



WE ARE THE ARMY'S HOME



Command Community Information Exchange (CCIE)

12FEBURARY2025

U.S. Army Installation Management Command



U.S. ARMY

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

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

(LDRSHIP)

PRINCIPLES

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

(SERVICE)





U.S. ARMY

Agenda

- DFMWR
- BOSS
- Army Continuing Education Services (ACES)
- PAO
- DPW
- Housing
- RSO
- DES
- KNP
- Exchange
- Commissary
- DoDEA
- BDAACH
 - AFWC
 - Dental
- Veterinary Services
- Substance Use Disorder Clinic Care (SUDCC)
- American Red Cross
- AFSBn-K
- USFK
- SOCKOR
- 1st SIG BDE
- Welcome Wagon of Korea
- DPTMS





COL Ryan K. Workman

Garrison Commander, USAG-H





USAG
HUMPHREYS

WINTER THINGS



scan for our winter
programs & activities

  @HumphreysMWR
[Humphreys.ArmyMWR.com](https://www.humphreys.army.mwr.com)





2025 VOLUNTEER OF THE YEAR

An opportunity to recognize USAG Humphreys' Volunteers for their efforts!

Important Dates

- **14 February 2025**
 - Nominations close
- **8 April 2025 (1100, Morning Calm Center)**
 - Volunteer of the Year Reception

Volunteer Nomination Categories

- Active Duty
- Family Member
- Military Retiree
- Civilian/Contractor
- Youth (18 and Under)
- Korean National



How to nominate

1. Download the packet from:
<https://humphreys.armymwr.com/programs/army-community-service/army-volunteer-corps>
2. Make sure your nominee is registered, and recorded hours, in the Volunteer Management Information System (VMIS)
3. Submit to the POC (Debbie Herald, deborah.a.herald.civ@army.mil DSN: 757-2363)





U.S. ARMY

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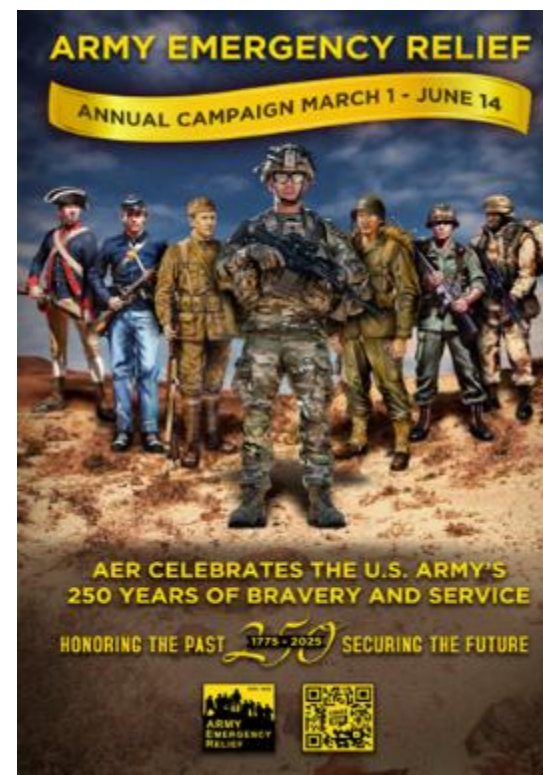
ACS: Army Emergency Relief

FY 24 AER Assistance and Donations

Financial Assistance Amount Given	Amount of Donations Received	E1-E4 Assistance Cases; \$	E5-E9 Assistance Cases; \$	W1-W5 Assistance Cases; \$	O1-O10; Assistance Cases; \$	# of Cases
\$1,091,064.64	\$65,123.00	286; \$457,860.67	312; \$577,951.70	16; \$25,982.56	16; \$28,200.30	631

AER Annual Campaign 2025

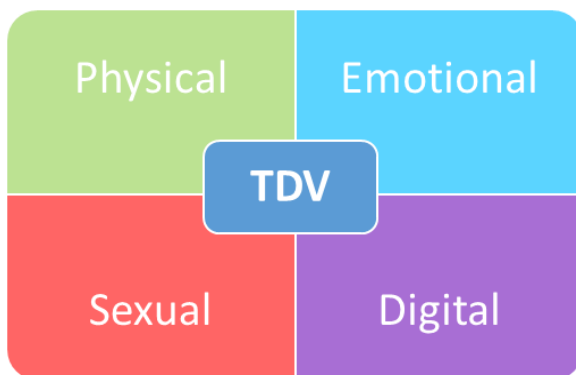
- **Unit Representatives:**
 - Only 6 units have provided Unit Reps
 - Last year, 117 units provided Unit Reps
- **Goals:**
 - 100% informed
 - 100% informed 2024
 - 10% donation participation
 - 6.4% participation 2024
 - \$100,000 raised
 - \$65,123 raised 2024



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



Teen Dating Violence Awareness Month



Family Advocacy Program
 • Prevention and Education of Family Violence
 • Safety, Support & Treatment for Victim
 • Treatment Offenders
 (Accountability and Rehabilitation)



Parents: If you are aware of teen dating violence occurring, call **Domestic Victim Advocate 24/7 Hotline** 0503-364-5997 (Option 3 for Humphreys) and/or call: **Humphreys Military Police** at 0503-355-9917

Teens: If you are experiencing teen dating violence please tell an adult you trust or call: **Humphreys Military Police** at 0503-355-9917 or **National Teen Dating Violence Helpline** @ 1 (800) 799.7233

CONTACT US SAVE NUMBER

TDVAM/FAP Activities:

- **Navigating Parent & Youth Conflict**:** 04 February, 1200-1300, Humphreys High School
- **Healthy Partner Communication****
 - Humphreys: 05 February, 1130-1330, Bldg. 501
 - K-16: 11 February, 1130-1330, CAC Fellowship Room
- **Strengthening Family Ties- Ceramic Heart Mugs:** 07 & 08 February, 1100-1730, Arts & Crafts
- **Love & Communication Info Table:** 13 February, 1100-1300, Main PX by Starbucks
- **TDVAM Healthy Boundaries Outreach:** 20 & 21 February, 1100-1200, Humphreys High School
- **123 Magic- Teens**:** 26 February, 1000-1200, ACS





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ACS: Military Family Life Counselors (MFLCs)



	<u>Name</u>	<u>*Unit</u>	<u>Phone Number</u>	<u>Email</u>
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: katharine.m.christy.civ@army.mil:Number of serviced population (AD, Adult FM, Children 5-12, Youth 13-18), Unit Name, and Unit
POC

WE ARE THE ARMY'S HOME







U.S. ARMY

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Child & Youth Services



As of November 2024

Humphreys CYS Closure Dates FY 2025



**ALL CYS FACILITIES AND
PROGRAMS WILL BE CLOSED
THE FOLLOWING DAYS**

Monday, 17 FEBRUARY - President's Day **US HOLIDAY**

Friday, 23 MAY **CYS TRAINING DAY**

Monday, 26 MAY - Memorial Day **US HOLIDAY**

Thursday, 19 JUNE - Juneteenth **US HOLIDAY**

Friday, 4 JULY - Independence Day **US HOLIDAY**

Monday, 1 SEPTEMBER - Labor Day **US HOLIDAY**

Tuesday, 2 SEPTEMBER **CYS TRAINING DAY**

*ALL CYS FACILITIES & PROGRAMS INCLUDE CDC/SAC CHILDCARE FACILITIES, MST YOUTH CENTER, PARENT CENTRAL SERVICES OFFICE, YOUTH SPORTS & FITNESS ACTIVITIES, SKIES INSTRUCTIONAL CLASSES, AND ANY CYS SERVICES.

USAG HUMPHREYS
**YOUTH
SPORTS**

YOUTH COACHES NEEDED!





U.S. ARMY

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Community Recreation



USAG HUMPHREYS

FITNESS EXPO25

FITNESS FOR ALL

SAT, FEB 15 • 8:15 AM – 1:00 PM
COLLIER FITNESS CENTER BLDG 1949
NO ENTRANCE FEE

SAMPLE OUR FITNESS CLASSES
VINYASA FLOW YOGA • ZUMBA • CYCLE
HIGH FITNESS & MORE

VISIT WELLNESS INFO BOOTHS

MEET OUR PERSONAL TRAINERS & FITNESS INSTRUCTORS

@HumphreysMWR
Humphreys.ArmyMWR.com





OPENING SOON!

**Downtown
Recreation Center
& McGinnis
Warrior Zone**

LOADING...





U.S. ARMY

DFMWR

Community Recreation



NEW
HOURS OF OPERATION



Wednesday-Sunday
11:00am - 7:00pm



Garden Gala

11 April, 3:30 - 5:30PM
SFC Ray E. Duke Memorial Library

Enjoy garden themed stories, activities, games, and crafts as we welcome the springtime with flower blooms and fresh beginnings.





U.S. ARMY

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Home Based Business (HBB)



USAG Humphreys

HOME BASED BUSINESS

Humphreys.ArmyMWR.com



HBB TRAINING

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

For more information on how to request On-Demand training, scan here:





U.S. ARMY

USAG Humphreys BOSS



BOSS Triad



President
SGT Laurengregg E. Rimalos



Senior Military Advisor
CSM Salvador Garcia Garcia



FMWR Advisor
Mr. Lorenzo H. Ranches



BOSS Executive Members



Vice President (Operations)
SGT Jordan T. Owens



Vice President (Plans)
SGT JaTavian Lusane



Vice President (KATUSA)
SGT Sang Woo Park



Treasurer
CPL Kianna D. Scott



Secretary
PFC Daniel Jean-Charles





USAG Humphreys BOSS

U.S. ARMY

OLD NEWS

- BOSS Rec & Leisure activities trips accumulated over 90 participants total during the month of January.
- BOSS introduced a new Recreation & Leisure trip to an Ice Festival located in the city of Hwacheon. Soldiers enjoyed ice fishing, ice/snow sledding, viewed snow sculptures, and experienced the food culture.
- BOSS continues with trips to the popular National Park hikes where Soldiers get to experience peaks, pinnacle attractions, and often cultural Buddhist temples.



Warriors Cup

4th FY25 Team Winner: 2CAB



Place	Brigade	Points
★ 1st	2CAB	57
☆ 2nd	1SIG	46
★ 3rd	8 th Army	25
4th	19 ESC	11
5th	65 th MED	11
6th	2DSB	10
6th	IMCOM	9
7th	19 TH MP	0
7th	(Rotational)	0
8th	21D DIVARTY	0
8th	501 ST MI	0
9th	2ID	0





U.S. ARMY

USAG Humphreys BOSS

FEB Highlights



Warriors Cup Event:

Squad Games

Date & Time: FEB 19 | 1300 - 1700

Location: Collier Fitness Center bldg. 1959

BOSS Rep. Training:

(Every first Tuesday of the month)

Date & Time: FEB 4 | 1400 -1700

Location: BOSS Office bldg. 5724

Installation Meetings:

Date & Time: FEB 11, 25 | 1400 - 1700

Location: Downtown Recreation Center bldg. 5724



MWR Appreciation Meal

Date & Time: FEB 11 | 1100-1300

Location: Downtown Lanes bldg.5722



Taebaeksan Snow Festival

Date & Time: FEB 15 | 0600-2000

Location: Outside Walk-in Gate



Snowy Land

Date & Time: FEB 28 | 0800-2000

Location: Outside Walk-In Gate

Find out more about Quality of Life, Recreation & Leisure, Community Service, and Life Skills with Humphreys BOSS by visiting: humphreys.armymwr.com/programs/boss

Follow us on Social Media and hashtag #humphreysboss



HumphreysBOSS



usag_humphreys_boss



HumphreysBOSS

Questions, Comments or Concerns:

Email: camphumphreysboss@army.mil

DSN: (315) 757-1647

Downtown Recreation Center bldg. 5724





Army Education Center

i **Location:** Bldg #657, Freedom Road
COMM: 0503-355-3600 / **DSN:** 755-3600
Email: usarmy.humphreys.id-pacific.mbx.administration@army.mil



Hours of Operation

USAG Humphreys Education Center

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

Edu Ctr Hub - Vandal Training Center (Humphreys)

- MON & TUE 0900-1600

K-16 Education Center

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





U.S. ARMY

Army Education Center

Kickoff Ribbon Cutting Ceremony K-16 Education Center

RECAP

- Opening Remarks by LTC Gratz
- Engaged with K-16 Service Members
- Expect More Classes at K-16 (both online and face-to-face classes)





U.S. ARMY

Army Education Center

Upcoming Events

WE WANT
YOUR
FEEDBACK



Scan the QR code
or click the link below
to get your survey started!

[Education Interest Inventory Survey
Questions - Google Forms](#)

Help our Education Center
to better understand and
meet your education needs!

Your participation and
feedback are valuable and
will be utilized to help
improve education
programs & services!

U.S. Army
Education Center



ASSESSMENT
SURVEY

SURVEY CLOSE
28 FEB 25

Scan Me
For More Information



ASSESSMENT
SURVEY

USAG HUMPHREYS
EDUCATION CENTER
PRESENTS

**COMMUNITY
EDUCATION
EXPO**

ARMY CONTINUING EDUCATION
A CULTURE OF LEARNING, A LEGACY OF SERVICE

COLLEGE FAIR • COMMISSIONING BRIEFS
DEPENDENT OPPORTUNITIES • VETERAN BENEFITS
SKILL BRIDGE • FEDERAL RESUME WORKSHOP
FINANCIAL READINESS • INFO TABLES
LIVE MUSIC • BBQ OUTPOST

MARCH 6, 2025 • 0900 - 1500

USAG HUMPHREYS
EDUCATION CENTER
BLDG #657 - FREEDOM ROAD

MORE INFORMATION
DSN: 755 - 3600
COMM: 0503 - 355 - 3600
Find us on Facebook!
@USAG Humphreys Education Center

**CHECK IT
OUT!**

COMMUNITY
EDUCATION
EXPO

EVENT DATE
6 MAR 25
0900-1500

Scan Me
For More Information



COMMUNITY
EDUCATION EXPO





U.S. ARMY

Public Affairs Office

My Army Post

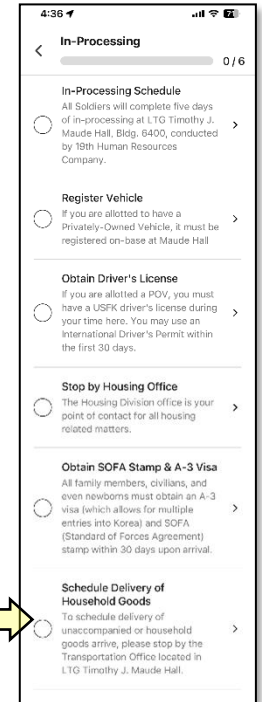
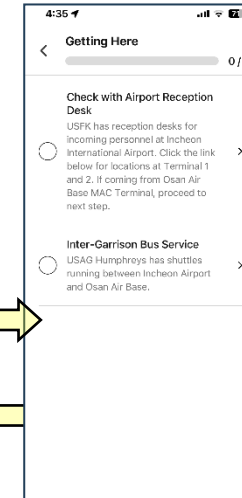
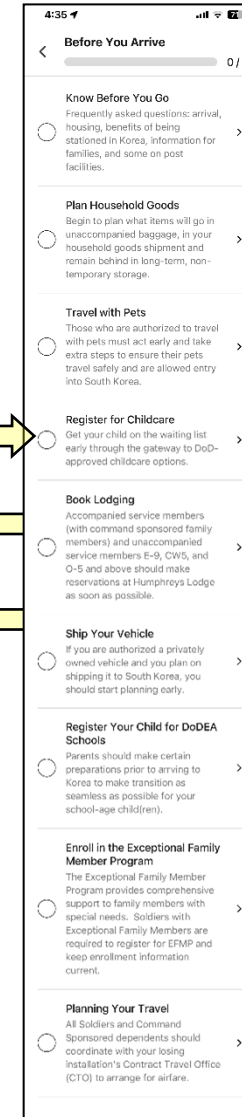
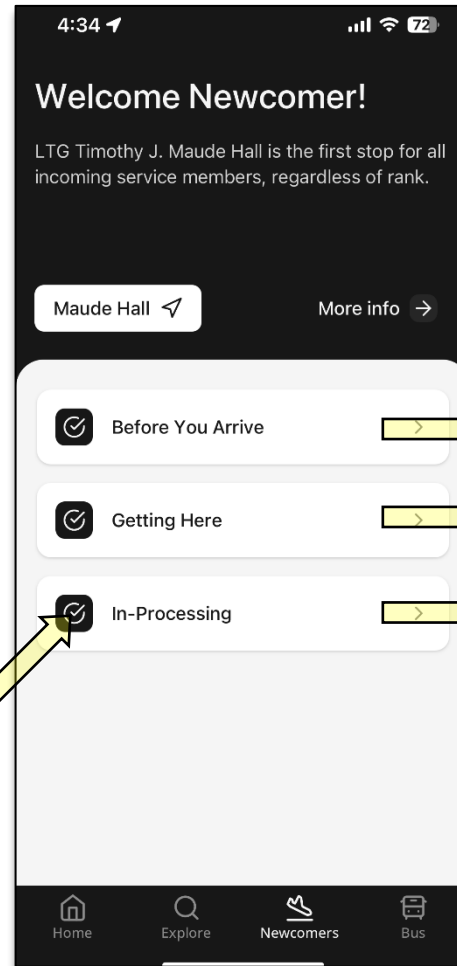
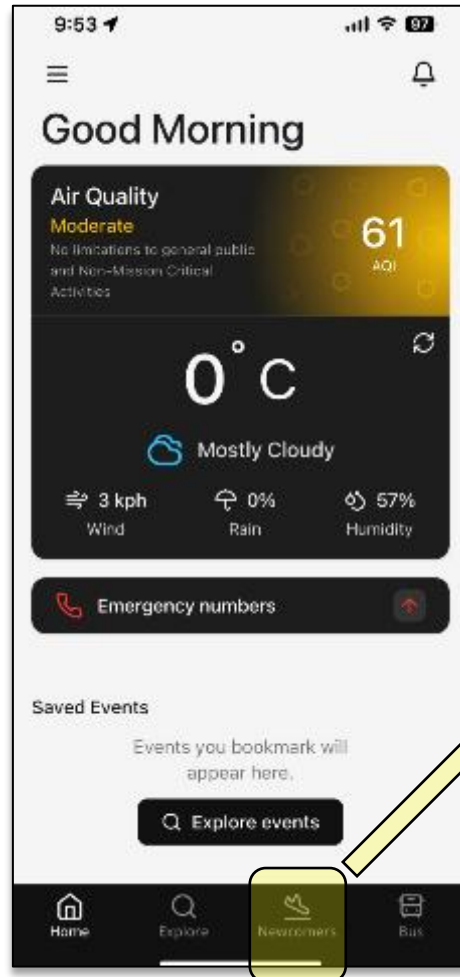
MyArmyPost



Try the Army's Newest
Mobile Application!

FIND THE MY ARMY POST APP
IN THE APP STORE

DOWNLOAD IT TODAY

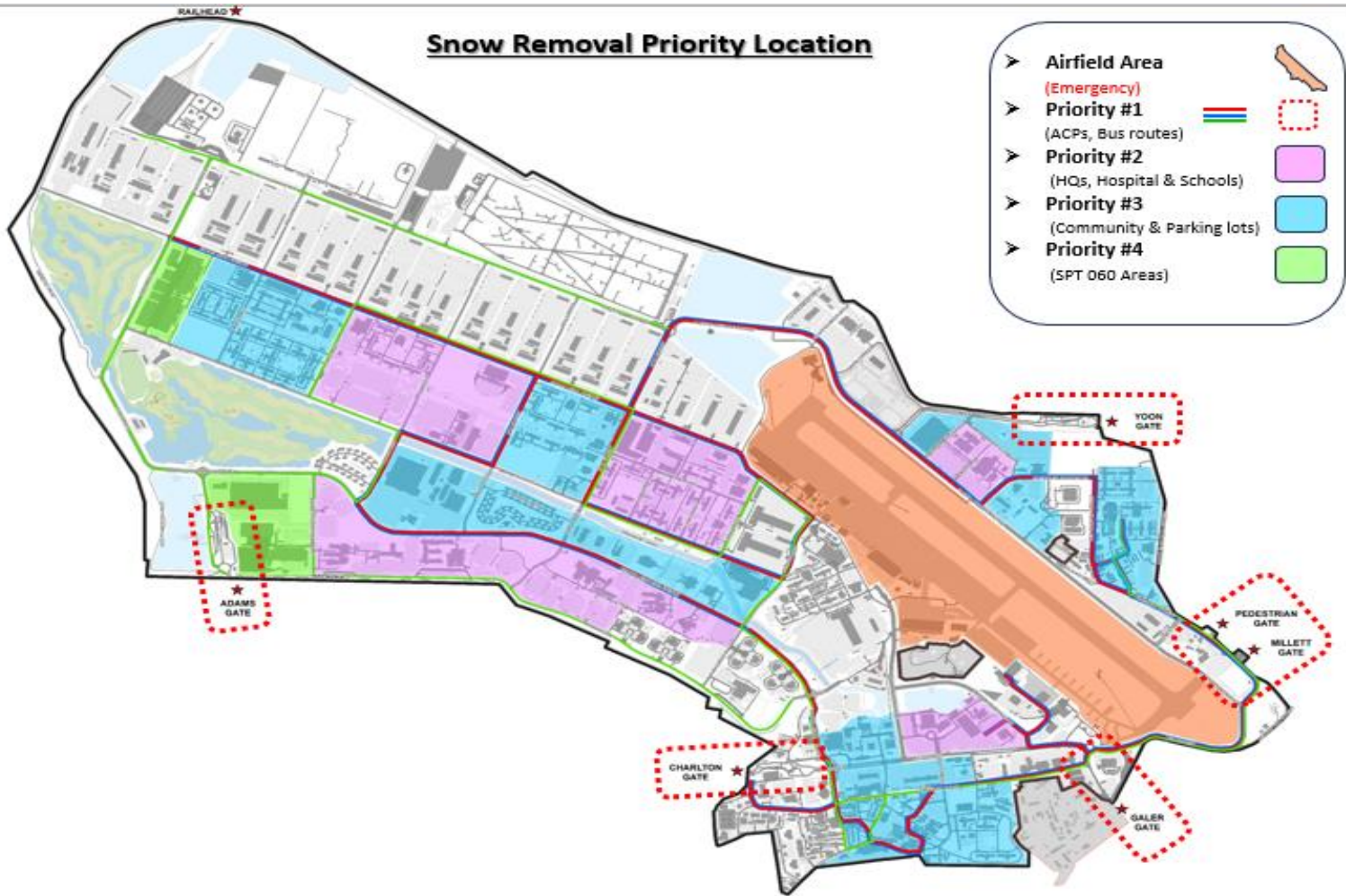


Consider

- Adding the My Army Post App to Reporting Instructions
- Adding the My Army Post App to Welcome Letters
- Ensuring Sponsors provide incoming Soldiers & Families My Army Post App



Snow Removal Priorities



- Building occupants are responsible for clearing within 50ft of their facility.
- Snow and Ice removal equipment available at Self-Help Store (S1019)
 - Hours of Operations – 0730 to 1630 Mon – Fri.
 - Phone # 755-1892 or 755-1893

Self-Help Store Building S-1019		
Equipment	Quantity On-Hand	Remarks
Snow Shovels	50	
Brooms	50	
Ice Melt (50lb/bags)	700	2 bags per cust.
Snow Blowers	10	
Sandbags	2000	Filled @ B612 Labor by Unit





U.S. ARMY

DPW Housing



US ARMY GARRISON HUMPHREYS
Housing Division



Residents **MUST NOT** leave a parked vehicle unattended with the engine running. By doing so you are causing increase emissions and noise pollution. Air pollutants such as **carbon monoxide poisoning**, nitrogen dioxide, hydrocarbons and particulate matter **increases health concerns** to individuals with health problems such as **asthma, nausea, vomiting, dizziness, headaches, confusion** and other respiratory conditions.

Dear Residents,

It was brought to our attention that units are conducting Physical Training (PT) in the underground parking area of our BTL facilities. Unit PT is not authorized to be conducted in the underground parking garages. Please stop immediately. This activity is disrupting quiet hours and the peace of other residents.



Your Army Housing Team

If you have any questions, please contact at Housing Division.

E-mail: usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil





U.S. ARMY

DPW Housing

Dear Residents,

This is a reminder that effective 15JAN25 all Holiday decorations and displays were required to be removed from all residential homes and tower balconies.

Additionally, unauthorized flags or banners must be removed from all residential homes and tower balconies. The only flags authorized for display on military installations are:

- The flag of the United States of America
- Flags of U.S. States and Territories and the District of Columbia.
- Military Service flags.
- Flag or General Officer flags.
- Presidentially appointed, Senate-confirmed civilian flags
- Senior Executive Service (SES) and Military Department-specific SES flags
- The POW/MIA flag.
- Flags of other countries, for which the United States is an ally or partner, or for official protocol purposes.
- Flags of organizations in which the United States is a member (e.g., NATO); and
- Ceremonial, command, unit, or branch flags or guidons.



This guidance applies to public displays or depictions of flags by Service members and civilian employees in all Department of Defense workplaces, common access areas, and public areas, including, government-operated housing.

Your Army Housing Team

If you have any questions, please contact at Housing Division, DPW 757-2647

E-mail: usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil





U.S. ARMY

DPW Housing

ATTENTION CUSTOMERS:



The Furnishings Management Branch will be conducting its required 100%

Annual Physical Inventory of Government Furniture

From March 17th to March 21st

Please Note the Following:

- No Delivery or Pickup Service:** During this period, there will be no delivery or pickup of furniture unless there is an emergency (e.g., appliance failure, life, health, and safety issues).
- Resume of Normal Operations:** Regular operations will resume on **Monday, March 24th**.
- Scheduling Household Goods:** When planning the delivery of your household goods with the Transportation Office, please account for this inventory period.
- TLA Extension:** Temporary Living Allowance (TLA) extension will be authorized to accommodate for this time.

Thank you for your cooperation and understanding.

If you have any questions, please contact us via email:

USARMY Camp Humphreys ID-Pacific List USAG Humphreys FMB usarmy.humphreys.id-pacific.list.usag-humphreys-fmb@army.mil





U.S. ARMY

DPW Housing

Furnishings Management – Requesting Service for appliances & furnishings

- Service request for appliances and furnishings.
 - ❑ Contact FMB for deficiencies with refrigerator, stove, oven, microwave, **washer, dryer**, soft furniture, wood furniture, etc.
- Contact FMB to report nonfunctioning **washers** and **dryers**.
- Any service member can report a nonfunctioning **washer** and **dryer** to FMB.
- For any furnishings support please contact FMB.
- Submit a service order for furnishings & appliances in ArMA.

UH Furnishings contact:

Mr. Kim, Chong Uk, 755-3561, chonguk.kim8.ln@army.mil

Mr. Park, Jin Hong, 755-9562, jinhong.park3.ln@army.mil

Ms. Yi, Un Hui, 757-1468, unhui.yi.ln@army.mil

Ms. Kim, Si Un, 757-1467, sieun.kim3.ln@army.mil

Mr. Pang, Chun, 757-2653, chun.s.pang.civ@army.mil

Mr. Kim, Tae Kyong (TK), 755-9550, taekyong.kim5.ln@army.mil

Mr. Alfie Haywood, FMB Chief, 755-0525, alfie.c.haywood.civ@army.mil



US ARMY GARRISON HUMPHREYS
Housing Division





U.S. ARMY

Furnishings and Appliances Work Order Submission



- **Work order submission via service call:**

DSN: 755-9552 / 755-3560 / 757-1468 / 757-1467

Commercial: 0503-355-9552 / 0503-755-3560 / 0503-357-1468 /
0503-357-1467

- **Work order submission via email:**

USARMY Camp Humphreys ID-Pacific List USAG Humphreys FMB
usarmy.humphreys.id-pacific.list.usag-humphreys-fmb@army.mil

- **Work order submission via ArMA:**

[HTTPS://www.armymaintenance.com/arma](https://www.armymaintenance.com/arma)

Available from any smart phone or desktop web browser.
Scan the QR code with your smart phone camera to open ArMA





U.S. ARMY

Religious Support Office

USAG Humphreys Holy Day Services

Catholic Worship Services (Freedom Chapel):

12/13 APR Palm Sunday: 1730 SAT & 0900 SUN
17 APR Holy Thursday: 1730
18 APR Good Friday (Day of Fasting & Abstaining): 1730
19 APR Easter Vigil: 2000
20 APR Easter Sunday: 0900

Protestant Worship Services:

13 APR Palm Sunday: (All Chapels regular service times)
17 APR Maundy Thursday: 1800 (Pacific Victors Chapel)
17 APR Maundy Thursday: 1800 (4CMC)
18 APR Good Friday: 1800 (Pacific Victors Chapel)
18 APR Good Friday: 1800 (4CMC)
20 APR Easter Sunrise Service: 0600 (4CMC outside)
20 APR Easter Sunday: (All Chapels regular service times)

Jewish Worship Services:

13-14 MAR Purim Fest: (4CMC)
12-20 APR Passover Celebrations (4CMC)

Muslim Holy Days (Pacific Victors Chapel):

28 FEB-30 MAR Ramadan
30 MAR Eid Al Fitr

Pagan Services (Tree Circle Behind 4CMC)

22 MAR Spring Equinox: 1800

Midgard Fellowship Services (Tree Circle Behind 4CMC)

15 MAR Varblot: 1700
12 APR Sigrblót: 1700

Buddhist Services (Warrior Chapel):

12 FEB Magha Puja - Sangha Day: 1100
13 APR Songran Day: 1100

<https://www.facebook.com/HumphreysChapel/>





U.S. ARMY

Religious Support Office

Authentic Pastoral Care

The USAG Humphreys Chaplain Family Life Center is staffed by a licensed/working toward licensure clinically trained chaplain in both spiritual and therapeutic approaches in counseling. Our goal is to provide the best possible pastoral care to the best Service and Family Members in the Army —meaning You!

Confidentiality

The Family Life Chaplain is NOT a mandated reporter, (just like the military unit Chaplains). Also, the Family Life Chaplain is NOT in your chain of command or civilian supervision.



Family Life Chaplain

CH (MAJ) Johnny Cochran 010-9503-8565

john.s.cochran9.mil@army.mil

- Doctorate of Ministry from Gardner Webb University in Pastoral Care and Counseling
- M.S in Marriage and Family Therapy from Capella University
- M.A in Biblical Counseling from SEBTS

Primary advanced trainings:
Emotionally Focused Therapy, Cognitive Behavioral Therapy, Treating Affairs and PTSD, Acceptance and Commitment Therapy



USAG Humphreys Family Life Center



Counseling Available:

- ♦ Marital
- ♦ Pre-marital
- ♦ Combat Stress
- ♦ PTSD
- ♦ Spiritual Crisis
- ♦ Addictions
- ♦ Life Skills
- ♦ Grief
- ♦ Stress
- ♦ Subs. Abuse
- ♦ Financial
- ♦ Parenting
- ♦ and More!!

USAG Humphreys
Chaplain Family Life Center (CFLC)
BLDG 696
Located behind Freedom Chapel
Call to make an appointment:
Tele. 010-9503-8565
Or stop by and make an appointment!





U.S. ARMY

Religious Support Office



BSRT - Suicide Prevention Training - SafeTALK

IN PERSON WORKSHOP

- March 28, 2025

9:00 am - 12:00 pm
Riverbend Pub at the Golf Course
Marne Avenue
BLDG 5904
Pyeongtaek

- Lunch Provided.

Register by QR code or at
bsrt.army.mil



ABOUT THE WORKSHOP

- SafeTALK is a 3 hour in person workshop featuring powerful audiovisuals, discussions, and simulations.
- You'll learn how to recognize when someone may be thinking about suicide, and how to provide a steps for an intervention and develop a safety plan with the person to connect them to further support.
- This workshop aims to increase your willingness, confidence, and capacity to provide suicide first aid.
- Knowledgeable, supportive trainers will guide you through this interactive workshop, ensuring a comfortable and safe learning environment.
- Widely used by professionals and the general public.

COURSE REQUIREMENTS

- Participants must be able to attend the workshop in entirety.
- This course is FREE.

PLEASE CONTACT john.s.cochran9.mil@army.mil FOR ADDITIONAL INFORMATION

WE ARE THE ARMY'S HOME





DES

U.S. ARMY

Pass Application/Request & Sponsorship

IAW USFKI 5200.08 Installation Access Control:

When submitting sponsorship requests, please ensure you use updated forms –
USFK Form 81
(Individual Sponsored)
or
USFK Form 82
(Organization Sponsored)

APPLICATION FOR INDIVIDUAL-SPONSORED INSTALLATION ACCESS PASS
For use this form, see USFKI 5200.08 and the proponent agency is USFK Provost Marshal Office. SEE PRIVACY ACT STATEMENT BELOW.

TRACKING # _____ RECEIVED DATE _____

SECTION I - TO BE FILLED OUT BY SPONSOR AND APPLICANT (TYPE OR PRINT)

1. NAME (LAST, FIRST, MIDDLE) _____ 2. SEX ☐ FEMALE ☐ MALE 3. a. KID/SSN OR PASSPORT _____ 3.b. NATIONALITY _____

4. DOB (YYYYMMDD) _____ 5. HEIGHT (INCHES) _____ 6. WEIGHT (POUNDS) _____ 7. HAIR _____ 8. EYES _____ 9. GLASSES ☐ YES ☐ NO 10. POB (CITY/COUNTRY) _____

11. CURRENT ADDRESS & PHONE NO. (ST NO., CITY & PROVINCE) _____ 12. RELATIONSHIP TO SPONSOR (NOT APPLICABLE FOR PERSONAL SERVICE HIRE PASS APPLICANT) _____

13. ACCESS REQUIREMENTS (If USFK or 8A-wide, special processing required: submit 60 days in advance)

13.a. ACCESS AREA _____ 13.b. FPCON _____ 13.c. HPCON _____ 13.d. ESCORT PRIVILEGE (for 15a and 15d only) ☐ YES ☐ NO ☐ PER(S) _____ ☐ VEH(S) _____ 13.e. HOURS _____ 13.f. DAYS _____

14. SPONSOR INFORMATION

14.a. SPONSOR (FULL NAME/RANK or GRADE) _____ 14.b. SPONSOR FULL SSN or DODID _____ 14.c. SPONSOR ORG & PHONE NUMBER _____

15. PASS TYPE AND JUSTIFICATION (ATTACH COPY OF KID CARD OR PASSPORT, as applicable)

☐ 15.a. SHORT-TERM PASS
PERIOD OF VISIT: _____ TO _____ INSTALLATION(S): _____

☐ 15.b. PERSONAL SERVICE HIRE PASS
SERVICE REQUIRED: _____ SERVICE EXPIRATION: _____ ON-POST HOUSING A/CAMP/BASE _____

☐ 15.c. NON-DOD FAMILY MEMBER PASS
REASON FOR STAY IN KOREA: _____

☐ 15.d. CIVILIAN RETIREE FAMILY MEMBER. CIVILIAN RETIREE RETIREMENT DATE: _____

☐ 15.e. VHC HOLDER CARE PROVIDER: VA COMMUNITY CARE LETTER PRESENTED? ☐ YES ☐ NO

SPONSOR ACKNOWLEDGEMENT OF RESPONSIBILITY

I fully understand my responsibilities as a sponsor for the control of the person identified at the top of this application. All information submitted is true and correct to the best of my knowledge. I further understand that it is my responsibility to ensure proper conduct of my visitor while he/she is on USFK installation. It is my responsibility to ensure that the pass is returned to the Installation Pass & ID Office upon termination of the visit. Failure to comply with these requirements may result in adverse administrative or legal action against me.

16. SPONSOR SIGNATURE _____ DATE _____

SECTION II - TO BE FILLED OUT BY PASS & ID OFFICE

17.a. USFK Law Enforcement Check ☐ Requested ☐ Completed 18. DEROGATORY INFORMATION ☐ YES ☐ NO
(If Yes) Date Provided Approval Authority: _____

17.b. KNP Criminal History Check _____

17.c. NCIC Check _____

I HAVE REVIEWED THIS APPLICATION TO ENSURE INFORMATION AND DOCUMENTATION REQUIRED FOR AN APPROVAL DETERMINATION ARE ENCLOSED AND IAW USFKI 5200.08.

19. SIGNATURE OF PASS & ID SECTION CHIEF OR NOIC _____ DATE _____ 20. PASS EXPIRATION DATE _____

SECTION III - APPROVAL AUTHORITY

I HAVE REVIEWED THIS APPLICATION AND ITS SUPPORTING DOCUMENTATION AND I AFFIRM IT MEETS THE PROVISIONS OF USFKI 5200.08. ☐ Approved ☐ Disapproved

SIGNATURE, TYPED NAME, GRADE, & DUTY TITLE _____

PRIVACY ACT STATEMENT

1. AUTHORITY: Title 10, USC, 3012(g).

2. PRINCIPAL PURPOSE(S): Use of social security number or Korean identification number is an additional means of identification of individuals.

3. ROUTINE USES: An individual's social security number or Korean identification number, together with name and other personnel identifying data, may be used for the collection of derogatory information on the retiree DOD, host nation, and other law enforcement agencies in determining an individual's suitability for access to USFK installations in Korea.

4. MANDATORY OR VOLUNTARY DISCLOSE AND EFFECT ON INDIVIDUALS NOT PROVIDING INFORMATION: Disclosure of information is voluntary. Failure to provide required data may result in denial of access to USFK installations.

USFK FORM 81, 29 OCT 2024 PREVIOUS EDITIONS ARE OBSOLETE. PAGE 1 OF 2

APPLICATION FOR ORGANIZATION-SPONSORED INSTALLATION ACCESS PASS
For use this form, see USFKI 5200.08 and the proponent agency is USFK Provost Marshal Office. SEE PRIVACY ACT STATEMENT ON PAGE 2.

TRACKING # _____ RECEIVED DATE _____

SECTION I - TO BE FILLED OUT BY SPONSOR AND APPLICANT (TYPE OR PRINT)

1. NAME (LAST, FIRST, MIDDLE) _____ 2. SEX ☐ FEMALE ☐ MALE 3. a. KID/SSN OR PASSPORT _____ 3.b. NATIONALITY _____

4. DOB (YYYYMMDD) _____ 5. HEIGHT (INCHES) _____ 6. WEIGHT (POUNDS) _____ 7. HAIR _____ 8. EYES _____ 9. GLASSES ☐ YES ☐ NO 10. POB (CITY/COUNTRY) _____

11. ADDRESS & PHONE NUMBER

11.a. CURRENT ADDRESS & PHONE NO. (ST NO., CITY & PROVINCE) _____ 11.b. PERMANENT ADDRESS & PHONE NO. (ST NO., CITY & PROVINCE) _____

12. ACCESS REQUIREMENTS (If USFK or 8A-wide, special processing required: submit 60 days in advance)

12.a. ACCESS AREA _____ 12.b. FPCON (A, B, C, or D) _____ 12.c. HPCON (0, A, B, C, or D) _____ 12.d. ESCORT PRIVILEGE ☐ YES ☐ NO ☐ PER(S) _____ ☐ VEH(S) _____ 12.e. HOURS _____ 12.f. DAYS _____

12.g. PASS TYPE ☐ EMPLOYEE ☐ ROK MILITARY ☐ SPONSORED GUEST ☐ ROK GOVERNMENT OFFICIALS ☐ ROK MILITARY FAM MBR ☐ CONTRACTOR ☐ ALLIED NATION ☐ SG SPOUSE (RED) ☐ KOREAN SERVICE CORPS ☐ US EMBASSY ☐ VOLUNTEER ☐ DRIVER (RED)

12.h. STATUS ☐ INITIAL ☐ RENEWAL ☐ UPDATE

12.i. MISSION ESSENTIAL PERSONNEL (MEC) ☐ YES, Position # _____ ☐ NO

13. SPONSOR INFORMATION

13.a. SPONSOR (FULL NAME/RANK or GRADE) _____ 13.b. SPONSOR FULL SSN or DODID _____ 13.c. SPONSOR ORG & PHONE NUMBER _____

14. JUSTIFICATION FOR INSTALLATION/BASE ACCESS (ATTACH COPY OF KID CARD OR PASSPORT, PREVIOUS PASS, as applicable)
(FPCON level, escort privilege, access area, and days/hours of access must be justified in detail)

SPONSOR STATEMENT OF UNDERSTANDING

I fully understand my responsibilities as a sponsor for the control of the person identified at the top of this application. All information submitted is true and correct to the best of my knowledge. I further understand that it is my responsibility to ensure that I notify the Installation Pass & ID Office of any change in my status as a sponsor or any knowledge of misuse of the pass to be issued. It is my responsibility to ensure that the pass is returned to the Installation Pass & ID Office if it is not renewed, upon termination of employment or services being provided; or for short term visitors or personal service employees, prior to my DEROS. Failure to comply with these requirements may result in adverse administrative or legal action against me.

15. SPONSOR SIGNATURE _____ DATE _____

USFK FORM 82, 29 OCT 2024 PREVIOUS EDITIONS ARE OBSOLETE. PAGE 1 OF 3



Vehicle Registration Process/Checklists

All USAG Humphreys Pass & I.D. Checklists are earmarked with a unique QR Code which can link customers to:

<https://home.army.mil/humphrey/s/index.php/about/Garrison/DES>

Your **"FIRST STOP"** for all Pass & I.D., Vehicle Registration, and DBIDS needs!

Consistently updated by the Pass & I.D. Office, the webpage contains links to all required forms for basic access in easy-to-use PDF formats.

QR Code is scannable to all applicable cellular telephones and tablets alike!

VEHICLE REGISTRATION

(PCS-IN VEHICLE SHIPPED ON ORDERS)

PLAN AHEAD

- The office may close earlier than listed.
- The DMV Korea is a courtesy provided by USAG Humphreys.
- DMV will stop issuing our customer service.
- WARNING:**
- YOU MAY NOT RECEIVE DMV SERVICES DIRECTED TO USE PYONGTAEK DMV.**

VEHICLE REGISTRATION

(SHIPPING OUT)

PLAN AHEAD

VEHICLE REGISTRATION

(EXCHANGE BETWEEN SOFA OWNERS)

VEHICLE REGISTRATION

(DEREGISTRATION-JUNKING)

PLAN AHEAD

- Don't wait.
- Don't leave.
- The office may close earlier than listed.
- Pay all fees in advance.
- The DMV Korea is a courtesy provided by USAG Humphreys.
- DMV will stop issuing our customer service.
- WARNING:**
- YOU MAY NOT RECEIVE DMV SERVICES DIRECTED TO USE PYONGTAEK DMV.**

OWNER AND MAY BE

UN DECAL

USA or Korea

FROM YOUR PASS (FORM 104)

Owner or Invoice

USA, Korea, Korea ID-101, 1010000, then registration

UN DECAL

UN DECAL

UN DECAL

UN DECAL

UN DECAL

UN DECAL

UN DECAL

UN DECAL

UN DECAL

UN DECAL

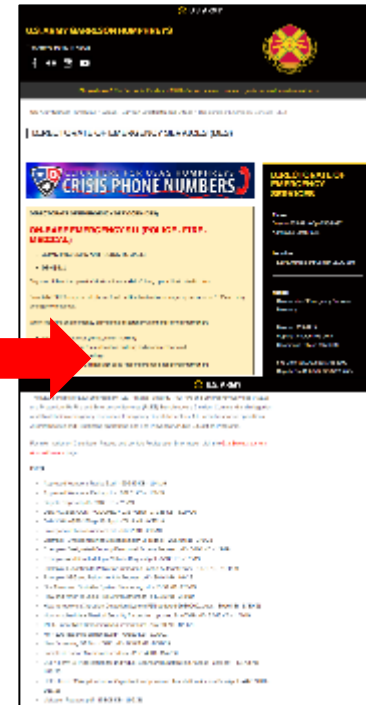
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UN DECAL





U.S. ARMY

KOREA NATIONAL POLICE Branch Office



Newly Implemented Road Traffic Act in June, 2025

■ The Punishment for “Post – Accident Drinking”

Article 44, Paragraph 5 (Obstruction of BAC Measurement in DUI), Road Traffic Act <Effective from June 2025>

A person who has substantial grounds to be deemed in a state of intoxication shall not **consume additional alcohol or use items** which are prescribed by Ministerial Decree of the Interior and Safety, such as medicines that may affect blood alcohol concentration, after operating a motor vehicle, tram, or bicycle, **with the intent to obstruct the measurement** under Paragraph (2) or (3) (hereinafter referred to as "act of obstructing BAC measurement").

1. Background:

In 2024, a famous Korean singer caused a drunk driving accident, fled the scene, and consumed more alcohol afterward to obscure his BAC level at the time of driving. However, due to a legal loophole—where DUI charges are based on BAC at the time of driving, and post-accident drinking makes it increasingly difficult to prove the driver was intoxicated while behind the wheel—he was not prosecuted for DUI. This led more drivers than ever to imitate this tactic, increasing the need for legal amendments.

2. Summary:

If anyone consumes additional alcohol or takes medication that may affect their BAC level after driving **in an attempt to obscure their BAC at the time of driving**, they will face **imprisonment for 1 to 5 years or a fine ranging from 5 to 20 million KRW**.

*The specific types of medication will be designated before the law is implemented.



Alert Skiing Collision Incidents

■ Recent Cases Involving Subpoenas Issued to the U.S. soldiers

- ▶ DEC 12, 2024 / Phoenix Resort in Pyeongchang / (Victim) Jaw and collarbone fracture
- ▶ DEC 14, 2024 / Phoenix Resort in Pyeongchang / (Victim) Calf injury
- ▶ JAN 8, 2025 / Konjam Resort in Gwangju / (Victim) Orbital fractures



■ Bodily Injury by Negligence (Criminal Charge)

If a person **negligently causes injury** to another in a skiing collision, they may be punished under Article 266 (Bodily Injury by Negligence) of the Criminal Act. Additionally, the victim may file a civil lawsuit for damages.

However, the charge will be dropped if the victim decides not to pursue legal action after reaching a private settlement.

Article 266 (Bodily Injury by Negligence), Criminal Act

- (1) A person who inflicts a bodily injury upon another through negligence shall be punished by **a fine not exceeding 5 million won, detention or a minor fine.**
- (2) The crime as referred to in paragraph (1) shall **not be prosecuted against the express objection of the victim.**



U.S. ARMY

Exchange



Valentine's Day Event

- › Design your own cake at Main Store! Bring your photo to be scanned on the cake.
- › Date: 14 Feb (Fri)
- › Time: 09:00-12:00



BOSE Road Show

- › Location: PowerZone at Main Store
- › Date: 14-15 Feb (Fri-Sat)



NERF Super Event

- › NERF or NOTHIN'!
- › Date: 22 Feb (Sat)
- › Time: 11:00-13:00
- › Location: Main Store





U.S. ARMY

Exchange – Services



BE MINE

LOVE BLOOMS

this Valentine's Day!

Order a Petals & Blooms floral arrangement today!

VALENTINE'S DAY ♥ FEB. 14

LYSM XO

Downtown Shopping Center (Bldg. 5700)
070-7597-4488

Sentry Mini Mall (Bldg. 400)
070-7597-0507

Petals & Blooms

Petals & Blooms

Valentine's Day is fast Approaching!



- Pre-Orders Available!
- Flowers & Gifts available at both Petals & Blooms locations,
Perfect for your Valentine!
- Sentry Mini Mall Bldg. 400
 - 10:00-19:00 Daily, 070-7597-0507
- Downtown Shopping Center Bldg. 5700
 - 1000-1900 Daily, 070-7597-4488





U.S. ARMY

Exchange – Services

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 Dunkin' & LGU+**

**Operating Hours
10:00-19:00, Mon-Sat / Sun Closed**

**For Appointments
Call: 070-7727-6100
Email: Mr. Hong
sung.x.hong@tax.hrblock.com**



H&R BLOCK®





WELCOME ABOARD

FRESH FRUITS & VEGETABLES



Coastal Pacific Food Distributors is excited to begin operations as DeCA's new produce contractor for Fresh Fruits & Vegetables. All of us on the CPFD Team look forward to working with you to help provide patrons an assortment of fresh produce with emphasis on high quality & value.





Effective Oct 31, 2024 Due to South Korean regulations pertaining to imported products, commissaries will no longer be able to import certain items. Due to these importation restrictions on certain fresh fruits and vegetables commissary patrons should expect that the assortment will reflect the availability of products which may be commercially imported or which are otherwise available locally in SOUTH Korea.

EMBARGO ITEMS from USA (categories)

Types of products prohibited imports from USA.

- Apple
- Pear
- Stone fruits(Peach/Plum/Apricot)
- Strawberry
- Mango
- Tomato
- Pumpkin
- Cranberry





EMBARGO ITEMS (conditions & exceptions)

Some items require certain conditions to import to Korea

Potatoes–Despite not being officially designated an embargo item, prohibitive requirements discourage suppliers from importing. The potatoes currently imported from the USA to Korea are exclusively used for food processing, not retail purposes.

Mushrooms–Currently, there are no approved local sources for mushrooms, and they must be shipped via air from the USA.





DoDEA – Important Information & Dates

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



<https://www.usajobs.gov/GetJob/ViewDetails/768205000>

DoDEA Pacific West Information Site



<https://www.dodea.edu/pacific/pacific-west/usag-humphreys-schools>

No School for Students:

February 14: Recess Day
February 17: President's Day
March 27: Teacher Workday
March 28-April 4: Spring Break

Upcoming School Dates:

February 13: IAC Meeting
March 26: End of 3rd Quarter

Upcoming School Events:

February 8: ACT at HHS
February 20: ASVAB at HHS
March 11: In School SAT for Juniors

School Office Hours: 0700 – 1600 hrs.

School registration website: <https://dodeasis.myfollett.com/aspen/logon.do>





U.S. ARMY

Brian D. Allgood Army Community Hospital

BDAACH Access to Care – Virtual (Phone) Appointments

Virtual (Telephonic) Appointments Now Available at BDAACH

BDAACH is increasing access to care even further by expanding use of virtual, over-the-phone appointments for patients who do not need to see their provider in person. While some medical needs—such as physical examinations, immunizations, or urgent care—require an in-person visit, many routine appointments can be completed quickly and effectively over the phone, reducing wait times and improving access to care.

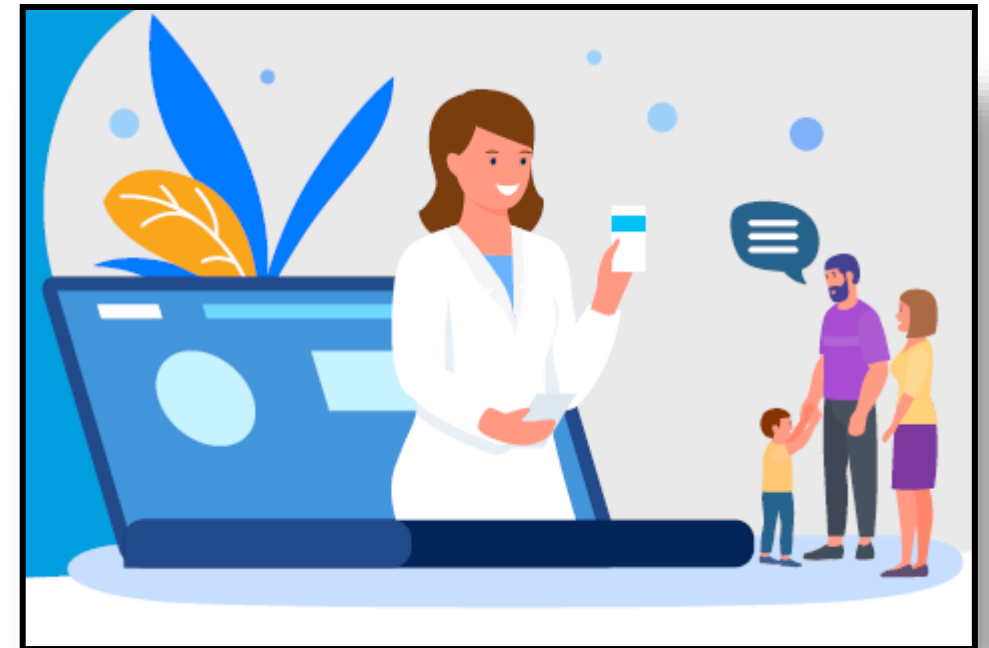
Who Can Use Virtual Appointments?

Active-Duty Service Members (ADSM), Active-Duty Family Members (ADFM), Empaneled patients with a Primary Care Manager (PCM) at BDAACH

What Virtual Care Options Are Available?

Virtual appointments are suitable for medical needs that do not require a hands-on physical examination such as:

- ✓ Medication renewals
- ✓ Referral requests
- ✓ Simple consultations
- ✓ Follow-up care
- ✓ Lab/X-ray result reviews





U.S. ARMY

Brian D. Allgood Army Community Hospital

BDAACH Access to Care – Virtual (Phone) Appointments

Why Choose a Virtual Appointment?

Virtual care offers several benefits, including:

- ✓ **Faster Access to Care** – Get timely medical advice and triage for necessary in-person visits.
- ✓ **Convenience & Time-Saving** – Avoid travel and long wait times by resolving concerns over the phone.
- ✓ **Improved Access for Patients with Mobility or Transportation Challenges** – Receive care from anywhere.
- ✓ **Comfort of Home** – No need to rearrange schedules or disrupt daily routines.
- ✓ **Reduced Exposure to Illness** – Avoid crowded waiting rooms and potential infections.
- ✓ **Support for Family Responsibilities** – No need to arrange childcare or elder care to visit the clinic.

How to Schedule a Virtual Appointment?

Patients can schedule a virtual (phone) appointment the same way they would a regular appointment:

1. **Call the Central Appointment Line** – DSN: 315-737-2273 COMM: 0503-337-2273
2. **Use Secure Messaging to request an appointment** – MHS GENESIS Patient Portal (<https://patientportal.mhsgenesis.health.mil>)

If a virtual appointment is appropriate and available, MTF staff will recommend it during scheduling.





U.S. ARMY

Brian D. Allgood Army Community Hospital

BDAACH Access to Care – Combatting No Shows

What is a No-Show?

A No-show is defined as a patient who has an appointment with the MTF, but neither uses the appointment nor notifies the MTF of their inability to keep it.

What we are doing to combat No Shows

Every Friday, BDAACH generates a **Weekly No-Show Report** and distributes to all CSMs (19th ESC, 1ST SIG BDE, 2ID, 35th ADA, 501st MI BDE, 65th MED BDE, 8A, USFK, IMCOM).

The report includes three rosters:

1. No-Show Roster by MSC/BDE – Top-level summary.
2. No-Show Roster of ADSM – Individual names and assigned units.
3. Upcoming Appointments Roster – List of next week's scheduled appointments.

What you can do to combat No Shows

- ✓ Sign up for Appointment Reminders
- ✓ Cancel/reschedule your appointment at least **two (2) hours** prior to the appointment time by:
 1. Using the MHS GENESIS Patient Portal
 2. Calling the central appointment line (0503-337-2273)
 3. Contacting/visiting Clinic Front Desks



NOTE: ADSMs may still appear on the report due to administrative/system discrepancies. If this occurs, contact BDAACH Health Care Operations (direct email link available in weekly report).





U.S. ARMY

Brian D. Allgood Army Community Hospital

BDAACH Access to Care – Appointment Reminders

Forgetting to go to your appointments? Make sure you're getting Appointment Reminders!

Why should I get Appointment Reminders?

- You will be notified 48 hours in advance of your appointment.
- You will also get emergency notifications and inclement weather closures related to appointments.
- Each reminder notifies you of the appointment date, time, provider, and MTF.
- Reminders also provide information on how to cancel the appointment, if necessary.

How to Sign Up for Appointment Reminders

When checking in for your appointment at the clinic front desk, ask to update two things!

1. Contact Information
2. Notification Preferences (Call, Text, or Email)

Or you can call the Central Appointment Line (0503-337-2273) and an appointing clerk will assist you with updating your EHR.

NOTE: Must be a local Korean number to receive calls or text.





Brian D. Allgood Army Community Hospital

BDAACH Physical Therapy (PT) – Expanded Sick Call Hours

Great news for our active-duty folks!

Due to popular demand and increased staffing availability, PT Clinic Sick Call hours are now 0600-0900 every day during the week!

**BDAACH**
PHYSICAL THERAPY CLINIC *Sick Call*
Active Duty, permanently stationed at Camp Humphreys

OUR SERVICE:

- ✓ **New Injuries (21 days or less)**
Neck, Back, Shoulder, Elbow, Wrist, Hand, Hip, Knee, Leg, Ankle, Foot
- ✓ **Monday – Friday, 6:00 - 9:00 AM**
- ✓ Not available on Federal or USFK Training Holidays
- ✓ May be subject to closure based on provider availability

 **PHYSICAL THERAPY CLINIC**
BDAACH, 4th Floor

***Limited availability; patients will be triaged based on medical necessity.
If closed and you require immediate attention, please visit nearest Emergency Room.





Self-Care Is Essential for Sustaining High Performance



February Classes:

- ✓ 02/04 at 1000 Upping Your Metabolism
- ✓ 02/05 at 1000 ACFT Performance Optimization
- ✓ 02/07 at 0800 Fueling For Health
- ✓ 02/11 at 1000 Meals In Minutes
- ✓ 02/12 at 1000 Stress Management
- ✓ 02/14 at 0800 Health Sleep Habits
- ✓ 02/18 at 1000 ACFT Performance Optimization
- ✓ 02/19 at 1000 Fueling For Health
- ✓ 02/21 at 0800 Upping Your Metabolism
- ✓ 02/25 at 1000 Healthy Sleep Habits
- ✓ 02/26 at 1000 Stress Management



Our services are available
for Active-Duty Military,
Dependents, Retirees,
Spouses, Reserve, National
Guard, and DA/DOD
Civilians.



Building 578

DSN: 315-737-5758

COMM: 010-3337-5758

Hours:

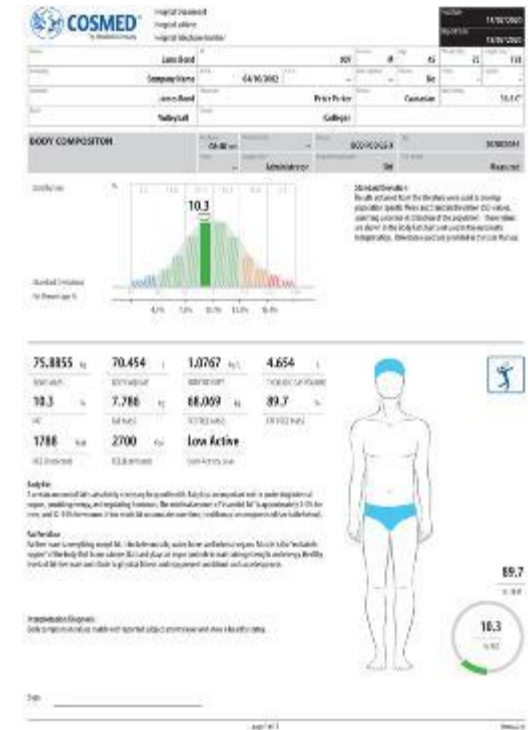
Monday-Thursday 0800-1600

Friday 0800-1200





Units can reserve an afternoon
for individual Bod Pods .



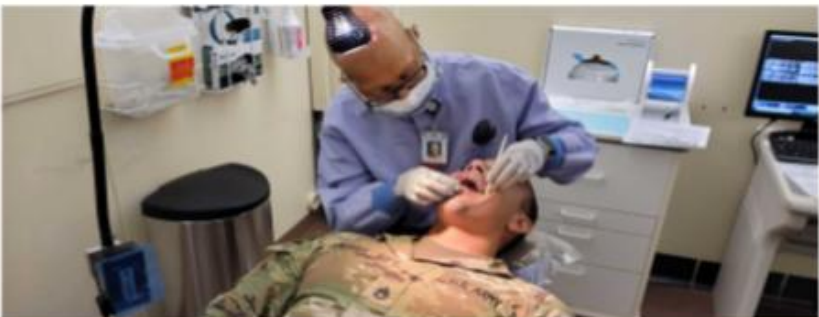


U.S. ARMY

Dental Health Activity – Korea

DENTAL ONE-STOP

Dental Readiness



Our Services

- ✓ Daily walk-in exams for Service members due for annual exam with-in 60 days
- ✓ Mass exam events coordinated for units
- ✓ Limited same day/next day scheduled exam appointments to reduce the wait time



0730 - 1130 / 1230 - 1630 Monday
0730 - 1130 / 1230 - 1630 Tuesday
0730 - 1130 / 1230 - 1630 Wednesday

Closed Thursday

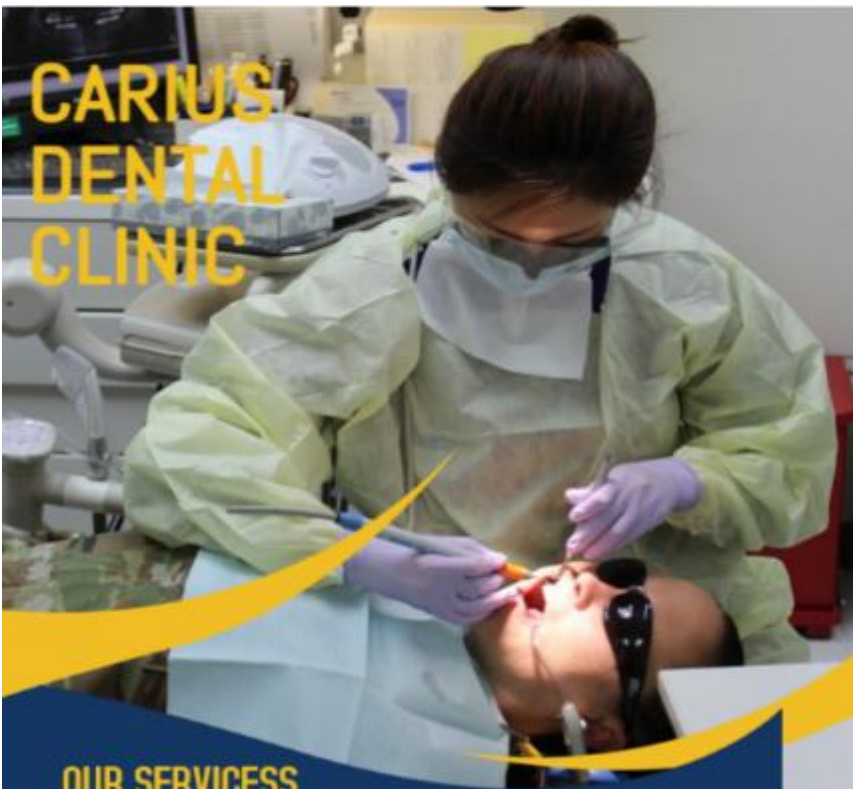
0730 - 1130 / 1230 - 1630 Friday

* Closed all Federal Holidays and DONSA's



USAG Humphreys, Maude Hall
Building 6400, 2F J208

CARIUS DENTAL CLINIC



OUR SERVICESS

- ✓ SICK CALL
- ✓ DENTAL READINESS
- ✓ PERIODONTICS
- ✓ PROSTHODONTICS
- ✓ ENDODONTICS

HOURS OF OPERATIONS

MONDAY - FRIDAY
7:30 a.m. - 4:30 p.m.
(EXCLUDING FEDERAL HOLIDAYS)

COMMERCIAL APPOINTMENT

0503-337-9206/9207

DSN APPOINTMENT

315-737-9206/9207

BLDG. 3020/ USADC
CARIUS # 15660/ APO
96271





U.S. ARMY

Dental Health Activity – Korea



February

**National Children's
Dental Health Month**

**24-28 February Dental
Screenings**

@

**Humphreys Central Elementary School
Humphreys West Elementary School
Humphreys Middle School**





U.S. ARMY

Veterinary Services



Camp Humphreys Veterinary Treatment Facility

CAMP HUMPHREYS VTF FEBRUARY CLINIC SCHEDULE

Open for Full Operations
Except:

- FEB 17: **CLOSED**
(President's Day)
- FEB 21: **PET
READINESS DAY**
- FEB 28: **OUT-
PROCESSING ONLY**
(End of Month Inventory)
- WEEKENDS: **CLOSED**

Hours of Operation:

- Monday, Wednesday -
Friday:
0900-1200 & 1300-1600
- Tuesday:
0900-1200 & 1330-1600

****MARCH SCHEDULE OPENS
ON FEB 18 ****

SUN	MON	TUES	WED	THURS	FRI	SAT
February 2025						1 CLOSED WEEKEND
2 CLOSED WEEKEND	3 WELLNESS & HEALTH CERTS	4 ALL APPOINTMENTS	5 ALL APPOINTMENTS	6 WELLNESS & HEALTH CERTS	7 WELLNESS & HEALTH CERTS	8 CLOSED WEEKEND
9 CLOSED WEEKEND	10 WELLNESS & HEALTH CERTS	11 ALL APPOINTMENTS	12 ALL APPOINTMENTS	13 WELLNESS & HEALTH CERTS	14 WELLNESS & HEALTH CERTS	15 CLOSED WEEKEND
16 CLOSED WEEKEND	17 CLOSED PRESIDENT'S DAY	18 ALL APPOINTMENTS	19 ALL APPOINTMENTS	20 WELLNESS & HEALTH CERTS	21 PET READINESS DAY	22 CLOSED WEEKEND
23 CLOSED WEEKEND	24 WELLNESS & HEALTH CERTS	25 ALL APPOINTMENTS	26 ALL APPOINTMENTS	27 WELLNESS & HEALTH CERTS	28 INVENTORY OUT- PROCESSING ONLY	

CONTACT US

DSN:

(315) 737-9720/9721

Commercial:

0503-337-9720/9721

Email Address:

usarmy.humphreys.65-
med-bde.mbx.vet-
clinic@health.mil

Physical Address:

Bldg 2260, Tropic
Lightning Avenue, USAG
Humphreys

FOLLOW US ON SOCIAL MEDIA!

106th MED DET (VSS):

<https://www.facebook.com/106thMDVSS>

Humphreys VTF:

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





U.S. ARMY

Veterinary Services



Camp Humphreys February Pet Readiness Clinic

February 21, 2025
10:00am - 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, SOFA status Civilians, and their dependents!

CAMP HUMPHREYS Pet Readiness Clinic

BRING YOUR PET NEO PACKETS &
YOUR QUESTIONS!

THIS CLINIC IS DESIGNED TO PREPARE FAMILIES & PETS FOR A REAL WORLD EVACUATION FROM THE PENINSULA. OUR TEAM CAN HELP YOU ENSURE YOUR PETS ARE UP TO DATE ON REQUIRED TREATMENTS AND HAVE PROPER DOCUMENTATION SO THEY ARE READY TO GO.

Located at the Camp Humphreys Veterinary Treatment Facility, Building 2260

FEBRUARY 21, 2025

From: 1000 -1600

Have NEO Packet Prep and Advice questions? We'll answer those for FREE!*

OTHER AVAILABLE SERVICES:

- Microchip (ISO compliant)
- Rabies Vaccine
- Distemper Vaccine
- Bordetella Vaccine
- Lepto Vaccine
- FVRCP Vaccine
- Heartworm Test

*All other services require a physical exam. Normal rates apply. Payment due at time of service.
* Last check-in is at 1545.

Questions?
Contact us at
0503-337-9720/9721
or
usarmy.humphreys.65-
med-bde.mbx.vet-
clinic@health.mil

PET NEO REQUIREMENTS

- Registration at the nearest VTF
- ISO Compliant (15 digit) microchip implanted under skin
- Current rabies vaccination with **original** rabies certificate (DD 2208 or civilian equivalent) **signed by a veterinarian** (2 copies)
- Pre-filled Veterinary health certificate (DD 2209) with **date and veterinarian information left blank** (2 copies)
- Pre-filled Animal Noncombatant Emergency Evacuation card
- 10-day supply of food and 30-day supply of medications
- 30-day supply of medications if required
- Rigid (no soft sided), IATA approved carrier that is large enough for pet to stand up, turn around, and lay down FOR EACH PET.
- Well-fitting collar or harness with ID tags and leash





U.S. ARMY

Veterinary Services



Osan AB Veterinary Treatment Facility

OSAN AB VTF FEBRUARY CLINIC SCHEDULE

Open for Full Operations
Except:

- FEB 6: Half Day 0900-1200
- FEB 17: **CLOSED**
(President's Day)
- FEB 21: **PET READINESS DAY**
- FEB 28: **CLOSED** (End of Month Inventory)
- WEEKENDS: **CLOSED**

Hours of Operation:

- Monday - Friday
0900-1200 & 1300-1600

February							2025
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						CLOSED	1
							2
CLOSED						CLOSED	3
							4
							5
				Half Day 0900-1200		CLOSED	6
							7
CLOSED						CLOSED	8
							9
CLOSED						CLOSED	10
			SURGERY DAY			CLOSED	11
							12
CLOSED						CLOSED	13
							14
CLOSED	Closed for Presidents Day					CLOSED	15
							16
CLOSED	CLOSED						17
							18
CLOSED						CLOSED FOR EOM	19
							20
							21
							22
							23
							24
							25
							26
							27
							28

CONTACT US

Commercial:

0503-337-9820

Email Address:

usarmy.osan.65-med-bde.mbx.106th-clinic-staff@health.mil

Physical Address:

Bldg 766, Songtan Blvd.,
Osan Air Base

FOLLOW US ON SOCIAL
MEDIA!

106th MED DET (VSS):

<https://www.facebook.com/106thMDVSS>

Osan AB VTF:

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





Provide substance use disorder clinical care, including assessment, treatment, and aftercare, for Service Members within an integrated medical and behavioral health model to enhance health and readiness.

**Unit- Aligned
Group Therapy
Individualized Care
Community Outreach
Command Collaboration
Psychoeducational Groups**



BDAACH(5th Floor)
DSN: 315-737-1905
Pacific Guardian (Kim's Clinic)
DSN: 315-737-5791
Warrior Clinic
DSN: 315-737-5177



Providing educational briefs for various units. If your unit is interested in a SUDCC brief, please email us at usarmy.humphreys.medcom-kor.list.bdaach-sudcc@health.mil or maria.i.guerrero3.civ@health.mil





AMERICAN RED CROSS

U.S. ARMY

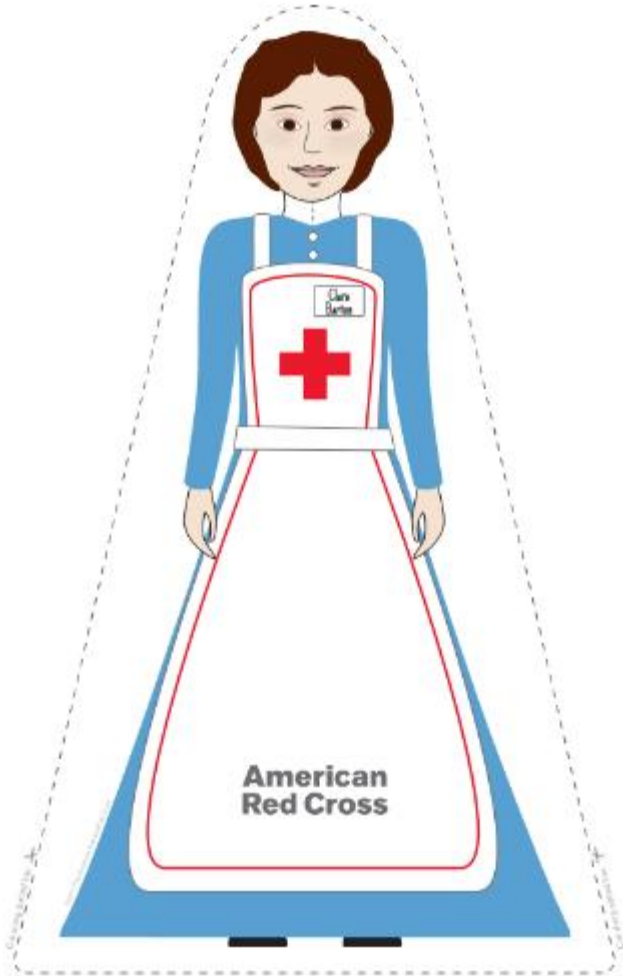
MARCH IS RED CROSS MONTH!!!

KEEP AN EYE OUT FOR CUT-OUT CLARA (BARTON)
WITH MORE INFORMATION AND SPECIAL EVENTS
COMING YOUR WAY!!!

PLEASE CONTACT US TO REQUEST A UNIT BRIEFING
TO INFORM YOUR FORMATIONS ABOUT RED CROSS
PROGRAMS AND SERVICES!!

JENNIFER.FAUX2@REDCROSS.ORG

010-9762-0621





U.S. ARMY

AMERICAN RED CROSS



American
Red Cross

Mindful Movement

The Red Cross offers a **FREE** Mindful Movement class program to any interested groups on base!

These classes are for de-stressing and winding down in any moment from work to school. Learn breathing techniques, light stretches, and Mindful thinking to bring you into the present moment. Classes are 45 minutes in length.



Adult 18+ Class

- Activities are for all levels of fitness
- Pairs well with training days
- Counts for PT/Resiliency



Family Class

- Interactive mindfulness
- Connect with your child as you work together to learn helpful new tools



Contact our office to schedule a class today!

DSN Phone: 315-757-2348 Commercial phone: 0503-357-2348

Email: SAFHumphreys@redcross.org

WE ARE THE ARMY'S HOME

57 of 68





U.S. ARMY



American Red Cross



American Red Cross

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 – anyone welcome)

February 5 0900-1200

February 7 0900-1200

February 14 0900-1200

February 20 1200-1500

BLS: \$12

(Generally for medical personnel, refresh)

February 13 1200-1500

Payment: Debit or Credit only

Babysitting Basics & Pediatric First

Aid/CPR/AED: \$15

(11yrs old and up)

Keeps in guidelines with Child Supervision Age matrix

Dates: TBD – Please contact us to be added to waitlist

For more information
check out our
Facebook page





U.S. ARMY



- Mindful Movement Coaches
- Animal Visitation Program (Lead)
- Volunteer Engagement
- Event/outreach coordination/assistance
- Office/administrative assistance
- CPR/Babysitting instructors
- Caseworkers
- Disaster Response
- And more...

Turn your **COMPASSION** into **ACTION!!** We can't do what we do without **VOLUNTEERS!!**

Contact our office for more information or to sign up!!



Effective 01 January, 2024, it is \$2,000 per OCONUS PCS move, and \$500 per CONUS move



Must use Patriot Express, if available

First come, first served



Make reservations as soon as orders are in hand

Reserve up to 90-120 days prior to departure



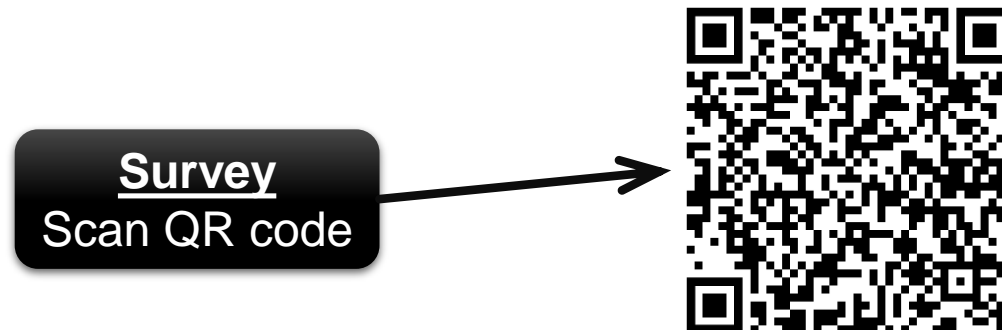
Be aware of the health and safety risks

Familiarize yourself with the pet kennel guidelines

Pet Travel Links

- ☐ **Heat Risks to Pets**
<https://www.amc.af.mil/LinkClick.aspx?fileticket=eDXvkQ39yr4%3d&portalid=12>
- ☐ **Pet Transportation Allowance**
<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>
- ☐ **AMC Travel Site**
<https://www.amc.af.mil/AMC-Travel-Site/> (Click on PE Info Links on the page)
- ☐ **Pet Risks to Pets During Travel**
[https://www.amc.af.mil/Portals/12/AMC%20Tvl%20Pg/Pet%20travel/AMC%20Pets%20-%20Risk%20Acknowledgement%20Document%20\(RAD\)%20\(13%20Dec%202022\).pdf?ver=BVcN-Ho4YhkTyz-pUwhsw%3d%3d](https://www.amc.af.mil/Portals/12/AMC%20Tvl%20Pg/Pet%20travel/AMC%20Pets%20-%20Risk%20Acknowledgement%20Document%20(RAD)%20(13%20Dec%202022).pdf?ver=BVcN-Ho4YhkTyz-pUwhsw%3d%3d)

- **Upcoming Exercise**
 - Multinational re-enforcements (augmentees) on post are a crucial component of our training operations, as their specialized skills and expertise enable us to simulate realistic scenarios, enhance unit readiness, and ultimately increase the effectiveness of our preparedness.
- **Off Post Overseas Housing Allowances Survey (OHA & MIHA) – Open through March 31**
 - Survey feedback help ensure that the allowances reflect the current costs and expenses incurred by Service members living overseas.





Special Operations Command - Korea



END OF YEAR ENDEAVORS

- **TOY RUCK MARCH:** This Christmas, SOCKOR members brought cheer, Santa, and individualized gifts to young orphans, past victims of abuse and neglect. This is part of a maintained yearly commitment.
- **NO-ONE LEFT BEHIND CAMPAIGN:** SOCKOR purposely attended to the vulnerability of the holidays by motivating peer gathering invitations, engaging in barrack decorating, and providing training for supportive communication in times of helplessness.

2025 = BETTER BONDS & BODIES

To enhance functioning SOCKOR is leveraging the wellbeing effect of family relationships and the performance impact of a holistic approach. Its POTFF team has dedicated the year 2025 to a “Better Bonds and Body” strategy for resilience. This month’s events include:

- **MIND, BODY & GUT ALIGNMENT SERIES:** A systemic approach to fitness and functioning, the Social, Physical and Behavioral/Cognitive domains of the POTFF team continue to collaborate in a Mind, Body and Gut Alignment series. The next one scheduled for 27 February offers purposefully crafted lunch with hands-on standing power throw techniques, aligned cognitive practices and nutrition tips.
- **ONE-DAY FAMILY RESILIENCE SKI TRIP:** Packaged as free ski trip to a resort, this 10 February SOCKOR service members and families are trained in healthy communication and relating skills with the opportunity to build positive memories and momentum.
- **RESOURCE-EXTENDING COFFEE CONNECTS:** Effective 6 February, SOCKOR is devoting monthly Coffee Connects where families consult directly with available resources, based on their identified needs. This is meant to increase accountability, facilitate transition, and enhance community-based support.

Challenges/Concerns: None





U.S. ARMY

41st Signal Battalion



“Operation S.T.E.M. Spark”

On 31JAN25, the 41st Signal Battalion conducted “Operation S.T.E.M. Spark”, an event designed to give families at USAG Humphreys a look into the daily mission of their Soldiers. This event highlighted the Battalion’s expertise in communications and networking, offering an interactive experience. Leading the execution were CPT Cook, WO1 Garcia, and WO1 Guico, who orchestrated two immersive stations that mirrored the Battalion’s core functions: a Communications Seminar and a Coding Bootcamp.

Communications Seminar: Tailored for children under eight, this hands-on activity showcased the Battalion’s critical role in providing voice services across the peninsula. Through the classic “Cup and String” (or “Telephone”) game, kids gained a fun yet fundamental understanding of how sound travels, mirroring real-world signal operations.

Coding Bootcamp: Designed for older children and spouses, this station provided an engaging introduction to what the Battalion’s network teams do daily. The Warrant Officers led a basic yet informative coding session, guiding participants through the development of a simple webpage. Each child then had the chance to present their work alongside their parent, fostering teamwork and a deeper appreciation for the Battalion’s technological expertise.



WO1 Garcia giving instruction on how to conduct logic behind coding



WO1 Guico's sons walking each other through the coding logic exercise



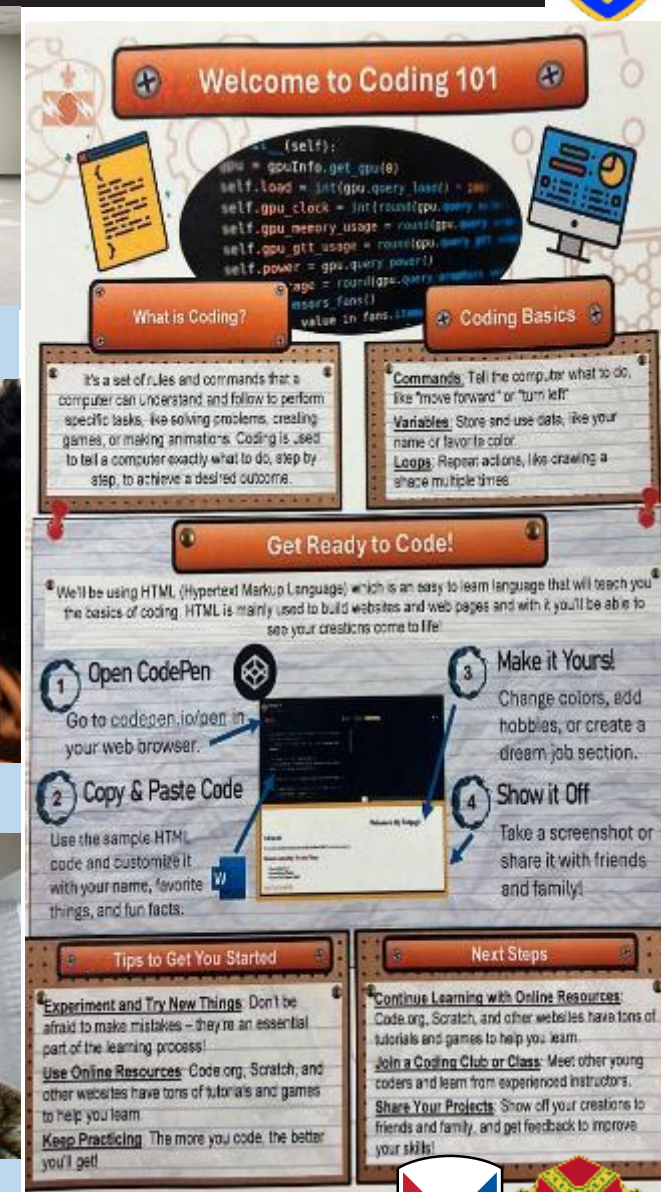
WO1 Garcia giving instruction on how to create a webpage



1SG Gorham's son inputting code to create a webpage



41st SIG BN “Knight Family”





U.S. ARMY

KOREAN THEATER RECEPTION COMMUNITY UPDATE

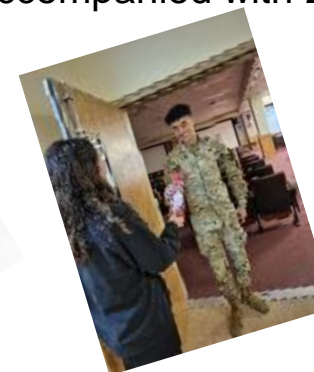
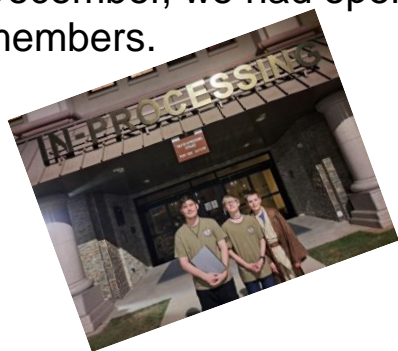


Welcome Wagon of Korea

A volunteer program greeting PCSers arriving in Korea, providing a warm welcome, information, and support to Soldiers and family members. Volunteer opportunities available throughout the week.

2024 Holiday Season Outreach Recap:

- October, we had “trick-or-treating” serving **57** unaccompanied and **eight** accompanied with **19** family members.
- November, we handed out homemade cookies serving **53** unaccompanied and **six** accompanied with **13** family members.
- December, we had operation Christmas and handed out gift bags serving **113** unaccompanied and **11** accompanied with **28** family members.



"We invite you to join our team of volunteers and help make a difference in the lives of arriving Service Members and families."

Find out more by emailing (w.w.ofkorea@gmail.com)
or visiting our Facebook page: **Camp Humphreys Welcome Wagon of Korea**





U.S. ARMY

DPTMS – Upcoming Community Event for February 2025

Date	Time	Event/Location	OPR
12-Feb-25	1800	Community Town Hall at Morning Calm Center	CMD GRP
14-Feb-25	1730-2100	Valentine's Day Dinner at Riverbend Pub	DFMWR
14-Feb-25	1800-2200	Parent's Day Out at Hess CDC	DFMWR
15-Feb-25	0700-2000	Vivaldi Park Ski Trip by Outdoor Recreation	DFMWR
15-Feb-25	0815	Fitness Expo at Collier Fitness Center	DFMWR
15-Feb-25	0830-1000	Men's Breakfast at Four Chaplains Memorial Chapel	RSO
15-Feb-25	1000-1900	ONEMOUNT (Snow Park) Trip by Outdoor Recreation	DFMWR
15-Feb-25	1500	Family Bingo at Downtown Recreation Center	DFMWR
15-Feb-25	1900	Pool Tournament at Warrior Zone	DFMWR
18-Feb-25	1430-1530	Build & Chill at Library	DFMWR
20-Feb-25	1900	Ping Pong Tournament at Warrior Zone	DFMWR
22-Feb-25	0700-2000	Phoenix Park Ski Trip by Outdoor Recreation	DFMWR
22-Feb-25	1500	Giant Jenga Competition at Downtown Recreation Center	DFMWR
26-Feb-25	1100-1200	Tinkering Toddlers at Library	DFMWR
28-Feb-25	1000	AER Kick-Off Ceremony at 8A HQ's foyer	DFMWR





U.S. ARMY

DPTMS – Upcoming Community Event for March 2025

Date	Time	Event/Location	OPR
01-Mar-25	0700-2000	Vivaldi Park Ski Trip	DFMWR
01-Mar-25	0900-1200	Saturday Showdown: CrossFit Open Workouts at Turner Fitness Center	DFMWR
01-Mar-25	1000-1300	Chess Club at Library	DFMWR
01-Mar-25	1900	Pool Tournament at Warrior Zone	DFMWR
03-Mar-25	0900	Newcomer's Orientation at Family Theater	DFMWR
04-Mar-25	1030-1130	Themed-Story Tuesday at Library	DFMWR

Resources:

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

USAG-H Webpage: [USAG Humphreys \(army.mil\)](https://www.army.mil/usag-humphreys)

USAG-H MWR: <https://humphreys.armymwr.com>

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

BAAACH: <https://www.facebook.com/5498DAACH/>

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

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

DPTMS POC: Mr. Robert F. 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):

02 April 2025, 1030hrs

Location: Morning Calm Center

