



USAG-YONGSAN HOT TOPICS



2016 Vol. 19

TOPICS	PAGES
Tab A: EXSUM	2
Tab B: Hot Topics 2016 Vol. 19	3-4
Tab C: Total Army Strong	5
Tab D: Yongsan Safety Gram - Personal Protective Equipment	6
Tab E: Notice on Holiday Decorations	7
Tab F: Notice on Adjusted School Schedule	8-10
Tab G: Warning on Chocking Game	11-15
Tab H: Memorandum for Complex-wide Evacuation Drill	16
Tab I: American Red Cross Launching Hero Care App	17
Tab J: Area II Hispanic Heritage Month Observance	18-19
Tab K: Ground Forces Festival	20
Tab L: FEGLI Program Life Insurance Open Season Guidance	21-29
Tab M: Uniformed Service's Blended Retirement System	30-32
Tab N: "Just 1 Minute" Communication Product	33-34
Tab O: Information on Dislocation Allowance	35-36
Tab P: Updated Schedule of Religious Services	37-38
Tab Q: Pet Care Center Closedown	39
Tab R: Samsung Thunders VS Yongsan Rebels	40

EXSUM

As the summer season transitions into fall and the school year presses on, the Garrison is ensuring we continue to provide as many opportunities to our community as we can for healthy lifestyles and an enjoyable tour.

The Total Army Strong program epitomizes this supporting effort. Total Army Strong is designed to deliver essential programs across our community and underscores our commitment to the total Army family (page 5). One of these responsibilities is safety – and we are fortunate to have safety professionals around us who are always looking out for our community. The latest Yongsan Safety Gram talks about the importance of personal protective equipment (PPE) for the entire body (page 6). Safe handling of electrical wires and equipment is critical to both at the workplace and at home. With the upcoming holidays, many in our community will be showing off their holiday spirit with outdoor lights and displays. Please read the insert on safe holiday decorations (page 7).

With students back in school, it is important we remain fully engaged in the safety of our children as well. The schools have instituted an adjusted schedule for Fridays, resulting in later start times and delayed bus schedules (pages 8-10). Please ensure your children are properly supervised until class starts. Keeping our youth safe is a job the garrison shares with parents, and I would like to mention a dangerous activity that exists among our youth known as the “choking game.” Children have been known to die or suffer serious injuries because of the “high” that can accompany asphyxiation (pages 11-15), so please talk to your children about the dangers of this game. Our educators likewise have put out the word and work actively to keep our children safe. On Oct. 3, all three schools on the garrison will evacuate and relocate to designated areas as part of an annual drill and test of the schools’ evacuation plan (page 16). So as not to create any panic or misunderstanding, please share with others that this is only a scheduled drill.

Technology also plays an important role in enhancing our safety capabilities, and the American Red Cross would like for you to download its “Hero Care” app, designed to help members of our community access Red Cross services from anywhere in the world (page 17). Remember also to download the USAG Yongsan app – your one-stop destination for all garrison information.

You can use the USAG Yongsan app to access information about the many activities planned for this wonderful autumn weather. For example, the period of Sept. 15–Oct. 15 is Hispanic Heritage Month, and Eighth U.S. Army will host an observance Oct. 14 at the Dragon Hill Lodge (pages 18-19). The ROK military will also host a festival of its own Oct. 2 at the Gyerong-dae ROK Military Headquarters and would like to invite you to join this unique opportunity to view the Alliance at work on a ROK compound (page 20). Seats are limited, so please sign up today.

I would like to remind our civilians that for the first time in more than a decade, it is life insurance open season Sept. 1-30, 2016, for the Federal Employee’s Group Life Insurance Program (FEGLI). If you missed the opportunity to enroll your dependents after getting married or having kids, you have a new window until Sept. 30 to sign up for life insurance benefits (pages 21-29). Benefits for our active military are also undergoing a major change called the Blended Retirement System. This system is considered one of the most wide-reaching and significant changes to military pay and benefits in the last 70 years and goes into effect Jan. 1, 2018 (pages 30-32). It is important that our employees and service members stay informed on all aspects of their compensation and benefits. In this vein, IMCOM recently launched a new communications product called “Just 1 Minute” in the form of an online information portal (page 33-34). The site is intended to help IMCOM employees stay abreast of IMCOM news and developments. The 176th FMSU Command Team also has information on dislocation allowance (DLA) to share in its September newsletter (pages 35-36).

Please see pages 37-38 for changes to religious services in Area II. Unfortunately, we will no longer conduct an Episcopalian service Sunday mornings at the 121 Hospital.

We have several major facility improvements taking place in the community. The Yongsan Pet Care Center is modernizing to better care for your pets (page 39). As a result, it will close Oct. 1 – Nov. 20 for renovations. If you have travel plans for Columbus, Veteran’s or Thanksgiving Day weekends, please make arrangements for your pets off-post. Collier Family Fitness Center recently completed renovations and will host the Samsung Thunders vs Yongsan Rebels basketball game Oct. 8, 2 p.m. (page 40). What better way to kick off the basketball season than with BBQ, prizes and friendly competition.

If you want more information about what is happening at and around our garrison, please visit our Facebook page. With cooler temperatures and the changing autumn scenery, there has never been a better time to get out and explore all this community, city and country have to offer. Getting to know, understand and appreciate our surroundings helps us stay Yongsan Ready, Yongsan Strong!

J. SCOTT PETERSON
Colonel, U.S. Army
Commanding

HOT TOPICS

2016 Vol. 19

CRD Hot Topics

- September Library Programming Yongsan: 'National Hispanic Heritage Month Theme Promotion also new programming, Family-Youth Crochet/Knitting Class and Youth/Teen Dance Class, continuation of the Youth/Teen Book Club and Coloring programs with sponsors
- 25 Sep – Buyeo Tour, 0800-1900, Moyer ODR
- 29 Sep – Adult Coloring Workshop, 1030, Yongsan Library
- 8 Oct – Columbus Day 5K Fun Run/Walk, 0800 reg/0900 start, CCFC

BOD Hot Topics

- Main Post Club to make reservations: usarmy.yongsan.imcom-pacific.list.main-post-club-reservations@mail.mil
- 30 Sep – Once in a Blue Moon 2, 1800-2100, Main Post Club
- MPC Salsa Every Saturday from 2000 – 0100
- Bowl for \$2.00 between 1100 to 1300 Wednesday, Thursday & Friday
- Bowl 2 games and get 50% off any Hamburger combo meal at lunch 1100 to 1300.
- Bowl (3) three games to get entered into a drawing for win a free trip to the Philippines that includes (2) two Airfare, Hotel accommodations and buffet breakfast 4 days 3 nights.
- Spin To Win: Bowl (3) three games and spin the wheel to win a prize, Sun., Mon., Tues., and Sat.

ACS Hot Topics

- Coming up: AFAP (Army Family Action Plan) Conference: 4-6 October 2016
- Next Area II/Yongsan Job Fair: 19 October 2016 @ CAC
- October is Domestic Violence Awareness Month / SHARP Stand Down / ADHD Awareness Booths
- 3 Oct – Volunteer of the Quarter
- 5-6 Oct – AFAP Conference, South Post Chapel (ACS Alt.)
- 19 Oct – ACS Job Fair, 1000-1400, Commiskey's CAC

CYSS Hot Topics

- Volunteer Coaches are ALWAYS needed. Upcoming Winter sports season is looking for Basketball, Cheer and Swim coaches. Any interested volunteers should contact the YS office at DSN: 738-8117/5567 or COMM: 0503-338-5567/8117 or via email shaun.m.juan.naf@mail.mil or ernest.r.brown32.naf@mail.mil
- CYSS Youth Sports will be holding a PUNT, PASS & KICK (Flag Football) / PUNT, PASS, SHOOT (Soccer) event for youth age divisions (6-8, 9-11, 12-15) during the Day for Kids Celebration on Saturday, 24 September from 1100-1430 on Field #10. Prizes will be awarded from 1430-1500 for 1st and 2nd place winners. All participants will receive a T-shirt for their participation.
- BOLTS Running Club meets TUE & THU from 1500-1600 at the Outdoor Track between the Golf: Driving Range and Baseball Field #5. MUST be registere with CYSS to join in the fun. Parental supervision/attendance is a must for youth aged 10 and under.
- Columbus Day 5k Fun Run on Saturday, 8 October 2016. Registration opens at 0800 and the Race will begin at 0900. T-shirts will be provided to all participants. 1st, 2nd and 3rd place ribbons will be awarded in age divisions 8 and under, 9-12, and 13 and up for both Girls and Boys.
- 27 Sep – Favorite NFL Jersey Day @ SAC
- 28 Sep – CYSS Job Fair from 0900 – 1300 @ SAC

HOT TOPICS Vol. 19 Continued...

Garrison Public Affairs Office

The Morning Calm Newspaper:

The Morning Calm is a bi-weekly newspaper, bringing you U.S. Army news, features and information from around the Peninsula. To submit a story or photograph for publication consideration, call the managing editor at DSN 738-7352. Visit our publisher's website to read it on-line: www.opng.net

Official Website:

Visit and bookmark USAG-Yongsan's official website at <http://www.army.mil/yongsan> where you'll find the latest news, photos, and lots of other community information. Also, visit and "LIKE" USAG Yongsan's official Facebook page at: <https://www.facebook.com/usagyongsan>. #YongsanStrong.

Mobile App

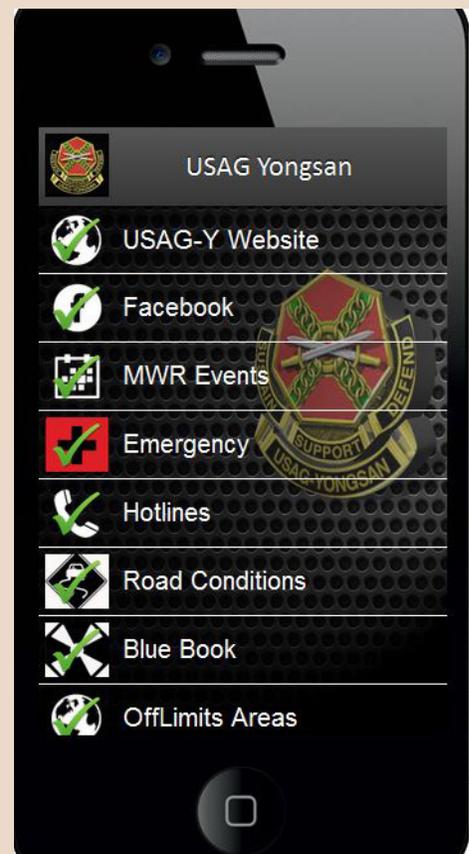
Check out the garrison's mobile app to get the latest garrison news, information and social media updates in a single, easy to use location. The app is available for download to Android, IOS (Apple) and Amazon devices. It will be available for Blackberry devices soon. For all app stores, simply key in the keywords USAG-Yongsan. For more information, send an email to: usagyongsanapp@gmail.com

Platforms:

- **All Android devices
- **Apple IOS Devices (iPhone, iPad,) Personal phones only; cannot be downloaded to a government phone
- **available now to download

Main Features:

- Website/Social Media Links
- Events (MWR, Seoul off post, Movie Schedule)
- Phone Numbers (Emergency, Hotlines,)
- Links to USFK pages (Road Conditions)
- Blue Book
- Off Limits Map through Google Maps
- Emergency Alerts



Total Army Strong

What is it?

Total Army Strong succeeds the Army Family Covenant, and provides a broader, tailorable platform from which commanders can deliver essential programs to support a ready Army. Commanders will have flexibility to prioritize and adjust installation programs and services regardless of geographic location or component. Total Army Strong continues and underscores the U.S. Army's commitment and responsibility to the total Army family -- Soldiers, family members and civilians.

Why is this important to the Army?

Total Army Strong reaffirms the Army's commitment to the total Army family, builds trust and faith between the Army and its most precious resource, the people, and sets the foundation for a balanced system of programs and services. These programs and services will meet the unique demands of military life, foster life skills, strengthen and sustain physical and mental fitness and resilience, and promote a strong, ready, and resilient Army.

What has the Army done?

Under the Army Family Covenant, the Army doubled its investment in base funding for Soldier and family programs from fiscal year 2007 to 2010. This investment funded Survivor Outreach Services, new child development centers, youth centers, and Soldier and Family Assistant Centers for Wounded Warriors. It also improved Army housing and increased accessibility to health care. These enhancements built a better environment for Soldiers, family members and civilians to thrive.

What continued efforts does the Army have planned for the future?

Total Army Strong marks the evolution of the Army Family Covenant. As the nation and the Army prepare for the future, the needs of Soldiers and families also will evolve. The Army will find a new balance to support the premier, all-volunteer Army through responsible stewardship, program assessment and the promotion of self reliance. Decisions to adjust programs will be made strategically, but will be executed locally at the installation level. This will ensure a sustainable balance of services to promote long-term Soldier and family readiness. The Army will continue to refine programs to ensure they efficiently serve the most critical needs of the Soldiers, family members and civilians. The Army will keep the force healthy, self-reliant, ready and resilient.

Resources:

- Army OneSource [<http://www.MyArmyOneSource.com>]
- Soldier For Life [<http://www.soldierforlife.army.mil>]
- Army Survivor Outreach Services [<http://www.sos.army.mil>]
- Comprehensive Solider Fitness [<http://csf2.army.mil/>]
- Army Medical Command [<http://www.army.mil/Armymedicine>]
- Army Housing [<http://www.housing.army.mil>]
- Strong Bonds [<http://www.strongbonds.org>]

Yongsan Safety Gram



16-17

14 September 2016

PPE... Yeah You Know Me

PPE or personal protective equipment is the right step toward ensuring your safety. Time and time again workers are permanently injured when they simply neglect to follow PPE guidelines. In the days of our grandfathers, lost fingers and scars were an accomplishment. Injuries once called "badges of honor" are now termed acts of carelessness and negligence. Knowing what is the right PPE and how to properly wear it is an important start to being safe on the job. So let's start from the top.



Head Protection

- ◆ The hardhat should fit securely on the head to prevent it from slipping or falling off. Wear your hardhat directly on top of your head, with the brim facing forward.
- ◆ Hardhats must be inspected regularly and replaced if the shell or suspension is damaged.
- ◆ Hardhats will last longer if they are not stored in sunlight or heat.

Eye Protection

- ◆ Do the safety glasses fit? Securely fitting glasses will decrease the chance of them falling off.
- ◆ Are the glasses clean? If not, scrub the eyewear with soapy water and a wet rag.
- ◆ Is the eyewear scratched, cracked or broken? Never use damaged glasses. They may be the last thing you see.
- ◆ Know the safety procedures associated with the eyewash station, and use them immediately when something gets in your eye.

Hearing Protection

- ◆ Wear your hearing protection in posted areas and when exposed to loud noises.
- ◆ Wash your hands thoroughly before inserting hearing protection and make sure that earplugs are clean.

Face Protection

- ◆ Face protection should be inspected for dirt and scratches on a regular basis.
- ◆ If face protection becomes dirty or scratched, it should be cleaned or replaced.

Hand Protection

- ◆ Ensure that you inspect your gloves prior to use and replace them if they are torn, cracked, worn thin or have holes.
- ◆ Wear the right type of glove for the task.

Foot Protection

- ◆ Inspect your footwear often to ensure the sole is still providing good traction and the rest of the boot or shoe meets safety standards.
- ◆ Replace the boot when the steel toe insert becomes exposed, the treads are worn, or any part of the boot is cracked or worn thin.

The potential hazards in the workplace are uncountable. Because of this, it is important to always wear the proper PPE.



HOLIDAY DECORATIONS

With the upcoming holidays it is important everyone knows and follows fire prevention measures that are required to be followed. We do not want to put a damper on the holiday season so it is important everyone is aware of what is and is not permitted so no one goes to time and expense of displaying holiday decorations only to have to have them removed.

a. Department chiefs and work area supervisors will enforce the following procedures and immediately take corrective action to eliminate violations.

(1) Trees and decorations: Live holiday trees, tree branches, pine cones, and other dry vegetation shall not be displayed in any area of patient care areas. Artificial trees, wreaths and other decorative displays may be permitted but they must be labeled as fire retardant and be approved by the **Local Fire department prior to being displayed.**

(c) Decorations may not be hung from or be affixed to fire protection equipment or systems including but not limited to sprinklers, smoke detectors, and strobe lights nor shall they be placed so as to block visibility from, or access to fire protection items and systems. Decorations or displays shall not be located so as to obstruct any exit corridor, doorway or stair. No decorations or other objects shall be permitted that reduce corridor clearances to less than eight feet.

(2) Lighting: Electric lighting is not permitted in patient care areas. Where permitted, electric lighting shall be UL listed, not overload circuits or lighting sets, nor shall extension cords be used. All outside lighting must have GFCI protection. Wiring shall not be frayed or in any way be altered from its original configuration. Wiring shall not be strung across walking surfaces, through doors or ceilings, or placed under carpeting. All electrical lighting must be approved by facilities and the safety office to ensure there will be no overloading of circuits.

(3) Miscellaneous: Fire and smoke doors may not be decorated. Open flames of any type (including candles) for holiday parties or displays are prohibited. Hanging paper decorations are not permitted unless they are flame retardant and prior approval is received by the local fire department. All combustible holiday and party decorations shall be removed from the area immediately following the event. Gift wrapping of doors and other building components as well as attaching holiday cards on doors are prohibited.

b. The Section OIC/NCOICs will: Inspect all holiday decorations and ensure they are approved by the local fire department and verify that they are flame retardant and properly displayed. Keep a log of all inspected holiday decorations approved by the local fire department.

c. If you have any questions contact the safety office at 737-1596!

HAVE A SAFE AND HAPPY HOLIDAY SEASON!

Why ?

DoDEA is committed to engaging its Pre-K through grade 12 students in real learning for real life, college and college readiness. College and Career Readiness is about preparing students with the knowledge, skills, and dispositions necessary for successful postsecondary engagement (i.e. life after high school).

<http://www.dodea.edu/collegeCareerReady>

ADJUSTED SCHOOL SCHEDULE FOR TEACHER COLLABORATION & PROFESSIONAL DEVELOPMENT

What Does This Mean for Next School Year?

College and Career Ready Standards for Math (CCRSM) will be implemented across all grade levels. In grades 6-12, the training for College and Career Ready Standards for Literacy (CCRS�) begins with a focus on Reading Literature and Reading Informational Text across multiple subjects. To support these new instructional shifts, along with continuing professional development, DoDEA has asked all schools to build into the duty day a minimum of 45 minutes per week of collaboration time for teachers to discuss instructional practices, review assessment data, design instructional materials and collaborate with one another as they plan instruction.

For school year 2016-17 each school, one day a week, will have an adjusted schedule in the form a late start or early release to accommodate time needed for collaboration. Buses will be operating to accommodate the adjusted schedule on these days. See the reverse side for dates and times or check with your school for more details.

"The best companies are the best collaborators."

- Thomas Friedman

What ?

"If everyone is moving forward together, then success takes care of itself."

- Henry Ford

When ?

"Well-implemented professional learning communities are a powerful means of seamlessly blending teaching and professional learning in ways that produce complex, intelligent behavior in all teachers"

- (Sparks, 2005, p. 156).



"Let's put our minds together and see what life we can make for our children" - Sitting Bull

CCR Training Dates	Teacher Late Release (June 20-21)		Summer Pre-Start Training Days (Aug 22-25)			Fall Training	Winter Training (2 day)	Spring Training
Trainings	Math 6-12, SpED & K-5 Teacher Leaders	Day 1	Day 2	New Lit Materials	CCRSL	CCRSM PK-5	CCRSM PK-5	CCRSM & CCRSL
Complex								
Daegu	HS	20-Jun-16	21-Jun-16	22-Aug-16	23-Aug-16	23-Aug-16	23-Aug-16	3-Nov-16
	MS	20-Jun-16	21-Jun-16	22-Aug-16	23-Aug-16	23-Aug-16	23-Aug-16	3-Nov-16
	ES	20-Jun-16	20-Jun-16			22-Aug-16	23-Aug-16	3-Nov-16
Hum-phreys	HS	20-Jun-16	21-Jun-16	22-Aug-16	26-Aug-16	26-Aug-16	26-Aug-16	28-Oct-16
	MS	20-Jun-16	21-Jun-16	22-Aug-16	26-Aug-16	26-Aug-16	26-Aug-16	28-Oct-16
	ES	20-Jun-16	20-Jun-16			24-Aug-16	25-Aug-16	28-Oct-16
Osan	HS	20-Jun-16	21-Jun-16	22-Aug-16	25-Aug-16	25-Aug-16	25-Aug-16	21-Oct-16
	MS	20-Jun-16	21-Jun-16	22-Aug-16	25-Aug-16	25-Aug-16	25-Aug-16	21-Oct-16
	ES	20-Jun-16	20-Jun-16			24-Aug-16	25-Aug-16	21-Oct-16
Seoul	HS	20-Jun-16	21-Jun-16	22-Aug-16	24-Aug-16	24-Aug-16	24-Aug-16	10-Nov-16
	MS	20-Jun-16	21-Jun-16	22-Aug-16	24-Aug-16	24-Aug-16	24-Aug-16	10-Nov-16
	ES	20-Jun-16	20-Jun-16			22-Aug-16	23-Aug-16	10-Nov-16
CT Joy		20-Jun-16	21-Jun-16	22-Aug-16	23-Aug-16	23-Aug-16	23-Aug-16	3-Nov-16

Day of the Week	Type of Delay	Collaboration Time	School Start Time	School Release Time
			Start Time	Release Time
Daegu	HS	8:20-9:05 am	9:15 am	3:00 pm
	ES/MS	1:15-2:00 pm	7:30 am	1:05 pm
Hum-phreys	HS	8:30-9:15 am	9:35 am	3:24 pm
	MS	8:30-9:15 am	9:35 am	3:24 pm
	ES	1:25-2:10 pm	7:40 am	1:10 pm
Osan	HS	8:10-8:55 am	9:20 am	3:10 pm
	MS	8:10-8:55 am	9:20 am	3:10 pm
	ES	1:30-2:30 pm	8:00 am	1:15 pm
Seoul	HS	8:30-9:15 pm	9:25 am	3:20 pm
	MS	8:30-9:15 pm	9:25 am	3:20 pm
	ES	7:20-8:05 pm	8:25 am	2:00 pm
CT Joy		1:00-3:00 pm	8:00 am	12:00 pm



ADJUSTED TIMES FOR COLLABORATION DAYS

The above table gives the dates that there will be complex wide training days related to CCR. The trainings above provide teachers professional development for the implementation of the new College and Career Readiness standards. All teachers complex wide will be participant in either CCRSM or CCRSL trainings to improve instructional techniques and help students achieve through the new standards.



The table to the right provides the times for each schools adjusted collaboration day schedule. The adjusted schedule will take place once per week in the form of a late start or early release to allow teachers at least 45 minutes of uninterrupted collaboration time.

Collaboration & Professional Development: Delayed Start Fridays Bus Scheduling

In conjunction with DoDEA's Teacher Collaboration and Professional Development adjusted school schedule on Fridays, the Bus Office will ensure that buses operate to accommodate our community's needs.

- ▶ Families and bus students can calculate their delayed pickup times on Fridays by adding **40 minutes** to the pickup time listed on their bus passes. We ask for patience at bus stops as traffic flow increases in the mornings. Buses will pick up and have students to school in a timely manner.



The Choking "Game"

 cultureofsafety.com/safety-tips/the-choking-game/

View the print-friendly version.

In the News

Sharron Grant, a mother of three, arrived home on April 23 to discover something no parent should ever witness. Jesse, her 13-year-old son, had been strangled to death by the cord from his computer. He hadn't committed suicide, but this was no accident. Sharon said Jesse learned how to play the Choking Game at summer camp. Children at his school had been doing this for years, but on this particular day, Jesse was playing alone.



The Choking Game, also known as the Good Kids High, is defined as strangulation (either alone or assisted) with the hands or a noose to achieve a brief euphoric state caused by a lack of oxygen traveling to the brain. More than 75% of children between the ages of 9 and 16 know how the Choking Game is played or have played it themselves. Studies suggest that more than 250 kids have died since 2001; most are well-behaved and successful children ages 11 to 17. Shockingly, only 25% of parents have heard of the game and only 7% of victims' parents knew of the game beforehand.

Why are kids choking themselves?

Kids play the game for a wide variety of reasons. The choking game provides a free and legal high which makes it accessible to anyone and everyone. Common misconceptions are that there is no real danger and that it is significantly safer than drugs. This is definitely NOT true. After children try it, they run the risk of becoming addicted to the high. When a child starts playing alone – when most fatalities occur – it is clear the child is struggling with a very serious addiction.

Warning Signs of Kids Playing the Choking Game

In total, the entire game takes less than five minutes from start to finish. It can be done nearly anywhere and no tools or props are necessary. It can be difficult to catch children in the act. Noticing any of the following indicators and taking immediate action may save a life:

- Discussion of the choking game with friends or siblings (see the list of common slang names);
- Bloodshot eyes;
- Unexplainable marks on the neck;
- Frequent, severe headaches;
- Disorientation after spending time alone; and
- Ropes, scarves, and belts tied to bedroom furniture or doorknobs.

Slang Names for the Choking Game

Many kids talk openly about the choking game since they aren't breaking any laws. Dozens of seemingly playful

slang terms have been used to describe the practice, and parents and guardians must be able to identify when children are discussing the game. Terms marked with * are particularly popular.

- 5 Minutes of Heaven
- Airplaning
- America Dreaming *
- Black Out *
- Black Hole
- California High
- Choke Out
- Cloud Nine
- Flat Liner
- Funky Chicken

- Hangman
- Harvey Wall Banger
- High Riser
- Hyperventilating
- Knock-Out
- Lions and Tigers
- Natural High
- Purple Dragon *
- Rising Sun
- Rush

- Sleeping Game *
- Sleeper Hold *
- Snuff
- Something Dreaming
- Space Cowboy
- Space Monkey *
- Speed Dreaming
- Suffocation Roulette
- Twitching Game

Stop Kids from Playing the Choking Game

Research suggests that when one student is found to be playing the choking game, inevitably others are playing, as well. By keeping a watchful eye for the warning signs, parents and guardians can address this terrifying trend before it spreads. Share the list of common slang terms children use for the choking game with employees and parents.

What should you do if you discover children playing the choking game in your facility? Before programming begins,

2/3

make it clear to the children there's a zero-tolerance policy on participation, just as there is with drugs and alcohol. Set a strong example by strictly adhering to your policies, and explain to parents why their child has been removed from activities and how serious a problem the choking game is.

You Can't Avoid Talking About the Choking Game

Supervisors and guardians may be wary of talking to children about the seriousness of the choking game. After all, what if our children haven't ever heard of the game and I'm the one who introduced the concept? As a D.A.R.E. officer put it,

“Would you rather have the kids get the adult version of the details or the playground version?”

Share this information with parents and encourage them to share this valuable information with their kids, especially those between the ages of 7 and 18.

Playground Version:	Reality:
You'll get a warm and fuzzy feeling. It's no big deal	You may feel warm and fuzzy, but this is because thousands of brain cells are dying. Brain cells you will never get back.
Nothing bad ever happens.	Not true. You can pass out from the lack of oxygen. Sometimes kids need to be resuscitated.
It's safer than using drugs.	Choking yourself is just as dangerous and just as addictive.
Sometimes you twitch...it's so funny.	The body twitches because the brain is experiencing a seizure. At this point the brain damage taking place can't be reversed.
It's safe to do if you have friends with you.	It is NEVER safe. Pressure on the nerves can cause an immediate heart attack.

Dangerous Games Kids Play

If you were surprised by this information on the choking game you'll want to take a look at our growing list of [the Dangerous Games Kids Play](#). You'll be shocked at some of the things kids are doing.

Author: [John Oliver+](#)

what is the choking game?

It's not a game at all—just an act of suffocating on purpose.

Adolescents cut off the flow of blood to the brain, in exchange for a few seconds of feeling lightheaded.

Some strangle themselves with a belt, a rope or their bare hands; others push on their chest or hyperventilate.

When they release the pressure, blood that was blocked up floods the brain all at once. This sets off a warm and fuzzy feeling, which is just the brain dying, thousands of cells at a time.

Other names for the Choking Game include:

ROULETTE
RISING SUN
SPACE MONKEY
CALIFORNIA HIGH
AIRPLANING
SPACE COWBOY
AMERICAN DREAM
FUNKY CHICKEN
TINGLING
GASP
PASSOUT
SUFFOCATION
BLACKOUT
FLATLINER

how can i help?

Most people have no idea how dangerous the Choking Game is until someone close to them dies or suffers permanent damage. The only way to stop the suffering is to publicize the danger as we do with the use of drugs and alcohol.

Please help GASP put a stop to this deadly activity in your community. Contact us at contact@gaspinfo.com for ready-made ways to spread the word and raise funds nationwide.

If you would like to make a financial contribution, please send donations to: GASP c/o Community First P.O. Box 1487 Appleton, WI 54912

In Canada, send checks payable to: Sharron Grant in trust for Deadly Games Association c/o Toronto Dominion Bank 2 Points Street, Unit 117 Penetang, Ontario, Canada 79M 1M2

For more information, visit gaspinfo.com

G.A.S.P.

games adolescents shouldn't play

The Choking Game is a misunderstood activity causing death and suffering for thousands of families worldwide.

GASP is a nationwide campaign set up to fight this "game" with the most powerful weapon at our disposal: education.

TOGETHER, WE CAN STAMP OUT THIS DEADLY GAME IN YOUR COMMUNITY.

who's "playing" the choking game?

Mostly boys and girls between 9-16 years old, nationwide and around the world. These adolescents are generally high-achieving in academics, activities and sports, and don't want to risk getting caught with drugs or alcohol.

By one name or another, the Choking Game has been going on for generations. But the more recent use of bonds (ropes, belts) and the growing practice of playing alone has increased its deadliness dramatically.

It's estimated as many as 250 to 1,000 young people die in the United States each year playing some variant of the Choking Game, but it's difficult to track statistics because many of the cases are reported as suicides.

why are so many adolescents dying?

The plan is to release pressure at just the right time before passing out. If they pass out first, the weight of their body pulls on the rope and they can die. There's also the chance of seizures, stroke, or injuries from a fall.

Playing the game in any form causes the permanent death of a large number of brain cells. Within 3 minutes without oxygen to the brain, a person will suffer noticeable brain damage. Between 4 and 5 minutes, a person will die. Some of those kids who died were alone for as little as 15 minutes before someone found them, and it was already too late.

Also the rush they're getting can be addictive. Many times the Choking Game starts off as a social activity, but adolescents end up doing it alone, which is even more dangerous —nobody's around to help them if they pass out.

G.A.S.P.

3 important questions:

HOW DO I SPOT SOMEONE PLAYING THE CHOKING GAME?

There's no "test" for spotting the Choking Game, but common red flags include bloodshot eyes, frequent headaches, locked doors, marks on the neck, knots tied around the bedroom, wear marks on bedposts and closet rods, and disorientation after spending time alone.

IF I KNOW SOMEONE WHO CHOKES, WHAT SHOULD I DO?

Tell them to stop. And don't just take their word for it—be sure to tell an adult about it.

WHO CAN I TELL?

Any adult you trust: your parents, other family members, your friend's parents, your teacher, your guidance counselor, the school nurse, even a DARE officer.

...as many as 1,000 die each year 'playing'...



DEPARTMENT OF DEFENSE
EDUCATION ACTIVITY
PACIFIC – WEST
Seoul American High School
Office of the Principal
Unit 15549
APO AP 96205-5549



September 12, 2016

MEMORANDUM: COMPLEX-WIDE EVACUATION DRILL

Parents/Sponsors,

On October 3, 2016 from 9 – 10 a.m., SAES, SAMS and SAHS students and staff will evacuate each school and relocate to our designated ‘safe havens.’ This is an annual drill and test of our schools’ evacuation plans. The entire Area II community will be informed of this event through the schools and all Yongsan Garrison communication channels.

To make this drill as “real world” as possible, we are planning the exercise with our community’s military and civilian responders. This will help ensure all plans are executed in a coordinated manner that keeps everyone safe in an emergency.

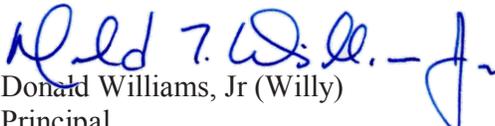
An evacuation is required when an occurrence makes our buildings uninhabitable. Different threats could include fire, bomb threat, chemical accident, explosion or earthquake. Our response will be to evacuate all students and staff to our identified safe haven, establish 100% accountability, and wait for further instructions from the emergency responders.

As I mentioned earlier, we need your assistance. You are encouraged to drop off or pick up your child with appointments before 0900 and after 1000. This will help you avoid our evacuation drill. Please ensure your child is wearing appropriate clothing as we will be outside during some portions of the drill.

Finally, please drive carefully in the area of the schools during our drill. If you hear from anyone or see a post about it on a social media site, please share this is a **scheduled drill**.

Thank you for your continued support of the schools and our efforts to ensure your children are safe while in our care. If you have any questions, please contact the school at 738-5261.

Respectfully,


Donald Williams, Jr (Willy)
Principal
Seoul American High School



**American
Red Cross**

Yongsan Station
Unit #15272 Box 4
APO AP, 96205
redcross.org

News Release
NEWS RELEASE

Contact: Kimberly Gold
Telephone: 738-3670
FOR MEDIA ONLY

American Red Cross launches Hero Care App

Free app puts Red Cross services at the fingertips of military and veteran communities

USAG-Yongsan, September 13, 2016 —Today the American Red Cross unveils the new Hero Care mobile application. This free app is designed to help members of the military, veterans and their families identify and access both emergency and non-emergency Red Cross services from anywhere in the world.

“When an emergency happens, accurate information, easy access to services and time are of the essence, especially for military families” said Josh Williams, Regional Program Director for the American Red Cross in Korea. “That’s why the Red Cross has designed the new Hero Care App - whether you’re the parent of a child joining the military, a military member, a military spouse or a veteran, the Hero Care App will connect you vital services and guide you to valuable resources that will help alleviate stress during emergencies and provide important information right at your fingertips.”

Some the important features of the app include:

- Request Red Cross emergency services including an emergency message or assistance with emergency travel or emergency financial aid.
- Securely and easily access information about their service member in the case of an emergency, including updated information as they move or change duty assignments.
- Access non-emergency Red Cross behavioral health assistance including financial assistance and free local workshops for military kids and spouses.
- Find local resources and information provided by trusted community partners like Tragedy Assistance Program for Survivors (TAPS), Blue Star Families, Military Child Education Coalition, United Way, Goodwill, Easter Seals, and others.
- Locate information on key government resources such as MilitaryOneSource, VA Benefits and Services, Department of Labor VETS, the VA Caregiver Support Program, and SAMSHA Community Health Support Services.

Content in the Hero Care App is available in both English and Spanish, and the call center is staffed 24/7 with multi-lingual translation services.

The Hero Care App is available to download for free in app stores, by texting ‘GETHEROCARE’ to 90999 or by clicking on the following link from a mobile device <http://3cu.be/sharehc> .

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation’s blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).



EIGHTH UNITED STATES ARMY PRESENTS

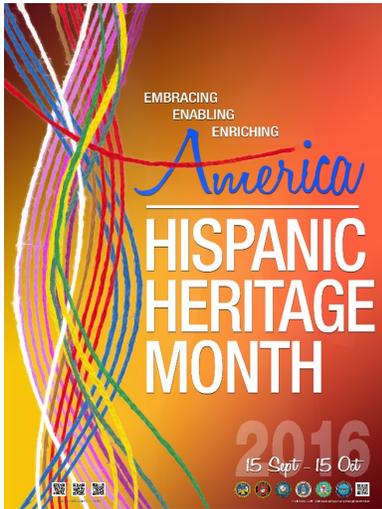


Area II HISPANIC HERITAGE MONTH OBSERVANCE HOSTED BY 501 MI BDE

“Embracing, Enabling and Enriching America”

Guest Speaker

CSM Carlos G. Gonzalez
CSM, 210 Field Artillery Brigade



**DRAGON HILL LODGE
NAIJA BALLROOM
14 October 2016
1130-1230**

**FOR MORE INFORMATION
CONTACT:
SFC BERRIOS
501 MI BDE EOA
DSN: 723-3065**

“EIGHTH ARMY IS STRONG
AND GETTING STRONGER”



**주한 미8군에서 실시하는
제2지역대
히스패닉 문화 유산의 달 기념행사
제501정보여단 주최**



미국을 풍부하고, 포용하고, 가능하게 하는 힘

초청 연사

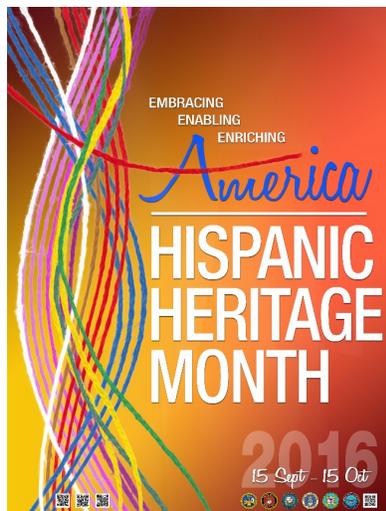
카를로스 G 곤잘레스 주임원사
210 포병여단 주임원사

**드래곤 힐 랫지
나이자 연회장**

**2016년 10월 14일
1130-1230**

**자세한 내용에 대한 문의는:
베리오스 중사
제501정보여단
기회균등 상담관
사무실: 723-3065**

“미8군은 굳건하며 더 굳건해지고
있습니다.”





SEQUENCE OF EVENTS

14 Oct 2016, 1130-1230

Dragon Hill Lodge, Naija Room



- * 0830- 8A/Area II EOAs arrive for final site survey w/DHL Staff
- * 0845- Set Up Podiums/Gift Table/Check A/V
- * 0900- Rehearsal #1 (Area II EOAs)
- * 0930- Rehearsal #2 (8A EO Leadership)
- * 1015- 501 MI BDE Command Leadership Arrive-Site walk through with SFC Rocheleau/SFC Berrios
- * 1030- Colors Arrive (Three Star Set Up)-UN Honor Guard
 - 8A Band Arrive for set up
- * 1035- Final Rehearsal
- * 1100- 1125-DEOMI Hispanic American Heritage Month Educational Scrolling Presentation
 - 8A Band Start Background Music
- * 1130- 65th MED BDE Band/ MSG Ruiz with dancers and slides while playing
- * 1135- Opening Remarks
- * 1140- National Anthems/Invocations
- * 1145- Theme Introduction
- * 1150- CG Message Readings
- * 1155- 65th MED BDE Band/ MSG Ruiz with dancers
- * 1205- Guest Speaker
- * 1220- Appreciation for Guest Speaker/ Art contest winner
- * 1225- Closing Remarks
- * 1230- Benediction
- * 1235- Closing the Ceremony
- * 1235- UTC-Food Sampling/DEOMI Hispanic American Heritage Month Educational WED Scrolling Presentation

Ground Forces Festival

October 2nd
Gyerong-Dae Republic of Korea Military HQ



Explore the festival site, see ROK and US military equipment, performances and demonstrations

Buses depart Yongsan Garrison and Camp Humphreys
40 seats available for USAG Humphreys
80 seats available for USAG Yongsan

For more information and to reserve seats contact
Ms. Yong-Chi Han at 723-5066 or 05033-235066



Benefits Administration Letter

Number: 16- 204

Date: March 18, 2016

**Subject: Federal Employees' Group Life Insurance Program (FEGLI)
Life Insurance Open Season Guidance**

Purpose

The FEGLI Program will have a life insurance Open Season from **September 1, 2016 through September 30, 2016**.

The purpose of this Benefits Administration Letter (BAL) is to provide detailed guidance about conducting the FEGLI 2016 Open Season.

ELIGIBILITY FOR PARTICIPATION

Who Is Eligible to Participate in the Open Season?

All employees who are eligible for the FEGLI Program can participate.

Who is Not Eligible to Participate in the Open Season?

Employees excluded from FEGLI coverage by law or regulation on or after September 1, 2016 cannot participate. If you need more information about exclusions, please consult the FEGLI Handbook at www.opm.gov/life.

Can Annuitants and Compensationers Participate?

It depends.

Annuitants cannot participate in the Open Season unless they are reemployed in a position which conveys FEGLI eligibility.

It is important to note that FEGLI coverage obtained under a dual pay appointment such as a FEPCA appointment cannot be used for retirement purposes. A dual pay reemployed annuitant cannot continue coverage elected during the open season into retirement.

Compensationers cannot participate in the Open Season unless they are still insured as employees (i.e., *during the first 12 months in nonpay status*). However, as with any other employee in nonpay status, any coverage that compensationers elect during the Open Season will not become effective until they are back in pay and duty status. The effective date of the new coverage and pay and duty status requirements are discussed below.

Compensationers who are reemployed on a part-time basis are also eligible to participate, unless their position is excluded by law or regulation.

Can Employees Who Elect Phased Retirement Participate?

Yes. Employees who elect phased retirement are Federal employees who work a part-time tour of duty while receiving partial retirement benefits. They are eligible to elect FEGLI coverage or changes, the same as other full-time employees.

Can Employees in Nonpay Status Participate?

Yes. Employees in nonpay status can participate in the Open Season. However, ***any coverage they elect during the Open Season will not become effective until they are back in pay and duty status.*** The effective date of new coverage and pay and duty status requirements are discussed below.

ELECTIONS AND COVERAGE

What Kinds of Elections Can Employees Make?

Employees who are not enrolled in the FEGLI Program can elect Basic and any or all of the optional coverages. Employees who are already enrolled in the FEGLI Program can increase their coverage, up to the maximum available, or change their coverage.

Do Employees Have to Prove Insurability?

No. Employees can elect coverage during this Open Season without having to prove insurability, pass a physical exam, or answer health questions.

What Form Should Employees Use to Elect Coverage?

Employees can use the SF 2817, Life Insurance Election, to make FEGLI 2016 Open Season elections. Alternatively, employees can use their agency's online human resources portal if their agency offers a portal that allows online FEGLI election changes.

If an employee uses the SF 2817 for an Open Season election, then in Box 6, Number of Event Permitting Change, the agency must enter the number 6. If the agency's online human resources portal includes a similar event code field, the code for Open Season must be entered.

Please note that employees making an Open Season election **must** sign on the form for ALL coverage they wish to have – *not just the new coverage they are electing during the Open Season.*

Any coverage not signed for on the SF 2817 will be cancelled/waived, effective with the effective date of the Open Season election.

Is Positive Reenrollment Required?

No. Only employees who want to enroll or change coverage need to complete an election form.

An employee who takes no action during the Open Season will keep the same coverage he/she had before the Open Season. Any coverage previously waived will remain waived.

Have the Types of Coverage Changed for the FEGLI 2016 Open Season?

No. The types of coverage available during the FEGLI 2016 Open Season will be the same as currently available.

What Are the Types of Coverage?

- **Basic** – coverage on the employee’s life equal to the employee’s annual rate of basic pay, rounded up to the next even \$1,000, plus \$2,000.
- Plus three types of Optional insurance:
 - **Option A – Standard** covers the employee’s life for \$10,000
 - **Option B – Additional** covers employee’s life for one, two, three, four, or five times the employee’s annual rate of basic pay rounded up to the next \$1,000
 - **Option C – Family** covers the lives of the employee’s spouse and eligible children. An employee can elect one, two, three, four, or five multiples of Option C coverage. Each multiple is equal to \$5,000 of coverage on the life of a spouse and \$2,500 of coverage on the lives of each eligible child

An employee must elect or already have Basic to elect any Optional insurance.

For more information on the types of coverage available, including information on Accidental Death and Dismemberment coverage (part of Basic and Option A) and the Extra Benefit for employees under age 45, please see the “Your FEGLI Life Insurance – For Federal Employees” video at www.opm.gov/life.

EFFECTIVE DATES

When Will Open Season Elections Become Effective?

Open Season elections become effective on the first day of the first pay period that:

- begins **on or after October 1, 2017**, and
- follows a pay period during which the employee met the pay and duty status requirements described below.

For most employees on a biweekly pay period, this will be October 1, 2017 (October 14, 2017 for Postal employees).

What Are the Pay and Duty Status Requirements?

A full-time employee on a biweekly pay period must be in pay and duty status for at least 32 hours during the pay period right before the one in which the coverage is to become effective.

A full-time employee on a monthly pay period must be in pay and duty status for at least 64 hours during the pay period right before the one in which the coverage is to become effective.

A part-time employee must be in pay and duty status for one-half of the regularly-scheduled tour of duty shown on his/her current SF 50.

An intermittent employee or an employee without a regularly-scheduled tour of duty who is eligible for FEGLI coverage must be in pay and duty status for one-half of the hours customarily worked in a pay period. Employing offices can determine the number of hours customarily worked by totaling the number of hours worked in the calendar year quarter ending June 30, 2016, and dividing that by the number of pay periods in that quarter.

Please note that sick leave, annual leave, donated leave, or any other kind of leave, whether paid or unpaid, does not qualify as pay and duty status.

New coverage does NOT begin until the employee meets the pay and duty status requirements, even if that is after October 2017. ***For some employees, new coverage will never begin because they will never meet the pay and duty status requirements.***

Are There Any Exceptions To The Pay And Duty Status Requirements?

No. However, employees may meet the pay and duty status requirements at the following employment sites:

- at an employee organization while on leave-without-pay to work there full-time;
- at an international organization while on detail to work there; or
- at a State, local, or Indian tribal government; institution of higher education; or other organization eligible under the Intergovernmental Personnel Act of 1970, while on temporary assignment to work there.

PROCESSING OPEN SEASON ELECTIONS

How Should We Process FEGLI 2016 Elections?

The employing office must enter the date of receipt in Box 6 of the SF 2817 election form or its electronic equivalent. An authorized agency official must verify that the employee is in a position which conveys eligibility for FEGLI coverage.

The employing office must give a copy of the SF 2817 or its electronic equivalent to the employee as verification of receipt on a timely basis during the Open Season. (*A second copy must be provided to the employee after the election becomes effective.*)

Agencies must develop a system for holding the election forms or their electronic equivalent until they are processed and become effective. Whether you put them in the Official Personnel Folder (OPF) or its electronic equivalent, or maintain them separately, you should flag the OPF/equivalent in some way to indicate that the employee made an Open Season election.

Before coverage will become effective, an authorized agency official must verify that employees meet the pay and duty status requirements discussed earlier.

When Do Employees Start Paying Premiums for Open Season Coverage?

Employees will start paying premiums for their new coverage only when that coverage becomes effective, but not sooner than October 1, 2017 (October 14, 2017 for Postal employees).

What Happens if an Employee Retires before the New Coverage Becomes Effective?

If an employee makes an Open Season election but retires before the new coverage becomes effective, he/she never had the new coverage. Therefore, the employee cannot continue the newly elected coverage into retirement.

The same is true if the employee starts receiving compensation before the effective date of the new coverage.

In both cases, you should void the SF 2817 or its electronic equivalent and indicate in the “remarks” section that the employee retired or started receiving compensation before the open season effective date. Any SF 2821 *Agency Certification of Insurance Status* must show only the “old” coverage.

What Happens if an Employee Transfers to Another Agency before the New Coverage Becomes Effective?

If an employee who made an Open Season election transfers to another agency before the election becomes effective, attach the SF 2817 to the OPF or its electronic equivalent when you send it to the employee’s new agency. The new agency must process the Open Season election at the appropriate time, but not sooner than October 1, 2017 (October 14, 2017 for Postal employees).

What Happens If An Employee Leaves Federal Service Before The Effective Date?

If an employee makes an Open Season election but leaves Federal service before the new coverage becomes effective (October 1, 2017; October 14, 2017 for Postal), he/she never had the new coverage. The agency must certify the “old” coverage, if any, on the SF 2821, *Agency Certification of Insurance Status*. The employee can only convert the “old” coverage, and not the new coverage.

What Happens if an Employee or Family Member Dies before the New Coverage Becomes Effective?

If an employee makes an Open Season election but dies before the new coverage becomes effective (October 1, 2017; October 14, 2017 for Postal), he/she never had the new coverage. The agency must certify the “old” coverage, if any. Benefits will be paid based on the “old” coverage, not the new coverage.

The same is true if an employee elects or increases Option C coverage and a family member dies before the new coverage goes into effect (October 1, 2017; October 14, 2017 for Postal).

CONTINUING COVERAGE

Can Employees Continue New Open Season Coverage if They Retire or Become Insured as Compensationers?

It depends. The FEGLI 2016 Open Season is *not* the first opportunity for electing coverage. Therefore, an employee must have the new coverage for the five years of service immediately before retiring or starting to receive compensation to continue that coverage as an annuitant or compensationer. There is no waiver of this five year requirement.

So the very earliest most employees can retire or start receiving compensation and carry new coverage from the FEGLI 2016 Open Season into retirement or compensation is October 1, 2022 (October 14, 2022 for Postal employees).

Here’s an example:

Eric currently has Basic and one multiple of Option B, which he elected when he was hired back in 2010. He elects four more multiples of Option B and five multiples of Option C during the FEGLI 2016 Open Season. He signed an SF 2817 Open Season election form for Basic, five multiples of Option B, and five multiples of Option C. He retires in 2020.

He can carry Basic and one multiple of Option B into retirement. Eric cannot carry into retirement the four new multiples of Option B or the five multiples of Option C he elected during the 2016 Open Season because he did not have that coverage from his first opportunity (which was in 2010) nor for the five years of service immediately before his retirement.

The agency will complete the SF 2821 *Agency Certification of Insurance Status* showing the coverage that Eric had on his retirement date. He cannot carry the four multiples of Option B or the five multiples of Option C elected during the FEGLI 2016 Open Season; however, he can convert that coverage to a private policy.

COMMUNICATING INFORMATION ABOUT OPEN SEASON TO EMPLOYEES

How Will Employees Hear About the Open Season?

You will provide information to your employees. We will provide sample emails and FAQs that agencies can distribute to employees. We also intend to produce an educational video and flyer

about the FEGLI 2016 Open Season. Information about these materials will be distributed in the BenefitsInfo Listserv and at www.opm.gov/life.

If Employees Ask Us Now, Can We Tell Them There Will Be an Open Season?

Yes, please tell employees about the FEGLI 2016 Open Season. OPM announced the Open Season in [BAL 15-203](#). More information will follow.

MISCELLANEOUS INFORMATION

Can Employees Make Belated Open Season Elections?

Yes, under certain circumstances. You may accept a belated Open Season election through March 31, 2017, if you determine that the employee was unable to make a timely election due to circumstances beyond his/her control. The employee has 60 days after you have made that determination to make his/her Open Season election on an SF 2817 or its electronic equivalent. Use the “Remarks” section of the SF 2817 or its electronic equivalent to indicate that you have authorized a belated Open Season election.

The effective date for a belated Open Season election is the same as that for a timely election. The employee must also meet the pay and duty status requirements already discussed.

Can Employees Make Elections By Submitting Evidence of Medical Insurability or Due to a Life Event During the Open Season?

Employees can still make regular elections during the Open Season period. None of those rules have changed. Employees may elect Basic, Option A, and/or up to five multiples of Option B based on satisfactory medical evidence of insurability using SF 2822 *Request for Insurance*. Employees may elect Basic, Option A, up to five multiples of Option B, and/or up to five multiples of Option C within 60 days of a qualifying life event.

Regular elections will become effective in the same timeframe that they always do. ***Be sure to use the appropriate “Number of Event Permitting Change” code in Box 6 of the SF 2817 or its electronic equivalent to distinguish a regular election (and its effective date) from an Open Season election.***

What Happens if an Employee Makes an Open Season Election and Later Makes a “Regular” Election on an SF 2817?

If an employee is electing coverage on an SF 2817 (e.g., based on a life event) **after** he/she has submitted an Open Season election, but **before** the Open Season election becomes effective (October 1, 2017; October 14, 2017 for Postal), the employing office must process it in the normal way as a “regular” election.

The subsequent “regular” election supersedes the Open Season election. Void the Open Season election and use the “Remarks” section to indicate that the employee elected coverage on [specify date] based on a life event or physical exam.

What if an Employee Cancels His/Her Life Insurance?

If an employee cancels all coverage on an SF 2817 **after** he/she has submitted an Open Season election, but **before** the Open Season election becomes effective (October 1, 2017; October 14, 2017 for Postal), the employing office must process it in the normal way for a cancellation.

The subsequent “regular” SF 2817 cancelling coverage supersedes the Open Season election. Void the Open Season election and use the “Remarks” section to indicate that the employee subsequently cancelled all coverage on [effective date].

Can an Employee Change His/Her Open Season Election?

Yes. If it is still within the Open Season period, he/she can simply submit a new Open Season SF 2817. The employing office should void the previous Open Season election form and process the one with the later date. At the end of the Open Season period, the SF 2817 with the latest date should be processed.

The employee cannot make an Open Season election after Open Season has ended unless you allow a belated Open Season election as discussed above.

After the Open Season is over and before the effective date of the Open Season coverage (October 1, 2017; October 14, 2017 for Postal), an employee can notify the employing office in writing that he/she wishes to reduce the amount of coverage elected during Open Season or to void the Open Season election completely. You must document this action in the employee’s OPF or its electronic equivalent.

DATA NEEDS

We will need to know how many employees submit FEGLI 2016 Open Season elections. So please start thinking about how you can capture that information and report it to us. We will discuss this need for data in more detail in a future Benefits Administration Letter.

FUTURE BENEFITS ADMINISTRATION LETTERS (BALs)

Open Season Material and Notice to Employees

As the FEGLI Open Season approaches we will issue additional BALs providing resources for human resources officers, such as sample emails to send to employees, FAQs, and a web video.

Data Needs

We will issue a BAL discussing the need for Open Season data.

Processing FEGLI 2016 Open Season Elections

We have purposely not included in this BAL all of the varied scenarios that may come up in processing FEGLI 2016 Open Season elections. We will issue another BAL, closer to the effective date of coverage in 2017, containing additional questions/answers on what you will need to do in 2017 (and perhaps beyond) to process Open Season elections.

If you have any questions regarding this Benefits Administration Letter please contact the FEGLI Program Office at fegli@opm.gov or call (202) 606-1413.

Sincerely,

John O'Brien
Director

INFORMATION ON THE UNIFORMED SERVICE'S BLENDED RETIREMENT SYSTEM (BRS)

The National Defense Authorization Act for Fiscal Year 2016 (NDAA FY2016) established a modernized retirement plan for the Uniformed Services. This plan, called the "Blended Retirement System" or "BRS," is one of the most wide-reaching and significant changes to military pay and benefits of the last 70 years. BRS offers service members a portable retirement account and provides the Department of Defense (DoD) greater force management flexibility, while reducing the direct cost to the American taxpayer.

The Blended Retirement System goes into effect January 1, 2018. Service members should have a familiarity with some aspects of BRS, as many of the elements of the legacy retirement system remain in some form. BRS retains the traditional defined-benefit annuity, but adjusts the years of service multiplier from 2.5 percent to 2.0 percent for calculating monthly retired pay. In addition, BRS includes a defined contribution plan utilizing the Thrift Savings Plan (TSP). This provides the opportunity for service members who complete at least 60 days of service to receive automatic government contributions and service members who complete at least two years of service will receive matching government contributions to their TSP account.

The NDAA FY2016 also included a continuation pay provision as a way to encourage service members to continue serving in the Uniformed Services. Continuation Pay is a direct cash payout, like a bonus, in return for a commitment of four more years of service.

Service members who enter the military on or after January 1, 2018, will automatically be enrolled in BRS. Service members who enter the military before January 1, 2018, are grandfathered into the legacy retirement system. However, service members in the Active Component, as of December 31, 2017, who have served fewer than 12 years, or service members in the Reserve Component who have accrued fewer than 4,320 retirement points, will have the option of electing BRS or remaining in the legacy retirement system. The opt-in or election period for BRS will begin January 1, 2018 and conclude on December 31, 2018.

Under BRS, approximately 85-percent of service members who enter the force will receive some form of portable retirement benefit, compared to only 19-percent today. The Uniformed Services will be in a better position to compete with the private sector to recruit and retain an all-volunteer force in the 21st century.

The character and substance of the changes to the retirement benefit requires a focus on the education of service members to ensure informed decision making about benefit options. Joint Knowledge Online (JKO) will launch four targeted education courses for leaders, financial and retirement counselors, service members and their families who are eligible to opt-in and individuals new to the military, respectively. The first course, Blended Retirement System-Leader Course (BRS-LC), course number J3OP-1330, was released June 1, 2016. The course provides leaders with a working knowledge of the BRS and DoD's plan to educate the force prior to BRS implementation. Although geared towards leaders, BRS-LC is available to all service members on JKO and MilitaryOneSource.mil. Anyone looking for additional information is encouraged to take the course.

The BRS-LC course will be followed by a more detailed comparison of the legacy retirement system and BRS for service members who fall into the opt-in population. The opt-in course will be available early

2017 and will be mandatory for the opt-in-eligible population by DoD policy. In addition, installation finance counselors/educators will be trained to provide additional support and resources to commanders, units and individual service members.

The National Defense Authorization Act for Fiscal Year 2016 created a new military retirement system that blends elements of the legacy retirement system with a more modern, 401(k)-style plan. The new Blended Retirement System goes into effect on January 1, 2018. It combines the legacy 20-year military retirement system in which the U.S. Government provides monthly retired pay based on years of service and a percentage of a service member's pay, with a defined contribution plan, similar to the civilian equivalent of a 401(k)-style retirement system, where the service member and the U.S. government both contribute to the retirement. The new Blended Retirement System provides service members an automatic and matching portable contribution retirement plan, while maintaining a traditional pension for those who serve at least 20 years.

The change to a Blended Retirement System is a key step in modernizing our ability to recruit, retain and maintain the talent we require of our future force. The plan provides additional options to attract and manage a military force, which requires ever increasing diverse and technical skill sets in an evolving global economy. The legacy defined-benefit military retirement system was a significant incentive in retaining a career military force and has served the Department of Defense and service members well for decades. However, 81-percent of service members, who left before reaching 20 years of service, had no government retirement benefit. The new Blended Retirement System will now ensure nearly 85-percent of military members leave the service with retirement savings, as opposed to just 19-percent today. It is one of the most wide-reaching and significant changes to military pay and benefits of the last 70 years. For the first time, service members will receive automatic and matching DoD contributions to their retirement and have control over their investments.

The Department's immediate focus is on educating and training over two million active, reserve and National Guard members and their families. The Blended Retirement System Leader Course, released June 1, 2016, is one of four targeted education courses for leaders, financial and retirement counselors, service members and their families who are eligible to opt-in and individuals new to the military. It is available through the military's Joint Knowledge Online or MilitaryOneSource.mil. Although geared towards leaders, the course is available to all service members and their families. We encourage anyone looking for additional information to take the course.

The National Defense Authorization Act for Fiscal Year 2016 established a modernized retirement plan for the Uniformed Services. This plan, called the Blended Retirement System is one of the most wide-reaching and significant changes to military pay and benefits of the last 70 years.

Blended retirement offers service members a portable retirement account and provides the Department of Defense greater force management flexibility, while reducing the direct cost to the American taxpayer.

Modernizing the current retirement system into the Blended Retirement System will not only ensure that the vast majority of uniformed service members receive a portable retirement benefit, but will help make the Uniformed Services a more attractive option for those who would like to serve, but do not plan to stay 20 years.

All service members who enter military service on or before December 31, 2017, are grandfathered under the current system, but approximately 950,000 Active Duty and 645,000 National Guard and Reserve members will have the option to opt in to the Blended Retirement System between January 1, 2018 and December 31, 2018.

Those Active Component service members who, on December 31, 2017, have served fewer than 12 years will have the option to remain under the legacy military retirement system or choose to change to the new, blended military retirement system.

All service members entering service on or after January 1, 2018, will be covered under the new Blended Retirement System.

Service members should have a familiarity with some aspects of the new Blended Retirement System, as many of the elements of the legacy retirement system remain in some form. The new retirement system blends the defined benefit of the legacy retirement system, with a defined contribution component, which includes DoD automatic 1% and up to 4% additional DoD matching contributions to a member's Thrift Savings Plan account.

The Blended Retirement System uses a 2.0-percent rather than 2.5-percent multiplier in calculating military retired pay for the defined benefit. Thus, a service member who served 20 years would receive 40-percent of the average of the highest 36 months of basic pay, plus a Thrift Savings Plan account containing government and optional member contributions.

Additionally, the National Defense Authorization Act of Fiscal Year 2016 includes a continuation pay provision as a way to encourage service members to continue serving in the Uniformed Services at the mid-career point in return for a commitment of four more years of service.

There is no single right answer for all individuals as to which retirement system is better.

Both the legacy retirement system, often called the "High-3" system and Blended Retirement System may have advantages and disadvantages based on a service member's particular circumstances.

Those members who have the option of choosing their retirement system should base their decision entirely upon their own circumstances, after completing the training and taking advantage of all of the information and resources available. For some, staying under the legacy retirement system will make sense. For others, the Blended Retirement System will be a preferable option.

IMCOM INFORMATION PAPER

IMPA
12 SEP 16

SUBJECT: “Just 1 Minute” IMCOM Communications Initiative

1. PURPOSE: To provide information about a new communications product.
2. FACTS:
 - a. The CG has recently launched the Service Culture Initiative (SCI), aimed at improving the command’s culture. Two of the key steps in implementing the SCI are a) keeping the employees better informed of what we do as an enterprise and b) providing information that relates to them and their careers.
 - b. LOE1 in the IMCOM Campaign Plan specifically calls for improved communication with the workforce, to assist employees in effectively executing their mission.
 - c. A recent workforce survey indicated that more than 80% of employees rely on each other—not official communications channels—to stay informed.
 - d. A frequent employee complaint is the difficulty in sorting through the huge amount of information to find what’s important to each individual. The consensus is “we’re sure the information is out there, we just don’t know how to access or find it.”
 - e. The majority of IMCOM employees do not have daily access to the SharePoint network. Many, such as DPW employees or junior NAF employees, have no access to official information systems that would enable them to get—or stay—informed.
3. SUPPORT REQUIRED FROM THE ENTERPRISE:
 - a. LEADERS/SUPERVISORS: This tool enables leaders throughout the enterprise to keep employees better informed. To that end, leaders at all levels are expected to provide relevant data through the links provided on www.IMCOM60.wordpress.com, and are expected to encourage employees to visit the site daily.
 - b. ALL EMPLOYEES: Participation from employees at all levels is necessary for this tool to be effective:
 1. When employees encounter rumors, second-hand information or have questions that may have an enterprise-wide impact, they are encouraged to share what they have heard and ask for clarification through the portal. Public affairs staff will seek clarification and share

Unclassified

the answers to the enterprise in accordance with the principle of “maximum disclosure, minimum delay.

2. Employees are encouraged to visit the portal daily, and respond to posts through the comments section if they have additional information, questions, or clarifications.

4. INTENT AND DESIRED OUTCOME:

- a. The intent is to provide a quick, easy-to-use, searchable information portal with links to more information. Rather than produce new information products, command leadership will share existing products such as info papers, briefings, white papers or web links using this tool.
- b. The desired outcome is a better-informed workforce, operating in a climate of understanding where employees are a valued part of the communications effort.

Prepared by: William Bradner/901-210-3345

Approved by: Scott Malcom/210-466-0716



176th FMSU "Pay the Way"

"The ROK is a great place to serve! Our aim is to further enhance the quality of life for Soldiers and their Families by providing first class Financial Management assistance and alleviate any finance concerns related to PCS or Family separation. Our leaders stand by the professional service offered by our Soldiers and Civilians. Please feel free to share any constructive suggestions, concerns, and or just to recognize one of our dedicated professionals."

176th FMSU Command Team
176th FMSU CMDR : MAJ Benjamin Ecklor 723-5536
Sr. Enlisted Advisor : SGM Dennis Dodge 723-6457
176th FMSU ISG : ISG Jennifer Boynton 723-2349

Hours of Operation

Mon, Wed, and Fri
0930 - 1630
Tues
0930 - 1500
Lunch
1130 - 1300

Closed on Thursdays for STT

Alpha Det. - Yongsan

CDR : 723 - 7699
DET SGT : 723 - 7699
Cust. Service : 723 - 5394
IOP/Travel : 723 - 4246
Separation : 723 - 3279

In front of the
Bus Terminal on Main Post

Bravo Det. - Camp Humphreys

CDR : 753 - 8202
DET SGT : 753 - 3474
Cust. Service : 753 - 8210
Travel : 753 - 8209
Separation : 753 - 8215

One Stop Building -
BLDG S544

Charlie Det. - Camp Henry

CDR : 768 - 7575
DET SGT : 768 - 8447
Cust. Service : 768 - 6941
Travel : 768 - 7528
Separation : 768 - 6125
Camp Carrol : 765 - 8504

Next to KATUSA Snack Bar

Delta Det. - Camp Casey

CDR : 730 - 3375
DET SGT : 730 - 3385
Cust. Service : 730 - 6937
IOP/Travel : 730 - 6675
Separation : 730 - 4530

Maude Hall—2nd Floor

Dislocation Allowance (DLA)

PFC Disney Vang

Dislocation Allowance (DLA) is a compensation offered to defray atypical expenses that arise in conjunction with a Permanent Change of Station (PCS). It is not payable in every instance and has certain restrictions. The following article will cover typical scenarios in which a Service member may receive DLA, how the rates are determined, as well as other limitations. Other conditions to entitlement may also exist that could impact eligibility or the amount paid. All Service members are advised to familiarize themselves with Chapter 5 of the Joint Travel Regulation, or consult their servicing Finance office. A link to the regulation is provided.

Eligibility to receive DLA is based on the PCS order. All Service members who relocate authorized dependents in conjunction with a PCS will receive DLA at the with dependent rate. This applies to CONUS or OCONUS PCS. Service members serving a dependent restricted tour, will also receive DLA for dependents who've relocated to a designated location as authorized in the PCS order. The Service member does not have to accompany the dependents in order to receive DLA. They may move before or after the Service member PCSs. Likewise, if on an accompanied command sponsored tour, DLA is payable upon arrival of the dependents and settlement of their travel. Please note that if a dependent moves prior to receipt of the PCS order, it may result in forfeiture of a significant portion of all travel allowances to include DLA.

Members serving a dependent restricted tour and do NOT relocate dependents, as well as single Soldiers regardless of rank, are not authorized DLA unless the housing office determines that suitable quarters on post are NOT available and permit off-post housing. DLA, at the without dependent rate, is then payable upon execution of a valid lease. Soldiers are required to file a travel voucher with the servicing Finance office to initiate payment of the allowance. Other required documentation includes a valid lease, non-availability statement from housing, and PCS orders. Contact your area Finance detachment for Korea specific requirements. This allowance is not available for members on dependent restricted tours who've already received DLA on behalf dependents.

The member's grade on the effective date of the orders will determine the amount of DLA received. Additionally, DLA is limited to one payment per fiscal year. Certain exceptions to this rule exist, such as those who will move due to the Yongsan Relocation Plan (YRP). Soldiers who move from Yongsan to Camp Humphrey's in accordance with the YRP, and fall into the conditions described above, may be authorized DLA. For those who may have already received DLA in the current fiscal year, a secondary rate DLA will be payable. A link to current rates is provided.

Previously, it was common to request an advance of DLA prior to an impending PCS. Travel advances are no longer permitted except in extenuating circumstances. The Government Travel Charge Card (GTCC) is authorized for commonly reimbursable PCS related expenses. Furthermore, cash advances may be drawn against the card, negating the need for travel advances. DLA may NOT be drawn against the GTCC. It will likely be over the cash withdrawal limit for the card and may result in additional fees and penalties which are not reimbursable PCS travel expenses. Soldiers preparing for a PCS are advised to contact their servicing Resource Management Office to discuss options.

Previous Newsletter: FY16 - Vol. 72 - No. 1

Your ENTITLEMENTS in Korea
Unit Commander Financial Report (UCFR)
Customer Service Procedures

"Soldiers stationed on overseas (OCONUS) tours, such as Korea, may be..."
"The UCFR is a valuable tool provided to unit commanders every month..."
"One of the biggest changes Soldiers face when PCSing to-and-from Korea is..."

Created by SPC Paik



176th FMSU "Pay the Way"

TEMPORARY LODGING EXPENSE (TLE) **V.S.** TEMPORARY LODGING ALLOWANCE (TLA)

SGT Chan Lee

Members undergoing a PCS move are authorized allowances for hotel expenses under certain circumstances and conditions. This allowance compensates not only the cost of the lodging, but also provides a locality based per diem for meals and incidental expenses. It is important to understand the differences between TLE and TLA for planning purposes and when seeking reimbursement. Also important to note the payable percentage rates as shown in the table below. A Service member occupying temporary quarters alone is only authorized 65% of the locality rate for lodging and meals. If traveling with 1 dependent, the pair would receive a combined total of 100% (NOT EACH).

TLA is a CONUS based allowance. Generally, PCS moves between CONUS duty stations are permitted up to 10 days of TLE. Lodging must be within the vicinity of the old/new duty stations or at a designated location, such as the location where dependents relocated while serving a dependent restricted tour. It is NOT for travel between duty stations/designated locations. A separate per diem allowance for lodging and meals is provided for travel between authorized locations. When the gaining duty station is OCONUS, members

are only authorized FIVE days of TLE per the JTR. However, when departing Korea for a CONUS based assignment, up to 10 days of TLE is authorized at the designated location and/or vicinity of the gaining duty station. Days may be split between authorized locations. Reimbursement calculation is based on factors such as the locality rate and number/age of dependents, and is limited to a maximum of \$ 290.00 per day.

TLA is an OCONUS based allowance and authorized by the housing office in 10 day increments based on housing availability. Service members should be in a present for duty status when seeking TLA authorization. When departing Korea, members are generally permitted 3-5 days of TLA for clearing on post quarters; up to 10 days when clearing off post leased housing. Housing office approval must be sought prior to incurring any expenses. Reimbursement calculation is based on factors such as the locality rate and the number/age of dependents. Please contact your servicing housing office for Area specific restrictions.

Regulations

(Hyperlink Press CTRL + URL)

Joint Travel Regulation

www.defensetravel.dod.mil/Docs/perdiem/JTR.pdf

DoD FMR

http://comptroller.defense.gov/Portals/45/documents/fmr/Volume_07a.pdf

MilPay Message

<https://dfas4dod.dfas.mil/centers/dfasin/library/milpay/policy16/index.htm>

Rates

(Hyperlink Press CTRL + URL)

OHA Calculator

www.defensetravel.dod.mil/site/ohaCalc.cfm

COLA Calculator

www.defensetravel.dod.mil/site/colaCalc.cfm

Dislocation Allowance (DLA)

www.defensetravel.dod.mil/site/otherRatesDLA.cfm

Army Pay chart

<http://www.dfas.mil/militarymembers/payentitlements/military-pay-charts.html>

Per Diem Rates

<http://www.defensetravel.dod.mil/site/perdiemCalc.cfm>

Useful Websites

(Hyperlink Press CTRL + URL)

My Pay

<https://mypay.dfas.mil/mypay.aspx>

Defense Travel System

<http://www.defensetravel.dod.mil/>

DFAS

<http://www.dfas.mil/>

UCFR

https://livescyclepriv.dfas.mil/workspace/Main.html?login_result=0&ap=1

No. of Eligible Persons Occupying Temporary Qtrs	Payable Locality Rate Percentage	Percentage Applicable
Member or 1 dependent:		65%
Member and 1 dependent, or 2 dependents only:		100%
For each additional dependent age 12 and over, add:		35%
For each additional dependent under age 12, add:		25%

(ex. A married member with two children, ages 11 and 12, would be authorized 160% of the locality rate)

Service members will often incur a debt when they PCS to Korea. One of the most common causes is a result of the stoppage of locality allowances from their previous duty station. This is especially true of BAH. Typically, BAH continues through the member's reporting date to Korea. Old PDS allowances must terminate effective the day prior to the reporting date. Proper re-certification of BAH upon in-processing is essential to ensuring that those allowances continue if still authorized. System processing cut-off's for mid-month and end of month pay, however, often don't accommodate the timing of your arrival to Korea and Finance's processing of those inputs. This often results in a retroactive termination of the allowance and subsequent debt of amounts already paid to you. The allowance must be retroactively restarted based on proper certification and continued entitlement. This will not automatically offset the debt created though. Further complicating this issue is that all too often Soldier's don't check their LES. The debt, left unaddressed, will automatically collect two months later. Unfortunately, this is when Soldiers often notice it for the first time and is a common cause for pay inquiries, especially within the first couple months after arrival in Korea.

There are several cues that should prompt a member to seek assistance. The system automatically advances back to the members the amount of an impending debt. This will appear as an Advance Debt on the LES and doesn't represent an actual collection. It shows in the Entitlements Column and not as a Deduction. The Advance Debt creates a two month suspense in the pay system to allow

Soldiers will be officially notified of all debts created as a result of other than routine inputs. Most of the debts generated upon in-processing are considered routine actions and therefore do not receive notification and due process. Notifications will occur via email and provide remediation options. Soldiers may also request proration of debts. Once approved, Finance is required to charge an interest penalty, and currently stands at 1.875%. If a Soldier fails to respond by the provided suspense date, the debt will be collected up to the statutory limits and is subject to interest charges as well as a \$15.00 administrative processing fee.

Members have the option to request a waiver and/or remission of debts in cases where there is a perceived injustice, or would create an undue and severe financial hardship. These cases are reviewed by outside agencies, Defense Finance and Accounting Service or Human Resources Command, depending on the type of relief sought. With a favorable determination, the debt may be waived or remitted, in part or in entirety. Contact your servicing Finance Office to discuss your options.

CHECK YOUR LES YOU MAY HAVE A DEBT!

SPC Dumon Patterson

Soldiers to seek assistance and/or refute the debt before it collects. If you see an Advance Debt on your LES after arrival, it is likely due to the scenario above.

Another cue is the Unit Commander's Finance Report. Commanders are required to validate their Soldiers pay each month after the end of month pay period. Commanders, or their designated officials, should advise Soldiers to seek Finance assistance immediately if anything seems questionable.

10 Reasons Why to See a Chaplain

SPIRITUAL HELP: Nothing is more central to your Chaplains' work than assisting people in their relationship with God. We have skills and knowledge that can be of assistance to you in understanding your relationship with God.

DECISIONS: The big decisions of life are so important that they need to be talked about and prayed about. God never intended that we should make these decisions alone. Your Chaplains can possibly point out additional dimensions of the decision to be made that had not been considered. We are ready to discuss your difficult decisions in an atmosphere of confidence and friendship and to pray with you for God's guidance.

PRESSURE: Your Chaplains can help you ease the inner pressure and frustrations that your duties and / or separation adjustments may bring. We can also offer advice and alternatives of which you may not have been aware.

PROBLEMS: There are times when we need someone to talk to about life and its consequences, guilt that we carry, or just things that are 'bugging us.' We will hear you in a non-judgmental and confidential atmosphere, and will stand ready to pray with you regarding your situation.

WEDDINGS: Weddings are considered acts of worship by the Chaplains and as such have spiritual and religious meaning for the participants. Preparation is most important for this special service so it is necessary to contact us at least 12 weeks prior to the planned date of your wedding to allow time for pre-marital counseling.

BIRTHS: When a baby is born your Chaplains would like to call when the mother is still at the hospital. The visit could also be a time to begin planning for the new child's baptism, christening or dedication. We will not know about the birth unless you inform us.

MARRIAGE PROBLEMS: When a marriage falls on hard times, couples often do not seek help until it is too late. Your Chaplains are trained in marriage counseling and can help you to work through your problems or guide you to other sources of professional help.

HOSPITALIZATION: Let your Chaplains know if you or a member of your family is admitted to the hospital. We would like to bring the comfort of God's word and love to your hospital room, especially prior to surgery.

DEATH: When death comes to a member of the family, to a close friend, to someone you love, or to a comrade in arms your Chaplains can offer you comfort, help you to work through your grief, and also help you in your faith.

DRUG & ALCOHOL ABUSE: Your Chaplains are trained in many areas of counseling, to include Drug / Alcohol related problems, and stand ready to assist you in dealing with these problems. We can direct you to sources of help as well.

Area II and Yongsan Religious Support Teams

Garrison Chaplain	738-3011
Deputy Garrison Chaplain	738-3058
Garrison CH NCOIC/Fund Manager	738-3917
South Post Chapel	738-6054
Memorial Chapel	725-4076
Brian Allgood Hospital Chapel	737-1636
K-16 Chapel	741-6280
Catholic Priest	725-2955
USFK Command Chaplain	725-6009
Eighth Army Command Chaplain	725-6012
HQs & HQs Battalion Chaplain	723-6341
1 st Signal Brigade Chaplain	723-6707
41 st Signal Battalion Chaplain	724-3089
65 th Medical Brigade Chaplain	737-1840
Brian Allgood Hospital Chaplain	737-1634
501 st MI Brigade Chaplain	723-4090
2-2 nd AH Battalion Chaplain	741-6448

*After Hours Emergencies and Weekends
On-Call Duty Chaplain 010-4793-0143*

Your Unit Ministry Team

Each Unit, Army Headquarters, Garrison, Brigade, Battalion, and Detachment has a Unit Ministry Team (UMT) that consists of a Chaplain and Religious Affairs Specialist. Together, they minister to promote your spiritual, relational, and moral well-being. To accomplish this mission, the UMT performs, or provides religious education and worship services, conducts counseling, and offers training events, such as Suicide Intervention, Coping Skills, Prayer Luncheons or Strong Bonds Enrichment Conference.

Have a problem? Don't hesitate to contact your UMT. We exist to serve you! To contact your UMT, consult the phone roster above.

As of 26 September 2016

Yongsan Religious Services, Training and Activities



Where you can "Grow in Faith"

*"Courageous in Spirit"
"Compassionate in Service"*

*Sponsored By
USAG-Yongsan Religious Support Office
Unit, 303 Box 75, Bldg. 3794
Yongsan, South Korea
(315) 738-3011*

*After Hours Emergencies and Weekends
On-Call Duty Chaplain 010-4793-0143*

How Chaplains & Religious Affairs Specialists Can Serve You!!

Yongsan Spiritual Resilience Community offers The Army's Most Vibrant Garrison Religious Support Programs in all of Korea, if not, the entire US Army. It's variety of over 100+ exciting Worship and Religious Education programs will meet your spiritual and social needs. This brochure summarizes the services and ministries currently offered. It will help you contact your Unit Chaplain and Chaplain Assistant in assisting you and your Family in pursuing spiritual growth at in Area II and Yongsan. There are Five Spiritual Resilience Centers on Yongsan and K-16 that serves as platforms for all our Religious Support Services and Education in Four Chapels and a Family Life Center.

We are here to support you with Five Ingredients of Spiritual Resiliency



Religious Services

Worship, Funerals, Memorial Ceremonies and Services

Rites, Sacraments, Ordinances

Marriages, Burials, Baptisms, Confirmations, Sacraments, Blessings, Ordinances, Daily Prayers; other Ministrations and Religious requirements

Pastoral Care

Visitation, Counseling, Care to Casualties and Caregivers; Religious Support to Survivors, Critical Events Debriefings

Religious Education

Study of religious teachings that includes Activities of Faith Sustainment, Marriage Enrichment, Problem Solving, Communication Skills, Parenting Skills, Youth Programs, Religious Literature.

Institutional Ministry

Preserving Soldiers' fighting strength by maintaining their health and supporting Family members. Institutional ministry occurs in hospital and confinement or correction facilities.

Yongsan ~ K-16 Weekly Religious Services

[SOUTH POST CHAPEL](#) (South Post Bldg. 3702) (738-6054)

"CONTEMPORARY" R.O.C.K. SUN 0900
 "NONDENOMINATIONAL" SUN 1100
 "GOSPEL" SUN 1300
 LATTER DAY SAINTS (LDS) SUN 1600
 JEWISH FRI 1900

[MEMORIAL CHAPEL](#) (Main Post Bldg. 1597) (725-4076)

CATHOLIC MASS SUN 0900
 PENTECOSTAL SUN 1130
 CATHOLIC MASS SAT 1700
 CATHOLIC DAILY MASS M/W/F 1145
 KATUSA WORSHIP TUE 1830
 CATHOLIC MASS 1st SAT 0900
 KOREAN CHRISTIAN FELLOWSHIP 3rd TUE 1145
 ROK CATHOLIC MASS 3rd THU 1730

[ALLGOOD HOSPITAL CHAPEL \(737-1636\)](#) (South Post Bldg. 7005)

PROTESTANT "TRADITIONAL" SUN 0930
 SEVENTH DAY ADVENTIST (SDA) SAT 1100
 CATHOLIC DAILY MASS THU 1145

[K-16 CHAPEL](#) (K-16 CAC Bldg. S-302) (741-6280)

PROTESTANT "CONTEMPORARY" SUN 1030

For more information,
 please contact the Religious Support Office
 for the latest publication @ 738-3011 or
 youngshim.kim2.in@mail.mil.

For Emergencies ONLY
On Call Duty Chaplain ~ 010-4793-0143

Post-Wide Auxiliary Ministries for You and Your Family

[AWANA](#)

A weekly, fun, biblically based spiritual growth and character development program just for kids. Mondays, 1815, South Post Chapel

[Children's Church](#)

The Children's Ministry goal is to equip and prayerfully support each child so that they might realize Christ's perfect plan for their life, and take an active part in sharing their faith with others, as we follow the instructions of our Lord to His disciples, to "go to all nations and make disciples." Sundays during Chapel.

[Teen Vision Youth Ministry](#)

Fun and meaningful weekly ministry to teenagers. Great food, fun & relevant talks. Sundays, 1700, South Post Chapel

[Catholic Women Of The Chapel](#)

A weekly, supportive and inspirational gathering of Catholic women. Thursdays, 0930 and 1830 South Post Chapel

[Knights of Columbus](#)

Catholic men's gathering for service and spiritual depth. 1st Saturday of the month, 1000, Memorial Chapel

[Men of the Morning Calm](#)

Fun, relevant men's gathering designed to develop strong men, strong homes, and strong churches, 1st Saturday of the month, 0800, South Post Chapel

[Protestant Women Of The Chapel](#)

A weekly, active, and inspirational women's gathering designed to encourage and inspire. Wednesdays, 0915 and Thursdays, 1800 South Post Chapel

[Hangul Ladies Bible Study](#)

A weekly, active, and inspirational gathering of Hangul Ladies. Tuesdays, 1000, South Post Chapel

[Small Group and Home Group](#)

We have over 30 different Bible Studies On-Post and Off-Post for Adults and Youth to meet your spiritual needs and likings.

Pet Care Center

Closed Oct. 11 - Dec. 1

Boarding and grooming services unavailable during this time. Please visit Moyer Rec for off-post referrals.



www.army.mil/yongsan



Samsung Thunders

- VS -

Yongsan Rebels

SATURDAY, 8 OCTOBER 2016

COLLIER COMMUNITY FITNESS CENTER

BBQ IS SERVED AT 1400, GAME STARTS AT 1530

**FREE BBQ | PRIZES | MEET & GREET
PHOTO SESSION | CHEERLEADERS**

KATCHIKAPSHIDA

For more information, call DSN 723-5364 or go to [Facebook.com/uso.seoul](https://www.facebook.com/uso.seoul).

Sponsors are not endorsed or have any affiliation with DOD or USAGY Family and MWR.