



WE ARE THE ARMY'S HOME



# Command Community Information Exchange (CCIE)

08JANUARY2024 from 1400-1500hrs - Morning Calm Center

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
- USO
- MARFOR-K
- 501 MI BDE
- DPTMS





## **COL Ryan K. Workman**

Garrison Commander, USAG-H





# NEW YEAR Bet.TER me!



one step at a time with **#HumphreysMWR**

scan for all our  
programs & activities





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# ACS: Army Volunteer Corp

## 2025 VOLUNTEER OF THE YEAR

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

### Important Dates

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

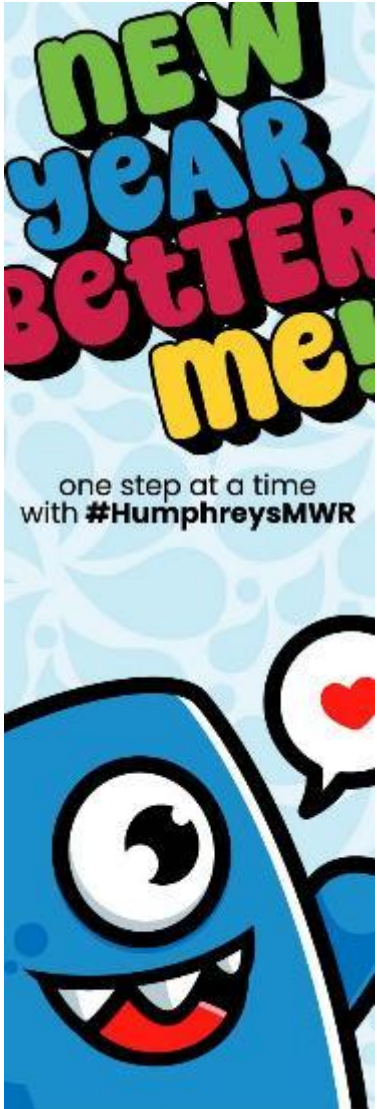
### Volunteer Nomination Categories

- 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](mailto:deborah.a.herald.civ@army.mil) DSN: 757-2363)



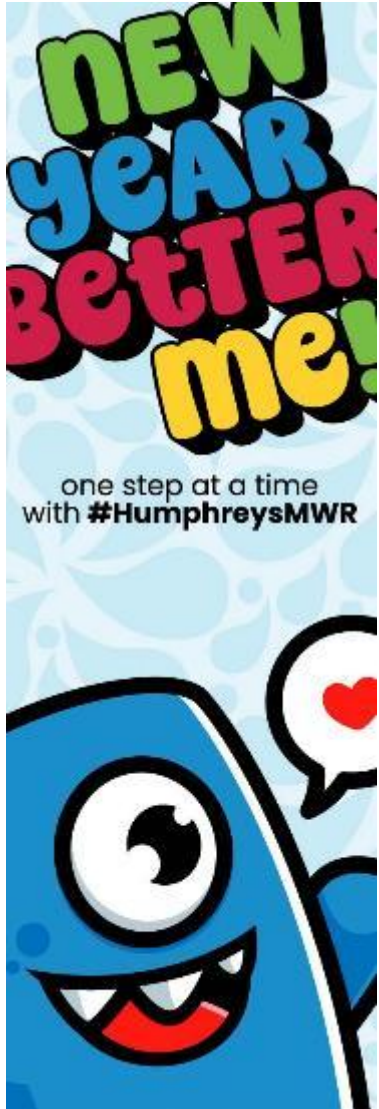




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# ACS: Army Emergency Relief



## Recent policy updates:

- **Food**
  - Assistance that is not due to financial mismanagement is 100% grant (previously a loan)
- **Initial rent**
  - When related to a PCS, assistance is 100% grant (previously a loan)
    - Security Deposits are still a loan
- **Emergency travel airfare**
  - When not fully covered by unit funding, assistance is a grant up to \$4,000
    - Unit funding is still the primary payment method for emergency travel (AR 600-8-10)
    - All other emergency travel requests will still be a groan (50% loan/50% grant)

## Important notes:

- **Quick Assistance Program (QAP)**
  - Only grants authorized are groans for emergency travel other than airfare, up to \$2000
  - No full grants or partial grants are available through QAP



## USAG Humphreys Career Fair

23 January 2025 from 1000-1400  
Morning Calm Center

### Registration

- Required for Employers (315-757-2369)
- Preferred for Job Seekers (Online)

### Preparatory Events

Register for workshops and preparatory events such as:

- *Interview Ready*
  - 09 January
- *Resumes 101*
  - 14 January
- *Making the Most of a Career Fair*
  - 17 January
- *Mastering Your Interview*
  - 21 January



(<https://humphreys.armymwr.com/programs/acs/employment-readiness-program>)



**USAG HUMPHREYS  
CAREER FAIRS  
2025**

<b>JANUARY</b> 23	<b>JULY</b> 15	<b>SEPTEMBER</b> 23
----------------------	-------------------	------------------------

**10.00 AM - 2.00 PM**  
Morning Calm Center | Washington Ave, Bldg 125

Details, Registration, & Upcoming Workshops

315-757-2369 // 2363  
050-3357-2369 // 2363

*"Providing training, resources, and individualized assistance to empower individuals on their employment journey—wherever it may take them."*  
—ACS Employment Readiness Program

Logos: U.S. Army, MWR, ACS, and others.



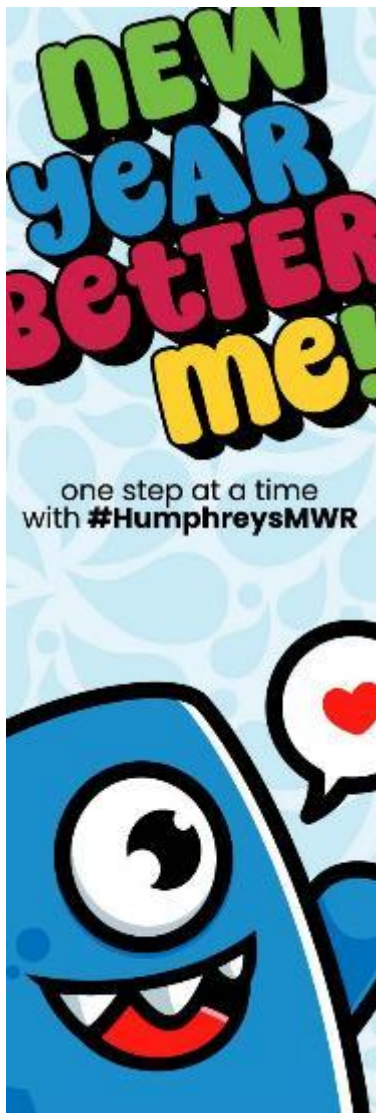




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## ACS: Military Family Life Counselors (MFLC)



	<u>MFLC (as of 16 December)</u>	<u>*Unit</u>	<u>Phone Number</u>	<u>Email</u>
1	Jocelyn Gamble-Mitchell	CYS	010-8455-9520	<a href="mailto:Jocelyn.Mitchell@leidos.com">Jocelyn.Mitchell@leidos.com</a>
2	Lisa Lee	CYS	010-8497-6895	<a href="mailto:Lisa.S.Lee@leidos.com">Lisa.S.Lee@leidos.com</a>
3	Coronda Wilms	DoDEA/MS	010-3981-4175	<a href="mailto:Coronda.Wilms@leidos.com">Coronda.Wilms@leidos.com</a>
4	Clara Miller	DoDEA/Central	010-7906-4014	<a href="mailto:Clara.L.Miller@leidos.com">Clara.L.Miller@leidos.com</a>
5	Kathleen McKinney	DoDEA/HHS	010-2399-1672	<a href="mailto:Kathleen.D.McKinney@leidos.com">Kathleen.D.McKinney@leidos.com</a>
6	Nefertiti Rowlette	2 CAB	010-8327-1776	<a href="mailto:Nefertiti.L.Rowlette@leidos.com">Nefertiti.L.Rowlette@leidos.com</a>
7	LaTasha Becton	65th MED	010-8401-4975	<a href="mailto:Latasha.Y.Becton@leidos.com">Latasha.Y.Becton@leidos.com</a>
8	Catherine Little	1ABCT	010-8410-7430	<a href="mailto:Catherine.Little@leidos.com">Catherine.Little@leidos.com</a>
9	Jackson Edwards	1 SIG	010-5681-5304	<a href="mailto:Jackson.K.Edwards@leidos.com">Jackson.K.Edwards@leidos.com</a>
10	Wilmise Gowins	2ID Warrior Clinic	010-2496-6179	<a href="mailto:Wilmise.M.Goins@leidos.com">Wilmise.M.Goins@leidos.com</a>
11	LaDonna Holmes	2ID Warrior Clinic	010-5680-5271	<a href="mailto:LaDonna.P.Holmes@leidos.com">LaDonna.P.Holmes@leidos.com</a>
12	SooHyun Kim	2ID Warrior Clinic	010-9825-4610	<a href="mailto:SooHyun.Kim@leidos.com">SooHyun.Kim@leidos.com</a>
13	Dalsem Yang	2ID Warrior Clinic	010-5885-5915	<a href="mailto:Dalsem.Yang@leidos.com">Dalsem.Yang@leidos.com</a>
14	Angelia Stafford-Harvey	501st MI	010-8324-7215	<a href="mailto:Angelia.StaffordHarvey@leidos.com">Angelia.StaffordHarvey@leidos.com</a>
15	Celeslie Valcourt-Hall	8th Army	010-5782-4219	<a href="mailto:Celeslie.O.Valcourthall@leidos.com">Celeslie.O.Valcourthall@leidos.com</a>
16	Erica Dinwiddie	94th MP BN	010-8061-7591	<a href="mailto:Erica.Dinwiddie@leidos.com">Erica.Dinwiddie@leidos.com</a>
17	Angeline Toussaint-Gunn	Adult Rotational	010-7597-4904	<a href="mailto:Angeline.ToussaintGunn@leidos.com">Angeline.ToussaintGunn@leidos.com</a>
18	Hoson Naputi	Adult Rotational	010-5813-6076	<a href="mailto:Hoson.Naputi@leidos.com">Hoson.Naputi@leidos.com</a>
19	Erin Maguire	Adult Rotational	010-5799-8901	<a href="mailto:Erin.A.Maguire@leidos.com">Erin.A.Maguire@leidos.com</a>
20	Chadwick Lyon	35th ADA	010-2414-1857	<a href="mailto:Chadwick.Lyon@leidos.com">Chadwick.Lyon@leidos.com</a>
21	Smita Kapoor	K16	010-2388-3099	<a href="mailto:Smita.Kapoor@leidos.com">Smita.Kapoor@leidos.com</a>

**How to request embedded MFLC support:**Provide the following data points to: [katharine.m.christy.civ@army.mil](mailto:katharine.m.christy.civ@army.mil):

Number of serviced population (AD, Adult FM, Children 5-12, Youth 13-18), Unit Name, and Unit POC





**NEW YEAR BETTER ME!**

one step at a time  
with **#HumphreysMWR**

**HUMPHREYS MWR**

**BINGO!**

Every Tuesday, 6:00pm  
Flightline Tap Room

**BEST MEDICINE BRIGADE**

**SAT, JAN 18** FOOD SERVICE BEGINS AT 7PM  
COMEDY SHOW BEGINS AT 8PM  
FLIGHTLINE TAP ROOM BLDG 1432

**TOM COTTER**  
Assistant Chief of Police

**KERRI LOUISE**  
Assistant Chief of Police

**DOUG BENNETT**  
Assistant Chief of Police

Hosted By:  
**ROBIN PHOENIX JOHNSON**

**COSMIC BOWLING**

Every Friday & Saturday | Downtown Lanes Bowling Center

**panasia cuisine**  
authentic asian food

**NOW OPEN**

1<sup>ST</sup> FLOOR MORNING CALM CENTER BLDG 125 BEHIND ARMY LODGING



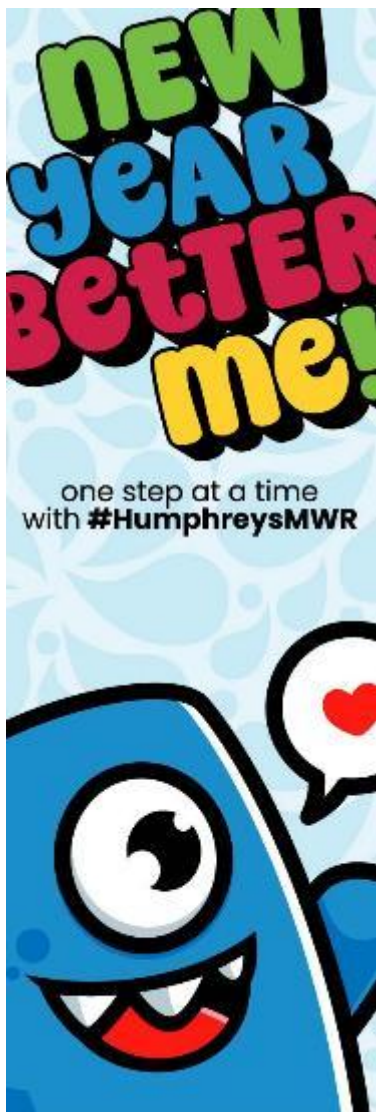




U.S. ARMY

# DFMWR

# Child & Youth Services



**NEW FAMILIES!**

**CYS** USAG HUMPHREYS CHILDREN & YOUTH SERVICES  
**ROUND UP**

SATURDAY, JANUARY 11 • 10AM - 2PM  
 BURKE SKIES CENTER BLDG 6317

- LEARN ABOUT CYS PROGRAMS & ACTIVITIES
- SUBMIT CYS REGISTRATION PACKET
- SUPPORT FROM THE PARENT CENTRAL TEAM

\*IMMUNIZATION RECORDS REQUIRED FOR CHILDREN/YOUTH NOT ENROLLED IN DODEA GRADES 1-12

PARENT CENTRAL SERVICES  
 +82 (0)50-3357-2255  
[Humphreys.ArmyMWR.com](http://Humphreys.ArmyMWR.com)

**CHILD & YOUTH SERVICES**

LOOKING FOR A BABYSITTER?

**CYS TEEN BABYSITTER REFERRAL LIST**

VISIT PARENT CENTRAL SERVICES TO SIGN OUT THE REFERRAL LIST

ALL TEENS ON THE LIST COMPLETED THE CYS BABYSITTER COURSE AND THE AMERICAN RED CROSS PEDIATRIC CPR, FIRST AID, AND AED

RATES ARE DETERMINED BY INDIVIDUAL BABYSITTERS AND THEIR GUARDIANS

SOME RESTRICTIONS MAY APPLY PENDING AGE OF INDIVIDUAL BABYSITTER IAW THE CURRENT COMMAND POLICY #28 STANDARDS OF CHILD SUPERVISION

PARENT CENTRAL SERVICES  
 MAUDE HALL BLDG 6400  
 2ND FLOOR, ROOM L207

SCAN FOR PARENT CENTRAL SERVICES HOURS OF OPERATION

## Contact Us

Parent Central/Parent Outreach Services

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

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

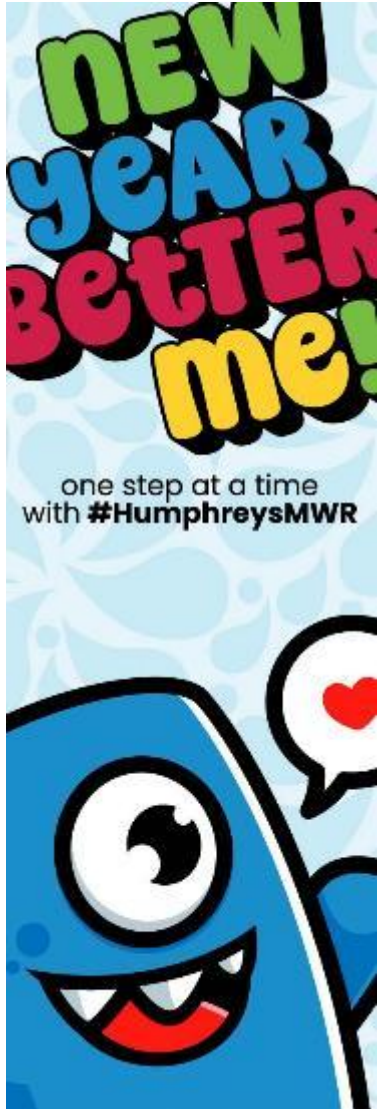
0503-357-2250/2254/2255/2256

Facebook: Humphreys CYS

Director: Janice Pascua  
 Assistant Director: Kelly Osborne-Rozgonyi







USAG HUMPHREYS

# YOUTH SPORTS

YOUTH SPORTS & FITNESS  
ARMY

**YOUTH COACHES NEEDED**

Scan here for more info! →



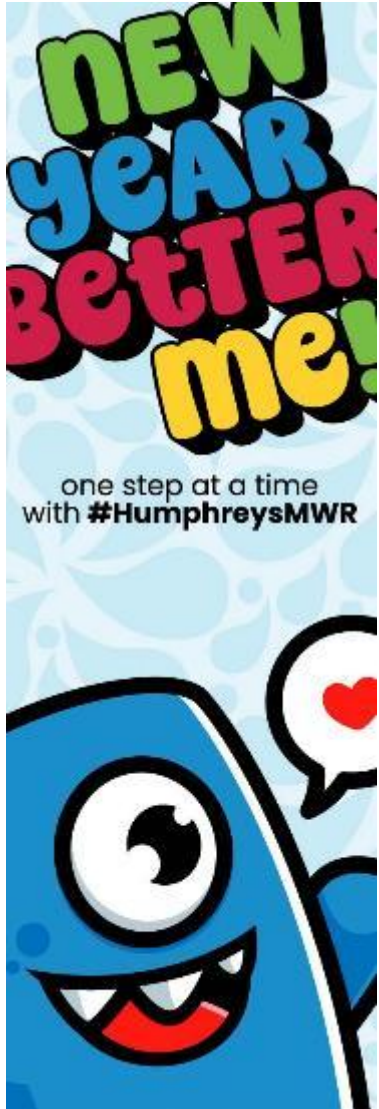




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# Community Recreation



## Winter Outdoor Recreation Opportunities

**\*\*\*Book trips at Outdoor Recreation, building 110.\*\*\***

### Chongyang Alps Village Ice Festival - (Sat) 11 January

- Ice Village, ice sculptures, ice skating, lumbar bonfire and more!
- Registration deadline: 9 January

### Sancheoneo Mountain Trout Festival - (Sun) 19 January

- Ice Fishing Festival
- Registration deadline: 16 January



**HUMPHREYS MWR OUTDOOR RECREATION**

## SNOWLAND SLEDDING TRIP

VIVALDI SKI RESORT SNOWY LAND

**SAT, JAN 18 • 7AM-7PM**

ADULTS \$99 • AGES 3-12 \$94 • TRANSPORTATION ONLY \$40  
INCLUDES TRANSPORTATION & ENTRY TICKET  
EXCLUDES GLOVE, HELMET & SUIT

SCAN FOR PRICES, DEADLINES & MORE  
OUTDOOR RECREATION CENTER BLDG 110  
**+82 (0)50-3355-1677**  
**(315) 755-1677**

@HumphreysMWR  
HumphreysArmyMWR.com



### Yong Pyeong Ski Resort - (Sat) 18 January

- Registration deadline: 16 January

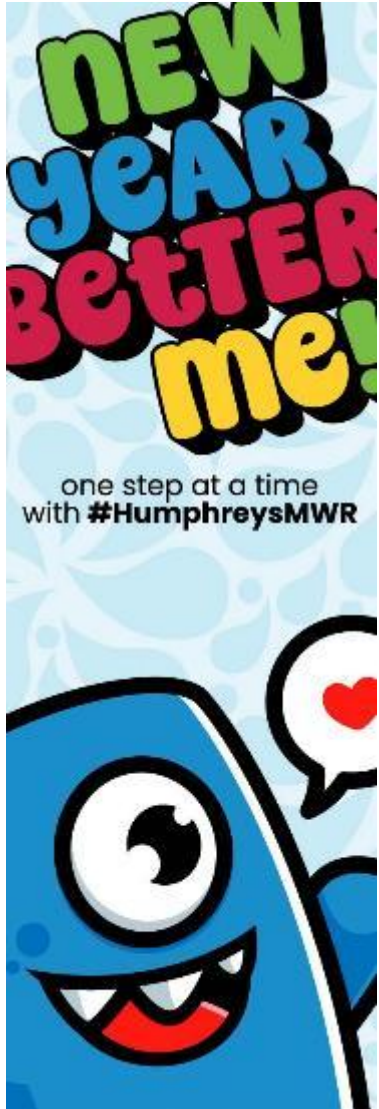
### Jisan Forest - (Sun) 19 January

- Features slopes for skilled winter skiers
- Registration deadline: 17 January

### Elysian Gangchon - (Sat) 25 January

- Slopes ranging from low to moderate
- Registration deadline: 23 January





## 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:







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# USAG Humphreys BOSS



## BOSS Triad



President  
SGT Laurengregg E. Rimalos



Senior Military Advisor  
CSM Salvador G. Garcia



MWR Advisor  
Mr. Lorenzo H. Ranches



## BOSS Executive Members



Vice President (Operations)  
SGT Jordan T. Owens



Vice President (Plans)  
SGT Lusane, JaTavian



Secretary  
PFC Daniel Jean-Charles



Treasurer  
CPL Kianna D. Scott



VP KATUSA Liaison  
SGT Sang Woo Park





## OLD NEWS

- BOSS Rec & Leisure trips accumulated over 105 participants total during the holidays.
- BOSS reintroduced an orphanage visit, community service event, that was highly successful with full participation. The event was filled with lots of activities.
- BOSS hosted our first ski trip of the FY25. With this month's most popular Rec & Leisure event, 40 soldiers enjoyed skiing and snowboarding.



## Inclusion Cup

### 3rd **FY25 Inclusion Cup Winner: 2CAB**



Place	Brigade	Points
★ 1st	2CAB	42
★ 2nd	1SIG	34
★ 3rd	8 <sup>th</sup> Army	25
4th	19 ESC	11
5th	2DSB	10
6th	IMCOM	9
6th	19 <sup>th</sup> MP	0
7th	(Rotational)	0
7th	21D DIVARTY	0
8th	501 <sup>st</sup> MI	0
8th	65 <sup>th</sup> MED	0
9th	2ID	0







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# USAG Humphreys BOSS

## JAN Highlights



### **Inclusion Cup Event:**

6v6 Bowling Competition

Date & Time: JAN 15 | 1300 - 1700

Location: Downtown Lanes bldg. 5722

### **BOSS Rep. Training:**

(Every first Tuesday of the month)

Date & Time: JAN 7 | 1400 -1700

Location: BOSS Office bldg. 5724

### **Installation Meetings:**

Date & Time: JAN 14, 28 | 1400 - 1700

Location: Downtown Recreation Center bldg. 5724



### **MWR Appreciation Meal**

Date & Time: JAN 14 | 1100-1300

Location: Downtown Lanes bldg.5722



### **Hwacheon Sancheoneo Ice Festival**

Date & Time: JAN 11 | 0900-2000

Location: Outside Walk-in Gate



### **Welli Hilli Ski Resort Park**

Date & Time: JAN 25 | 0600-2000

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](https://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](mailto:camphumphreysboss@army.mil)  
DSN: (315) 757-1647





U.S. ARMY

# Army Education Center

## 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:**

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







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# Army Education Center

## ★ Announcement

### Ribbon Cutting Ceremony at K-16 Education Center

- Please join us for the Ribbon Cutting Ceremony on Thursday, January 23<sup>rd</sup>, 2025 @1000
- **K-16 Operation Hours:**
  - **MON - FRI** **0800-1700**
  - **THU** **1300-1700**

### Education Center Hub - Vandal Training Center

- Schools (UMGC & ERAU) and the Edu Ctr are available to provide our services for service members at the Vandal (aka TSAK)
- **Vandal Edu Ctr Operation Hours:**
  - **MON & TUE** **0900-1600**





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# Army Education Center

## FY25 BSEP Schedule★

Scan Me  
For More Information



facebook



## FY2025 Basic Skills Education Program

Want to Increase your General Technical (GT) score?

Enroll in a two-week intensive course focused on  
Word Knowledge, Paragraph Comprehension, and Arithmetic Reasoning.

Classes are

**MONDAY thru FRIDAY 0830-1700**



Class #	Course Dates		Registration Dates	
	Start Date	End Date	Start date	End Date
1	21 Oct 24	1 Nov 24	21 Sep 24	11 Oct 24
2	11 Nov 24	22 Nov 24	14 Oct 24	1 Nov 24
3	2 Dec 24	13 Dec 24	4 Nov 24	22 Nov 24
4	6 Jan 25	17 Jan 25	9 Dec 24	27 Dec 24
5	3 Feb 25	14 Feb 25	13 Jan 25	31 Jan 25
6	24 Feb 25	7 Mar 25	3 Feb 25	14 Feb 25
7	17 Mar 25	28 Mar 25	17 Feb 25	7 Mar 25
8	7 Apr 25	18 Apr 25	10 Mar 25	28 Mar 25
9	28 Apr 25	9 May 25	31 Mar 25	18 Apr 25
10	12 May 25	23 May 25	21 Apr 25	9 May 25
11	2 Jun 25	13 Jun 25	12 May 25	23 May 25
12	16 Jun 25	27 Jun 25	26 May 25	6 Jun 25
13	7 Jul 25	18 Jul 25	9 Jun 25	27 Jun 25
14	28 July 25	8 Aug 25	30 Jun 25	11 Jul 25
15	11 Aug 25	22 Aug 25	14 Jul 25	1 Aug 25
16	8 Sep 25	19 Sep 25	4 Aug 25	22 Aug 25
17	22 Sep 25	3 Oct 25	25 Aug 25	12 Sep 25





## MyArmyPost



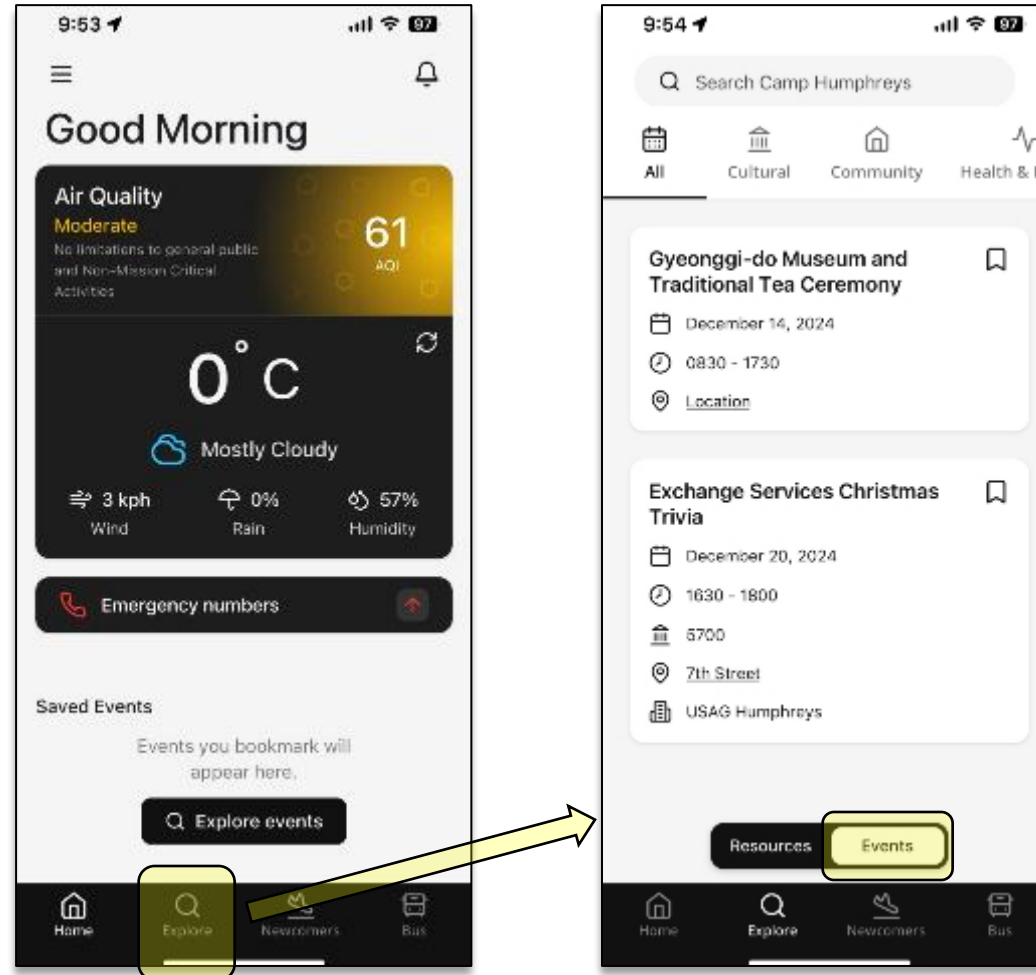
Try the Army's Newest  
Mobile Application!

FIND THE MY ARMY POST APP  
IN THE APP STORE

DOWNLOAD IT TODAY



## Events



“ There’s a lot going on, but there is not a lot in the app. ”

All event inputs in the app are done manually

*Help us help the community*

## Requirements & Restrictions

- **Must be free**
  - Does not apply to NAF organizations but must input event themselves
- **Must be open to all Service Members, DoD Civilians and/or Families**
  - Random selection, first-come/first-served, etc.
- **Legal reviews are appreciated**
- **Give us the 5Ws, any associated art, and we can add it to the app**

[usarmy.humphreys.imcom-korea.mbx.usaghumphreyspao@army.mil](mailto:usarmy.humphreys.imcom-korea.mbx.usaghumphreyspao@army.mil)  
or  
[humphreys.garrison@gmail.com](mailto:humphreys.garrison@gmail.com)





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DPW

# Upcoming Repairs Taro Avenue

**Taro Avenue (between 11<sup>th</sup> street and Tropical Lightning)  
may experience intermittent traffic delays**

**15 Jan 2025 thru 31 Jul 2025**

**Contractors will repair deteriorating pavement**

**Construction will be accomplished in 3-phases to allow single lane road use**

**Phase 1 – 15 Jan to 20 Mar 2025**

**Phase 2 – 20 Mar to 20 May 2025**

**Phase 3 – 01 Jul to 31 Jul 2025**





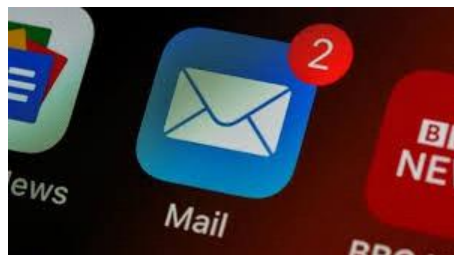


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# DPW Housing



US ARMY GARRISON HUMPHREYS  
**Housing Division**



Dear Valued Customer,

Email is our primary means of contact with residents to provide direct messages, mass notification, and information concerning housing operations & maintenance events that impact you and your families. We ask that you please ensure that your contact information is up to date. Please reach out to us @

[usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil](mailto:usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil)

Or by phone @ 050-356-4357

**Your Army Housing Team**





U.S. ARMY

# DPW Housing



US ARMY GARRISON HUMPHREYS  
**Housing Division**

## New Maintenance Partnership Announcement

### Announcement to Residents

We are delighted to introduce the newly contracted HANWHA Hotels & Resorts, which will be responsible for maintenance at Army Family Housing. As we begin this partnership, we are committed to providing improved service and quality through close cooperation between the housing team and HANWHA. Please note that the existing ArMA Maintenance request process will remain the same. We appreciate your understanding and support.

Thank you.

Your Army Housing Team



If you have any questions, please contact  
at Housing Division, DPW 757-2074  
E-mail: [usarmy.humphreys.id-  
pacific.list.usag-humphreys-  
housing@army.mil](mailto:usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil)



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# DPW Housing



US ARMY GARRISON HUMPHREYS  
**Housing Division**

## Installation of Pet Waste Stations Completed

**Pet waste stations have been installed around all AFH buildings. Please use them to help maintain a clean environment.**

**If you need any further adjustments,  
feel free to let me know**

**[Your Army Housing Team](#)**

If you have any questions, please contact at Housing Division, DPW 757-2074  
E-mail: [usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil](mailto:usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil)





U.S. ARMY

# Religious Support Office



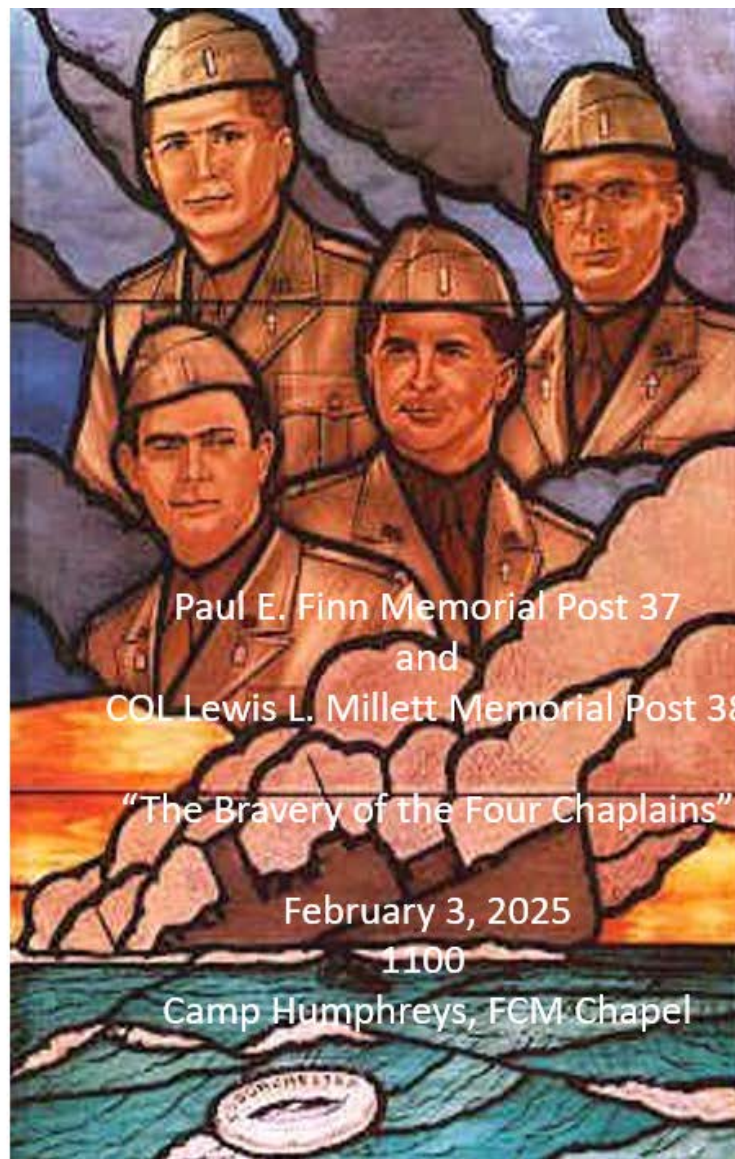
## Four Chaplains Day Commemorates Fallen Heroes

Shortly after midnight on February 3, 1943—79 years ago this month—a single German torpedo struck the U.S.A.T. Dorchester, an Army transport ship, as it traveled in the North Atlantic with 902 passengers aboard. The ship went down in less than 20 minutes.

Amid the chaos and flames, there were remarkable acts of heroism, most memorably on the part of a quartet of clergymen who would become known as the Four Chaplains: John P. Washington, a Catholic priest from Newark; Alexander D. Goode, a rabbi; Clark V. Poling, a Dutch Reformed minister; and George L. Fox, a Methodist minister.

As the stunned passengers—military personnel, merchant seamen and civilian workers—groped through the darkness after the attack, the clergymen went to work, aiding the wounded, guiding the disoriented to safety and urging all to be brave. When life jackets ran out, they gave up their own.

The Four Chaplains were among the more than 670 victims who died that morning off the coast of Greenland.





Headquarters  
United States Forces Korea  
Unit #15237  
APO AP 96271-5237

United States Forces Korea  
Regulation 190-1

18 February 2021

Military Police

MOTOR VEHICLE TRAFFIC SUPERVISION

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\*This regulation supersedes USFK Regulation 190-1, dated 10 May 2012.

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FOR THE COMMANDER:

STEPHEN C. WILLIAMS  
Major General, USAF  
Chief of Staff

OFFICIAL:



ROCKSON M. ROSARIO  
Chief, Publications and  
Records Management

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**Summary.** This regulation prescribes policy and procedures for motor vehicle traffic supervision and gives further guidance for Motor Vehicle Traffic Supervision in the Republic of Korea (ROK).

**Summary of Change.** This regulation has been substantially changed. A full review of its contents is required.

**Applicability.** This regulation applies to all persons who operate:

- A motor vehicle on a United States Forces Korea (USFK) installation/garrison.
- A Status of Forces Agreement (SOFA) registered vehicle off military installations (which includes all USFK personnel, military and civilian).
- United States (US) Government vehicles anywhere in the ROK.

- USFK Regulation 190-1, Appendix D
  - GREEN
  - AMBER – Key points next slide
  - RED – Key points next slide
  - BLACK – Key points next slide



# Highway/Installation Road Condition Matrix

## AMBER

### WILL BE IMPOSED TO/WHEN

- Visibility diminished to 50 meters on roads due to weather (fog, heavy rain).
- Patch-ice accumulation over 10%-20% per kilometer of driving-surface.
- 2" or less snow accumulation over 20%-30% per kilometer of driving-surface

### RESTRICTIONS IMPOSED

- Consider rescheduling unit movements or exercises that would require serious disruption if road conditions become Red category while movements are in progress.

### APPROVING AUTHORITY

- Initiated/ Downgraded by the Area Commander or higher.
- Approval – "AUTHORIZED AMBER"
  - Company/ Detachment Commander;
  - an officer with the rank of Captain (O-3) or above;
  - Warrant Officer in the grade of CW3 or above;
  - Civilian supervisors GS-10 or KGS-10 or above.

## RED

### WILL BE IMPOSED TO/WHEN

- Visibility diminished to less than 25 meters on roads due to weather (fog, heavy rain).
- Patch-ice accumulation over 30% - 50% per kilometer of driving-surface.
- More than 2" of snow accumulation over at least 50% per kilometer of driving- surface, and near total snow coverage of driving-surface.

### RESTRICTIONS IMPOSED

- All vehicles (including POVs, AAFES-K taxi vehicles, contract buses, command vehicles, staff cars, messenger, mail and ration vehicles), other than those required for essential or emergency services/business, are not authorized to be driven.
- Essential and Emergency vehicles include Fire and Emergency Services vehicles, Military Police vehicles, DPW emergency response vehicles and other vehicles specifically identified by the Area Commander during the specific event.

### APPROVING AUTHORITY

- Initiated/ Downgraded by the Area Commander or higher.
- Approval – "AUTHORIZED RED"
  - Area Commander or a Commander in the grade of O-5 and above
  - Civilian supervisors in the grade of GS-13 or KGS-13 or above.

## BLACK

### WILL BE IMPOSED TO/WHEN

- Ice accumulation over 50% or more per kilometer of driving- surface.
- More than 4" of snow accumulation over all or nearly all of driving-surface.
- Area Commander deems other factors exist to warrant additional caution.

### RESTRICTIONS IMPOSED

- Responding emergency vehicles will ONLY be authorized movement. When snow or ice is the basis for the road condition, tire chains or the equivalent are required (no waiver authorized). All other vehicles are prohibited from movement.

### APPROVING AUTHORITY

- Initiated/ Downgraded by the Area Commander or higher.
- Approval – "AUTHORIZED BLACK"
  - Area Commander or a Commander in the grade of O-5 and above must personally authorize the use of emergency vehicles.







## Mandatory Placement of Fire Extinguisher

<b>WHO</b>	Korean National Fire Agency
<b>WHAT</b>	Vehicles designed to carry maximum number of 5 passengers
<b>WHEN</b>	On or after December 1, 2024
<b>WHERE</b>	Regular vehicle inspections
<b>HOW</b>	“For Vehicle Use” label and over 0.7kg

( Article 11, Enforcement Degree Of The Act On Installation And Management Of Firefighting Systems )



## Safety Dream



### ▶ FOR WHOM?

- Children under 18
- Individuals with intellectual, developmental, or mental disabilities
- Individuals with Dementia

### ▶ PURPOSE?

- To register personal and contact information to prevent and quickly locate the individuals in case they go missing



■ 실종아동등의 발견 및 유전자검사 등에 관한 규칙 [별지 제1호서식] <개정 2024. 1. 31.>

## 아동등 사전등록신청서

※ [ ]에는 해당되는 곳에 √표를 합니다.

접수번호	접수일	처리기간	즉시	
신청인	성명	주민등록번호		
	주소	연락처		
	대상과의 관계	[ ] 부모 [ ] 자녀 [ ] 배우자 [ ] 친척 [ ] 형제 [ ] 동거인 [ ] 시설		
등록대상 아동등의 정보	기본 정보	성명	주민등록번호	
		구분 [ ] 아동(만18세 미만) [ ] 지적·자폐성·정신장애인(연령불문) [ ] 치매환자(연령불문)		
		성별	[ ] 남 [ ] 여	
		주소		
	신체 특징	키(cm)	체중(kg)	
		체격	[ ] 비만 [ ] 건장 [ ] 보통 [ ] 왜소 [ ] 특이 [ ] 직접기재:	
		얼굴	[ ] 삼각형 [ ] 역삼각형 [ ] 계란형 [ ] 사각형 [ ] 둥근형 [ ] 가름한형 [ ] 직접기재:	
		머리색	[ ] 검은색 [ ] 흰색 [ ] 반백 [ ] 갈색 [ ] 염색 [ ] 직접기재:	
		흉 터	[ ] 머리 [ ] 얼굴 [ ] 팔 [ ] 손 [ ] 등 [ ] 용통 [ ] 둔부 [ ] 다리 [ ] 발 [ ] 직접기재:	
		모양		
점 또는 문신	위치	[ ] 머리 [ ] 얼굴 [ ] 팔 [ ] 손 [ ] 등 [ ] 용통 [ ] 둔부 [ ] 다리 [ ] 발 [ ] 직접기재:		
	모양			
병력	[ ] 뇌질환 [ ] 심장질환 [ ] 간질환 [ ] 내과질환 [ ] 외과질환 [ ] 직접기재:			
	그 밖의 특징			
그 밖의 정보	실종(가출)경력	[ ] 없음 [ ] 1회 [ ] 2회 [ ] 3회 이상		
	주로 다니는 장소			

「실종아동등의 보호 및 지원에 관한 법률」 제7조의2제1항 및 「실종아동등의 발견 및 유전자검사 등에 관한 규칙」 제3조제2항에 따라 위와 같이 신청합니다.

년 월 일  
신청인 (서명 또는 인)

경찰청장 귀하

담당 공무원 확인사항	1. 주민등록표 등본 2. 장애인증명서(등록대상 아동등이 지적장애인, 자폐성장애인 또는 정신 장애인인 경우만 해당합니다)	수수료 없음
-------------	--	--------

행정정보 공동이용 동의서

본인은 이 건 업무처리와 관련하여 담당 공무원이 「전자정부법」 제36조에 따른 행정정보의 공동이용을 통하여 위의 담당 공무원 확인사항을 확인하는 것에 동의합니다.  
\* 동의하지 않는 경우에는 신청인이 직접 관련 서류를 제출해야 합니다.

신청인 (서명 또는 인)

210mm × 297mm(백상지 80g/㎡(재활용품))

## Safety Dream

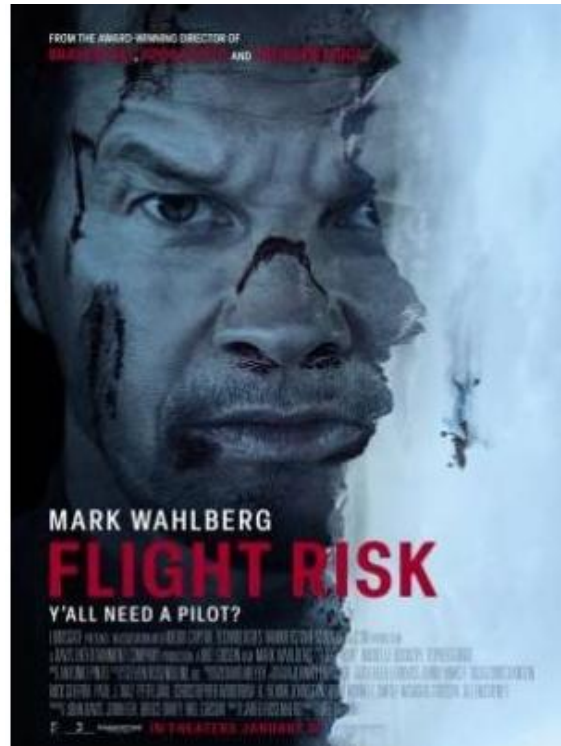
### ▶ HOW?

- Fill out the registration form, take a photograph, register fingerprint (if preferred)
- Visit nearest Patrol Office in person with the child
- Bring the passports of both the parent and the child (as proof of family relationship)



## NERF SUPER EVENT

- › NERF OR NOTHIN'!
- › Date: 11 Jan (Sat)
- › Time: 11:00-13:00
- › Location: Main Store
- › Appropriate for Ages 8+



## Free Showing

- › FLIGHT RISK
- › Date: 11 Jan 2025 (Sat)
- › Family Theater at 16:00
- › Troop Theater at 17:30



## Samsung Gaming Event

- › Where Gaming Comes Together!
- › Date: 18 Jan 2025 (Sat)
- › Time: 13:00-15:00
- › Location: Main Store

## To Our Valued Customers

The following retail stores will operate with **REDUCED HOURS** due to Year-End Inventory.

STORE NAME	DATE	REDUCED HOURS	REGULAR HOURS
3RD MI EXPRESS	22 JAN (WED)	0700 - 2100	0700 - 2200
FAMILY MINI MALL EXPRESS	23 JAN (THU) 24 JAN (FRI)	0000 - 2200 0500 - 2400	24 HOURS
MILITARY CLOTHING STORE	23 JAN (THU) 24 JAN (FRI)	0900 - 1800 0900 - 1800	0900 - 2000
BATH & BODY WORKS	24 JAN (FRI)	1000 - 1800	1000 - 2000
MAIN EXCHANGE	24 JAN (FRI)	0900 - 1800	0900 - 2100

All others will remain normal hours.

## Adjusted Operation Hours

- › Reduced hours due to Year-End Inventory for 22-24 Jan 2025
- › All others will remain normal hours





U.S. ARMY

# Exchange



No matter what your occupation, H&R Block will find all of your work-related deductions and credits.

It's just one reason why we guarantee you'll get the maximum refund. Stop by Maude Hall today to talk to a Tax representative for further information.



**USAG Humphreys**  
**Maude Hall Bldg. 6400**  
**(1<sup>st</sup> floor by Dunkin & LG U+)**  
**Mon-Sat 1000-1900**  
**070-7727-6100**  
**[ahreum.x.im@tax.hrblock.com](mailto:ahreum.x.im@tax.hrblock.com)**





U.S. ARMY

# Humphreys Commissary

## SCHOLARSHIPS FOR MILITARY CHILDREN

The Scholarships for Military Children Program.  
The application period for the 2025-2026 academic  
year will open on December 11, 2024 close on  
February 12, 2025



### HOW TO APPLY

All applications will be submitted online only.

**Apply at [www.militaryscholar.org](http://www.militaryscholar.org)**



*Scholarship program of Fisher House Foundation*







U.S. ARMY

# Humphreys Commissary



Commissary DAT' is nutritious

Go for the Green!



Let this be your guide to building healthier habits by cooking more meals at home.

Without a way to quickly identify nutrient-rich foods, commissary customers who want to make better food choices for the product labels.

Color-coded shelf tags throughout the store to help customers easily spot products such as low sodium, whole grain, no-added sugar, low fat and high fiber.

Approximately 630 products were identified and tagged based on these key Food and Drug Administration (FDA) nutrient attributes.





# 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:**

January 17: Teacher Workday  
January 20: Martin Luther King Jr. Day  
January 31: CSI Day (Lunar New Year)  
February 14: CCRS Training  
February 14: Recess Day  
February 17: President's Day

### **Upcoming School Dates:**

January 16: End of 2<sup>nd</sup> Quarter and 1<sup>st</sup> Semester  
January 21: Begin 3<sup>rd</sup> Quarter and 2<sup>nd</sup> Semester

### **Upcoming School Events:**

January 14: HWES – SAC Meeting  
January 15: HCES – SAC Meeting  
January 21: HHS – SAC Meeting  
February 13: IAC Meeting

School Office Hours: 0700 – 1600 hrs.

School registration website:

<https://dodeasis.myfollett.com/asp/en/logon.do>







U.S. ARMY

# Brian D. Allgood Army Community Hospital

## BDAACH Access to Care Update – Virtual Town Hall #2 Recap

### Town Hall Details

- BDAACH conducted a second virtual town hall on the topic of “Access to Care” on the BDAACH FB page on 18 DEC as a follow-up to the first town hall (23 OCT).
- Speaker: BDAACH Director/549th HC Commander COL Chad Black
- Consisted of two parts: Commanders’ Update and Live Q&A Session

### Commanders’ Update: Increasing access to Primary Care

Phase 1 – Progress: Internal Optimization

Phase 2 – Expansion: Installation Health Service Support Program (IHSSP)

Phase 3 – Looking Ahead: UCC & Digital Front Door

### What the community can do to help:

1. Reschedule or cancel in advance to avoid No-Shows
2. Appointment Reminder System
3. Provide direct feedback via Patient Advocate & ICE



**BDAACH COMMUNITY TOWN HALL #2**  
Topic: Access to Care Update

  
BDAACH Director & 549th HC Commander COL Chad Black

 WED, 18 DEC  1800 - 1830  BDAACH FB Page

 Hear updates on the changes we're making to increase access to Primary Care appointments

 Let us know how we can improve Primary Care access for you

 [facebook.com/BDAACH](https://facebook.com/BDAACH) 





U.S. ARMY

# Armed Forces Wellness Center

## New Year New You!

### January Classes:

- ✓ 01/03 at 0800 Fueling For Health
- ✓ 01/07 at 1000 Healthy Sleep Habits
- ✓ 01/08 at 1000 Meals In Minutes
- ✓ 01/10 at 0800 ACFT Performance Optimization
- ✓ 01/14 at 1000 Stress Management
- ✓ 01/15 at 1000 Upping Your Metabolism
- ✓ 01/17 at 0800 Fueling For Health
- ✓ 01/21 at 1000 Healthy Sleep Habits
- ✓ 01/22 at 1000 ACFT Performance Optimization
- ✓ 01/24 at 0800 Stress Management
- ✓ 01/28 at 1000 Meals In Minutes
- ✓ 01/31 at 0800 Upping Your Metabolism



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



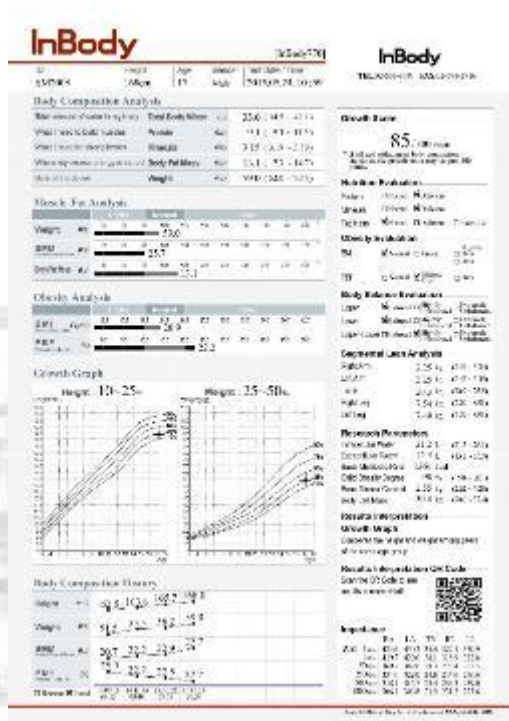




# Inbody770



The InBody 770 measures and analyses an individual's body composition in terms of water, fat, protein, muscle, bone mineral and much more. The device can determine the weight of lean muscle tissue in each limb, the amount of body fat, bone mineral content, as well as a host of other valuable information.



The InBody770 analyzer produces detailed results, including: body fat percentage, BMR, segmental muscle balance, body water and progress graphs.





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

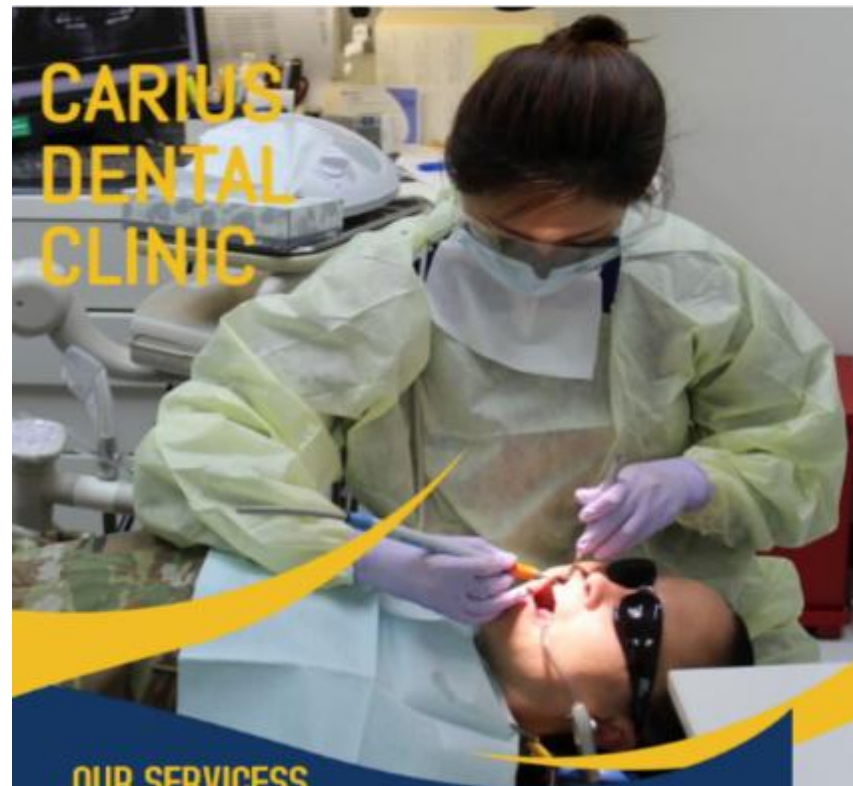
0730 - 1130 / 1230 - 1630 Friday

\* 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



## Dental Assistant Program (DAP)

*by Carius Dental Clinic  
& BDAACH American Red Cross*

The DAP is a classroom and hands-on apprenticeship style program that provides the education and clinical skills necessary to volunteer or potentially become employed at a military Dental Treatment Facility (DTF) as it prepares participants to take certification exams.

*The 2025 DAP will have 3 available positions*

### Eligibility:

- At least 18 years old
- High School diploma (or equivalent)
- Valid military DoD ID
- DEROS after Jan 2026
- Camp Humphreys affiliated
- Must be able to pass T1 clearance, Occ Health/immunization screening, and become BLS certified upon acceptance.

Family members of active-duty personnel given priority consideration

### Commitment:

- Full Time Schedule -Mon-Fri 0800-1700
- Time frame: Application packet due 1/7/25
- Tentative program start April 2025
- Program duration: 5 months

Reach out to  
[HumphreysMTF@redcross.org](mailto:HumphreysMTF@redcross.org) with questions

Pick up & submit application at the  
American Red Cross office at BDAACH (4th floor) - DUE 1/7/25



## February

## National Children's Dental Health Month

## 24-28 February Dental Screenings

@

**Humphreys Central Elementry School  
Humphreys West Elementry School  
Humphreys Middle School**





U.S. ARMY

# Veterinary Services



## Camp Humphreys Veterinary Treatment Facility

### CONTACT US

#### DSN:

(315) 737-9720/9721

#### Commercial:

0503-337-9720/9721

#### Email Address:

[usarmy.humphreys.65-med-bde.mbx.vet-clinic@health.mil](mailto:usarmy.humphreys.65-med-bde.mbx.vet-clinic@health.mil)

#### Physical Address:

Bldg 2260, Tropic Lightning Avenue, USAG Humphreys

### FOLLOW US ON SOCIAL MEDIA!

106<sup>th</sup> MED DET (VSS):

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

Humphreys VTF:

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



### CAMP HUMPHREYS VTF JANUARY CLINIC SCHEDULE

#### Open for Full Operations Except:

- JAN 1: **CLOSED (New Year)**
- JAN 2: **RECEPTION ONLY**
- JAN 20: **CLOSED (MLK Jr. Day)**
- JAN 29: **CLOSED (Lunar New Year)**
- JAN 31: **CLOSED (Inventory)**
- WEEKENDS: **CLOSED**

#### Hours of Operation:

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

**\*\*FEBRUARY SCHEDULE OPENS  
ON JAN 15 \*\***

January 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CLOSED HOLIDAY	2 Reception Only	3 Wellness & Health Cert Appointment	4 WEEKEND CLOSED
5 WEEKEND CLOSED	6 Wellness & Health Cert Appointment	7 All Appointments	8 All Appointments	9 Wellness & Health Cert Appointment	10 Wellness & Health Cert Appointment	11 WEEKEND CLOSED
12 WEEKEND CLOSED	13 Wellness & Health Cert Appointment	14 All Appointments	15 All Appointments	16 Wellness & Health Cert Appointment	17 Wellness & Health Cert Appointment	18 WEEKEND CLOSED
19 WEEKEND CLOSED	20 CLOSED HOLIDAY	21 All Appointments	22 *Surgery Day* All Appointments	23 Wellness & Health Cert Appointment	24 Wellness & Health Cert Appointment	25 WEEKEND CLOSED
26 WEEKEND CLOSED	27 Wellness & Health Cert Appointment	28 All Appointments	29 CLOSED HOLIDAY	30 Wellness & Health Cert Appointment	31 CLOSED INVENTORY	

WE ARE THE ARMY'S HOME





U.S. ARMY

# Veterinary Services



## Osan AB Veterinary Treatment Facility

### OSAN AB VTF JANUARY CLINIC SCHEDULE

#### Open for Full Operations Except:

- JAN 1: **CLOSED** (New Year)
- JAN 2: **CLOSED** (Training)
- JAN 9: RECEPTION ONLY
- JAN 27: RECEPTION ONLY
- JAN 28-30: **CLOSED** (Lunar New Year)
- JAN 31: **CLOSED** (Inventory)
- WEEKENDS: **CLOSED**

#### Hours of Operation:

- Monday - Friday  
0900-1200 & 1300-1600

January 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>CLOSED FOR NEW YEARS</b>	2 <b>CLOSED FOR NEW YEARS</b>	3	4 <b>CLOSED</b>
5 <b>CLOSED</b>	6	7	8	9 <b>Reception Only</b>	10	11 <b>CLOSED</b>
12 <b>CLOSED</b>	13	14	15 <b>Surgery Day</b> (No Dentals)	16	17	18 <b>CLOSED</b>
19 <b>CLOSED</b>	20	21	22 <b>Surgery Day</b> (No Dentals)	23	24	25 <b>CLOSED</b>
26 <b>CLOSED</b>	27 <b>Reception Only</b>	28 <b>Closed for Lunar New Year</b>	29 <b>Closed for Lunar New Year</b>	30 <b>Closed for Lunar New Year</b>	31 <b>CLOSED FOR EOM</b>	



### January Pet Readiness Clinic



**14 JAN 2024**  
**11:00am - 7:00pm**

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

\* Payment due at time of service \*

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

FOLLOW US ON SOCIAL MEDIA!

106<sup>th</sup> MED DET (VSS): <https://www.facebook.com/106thMDVSS>

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

WE ARE THE ARMY'S HOME

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U.S. ARMY

# Veterinary Services



## WINTER PET SAFETY TIPS



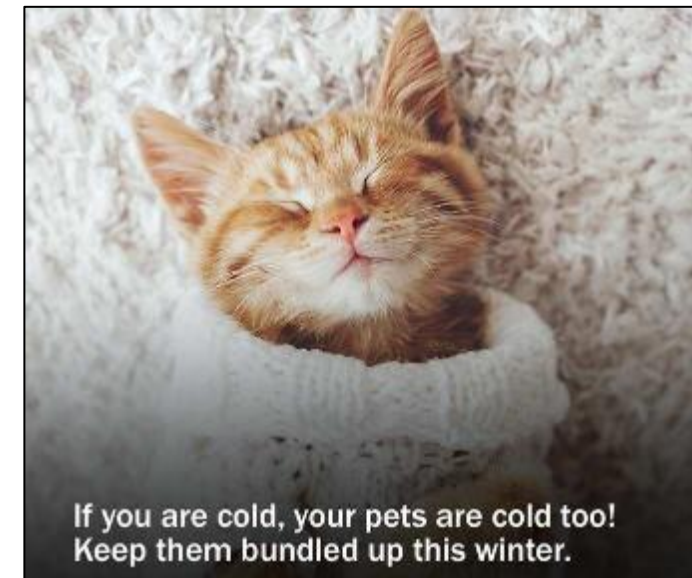
Beep the horn before starting your car in case a cat is napping in a wheel well or the engine.



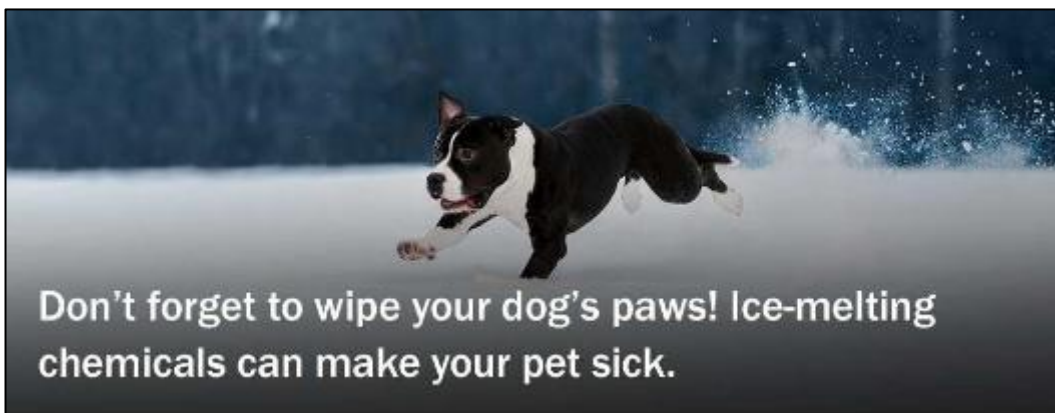
Keep antifreeze out of reach and clean up spills right away.



Ensure your pet has plenty of water that won't freeze.



If you are cold, your pets are cold too! Keep them bundled up this winter.



Don't forget to wipe your dog's paws! Ice-melting chemicals can make your pet sick.



Don't over-bathe or shave your pet in the winter.



If your dog has a thin coat, try a dog jacket or sweater.







## Substance Use Disorder Clinical Care

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(5<sup>th</sup> 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](mailto:usarmy.humphreys.medcom-kor.list.bdaach-sudcc@health.mil) or [maria.i.guerrero3.civ@health.mil](mailto:maria.i.guerrero3.civ@health.mil)







U.S. ARMY

# AMERICAN RED CROSS



American  
Red Cross

## Host Nations that HCC requests support from ARC on installation

- Korea
- Japan
- Germany
- Italy
- Spain
- United Kingdom

## Countries ARC HCC can verify with directly

- Canada
- Territories of Guam
- Puerto Rico
- USVI: St. John, St. Croix, & St. Thomas
- American Samoa
- Micronesia Commonwealth of the Northern Mariana Islands: Saipan, Rota, Tinian

## RED CROSS MESSAGE VERIFICATIONS IN FOREIGN COUNTRIES

Countries listed here have Red Cross or Red Crescent Societies which cooperate with American Red Cross to ATTEMPT verifications in their countries related to emergencies through a secure ICRC platform.

Information received may be limited. Societies sometimes take days to respond or may not be able to support requests at all.

\*HCC – Hero Care Center

\*ICRC – International Committee of the Red Cross



American  
Red Cross

Service to the Armed Forces

## Approved Sister Societies with Cooperating Agreements

- Belize
- Colombia
- Costa Rica
- Ireland
- Jamaica
- Myanmar
- Mexico
- Norway
- Philippines
- Poland
- PRC (Hong Kong Only)
- Spain
- Thailand
- Trinidad & Tobago
- Micronesia Republic of Palau
- Federation States of Micronesia: Yap, Chuuk, Pohnpei, Kosrae
- Republic of the Marshall Islands: Majuro, Ebeye, Kwajalein





## ROSTER UPDATES HAPPENING SOON!!!

- American Red Cross maintains a roster of all units on Camp Humphreys and updates it regularly.
- We will be calling all numbers currently listed on our roster in the coming weeks to verify accuracy for Red Cross Emergency Message delivery.
- Please ensure that your staff duty (or current POC) has the correct information on hand to verify.
- If you have a preferred POC for your unit's Red Cross Emergency Message delivery, please contact:

Jennifer Faux – Chapter Program Director

[Jennifer.faux2@redcross.org](mailto:Jennifer.faux2@redcross.org)

Cell: 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](mailto:SAFHumphreys@redcross.org)

WE ARE THE ARMY'S HOME

51 of 65







U.S. ARMY

# AMERICAN RED CROSS



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)

January 10 0900-1200

January 11 1300-1600

January 17 0900-1200

January 24 0900-1200

BLS: \$12

(Generally for medical personnel, refresh)

January 22 0900-1200

January 25 1300-1600

**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



Volunteers  
**NEEDED**



- 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!!





U.S. ARMY

# AFSBn-Korea IPBO

IPBO – Bldg. 6953

**Hours of Operation:**

M – F: 0730 - 1130  
1230 - 1600

HAZMART

6957

Warehouse

6961

IPBO

6953

CIF

Warehouse

6950

6964

1ST STREET

INDIAN HEAD AVENUE

Co HQs

7504 7505

7502 7503

7501 7500

Consolidated  
HQs

6940

6941

Barracks

6900 6925 6924

6903 6926 6929

6919 6931 6930

6918 6920 6913

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Barracks

6908 6907

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The USO at Camp Humphreys strengthens service members and their families by connecting them to home, family, and country through programs, services, and support designed to enhance their morale, resilience, and quality of life while stationed overseas.



## Maude Hall

### Business Center & Lounge

WiFi & Computers w/ Internet  
CAC Readers  
Calls & Fax to U.S.  
Gaming Systems & Board Games  
Snacks & Beverages



Facebook

## Sentry Village

WiFi & Computer w/ Internet  
CAC Readers  
Calls & Fax to U.S.  
Gaming Systems & Board Games  
Snacks & Beverages

**Welcome to Korea-** informational presentation

**Adventurer's Guild-** (Adult D&D)

**Programs & Events-** geared towards all Service Members, families, and the community.

**Outreach-** Motorpool Mondays & Care Packages, and more





U.S. ARMY

# USO Humphreys

## Sentry Village Events



[Korea.uso.org/events](https://korea.uso.org/events)



**Homefront  
Hot Meals**

**January 28th @ 1700**  
**USO HUMPHREYS- SENTRY VILLAGE  
BUILDING P301**

Free meal for all Service  
Members, retirees, and  
families



**SUPER BOWL LIX  
PARTY**

**Breakfast Watch Party**

**FEBRUARY 10TH**  
**USO HUMPHREYS- SENTRY VILLAGE**

**OPEN TO ALL SERVICE MEMBERS, RETIREES, AND FAMILIES**





U.S. ARMY

# USO Humphreys



Volunteer at USO



**Center and Outreach Volunteers:** Provides support, hospitality, and a welcoming environment to all guests.

**Mentorship Program:** Provide guidance and support to Service Members and military families.

**USO Center Support:** Assist with daily operations, guest services, and program execution.

**How to Volunteer:** Visit [www.Volunteers.USO.org](http://www.Volunteers.USO.org) for registration and details.







U.S. ARMY

# MARFORK



## Highlights: “Gifts for Hope” 2024

- On 29 and 30 November 2024, MARFORK Marines hosted a toy drive and collected gifts, jackets, and school supplies for the Seoul Children’s Welfare Committee. Donations included 189 toys, 41 winter coats, 51 backpacks, and countless school supplies and stationery. These donations were distributed among 4 orphanages throughout Seoul, spreading Holiday cheer.





# 501st Military Intelligence Brigade (Theater)

The 501st Military Intelligence Brigade demonstrated its commitment to the Camp Humphreys community through the Warrior Food Drive Ruck. Key highlights include:

- Collected over 600 pounds of goods and essential supplies for the Warrior Food Pantry
- Engaged over 500 soldiers in the event, fostering a sense of community and unity within USAG Humphreys

Through this initiative, the brigade reinforced its dedication to service and giving back to the community.



# Unit Brief Schedule

## February:

USFK



SOCKOR



1<sup>st</sup> SIG BDE



## March:

2ID



65<sup>th</sup> MED BDE







U.S. ARMY

# DPTMS – Upcoming Community Event for January 2025

Date	Time	Event/Location	OPR
9-Jan-25	0900-1100	Interview Ready for Career Fairs at ACS, Bldg. #6400	DFMWR
9-Jan-25	1800-1900	Ping Pong Tournament at Downtown Recreation Center	DFMWR
11-Jan-25	0700-2000	Vivaldi Park Ski Trip	DFMWR
11-Jan-25	0800-2000	Chongyang Alps Village Ice Festival	DFMWR
11-Jan-25	1000-1400	CYS Roundup at Smith Youth Center	DFMWR
11-Jan-25	1400	LEGO Club at Library	DFMWR
14-Jan-25	0900-1100	Resumes 101 for Career Fairs at ACS, Bldg. #6400	DFMWR
14-Jan-25	1130-1300	Appreciation Meal at Downtown Lanes	DFMWR
17-Jan-25	0900-1100	Making the Most of a Career Fairs at ACS, Bldg. #6400	DFMWR
18-Jan-25	0700-2000	Yongpyeong Ski Trip	DFMWR
18-Jan-25	0700-1900	Snowland Sliding Trip	DFMWR
18-Jan-25	0830-1000	Men's Breakfast at Four Chaplains Memorial Chapel	RSO
18-Jan-25	1500-1600	Family Puzzle Day at Downtown Recreation Center	DFMWR
18-Jan-25	1900	Pool Tournament at Warrior Zone	DFMWR





U.S. ARMY

# DPTMS – Upcoming Community Event for January 2025

Date	Time	Event/Location	OPR
18-Jan-25	1900	Armed Forces Entertainment Comedy Show featuring Medicine Brigade at Flightline Tap Room	DFMWR
19-Jan-25	0700-2000	Sancheoneo (Mountain Trout) Festival	DFMWR
19-Jan-25	0800-1800	Jisan Ski Trip	DFMWR
21-Jan-25	0900-1100	Mastering Your Interview for Career Fairs at ACS, Bldg. #6400	DFMWR
22-Jan-25	1100-1200	Tinkering Toddlers at Library	DFMWR
23-Jan-25	1000-1400	Career Fairs at Morning Calm Center	DFMWR
24-Jan-25	1400-1600	Workforce Town Hall at Morning Calm Center	DHR
25-Jan-25	0700-2000	Gangchon Elysian Ski Trip	DFMWR
25-Jan-25	1100-1500	Parent's Day Out at Hess CDC	DFMWR
25-Jan-25	1300-1600	Seollall Kid's Day at Outdoor Recreation Center, Bldg. #110	DFMWR
25-Jan-25	1500-1600	Family Bingo at Downtown Recreation Center	DFMWR
01-Feb-25	1000-1300	Chess Club at Library	DFMWR
01-Feb-25	1900	Pool Tournament at Warrior Zone	DFMWR
05-Feb-25	0900-1130	Orientation for New Employees at DHR Classroom, Bldg. #6400	DHR





# DPTMS – Upcoming Community Event for February 2025

Date	Time	Event/Location	OPR
05-Feb-25	1500	MakerSpace Open Lab at Library	DFMWR
07-Feb-25	1030	Fun Music Friday at Library	DFMWR
07-Feb-25	1300-1400	Home Based Business Training at MWR Training Room, Bldg. #12601	DFMWR
08-Jan-25	1400	LEGO Club at Library	DFMWR
<b>12-Feb-25</b>	<b>1030</b>	<b>Command Community Information Exchange at Morning Calm Center</b>	CMD GRP
<b>12-Feb-25</b>	<b>1800</b>	<b>Community Town Hall at Morning Calm Center</b>	CMD GRP

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/5498DAAACH/>

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](mailto:robert.f.nelson.civ@army.mil).





# Open Discussion / Questions



## COL Ryan K. Workman

Garrison Commander, USAG-H

**Next**

**Command Community Information Exchange (CCIE):**

**12 February 2025, 1030hrs**

**Location: Morning Calm Center**

