YOUR GUIDE TO USAG YONGSAN-CASEY FAMILY & MWR EVENTS AND ACTIVITIES



F 🙆 YongsanCaseyFMWR

Volume 13 - Issue 16

17 -23 April 2024

Casey & Hovey Libraries 2024 Soldiers' Poetry Contest



Award Ceremony

Thursday, 18 April, 1400-1500 @ Camp Hovey Library

1400 - 1405	Welcome Remarks by the CMD Team
1405 - 1410	Invocation by the Garrison Chaplain
1410 - 1430	Award Prizes to Winners by the CMD Team and Recite Their Poems
1430 - 1440	Cake Cutting
1440 - 1500	Group Photo Time / Cake and refreshments will be served.

For more information, call Casey Library, DSN 722-4634 or Hovey Library, DSN 722-4653.

CHERRY BLOSSOM GOLF TOURNAMENT

Saturday, 20 April, 0900 Casey Indianhead Golf Course

2 PERSON SCRAMBLE

Entry Fee: Includes Green Fee, Club/Cart Rentals and Lunch

- Active Duty, US Civ. & KN Emp. Member: \$35
- Active Duty, US Civ. & KN Emp. Non-Member: \$40
- HCM: \$45 Guest: \$95

There will be raffles, prizes, and an awards ceremony.

For more information, call DSN 722-0381 or from cell 050-3322-0381.

Enjoy the adrenaline rush from Korea's highest Bungee Jump! (207 ft.)

BUNGEE JUMP & SLING SHOT

Saturday, 20 April, 0800 @ Inje

Sign up & Refund Deadline: 18 April



\$80 per person Includes 1 time bungee jump & sling shot, transportation, and a guide.

- Bring your own lunch or snacks, and extra money for purchase at rest stops.
- Minimum 20 & maximum 40 sign-ups required.
- Weight limit for both activities: 225 lbs
- Sign up at Casey Outdoor Recreation.
- Bus schedule: Hovey CAC, 0800 / Casey CAC, 0815

For more information, call DSN 722-4643 or from cell 050-3322-4643.



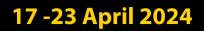
* All participants must ride the MWR-provided bus.
 * Subject to change without notice.

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F O YongsanCaseyFMWR

Volume 13 - Issue 16



For more information, call **DSN 722-4656 or from cell 050-3322-4656.**

FunDa

Saturday, 20 April, 1300 @ Hovey CAC

Free Hot Dog & Beverage! Let's have a great weekend together at the Hovey Community Activity Center!

USAG YONGSAN-CASEY FAMILY & MWR

FOOD FEAR FACTOR

THURSDAY, 25 APRIL, 1800 @ IMPACT ZONE

Registration Deadline: 23 April @ Impact Zone



2nd place: **Apple AirPods Pro** 3rd place: **Apple HomePod Mini**

For more information, call DSN 722-4627/4628 or from cell 050-3322-4627/4628.

Wonju Mt. Sogeum Suspension Bridge & Museum "SAN"

Saturday, 27 April Sign-up Deadline: 24 April

- \$25: Transportation & A Guide
 ₩10,000: Admission Fee (Paid Individually on-site)
- Please bring your own lunch or Korean Won for food/snacks.
- Bus Schedule: Hovey CAC 0800 / Casey CAC 0815
- Minimum 20 & Maximum 35 sign-ups required.

POC: DSN 722-4645 or from cell 050-3322-4645 / 010-2684-2960 Email: sangnae.chong.ln@army.mil Sign up at Leisure Travel Services (Bldg. 2236 / Room-107)

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COMMUNITY NOTICE USAG YONGSAN-CASEY FAMILY AND MWR



The temporary opening has been POSTPONED due to technical difficulties. Stay tuned for further updates. We apologize for any inconvenience this may cause.

K-16

DEEP SEA FISHING TRIP

Saturday, 20 April, 0500-1400 Incheon (Yeon-An Budu)

- No Costs for BOSS Members
 All fishing gear, transportation, and refreshment are included.
 (Life Skill Project)
- Bus Fee: \$12 per person & \$25 for a family
- Entry Fee: ₩ 55,000 (Fishing Pole Gear, Bait, Ramyon)
- Min: 20 & Max: 40

* All participants must ride the MWR-provided bus. * Subject to change without notice.

For more information, call DSN 722-8103 or from cell 050-3322-8103.

K-16 FITNESS CENTER

BE STRONG IN SPRING (STRONG B.A.N.D.S)



K-16 OLYMPIC WEIGHTLIFTING 101

Wednesday, 17 April, 1500-1630 Saturday, 20 April & 4 May, 1030-1200

Learn the Clean and Jerk, Snatch, and the Push Press from a Certified Coach, using proven methodology, on weekdays and weekends starting Spring 2024.

Registration is limited to 10 participants on a first come, first served basis.

Coach: Kim, Minchong

- B.A. in Physical Education (Major) and Food Nutrition(Minor)
- M.A. in Therapeutic Biomechanics
- Certified Strength and Conditioning Coach & Foundation of Lifting Coach by NSCA

For more information, please contact to Ms. Kim, Minchong, CSCS for any detail e-mail: minchong.kim.ln@army.mil

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RUN

WALK

RUCK



Saturday, 20 April, 0900 Hanson Field House

Registration: 0800-0845

Men's & Women's Open Divisions (No age limit)

Awards will be presented to 1st, 2nd and 3rd places.

For more information please contact Mr. Yi, Sung Tok at DSN 722-4637 or from cell 050-3322-4637 / 010-9025-9956, email: sungtok.yi.ln@army.mil.



K-16 SEXUAL ASSAULT AWARENESS & PREVENTION

Saturday, 27 April, 0900 @ K-16 Multi-Purpose Field

- Registration: 27 April, 0800 at K-16 Fitness Center
- Men's & Women's Division: Open / Sub Masters / Masters / Senior Masters
- Awards will be presented to 1st, 2nd, 3rd places.

For more information, please contact Mr. Sin, Kwang Yol DSN 722-8413 or from cell 050-3322-8413. Email: **Kwangyol.sin.ln@army.mil**





REGISTRATION: 0800 - 0845 RACE STARTS: 0900

Men's & Women's Division: Open / Sub Masters / Masters / Senior Masters

• Awards will be presented to 1st, 2nd and 3rd places.

For more information, please contact Mr. Yi, Sung Tok at DSN 722-4637 or from cell 050-3322-4637 / 010-9025-9956. *Email: sungtok.yi.ln@army.mil*

