2730-3438





#### BASICS CLASS Every Monday, 1230 • Duration: 30 minutes for 8 weeks. • Max 5 people

S INTERMEDIATES CLASS

Every Wednesday, 1230

• Duration: 30 minutes for 8 weeks.
• Max 5 people

For more information, call K-16 Indoor Pool, DSN **722-8503** or K-16 Fitness Center, DSN **722-8413**.



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### Monthly Swimming Challenge

K-16 Indoor Pool



**25M** Beginner Swimmer: Allow to use floating devices such as life jacket, kick board or aqua belt ... etc.

> **50M** All Swimmer: Freestyle

200M Relays Freestyle Relay, No Diving Allowed

For more information, call DSN 722-8413/8447 or from cell 050-3322-8413/8447.



K-16 Indoor Pool Hours of Operation

> Mon - Fri: 6:00am - 2:00pm Sat: 10:00am - 6:00pm Sun: Closed Adjusted hours are temporary due to staff shortage.

### **Ongoing Programs & Events:**

5-on-5 Mini Soccer Tournament: Wed, Jun 11



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### **Upcoming Programs & Events:**

- WAQ Security Tango–June 23-24, 2025
- White Water Rafting Trip July 5, 2025
- Caribbean Bay Water Park –July 2, 2025
- WAQ Aco –July 25, 2025
- Tomato Festival August 2, 2025
- White Water Rafting August 30, 2025



Bldg. S-302, 3rd Floor

HOURS OF OPERATION Mon-Sat: 0900-2200 Sun: Closed

Outdoor Recreation Programs: Skiing & snowboarding, water ski, ice skating, Lotte World/Everland, Hiking, Indoor Skydiving, Rock Climbing, fishing, Surfing, Jet skiing etc.







## K-16 Community Activities Center (CAC)

Bldg. S-302

#### **HOURS OF OPERATION**

Mon-Sat: 0800-2200 Sun: Closed

• Recreation Programs Tournament, Trips & tours, Community Major Events

• Available Room Reservation Available MPR, TV room, and Game area for Training, Wedding Reception, Retirement, Farewell party & Promotion Parties

#### Game Room Features

Infinity games, PS4, Xbox, Wii, Ping pong, Pool tables, Music Room with Karaoke, Electric, Acoustic and Bass guitars, Drum set & Electric Synthesizers.

**Upcoming Events** 



#### • Free Piano Lessons

Every Tuesday – For Beginners (20 minutes sessions)

• The Landing Zone Café & Bar Karaoke, Coffee, and Snacks (Coming Soon), Darts, Infinite games, Foosball & Pool tables



# DFMWR - Community Recreation (BOSS)



Mission: "Increasing retention and sustaining readiness through leadership and training opportunities, quality of life improvements, community outreach, personal development, and recreation and leisure opportunities. Building the Army's Leaders of tomorrow, today."

- Quality of Life-(well being, housing, barracks, PX, commissary, and anything concerning soldiers that can make them comfortable and mission ready)
- Community Service-(volunteer opportunities such as community beautification, and activities that the community can benefit from)
- Recreation & Leisure-(we utilize the CAC events such as fishing trips, hiking, tours and other fun activities) We can also create one leisure activity as our own program.
- In addition to the 3 Pillars: Life Skills-(this is fully funded) This activity(as the name depicts) gives soldiers skills they can use in or outside the military.

Location: Bldg. S-302

SGT Jamison, Malik J Outgoing BOSS President

SGT Lopez, Alexander E Incoming BOSS President

Mr. Eric U. Yim USAG Humphreys / K-16 FMWR BOSS Advisor

NEXT BOSS MEETING: (Mon) 21 July, 1300



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## **Army Education Center (K-16)**

**Address and Phone Number** 

Location: Room B108, Bldg 302 (CAC Building), K-16 COMM: 0503-322-8402 / DSN: 722-8402

Hours of Operation

- MON, TUE, WED, & FRI 0800-1700
- THU 1300-1700









## **Register Now!**

2025 Joint College Recognition Ceremony

26 SEP 25
 1730-1930
 Morning Calm Conference Center

Please sign up for the 2025 Joint College Graduation Recognition Ceremony (GRC)

Individuals who <u>recently graduated</u> or are only <u>15 semester</u> <u>hours away by December 2025</u> from receiving their college diploma or certificate are **eligible**.

Open to All Service Members, Family Members, Spouses, Contractors, GS/KGS Civilians, and Veterans.



For More Information: COMM 0503-355-3600 DSN: 755-3600



## **Army Education Center**

## **Upcoming Class for K-16**



U.S. ARMY

UNIVERSITY OF MARYLAND GLOBAL CAMPUS

Open to "Unit Classes", where we will send a professor to your location on your preferred date and times.



#### **Course Description**

An introduction to the research process and methods for retrieving information in a library or through online sources. The aim is to identify an information need and locate, evaluate, and use appropriate resources in keeping with academic integrity and ethical standards. Focus is on implementing effective strategies for finding relevant information-including selecting appropriate print and electronic sources and effectively using web search engines and the UMGC Library's electronic resources to find information-and evaluating and correctly citing the information found. Students may not earn credit for LIBS 150 through challenge exam or portfolio credit and may receive credit for only one of the following courses: COMP 111, LIBS 100 or LIBS 150

#### TA Term Dates

05/24/2025-06/01/2025

Day(s) & Time(s)

#### Saturday 05/24 0900-1630

Class will meet in-person only on the first day of class Saturday 05/24/2025 from 0900-1630. For the rest of the week the student will complete their coursework online with no further meetings.

Class No.

Instructor TBD



#### **EMBRY-RIDDLE** Aeronautical University

#### **EAGLEVISION COURSES**

AVAILABLE AT K16 CAC BUILDING BASEMENT ROOM B108

May 31, 2025- August 1, 2025

#### MATH 142

TUESDAYS 6:00-9:20PM Trigonometry

#### ASCI 202

WEDNESDAYS 6:00-9:20PM Introduction to Aeronautical Science

#### CONTACT INFORMATION

+82-0503-355-3534 ww394@erau.edu

#### BENEFITS

Immediate Feedback
Networking Opportunities

#### Peer Interaction & Support

Realtime Instructor Interaction

Enhanced Motivation & Accountability

Sagoe, Clara C. / DSN 755-3601 / clara.c.sagoe.civ@army.mil

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## Public Affairs Office

## My Army Post



Mr. Jeff M. Nagan / 757-1091 / jeffre.m.nagan.civ@army.mil

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Disclaimer: only an example of mold control issue.

### **Mold Mitigation**

- Control humidity: Use dehumidifiers or air conditioners to maintain indoor humidity levels below 60%.
- **Improve ventilation**: Use fans to promote air circulation.
- **Fix leaks promptly**: Report any roof, plumbing, or wall leaks to DPW to prevent excess moisture buildup.
- Use moisture-absorbing materials: Place silica gel packs, activated charcoal, or baking soda in damp-prone areas.
- Clean and dry surfaces regularly: Wipe down walls, furniture, and bathroom surfaces with mold-resistant cleaners.
- Store items properly: Keep clothes, books, and documents in dry, well-ventilated spaces.
- **Treat mold early**: Use detergent solution or multipurpose cleaner to remove visible mold.
- Avoid carpeting in humid areas
- Ensure proper drainage: Clear any water stagnation and report any clogged gutters and pipes to DPW.







To minimize mold during rainy season, here are some thermostat settings recommendations.

**Maintain a stable temperature**: Sudden temperature drops can lead to condensation, which encourages mold growth.

Set your thermostat range between 68-77°F: Higher temperatures can encourage mold growth.





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- Minor Work Order (Demand Maintenance Order, DMO)
  - Submit DMO On-Line: <u>https://www.armymaintenance.com</u>
  - During 0800-1700, Call DPW at 315-722-8417 or 0503-322-8417
  - During 1700-0800, Call AFTER HOURS Call Center at 315-757-0138 or 0503-357-0138
- Major Work Order (Facilities Engineering Work Request, FEWR)
  - For large scale tasks that cannot be covered under DMO, over \$6,000, you must submit DA Form 4283, FEWR Form, to DPW work order section.
  - Email FEWR to <u>usarmy.humphreys.imcom-korea.mbx.dpw-workorder@army.mil</u>
  - Call 315-756-6067 or 0503-356-6067
- Customer Service for Current Work Status
  - <u>usarmy.humphreys.id-pacific.mbx.dpw-customer-service-section@army.mil</u>
  - Call 315-756-6060 or 0503-356-6060





### **Stalking Crimes in South Korea**

### Recent Stalking Cases involving SOFA members

2025 MAY	A soldier contacted his ex-girlfriend a total of 78 times in one month with inappropriate messages.
2025 JAN	A soldier had flowers and food delivered to the victim's office 49 times in one week, after the victim refused to go on a date with him.
2024 DEC	A Korean national went to her ex-boyfriend's residence, a soldier, three times in a month and rang the doorbell multiple times, even though the victim had clearly warned her not to come to his house.

### Punishable Stalking Behaviors by Stalking Crimes Act < Up to 3 years imprisonment or a fine of up to 30 million KRW>

- $\triangle$  Following, approaching, or blocking the victim or their family members
- $\bigtriangleup$  Waiting for or watching the victim near their home, workplace, or school
- riangle Sending unwanted messages (text, photo, video, or music) or making unwanted contact
- $\bigtriangleup$  Sending or leaving unwanted items
- $\bigtriangleup$  Damaging or destroying the victim's belongings
- △ NEW Sharing the victim's personal information online (such as posting or disclosing their details or location)
- △ NEW Impersonating the victim online (pretending to be them by using their name, photo, or personal information)

### **Protection Measures for Victims**

Restriction orders against the offender, Providing a smartwatch with a built-in panic button for emergency use, Notification when the offender approaches the victim within a 2km radius, Safe shelters, Close protection when necessary, Increased patrols





**Shuttle Program** ullet





### If you want certain item but we don't have it, then we can get it from the other stores, Cp. Humphreys, Osan and Cp. Walker etc

BOPIS - Buy Online Pick-Up in Store



Once you've done shopping at www.Shopmyexchange.com Please choose where you want to pick up your order. Your order will be delivered to your pickup location !

- PICK UP LOCATION (Northern): CASEY PX
- PICK UP LOCATION (Yongsan&K-16) : DHL PX and K-16 PX

### NEW **MILITARY STAR CARD**



✓ Enhanced Deployment **Benefits** 

6% APR, no payments required

#### ✓ Unlimited Rewards

2% on all eligible purchases

### ✓ Additional Discounts

10% first-day, expanded promotions

### ✓ Modernization:

Digital tools and integration upgrades



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## **DeCA Newcomer's Welcome Brief**



- ...your Commissary is a benefit of your Military Service and supports military members of all ranks, their Families, retirees and their Families? Safe and convenient locations near you!
- …<u>The Secretary of Defense's Taking Care of People (TCOP) initiative directs</u> that the Commissary <u>must save patrons 25% in overall grocery costs</u>, when compared to off-base grocery stores near your military installation?



- ✓...the <u>Commissary Brands</u> like Freedom's Choice, Home Base, TopCare and others <u>are of equal</u> or better quality compared to national brands and most come at a cheaper price?
- $\dots \underline{Commissaries}$  Worldwide have <u>reduced prices on hundreds of popular brands</u> to emphasize the value of your Commissary benefit and provide you with  $\underline{Y}$  our  $\underline{E}$  veryday  $\underline{S}$  avings? Just look for the orange  $\underline{YES}$ !



✓ ...you can <u>submit a request to your Commissary Store Director</u> for any products your Commissary doesn't carry? <u>Just ask, we'll let you know if we can get it in your store</u>.




# **Commissary CLICK2GO® Online Ordering**





Commissary CLICK2GO® is one tap away for savings and convenient online shopping. Download the mobile app and start shopping for the items you love!

Visit the <u>How Commissary CLICK2GO Works</u> page for additional information such as payment details and accepted coupons.





# **K16 Airfield Commissary**



# **Store Manager**

Name: E-Mail: DSN: Commercial:

## Jose Gonzalez jose.gonzalez@deca.mil 315-722-8403 0503-322-8403

Store	Store Operating Hours:			
Sunday	1000-1900			
Monday	1000-1900			
Tuesday	1000-1900			
Wednesday	1000-1900			
Thursday	1000-1900			
Friday	1000-1900			
Saturday	1000-1900			





# K-16 Health Clinic

K-16 Health Clinic provides routine care, acute care, wellness appointments, vision screenings, and aviation medicine for active-duty service members in Area II.

## **Units Served**

- 2 CAB, 2-2 Assault Helicopter Battalion
- 501st MI BDE
- 1st SIG BDE
- Navy, Air Force, and Marines stationed at K-16, Yongsan, and Bundang.

## Location

K-16 Air Base, Bldg. S-250 on the K-16 Main Road

## **Clinic Hours**

Open Mon – Fri / Closed on Federal Holidays & Weekends 0730-0830: Sick Call Hours 0900-1630: Regular Clinic Hours

## How to Access Care

- Walk-in Services For Acute/Urgent Care (immediate and short-term needs)
- **Appointments** For Routine/Primary Care (chronic conditions and follow-up care)

## Schedule an Appointment

- Visit the clinic front desk
- Call the Central Appointment Line (0503-337-2273)





# K-16 Health Clinic

Type of Care	Eligibility	Details
SCMH (Primary Care)	ADSM only	Army Medical Readiness, Outpatient Services
SCMH (Immunizations)	ADSM only	Japanese Encephalitis Virus (JEV), Typhoid, Anthrax, Flu
Laboratory	ADSM only	Pregnancy, Strep A, Flu, COVID-19, Urine Analysis
Radiology	ADSM only	X-Ray only
Pharmacy	All TRICARE beneficiaries	No Controlled Substances

## **For Emergencies**

Call 119 OR go to the nearest International SOS-approved local national emergency room or the BDAACH emergency room.

## For Other Types of Care

If not covered at K-16, seek care at BDAACH or an International SOS-approved host nation hospital.

## How does TRICARE Remote work?

Call International SOS for an authorization or referral and then visit the clinic referred to you.





# Soldier Care Medical Readiness / MEDPROS

Medical Readiness is Fight Tonight Readiness!

It is the responsibility of each Soldier to maintain his/her individual medical and dental readiness requirements, and report health issues that may affect their readiness to deploy or be retained to continue serving.

Make sure you're ready to Fight Tonight by staying on top of your MEDPROS!

IMR Element	Details	Frequency	How to Get Care
Dental Readiness	Dental Exam & Cleaning	Annually	N/A at K-16 Health Clinic. ALTERNATE: Call Central Appointment Line (Option 2) to schedule at Camp Casey Denta Clinic (Area I) or Carius Dental Clinic (Area III) OR Walk in at Dental Readiness Clinic (Area III)
	Vision Screening (without vision changes)	Annually	Walk in OR Call Central Appointment Line ( <b>Option 4</b> ) to schedule at K-16 Health Clinic
Vision Readiness	Prescription 2PR Glasses, Mask Inserts, Eye-Pro		N/A at K-16 Health Clinic.
	Routine Eye Exam (with vision changes)	Annually	ALTERNATE: Call Central Appointment Line (Option 4) to schedule at Camp Casey Healt
	Prescription 2PR Glasses, Mask Inserts, Eye-Pro Inserts (without Annual Eye Exam within last year)	As Needed	Clinic Optometry (Area I) or BDAACH Optometry (Area III)
Hearing Readiness	Hearing Test	Annually	Call Central Appointment Line (Option 4) to schedule at K-16 Health Clinic Hearing Booth
Individual Medical Equipment (IME)	Medical Warning Tags, Medications on Hand	As Needed	N/A at K-16 Health Clinic. ALTERNATE: Walk in at Medical Readiness Team (MRT) (Area III)
Periodic Health Assessment	PHA Part 1	Annually	Complete Part 1 online at MEDPROS website <u>https://medpros.mods.army.mil/portal</u> (Must be completed before booking appointment for Part 2.)
( <b>—</b> · · · · )	PHA Part 2	Annually	Call Central Appointment Line ( <b>Option 3</b> ) to schedule Part 2 at <b>K-16 Health Clinic SCMH</b> OR with <b>PCM (Virtual Phone Appt)</b>
	Blood Type, DNA, Sickle Cell, G6PD		N/A at K-16 Health Clinic. ALTERNATE: Walk in at Medical Readiness Team (MRT) (Area III) for screening & order placement then walk in at BDAACH Lab (Area III) for lab draw
Pharmacy / Lab / X-Ray	HIV/STD LESTING (WITHOUT SYMPTOMS)	Every 2 Years	Walk in at <b>K-16 Health Clinic Lab</b> and provide lab draw slip to unit MEDPROS coordinator to update
	HIV/STD Testing (with symptoms)	As Needed	Walk in OR Call Central Appointment Line ( <b>Option 3</b> ) to schedule at <b>K-16 Health Clinic</b> SCMH
Immunizations	Routine Adult Immunizations	As Needed	Walk in OR Call Central Appointment Line ( <b>Option 3</b> ) to schedule at <b>K-16 Health Clinic</b> Immunizations

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# UNIT ASSESSMENTS AND CLASSES ARE AVAILABLE

# WE CAN COME TO YOU!

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



Bldg 578, Camp Humphreys DSN: 315-737-5758 COMM: 010-3337-5758







### HEALTH AND HUMAN PERFORMANCE CENTER CAMP CASEY BLDG 3030 DSN: 315-737-5758 COMM: 050-3337-5758

# COMING BACK TO CAMP CASEY

## 3rd-8th August 2025





SCAN ME



- HE DOWLD IKEL STRIK-PER LE LTUR
- InBody 770
- Metabolic Testing
- VO2 Submax Fitness Testing
- Nutrition Classes
- Exercise Programming
- Unit Assessments
- AR600-9 Certification Class
- Health Coaching





# **Dental Care for Service Members at K-16**

**Carius Dental Clinic at Camp Humphreys is the primary clinic** to provide routine dental care, specialty dental care, sick call, and dental exams for MEDPROS updates for Service Members in K-16.

However, Camp Casey Dental Clinic is willing to support dental care as well if needed.

Clinic Hours	Type of Care	Eligibility	How to Access
Open Mon – Fri, 0730-1630	Dental Sick Call		Walk-in
Closed on Federal Holidays & Weekends	Periodontics		By appointment
Schedule an Appointment	Prosthodontics	ADSM only	By appointment
• Call the Central Appointment Line: 0503-337-2273,	Endodontics		By appointment
<ul> <li>Press Option 2 for Dental</li> <li>Carius Dental Clinic: 0503-337-9207</li> <li>Casey Dental Clinic: 0503-337-9011/9012</li> </ul>	Dental Readiness		By appointment or Walk-ins available at One-Stop Clinic inside Maude Hall (Closed on Thursdays)





# **Dental Care for Family Members & More Information**

## **For Family Members**

Family Members can utilize Tricare Dental Insurance (enrollment required) at local off-post Tricare Network Dental Clinics.

## **Transportation**

Patients can travel via POV, TMP or Inter-garrison bus to Carius Dental Clinic at Camp Humphreys or Camp Casey Dental Clinics at Camp Casey.

## **More Information**

- Camp Humphreys: <a href="https://briandallgood.tricare.mil/Health-Services/Dental/USADC-KR-Carius-Humphreys">https://briandallgood.tricare.mil/Health-Services/Dental/USADC-KR-Carius-Humphreys</a>
- Camp Casey: <u>https://briandallgood.tricare.mil/Clinics/Camp-Casey-Health-Clinic-SCMH/USA-Dental-Clinic-Korea-Camp-Casey</u>







## CAMP CASEY VTF July 2025 CLINIC SCHEDULE

### **Hours of Operation:**

 Tuesday, Wednesday, & Friday: 0900-1130 & 1300-1600

## CLOSED:

- Mondays & Thursdays due to operational mission requirements
- Weekends

### Services Available By Appointment Only

- Preventive Medicine
- Vaccinations
- Deworming
- Health Certificates
- NEO Packet Prep

# **TF** Camp Casey Veterinary Treatment Facility

Ju						
						202
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLOSED	ALL APPOINTMENTS	TRAINING DAY	4 CLOSED FOR INDEPENDENCE DAY	CLOSED
6 CLOSED	7 CLOSED	8 ALL APPOINTMENTS	9 ALL APPOINTMENTS	10 TRAINING DAY	11 ALL APPOINTMENTS	CLOSED
closed 13	CLOSED 14	15 ALL APPOINTMENTS	16 ALL APPOINTMENTS	17 TRAINING DAY	18 ALL APPOINTMENTS	CLOSED
closed 20	CLOSED 21	22 ALL APPOINTMENTS	23 ALL APPOINTMENTS	TRAINING DAY	25 ALL APPOINTMENTS	CLOSED
closed 27	closed 28	29 ALL APPOINTMENTS	30 ALL APPOINTMENTS	CLOSED FOR INVENTORY		

CONTACT US

**DSN:** 

DSN 315-737-9799/9771

Email Address: Caseyvetclinic@gmail.com

Physical Address: Building S-1876 Camp Casey

FOLLOW US ON SOCIAL MEDIA! 106<sup>th</sup> MED DET (VSS): https://www.facebook.com/106thM <u>DVSS</u> Camp Casey VTF: https://www.facebook.com/Camp CaseyVeterinaryServices?mibexti d=ZbWKwL/



#### CPT Deja Floyd/deja.l.floyd2.mil@health.mil/315-737-9771

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# **PCSing with Pets from Korea:**

# CONUS

- Rabies Vaccine with Rabies Certificate (dogs & cats)
- ISO Compliant Microchip and its number listed on all required documents (dogs & cats)
- Health Certificate (dogs & cats)
- ROK Inspection Certificate (dogs & cats)
- CDC Dog Import Form (requirement only for dogs)
- > 6 months old of age (requirement only for dogs)
- Appears healthy upon arrival (dogs & cats)
- Consult with Veterinary Services as soon as possible if your dog has visited a rabies high-risk country within the 6 months before arriving to the U.S. as additional requirements apply.

#### Consult with **ROK Inspection** Armv CDC Dog Import Microchip Certificate Veterinary Form Completed & Rabies Health Certificate Services by Owner PCS! TODAY - <1 YEAR - 6+ Months - < 6 Months - 40+ Days - 30+ Days - <10 Days - <5 Days HC/ROK Cert FAVN Quarantine Microchip Consult HC/ROK Cert +/-Rabies Notification/ with Vet Rabies Parasite Treatment \* +/- Additional Import Services Permit Vaccines

# OCONUS:

- Rabies Vaccine with Rabies Certificate (dogs & cats)
- ISO Compliant Microchip and its number listed on all required documents (dogs & cats)
- Valid FAVN (dogs & cats)
- Health Certificate (dogs & cats)
- ROK Inspection Certificate (dogs & cats)
- Quarantine Notification/Entry Permit Request (dogs & cats)
- Proof of Additional Vaccines/Parasite Treatment
  - DAPv, Leptospirosis, Parainfluenza, Bordetella (dogs)
  - FVRCP, FeLV (cats)
  - Endo/Ectoparasites (dogs & cats)



PCSing with your pet(s)? Contact your local Veterinary Treatment Facility <u>AS SOON AS</u> <u>YOU RECEIVE ASSIGNMENT</u> <u>INSTRUCTIONS</u> for help ensuring that your pet is prepared to fly!







## Traveling and PCSing with Your Pet





https://ph.health.mil/topics/vetservices/pets/Pages/default.aspx



CPT Deja Floyd/deja.l.floyd2.mil@health.mil/315-737-9771

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# Summer Pet Safety Tips

- Risk for heat injury/heat stroke increases when:
  - Ambient temp is > 80F
  - High humidity
  - Pet is not acclimated to heat/exercise
  - Brachycephalic breeds (Bulldogs, Pugs, Boxers, Persians, etc)
- DO NOT leave pets unattended in a parked car.
- DO NOT leave your pet unsupervised outside on a hot day.
- Assess if pavement is too hot for your pet's paws by placing your hand on the pavement for five seconds.
- · Avoid strenuous exercise during hottest times of the day
- Provide access to fresh, cool water frequently
- Provide shade/shelter from direct sunlight.



- Book a direct flight to destination when possible, avoid layovers
- Travel early morning or late evening
- Use a proper size IATA compliant crate.
- Familiarize your pet with the travel carrier prior to travel date
- Ensure pet crate has proper identification
- Inform airline employees when you board that you are traveling with a pet



### **IF YOU SUSPECT PET HEAT INJURY:**

- Signs of heat injury: weakness, vomiting, diarrhea, dull mentation, uncontrollable panting, drooling, stumbling, seizures, collapse
- Move your pet out of direct heat
- Offer fresh, cool water if your pet is alert and willing to drink
- Spray your pet with cool water
- Immediately take your pet to a veterinarian for further care









## **American Red Cross**



Ms. Miae Kim / miae.kim3@redcross.org

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# **Emergency Message Process /How to request**

- Intake
- Verification
- Delivery
- Family Follow-up
- Closure of case



- CALL the Hero Care Center at 1-877-272-7337 available 24/7/365
- ONLINE at <u>https://www.redcross.org/get-</u> <u>help/military-</u> <u>families/emergency-</u> <u>communication.html</u>
- **DOWNLOAD** the FREE **Hero Care** App from your app store
- Your local Red CROSS OFFICE

Be a Force Multiplier for our Military Community







# **Red Cross Trainings**

- Adult & Pediatric First Aid/CPR/AED: \$18
- (Standard course anyone welcome)
- Pediatric First Aid/CPR/AED: \$15
- (11 yrs old and up)
- Basic Life Support (BLS): \$12
- (Generally for medical personnel, refresh)
- Mindful Movement Class: Free





# **Volunteer Opportunities**



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

- Volunteers on projects, information tables and briefings related to disaster, safety and emergency management. Works with other leads and staff across lines of service
- · Aids in emergencies, real or simulated, on the installation on behalf of the Red Cross

### **Preparedness Instructors**

- <u>Preparing with Pedro:</u> teaching K-2nd Grade disaster and emergency preparedness.
- International Humanitarian Law education (Adult & Youth)
- Hands only CPR

### **Casework Volunteers**

• Family follow ups: 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.

### **Medical Providers**

• We aid volunteers in the placement of the 51st Medical group, the Dental and Vet clinic at Osan and BDAACH at Humphreys

### **General/Event Volunteers**

• Office work, information tables, leading teams or programs or any combination of the above!

### Resiliency

- 45 minutes of Mindful Movement class
- Animal Visitation Program (AVP)
- CPR/BLS

## Be a Force Multiplier for our Military Community



# DPTMS – Upcoming Community Event for June 2025

Date	Time	Event/Location	OPR
13 JUN 25	1100	Army Birthday Weekend Bowling Special at Downtown Lanes	DFMWR
13 JUN 25	1800	Pickleball Tournament at K-16 Tennis Court	DFMWR
14 JUN 25	0600	Army 10 Miler Qualifier at Sitman Fitness Center	DFMWR
14 JUN 25	0600-2000	Odesan National Park BOSS Trip	DFMSR
14 JUN 25	0900-1800	Everland Rose Festival	DFMWR
14 JUN 25	1100	Army Birthday Weekend Bowling Special at Downtown Lanes	DFMWR
14 JUN 25	1400	Cornhole Toss Tournament at Downtown Recreation Center	DFMWR
15 JUN 25	1100	Army Birthday Weekend Bowling Special at Downtown Lanes	DFMWR
17 JUN 25	1300-1400	US Naturalization at Riverbend Golf Course Ball Room	DHR
18 JUN 25	1400-1700	BOSS Soccer Warriors Cup	DFMWR
19 JUN 25	1045-2145	Camp Humphreys Juneteenth Independence Day Celebration at Downtown Plaza & Parade at Tropic Lightening Ave.	8A/USAG-H(DPTMS, DPW, DES, DFMWR)
20 JUN 25	1400-2200	Han River Cruise	DFMWR
21 JUN 25	0700-1700	Garisan Forest & Zipline Adventure	DFMWR



Dennis Stockwell /755-2189 / dennis.s.stockwell.civ@army.mil

# DPTMS – Upcoming Community Event for June 2025

Date	Time	Event/Location	OPR
21 JUN 25	0830-1000	Men's Breakfast at Four Chaplains Memorial Chapel	RSO
23 JUN 25	0800-1600	CYS Teen Babysitter Course at CYS Conf Rm, L215	DFMWR
23-27 JUN 25	-	HMS Summer Music Camp at Pyeongtaek University	DoDEA
26 JUN 25	0900-2000	Caribbean Bay BOSS Trip	DFMWR
28 JUN 25	1500-1800	K-16 8 Ball Pool Tournament at CAC	DFMWR
28 JUN 25	1500-2330	Korean Folk Village Night Trip	DFMWR





# DPTMS – Upcoming Community Event for July 2025

Date	Time	Event/Location	OPR
2 JUL 25	1030-1130	Command Community Information Exchange(CCIE) at Morning Calm Center	CMD GRP
3 JUL 25	1800	Glow Run 5K at Balboni Field	DFMWR
5 JUL 25	1230-2000	Freedom Fest at Downtown Plaza	DFMWR
7 JUL 25	0900-1200	USAG-H Community Newcomers Orientation at Family Theater	DFMWR
8 JUL 25	0930-1630	Cheonan Battle Commemoration	PAO
11 JUL 25	0900-1000	USAG-H Change of Command at Morning Calm Center	CMD GRP
15 JUL 25	1300-1400	US Naturalization at Riverbend Golf Course Ball Room	DHR
19 JUL 25	1100-1300	Youth Bowling League Registration & Free Bowling Clinic at Downtown Lanes	DFMWR
19 JUL 25	1500-1800	K16 Infinity Board Game Tournament at K-16 CAC	DFMWR
26 JUL 25	1100-1300	Youth Bowling League Registration & Free Bowling Clinic at Downtown Lanes	DFMWR



Dennis Stockwell /755-2189 / dennis.s.stockwell.civ@army.mil

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# DPTMS – Upcoming Community Event for August 2025

Date	Time	Event/Location	OPR
4 AUG 25	0900-1200	USAG-H Community Newcomers Orientation at Family Theater	DFMWR
4-8 AUG 25	-	Vacation Bible School	RSO
14 AUG 25	0600	5K Run Back-To-School Fiscal Year 2025 at 14th Street and Marne Avenue	DHR
18 AUG 25	-	First Day of School	DoDEA
19 JUL 25	1300-1400	US Naturalization at Riverbend Golf Course Ball Room	DHR
20 AUG 25	1800-2000	Community Town Hall at Morning Calm Center	CMD GRP
26 AUG 25	1430-1530	Teen Craft Lab at Library	DFMWR





# DPTMS – Upcoming Community Event for September 2025

Date	Time	Event/Location	OPR
4 SEP 25	1030-1130	K-16 Children's Story Time at Library	DFMWR
4 SEP 25	1900	Ping Pong Tournament @ Warrior Zone	DFMWR
5 SEP 25	1030	Fun Music Friday at Library	DFMWR
8 SEP 25	0900-1200	USAG-H Community Newcomers Orientation at Family Theater	DFMWR
10 SEP 25	1000-1130	K16 Command Community Information Exchange(CCIE) & Community Town Hall at CAC	DFMWR
11 SEP 25	0400-1200	9-11 Ruck March at Balboni Field & Downton Recreation Center	DFMWR

Resources:
USAG-H Facebook: https://www.facebook/com/usaghumphreys
USAG-H Webpage: https://home.army.mil/humphreys
USAG-H MWR: https://humphreys.armymwr.com
BDAACH: https://www.facebook.com/549BDAACH/
Main Exchange: https://www.facebook.com/HumphreysExchange/
USO: https://www.facebook.com/uso.humphreys/
Humphreys Red Cross: https://www.facebook.com/HumphreysARC/
DPTMS POC: Mr. Robert F. Nelson, 755-0820, robert.f.nelson.civ@army.mil







# **Open Discussion / Questions**



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# **COL Ryan K. Workman**

Garrison Commander, USAG-H

Next In-person CCIE/CTH: 12 Sep 2025, 1000hrs Location: Community Activity Center in K-16



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