

FMWR OUTLOOK



U.S. Army Garrison Daegu

FEBRUARY 2013

SUPER BOWL XLVII

Food, contests, prizes and
FOOTBALL!

Back Cover



USAG Daegu's tiniest
talent performs
Feb 28 in the

SKIES

Sweetheart Showcase



It's a date!
Parent's Night Out
set for February 22

U.S. ARMY GARRISON DAEGU

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Commander, USAG Daegu

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Command Sergeant Major

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Deputy to the Garrison Commander

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Director, Family & Morale,
Welfare and Recreation



The FMWR Outlook is a monthly publication of USAG Daegu Family and Morale, Welfare and Recreation. If you have any questions or suggestions regarding the information in this publication, please call the FMWR Marketing Branch at 768-7563, email to laurel.baek@us.army.mil or visit us at building S-1211 (room #221) on Camp Henry. Your comments and suggestions are always welcome.

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The FMWR Outlook magazine is printed monthly and distributed free to thousands of Service Members and civilians throughout the Area IV communities. Find out how to advertise your business or special event, call 768-7563 (053-470-7563) for advertising rates and publication deadlines.

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Directory of FMWR Facilities

Camp Henry / Camp Walker

DFMWR DAEGU

Camp Henry, Building T-1211, Room 219
DSN: 768-7939
Project Manager: DSN: 768-7588
Mon – Fri: 0800-1700
Sat, Sun & US Holidays: Closed

GARRISON ISO

Camp Henry, Building T-1211, Room 202
DSN: 768-7001 / 768-8850
Mon-Fri: 0800-1700
Sat, Sun & US Holidays: Closed

FINANCIAL MANAGEMENT DIVISION (FMD)

Camp Henry, Building T-1211, Room 204
DSN: 768-8123 / Mon-Fri: 0800-1700
Sat, Sun & US Holidays: Closed

SERVICES DIVISION

Camp Henry, Building 1712 / 2FL
DSN: 768-7572 / Mon-Fri: 0800-1700
Sat, Sun & US Holidays: Closed

ARMY COMMUNITY SERVICE (ACS)

Camp Henry, Building T-1103
DSN: 768-7112
Mon-Fri: 0800-1700
Sat, Sun & US Holidays: Closed

COMMUNITY RECREATION DIVISION (CRD)

Camp Walker, Building S-335
DSN: 764-4432
Mon-Fri: 0800-1700
Sat, Sun & US Holidays: Closed

Kelly Fitness Center, Camp Walker
DSN: 764-4800/4225
Mon-Fri: 0500-2200
Sat, Sun & US Holidays: 0800-2100

Indoor Pool, Camp Walker
DSN: 764-3873
Mon-Wed & Fri: 0530-2000
Thu: 0500-0800 & 1700-2000
Sat, Sun & US Holidays: 1000-1800

Fit-To-Win Center, Camp Henry. DSN: 768-6604
Mon-Fri: 0500-2000
Sat, Sun & US Holidays: 1000-1800

Community Activity Center, Camp Walker
DSN: 764-4123 / Mon-Sun: 1200-2100

Entertainment, Camp Walker
DSN: 764-4440
Mon-Fri: 0800-1700 / Sat, Sun & US Holidays: Closed

Library, Camp Walker
DSN: 764-4318
Wed-Mon: 1000-2000 / Tue: Closed

Arts & Crafts Center, Camp Walker
DSN: 764-5692
Wed-Sun: 1200-2100 / Mon & Tue: Closed

Auto Crafts, Camp Henry
DSN: 768-8164
Wed-Fri: 1000-1900 / Sat, Sun: 0900-1800
Mon-Tue: Closed

BUSINESS OPERATIONS DIVISION (BOD)

Camp Henry, Building T-1211, Room 221
DSN: 768-7716 / Mon-Fri: 0800-1700
Sat, Sun & US Holidays: Closed

Evergreen Community Club, Camp Walker
DSN: 764-4060
Tue-Sat & US Holidays: 0600-2100
Sun: 0600-1400 / Mon: Closed
-Evergreen Club Halfway House
Mon-Sun & US Holidays: 0830-1630
-Brass Apple Lounge
Tue-Fri: 1700-2100 / Sun: 1000-1400
-Gazebo: Seasonal Hours

Henry's Place, Camp Henry
DSN: 768-7300
Lunch: Mon-Fri, 1100-1330
Dinner: Wed-Fri, 1700-2100
Bar Open: Wed-Fri, 1630-2300
Sat, Sun & U.S. & KN Holidays: Closed

Hilltop Club, Camp Walker
DSN: 764-4985
Mon-Thu & US Holidays: 1600-2300
Fri: 1600-0100 / Sat: 1200-0100 / Sun: 1200-2300

Evergreen Golf Course, Camp Walker
DSN: 764-4601
Mon-Fri: 0600-1830/ Sat, Sun & US Holidays: Closed

Evergreen Pro Shop, Camp Walker / DSN: 764-4628
Mon-Sun & US Holidays: 0700-1700

Bowling Center, Camp Walker / DSN: 764-4334
Tue, Wed, Thu & Sun: 1130-2230
Fri & Sat: 1130-2330
US Holidays or KN Holidays open at 1630
Snack Bar Closed Tue-Fri: 1330-1700
Mon: Closed

Directory of FMWR Facilities

Camp Walker / Camp Henry

CHILD, YOUTH & SCHOOL SERVICES (CYSS)

Camp Walker, Building S-257
DSN: 764-5298
Mon-Fri: 0900-1800
Sat, Sun & US Holidays: Closed

Child Development Center, Camp Walker
DSN: 764-4834
Mon, Tue, Wed & Fri: 0530-1800
Thu: 0615-1800
Sat, Sun & US Holidays: Closed

School Age Service, Camp Walker
DSN 764-5072 / 764-5297
Mon-Fri: 1400-1800
Sat, Sun & US Holidays: Closed

Middle School / Teen Center, Camp Walker
DSN: 764-5721
Mon-Fri: 1400-1900
Sat: 1300-1900
Sun & US Holidays: Closed

Youth Sports, Camp Walker
DSN: 764-4859
Mon-Fri: 1300-1700
Sat, Sun & US Holidays: Closed

School Liaison Service, Camp Walker
DSN: 764-5702
Mon-Fri: 0815-1715
Sat, Sun & US Holidays: Closed

Cable TV, Camp Walker

DSN: 764-5596
Mon-Sat: 0800-1700
Sun: Closed

Army Lodging, Camp Walker

DSN: 764-5536
Mon-Sun & US Holidays
Open 24 hrs. 7 Days a Week

Veterinary Clinic, Camp Walker

DSN: 764-4858
Mon-Wed & Fri: 0900-1600
Tue, Sat & Sun & US Holidays: Closed

Camp Carroll

Army Community Service, Camp Carroll
DSN: 765-7900
Apple Blossom Cottage (ACS, Cp Carroll)
DSN: 765-7049
Mon-Fri: 0800-1700
Sat, Sun & US Holidays: Closed

Community Activity Center, Camp Carroll
DSN: 765-7484
Open 7 Days a Week: 1100-2200

Hideaway Club, Camp Carroll
DSN: 765-8574
Tue-Thu: 1630-2300 / Fri & Sat: 1630-0300
Sun & Mon: Closed
US Holidays: 1700-2300

Bowling Center, Camp Carroll
DSN: 765-4470
Sun-Thu: 1100-2200
Fri & Sat: 1100-2300
Snack Bar Closed Mon-Fri: 1330-1700
Dining Room
Mon-Fri: 1100-1330 (Lunch)
Wed-Sat: 1630-2100 (Dinner)

Library, Camp Carroll
DSN: 765-8407
Thu-Tue: 1100-2000 / Wed: Closed

Fitness Center, Camp Carroll
DSN: 765-8287
Mon-Fri: 0500-2200
Sat, Sun & US Holidays: 0800-2130

Indoor Pool, Camp Carroll
DSN: 765-7708
Mon-Fri: 0530-1930
Sat, Sun & US Holidays: 1100-1930

Army Lodging, Camp Carroll

DSN: 765-7722 / Mon-Sun & US Holidays
Open 24 hrs. 7 Days a Week



“Making A Difference”



ACS, Camp Henry **(Bldg. T-1103) / 768-7112**

Family Member Master Resiliency Training (Module 1)

1, 8 & 22 Feb, 0830-1130,
ACS Classroom

Sponsorship Training

4 Feb, 1400-1500, ACS Classroom

FRG Essentials Part I

5 Feb, 0930-1200, ACS Classroom

Stress Management for Parents

5 Feb, 1500-1700, Chinhae

Early Pregnancy

7 Feb, 1330-1530, ACS Classroom

Mandatory Commander/SNCO Family Advocacy Program Briefing

Meets initial and annual refresher req.
7 & 19 Feb, 1400-1500, ACS Classroom

Résumé Writing Basic Workshop

Attendees are encouraged to bring a copy of their resume if one is available.
8 Feb, 1530-1700, ACS Classroom

Organization Point of Contact (OPOC) Training

12 & 26 Feb, 0930-1130,
ACS Classroom

Volunteer Management System (VMIS) Training

14 & 28 Feb, 0930-1130,
ACS Classroom

Baby Basics Class

13 Feb, 1300-1600, ACS Classroom

Enlisted Spouse Training

13 Feb, 0900-1600, ACS Classroom
Learn about Army structure, courtesy and protocol, conflict management, community services, crisis and coping, role of the senior enlisted spouse and more.

Newcomer Subway Tour

16 Feb, 0915-1530,
Walker Lodge, Camp Walker

FRG Essentials Part II

19 Feb, 0930-1200, ACS Classroom

Anger Management

20 Feb, 0930-1100, ACS Classroom

Stress Management

20 Feb, 1330-1550, ACS Classroom



Military Saves Campaign (25 Feb. - 3 March)

Purpose of this campaign is to create a culture and climate that supports and encourages regular savings and responsible (or no) use of consumer credit, resulting in a financially prepared fighting force and financially stable healthy families. To promote military Saves Campaign the following event has been scheduled: ***Financial Forum "Saving and Investing."*** This class provides an overview of all types of saving and investment products; covers the basic information needed to understand how savings plans and different types of investments work. Topics include IRA's, 401K's, TSP, 529 plans, and money markets accounts.

28 Feb, 1800, ACS Classroom

JUST FOR MOMS ...

Late Pregnancy

28 Feb, 1300-1500, ACS Classroom

Breastfeeding Mini Workshop

28 Feb, 1600-1700, ACS Classroom

Newcomer and Spouse Orientation

Every Tuesday, 0830-1500,
Movie Theater, Cp Henry

Dakjongi/Hanji Paper Craft Class

Every Thursday, 1400-1530,
ACS Classroom

Free Credit Score & Analysis

Check your free FICO® credit scores-and the educational information and tools in the FICO Standard product-available free of charge to eligible active duty service members and their spouses. Please call 768-8127 for an appointment.



**AKO
Computers Are Available!**

ENGLISH & KOREAN LANGUAGE CLASSES

Cp Henry ACS / 768-7112

Advance Korean Language Class

Every Monday, 1200-1300,
ACS Conference Room

Beginner Korean Language Class

Every Tuesday & Friday, 1200-1300,
ACS Classroom

Intermediate Korean language Class

Every Thursday, 1200-1300,
ACS Conference Room

ESL Class

Every Thursday 1530-1630, ACS Classroom



VOLUNTEER

Volunteer Management System Training



Organization Point of Contact (OPOC) Training

12 & 26 February, 0930-1130
Camp Henry ACS Classroom

Volunteer Management System (VMIS) Training

14 & 28 February, 0930-1130
Camp Henry ACS
Classroom



**ACS, Cp Carroll
(Bldg. S-998) / 765-7900**

Quilting Class

4 & 25 Feb, 1000-1130
ACS Training Room

Anger Management

6 Feb, 0930-1100
ACS Conference Room

Stress Management

6 Feb, 1330-1500
ACS Conference Room

Play Group

12 & 19 Feb, 1000-1200
ACS FCC Room

Relationship Spectrum Class

Class highlights difference between healthy and unhealthy relationships; if domestic violence occurs – do's and don't's coping mechanisms; how to seek help and how to prepare to get out of the relationship.

12 Feb, 1030, ACS Conference Room

Employment Readiness Program

Spouse and Family Member Employment Readiness Assistance
13 Feb, 1000-1530
ACS Employment Room

Recipe Exchange

15 Feb, 1130-1300, ACS Kitchen

Spouse Group Meeting & Birthday Celebration

22 Feb, 1330-1530 ACS Lounge

Play Group-Development Screening Birth to 5 Years

26 Feb, 1000-1200,
ACS FCC Room

Computer Class

Every Tuesday Feb, 1330-1500,
ACS AKO Room

Korean Language Class (Basic)

Every Wednesday, 1330-1500,
ACS Conference Room

Newcomer & Spouse Orientation

Every Thursday, 0830-1500,
Camp Carroll Theater

Military Computer Class

Every Thursday, 1000-1130,
ACS AKO Room



ACS, Cp Carroll (Bldg. S-998) / 765-7900

Oriental Art Class

Every Friday, 1330-1500,
ACS Conference Room

KN Military Communication Service

Every Friday, 1330-1500,
ACS Training Room

Free Credit Score & Analysis

Check your free FICO® credit scores-and the educational information and tools in the FICO Standard product-available free of charge to eligible active duty service members and their spouses. Please call 765-7900 for an appointment

**AKO computers are available at
Camp Carroll ACS. Sign in at the
front desk.**

ENGLISH & KOREAN LANGUAGE CLASSES

ESL Class

4 & 25 Feb, 1000-1130
ACS Conference Room

Korean Language Class (Advanced)

4 & 25 Feb, 1400-1530
ACS Conference Room

KN Military Communication Service

Every Tuesday, 1000-1130
ACS Conference Room

Korean Language Class (Basic)

Every Wednesday, 1330-1500
ACS Conference Room

English Conversation Class

Every Wednesday, 1330-1500
ACS Training Room

Korean Language Class (Intermediate)

Every Friday, 1000-1130
ACS Conference Room

Earn Unlimited Cash Back Rewards on all your purchases



Army MWR MasterCard®

2%

CASH BACK¹ REWARDS

At Army MWR, Air Force Services, MCCS Locations, Armed Forces Recreation Centers, the Exchange & Commissary²

1%

CASH BACK EVERYWHERE ELSE²

APPLY TODAY

online at

ChaseMilitary.com/Army

¹ Rewards are earned as points, which can be redeemed for cash back. 1% cash back equals 1 point. If you choose to redeem for cash back, 1 point equals \$0.01 cash back. For example, 2,000 points can be redeemed for a \$20 check.

² You will earn 2 points for each \$1 of net purchases on your enrolled account made at qualified Military Exchange, Commissary, MCCS, Army MWR, and Air Force Services merchant locations (excluding concessionaire purchases). You will earn 1 point for each \$1 of all other net purchases. You do not earn points on balance transfers, cash advances, cash-like charges such as travelers checks, foreign currency, and money orders, any checks that are used to access your Account, overdraft advances, interest, unauthorized or fraudulent charges, or fees of any kind, including fees for products that protect or insure the balances of your account. There is no maximum number of points that you can accumulate in the program. No military or federal endorsement intended. See Rewards Program Rules and Regulations which will be mailed after your account is established.

Accounts subject to credit approval. Restrictions and limitations apply. Army MWR MasterCard® credit cards are issued by Chase Bank USA, N.A. See associate for details.

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The 19th ESC Commanding General Wants to Hear from You!

- If you have any ideas, suggestions, problems or just something you want to say, fill out a card and place it in one of six suggestion boxes located at:
 - **Camp Walker:** Commissary & Exchange/Food Court
 - **Camp Henry:** Shopette
 - **Camp Carroll:** Commissary, Exchange & Food Court
- Or, visit the 19th ESC Home page at <http://19thesc.korea.army.mil> and click on the suggestion box icon to submit your comments.



All comments will go directly to the 19th ESC Commander.



**GOLF COURSE,
CAMP WALKER
764-4601
Pro Shop, 764-4628**

Pro Shop 18-Holes Driving Range

Get your Sweetheart
something

extra special

for Valentine's Day
at the Evergreen
Golf Course Pro
Shop!



Hours of Operation

7 DAYS A WEEK

Pro Shop &

Driving Range: 0700-1700

**EVERGREEN CLUB,
CAMP WALKER
764-4060**

Mondays: Club Closed
10 & 11 February: Club Closed

**EVERGREEN
BREAKFAST**

**SATURDAYS AT 0800-1100
SUNDAYS AT 0800-1200**



**EVERY TUESDAY-FRIDAY
1130-1330
LUNCH SPECIAL (A or B)
Special A (\$8.95) or Special
B (\$7.95)**

Add beverage and soup & salad bar for \$5.95
(soup & salad bar without the special is \$7.95)

*Wednesdays
1700-2100*

Pizza Buffet Night



New!

**EVERY SATURDAY, 1100-2100
B-B-Q CHICKEN OR RIBS: \$6.95**

Side dishes available separately: Corn-on-the-cob, potato salad, coleslaw, and baked beans. Add beverage and soup & salad bar for \$5.95 *(soup & salad bar without the special is \$7.95)*

**SUNDAY BRUNCH,
1000-1400**

\$15.95 (Adults)

\$7.95 (Ages 6-12)

Ages 5 & under eat free

Every Sunday Brunch will included all-you-can-eat N.Y. Strip Loin Steak.

**EVERGREEN CLUB,
CAMP WALKER / 764-4060**

Evergreen Valentine's Dinner Special

14 Feb / 1700

\$25.95

**Shrimp Cocktail
Romaine Salad w/Dressing
Broccoli Soup
Beef Tenderloin Steak
Stuffed, Twice-baked Potato
Asparagus w/Hollandaise Sauce
New York Cheesecake
Fresh Baked Mini Loaf w/Butter
Lemonade, Ice Tea and Coffee
Glass of Wine**

*Valentine's
Day*



Evergreen Dinner Specials

764-4060



Every Tue & Fri, 1700-2100

2-For-1 Ribeye Steak Dinner: \$21.95

Individual Steaks Available

Porterhouse (\$19.95) / N.Y. (\$18.95) /
1 ½ lb Monster T-Bone-Steak (\$21.95)

Add beverage an soup & salad bar for
\$5.95 (soup & salad bar without the
special is \$7.95). Beverage not
included.

Every Wed, 1700-2100

Evergreen Pizza Buffet Night

Basic Price:

Adults (\$12.95)

Ages 6-12 (\$6.95)

Ages 5 & under eat free

Beverages not included.

Every Thu, 1700-2100

N.Y. Strip Loin Steak (8oz)

\$8.95 or \$21.95

All the 8oz steak you can eat.

Baked potato, corn-on-the cob,
dinner roll: \$8.95

Add beverage and soup & salad
bar for \$5.95

Soup & salad bar without the
special is \$7.95

Every Fri, 1700-2000

Lobster Tail & Beef Tenderloin:

\$30.95

Add soup & salad bar for \$5.95.

CAMP WALKER HILLTOP CLUB / 764-4985

9 & 11 Feb: Club opens at 1600

10 Feb: Club Closed

Dining Specials

MON

1700-2100
Monster T-Bone Steak
(1½ pound) \$21.95

WED

1730 – while-they-last
Free Snacks

THU

1700-2100
All-You-Can-Eat
Pizza & Pasta Buffet: \$10.95

FRI

1700-2100
Combo Jumbo Platter: \$10.95
Teriyaki Spareribs,
BBQ Chicken,
Corn-on-the-cob, Coleslaw
and a beverage

SUN

1230-2130
Large Pizza: \$9.95
Supreme, Vegetable,
Pepperoni or
Hawaiian



HILLTOP CLUB

Weekly Music Format

R & B MUSIC

1st, 3rd & 4th Friday at 2000-untill

LATINO MUSIC

2nd Friday at 2000-untill

C&W MUSIC

Saturdays at 2400-untill

Valentine's Day



\$20.95

**HILLTOP
VALENTINE'S DAY
DINNER SPECIAL**

2-for-1 N.Y. Steak (8oz)
Baked Potato
Vegetable
Tossed Salad w/Dressing
Rolls w/Butter
Coffee or Tea

14 February
Hilltop Club
1730-2230

HENRY'S PLACE
768-7300

9-11 Feb:
Club Closed

HENRY'S PLACE
DINNER SPECIAL

\$8.95

WEDNESDAY-FRIDAY
1700-2000

8oz N.Y. Strip Loin Steak
Potato Salad, Vegetable,
Baked Beans, Roll,
Ice Tea & Lemonade

HENRY'S PLACE
768-7300

Lunch Special

Buffet Special A or B

MONDAY-FRIDAY, 1100-1330

Special A: \$8.95 / Special B: \$7.95

Add Soup & Salad Bar for \$5.95

Soup & Salad Bar without the Special is \$7.95



Every Wednesday at Henry's Place

Texas Hold 'Em

Weekly Winners:

1st \$75 / 2nd \$50 / 3rd next week buy-in. Points are awarded each week. After 8 weeks the top 9 point earners from the weekly tournament play for 1st \$500 / 2nd \$300 / 3rd \$200.

768-7300



TEXAS HOLD 'EM TOURNAMENT

Sign in at 1730 / Game begins at 1800

Tournament with complimentary meal! Min 10 players required.



**HIDEAWAY CLUB,
CAMP CARROLL / 765-8574**

Wednesdays & Saturdays

Karaoke

&

Ladies Night

EVERY WEDNESDAY, 1700-2200

KARAOKE & LADIES NIGHT

Strawberry Daiquiris & Margaritas for \$2

EVERY SATURDAY, 1700-2100

LADIES NIGHT

Strawberry Daiquiris & Margaritas for \$2

2200: Variety & Old Skool Music by House DJ.

Valentine &

CHOCOLATE TRIVIA NIGHT

16 February
1900-2100
Hideaway Club

Free Snacks!
\$50 for 1st
\$25 for 2nd

**HIDEAWAY CLUB,
CAMP CARROLL / 765-8574**

**COWBOY & COWGIRL
ROUND-UP NIGHT
“RIDE DA MECHANICAL BULL”**

23 February
1900-2200
Cp Carroll Hideaway Club

Country Western Music
Stage Coach Food!
Giddyup Fun!

HIDEAWAY CLUB,
CAMP CARROLL / 765-8574

SUDS AND BUDS

DRAFT \$1

Reduced Drink Prices

Variety Music



**TUE-SAT
1700-1900**

Every FRIDAY Night at Hideaway Club

NIGHT TUNES (PI BAND) at 1800-2200

House DJ at 2200-0300 / Free Snacks at 1900

Club has TV's with the latest programming, cool and very refreshing beverages, a snack bar, music, pool table and is the perfect place to get with friends and to relax!

s

TUESDAYS
at the Hideaway Club, Cp Carroll

765-8574

Poker tournament with
a complimentary meal.



TEXAS HOLD 'EM TOURNAMENT

Sign in at 1800 / Game begins at 1830

Weekly Winners:

1st \$75 / 2nd \$50 / 3rd next week buy-in. Points are awarded each week. After 8 weeks the top 9 point earners from the weekly tournaments play for 1st \$500 / 2nd \$300 / 3rd \$200

Libraries



RESOURCES & SERVICES

- ✓ New and Popular Books
- ✓ Magazines/newspapers
- ✓ DVD, CD, and audiobooks
- ✓ Video Games: Wii, PS3, Xbox 360
- ✓ Libros en Español
- ✓ Free internet access, including WiFi
- ✓ Online databases
- ✓ Ebooks and eaudiobooks
- ✓ Photocopier
- ✓ International fax service
- ✓ Portable DVD players for in-house use
- ✓ Digital data sender
- ✓ Children's area

Baby Storytime



15 February / 10 a.m.

Camp Walker Library

764-4318

Songs, rhymes, and stories for our littlest patrons. Ages 0-24 months.

Children's Story Hour

Every Thursday

Cp Walker Library: 10:30 a.m.

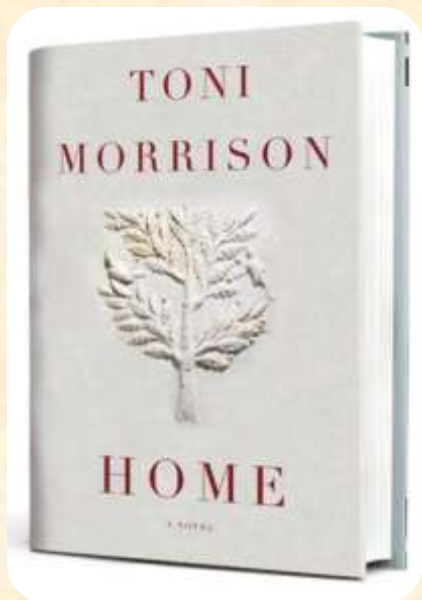
Cp Carroll Library: Call for times. 765-8407



Library, Cp Walker, 764-4318

Library, Cp Carroll, 765-8407

FEBRUARY IS AFRICAN-AMERICAN HISTORY MONTH



Check out Home, a novel about an African American Korean War veteran who returns to his family in the segregated south. For the month of February, Camp Walker Library will display books by African-American authors. Stop by the library to learn more!



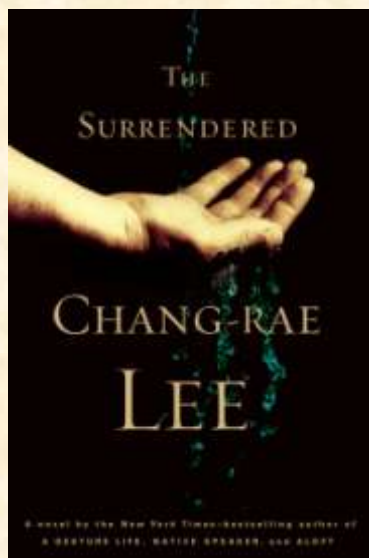
DAEGU BOOK CLUB

28 FEBRUARY / 1900

AT EVERGREEN CLUB, CAMP WALKER



This Month's book is
The Surrendered by
Chang-rae Lee





**CAMP WALKER
ARTS & CRAFTS CENTER
764-5692 (In the CAC)**

Matting & Framing Class

Instruction will be provided by the Arts & Crafts Center staff by request and during normal operating hours.

Pre-registration is required!

**CAMP WALKER
COMMUNITY ACTIVITY
CENTER
764-4123/5919**

**Recreational Table Tennis Tournament
9 February / 1400**

**Recreational 8-Ball Tournament
23 February / 1400**

*Tournaments will award trophies to the 1st, 2nd & 3rd place winners.
If there are 6 players, only 1st & 2nd place winners will receive trophies.

Sign up today! 764-4123

**FREE Watercolor Classes
Every Friday, 1500-1600**

Enjoy general fine art painting instruction in traditional and original art-portrait, still life, and landscape. The instructional goal is the understanding of the basic principles of fine art and development of artistic technique. Learn artistic culture and improve your skills! Instructor: Mr. Ha (010-8258-4377)





Spa Valley Spa



Cp Walker CAC Tour

SPA VALLEY INDOOR WATER PARK TRIP (Daegu City)

**2 February / 1000 / Cp Walker CAC
Sign up Now! 764-4123**

A family-oriented resort with a water park and hot springs.

Various types of spa baths including a wave pool, whirlpool, diving pool and 15 meter-high waterslide.

Bring a swimsuit and Korean won for food.

Tour fee: \$30 (Adult) / \$25 (Children under 12)
Includes transportation and admission fee.

Bus: Depart Cp Carroll CAC at 0900 and the Cp Walker Commissary at 1000

No pets are allowed.



32 FMWR Outlook



Available

FOR RENT

Skis & Snowboards

at the Camp Walker CAC

764-4123



CARVING SKI

Ski Plate, Boots & Poles:

\$15 per day

CHILD SKIS

Under 8 years old: \$10 per day

SNOWBOARD

Snowboard & Boost: \$15 per day



RECTRAC AT THE COMMUNITY CENTERS AND FITNESS CENTERS



What is RecTrac?

Not to be confused with the accountability swipe-in, RecTrac is FMWR's automated customer usage system. This management information system helps us provide better recreation service to our customers by monitoring program and facility usage. More importantly, evaluating RecTrac data will eventually aid in determining future funding to support FMWR programs.

Do I have to register? How long does it take?

Anyone using services at the fitness or community centers must be registered in the system. The process is quick and easy and you can register yourself or, if accompanied, your whole Family in a single visit!



Cp Walker CAC Tour

OVERNIGHT SKI TRIP TO OAK VALLEY RESORT

**15-17 FEBRUARY
(2 nights 3 days)
Cp Walker CAC**

Tour Fee: TBA

**Fee includes 3 days rental equipment, 2 nights lodging in the resort, and transportation.
(Lift ticket will not be included)**

Full payment is due at the time of registration.

Sign up deadline: 8 February

**Sign up today!
764-4123**

BUS: Departs from the Cp Walker Commissary at 0700 and Cp Carroll at 0800

REFUND/CANCELLATION POLICY:

*If MWR cancels the trip, a full refund will be provided to participants.
If participant cancels after 8 Feb, no refund will be issued.*



Better Opportunities for Single Soldiers (BOSS)

All single and unaccompanied Soldiers are welcome!

Cp Walker/Cp Henry BOSS Meeting

Every Wednesday, 1500

Cp Walker Community Activity Center



E-World ICE SKATING TRIP (Daegu City)

15 February, 1130

Tour fee: 10,000 won (does not include food)

Six cafeterias are available at E-World:
Pizza/KN Food/Café & Fast Food



POC is SPC Meighan, BOSS (Cp Walker/Henry) Vice President, 764-5543

CP CARROLL COMMUNITY ACTIVITY CENTER

3 Feb, 1400: Table Tennis Tournament

18 Feb, 1400: Air Hockey Tournament

Sign up today!

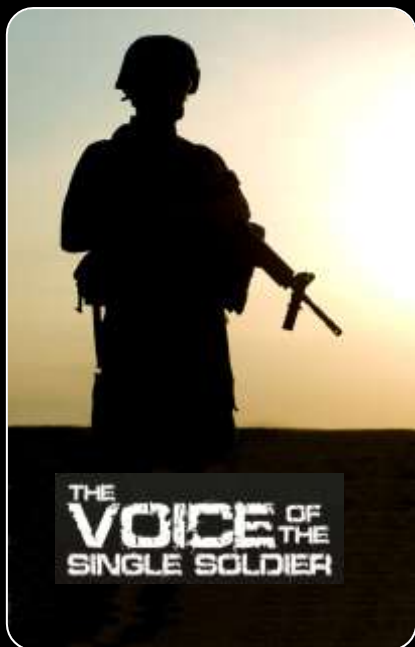
765-8325



2013 Super Bowl XLII Party
4 Feb, 0900
Big screen in the CAC auditorium!



***Trophies
awarded to 1st &
2nd place
winners.**



Better Opportunities for Single Soldiers (BOSS)

All single and unaccompanied Soldiers are welcome!

Camp Carroll BOSS Meeting

Every Wednesday, 1300

Cp Carroll Community Activity Center

764-4426/4440



CP CARROLL
COMMUNITY
ACTIVITY CENTER,
765-8325

**TALENT SHOW
EXTRAVAGANZA!**

24 Feb / 1900
Camp Carroll CAC

DISPLAY YOUR TALENTS!

Sing, dance, play an instrument? Participate for a chance to win prizes!

All participants must make the rehearsals on 22 & 23 February at 1800.

Sign up now!
765-8325
764-4123



CAC Tour

Tour to YeoSu Aquarium

17 February / Cp Carroll CAC

Sign up now! 765-8325



Transportation fee:
\$15 (adult)
\$10 (kids 11 & under)



Entrance fee:
20,500 won (adult)
18,500 won (student)
16,500 won (child)

Bring won for food, etc ...



BUS: Departs from the Cp
Carroll CAC at 0800 and Cp
Walker Commissary at 0900



CAMP CARROLL CAC TOURS



Tour to GYEONG-JU CITY

23 February / Cp Carroll CAC

Sign up now! 765-8325

**\$15 transportation fee for adults and \$10 for kids
ages 11 and under:**

Course: Bulguk Temple / Folk Craft Village / National
Museum

BUS: Departs from the Cp Carroll
CAC at 0800 and Cp Walker
Commissary at 0900

Bring Korean won to buy lunch and
do some shopping.





**CAMP WALKER
BOWLING CENTER
764-4334**

Bowling Special

23 February, 1200
9-Pin-No-Tap Bowling Tournament
Entry fee: \$20 (5 games)

Tuesday - Friday, 1130-1700
Early Bird Bowling Special
50% off games & shoes (Except U.S. Holidays)

Tuesday – Friday, 1330-1700
Unlimited Bowling
\$10 p/game & free shoes
(Except U.S. Holidays)

VALENTINE'S DAY BOWLING SPECIAL 14 FEB / 1100-2230

RED PIN BOWLING WITH CHOCOLATES
FOR COUPLES.

BOWL A STRIKE WITH A RED HEAD PIN AND
RECEIVE A BOX OF CHOCOLATES (ONE
PER COUPLE).



**CAMP WALKER
BOWLING CENTER
764-4334**

**U.S. HOLIDAYS / ALL DAY
RED HEAD PIN BOWLING**

**BOWL A STRIKE WITH A RED HEAD PIN AND GET ONE
FREE GAME**

Wednesday-Friday, 1130-1330

Buy a Combo Meal from the Strike Zone and the bowling is on us! \$2 shoe rental.

Wednesdays, 1600-2100

Mid-Week Madness. \$1 per game / \$2 shoe rental

Thursdays, 1600-2230

Ladies Night Bowling

Bowl 3 games and receive one free game (free shoes for the ladies!)

Saturdays

1900-2300: Extreme Bowling (\$2 per game / \$2 shoe rental)

Sundays, 1130-2230

Red Pin Bowling

Bowl a strike with a RED head pin and get one free game!

Sundays, 1130-2230

Hourly Bowling (\$10 per lane, per hour)

COMBO MEAL

764-4334

(Comes w/Fries & Drink)



BOWLING MENU

Spare Burger (Hamburger)	\$5.50
Bowling Burger (Double Hamburger)	\$6.95
Strike Burger (Cheeseburger)	\$5.95
300 Burger (Double Cheeseburger)	\$7.50
Extreme ¼ Burger (Bacon Cheeseburger)	\$6.75
Extreme ½ Burger (Double Bacon Cheeseburger)	\$8.50
Grilled Chicken Sandwich	\$6.95
Philly Cheese Steak	\$7.95
Chicken Philly Steak	\$7.95
Pepper Jack Chicken Sandwich	\$6.95
Combustion Burger	\$7.50
Chicken Tenders (5 pieces)	\$7.75
Chicken Cordon Bleu Sandwich	\$7.25
Wicked Wings (10 pieces)	\$10.50



**CAMP CARROLL
BOWLING CENTER
765-4470**

Bowling Specials

4 February, Doors open at 0700

SUPER BOWL XLVII PARTY

3 Big screen TVs. Free breakfast for the first 90 people courtesy of AUSA. \$2 for bowling.

Half time Hot Wing Eating Contest: Winner gets \$25

8 February, 1800-2100

LUNAR NEW YEAR DINNER SPECIAL: \$9.95

Includes beverage.

N.Y. Steak (8oz), Vegetable, Baked Potato, Dinner Roll, Glass of Wine.

14 February, 1700-2100

CELEBRATE VALENTINE'S DAY with PIZZA BOWLING FOR TWO

\$19 per couple

Large pizza, pitcher of soda, 1 hour of bowling. Includes shoe rental and a complimentary flower for first 20 ladies.

18 February, 1100-2200

PRESIDENT'S DAY BOWLING

\$1.50 per game, shoes included.

25 February, All day

MILITARY APPRECIATION DAY,

\$2 per lane w/10% discount on Combo Meal. Must show a valid military or Retiree ID card. Kids bowl for FREE.



CAMP CARROLL BOWLING CENTER 765-4470

Monday-Friday, 1100-1330

Free Lunchtime Bowling. Purchase a Strike Zone Combo Meal or Lunch Special and Bowl Free.

Monday-Friday, 1330-1700

Early Bird Dollar Bowling Special

\$1 per game / \$1 shoe rental

Tuesdays, 1700-2000

Boss and Buddy Bowling

Pay for just one person (2-for-1 special) Naturally, the boss pays for shoes.

Wednesdays, 1600-2100

\$1 games during **Mid-Week**

Madness

Fridays & Saturdays, 1900-2300
Extreme Bowling

Saturdays, 1700-2300

Buy a Combo Meal and Bowl 2 games for free.

“Ladies Night Bowling”

Saturdays, 1800-2300

Free Bowling for the Ladies

(shoe rental not included).

Sundays, all day

Red Pin Bowling /

Family Bowling

Kids bowl free when mom or dad bowls. Free bottomless fountain soda for KIDS.



AFTER SCHOOL

BOWLING

EVERY TUESDAY
Through 30 April
1500-1700

Cp Carroll Bowling Center

Open to ages 12 & under and youth groups, church groups, after school groups, day care and Boy or Girl Scout groups.

Parents can bowl free w/the kids on the 1st & last day.

Pre-registration is required before bowling day.

You don't need to attend every week.

\$5 per week
w/Free Snacks!

Cp Carroll
Bowling Center
765-4470

Enroll now.

February
18-22

Celebrate Education with UMUC! During the week of **February 18-22**, visit your local UMUC enrollment office, or apply online at my.umuc.edu, and become a UMUC student for free! **WE ARE WAIVING OUR \$50 APPLICATION FEE ON THIS WEEK ONLY!** Don't miss this opportunity to become a student for free!

BECOME A STUDENT FOR FREE!

765-7728 carroll-asia@umuc.edu
768-7857 henry-asia@umuc.edu

Spring Session 2 begins March 18

Paid advertisement

UMUC
University of Maryland University College
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 [facebook.com/umucastudent](https://www.facebook.com/umucastudent)
www.asia.umuc.edu

 [umucasia](https://twitter.com/umucasia)

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Cp Carroll Bowling Center Restaurant

765-4470

Bowling & Snack Bar:

Sun-Thu: 1100-2200 / Fri & Sat: 1100-2300

Snack Bar Closed:

Mon-Fri: 1330-1700

Lunch: Mon-Fri: 1100-1330

Dinner: Wed-Sat: 1630-2100



WEDNESDAYS, 1700-2000

2-FOR-1 STEAK NIGHT: \$21.95

N.Y. steak (10oz), salad, vegetable, baked potato, roll and beverage.

ROTISSERIE CHICKEN

Full Bird	\$12.95
½ Bird	\$6.95

Full Bird Dinner:

Choice of side, seasoned
criss-cut fries, 4 dinner rolls: \$18.95

Half-Bird Dinner:

Choice of side, seasoned
criss-cut fries, 2 dinner rolls: \$18.95

CHOICE OF SIDES

Coleslaw, potato salad, macaroni salad



NEW!

FILET MIGNON SPECIAL: \$19.95

8 OZ FILET MIGNON

Baked potato or steamed rice, vegetable medley, dinner roll, soup or
salad, ice tea or lemonade.

CAMP CARROLL BOWLING CENTER / 765-4470

THURSDAY LUNCHTIME BOWLING CLUB

21 Feb (Pizza) / **28 Feb** (Quesadilla),
7 March (Reuben Sandwich) / **14 March** (Burrito)
4 Weeks - 1130-1330

Limited to the first 10 teams that sign up, 2 people, any combo of friends, co-workers, family - incomplete teams of 2 will be paired with someone.

ONLY \$20 per team, Per Week w/2 Games of Bowling and Free Snacks.

-100% of 200 handicap, no average penalty.

-Not allowed to pre-bowl or make-up bowl.

-Blind score will be his/her average minus ten (10) pins.

-Prizes for high series w/handicap team, high game w/handicap team, high series w/HC for men & high series w/HC for women at the end of the week.



**CAMP WALKER
CHILD
DEVELOPMENT
CENTER (CDC)
Bldg. #223**



CDC FULL DAY PROGRAM

Days of Operation: Mon-Fri (Closed on Federal Holidays)

Hours of Operation: Mon-Wed & Fri, 0530-1800 / Thu, 0615-1800

Ages Served: Infant/Pre-Toddler (6 weeks-18 months)

Pre-Toddler/Toddler (18-36 months)

Preschool (3-4 years)

Strong Beginnings Pre-K (Children must be entering Kindergarten in August 2013)

Kindergarten Before/After School and Summer Program / Child Development Center Offers Before, and After School Care and Summer Care for Kindergarten Children.

Days/Hours of Operation: Mon-Fri, 0530-0730 & 1430-1800

School Out Days: 0530-1800

Ages Served: 5-6 years (Children Currently in Kindergarten)

CDC PART DAY PROGRAM

Two Sessions: Mon, Wed & Fri or Tue & Thu

Ages Served: Preschool (3-5 years of age) or Toddler (24-36 months)

CDC PLAYGROUP

Two Sessions: Tue & Thu, 1030-1130

Playgroup is a chance for children and Families to come together, play learn, socialize and network with other Families.

Parents must attend with their children.



DSN 764-4834
CDC Director 764-4835



U.S. Army Child, Youth
& School Services



CDC HOURLY CARE PROGRAM

Days/Hours of Operation:

Mon-Fri, 0800-1700

Cost is \$4 per hour: Maximum number of hourly care hours is 20 per week.

Ages Served:

Infant/Pre-Toddler (6 weeks-18 months)

Preschool (3-5 years of age)

School Age (5-11 years of age)

-Reservations can be made as early as 10 business days in advance.

-Walk-ins are accepted on a space available basis.

-Children must be registered and current in the CYS Services system.

FOR ALL CYS SERVICES ACTIVITIES

Families must register children at Camp Walker Parent Central Services located at building 257 764-5298.

To Register your child please bring the following:

-Immunization Record

-Sponsor's Order or Letter of Employment

-Health Assessment with Current Shot Record

-latest Leave an Earning Statement (LES)

-Children over one are also required to have a PPD test every year



CYS SERVICES SPORTS, CP WALKER

Register Now! 764-4859

BASEBALL / SOFTBALL / T-BALL

Ages: 3-15 years old

Cost: \$20 for 3-5 / \$40 for 6 & above

Coaches needed: Discount applies



PARENT'S NIGHT OUT

764-5298

22 February

PARENT'S NIGHT OUT

at the Camp Walker CDC, 1830-2230



What is Parent's Night Out? It is four hours of FREE care on a Friday night!!

Just call starting Friday the 1st of February to reserve a spot for your CYS Services registered children, age 6 weeks to 12 years old. Space is limited - call 764-5298.



CYS SERVICES CLEOS, 764-5298

12 February

PARENT ADVISORY COMMITTEE MEETING

Camp Walker Youth Center, 1700-1800

Please join us to learn about activities, future plans, and to give us constructive feedback so we can grow and better serve your Family as well as community needs.

If you have a child at the Child Development Center, School Age Center, or who attends the Youth Center, or if you have a child who participates in Youth Sports or a SKIES Class – this is the meeting where you can bring your compliments, concerns, and ideas. Parent Participation Points will be given for attendance.

23 February

SUPER SATURDAY-FAMILY CANDY MAKING CLASS

Please join us at 10:30 am at Camp Walker Building 257 (School Age Center/Parent Central Services) for a Family candy making class.

On Super Saturdays, parents come with their CYS Services registered child and participate in activities together, which is FUN, FUN, FUN!

You can sign up by visiting Parent Central Services or by calling 764-5298.





U.S. Army Child, Youth
& School Services

SCHOOL AGE CENTER, CP WALKER 764-5298

- School Age Care offers before and after school services and full day programs during school out days.
- School Age Care is for children in grades 1-6.
- In addition to our daily activities of arts and crafts, group games and friendly competition, we offer:

POWER HOUR

Power Hour is a dedicated quiet time for children to work on homework together or independently. We also have staff who assist the students with their homework needs. **This program is offered Monday-Thursday**

MOVIE MADNESS

Is on Tuesdays and Thursdays. This is an opportunity for small groups of children to get together with their friends and watch a movie from our movie library.





4-H FRIDAYS

Fridays are dedicated to 4-H Clubs. Each SAC child is a member of a 4-H club. The clubs are Tech Gurus, Incredible Art and Team Play. This is a chance for our children to learn new skills, develop new interests and grow their leadership abilities.

OPEN RECREATION

Open Recreation will be offered 1200-1600 at the School Age Center on Saturday, February 16. This is for registered SAC children in grades 1-6. We will provide supervision for these children at no cost to the parents. This is offered on a first-come first-served basis. The limit is 15 children. Parents please feed your children before they arrive. Please call 764-5297 to register your child for the program. **Registration will close Thursday, February 14 at 1700.**





YOUTH SERVICES, MIDDLE SCHOOL & TEENS, CP WALKER / 764-5721

BGCA Photo Exhibit/Reception

7 Feb, 1700-1900

Valentine's Day Card Making

11 Feb, 1600-1700

Commissary Bagging Orientation

12 Feb, 1730

Money Matters Workshop

(Credit and Debt)

13 Feb, 1600

Cooking Club Meeting

14 Feb, 1600-1700

Winner Recognition of Black History Month Contest

18 Feb, 1530-1630

NCAA 2013 PS3 with Staff at M/S Side TV Room

20 Feb, 1600-1700

Self Defense Class

21 Feb, 1600-1630

Triple Play Club Meeting

22 Feb, 1600-1700

Money Matters Workshop

(Saving and Investing)

26 Feb, 1600

Birthday / Welcome / Farewell / Recognition

28 Feb, 1500-1600



CYS SERVICES, CAMP WALKER

SWEETHEART SHOWCASE



28 FEB. 1700-1800

Please come join us for a SKIES Unlimited Sweetheart Showcase.

During this showcase all are invited to the Youth Center on Camp Walker to watch our kids show off their **Taekwondo, piano, and ballet skills.**

A group of young kids from the CDC will be performing too as a special presentation by the Youth Center's own Polynesian Dance Crew.

PIANO
TAEKWONDO
BALLET



764-5721/4112

Complimentary snacks
will be served!

CHILD, YOUTH & SCHOOL SERVICES

SKIES Unlimited INSTRUCTIONAL CLASSES

DRUMS

Mon, 1500. \$50 p/month

SWIMMING CLASS

Mon & Wed, 1730-1820
\$80 p/month (8 sessions)

BALLET CLASS

Tue & Thu
3-4 years (1700) /
5-up (1740)
\$60 p/month

TAEKWON-DO CLASS

Tue & Thu,
Beginners (1700)
Advanced (1750)
\$60 p/month

PIANO CLASS

Wed-Fri, 1500
\$130 p/month
(8 sessions)

TIGER TOTS TAEKWON-DO

Held at the CDC bldg. 223
Tue & Thu, 1030 & 1600
\$35 p/month

LOOKING FOR SKIES INSTRUCTORS

Kendo / Hapkido / Guitar / Hello Music Together
/ Arts & Crafts
Email: Enrique.silva.naf@mail.mil

SKIESUnlimited
Schools of Knowledge, Inspiration, Exploration & Skills



764-5721/4112





SY 12-13 HIRED! Apprentice Session Schedules

October – December 2012: First session (180 hour term)

January – March 2013: Second session (180 hour term)

April - June 2013: Third session (180 hour term)

July – September 2013: Fourth session (summer session is 2 terms = 360 hours)

***During the school sessions, HIRED! Apprentice will work after school for 3 hours a day to accumulate 15 hours a week totaling 180 hours to complete the term.*

**** Summer session is mandatory 2 terms working full 8 hour days to accumulate 360 hours total for the session. (I.e. HIRED! Apprentice is working on his/her 1st and 2nd terms, HIRED! Apprentice will receive a stipend check from Kansas State University for / 1st = \$500 + 2nd = \$500 total stipend = \$1,000).*



Application due dates:

Third Session: 1st February and no later than 15th March!

Fourth Session: 1st May and no later than 15th June 2013

***** Please have applications in by time frame to allow Workforce Preparation Specialist to seeking employment opportunities.*

HIRED! Stipend

1st and 2nd term stipend = \$ 500 each / 3rd and 4th term stipend = \$625 each

5th and 6th term stipend = \$750 each

POC: Enrique Silva / WFPS, CYS Services Youth Center **764-4112/5721 or enrique.silva.naf@mail.mil**



Auto Skills, Cp Henry (Bldg. S-1415) / 768-8164

Do It Yourself!

The Auto Skills Center has trained instructors and mechanics to guide customers through a wide range of repairs and maintenance.

ONGOING SERVICES

- ✓Charging Systems
- ✓Check Engine Trouble Codes
- ✓Smog Check Failures
- ✓Air Conditioning
- ✓Automobile Engines Repair
- ✓Fuel Injection/Carburetion
- ✓Oil Change Service
- ✓Overheating
- ✓Electrical

AUTO REPAIR SERVICES

- ✓Timing belt replacement
- ✓Computerized 4-wheel alignments
- ✓Tune-ups
- ✓Tire installation, repair and balance
- ✓Cooling system and radiator service
- ✓Clutch replacement
- ✓Air conditioning service, including R 134A conversions
- ✓Engine replacement and rebuilding
- ✓Safety inspections
- ✓Car break repair service
- ✓Detail service, disposal vehicles and other vehicle problems



USAG Daegu Sports & Fitness Checkout Item Listing

Item Description (Cost: N/A)

Basketball	Cones	Jersey
Boxing Gloves	Jump Ropes	Pinny
Hand Wraps	Chairs	Tennis Racket
Heavy Bag & Gloves	Weighted Vest	Tennis Ball
Football	Water Jugs	Volleyball
Football Flag	Racquetballs	Volleyball Knee Pad
Football Tee	Racquetball Rackets	Dumbbells
Towel Large/Small	Protective Glasses	Abdominal Strap
Locker Keys	Softball	Weighted Vest
Head Phone	Softball Gloves	Weight Bar
Table	Softball Bats	Stretch Band
Yoga Mats	Soccer Ball	Road Vest
Whistles	Shin Guard	Weight Belt
Stop Watch	Sports Uniform	Chain Belt
		Medicine Ball

Facility Rental

Picnic Areas	\$25
Indoor Pool Picnic	with grill (\$35) without grill (\$25)
Basketball Court	\$35 (4 hrs or less) \$50 (6 hrs or less) \$100 (12 hrs or full day)
Aerobics Room	\$15 (4 hrs or less) \$25 (6 hrs or less) \$50 (12 hrs or full day)
Racquetball Courts	\$15 (4 hrs or less) \$25 (6 hrs or less) \$50 (12 hrs or full day)
Tennis Courts	\$15 (4 hrs or less) \$25 (6 hrs or less) \$50 (12 hrs or full day)
Multi-Purpose Fields	\$35 (4 hrs or less) \$55 (6 hrs or less) \$100 (12 hrs or full day)
Multi-Purpose Field Pavilion	\$15 (4 hrs or less) \$25 (6 hrs or less) \$35 (12 hrs or full day)

**Cp Walker: 764-4907/4800
Cp Carroll: 765-8118/8287**



FITNESS TRAINING PROGRAMS

CLASS DESCRIPTIONS:

Camp Walker: 764-4800
Camp Carroll: 765-8118

AQUA PUMP/CORE

a fun centered exercise that is designed for a challenging cardio and toning workout with minimal impact. Non swimmers are welcome.

KICKBOXING - is a core centered kickboxing cardio workout that will surely make you sweat designed with natural body toning.

CYCLING - high intensity indoor cycling class that incorporates a 15 minute core conditioning phase at the end of the journey. Guaranteed to make you sweat.

CY-YO - a total adrenaline pumping cycling workout for 30 minutes followed by a complete relaxation, flexibility, and power centered Yoga experience.

H.E.A.T.

high explosive anaerobic training will leave you breathless for an intense cardio-strength-core circuit training for a full 30 minutes with a high energy warm up and end with deep Yoga stretches.

M.E.F.

a functional, mission oriented workout that is sure to shock and sculpt your body to enhance your daily activities and designed to build power and agility, a CrossFit workout.

MAT PILATES

enhances your postural alignment, balance, strength, flexibility and coordination. A challenging core workout that is sure to compliment your cardio sessions.

POWER YOGA

isometric strength training that will burn calories and sculpt lean muscle mass combined with flexibility training to enhance connective tissue and muscle power.

STEP CARDIO

a 32 beat choreographed exercise on a platform designed to build lower body strength and improve cardiovascular endurance.

TRX

A suspension resistance training system using your own body weight to sculpt and tone.

ZUMBA

is the only Latin-inspired dance fitness program that blends red-hot international music, easy to follow dance steps to form a fitness party that is downright addictive.

USAG Daegu Fitness Calendar



Contact us at: area.4.fitness@gmail.com
 AREAFOUR FIT or AREAFOUR ZUMBA in Facebook



**Class Instructors at
 Cp Walker (CW)**
 Marlyn Banzon (MB)
 Robin Doaty (RD)
 Betsy Lizotte (BL)
 Tosha Nichols (TN)
 So Pae (SP)
 Jessica Streifel (JS)

**Class Instructors at
 Cp Carroll (CC)**
 Grace Dewars (GD)
 Nicole Eskridge (NE)
 Lorraine Melgoza-Pearson (LM)
 Mardy Menzimer (MM)
 Dex Wise (DW)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 2013					
*New Class				CC 0600-TRX/Cycling-LM	
CW 0900 Yoga-SP CW 1015 Zumba-RD CW 1800 Cycling-JS CC 1800 Zumba-LM CC 1915 MEF-DW	CW 0530 H.E.A.T.-GD CC 0600 TRX/Cycling-LM CW 1015 Zumba-MB CW 1800 Zumba-GD CW 1830 Aqua Pump-BL CC 1900 MEF-DW CW 1900 Kung Fu-JM*	CW 0530 Cycling-GD CW 0600-Zumba-MB CW 0900 Yoga-SP CW 1015 Zumba-RD CW 1800 Cycling-JS CC 1800 Zumba-LM CW 1900 Powerflex-NE/BL*	CW 0530 MEF-DW CC 0600 TRX/Cycling-LM CW 0900 H.E.A.T./MEF-JS/DW CC 1000 Zumba-MM CW 1015 Zumba-MB CW 1800 Zumba-MB CW 1830 Aqua Pump-BL CC 1900 MEF-DW	CC 0600-TRX/Cycling-LM	
CW 0900 Yoga-SP CW 1015 Zumba-RD CW 1800 Cycling-JS CC 1800 Zumba-LM CC 1915 MEF-DW	CW 0530 H.E.A.T.-GD CC 0600 TRX/Cycling-LM CW 1015 Zumba-MB CW 1800 Zumba-GD CW 1830 Aqua Pump-BL CC 1900 MEF-DW CW 1900 Kung Fu-JM*	CW 0530 Cycling-GD CW 0600-Zumba-MB CW 0900 Yoga-SP CW 1015 Zumba-RD CW 1800 Cycling-JS CC 1800 Zumba-LM CW 1900 Powerflex-NE/BL*	CW 0530 MEF-DW CC 0600 TRX/Cycling-LM CW 0900 H.E.A.T./MEF-JS/DW CC 1000 Zumba-MM CW 1015 Zumba-MB CW 1800 Zumba-MB CW 1830 Aqua Pump-BL CC 1900 MEF-DW	CC 0600-TRX/Cycling-LM	
CW 0900 Yoga-SP CW 1015 Zumba-RD CW 1800 Cycling-JS CC 1800 Zumba-LM CC 1915 MEF-DW	CW 0530 H.E.A.T.-GD CC 0600 TRX/Cycling-LM CW 1015 Zumba-MB CW 1800 Zumba-GD CW 1830 Aqua Pump-BL CC 1900 MEF-DW CW 1900 Kung Fu-JM*	CW 0530 Cycling-GD CW 0600-Zumba-MB CW 0900 Yoga-SP CW 1015 Zumba-RD CW 1800 Cycling-JS CC 1800 Zumba-LM CW 1900 Powerflex-NE/BL*	CW 0530 MEF-DW CC 0600 TRX/Cycling-LM CW 0900 H.E.A.T./MEF-JS/DW CC 1000 Zumba-MM CW 1015 Zumba-MB CW 1800 Zumba-MB CW 1830 Aqua Pump-BL CC 1900 MEF-DW	CC 0600-TRX/Cycling-LM	
CW 0900 Yoga-SP CW 1015 Zumba-RD CW 1800 Cycling-JS CC 1800 Zumba-LM CC 1915 MEF-DW	CW 0530 H.E.A.T.-GD CC 0600 TRX/Cycling-LM CW 1015 Zumba-MB CW 1800 Zumba-GD CW 1830 Aqua Pump-BL CC 1900 MEF-DW CW 1900 Kung Fu-JM*	CW 0530 Cycling-GD CW 0600-Zumba-MB CW 0900 Yoga-SP CW 1015 Zumba-RD CW 1800 Cycling-JS CC 1800 Zumba-LM CW 1900 Powerflex-NE/BL*	CW 0530 MEF-DW CC 0600 TRX/Cycling-LM CW 0900 H.E.A.T./MEF-JS/DW CC 1000 Zumba-MM CW 1015 Zumba-MB CW 1800 Zumba-MB CW 1830 Aqua Pump-BL CC 1900 MEF-DW		

BASKETBALL



**CAMP WALKER
KELLY FITNESS CENTER
764-4800/4225**

**Men's & Women's
Post Basketball
Jamboree #2
2-3 Feb. at Yongsan Collier
Field House
DSN 764-4907**

**15-19 Feb
1800-2100
Cp Walker Unit KATUSA Basketball
League
Kelly Fitness Center, Cp Walker**

**21-22 Feb
Cp Walker KATUSA Basketball
Championship
Kelly Fitness Center, Cp Walker**

**28 Feb, 1800
USAG Daegu KATUSA Basketball
Championship
Kelly Fitness Center, Cp Walker**

***USAG Daegu*
President's Day
Dodgeball
Tournament**

**18 Feb, 1000
Kelly Fitness Center,
Cp Walker**



**ARMY IN KOREA
(AIK)**


AIK
**Company Level
Basketball
Championship**
15-17 Feb
at Cp Humphreys

*Top two company level teams
from USAG Daegu will qualify*

AIK
Batan Roadmarch
23 Feb at Cp Casey

*Applications available at local sports offices. Turn
in applications a week prior to the event date.*

764-4907/4800



**CAMP CARROLL
FITNESS CENTER**
765-8118 / 765-8287

14 February, 1800

St. Valentine's Couples "20/20" Indoor Race

Furthest distance covered by a couple. 1st, 2nd & 3rd place trophies will be awarded.

Register same day of the event - 1700-1745.

21 February

Dead Lift Open (Men's/Women's)

How Heavy Can Your Go?

3 chances each for a maximum lift - 1st, 2nd, & 3rd place awarded.

28 February, 1800

"Ammo Can Hold"

Men's/Women's

How Long Can You Hold On?

1st, 2nd & 3rd place per M/W category.

Register the same day of the event from 1700-1745.

**CAMP CARROLL
BASKETBALL
765-8118
765-8287**

**USAG Daegu Basketball
Championship
6-7 February at 1800
Cp Carroll Fitness Center**

**KATUSA Basketball Playoff
18-19 February at 1800
Cp Carroll Fitness Center**



Swimming Pools

Swimming Classes

Cp Walker Pool: Sun, 1700 / 764-4800
Soldiers (Free)

Cp Carroll Pool: Tue & Thu, 1100 / 765-8118
Soldiers (Free)

Camp Walker Pool / 764-3873

Mon-Wed & Fri: 0530-2000
Thu: 0500-0800 & 1700-2000
Sat, Sun & US Holidays: 1000-1800

Camp Carroll Pool / 765-7708

Mon-Fri: 0530-1930
0530-0800 for lap swimming



**Fit-To-Win Center
Camp Henry,
768-6604**

- Cardio Equipment
- Machine & Free Weights
- Workout Accessories
- Showers & Sauna

**MON-FRI: 0500-2000
SAT & U.S. HOLIDAYS:
1000-1800**



“ANY DAY, ANY TIME”

Follow us on our facebook page:

Facebook.com/pages/USAG-
Daegu-Sports-Fitness-and-
Aquatics/152730168184082

<http://twitter.com/USAGDaeguSports>



Upcoming Red Cross Classes

First Aid/CPR/AED

Saturday, 9 February 2013, 08:30 – 16:30

American Red Cross Classroom, Bldg 1425, Camp Henry

Certifications in the following: Lay Responder Adult, Child & Infant CPR
/ AED, and Standard First Aid

Learn the basic skills to identify and respond to cardiac emergencies,
first aid and much more!



**Call 768-7993 or Stop by Your Camp
Henry American Red Cross for more
information.**



**American
Red Cross**

SHUTTLE BUS SCHEDULES

Weekday

Camp Henry – Camp George – Camp Walker – Camp George – Camp Henry

Camp Henry TMP	Start	P	P	P	P																				L	L	L				
CH- HQ, USAG-Daegu	#1	0540	0650	0715	0720	XXX	XXX	XXX	0830	0930	1030	1130	1230	1330	1430	1530	1630	1715	1730	1755	1830	1930	2030	2130	2230	2330	0030	0130	0230		
CH- SPO 18TH ESC	#2	0541	0651	0718	0721	XXX	XXX	XXX	0831	0931	1031	1131	1231	1331	1431	1531	1631	1718	1731	1756	1831	1931	2031	2131	2231	2331	0031	0131	0231		
CH- SJAVED CENTER	#3	0542	0652	0717	0722	XXX	XXX	XXX	0832	0932	1032	1132	1232	1332	1432	1532	1632	1717	1732	1757	1832	1932	2032	2132	2232	2332	0032	0132	0232		
CH- GATE #2	#4	0543	0653	0718	0723	XXX	XXX	XXX	0833	0933	1033	1133	1233	1333	1433	1533	1633	1718	1733	1758	1833	1933	2033	2133	2233	2333	0033	0133	0233		
CIG- GATE #10	#5	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	0836	0936	1036	1136	1236	1336	XXX	1536	1636	1722	1739	XXX	1836	XXX	2036	XXX	XXX	XXX	XXX	XXX		
CW- GATE#6 PWD	#6	XXX	0703	0728	0733	XXX	XXX	XXX	0843	0948	1048	1148	1248	1348	1443	1548	1646	1727	1743	1807	1843	1943	2046	2143	2243	2343	0043	0143	0243		
CP WALKER LODGE	#7	XXX	0704	0727	0734	XXX	XXX	XXX	0844	0947	1047	1147	1247	1347	1444	1547	1647	1728	1744	1808	1844	1944	2047	2144	2244	2344	0044	0144	0242		
CW- BLDG # 5-363 (commissary)	#9	XXX	0705	0728	0735	0800	0815	0830	0845	0948	1048	1148	1248	1348	1445	1548	1648	1729	1745	1809	1845	1945	2048	2145	2245	2345	0045	0145	0243		
CW- HHC, 19th ESC	#9	0554	0706	0729	0736	0802	0817	0832	0846	0948	1048	1149	1249	1349	1446	1549	1649	1730	1746	1810	1846	1946	2049	2146	2246	2346	0046	0146	0244		
CW- JCISA	#10	0556	0707	0730	0737	0803	0818	0833	0848	0951	1051	1151	1251	1351	1448	1551	1651	1731	1748	1811	1848	1948	2051	2148	2248	2348	0048	0148	0245		
CW- BLDG 308 (Hill Top)	#11	0557	0708	0731	0740	0804	0819	0834	0850	0953	1053	1153	1253	1353	1450	1553	1653	1732	1750	1812	1850	1950	2053	2150	2250	2350	0050	0150	0305		
CW- GATE#4	#12	0558	0709	0732	0742	0805	0820	0835	0852	0955	1055	1155	1255	1355	1452	1555	1655	1733	1752	1813	1852	1952	2055	2152	2252	2352	0052	0152	0307		
CW- BLDG # 5-363 (commissary)	#9	XXX	0710	0733	0743	XXX	XXX	XXX	0853	0956	1056	1156	1256	1356	1453	1556	1656	1734	1753	1814	1853	1953	2056	2153	2253	2353	0053	0153	0308		
CP WALKER LODGE	#7	XXX	0711	0734	0744	XXX	XXX	XXX	0854	0957	1057	1157	1257	1357	1454	1557	1657	1735	1754	1815	1854	1954	2057	2154	2254	2354	0054	0154	0309		
CW- GATE#6 PWD	#6	XXX	0712	0735	0746	XXX	XXX	XXX	0856	0959	1059	1159	1259	1359	1456	1559	1659	1736	1756	1817	1856	1956	2059	2156	2256	2356	0056	0156	0310		
CIG- GATE#10	#5	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX	1009	1109	1209	1309	1409	XXX	1609	1709	XXX	XXX	XXX	1909	XXX	2109	XXX	XXX	XXX	XXX	0109	0209	0320	
CH- GATE #2	#4	0608	0721	0744	0755	0814	0829	0844	0905	1011	1111	1211	1311	1411	1505	1611	1711	1744	1805	1826	1911	2005	2111	2205	2305	0005	0108	0208	0322		
CH- HQ, USAG-Daegu	#1	0609	0722	0745	0756	0815	0830	0845	0906	1012	1112	1212	1312	1412	1506	1612	1712	1745	1806	1827	1912	2006	2112	2206	2306	0006	0109	0209	0323		
CH- SPO 18TH ESC	#2	0610	0723	0748	0757	0816	0831	0846	0907	1013	1113	1213	1313	1413	1507	1613	1713	1746	1807	1828	1913	2007	2113	2207	2307	0007	0110	0210	0324		
CH- SJAVED CENTER	#3	0611	0724	0747	0758	0817	0832	0847	0908	1014	1114	1214	1314	1414	1508	1614	1714	1747	1808	1829	1914	2008	2114	2208	2308	0008	0111	0211			
Camp Henry TMP																															
Camp Henry TMP																															

Note: Buses returning to Cp Henry do not pick up new passengers going to Cp Walker and Cp George

L: Friday & Saturday nights and will operate on Sunday night if Monday is U.S. Holiday

P: Mon, Tue, Wed & Friday only except Holidays – P.T. runs / XXX: Bus will not stop at location



Camp Carroll & Daegu Area

Monday - Friday

Location	1 (2 buses)	2	3	4	5	6	7	8	9	10	11
Cp Carroll stops	0700	0830	1000	1130	1300	1430	1600	1730	1900	2030	2200
Cp Henry stop #1 (only)	0800	0930	1100	1230	1400	1530	1700	XXX	XXX	XXX	XXX
Cp Walker stop #12	XXX	XXX	XXX	XXX	XXX	XXX	XXX	1830	2000	2130	2300

Camp Carroll & Daegu Area

Sat, Sun, US Holidays & USFK Training Holidays

Location	1 (2 buses)	2	3	4	5	6	7	8	9	10	11	12	13
Cp Carroll stops	XXX	0830	1000	1130	1300	1430	1600	1730	1900	2030	2200	2400	0100
Cp Walker stop #12	XXX	0930	1100	1230	1400	1530	1700	1830	2000	2130	2300	0300	0300

SHUTTLE BUS SCHEDULES

Weekend & US Holiday

Camp Henry – Camp George – Camp Walker – Camp George – Camp Henry

Camp Henry TMP		Start															L	L	L		
CH- HQ USAG-Dwago	#1	0720	0830	0930	1030	1130	1230	1330	1430	1530	1630	1730	1830	1930	2030	2130	2230	2330	0030	0130	0230
CH- BPO 18TH ESC	#2	0721	0831	0931	1031	1131	1231	1331	1431	1531	1631	1731	1831	1931	2031	2131	2231	2331	0031	0131	0231
CH- BJAED CENTER	#3	0723	0832	0932	1032	1132	1232	1332	1432	1532	1632	1732	1832	1932	2032	2132	2232	2332	0032	0132	0232
CH- GATE #2	#4	0723	0833	0933	1033	1133	1233	1333	1433	1533	1633	1733	1833	1933	2033	2133	2233	2333	0033	0133	0233
CG- GATE #18	#5	XXX	XXX	0936	1036	1136	1236	1336	1436	1536	1636	1739	1836	1936	2036	2136	2236	2336	0036	0136	0236
CW- GATE# PMO	#6	0733	0843	0948	1048	1148	1248	1348	1443	1548	1648	1743	1843	1943	2046	2143	2243	2343	0043	0143	0241
CP WALKER LODGE	#7	0734	0844	0947	1047	1147	1247	1347	1444	1547	1647	1744	1844	1944	2047	2144	2244	2344	0044	0144	0242
CW- BLDG # 5-383 (contingency)	#8	0735	0845	0948	1048	1148	1248	1348	1445	1548	1648	1745	1845	1945	2048	2145	2245	2345	0045	0145	0243
CW- IHC, 18th ESC	#9	0736	0846	0949	1049	1149	1249	1349	1446	1549	1649	1746	1846	1946	2049	2146	2246	2346	0046	0146	0244
CW- JCIBA	#10	0737	0848	0951	1051	1151	1251	1351	1448	1551	1651	1748	1848	1948	2051	2148	2248	2348	0048	0148	0245
CW- BLDG 398 (HR Trpt)	#11	0740	0850	0953	1053	1153	1253	1353	1450	1553	1653	1750	1850	1950	2053	2150	2250	2350	0050	0150	0305
CW- GATE#4	#12	0742	0852	0955	1055	1155	1255	1355	1452	1555	1655	1752	1852	1952	2055	2152	2252	2352	0052	0152	0307
CW- BLDG # 5-383 (contingency)	#13	0743	0853	0956	1056	1156	1256	1356	1453	1556	1656	1753	1853	1953	2056	2153	2253	2353	0053	0153	0308
CP WALKER LODGE	#7	0744	0854	0957	1057	1157	1257	1357	1454	1557	1657	1754	1854	1954	2057	2154	2254	2354	0054	0154	0309
CW- GATE# PMO	#6	0746	0856	0959	1059	1159	1259	1359	1456	1559	1659	1756	1856	1956	2059	2156	2256	2356	0056	0156	0310
CG- GATE#10	#5	XXX	XXX	1009	1109	1209	1309	1409	1509	1609	1709	1809	1909	2009	2109	2209	2309	0009	0109	0206	0320
CH- GATE #2	#4	0755	0905	1011	1111	1211	1311	1411	1505	1611	1711	1805	1911	2005	2111	2205	2305	0005	0108	0206	0322
CH- HQ USAG-Dwago	#1	0756	0906	1012	1112	1212	1312	1412	1506	1612	1712	1806	1912	2006	2112	2206	2306	0006	0109	0209	0323
CH- BPO 18TH ESC	#2	0757	0907	1013	1113	1213	1313	1413	1507	1613	1713	1807	1913	2007	2113	2207	2307	0007	0110	0210	0324
CH- BJAED CENTER	#3	0758	0908	1014	1114	1214	1314	1414	1508	1614	1714	1808	1914	2008	2114	2208	2308	0008	0111	0211	
Camp Henry TMP		END																			

Note: Buses returning to Cp Henry do not pick up new passengers going to Cp Walker and Cp George
L: Friday & Saturday nights and will operate on Sunday night if Monday is U.S. Holiday / XXX: Bus will not stop at location

Paid advertisement

Camp Carroll (AK714R)

Bldg 236

Mon & Wed, 1800-2100
KORN 112 Elementary Korean II (3)
UMUC 2690 Sec. A481 *Pong-Su Kim*

Mon, 1800-2100
HIST 157 History of the United States Since 1865 (3)
UMUC 2682 Sec. A481 *Richard Dowling* (C)

Tues & Thurs, 1800-2100
GVPT 170 American Government (3)
UMUC 2692 Sec. A481 *Gary Margoz*
SPAN 111 Elementary Spanish I (3)
UMUC 2706 Sec. A481 *Rafaelina Or*

Wed, 1800-2100
MUSC 210 Music as Cultural Expression (3)
UMUC 2684 Sec. A481 *Keith Johnston* (C)

Fri-Sat, 1800-2100
STAT 200 Introduction to Statistics (3)
UMUC 2761 Sec. A481 *Melissa Smith*
The Saturday meeting for this class is scheduled to meet from 10:00-13:00. Please see your enrollment office for more details.

Camp Henry (AK722R)

Bldg 5-1840

Mon & Wed, 1800-2100
SOCY 100 Introduction to Sociology (3)
UMUC 2302 Sec. A462 *Stephan Garrigues*

Tues & Thurs, 1800-2100
ASTD 353 Korean Life and Culture (3)
UMUC 2690 Sec. A481 *Pong-Su Kim*

Tues, 1800-2100
HIST 156 History of the United States to 1865 (3)
UMUC 2632 Sec. A463 *Richard Dowling* (C)

Sat (3/23 & 3/30), 1000-1400
LIBS 150 Introduction to Research (1)
UMUC 2666 Sec. A464 *Richard Dowling*

(C) HYBRID courses combine classroom and online instruction.

SPRING SESSION 1

765-7728 carroll-asia@umuc.edu
768-7857 henry-asia@umuc.edu

Enroll now. Spring Session 2 begins **March 18** at Army sites in Korea and online.

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 www.asia.umuc.edu

SHUTTLE BUS SCHEDULES

Camp Carroll on Post

Stop #1	(S-503)	CSP S-502	xxxx	xxxx	xxxx	0630	0930	1030	1130	1230	1330	1430	1530	1630	xxxx	xxxx	xxxx
Stop #2		H-Shop	xxxx	xxxx	xxxx	0831	0931	1031	1131	1231	1331	1431	1531	1631	xxxx	xxxx	xxxx
Stop #3	(S-622)	Vic Gate 2	xxxx	xxxx	xxxx	0833	0933	1033	1133	1233	1333	1433	1533	1633	xxxx	xxxx	xxxx
Stop #4		Bldg 510	xxxx	xxxx	xxxx	0835	0935	1035	1135	1235	1335	1435	1535	1635	xxxx	xxxx	xxxx
Stop #5	(S-720)	168th Med	xxxx	xxxx	xxxx	0838	0938	1038	1138	1238	1338	1438	1538	1638	1738	xxxx	xxxx
Stop #14		ADA	xxxx	xxxx	0739	0839	0939	1039	1139	1239	1339	1439	1539	1639	1739	xxxx	xxxx
Stop #6	(S-933)	Bldg S-907	0540	0640	0740	0840	0940	1040	1140	1240	1340	1440	1540	1640	1740	1840	1940
Stop #8	(S-993)	Bldg S-905	0541	0641	0741	0841	0941	1041	1141	1241	1341	1441	1541	1641	1741	1841	1941
Stop #7	(S-88)	BEQ Hill	0543	0643	0743	0843	0943	1043	1143	1243	1343	1443	1543	1643	1743	1843	1943
Stop #13		ACS Bldg S-998	0544	0644	0744	0844	0944	1044	1144	1244	1344	1444	1544	1644	1744	1844	1944
Stop #8	(S-993)	Bldg S-905	0545	0645	0745	0845	0945	1045	1145	1245	1345	1445	1545	1645	1745	1845	1945
Stop #9	(S-933)	Bldg S-388	0546	0646	0746	0846	0946	1046	1146	1246	1346	1446	1546	1646	1746	1846	1946
Stop #12	(S-115)	CAC, S-110	0547	0647	0747	0847	0947	1047	1147	1247	1347	1447	1547	1647	1747	1847	1947
Stop #10	(S-269)	Gate 4	0548	0648	0748	0848	0948	1048	1148	1248	1348	1448	1548	1648	1748	1848	1948
Stop #11	(S-278)	Bldg 262	0549	0649	0749	0849	0949	1049	1149	1249	1349	1449	1549	1649	1749	1849	1949
Stop #12	(S-115)	CAC, S-110	0551	0651	0751	0851	0951	1051	1151	1251	1351	1451	1551	1651	1751	1851	1951
Stop #6	(S-993)	Bldg S-905	0553	0653	0753	0853	0953	1053	1153	1253	1353	1453	1553	1653	1753	1853	1953
Stop #7	(S-88)	BEQ Hill	0555	0655	0755	0855	0955	1055	1155	1255	1355	1455	1555	1655	1755	1855	1955
Stop #13		ACS Bldg S-998	0556	0656	0756	0856	0956	1056	1156	1256	1356	1456	1556	1656	1756	1856	1956
Stop #8	(S-993)	Bldg S-905	0557	0657	0757	0857	0957	1057	1157	1257	1357	1457	1557	1657	1757	1857	1957
Stop #6	(S-933)	Bldg S-907	0558	0658	0758	0858	0958	1058	1158	1258	1358	1458	1558	1658	1758	1858	1958
Stop #14		ADA	0559	0659	0759	0859	0959	1059	1159	1259	1359	1459	1559	1659	1759	xxxx	xxxx
Stop #5	(S-720)	168th Med	xxxx	xxxx	0900	0900	1000	1100	1200	1300	1400	1500	1600	1700	xxxx	xxxx	xxxx
Stop #4		Bldg 510	xxxx	xxxx	0902	0902	1002	1102	1202	1302	1402	1502	1602	1702	xxxx	xxxx	xxxx
Stop #3	(S-622)	Vic Gate 2	xxxx	xxxx	0903	0903	1003	1103	1203	1303	1403	1503	1603	1703	xxxx	xxxx	xxxx
Stop #2		H-Shop	xxxx	xxxx	0904	0904	1004	1104	1204	1304	1404	1504	1604	1704	xxxx	xxxx	xxxx
Stop #1	(S-503)	CSP S-502	xxxx	xxxx	0905	0905	1005	1105	1205	1305	1405	1505	1605	1705	xxxx	xxxx	xxxx

The bus does NOT operate during the hours highlighted on weekends, U.S. federal and training Holidays
 This bus schedule supersedes all previous Camp Carroll bus schedule dtd 19 Aug 11



Medical Bus Schedule (Monday – Friday) Camp Walker-Camp Henry-Camp Carroll-Yongsan and Return

Bus		Cp Walker (TMC)	Cp Henry (HQ USAG Daegu)	Cp Carroll (TMC)	Yongsan (121st Hospital)	Cp Carroll (TMC)	Cp Henry (HQ USAG Daegu)	Cp Walker (TMC)
#1	Depart	0500	0515	0600	(A) 1030			
					1400	1830	1930	1945
#2	Depart	0900	0915	1000	(A) 1430			
					1700	2130	2230	2245

Osan Bus Schedule (Daily) Daegu (Camp Walker)-Camp Carroll-Osan and Return

Bus		Daegu Bus Stop #12 (Gate #4 Area)	Cp Carroll Bldg. #253 (Parking Lot)	Osan Air Base Bus Terminal	Cp Carroll Bldg. #253 (Parking Lot)	Bus Stop #12 (Gate #4 Area)
#1	Depart	0500	0600	(A) 0830		
				1600	(A) 1830	(A) 1930
#2	Depart	0800	0900	(A) 1130		
				1900	(A) 2130	(A) 2230

(A): Approximate arrival time (Arrival and departure times may vary due to traffic or weather conditions)

IMPORTANT NOTICE: The Osan Bus is a mission essential bus, therefore Mission Essential Personnel and those travelling on orders have priority seating. You are not guaranteed a seat going or returning if you are not in the above categories. Please be prepared to return on your own if the bus is full.

Camp Henry Theater



FEBRUARY MOVIE SCHEDULE

ADMISSION RATES : Special Play(1*) - \$3.50 / \$1.75 Repeat Release(2*) - \$4.50 / \$2.25 * Effective Date : 1 August 2012
 Regular Release(3*) - \$5.00 / \$2.50 First Run Movies(4*) - \$5.50 / \$2.75

SHOW DAY :	SAT	SUN	MON	TUE	WED	THU	FRI
SHOW TIME :	1500-MAT 1900	1500-MAT 1900	1900	CLOSED	CLOSED	1900	1900

DAY	SHOW TIME	MOVIE / STARS	RUNTIME	RATED	ADM
1 FRI	* 1900	GANGSTER SQUAD/Josh Brolin, Nick Nolte	113	R	4*
2 SAT	1500	HOTEL TRANSYLVANIA/Animated	91	PG	3
	* 1900	GANGSTER SQUAD/Josh Brolin, Nick Nolte	113	R	4*
3 SUN	1500	HOTEL TRANSYLVANIA/Animated	91	PG	3
	* 1900	HANSEL AND GRETEL/Jeremy Renner, Gemma Arterton	90	PG-13	4*
4 MON	* 1900	HANSEL AND GRETEL/Jeremy Renner, Gemma Arterton	90	PG-13	4*
5 TUE	CLOSED				
6 WED	CLOSED				
7 THU	1900	KILLING THEM SOFTLY/Brad Pitt, Ray Liotta	97	R	3
8 FRI	* 1900	BROKEN CITY/Mark Wahlberg, Russell Crowe	109	R	4*
9 SAT	* 1500	WARM BODIES/Nicholas Hoult, Teresa Palmer	97	PG-13	4*
	* 1900	BROKEN CITY/Mark Wahlberg, Russell Crowe	109	R	4*
10 SUN	1500	NO SHOW (Lunar New Year Holiday)			
	1830	NO SHOW (Lunar New Year Holiday)			
11 MON	1900	NO SHOW (Lunar New Year Holiday)			
12 TUE	CLOSED				
13 WED	CLOSED				
14 THU	1900	FLIGHT/Denzel Washington, John Goodman	138	R	3
15 FRI	* 1900	PARKER/Jason Statham, Jennifer Lopez	118	R	4*
16 SAT	1500	SKYFALL/Daniel Craig, Helen McCrory	143	PG-13	3
	* 1900	PARKER/Jason Statham, Jennifer Lopez	118	R	4*
17 SUN	1500	PLAYING FOR KEEPS/Gerard Butler, Jessica Biel	95	PG-13	3
	* 1900	STAND UP GUYS/Ai Pacino, Alan Arkin	90	R	4*
18 MON	1900	SKYFALL/Daniel Craig, Helen McCrory	143	PG-13	3
19 TUE	CLOSED				
20 WED	CLOSED				
21 THU	1900	PLAYING FOR KEEPS/Gerard Butler, Jessica Biel	95	PG-13	3
22 FRI	* 1900	BULLET TO THE HEAD/Sylvester Stallone	92	R	4*
23 SAT	* 1500	ESCAPE FROM PLANET EARTH/Animated	Unknown	NR	4*
	* 1900	BULLET TO THE HEAD/Sylvester Stallone	92	R	4*
24 SUN	* 1500	ESCAPE FROM PLANET EARTH/Animated	Unknown	NR	4*
	* 1900	BULLET TO THE HEAD/Sylvester Stallone	92	R	4*
25 MON	1900	THIS IS 40/Paul Rudd, Leslie Mann	134	R	3
26 TUE	CLOSED				
27 WED	CLOSED				
28 THU	1900	THE HOBBIT/Martin Freeman, Ian McKellen	170	PG-13	3



Movies are subject to change. Doors open 45 minutes prior to showtime. Please arrive early for best seating.

FEATURE PROGRAM & STARTING TIME ARE SUBJECT TO CHANGE WITHOUT NOTICE.
 SECOND EVENING PERFORMANCE WILL VARY WHEN THE PROGRAM IS OVER 120 MIN.



Camp Carroll Theater



FEBRUARY MOVIE SCHEDULE

ADMISSION RATES : Special Play(1*) - \$3.50 / \$1.75 Repeat Release(2*) - \$4.50 / \$2.25 * Effective Date : 1 August 2012
 Regular Release(3*) - \$5.00 / \$2.50 First Run Movies(4*) - \$5.50 / \$2.75

SHOW DAY : SAT SUN MON TUE WED THU FRI
 SHOW TIME : 1500-MAT 1500-MAT 1830 CLOSED CLOSED 1830 1830
 1830 1830

DAY	SHOW TIME	MOVIE / STARS	RUNTIME	RATED	ADM
1 FRI	* 1830	BROKEN CITY/Mark Wahlberg, Russell Crowe	109	R	4*
2 SAT	1500	HOTEL TRANSYLVANIA/Animated	91	PG	3*
	* 1830	BROKEN CITY/Mark Wahlberg, Russell Crowe	109	R	4*
3 SUN	1500	DIARY OF A WIMPY KID/Steve Zahn, Zachary Gordon	94	PG	3*
	* 1830	BROKEN CITY/Mark Wahlberg, Russell Crowe	109	R	4*
4 MON	1830	TOTAL RECALL/Colin Farrell, Kate Beckinsale	119	PG13	3*
5 TUE		CLOSED			
6 WED		CLOSED			
7 THU	1830	THE AMAZING SPIDERMAN/Andrew Garfield, Emma Stone	136	PG13	3*
8 FRI	* 1830	PARKER/Jason Statham, Jennifer Lopez	118	R	4*
9 SAT	* 1500	ZERO DARK THIRTY/Josh Brolin, Nick Nolte	157	R	4*
	* 1830	PARKER/Jason Statham, Jennifer Lopez	118	R	4*
10 SUN	1500	NO SHOW (Lunar New Year Holiday)			
	1830	NO SHOW (Lunar New Year Holiday)			
11 MON	1830	RED DOWN/Josh Hutcherson, Chris Hemsworth	93	PG13	3*
12 TUE		CLOSED			
13 WED		CLOSED			
14 THU	1830	FLIGHT/Denzel Washington, John Goodman	138	R	3*
15 FRI	* 1830	BULLET TO THE HEAD/Sylvester Stallone, Christian Slater	92	R	4*
16 SAT	1500	TED/Mark Wahlberg, Mila Kunis	106	R	3*
	* 1830	BULLET TO THE HEAD/Sylvester Stallone, Christian Slater	92	R	4*
17 SUN	1500	BRAVE/Animated	100	PG	3*
	* 1830	BULLET TO THE HEAD/Sylvester Stallone, Christian Slater	92	R	4*
18 MON	1830	SKYFALL/Daniel Craig, Helen McCrory	143	PG13	3*
19 TUE		CLOSED			
20 WED		CLOSED			
21 THU	1830	PLAYING FOR KEEPS/Gerard Butler, Jessica Biel	95	PG13	3*
22 FRI	* 1830	THE LAST STAND/Arnold Schwarzenegger, Eduardo Noriega	107	R	4*
23 SAT	* 1500	THE LAST STAND/Arnold Schwarzenegger, Eduardo Noriega	107	R	4*
	* 1830	IDENTITY THIFT/Jason Bateman, Melissa McCarthy	UNKNOWN	R	4*
24 SUN	1500	IDENTITY THIFT/Jason Bateman, Melissa McCarthy	UNKNOWN	R	4*
	* 1830	THE LAST STAND/Arnold Schwarzenegger, Eduardo Noriega	107	R	4*
25 MON	1830	SKYFALL/Daniel Craig, Helen McCrory	143	PG13	3*
26 TUE		CLOSED			
27 WED		CLOSED			
28 THU	* 1830	HANSEL & GRETEL/Jeremy Renner, Gemma Arterton	90	PG13	4*



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How to stay in touch with what's happening in Daegu

USAG Daegu Facebook: www.facebook.com/USAGDaegu



FMWR Facebook: <http://www.facebook.com/#!/fmwr.daegu>



Looking for community information?

- Listen to AFN Korea radio at FM 88.5
- Pick up a copy of the weekly Morning Calm Newspaper
- Check out the banners on Camps Walker, Henry, and Carroll
- Turn on the Command Channel (Ch. #3 – closed circuit). To place an ad, email: www.USAGDaegu@yahoo.com.
- Find the Outlook magazine online at www.ISSUU.com (search for "FMWR Outlook" or scan the QR code on the cover)
- Look for posters and flyers in FMWR facilities
- Contact your FRG Leader
- "Friend" the DHS Facebook at "DoDEA Daegu High School"
- Visit the Daegu American School website at (DAS) at <http://www.daegu-un.pac.dodea.edu/>
- Send and receive "Hot Apple" community information emails. Email: usarmy.henry.imcom-pacific.list.usag-daegu.ioc@mail.mil
- MWR Korea-wide dot.com site: www.MWRKorea.com
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Book all three nights (Thu-Sat) and
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PI House Band "NIGHT TUNES"

WED, 1900, Hilltop Club

THU, 1700, Henry's Place

FRI, 1800, Hideaway Club

SAT, 1900, Hilltop Club





COMMUNITY RECREATION DIVISION HOURS OF OPERATION



LUNAR NEW YEAR 9-11 FEBRUARY 2013

DAEGU	SATURDAY 9 FEB <small>LUNAR NEW YEAR (ROK)</small>	SUNDAY 10 FEB <small>LUNAR NEW YEAR (ROK)</small>	MONDAY 11 FEB <small>LUNAR NEW YEAR EJL/ROK</small>
KELLY FITNESS CENTER	1000-1900	1000-1900	1000-1900
INDOOR POOL	CLOSED	CLOSED	CLOSED
HENRY FIT-TO-WIN	CLOSED	CLOSED	CLOSED
COMMUNITY ACTIVITIES CENTER	1200-1800	CLOSED	1200-1800
HENRY AUTO SHOP	1000-1700	CLOSED	CLOSED
ARTS & CRAFTS	1200-1800	CLOSED	CLOSED
LIBRARY	1200-1800	CLOSED	1200-1800
CAMP CARROLL	SATURDAY	SUNDAY	MONDAY
FITNESS CENTER	1000-1900	1000-1900	1000-1900
INDOOR POOL	CLOSED	CLOSED	CLOSED
COMMUNITY ACTIVITIES CENTER	1100-1900	1100-1900	CLOSED
LIBRARY	1200-1800	CLOSED	1200-1800



LUNAR NEW YEARS OPERATING HOURS



BUSINESS OPERATIONS DIVISION

BOD FACILITY	9 Feb 13 (Sat)	10 Feb 13 (Sun)	11 Feb 13 (Mon)
Evergreen Club	0800-1400	0800-1400 (Ala Carte Dining only)	CLOSED
Evergreen Golf	0730-1800	0730-1800	CLOSED
Hilltop Club	1600-2300	CLOSED	1600-2300
Hideaway Club	1700-0300	CLOSED	1700-2300
Henry's Place	CLOSED	CLOSED	CLOSED
Walker Bowling	1100-2100	1100-1900	CLOSED
Carroll Bowling	CLOSED	CLOSED	1100-2100

2013 USAG Daegu SUPER BOWL XLVII PARTY



Monday, 4 February

HENRY'S PLACE SPORTS BAR

768-7300

Doors Open at 0600

Prize drawings at half time and at the end of the game! Free breakfast courtesy of AUSA! Prizes courtesy of Navy Federal Credit Union!

CAMP CARROLL BOWLING CENTER

765-4470

Doors Open at 0700

3 Big Screen TVs

Free Breakfast courtesy of AUSA

(0700-0830 / first 90 people / snack bar opens at 0830)

\$2 - Bowling

Half Time Hot Wing Eating

Contest:

Winner gets \$25

Cp Carroll CAC

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Big screen in the Auditorium!

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