



Chinhae News Blast

28 February 2022

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 MWRCChinhaeRecreation@fe.navy.mil
- Follow us on Facebook [@KoreaFFR](https://www.facebook.com/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
 - o Pepperoni Pizza and Chicken Pesto Pasta served with Garlic Bread (Pizza Only for \$6)
- Tuesday, 1 March
 - o Chicken Teriyaki and Dakgangjung served with Fried Rice and Kimchi
- Wednesday, 2 March
 - o Cheesy Meatball Sub served with Grilled Veggies and Choice of Side
- Thursday, 3 March
 - o Beef Taco Rice Bowl served with Mini Cheese Quesadilla
- Friday, 4 March
 - o 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
 - o National Cold Cuts Day
- Sunday, 6 March
 - o Sunday Brunch @ Turtle Cove 0900 - 1300

CHILD & YOUTH

- Saturday, 5 March
 - o 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
 - o 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
 - o 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.

Turtle Cove Weekly Special



MONDAY 28 FEB	Pepperoni Pizza and Chicken Pesto Pasta served with Garlic Bread (Pizza Only for \$6)
TUESDAY 1 MAR	Chicken Teriyaki and Dakgangjung served with Fried Rice and Kimchi
WEDNESDAY 2 MAR	Cheesy Meatball Sub served with Grilled Veggies and Choice of Side
THURSDAY 3 MAR	Beef Taco Rice Bowl served with Mini Cheese Quesadilla
FRIDAY 4 MAR	Meatloaf and Mashed Potatoes served with Steamed Veggie and Choice of Side



**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

March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLUB ACTIVITIES SPORTS + FITNESS LIBERTY COMMUNITY REC CYP / TEEN FFSC		1 	2 Dr. Seuss' Read Across America 1030 - 1130	3 National Cold Cuts Day	4 3 Point Contest 1200	5 Fit & Fun Nerf Battle 1000 - 1200
6 Sunday Brunch @ Turtle Cove 0900 - 1300	7 Story Time 0930 - 1030 Parent Involvement Board 1145	8 Silver Working Class 1730 - 1930	9  Madden Tournament 1800	10 Book Club 1900 - 2000	11 4-H Cooking Club 1700-1830 Pool Tournament 1800	12 Yongpyong Overnight Ski Trip Departure 0200 Overnight
13 Yongpyong Overnight Ski Trip Return 2100 Ski Trip	14	15 National Potato Chip Day DIY String Art - Clover 1200 - 2000	16 MWR Committee Meeting 1400	17 St. Patty's Meal Special St Patty's Celebration @ TC Lounge 1900 - 2300	18 American Idol: Korea Edition 1800	19 Strawberry Picking and Wine Cave 0930 - 1700
20	21 National Ravioli Day Story Time 0930 - 1030	22 Korean Calligraphy 1730 - 1930	23 Conflict Resolution 1300 - 1430 Minhwa Painting 1730 - 1930	24 Mongolian Night 1630 - 1930	25 SAC Open Rec 1700-1830 Call of Duty Tournament 1800	26 Cherry Blossom Viewing 1100 - 1400
27	28 3-on-3 Basketball 1700	29 National Clam Day	30 Minhwa Painting 1730 - 1930	31 Resiliency Workshop 1300 - 1430		



For More Information Contact Com Rec:
 DSN: 763-5211 | Commercial: 050-3363-5211
 Email: MWRChinhaeRecreation@fe.navy.mil
 @KoreaFFR | www.navymwrkorea.com


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)

Turtle Cove Presents:

March

Appetizer of the Month

Swedish Meatball



FIVE DOLLARS

LUNCH AND DINNER

DSN: 763-8763 | Commercial: 050-3363-8763

Turtle Cove's

March

BURGER

of the month



ONLY \$10

Saint Patrick's Burger

6oz Beef Patty topped with Corn Beef, Coleslaw and Horseradish Mayo on Potato Roll served with Choice of Side

Lunch and Dinner

DSN: 763-8763 | Commercial: 050-3363-8763

3RD DECK EATERY PRESENTS:

March

Pizza of the Month

CHICKEN BACON RANCH



GRILLED CHICKEN AND CRISPY BACON WITH A RANCH SAUCE

\$ 6.50 Personal (RIK Eligible) | \$18 Large

DSN: 763-5210 | Commercial: 050-3363-5210

Turtle Cove Presents:

MARCH

Nutrition Month Special



\$9

BROCCOLI AND ROMAINE SALAD WITH TURKEY BACON BITS,
CHEDDAR, RED ONION, TOASTED SLICED ALMONDS, CROUTONS,
AND DIJON MUSTARD VINAIGRETTE

DSN: 763-8763 | Commercial: 050-3363-8763



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!



For More Information Contact Community Recreation:
DSN: 763-5211 | Commercial: 050-3363-5211
@KoreaFFR | www.navywmrkorea.com

Chinhae CYP

Read Across America Family Event
Wednesday, 2 March 2022

10:30

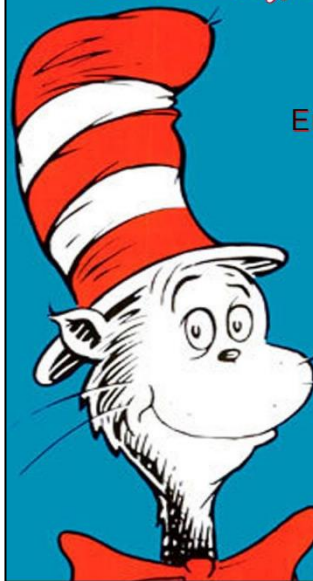
Enjoy Themed Snacks
& Picture Booth

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.

Third Deck Presents:

NATIONAL COLD CUTS DAY



ONLY
\$6

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: 050-3363-8763

MWR FITNESS CENTER PRESENTS:



3 Point Contest



Friday, 4 March 2022
1200



For More Information Contact Fitness:

DSN: 763-8733 | COMMERCIAL: 050-3363-8733

@KOREAFFR | M-KO-CFAC-MWR-FITNESS-SPORTS@OCONUS.NAVY.MIL

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.

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

Event Sponsored in part by the
CFAC Second Class Petty Officer Association (SCPOA).
No Navy Endorsement is implied


March 6th, 2022
Sunday Brunch
at Turtle Cove
0900 - 1300




DSN: 763-8763
COMM: 050-3363-8763

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 050-3363-8771 for more information on requirements.



Transition Assistance Program (TAP) Class Sign Up

Getting Ready to Transition Out of the Military?

Wondering what classes are available for your professional development?

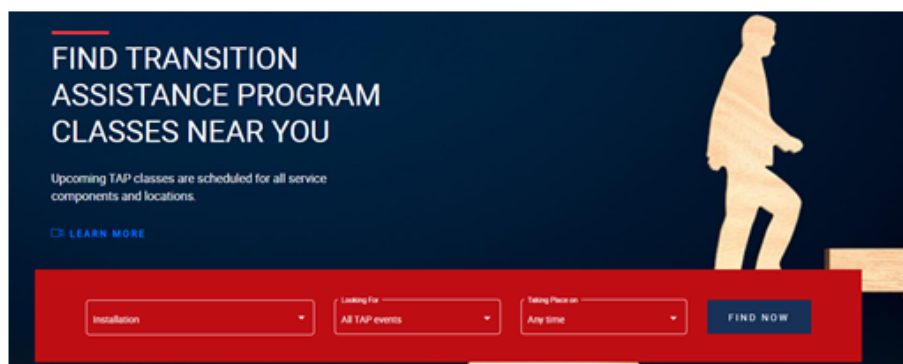
Take a look at TAPevents.org

TAPevents allows you to search for classes hosted by:

- Department of Defense
- Department of Veterans Affairs
- Department of Labor
- 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.



**Classes
offered
throughout
the year & on
your schedule!**

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 Lidiaybeth Victorinaoabreu, LSW

DSN: 763-5485 / COMM: 050-3363-5485

Lidiaybeth.Victorinaoabreu@fe.navy.mil

Military Family Life Counselor (MFLC)

Provides short-term counseling

CHINHAIE: VACANT

BUSAN: VACANT

Chaplains Office

Free confidential counseling.

CHINHAIE: 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. Curie 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/framees.htm>

Adaptable Human Solutions (in Seoul)

Offers online and telehealth appointments in English or Korean <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
(OCNUS calling, Live, Chat, Etc.)

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

