



K-16

WE ARE THE ARMY'S HOME

Command Community Information Exchange (CCIE) Community Town Hall (CTH)



10SEPTEMBER2025 from 1000-1130hrs – Community Activity Center (Bldg. 302)

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





COL Kristin E. Steinbrecher

Garrison Commander, USAG-H





hello | fall





AER ASSISTANCE PORTAL

Within The Portal You Can:

- Create an account
- Submit a request or inquiry
- Make a payment
- Make a donation
- Take the Financial Frontline exam



If you need help establishing an account or encounter problems logging into an existing account, please contact HQ AER at 1-866-878-6378 for assistance.

Mrs. Patty Shinseki Spouse Scholarship

- Need-based scholarship through AER for spouses & surviving spouses of Army Soldiers (active duty, retired, or Title 10 Guard/Reserve).
- Supports pursuit of a first undergraduate degree (associate's or bachelor's).
- Requires part-time (6+ credits) or full-time (12+ credits) enrollment and minimum GPA 2.0.
- Awards last up to 4 years full-time (8 years part-time); amount based on financial need & cost of attendance.
- Apply year round online via AER website: www.armyemergencyrelief.org/scholarships/spouse/



U.S. ARMY

DFMWR - ACS: Exceptional Family Member Program (EFMP)



EFMP Family Support

CRAFT WITH A NAVIGATOR

SEPTEMBER 5
USAG HUMPHREYS
MAIN ENTRANCE OF
MAUDE HALL
1400-1600

SEPTEMBER 12
K-16
ACS, BLDG 212
11:30-13:30

MAKE YOUR OWN PET TURTLE!
ALL SUPPLIES INCLUDED.

NO REGISTRATION REQUIRED!

12 September
10 October
November 14
1130-1330
ACS, BLDG 212

An illustration of a green turtle with a patterned shell, a paintbrush, and a pair of scissors, set against a background of colorful abstract shapes.

EFMP Family Support

K-16 PLAY & LEARN

EVERY TUESDAY
(FROM 01 SEPTEMBER TO 01 APRIL)
10:30AM-12:30PM
ACS, BLDG 212

OPEN TO AGES 0 TO 3 YEARS OLD
(SIBLINGS WELCOME)
NO REGISTRATION REQUIRED

07, 14, 21, 28 October
04, 11, 18, 25 November
02, 09 December
1030-1230
ACS, BLDG 212

An illustration of a group of diverse families (mothers, fathers, and children) sitting on the floor in a circle, engaged in play activities like reading and playing with blocks, in front of a large window.



U.S. ARMY

DFMWR - ACS: Family Advocacy Program (FAP)



TOGETHER, WE CAN END THE ABUSE.

FIGHT DOMESTIC VIOLENCE

Help end the silence. Report it if you see it.

24/7 DOMESTIC ABUSE VICTIM ADVOCATE HOTLINE
0503-364-5997 OPTION 2.

DAVA Outreach

12SEP

10OCT

14NOV

12DEC

1100-1300

K-16 CAC Food Court

Power and Control Psychoeducation

Workshop

29OCT

26NOV

1000-1130

K-16 ACS Bldg. 212

“Stretch into Strength”

Yoga Outreach

20 October

0930-1030

K-16 Gym

Domestic Violence Awareness Month

“Kick Out Domestic Violence” Kickball

Tournament

03 October

1600-2000

K-16 Field





U.S. ARMY

DFMWR - ACS: Family Advocacy Program (FAP)





BATTLING THE BLUES

Fall Reflections

Calling all units!

Schedule a workshop with us this November to battle the holiday blues.

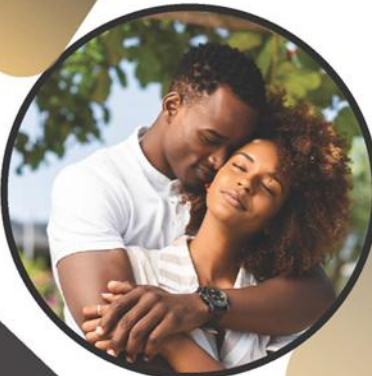
Join us for crafts and reflection as we prepare to say goodbye to 2025.

RSVP

SHARON PARK, VICTIM ADVOCATE: 0503-722-5458



**Battling the Holiday Blues
Crafts & Reflections
07 November, 1600-1800
K-16 ACS Bldg. 212**



K16
ARMY COMMUNITY SERVICE

HEALTHY PARTNER COMMUNICATION

EACH WORKSHOP WILL COVER A DIFFERENT TOPIC TO ACHIEVE THE FOLLOWING:

- ENHANCE YOUR COUPLE CONNECTION
- NURTURE RESPECT IN YOUR RELATIONSHIP
- LEARN HEALTHY CONFLICT RESOLUTION
- OVERCOME COMMUNICATION CHALLENGES
- GAIN INSIGHT TO PERSPECTIVE AND EMOTION
- THRIVE TOGETHER!

FOR MORE INFORMATION OR TO REGISTER EMAIL:

HumphreysFAP.prevention@army.mil



UPCOMING WORKSHOPS

08 September
13 October
10 November
08 December

TIME: 1030-1200

ACS BLDG 212

**Healthy Partner Communication
08SEP, 13OCT, 10NOV, 08DEC
1030-1200
K-16 ACS Bldg. 212**





U.S. ARMY

DFMWR - ACS: Relocation Readiness Program (RRP)



ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

K-16 COMMUNITY NEWCOMERS ORIENTATION
@ CAC Building (S-302) RM #204
Time: 1030-1230

WELCOME TO KOREA!!

2025

- 22 JANUARY
- 19 FEBRUARY
- 19 MARCH
- 16 APRIL
- 21 MAY
- 18 JUNE
- 16 JULY
- 20 AUGUST
- 17 SEPTEMBER
- 21 OCTOBER
- 18 NOVEMBER
- 16 DECEMBER

Get information about programs and services that are available to support and assist families at K16

USAG Humphreys ACS
Bldg. 212, K16
DSN: 757-2363
COMM: 0503-357-2363
<https://www.facebook.com/acs.humphreys>

USAG HUMPHREYS ACS FACEBOOK

U.S. ARMY

Community Newcomers Orientation
17 Sept, 21 Oct, and 18 Nov
1030-1230

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

USAG Humphreys
Lending Closet Program
Getting here or getting ready to leave?
Army Community Service can help!

Borrow a lending tote with basic, kitchen supplies for **FREE** for 30 days!
Must provide a copy of orders and complete a Client Intake Sheet.
Totes are available for accompanied Service Members or DoD Civilians.

Extensions can be provided on a 30-day basis, but not to exceed 90 days.
To request an extension:
1. Stop by the Transportation Office (K-204, Bldg. 6400) and ask for an updated HHG Status Report
2. Provide a copy of the document to ACS for extension approval

Essential CHECK LIST

• Bowls	• Can Opener	• Vegetable Peeler
• Coffee Cups	• Kitchen Knives	• Tongs
• Glasses	• Ladle	• Whisk
• Plates	• Measuring Cup	• Baking Pan
• Forks	• Measuring Spoon	• Colander
• Butter	• Rubber Scraper	• Mixing Bowl
• Knives	• Spatula	• Kitchen Pots
• Tablespoons	• Mixing Spoons	• Skillet
• Teaspoons		

Hours of Operation:
M, T, W, F: 0800-1700
Thurs: 1200-1700

Please arrive 30 minutes before closing for issues or return.

USAG Humphreys ACS Office
Maude Hall, Bldg. 6400, 1st Floor
DSN: 757-2363
COMM: 0503-357-2363
<https://www.facebook.com/acs.humphreys>

USAG HUMPHREYS ACS FACEBOOK

U.S. ARMY

Lending Kit Checkouts
Tuesdays and Fridays
1000-1430





U.S. ARMY

DFMWR - 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.Gowins@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

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.



Call DSN 757-2278/1974 for more information.

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





U.S. ARMY

DFMWR - Business Operations



FLTR 1432

SATURDAY NIGHTS with LIVE MUSIC

select **saturdays** at **flightline tap room** bldg 1432

SCAN FOR DATES & BANDS
Humphreys.ArmyMWR.com
[f/HumphreysMWR](https://www.facebook.com/HumphreysMWR)

DOWNTOWN Lanes BOWLING CENTER

after school BOWLING SPECIAL

\$15 per student

includes...

- 1.5 HRS OF BOWLING
- 1 PAIR BOWLING SHOES
- 2 SLICES OF PIZZA or 1 KID'S MEAL
- FOUNTAIN DRINK

PARENT CAN BOWL FOR ADDITIONAL \$10

SPECIAL VALID...
AUGUST 18, 2025 - JUNE 9, 2026
MONDAY - FRIDAY UNTIL 6PM
NOT VALID ON US HOLIDAYS OR WEEKENDS

Humphreys.ArmyMWR.com
[f @HumphreysMWR](https://www.facebook.com/HumphreysMWR)

DOWNTOWN Lanes BOWLING CENTER

TUESDAY

Family & Friends NIGHT

Every Tuesday 4:00pm - 9:00pm

- ✓ **2 Hours of Unlimited Bowling**
- ✓ **Bowling Shoe Rentals up to 4 Pairs**
- ✓ **1 Single Topping Pizza**
- ✓ **1 Pitcher of Fountain Drink**

ONLY \$49.00!





U.S. ARMY

DFMWR - Business Operations







SAT, OCT 04 • 12PM-6PM

FLIGHTLINE TAP ROOM BLDG 1432
INDOOR & OUTDOOR ACTIVITIES



SCAN FOR EVENT SCHEDULE & MORE DETAILS
Humphreys.ArmyMWR.com
f @HumphreysMWR





 **FOOD & BEVERAGES**

 **ENTERTAINMENT** 

COMPETITIONS



KEG ROLL



CHICKEN DANCE



STEIN HOLDING





U.S. ARMY

DFMWR - Child and Youth Services



Partnerships in Education (PIE) creates a volunteer network of resources, installation and community members who have a vested interest in the educational success of military connected youth. The mission of PIE is to provide and coordinate programs and services that support the education and transitions of mobile military children & youth.

A major component of PIE is the connection between schools and military volunteers. One of the many PIE volunteerism and resource sharing initiatives is **Adopt-A-School** in which military units establish regular direct contact and volunteer support with a specific school.



Partnerships in Education (PIE)

is the connection between schools and military volunteers. One of the many PIE volunteerism and resource sharing initiatives is Adopt-A-School in which military units establish regular direct contact and volunteer support with a specific school.

Categories of Support:

School Events, Guest Speaker, Tutor, Coach, College & Career Support, Logistical Support and Reading Support.

How does my unit arrange to Adopt-A-School?

Contact your School Liaison Officer to help connect you with a school.

Humphreys_SchoolLiaison@army.mil

DSN 757-2241 | 05033-57-2241





U.S. ARMY

DFMWR - Child & Youth Services Youth Sports



Youth Sports Calendar (Sep 2025 – Jul 2026)

Sports	Ages	Cost	Registration	Season
Flag-Football	5-18	\$65	Early May-Mid July	Aug 11- Oct 9
Outdoor cheer	7-18	\$65	Early May-Mid July	Aug 11- Oct 9
Baseball/Softball	5-18	\$65	Early May-Mid July	Sep 3- Nov 2
Track	5-18	\$50	Early May-Mid Aug	Sep 3- Oct 11
Competitive Swim	5-18	\$65	Early Aug-Mid Oct	Oct 28- Dec 6
Fall Volleyball	9-14	\$65	Early Aug-Mid Oct	Oct 13- Nov 19
Basketball	5-18	\$65	Early Oct- Late Nov	Jan 12- Feb 28
Indoor Cheer	7-18	\$65	Early Oct- Late Nov	Jan 13- Mar 1
Spring Volleyball	11-18	\$65	Late Dec- Mid Feb	March 2- April 18
Running Club	5-18	\$50	Late Dec-Late March	April 8- May 22
Soccer	5-18	\$65	Late Dec-Mid March	April 20 - June 6

Start Smart	Ages	Cost	Registration	Season
Flag-Football	3-4	\$30	Early May-Mid July	Aug 12- Oct 9
Outdoor Cheer	4-6	\$30	Early May-Mid July	Aug 12- Oct 9
Baseball	3-4	\$30	Early May-Mid July	Aug 19- Oct 7
Basketball	3-4	\$30	Early Oct- Late Nov	Jan 13- Mar 1
Indoor Cheer	4-6	\$30	Early Oct- Late Nov	Jan 13- Mar 1
Soccer	3-4	\$30	Late Dec-Mid March	April 14 - June 7
Summer General	3-4	\$30	Late March-July	June and July
Tiny Champs Camp	3-4	\$30	Multiple dates	Multiple months



Participants are required to be registered with CYS before enrolling in any Youth Sports & Fitness activities. For more info, scan the QR code below or visit Parent Central Services today!





DFMWR - Child & Youth Services



STEP 1 1 CREATE ACCOUNT

Go to [MilitaryChildCare.com](https://militarychildcare.com) to create an account containing information about your family, or to login using an existing username and password.

This simple step establishes your user ID for the child care system, allowing you to take advantage of its many benefits for your family.

STEP 2 2 SEARCH and REQUEST CARE

Search the system for the child care options that best fit your needs and submit your requests for care.

[MilitaryChildCare.com](https://militarychildcare.com) gives you access to a powerful search engine to locate facility-based or in-home child care options. Enter the search criteria that pertain to your family's needs, and refine your search at any time. Select one or more options and then submit your requests for care. The program will contact you when space becomes available.

STEP 3 3 MANAGE MY REQUESTS

You can manage your requests for care from anywhere in the world.

You can always log onto [MilitaryChildCare.com](https://militarychildcare.com) to review the status of your requests, change information related to your requests, and cancel requests that are no longer needed.

STEP 4 4 UPDATE MY PROFILE

Keep your *My Profile* page up-to-date with important information.

My Profile stores information entered during the create account process, including sponsor name, contact information, and child name and date of birth. Log onto [MilitaryChildCare.com](https://militarychildcare.com) to update your profile at any time. It is important to keep your email and phone number current, so when an offer is made programs can reach you.

It's that easy!





U.S. ARMY



WARRIOR ADVENTURE QUEST (WAQ) NO LONGER ACTIVE

In accordance with HQ IMCOM Directive, effective immediately, The Warrior Adventure Quest program is dissolved due to depleted funding resources. As a result, all existing WAQ reservations with units have been cancelled.

We sincerely apologize for any inconvenience this may cause and greatly appreciate your understanding.





DFMWR - Community Recreation



K16 USAG HUMPHREYS
K-16 SEOUL AIR BASE

5K FUN RUN

SAT, SEP 13

K16 MULTI-PURPOSE FIELD

8AM ON-SITE REGISTRATION **9AM FUN RUN BEGINS**



  @HumphreysMWR
Humphreys.ArmyMWR.com

FREE



INTRAMURAL Flag Football

FRI, SEP 26

6PM

K16 MULTI-PURPOSE FIELD

**ACTIVE DUTY
DOD ID CARD HOLDERS**



SCAN FOR PRICES, DEADLINES & MORE
K-16 FITNESS CENTER BLDG 158

+82 (0)50-3322-8413
(315) 722-8413





U.S. ARMY

DFMWR - Community Recreation



FRI, OCT 17 • 4PM - 11PM
K16 CAC PARKING LOT

GAMES & ACTIVITIES • LOCAL VENDORS
COMMUNITY RESOURCE BOOTHS
LIVE MUSIC ENTERTAINMENT
AND MUCH, MUCH MORE!

SCAN FOR DETAILS
INCLUDING **EVENT SCHEDULE**
f @HumphreysMWR
Humphreys.ArmyMWR.com

K16 USAG HUMPHREYS
K-16 SEOUL AIR BASE

FRiGHT BER

FRI, OCT 31 • 5:30PM - 11:00PM
K-16 CAC PARKING LOT

TRUNK-O-TREATING
COSTUME CONTESTS
CAR DECORATING CONTEST
PHOTO OPPORTUNITIES
AND SO MUCH MORE!



f @HumphreysMWR
Humphreys.ArmyMWR.com





U.S. ARMY

DFMWR - Community Recreation



FREE

K16 USAG HUMPHREYS
K-16 SEOUL AIR BASE

**TURKEY-THEMED
COSTUME**

ALMOST 5K FUN RUN

**SAT, NOV 29
9AM**

K-16 MULTI-PURPOSE FIELD

**FAMILY, COMPANY, AND SOLDIERS (BOSS)
PRE-REGISTRATION AT CAC OR GYM**



 Humphreys.ArmyMWR.com



K16 USAG HUMPHREYS
K-16 SEOUL AIR BASE

**K-16 Tree
Lighting**

(Fri) 5 December, 4:30pm

K-16 CAC Parking Lot

For more information, call DSN 722-8103.





U.S. ARMY

Army Education Center

Army Education Center (K-16)



K16

Education Center

For testing inquiries PLEASE email:

Email: usarmy.humphreys.id-pacific.mbx.testing@army.mil

For all other Education inquiries, PLEASE call Camp Humphreys Education Center:

DSN: 315-755-3600(3512)

COMM: 0503-355-3600(3512)

315-755-3522(3524)

0503-355-3522(3524)

Open Mondays and Wednesdays 9am-3pm

Address and Phone Number

Location: Room B108, Bldg. 302
(CAC Building), K-16
COMM: 0503-355-3600
DSN: 755-3600

Hours of Operation

MON & WED **0900-1500**

-Testing-

For testing inquiries

Email: usarmy.humphreys.id-pacific.mbx.testing@army.mil

DSN: 755-3522(3524)
COMM: 0503-355-3522(3524)





Army Education Center



2025
Graduation

THIS COULD BE YOU!

To register and reserve your CAP and GOWN **scan QR** code or email us at
usarmy.humphreys.id-pacific.mbx.graduation@army.mil

COMING
SOON



WE ARE THE ARMY'S HOME

23 of 52





U.S. ARMY

Army Education Center

Upcoming Classes at K-16



EMBRY-RIDDLE
AERONAUTICAL UNIVERSITY

EMBRY-RIDDLE
Aeronautical University

EAGLEVISION COURSES
AVAILABLE AT K16
CAC BUILDING BASEMENT ROOM B108

October 20 - December 21, 2025

MATH 111	TUESDAYS 6:00-9:20PM Pre-Calculus for Aviation
AMNT 260	WEDNESDAYS 6:00-9:20PM Aircraft Electrical Systems Theory
ASCI 254	THURSDAYS 6:00-9:20PM Aviation Legislation

CONTACT INFORMATION

+82-0503-355-3535
camphumphreys@erau.edu

BENEFITS

- Immediate Feedback
- Networking Opportunities
- Peer Interaction & Support
- Realtime Instructor Interaction
- Enhanced Motivation & Accountability





U.S. ARMY

Public Affairs Office

Feedback

My Army Post App

Help make the app better

Let us know something isn't right

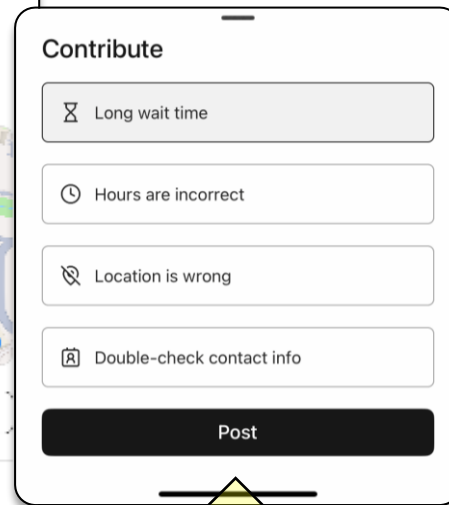
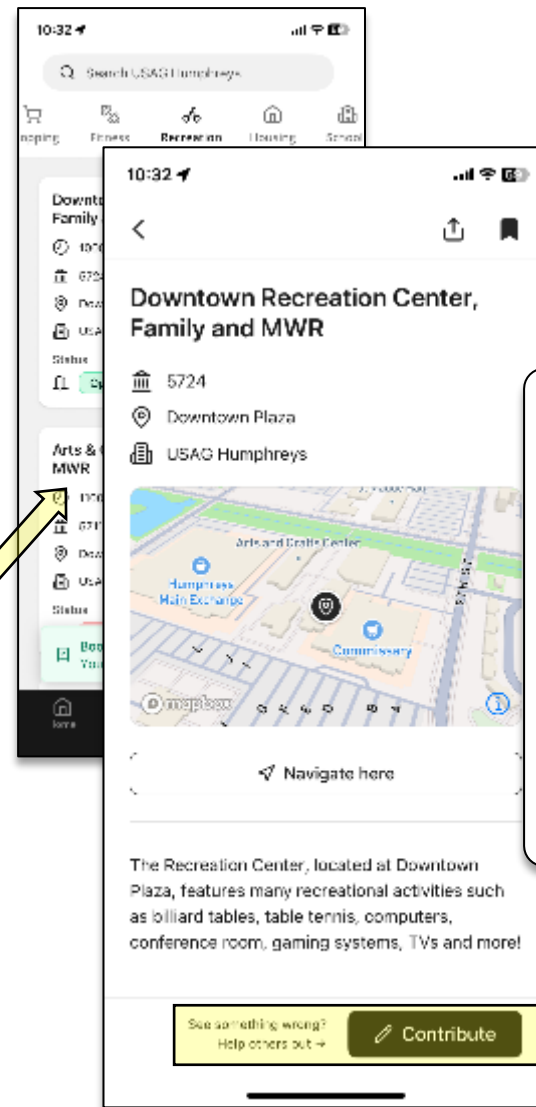
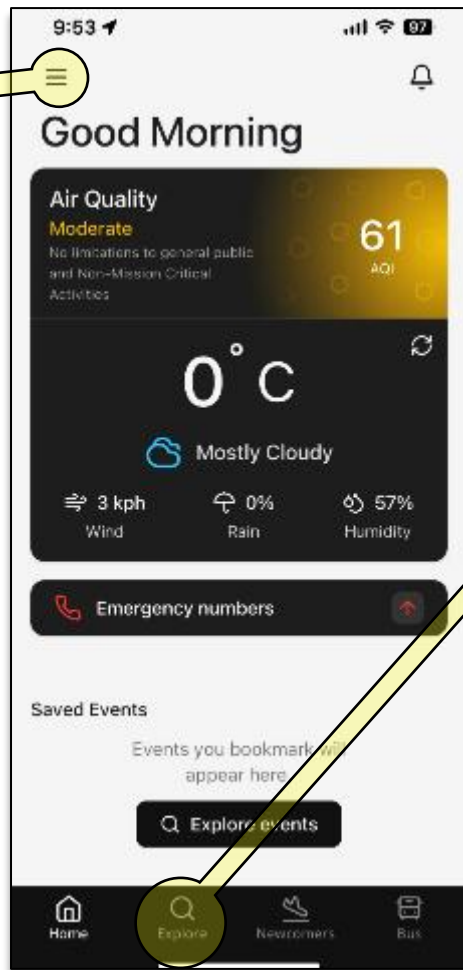
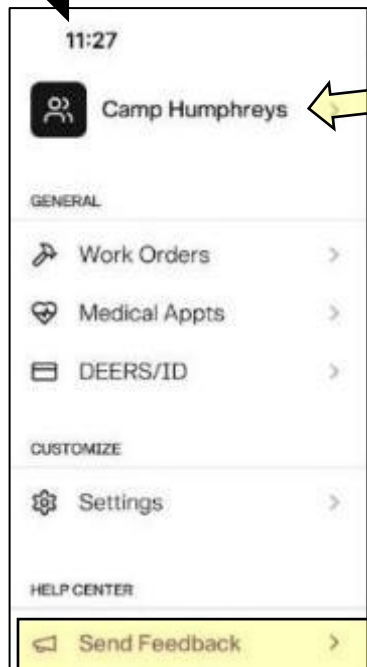
MyArmyPost



Try the Army's Newest
Mobile Application!

FIND THE MY ARMY POST APP
IN THE APP STORE

DOWNLOAD IT TODAY





U.S. ARMY



EFFECTIVE
OCT. 1ST 2025

VIOS

VISUAL
INFORMATION
ORDERING
SITE

SERVICE NOW



U.S. ARMY

NEW REQUEST

THE DEPARTMENT OF THE ARMY
HAS ANNOUNCED THE SUNSET OF
THE VISUAL INFORMATION ORDERING SITE
ALL PREVIOUS REQUESTS WILL REMAIN
NEW REQUESTS WILL NEED TO BE SUBMITTED THROUGH
THE NEW SYSTEM.

SAME SERVICE

PHOTOGRAPHY
VIDEO
GRAPHICS
PRINTING
FABRICATION
AV LOAN & SUPPORT





U.S. ARMY

DPW

Cooling Temperature Setting



To minimize mold, here are some thermostat recommendations.

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

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





- **Minor Work Order (Demand Maintenance Order, DMO)**
 - Submit DMO On-Line: <https://www.armymaintenance.mil>
 - 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 usarmy.humphreys.imcom-korea.mbx.dpw-workorder@army.mil
 - Call 315-756-6067 or 0503-356-6067
- **Customer Service for Current Work Status**
 - usarmy.humphreys.id-pacific.mbx.dpw-customer-service-section@army.mil
 - Call 315-756-6060 or 0503-356-6060





U.S. ARMY

KOREAN NATIONAL POLICE BRANCH OFFICE



Products Illegal in South Korea



Alkyl Nitrite (Rush, Popper, Jungle Juice, etc.)
CBD (Oil, Jelly, Bath salt, etc.) / THC (Vape Cartridge)

all products containing **THC** or **CBD** are illegal unless approved by the KFDA for research or medical purposes.

[Punishment for Psychotropic Substance Offenses]

Synthetic Marijuana (Class A)

- (a) **Use/Possession** ⇒ at least 1 year of imprisonment
- (b) **Sale/Purchase/Smuggling** ⇒ life imprisonment or a minimum of 5 years

Alkyl Nitrite (Class B)

- (a) **Use/Possession** ⇒ Up to 10 years of imprisonment or a fine of up to 100 million
- (b) **Sale/Purchase** ⇒ Same as above
- (c) **Smuggling/Manufacture** ⇒ Life imprisonment or a minimum of 5 years

[Recent Cases]

- **SEP 2023 – Pyeongtaek:** 17 U.S. soldiers were charged with smuggling liquid synthetic marijuana through APO and selling it.
- **APR 2025 – Asan:** A U.S. soldier came under KNP investigation for purchasing and using liquid synthetic marijuana.
- **JUN 2025 – Pyeongtaek:** A U.S. soldier came under KNP investigation for selling liquid synthetic marijuana on base.





U.S. ARMY

Exchange

• Shuttle Program



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





U.S. ARMY

Exchange

- **Movie Schedule**



Upcoming New Movie : Demon slayer -Infinity castle
12 Sep 25

- **Sweepstakes**

- ✓ **Home for the Holidays Sweepstakes:** (Aug 29 – Sep 25, 2025): Use your MILITARY STAR card at your Exchange and Commissary for a chance to **win \$5,000.**
- ✓ **Red Bull KTM Bike Sweepstakes:** (Sep 1 – Oct 31, 2025): Enter for a chance to win a Red Bull KTM 450 SX-F Factory Edition bike and a **\$1,000 Visa Gift Card.**

8th Annual Home for the Holidays
SWEEPSTAKES
You Could Win
\$5,000!
Use MILITARY STAR. 2X at your local exchange
and 2X at the Commissary between
AUGUST 29 – SEPTEMBER 25, 2025

GRAND PRIZE \$5,000 - SIX WINNERS (ONE FOR EACH BRANCH)
\$30,000 IN TOTAL PRIZES

Sponsored by: PlayStation.

PLUS EARN POINTS TOWARDS YOUR
NEXT \$20 DIGITAL REWARDS CARD! **

APPLY NOW

*VALID AUGUST 29 – SEPTEMBER 25, 2025. One MILITARY STAR two times at your local exchange and two times at the Commissary to automatically be entered into the Home for the Holidays Sweepstakes. No purchase necessary to enter or win. A purchase does not increase the odds of winning. See official rules for alternative method to enter sweepstakes. **Rewards are equal to 2 points per \$1 spent. Excludes military clothing line of credit.

60710 W0000000 FOR DETAILS

EXCHANGE
ENTER FOR A CHANCE TO
WIN A
Red Bull KTM Bike

Four (4) Grand Prize Winners:
Red Bull KTM 450 SX-F Factory Edition Bike. A \$12,499 value.
+
\$1000 VISA Gift Card
or
Ten (10) First Prize Winners: Red Bull KTM Team Backpack. A \$153.95 value.

Enter 09/01/25-10/31/2025
shopmyexchange.com/sweepstakes

Scan here to enter.



- ✓...the **Commissary Brands** like Freedom's Choice, Home Base, TopCare and others **are of equal or better quality compared to national brands and most come at a cheaper price?**
- ✓ **Commissary CLICK2GO is now right at your fingertips with their MOBILE APP!** Start shopping now by downloading the app from the App store (Apple) or Google Play Store.
- ✓ **Commissary CLICK2GO customers can use MILITARY STAR cards for their online purchases.** Patrons using Commissary CLICK2GO, the Defense Commissary Agency's online shopping and curbside pickup service, can now use the MILITARY STAR card to purchase their groceries through the website.
- ✓...you can **submit a request to your Commissary Store Director** for any products your Commissary doesn't carry? **Just ask, we'll let you know if we can get it in your store.** If available it usually takes 48 to 72 hours to receive the product.
- ✓ **Deleted items Sale:** K16 Commissary is planning a sale on these items in the month of October. The date and times will be posted once product is secured.

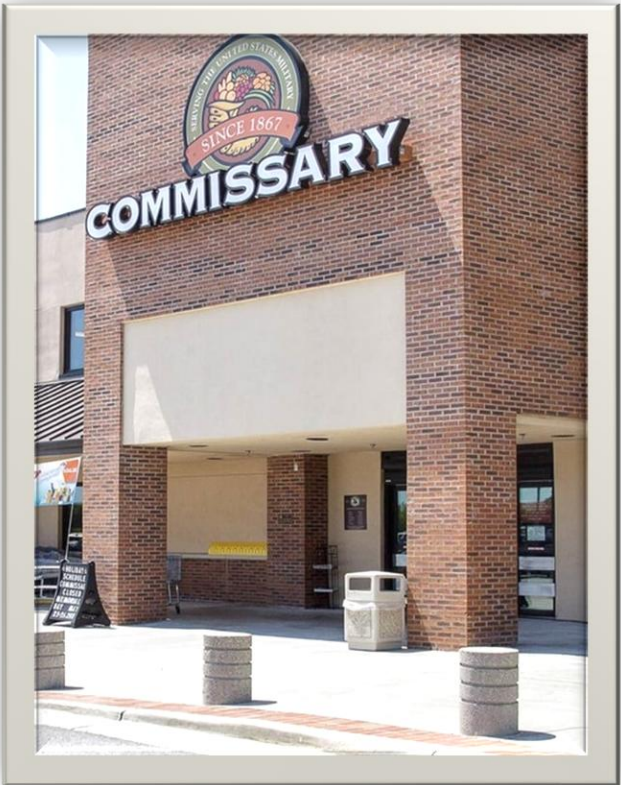


SCAN QR CODE TO DOWNLOAD THE LEADER'S TOOLKIT



This “Leader’s Toolkit” QR code provides one-click access to everything our service members and their families need to know about their well-earned commissary benefit.

K-16 Airfield Commissary



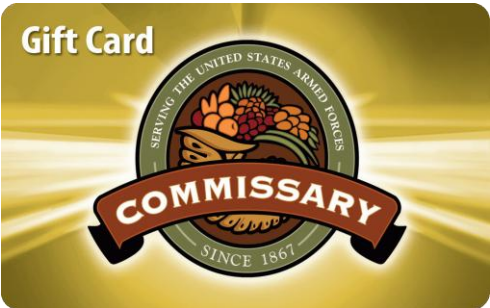
Store Manager

Name: Mr. Jose Gonzalez

E-Mail: jose.gonzalez@deca.mil

DSN: 315-722-8403

Commercial: 0503-322-8403



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 Dental Clinic (Area I) or Carius Dental Clinic (Area III) OR Walk in at Dental Readiness Clinic (Area III)
Vision Readiness	Vision Screening (without vision changes)	Annually	Walk in OR Call Central Appointment Line (Option 4) to schedule at K-16 Health Clinic
	Prescription 2PR Glasses, Mask Inserts, Eye-Pro Inserts (with Annual Eye Exam within last year)	As Needed	N/A at K-16 Health Clinic. ALTERNATE: Call Central Appointment Line (Option 4) to schedule at Camp Casey Health Clinic Optometry (Area I) or BDAACH Optometry (Area III)
	Routine Eye Exam (with vision changes)	Annually	
	Prescription 2PR Glasses, Mask Inserts, Eye-Pro Inserts (without Annual Eye Exam within last year)	As Needed	
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)	PHA Part 1	Annually	Complete Part 1 online at MEDPROS website https://medpros.mods.army.mil/portal (Must be completed before booking appointment for Part 2.)
	PHA Part 2	Annually	Call Central Appointment Line (Option 3) to schedule Part 2 at K-16 Health Clinic SCMH OR with PCM (Virtual Phone Appt)
Pharmacy / Lab / X-Ray	Blood Type, DNA, Sickle Cell, G6PD	One Time	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
	HIV/STD Testing (without symptoms)	Every 2 Years	Walk in at K-16 Health Clinic Lab 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 (Option 3) to schedule at K-16 Health Clinic SCMH
Immunizations	Routine Adult Immunizations	As Needed	Walk in OR Call Central Appointment Line (Option 3) to schedule at K-16 Health Clinic Immunizations



Public Health: Malaria Awareness & Prevention Pt. 1

Malaria in Korea

- It is a preventable summer health risk that **occurs primarily north of Seoul near the DMZ in rural areas.**
- **Less than 10 cases** recently of Soldiers contracting Malaria during training near the DMZ.
- **No cases of dependents/civilians. No cases outside of training grounds near DMZ.**
- Malaria rates have been steadily declining over the years. Overall malaria infection rates remain **low (<0.1%)** IN MOST OF South Korea.
- The areas for highest risk of malaria transmission are in **rural areas in Area 1 (near the DMZ)** but still remain less than 1%.



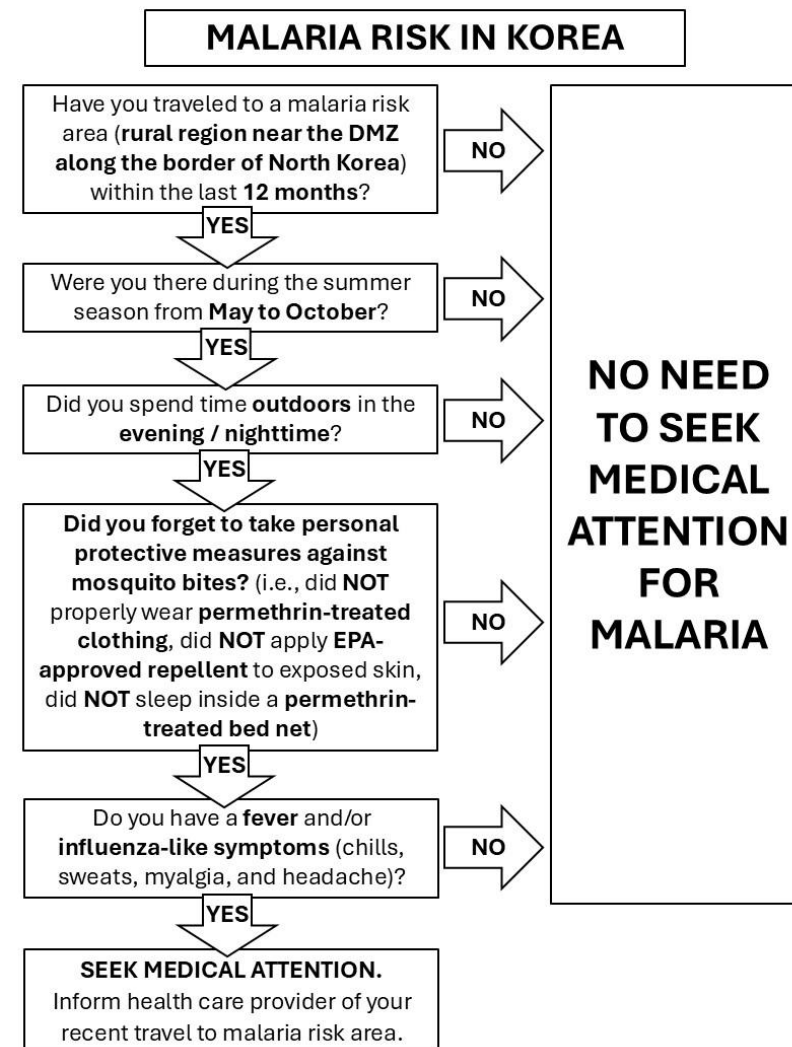
Public Health: Malaria Awareness & Prevention Pt. 2

What is Malaria?

- Malaria is an infectious disease transmitted to humans by the bite of an infective mosquito.
- These mosquitos commonly bite during dusk to dawn.
- The peak season is typically from 1 May to 1 November.

Malaria Symptoms

- Early onset: For approximately 30% of individuals Malaria symptoms appear within in 7-21 days.
- Delayed: In 70%, symptoms are delayed and appear between 6-18 months after being bitten.
- **Four symptoms are always present:**
 1. Sudden onset of **Chills**
 2. Followed by **Fever**
 3. Then **Intense Sweats** that last 2-6 hours
 4. Followed by **Fatigue**
- **Other common symptoms may include:** Vomiting, Diarrhea, Headache, Nausea



Public Health: Malaria Awareness & Prevention Pt. 3

How to Prevent? Follow DoD Insect Repellent System

Personal protection is the key to malaria prevention.

1. Apply Repellent on exposed skin
 2. Properly wearing uniforms treated with permethrin
 3. Use treated bed nets when sleeping outdoors near DMZ
- Commanders should ensure Soldiers have full personal protective measures available before Soldiers train in areas north of Seoul.
 - Unit supply should have personal protection items on hand and issue them to Soldiers when they train at malaria high-risk areas.

Where to find out more information:

- Check the BDAACH Facebook Page <https://www.facebook.com/BDAACH> for the latest updates.
- Additionally, Army Public Health briefs every Tuesday at the Newcomer's Orientation to educate Soldiers and their families on vector-borne diseases such as Malaria.

DOD INSECT REPELLENT SYSTEM



Wear a factory-treated Army Combat Uniform (ACU Permethrin). Check the tag in your uniform to confirm it is factory-treated*.



Apply DEET or Picaridin repellent to all exposed skin.



Properly wear your uniform: tuck trousers into boots and undershirt into trousers, and wear sleeves down and snugly fastened at the wrist.



Sleep inside a permethrin-treated bed net.

*The Army Physical Fitness Uniform (APFU) is not treated with permethrin. It **does not** protect Soldiers from insects.

Use ALL elements for maximum protection



U.S. ARMY

Armed Forces Wellness Center

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: 0503-337-5758



MOBILE TACTICAL TEAM (MTT) EVENT



HEALTH AND HUMAN PERFORMANCE CENTER

CAMP CASEY BLDG 3030

DSN: 315-737-5758

COMM: 050-3337-5758

COMING BACK TO CAMP CASEY
SEPTEMBER 22-26 2025



**SCHEDULE YOUR
 ASSESSMENT HERE**



SCAN ME

- 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

Open Mon – Fri, 0730-1630
Closed on Federal Holidays & Weekends

Schedule an Appointment

- **Call the Central Appointment Line:** 0503-337-2273, Press Option 2 for Dental
- **Carius Dental Clinic:** 0503-337-9207
- **Casey Dental Clinic:** 0503-337-9011/9012
- ***For rescheduling/cancelling appointments: directly call perspective clinic

Type of Care	Eligibility	How to Access
Dental Sick Call	ADSM only	Walk-in
Periodontics		By appointment
Prosthodontics		By appointment
Endodontics		By appointment
Dental Readiness		By appointment or Walk-ins available at One-Stop Clinic inside Maude Hall (Closed on Thursdays)





K-16 Dental Care

U.S. ARMY



618th MCDAS Field Dental Clinic for PMF 25-2 Training Exercise: **September 16-18, 2025**

**Camp Casey Dental Team will be offering Dental Services for
Active-Duty Service Members at K-16**

- Dental Sick Call
- Readiness exam
- Annual Hygiene
- Simple fillings

Location:
K-16 Gym

Clinic Hours:
0800-1600





U.S. ARMY

K-16 Dental Care

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

Active-Duty 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: <https://briandallgood.tricare.mil/Health-Services/Dental/USADC-KR-Carius-Humphreys>
- Camp Casey: <https://briandallgood.tricare.mil/Clinics/Camp-Casey-Health-Clinic-SCMH/USA-Dental-Clinic-Korea-Camp-Casey>





U.S. ARMY

Veterinary Services



CAMP CASEY VTF September 2025 CLINIC SCHEDULE

Camp Casey Veterinary Treatment Facility

September 2025

CONTACT US

DSN:

DSN 315-737-9799/9771

Email Address:

Caseyvetcclinic@gmail.com

Physical Address:

Building S-1876
Camp Casey

FOLLOW US ON SOCIAL MEDIA!

106th MED DET (VSS):

[https://www.facebook.com/106thM
DVSS](https://www.facebook.com/106thM
DVSS)

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
- Limited Vaccinations (Rabies/FVRCP only, please contact us to confirm.)
- Health Certificates
- NEO Packet Prep

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Closed	2 Closed	3 0900-1130/1300-1600	4 Closed	5 0900-1130/1300-1600	6 Closed
7 Closed	8 Closed	9 0900-1130/1300-1600	10 0900-1130/1300-1600	11 Closed	12 0900-1130/1300-1600	13 Closed
14 Closed	15 Closed	16 Closed	17 Closed	18 Closed	19 Closed	20 Closed
21 Closed	22 Closed	23 0900-1130/1300-1600	24 0900-1130/1300-1600	25 Closed	26 0900-1130/1300-1600	27 Closed
28 Closed	29 Closed	30 0900-1130/1300-1600				





U.S. ARMY

DPTMS – Upcoming Community Event for September 2025

Date	Time	Event/Location	OPR
11 SEP 25	0400-1200	9-11 Ruck March at Balboni Field & Downtown Recreation Center	DFMWR
12 SEP 25	1000-1100	Honor Bead Walk (Annual Suicide Prevention Honor Bead Walk) at Balboni Field	DHR
16 SEP 25	1300-1400	US Naturalization at Riverbend Golf Course	DHR
17 SEP 25	0900-1100	Army Volunteer Corp at ACS	DFMWR
17 SEP 25	1030-1200	K-16 Community Newcomers Orientation at CAC, Rm #204	DFMWR
19 SEP 25	1500-2300	Dongtan Lake Park's Luna Show	DFMWR
20 SEP 25	0830-1000	Men's Breakfast at Four Chaplains Memorial Chapel	RSO
20 SEP 25	0900-1800	Dongmyo Flea Market& Cheonggyecheon Trekking	DFMWR
20 SEP 25	1500	K-16 8 Ball Pool Tournament at CAC	DFMWR
23 SEP 25	1000-1400	Career Fairs at Morning Calm Center	DFMWR
26 SEP 25	1730-1930	Joint College Graduation Recognition Ceremony at Morning Calm Center	DHR
26 SEP 25	1800-2100	Light Up the Night (SP Program) at K-16 Track & Field Area	DHR
26 SEP 25	1800	K-16 Intramural Flag Football	DFMWR
26 SEP 25	2000-2210	S'mores & Outdoor Movie Night at Downtown Recreation Center	DFMWR
27 SEP 25	0700-2000	Legoland Korea	DFMWR

WE ARE THE ARMY'S HOME





U.S. ARMY

DPTMS – Upcoming Community Event for October 2025

Date	Time	Event/Location	OPR
1 OCT 25	1300	Halloween Bowling Pin Decorating Contest (Until 23OCT)	DFMWR
3 OCT 25	1200-1400	HHS Homecoming Parade along Tropic Lightning Ave.	DoDEA
4 OCT 25	1200-2000	Oktoberfest at Flightline Tap Room	DFMWR
6 OCT 25	0900-1200	Newcomers Orientation at Family Theater	DFMWR
14 OCT 25	1030-1130	Pumpkin Patch Storytime at Library	DFMWR
15 OCT 25	1300-1400	US Naturalization at Riverbend Golf Course	DHR
18 OCT 25	0900-1600	Military Retiree Appreciation Day at Morning Calm Center	DHR
18 OCT 25	1000	Mixer Pickleball Tournament at Zoeckler Fitness Center	DFMWR
18 OCT 25	1500	Family Bingo at Downtown Recreation Center	DFMWR
18 OCT 25	1500	K-16 8 Ball Pool Tournament at CAC	DFMWR
25 OCT 25	1500	DIY Halloween Craft at Downtown Recreation Center	DFMWR
31 OCT 25	1730	Trunk or Treat & Halloween Bash at the Downtown Plaza Area	DFMWR
31 OCT 25	1730	K-16 Frightober Fest	DFMWR
31 OCT 25	1800	Halloween Bowling at Downtown Lanes	DFMWR





DPTMS – Upcoming Community Event for November 2025

Date	Time	Event/Location	OPR
3 NOV 25	0900-1200	Newcomers Orientation at ACS	DFMWR
3 NOV 25	1145-1245	American Sign Language Class at Library	DFMWR
3 NOV 25	1145	English As A Second Language Class at ACS	DFMWR
5 NOV 25	1500	Turkey Trop 5K Run, 3K Walk at Balboni Pavilion	DFMWR
15 NOV 25	0830-1000	Men’s Breakfast at Four Chaplains Memorial Chapel	RSO
19 NOV 25	1300-1400	Community Town Hall at Morning Calm Center	DHR
27 NOV 25	0700	Turkey Trop 5K Run, 3K Walk at Balboni Pavilion	DFMWR
27 NOV 25	1000-1400	Thanksgiving Brunch at Morning Calm Center	DFMWR





DPTMS – Upcoming Community Event for December 2025

Date	Time	Event/Location	OPR
1 DEC 25	0900-1200	Newcomers Orientation at ACS	DFMWR
1 DEC 25	1145-1245	American Sign Language Class at Library	DFMWR
1 DEC 25	1145	English As A Second Language Class at ACS	DFMWR
4 DEC 25	1030-1130	K-16 Children’s Story Time at Library	DFMWR
5 DEC 25	1500-2100	Tree Lighting at the Downtown Plaza Area	DFMWR
7 DEC 25	1000	Pool Tournament at Warrior Zone	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



COL Kristin E. Steinbrecher

Garrison Commander, USAG-H

Next In-person

K-16 CCIE/CTH:

10 Dec 2025, 1000hrs

Location: Community Activity Center in K-16

