Hello CFAC Community!

UPDATES

- If you know of anyone that would like to be included on our distribution list to get FFR updates, please contact us at MWRChinhaeRecreation@fe.navy.mil

- Follow us on Facebook @KoreaFFR to stay up-to-date on all the happenings; see event flyers, pics and alerts.

- See our website, www.navymwrkorea.com, for all the information you need about our programs and upcoming events.

FOOD SPECIALS

TC March Burger of the Month: Saint Patrick’s Burger - 6 ounce Beef Patty topped with Corned Beef, Coleslaw and Horseradish Mayo on Potato Roll with Choice of Side. ($10 RIK Eligible)

3rd Deck March Pizza of the Month: Spicy Korean Chicken Pizza – Chili Sauce, Chicken, Vegetables, and Mozzarella Cheese. ($6.5 RIK Eligible, $19 Large)

LUNCH SPECIALS:

- Monday, 28 February
  - Pepperoni Pizza and Chicken Pesto Pasta served with Garlic Bread (Pizza Only for $6)
- Tuesday, 1 March
  - Chicken Teriyaki and Dakgangjung served with Fried Rice and Kimchi
- Wednesday, 2 March
  - Cheesy Meatball Sub served with Grilled Veggies and Choice of Side
- Thursday, 3 March
  - Beef Taco Rice Bowl served with Mini Cheese Quesadilla
- Friday, 4 March
  - Meatloaf and Mashed Potatoes served with Steamed Veggie and Choice of Side

ALL SPECIALS ARE SERVED WITH CHOICE OF SOUP OR SALAD AND DAILY DESSERT

FOOD & BEVERAGE

- Thursday, 3 March
  - National Cold Cuts Day
- Sunday, 6 March
  - Sunday Brunch @ Turtle Cove 0900 - 1300

CHILD & YOUTH

- Saturday, 5 March
  - Fit & Fun NERF Battle 1000 - 1200

- Reach the SLO via M-KO-CFAC-SLO-GS@fe.navy.mil or stop by CYP for more information.

Check the CYP Calendar for all daily programming events, club activities and more!

FITNESS

- Friday, 4 March
  - 3 Point Contest 1200

Sign up for the Unaccompanied Housing fitness center. All Patrons Eligible. Bring your PARFQ to Fitness at CT Joy to sign up!

COMMUNITY RECREATION

- Monday, 28 February
  - Story Time 0930 - 1030

FFSC

Check out the variety of Classes on Demand offered by FFSC and contact them at FFSCKorea@fe.navy.mil today to schedule a class.

MOVIES

- New Release Movie Schedule is posted Wednesday evenings and online at https://www.navymwr.org/programs/motion-pictures/theaters.

- Remember you can check out over 800+ FREE NDVD Movies available for viewing in the Community Recreation Game Room or the Theater on non-movie days.

FFR is looking for volunteers!

Contact Community Rec for volunteer opportunities!

Book your travel through American Forces Travel at https://www.americanforcestravel.com/ Contact Com Rec for more details.
<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
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<tr>
<td>Monday 28 Feb</td>
<td>Pepperoni Pizza and Chicken Pesto Pasta served with Garlic Bread (Pizza Only for $6)</td>
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<tr>
<td>Tuesday 1 Mar</td>
<td>Chicken Teriyaki and Dakgangjung served with Fried Rice and Kimchi</td>
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<td>Wednesday 2 Mar</td>
<td>Cheesy Meatball Sub served with Grilled Veggies and Choice of Side</td>
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<td>Thursday 3 Mar</td>
<td>Beef Taco Rice Bowl served with Mini Cheese Quesadilla</td>
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<tr>
<td>Friday 4 Mar</td>
<td>Meatloaf and Mashed Potatoes served with Steamed Veggie and Choice of Side</td>
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All menu items include soup bowl or side salad AND daily dessert!
Daily Soup Menu

Monday
28 FEB
Minestrone

Tuesday
1 MAR
Egg Drop

Wednesday
2 MAR
Cream of Mushroom

Thursday
3 MAR
Chicken Tortilla

Friday
4 MAR
Tomato Bisque

Saturday, Sunday and Holidays:
Chef’s Choice

DSN: 763-8763 | COMMERCIAL: 050-3363-8763
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<thead>
<tr>
<th>Sunday</th>
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<td>Club Activities</td>
<td>Sports + Fitness</td>
<td>Liberty Community Rec</td>
<td>Fire 1</td>
<td>Dr. Seuss' Read Across America 1030 - 1130</td>
<td>National Cold Cuts Day</td>
<td>3 Point Contest 1200</td>
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<td>CYP / TEEN FFSC</td>
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<td>Story Time 0930 - 1030 Parent Involvement Board 1145</td>
<td>Silver Working Class 1730 - 1930</td>
<td>Madden Tournament 1800</td>
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<td>Book Club 1900 - 2000</td>
<td>4-H Cooking Club 1700-1830 Pool Tournament 1800</td>
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<td>Yongpyong Overnight Ski Trip Departure 2100</td>
<td>National Potato Chip Day DIY String Art - Clover 1200 - 2000</td>
<td>MWR Committee Meeting 1400</td>
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<td>St. Patty's Meal Special St Patty's Celebration @ TC Lounge 1900 - 2300</td>
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<td>American Idol: Korea Edition 1800</td>
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<td>Strawberry Picking and Wine Cave 0930 - 1700</td>
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<td>National Ravioli Day Story Time 0930 - 1030</td>
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<td>National Calligraphy 1730 - 1930</td>
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<td>Conflict Resolution 1300 - 1430 Minhwa Painting 1730 - 1930</td>
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<td>Mongolian Night 1630 - 1930 Call of Duty Tournament 1800</td>
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<td>SAC Open Rec 1700-1830</td>
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<td>Cherry Blossom Viewing 1100 - 1400</td>
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<td>Resiliency Workshop 1300 - 1430</td>
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**Food Specials**
- TC Burger of the Month: Saint Patrick's Burger
  - 6 ounce Beef Patty topped with Corned Beef, Coleslaw and Horseradish Mayo on Potato Roll. Served with Choice of Side. - $10 RIK Eligible
- 3rd Deck Pizza of the Month: Chicken Bacon Ranch Pizza
  - Grilled Chicken and Crispy Bacon, with a Ranch Sauce, $6.5 Personal (RIK Eligible) | $18 Large (Non-RIK Eligible)

For More Information Contact Com Rec:
DSN: 763-5211 | Commercial: 050-3363-5211
Email: MWRChinnaeRecreation@fe.navy.mil @KoreaFFR | www.navy.mwr.korea.com
**CHINHAE CYP**
**Read Across America Family Event**
**Wednesday, 2 March 2022**

10:30
Enjoy Themed Snacks & Picture Booth

10:45
Story:
Mr. Brown can MOO! Can you?

11:00
Dr. Seuss
Books available for reading & Crafts

RSVP with emailed SignUpGenius link. Call 050-3363-8771 for more information.

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**MWR FITNESS CENTER PRESENTS:**
**3 Point Contest**
**Friday, 4 March 2022**
**1200**

For More Information Contact Fitness:
DSN: 763-8733 | COMMERCIAL: 030-3363-8733

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**Third Deck Presents:**
**NATIONAL COLD CUTS DAY**

Cold Cut Sandwich with Roast Beef, Roast Turkey, Ham, Salami, Pepperoni, Provolone, Tomatoes, Pickles, and Lettuce served on Ciabatta Roll

**Thursday 3 March**

DSN: 763-8763 | Commercial: 030-3363-8763

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**CHINHAE LIBRARY PRESENTS**
**STORYTIME**
**MONDAY, 7 & 28 FEBRUARY 2022**
**COMMUNITY RECREATION, BLDG. 711**
**0930 - 1030**

JOIN US IN READING A BOOK AND MAKING A CRAFT!

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For More Information Contact Community Recreation:
DSN: 763-5211 | Commercial: 050-3363-5211
@KoreaAFFR | www.navyrmkorea.com
**Fit and Fun NERF BATTLE**

**SATURDAY, 5 MARCH 2022**

1000-1200 At the MWR Gym

**Includes:**
- Boot Camp
- Healthy Snacks
- Nutrition Facts
- & More.

**Wear:** Athletic Attire & Shoes

**BRING YOUR FAVORITE NERF GUN AND PREPARE FOR BATTLE.**

**Ages:** 5-13 MWR KOREA NAVY CYP

Event Sponsored in part by the
CTAC Second Class Petty Officer Association (SCPOA)

"No Navy Endorsement is implied"

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**March 6th, 2022**

**Sunday Brunch**

**at Turtle Cove**

0900 - 1300

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**WANTED VOLUNTEERS**

**YOUTH SPORTS OR SPECIAL EVENTS**

Make a positive impact in Chinhae, earn volunteer hours, and receive an LOA for your commitment.

So many opportunities!

- Coaching: Day Clinics or Sports Seasons
- Instructional Classes: Crafts or Cooking
- Special Activities: Lock-Ins, Game Days, etc.

Call 050-3363-6771 for more information on requirements.
Getting Ready to Transition Out of the Military?

Wondering what classes are available for your professional development?

Take a look at TAPevents.org

TAPevents allows you to search for classes hosted by:

- Department of Defense
- Department of Labor
- Department of Veterans Affairs
- The Small Business Administration

To find an event

1. Go to tapevents.org
2. Enter Camp Walker/Henry for the installation
3. Click Find Now

To Sign Up For an Event

Once you have found the event you want to attend, email FFSCKorea@fe.navy.mil two weeks before the date of the class to sign up.
Fleet & Family Support Center
On Demand Classes

Free Classes

Personal Financial Management
• Spending Plans
• Credit Scores
• Retirement & TSP
• Saving & Investing

Life Skills Education
• Goal Setting
• Building Resiliency
• Stress Management
• Anger Management
• Time Management
• Communication Skills
• Test Taking Strategies
• FAP Advocacy

Career Development
• Resume Writing
• Federal Employment & Resumes
• Interview Skills

TO REQUEST A CLASS
E-mail: FFSCKOREA@fe.navy.mil
Available FFSC and Alternate Counseling Resources

**Fleet & Family Support Center**
Provides short-term, non-medical clinical counseling.
**FFSC Chinhae and Busan**
Ms Lidaybeth Victorinaobreu, LSW
DSN: 763-5485 / COMM: 050-3363-5485
Lidaybeth.Victorinaobreu@fe.navy.mil

**Military Family Life Counselor (MFLC)**
Provides short-term counseling
**CHINHAE: VACANT**
**BUSAN: VACANT**

**Chaplains Office**
Free confidential counseling.
**CHINHAE: DSN: 763-5388 / COMM: 050-3363-5388**
**BUSAN: DSN: 763-8001 / COMM: 050-3363-8001**

**Behavioral Health Daegu**
Camp Walker:
DSN: 737-4784 / COMM: 0503-337-4784

**TRICARE PROVIDERS**

**MCI The MindCare Institute of Korea**
Dr. Curia Park, Ph.D QB E
Centum #517
1212, Jaesong-dong, Haeundae-gu, BUSAN Off:
070-8888-8277
Mobile: 010-8263-8277
http://www.mindcarecenter.co.kr/framese.htm

**Adaptable Human Solutions (in Seoul)**
Offers online and telehealth appointments in English or Korean [https://ahskorea.com/onlinecounseling](https://ahskorea.com/onlinecounseling)

**You and Me (YPCS) - Seoul**
http://ypcskorea.com
Offers online and tele-health appointments.
(+ 82 (0)2-6929-3013) tele counseling

**Alternate Counseling Options**

**Military One-Source**
Online and other Counseling Options
(OCONUS calling, Live, Chat, Etc.)
[www.militaryonesource.mil](http://www.militaryonesource.mil)
1-800-342-9647

**TO REPORT AN INCIDENT OF CHILD OR DOMESTIC ABUSE**
USAG Daegu Provost Martial
DSN:764-4141
PENWIDE Family Advocacy Hotline
DSN: 153 or 764-5997 COMM: 0503-364-5997

**IF YOU ARE EXPERIENCING A CRISIS**
Call the 24-hour Korea Military Crisis Line at 080-555-118 or DSN 118
CFAC SECURITY Emergency Dispatcher 911 or DSN:763-5345