

DECEMBER 2022

United **ON THE ROK**

Man Jae Lee:
Connections
Through Art and
Friendship

*Building Community
Through Sports*

No-Binge List:
Making a Commitment
to Your Health



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Changing the Frame of Reference

A picture of a painting brought one woman closer to her friend, and reconnected a man with his parents.
(Photo by Erin Henderson)

Cover: Artist Man Jae Lee at his shop in the Anjeongri Ville outside Camp Humphreys
(Photo by Erin Henderson)

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Community Through Sports

Brandon Mason takes us into the world of Brazilian Jiu Jitsu, Priscilla Cha gives us a look at Roller Derby, Weon-woo Lee tell us about the growth of CrossFit in Korea, and Nicole Spitzack introduces CrossFit Osan.

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Start Somewhere

With a pinch of humor, a dash of sass, and spoonfuls of compassion, Zach Nelson shares his tips for a healthy lifestyle

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* United States Pharmacopeia

United ON THE ROK

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Launched in July 2022, *United on the RoK* is a civilian information and lifestyle magazine distributed monthly at all USFK installations. The purpose of the magazine is to enhance connectedness within and across our diverse communities and to help community members adapt to life in Korea.

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Cobra Kai Group practicing at Zoeckler Gym; Standing Left to right, Izzy Marie, Garrett Francis, Joby Denny, Albien Eres, Dave Mohler, Jun Cuello; Kneeling left to right: Dave Shelley, Brandon Mason, Kenneth Smith (Photo by Erin Henderson)

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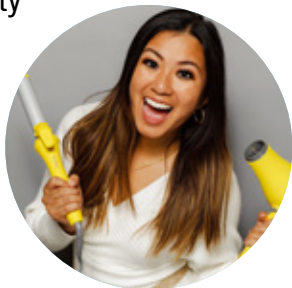
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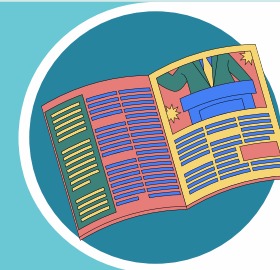


1. Register on VMIS as a writer

Look up United on the RoK on VMIS, apply, and as you write, track your volunteer hours.

2. Share what you know

If you have information or lifestyle tips that someone else could benefit from, please share!



3. Tell your friends about the rag

Encourage friends to pick up a copy and to reach out if they are interested in contributing.

4. Follow us on social media

Follow United on the RoK on Facebook, Instagram, and LinkedIn.



5. Reach out with questions & tips

Is there something we should cover that has helped you navigate life on the RoK? Let us know!

We want to hear from you
unitedontherok@gmail.com

LIVE MUSIC&ART CALENDAR



DEC14

Ilya Rashkovskiy Three Piano Concertos by Rachmaninov

Lotte Concert Hall
www.lotteconcerthall.com/eng



DEC17

The 17th Busan Fireworks Festival

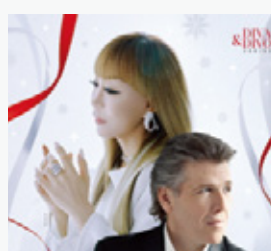
Gwangalli Beach
ticket.yes24.com



DEC15-16

Vánská's Ode to Joy: Beethoven's Ninth

Lotte Concert Hall
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DEC22

Sumi Jo & Thomas Hampson Duo Concer

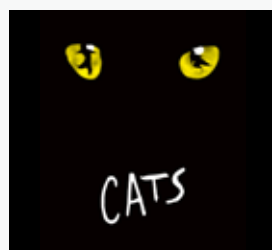
Lotte Concert Hall
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DEC22-25

J.Y. Park Concert 'GROOVE BACK'

Olympic Park Olympic Hall
ticket.yes24.com



DEC22-25

CATS The Musical - GIMHAE

Gimhae Arts and Sports Centre
ticket.yes24.com



DEC23-25

2022 KIM BUM SOO CONCERT

Jangchung Arena
www.globalinterpark.com



DEC26

Jim Jefferies - Stand-up Live Show [The Moist Tour]

Kwanglim Arts Center
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DEC30-31

Countdown Fantasy 2022-2023

Yes24 Live Hall
ticket.yes24.com



FEB05

Cigarettes After Sex Live in Seoul

KBS Arena
ticket.yes24.com



FEB03-05

Musical "BROADWAY 42ND STREET" - BUSAN

Main Theater, Busan Cultural Centre
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ONGOING - FEB26

National Geographic Photo Exhibition

Dream Forest Arts Center
Sang Sang Tok Tok Gallery
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EDITOR'S NOTE

“YOUR HIGHNESS, I STILL HAVE TWELVE BATTLESHIPS.”

— Admiral Yi Sun-Shin

In October, I brought my four little ones to the parking lot at BDAACH to participate in the Trunk or Treat event. Before going, I stopped at the PX to grab them a bite to eat and some extra decor for our car. As soon as my youngest son was in the cart, he lost it. I spent a few minutes in the parking lot asking him what was wrong and brainstorming with my other sons how we could help him calm down. Just as I was on the edge of defeat, a woman walked by and handed me a king-size package of candy and said, “Maybe this will help.” The situation was immediately pacified.

An hour later, we had just finished decorating our “Garden Monster” trunk, when all three boys announced they needed to use the restroom. An event organizer told me the nearest one was in the hospital so, with my baby girl in my arms (I had left the stroller at home to make room for the trunk or treat decorations), my boys and I walked to the hospital. The trick-or-treating had just started and while we were gone, that very kind man stood at my car to give out candy. When we returned, he stayed by our car, giving out candy and supporting me and my kiddos for the rest of our time at the event.

In both instances, I thought I was alone and that I could do it all on my own. I was wrong. This contrast reinforces the importance and meaningfulness of community — of embracing community and being community. It also

The theme of the December issue is contrast. Life is full of contrasts and contrast gives things meaning. The cover is graced with a photo of Korean artist Man Jae Lee at one of his studios in Pyeongtaek and the cover story is about the lives impacted by a picture when the frame of reference changed. The story reminds us of the significance of our choice to embrace life in Korea and engage with the people we meet.



Whether you approach Korea as an adventure, or with your DEROS at the top of mind, this is a challenging assignment. Our day to day experiences and overall experience are impacted by the people we meet, the opportunities we embrace, and the experiences we pursue.

Building on the opportunity to reflect and realign, Dr. John W. Michel writes about the effect of isolation on our well-being and what leaders can do to build connectedness. In her article about the DAISY Awards, Becky Iuchs tells us about the DAISY Awards and how we can make sure our nurses know they are appreciated! Deanna Sonza shares her journey of getting comfortable with the uncomfortable aspects of a lifestyle rife with transitions and encourages us to step outside our comfort zone. Zach Nelson opens up about his weight loss journey and his ongoing struggles. Brandon Bledsoe encourages us to “Live your own Korea” — to stop comparing and start defining (within your budget) your experience here.

This issue also includes articles about Brazilian Jiu Jitsu, Roller Derby, and CrossFit. The individuals interviewed describe how their respective sports have improved their lives and provided the opportunity to build meaningful connections.

This issue also includes an article about the USO by the team at Maude Hall (Camp Humphreys), advice for when you’re feeling overwhelmed, study tips from a UMGC professor, book recommendations for kids and adults, tips in case you’re planning to buy jewelry for the holidays, a Brownie Recipe from Erin Henderson for National Brownie Day, and much more!

I hope you enjoy every page of this magazine by our community, for our community. Thank you to everyone interviewed and all of the contributors for sharing your passions.

Caitlin Ward

United on the RoK Editor in Chief



Charles Woods

"[Since 1974] the biggest change I've seen is the dirt roads. Infrastructure and transportation development started in 1988 when the Summer Olympics were held in Seoul. Before then, there were three modes of transportation — walk, bus, or bike. People couldn't afford taxis."

"I've been here since 2021. There has been lots of road construction and new family housing units built. It feels good to see, understanding the base is getting larger. It is easier to get around with more roads to resolve congestion. More housing is positive for the community. More housing means people work closer to home, there's more convenience and safety, and it's better with the growth trajectory of the base. Off-post housing is great for the income of local nationals but it is more expensive for our government"

Derrick Robinson



Nicola Waisome-Crooks

"Since we arrived in December 2020, the biggest change I've seen is the growth of support resources, outreach, and places to get information, online and in person. For example, the military family sponsorship program has different elements that reach out in different ways to ensure that family members have what they need on their duty tour to succeed. The Army Transition Assistance program is also doing a great job reaching out to the community. You see them at almost all events that take place on Camp Humphreys, giving out information on how to transition out of the military in the least stressful way possible."

What is the biggest change you've seen on the USFK installations?

COMMUNITY CHAT



John Behrend, MGMSGT, US Marine Corps

"I have been in Korea for 27 Years — in Daegu, Pusan, Pohang, Camp Mujuk, and Camp Casey. I have seen many installations closed and have been the project officer for the closures of two Camps — Camp Hialeah in Pusan and Camp

McNabb in Jeju. They were both very important closures and it took years of planning by the US Army and other supporting activities in the process of returning the land to the Korean Government. I would say Yongsan was probably the biggest and took much more time in the planning phase. I have seen changes at Camp Mujuk. When I was in the Marines, I was part of the then-called 3rd FSSG Liaison Team in Daegu as the Food Service Technician, supporting all Food Service Operations (it is now Called III-MEF (Marine Expeditionary Force) G4 Logistics Detachment). I remember when Camp Mujuk was all dirt roads and C huts, and we lived in Tents and slept in sleeping bags, and had portable showers and Field Mess halls. Now it is just like being in a Garrison-type atmosphere — barracks for the permanent personnel, a dining facility, a motor pool, a PX, a barber shop, and they are building a running track. They still have a Field Mess Hall. The ROKMC 1st Marine Division is there as well as the Marine Boot Camp."



Jackie Lee

"In 2002, Yongsan was a fun place. I loved going to Dragon Hill Lodge and enjoyed going to GreenStreet. I have a lot of great memories there like celebrating birthdays and graduation from high school. It was an exotic experience to go to an American restaurant and have water poured by the waiter. I was surprised by the size of the drinks at Burger King. I got a king-size cup and mixed all of the drinks together. It was thrilling. Now, having worked for the past three years at USAG Humphreys, these things have become part of my lifestyle."

Christmas Trivia

Which country started the tradition of putting up Christmas trees?

How many reindeer pull Santa's sleigh?

What famous Christmas carol became the first song ever broadcast from space?

Which country does eggnog originate from?

Which country is home to the Christmas Mountains that are named after the eight original reindeer?

In 1979, women's groups, politicians, and seniors' organizations protested which Christmas song?

How do you say Merry Christmas in Hawaiian?

What is Santa Claus called in Italy?

In which country do children leave coffee out for Santa on Christmas Eve?

Which U.S. state has a town named Santa Claus?

How many gifts in total were given in "The Twelve Days of Christmas" song?

Answers:
1. Germany
2. Nine
3. Jungle Bells
4. England
5. Canada
6. Grandma Got Run Over By a Reindeer
7. Mele Kalikimaka
8. Babbo Natale
9. Sweden
10. Indiana
11. 864

Keeping Up With the Joneses: Live Your Own Korea

By Brandon Bledsoe



The first time I heard my wife use the phrase, “keeping up with the Joneses,” she was referring to her former neighbors in her hometown; if one had a pool, the other got a pool. These two homes did it with everything. Though I’m sure many of us have similar stories, I’d like you to think of this in terms of how you are spending your time in Korea and

how you feel when you see what other people are doing.

As we close the calendar year, it’s a great opportunity to reflect on what we’ve been doing with our time and what we’d like to be doing with our time.

As soon as my family learned that we would be going to Korea, we immediately began reading books about Korea, looking at Pinterest lists of things you must do in Korea, looking at pictures of

Korea, and entering a general state of mania centered around Korea.

We told ourselves that we would not waste one weekend — we would always be doing something in Korea when we were able. We pledged to make the most of this assignment.

Now, the problem was multifaceted, but it started with forgetting the operative word: assignment. That right there should highlight most of the issue.

Like many others, when I learned which base we were assigned, I searched for groups on Facebook to get connected. There are a myriad of Facebook pages devoted to USFK communities, including the main camp in that area, the housing, buy sell trade, auctions, groups where you can advertise your business, and more.

The common thread of all of these groups is that you will see people posting where they are hiking, shopping, touring, riding, visiting temples, and exploring theme parks. It really seems like some of them are out there all the time, and you might think they really are the best at Korea. Before long, “keeping up with the Joneses” will set in, or more accurately a two-year version of fear of missing out.

Stop! Breathe! Re-evaluate!

There is little joy in keeping up with the Joneses, especially if you begin judging yourself for resting on the weekend or you are putting yourself (and your family) into physical, emotional, and financial stress trying to see and do as much as possible, as fast as possible!

You have to live your own Korea. If your Korea experience is going on an adventure every single weekend, great! Enjoy! Otherwise, sit back, relax, and let’s reflect on how we got caught up in chasing after experiences.

Let’s start off with the influence of social media, which can do two things. First, social media shows us all the things that everyone else is doing; the abundance of pictures and posts

makes it look like everyone else is hiking every mountain and doing all three days of the festival. This might make you feel like you are not doing enough with your time here. Second, all the fun pictures gloss over the challenges of this assignment for everyone.

Social media is not realistic and it makes you forget the fact that this is a duty assignment. Just because you are in Korea does not mean that your life has changed in its requirements. If you are a service member, you are still in the military. If you are a dependent, you probably still have obligations just like at the last assignment. I know, I know, the last assignment was Fort Drum and you lived in Watertown, New York which is dull, and the winters and the blah blah blah. Korea still means you have kids that need to get on the bus, meals to make, housework to do, and possibly a job you still need to work at.

Social media should be a tool for finding a good place for dumplings, Hanboks for the kids to wear to school when that day comes, and how to get your SOFA stamp. It should be a place where you can get a ride to the commissary when you are in lodging, or find the best photographer/house cleaner in the area! (Plug for myself!) What it should not be is a source of stress, making you believe that you are not doing enough, causing you to strain your finances, or to engage in a toxic race to show that you have experienced the most and know the most about Korea.

All of this touring and such...

it costs money, time, and energy. The other night my wife and I were planning to go to a night market, and our sons informed us that if they had the option of going with us or getting a babysitter, they would choose the sitter. They are enjoying their time in Korea, but they are tired. We got them a sitter and we went on a date. I am glad they told us they were tired. It is important to remember that you still must conduct the operations of real life here. Just because you are in Korea does not mean that you are immune from life. There is work to do, bills to pay, and self care to conduct.

You need to handle the business of life first. Get your household goods, go to the newcomers’ brief, get the kids registered for school, and then go see what is at the top of that mountain. Share your stuff on social media so that the family back home can see what you are getting to experience. Do not let the atmosphere get you locked into a cycle where in a couple of years you are in debt and run down physically and emotionally. Korea is still a duty station, and while it may be an exceptional opportunity, the rest of life must still go on.

I want you to make the most of your experience in Korea, but remember that it is your experience. Listen to your spouse, your kids, and most of all, yourself. If you are tired, rest. If the money isn’t there for a trip, wait. PT still comes early, and the kids still need lunch. Once you have done that and taken some mindful minutes, let me know where everyone goes for bulgogi.



Introducing Jackie Lee: Providing a Window to Korea

By Jackie Lee

Hello, this is Jackie. I'm a guitar player who wants to share the texture of lifetime flavors. Like the time when you were significantly impacted by someone or something — you remember the scent of the air, the taste of your food, and the temperature that you felt at that moment. This is the way I'd like to describe experiences. I will occasionally write articles for United on the RoK to share information about places and experiences you might not know about. I would like to share my culture and mutually



learn about yours.

I am from Busan. I came to Pyeongtaek in 2019 to get a fresh start. I looked for (and found) work at Camp Humphreys to learn English and make friends. I have met some interesting people. With some, we played in official and unofficial concerts around the city. All those guys have left but it was not too sad to say goodbye because I knew at some point they would be leaving, they left one by one, and we made great memories. Sometimes goodbyes are hard, but I value the unique experiences we have together. We can learn about different cultures when we meet people from different countries.

I felt so sad when the closest friend I made left. She was my first friend in Pyeongtaek. With another friend, the three of us hung out often and ventured to amusement

parks, beaches, hiking trips, and great restaurants. We had some parties too. She was a soldier here with her family and she introduced me to them. They welcomed me into their lives. It was very hard to say goodbye to them.

The image of figures included with this article is from a Stop Motion video I created of the Harry Potter Yule Ball.

The first Stop Motion video I made was set to the tune of "Silent Night." I made that one and others for my niece, to give her something different from YouTube videos, which were often loud in action, noise and colors. These videos can be overwhelming, get her worked up, and are sometimes addictive. I wanted to create something calming and peaceful to help her get to sleep, to help my sister. In addition to helping my family, I am investing

in my own dream to someday be a musical director.

I look forward to writing again and sharing Korean culture with you. For now, it's nice to meet you. Y hasta pronto.



Instagram: [Sung_ins](#)
YouTube: [Lullaby Uncle SungLee](#)



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Getting Comfortable with Being Uncomfortable: A Self Care Article

By Deanna Sonza



“That one!”

I said decidedly, pointing at the small establishment just a few meters ahead, made conspicuous by the green, glowing signage above it. Craning my neck for a better look, I attempted to read the stylized Hangul letters splashed across it. I had only been studying the language for a few weeks at that point, and by the time I read the first syllable, we had driven past the building already—but not before I caught sight of a picture of meat and vegetable dishes plastered on the glass window. I took it as confirmation that the place was a restaurant and so we turned around quickly as we were already starving from the day’s activities.

As we settled in, I politely asked the waitress for the menu. She smiled, gesturing at something written on the wall. Darn. There were no pictures. I smiled back, sheepishly mumbling ‘just a moment’ in Korean. I took out my phone and typed the characters to translate the writing into English, but the translation app proved

useless at that time of need. I saw the waitress heading back towards us, and I nudged my husband—“What do you feel like having?” I asked. “Whatever you think,” he said. “I trust you.” I rehearsed what I was going to say in my head, but what came out was a disjointed “This... one. This...one. This...one...please” in Korean, pointing out three things on the menu.

Thankfully, those two Korean words, along with my expert use of gestures, were all I needed to know, for in the next few minutes, out came a single stove burner, a slab of marinated meat, and plate after plate of side dishes. A great, mildly chaotic, flurry of activity followed, and at last, our bellies were full. We thanked the two elderly ladies managing the restaurant, and went on our way. Later that night, as I was laying on the heated floor of the hanok we were staying at, I reflected on how out of place I felt. I was, yet again, in another part of the world, thousands of miles away from family, friends, and things familiar to me. Just like how my body sought

different ways to get comfortable laying on that hard, wooden floor, I had to seek ways to be comfortable in this new, unfamiliar place. This feeling of discomfort is not something new to me. Ironically, it is a feeling that I have grown accustomed to and become very comfortable with.

Constant Change

To clarify, I did not just wake up one day and make “Seek Discomfort” my personal mantra. Circumstances throughout my life made stepping out of my comfort zone a normal occurrence, and adaptation a necessary, natural response. I was born and raised in the Philippines where I lived until I was twenty-one years old. Since then, I have not lived in the same place for longer than four years.

After college, I moved from my tropical home to Canada, in the middle of winter. While I lived in Toronto, Canada, I reconnected through Facebook with a former classmate from elementary school who is now my husband. Over the following years, we got married,

I moved to the states, we moved to Germany, and we moved to South Korea, where we are presently.

Each move presented a different challenge. Each move was a bit more complicated than the last one because each period was a different stage in my life. Not only was I to overcome the culture shock in each new place, I also had to overcome the challenges that came with each stage: marriage, a new job, being mom of one, then of two, and being a stay-at-home mom.

More Than Just Adaptation

Adaptation, at this point, was second nature to me. That is not to say that it comes very easily. It was always a complicated process, riddled with frustrations and near breakdowns, but it does come easier after years of experience responding to stressful situations. However, there is more to life than just taking the reactive approach. It sure is useful, but this approach gets very monotonous. The key is recognizing that we can capitalize on our human ability to adapt by using it to push us towards achieving personal growth.





Seeking Discomfort

We all know too well the military phrase “embrace the suck.” Let me tell you right now that this isn’t what this article is about. To embrace discomfort is one thing, but to seek it is another.

“Be not afraid of discomfort. If you can’t put yourself in a situation where you are uncomfortable, then you will never grow. You will never change. You’ll never learn.” – Jason Reynolds, Author

We all perceive discomfort differently, and it all depends on how high our threshold is for being uncomfortable. Within our comfort zone lies the familiar, it is where we function with confidence. While it is very tempting to tuck yourself in the coziness of that “security” blanket, stepping out of it is key to personal growth. Growth happens just outside the perimeter of our comfort zone. It is in the growth zone where we experience discomfort as we stretch ourselves to learn, to gain new skills, and to achieve goals. It is in this sweet spot where we should strive to put ourselves. The good news is the more you step outside the limits of your comfort zone, the more it expands.

Simple Ways to Expand Your Comfort Zone

1. Learn Something New. When we moved to South Korea, immediately after the mandatory quarantine, we excitedly ventured out to explore our new surroundings. I was excited, but I immediately felt disoriented because I could not understand the signs. I realized that, at the very least, I needed to be able to read Hangul. I started with the most basic of niceties, but with the help of Korean classes, I am getting more comfortable communicating simple questions and requests. There are a plethora of classes that can be found online and within our communities. Find something that interests you, and get started.

2. Explore new experiences. Living in a new country gives us so many opportunities to explore new experiences. Exploring the cuisine and the traditions of a culture that’s vastly different from where you came from expands one’s horizons. Once, while my husband was gone for six months, I traveled to Ireland with my 3-year-old. I got on a bus with my son on my back, and as I was standing there waiting for my stop, a local asked me if I have been living in the country or if I’m traveling because I seem to be very comfortable in my

surroundings. I replied that I had the Internet to thank for that, but it made me really happy she said that. I always find myself gaining invaluable perspective when I open myself up to new experiences.

3. Practice to get more comfortable in social settings. One of the downsides of constantly moving is that by the time we develop a meaningful friendship with someone, we are already packing again for the next “great” adventure. Human beings are wired to connect with others, and finding the right people to connect with can be daunting. While it takes time and effort to find those people, the important thing is to put yourself out there. I always participate in the family events of my husband’s unit where I can meet fellow spouses. The connections are not always fruitful, but taking that chance can be a great experience in itself. It was extremely difficult to make new connections last year due to the pandemic restrictions, but I found one mom on a local photography group who I shared similar interests with, so I reached out by sending her a message. I am thankful I did that because I made a lifelong friend.

4. Be comfortable being the “Odd One Out.” In Germany, we lived in a quaint, rural town mostly home to German families and I stood out. I could feel the stares directed toward me at times, but I knew it was more out of curiosity. I learned enough German to communicate with my neighbors, I enrolled my son in the local kindergarten, and I participated in our town’s local events as often as possible. I made steps to try to assimilate and connect with people around me, but I also made the effort to share my culture with them.

“It’s good to step out of our comfort zone. But it’s also good to be able to go back in.” – Alina Tugend, *New York Times*

It can be mentally-exhausting to step outside your comfort zone, so it is important to be able to go back in for a breather. I believe that not anchoring yourself to things that give you stability can be detrimental to your pursuit of growth.

Here are some ways to take a mental pause:

1. Create a familiar and comforting space. Surround yourself with things that give you comfort and joy. It’s important to destress and come home to a space that gives you comfort. I have brought with me photos, paintings and memorabilia that I have collected throughout the years that remind me of my travels. I’ve put plants in every corner of the house because the color green gives a soothing effect.

2. Talk to your family and old friends. It is very challenging to keep in touch with family and friends especially due to the time differences. However, I make it a point to call one person a day while I’m up at 6 am cooking breakfast. Maintaining those connections can help, especially when you feel isolated in a new place.

3. Cook your comfort food at home. One unique thing that we have here in South Korea is that we get to experience the best of both worlds. Go out and explore the new flavors that South Korea has to offer, but when you tire of it—if that’s possible—you can find most of what you need inside Camp Humphreys. Of course it is not the same as being back home, but we are not entirely devoid of familiar comforts.

4. Continue doing projects or hobbies that you enjoy. There are things you do that do not take a lot of effort because you have been doing them for a long time. There is comfort in doing something familiar.

5. Have a Do-Nothing day. This might be my favorite. I must admit that I love sitting down to relax and watch a movie or to just hang out and do nothing together with my family. A do-nothing day can do you a world of good.

Like anything else in life, we need to find a balance in this practice. The key is knowing how to navigate between your comfort zone and growth zone. Don’t be afraid to start something new. I came across a curious book at kids section, authored by John Cena, and a line from there stuck with me: “A slow start is better than no start. If you wait to act until everything is ‘perfect,’ you will be a lifelong spectator.”



A SOLDIER'S BEAUTY SECRETS:

MY TOP 5 BEAUTY TIPS

Story by Hannah Butler
Photos by Erin Henderson

Despite a crazy schedule each week, I still manage to take great care of myself — and you should too! It is important that we all take care of ourselves. When we look good, we feel good. In case you haven't noticed, Korea is big on skincare/beauty. What better place to develop a fantastic routine, right?

I have developed a great skin-care and beauty routine since I have been here that I will continue to use for the rest of my life. Here I am sharing my top five beauty tips with you.



1. Always try to use vegan makeup. Everyday, I try to use the face wash, Pacifica Sea Foam Complete Face Wash, twice a day – morning and night. For body wash, I recommend Nature's Kin Age-Defying Secret Soft Exfoliating Gel. For days that will be spent outside, I recommend applying the Pacifica Vegan Collagen Everyday Lotion to protect your skin from the harsh elements.
2. Put your face roller in the freezer after each use. Every morning after PT, I put on a collagen face mask, and use my jade face roller on top of it. It's relaxing, and makes me feel like I am doing my face a favor.
3. If you are drying your hair before you leave the house, use a low temperature, it is more gentle on your hair. I recommend the Dry Bar products.
4. Wash your hair with nutrient-rich products to give it a healthy look and feel. I recommend the OGX Biotin & Collagen shampoo and conditioner.
5. Always remove your makeup with cotton balls and baby oil, instead of harsh makeup wipes.

In the military, I think it is so important for a soldier to take great care of themselves, particularly because of the wear and tear our bodies go through on a day-to-day basis. Not only can our health on the inside decline, but so can our health on the outside. It is crucial to feel great on the inside, and to absolutely feel your best on the outside. Invest in the products that work for you—the stuff that makes you feel good and that do the job. Take care of yourself, you deserve it!



Quit Bingeing About It!: My No-Binge List

By Zach Nelson



Well, I had another eating binge last night. It started with cookies on the table at work and I took one. One couldn't hurt, right? I don't know what it is about milk chocolate, but it triggers something in the back of my brain. I can feel a switch and I immediately become addicted. I must have more! I sat at that lunch table and ate my simple lunch with the cookies glaring at me. What are the lies I'm going to tell myself to have one more cookie? Two more? Three more?

Lie 1: 'It's one more cookie, It won't make a difference.'

Lie 2: 'Other people can have cookies and it doesn't affect them.'

Why do I let this affect me?'

Lie 3: 'I'm going to eat these and it's going to make me happy.'

After I told myself these things, I ate three more cookies. It felt amazing going



down, but what about the aftermath? Did they make me feel happy? No, they didn't.

The rest of the day spiraled out of control for me. I dug out frozen brownies from the freezer and devoured them. Not gonna lie, I'm pretty sure I ate two different sets of dinners. To sum it up, I acted like the whole refrigerator was going to expire and I needed to do what I could to save the planet of waste. The devouring stopped when I made a promise to myself that it would be better if I went to bed. I will be better. I worked too hard to get to where I am in life to let it slip away.

I've been down this road so many times that I can drive through it blindfolded on a small lane on the ville in Pyeongtaek. It may take me a few days to get back on track or maybe a week, but I will get there. I'm a 40-year-old man who has lost 120lbs+ and has maintained that loss for the past three years. So, I kinda know what I'm doing... kinda!

I've struggled with my weight since before puberty and it has been an ongoing battle since then. After years of driving myself crazy with dieting, I hit my goal weight at 37 and was within my BMI range for the first time since dinosaurs roamed the earth. I joined Weight Watchers for about the fifth time (I jokingly called myself the Lindsay Lohan of Weight Watchers...I realize now that this joke severely dates me) because I'd drop out and come back, drop out and come back, but at 35 I made a promise to myself to stick with it.

At 323 lbs and 35 years-old, I decided I would join Weight Watchers again, but this time, I would be a good little soldier and follow the plan the way it was intended to be. I went to the meetings regularly ("Hi, I'm Zach and I'm a choco-holic!" "Hi Zach!"), celebrated my losses (.5-1.5lb a week...awesome!), got annoyed when I gained ("I hate this!"), but persevered. I joined in conversations with other members and developed friendships that I still have today. We texted each other about tips, vented to each other, and exercised together. They were the compadres I needed. They gave me grace when I needed it, but kicked me in the pants when I deserved it!

Not long after I hit my goal, my husband (Hi Leo!) was offered a job in South Korea and we moved in September 2019, right before the pandemic (Covid who?). My biggest fear with the move was, how am I going to survive in a foreign country without my ties to Weight Watchers and my support group? Thankfully, due to technology (and unfortunately, the pandemic), I was able to Zoom into meetings, call friends, and message whenever I had trouble (help! The donut is giving me the eye!). It isn't easy. I miss having the physical presence of that community, but I continue and try to find my place here at Camp Humphreys where my husband and I work. If someone is willing to set up a franchise here, it would be beneficial for people like me who struggle with food addiction and feeling out of control with a new environment. Just remember, you heard it here first!

South Korea throws me all sorts of obstacles with weather changes, work schedules, and at times, a lack of community on base who share my specific needs. So, at times, I feel like I'm on an island. It can feel like it's you against the universe because the weather can discourage you from outdoor exercise (I'm from southern California, I know boo hoo), the lack of specific foods for dietary needs, and the absence of people who understand the struggle. That's what I miss about the community that I started back at home because it helped keep my butt in check. At times, I feel like I only have myself here and I can be a bad influence!

On the other hand, I'm a planner and if I can outline a plan, I can execute it. So, starting today, this is my plan to help myself reset. Are you ready? I *think* that I am!



1) Track all the food, good and bad... the yum and not-so-yum! I use my Weight Watchers app religiously to count my food points. I can log every morsel of food that I put in my mouth as well as count water, exercise and connect with the community who I can discuss my struggles with.

2) Be active every day! My goal is to hit 10k steps a day, but I also enjoy working out, especially cardio. I even join my co-workers with Zumba daily. Can you imagine a white guy with no rhythm along with four Korean women? If there's an agent out there, they need to sign us because we are spectacular!

3) Meditate. Meditation helps me! It keeps me mindful even if it's not at the forefront of my mind. I recently downloaded a meditation app to help with binge eating and getting rid of sugar addiction. I'll keep you posted if it's worth it. So, if you see me, denying chocolate donuts and going for carrot sticks, you'll know it worked! I would also find different YouTube meditation videos to help as well.

4) Split a dessert with my husband. I'm obsessed with Korean Cafes and I love desserts, but do I need to have a whole dessert to myself? No, I don't, but do I need to give up desserts cold turkey? No! I have a husband who can assist me with this. He's usually willing to help a husband out when it comes to chores like these!



5) If we go out for pizza, only have two slices...not the whole damn pie! Pizza is my kryptonite. I can mindlessly eat a whole pizza all to myself and no, not a personal size! If I don't mentally prepare for pizza, I will lie to myself (like I did with the cookies yesterday) and stuff myself to the gullet. So, if I tell myself, two slices and THAT. IS. IT. It better be IT!

6) Drink mostly water, but treat myself to one diet soda a day. I love myself some bubbly soft drink, but guess what? Diet sodas cause bloating and are artificial af. So I will treat myself to one a day with dinner

and drink water otherwise (except for coffee, I need my coffee in the morning...don't even get me started).

7) Skincare. I'm no longer a young ingenue. I am 40-years-old, people! Granted, I should've started moisturizing from the beginning, but it's never too late to start. While I am proud of my age, I still want to look good! While this isn't weight-related, it's health-related: body and soul. So, please, (especially men) take care of your skin. Ruggedly handsome is still hot, but you can still apply some cream on the daily!

8) Talk to someone. I have my community at Weight Watchers to talk to about eating, mindset, and exercise. I also seek professional help at Seoul Counseling to listen to me whine and cry once a week. It's important to know why I do the things that I do. Plus, it makes me feel a million times better than when I don't share my feelings and it makes my husband's life easier, too.

It's good to set parameters for myself. It might seem like a lot, but am I setting myself up for failure? Most of the time the answer is no because not every one of these is a constant. Plus, most of these parameters worked for me to get me to lose the weight I lost. I know I can do this. Will this work for you? I mean, maybe? But you might need to personalize it a little more to fit your wants and needs. I mean, maybe pizza doesn't do it for you or you're ok with water or maybe skin care is second nature to you. These aren't for me so this list will help.

So I had a binge and it sucked, but guess what? It lit a fire under me and I wrote this article. I needed this and I'm holding myself accountable. Now that you've read this, if you see me, you can hold me accountable, too. I'm not going to lie, it might annoy me, but it's the kick in the pants that I need. I'm always a work in progress and my progress is not perfect.

Five Tips for When You're Feeling Overwhelmed

BY NICOLA WAISOME-CROOKS

- 1 Reach out to a pastor or walk into a church and ask to speak with someone.
- 2 Reach out an MFLC, they are readily available and they can help you.
- 3 Reach out to your supervisor.
- 4 Get a workout - exercise to relieve stress.
- 5 Journal - put your thoughts on a piece of paper. You may clear your mind putting the thoughts down, and when you look back, you can see how you've felt before and remember how you got through a hard time. This is strengthening.

CONNECT WITH & FOLLOW NICOLA

Facebook: Nicola Waisome Crooks

Facebook: Pepper Shrimp Restaurant and Bar

Facebook: Army Wives Mental Health

YouTube: https://youtube.com/channel/UCnAQvO7-oXXZsLZISYA0j_A

Peanut Butter Chocolate Chip Brownies

By Erin Henderson



These peanut butter chocolate chip brownies have been my go-to for years. They are very easy, quick to make, and are always a big hit.

Ingredients

- 1 stick butter or margarine (softened)
- 3/4 cup of peanut butter
- 1 3/4 cups of sugar
- 1 1/2 cups of flour
- 1/4 tsp salt
- 1 1/2 tsp vanilla
- 1/2 tsp baking powder
- 1/4 tsp cinnamon (optional)
- 4 eggs
- 2 cups chocolate chips or 1 cup chocolate chips & 1 cup peanut butter chips (for any peanut butter lovers out there)

Directions

- Preheat Oven to 350 Degrees
- Mix softened butter, peanut butter, sugar and vanilla
- Add eggs, flour, salt, baking powder, cinnamon (optional)
- Gradually stir in the chocolate chips
- Pour into a very lightly greased 9x13 Pyrex dish (I typically use a little Crisco + light dusting of flour)
- Bake for 30-35 mins (less time for a more gooey center) at 350
- Let them sit about 30-45 minutes before cutting

Pro Tip

If you want to kick these brownies up a notch (they are amazing alone), serve a warm brownie with a giant scoop of vanilla ice cream and top with hot fudge.

Jurate's Photo

Hello, my name is Jurate and I'm a newborn, maternity and family photographer. I was born and raised in Lithuania, where I found my first love for photography.

Back in the day, we had a film camera that we used for our family and travel pictures. That feeling when you are shooting all 36 shots, going to a photo studio, choosing the paper and the size, and then waiting a couple of weeks until you are able to see the pictures for the first time... It was magical! You had only one shot to take that one amazing picture, and you wouldn't be sure how it would look until the photos were printed.

It was my first experience with a camera and photography. I can't be happier nowadays when we can do many shots at a time and we see them instantly. But I still feel that same magic every single time I print my photos. It is beautiful and amazing that we now have digital photos that we can look at any time on our phones or computers. However, physically going through your photo album picture by picture with your kids is a different feeling altogether.

When I started professional photography six years ago, my goal was not only to create photos that looked nice, but to create memories - your memories and those of your family and kids, in the most beautiful way. When I say "the most beautiful and sensitive moments of your family in my hands turn into unforgettable memories of life," I mean it! I work with every single family member, individually. You and your family are beautiful and you deserve to have your memories captured. So the next time you are wondering, "Should I hire a professional photographer for my baby/kid/family or personal portrait?" the answer is, YES! Perhaps in another twenty years you will find the pictures that were



done in South Korea once upon a time and you will recall all the beautiful memories. Some may be fun and some may be bad, but they will be yours.

Now that you know why you should take them, let's talk about the best times to get photos.

The first is the maternity session. We can do a maternity session in your favorite location or in the studio. The best time for a maternity session is around 32-36 weeks. But if you have triplets or twins, I always recommend that you do a session around 26-32 weeks. You won't need to stress out looking for a maternity dress; I always have options in my studio closet that you can wear for your session. Outdoors we will be using only one outfit, but in the studio we can use two or three, depending on how you are feeling and what you are looking for.

Secondly, the newborn session. The best time for a newborn session is during the baby's first fourteen days. The babies sleep more and are more flexible, so it is generally easier for them to stay asleep while we pose them. If for some reason, the mom or the baby had to spend more days in the hospital, don't worry! We can work with your baby until they are up to two months old. We may have to try some different poses or it may take some more time to pose, but we still can create a beautiful gallery for you.

Finally, we have the family session. I strongly recommend families to have one professional session done every single year! Believe me, your kids grow up quickly, and you are changing too. Your duty station may change as well, so the best way to keep these memories are in these photographs. Here in Korea, we can go to a temple or traditional Korean village as well. If you love the outdoors, get some mountains in the background! These will be wonderful contrasts from the unique settings you will find at your next duty station!

If you are new here and have never seen my work, you can visit my web page at www.juratesphoto.com or look up @juratesphoto on Facebook and Instagram. If you have questions for me, you can send me a message through social media or email me at hello@juratesphoto.com. I'm always here to help you plan your session and to make sure that you have a good time during the photoshoot.

Do not wait any longer! Book your session today and capture these memories for you and your family!

Kyäni — The Company

In 2005, the Hansen and Taylor families founded Kyäni with a vision of helping people achieve both financial success and physical health. In over 60 countries and 20 languages, Kyäni offers world-class health products, a supportive community, and a rewarding compensation plan to help you achieve hope – the promise of a better life through wellness and opportunity. Connect with us on social media to keep up with all things Kyäni.

Me

I have always been devoted to health and nutrition, but suffering from insomnia, depression and anxiety for over twenty years made it difficult to develop and maintain healthy eating and exercise habits. Then, after moving to Korea, I exercised even less, and ate all the good Korean food in order to comfort myself in the loneliness of being away from home and the USA. I had little energy, not much muscle tone and it became difficult to concentrate. A friend came to visit and left some samples of the Sunrise supplement for me to try. After one day, I could feel a difference in my focus and energy level. I knew I had to make it part of my daily routine. I learned of the Nitro Nutrition 21 Day Reset Program, and I thought it could help me get back on track with my health. I became a business partner because I wanted to help others too.

The Products

Kyäni's Targeted Nutritionals are comprised of several products designed to make it easy for you to get what your body needs most. Whether you're looking for collagen support, post-workout performance protein, digestive support, a smart energy shot or even wanting to rehydrate, our nature-based products help you look and feel better. When you need protein and collagen support, we're got you covered. Optimize fat metabolism, support healthy joints, skin & hair with our delicious Kyäni HL5 protein gel shot. If you want the highest quality, most powerful protein for building lean muscle,

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My website is: Kerynne.kyani.com
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Orphiclens



Heyna Jimenez, I'm 31 years old. I am an experienced photographer based in Daegu and the owner of Orphiclens.

My dad is half Japanese and half Dutch, and my mother is half Iranian and half Indonesian. I was born in Indonesia, spent my childhood in Japan, and grew up in Singapore. I then spent my whole teenage life to young-adulthood in Florence, Italy where I began my professional career. I graduated with a Master's Degree in Architecture and Industrial Engineering from Florence University, and continued to pursue my art passion by earning an Associate's degree in Visual Fx in Movies and Animation from NEMO, an Art school located in Florence that is funded by Disney. I also wrote books in Indonesia; one of my books is a best seller in the Education category.

Despite all my interests and hobbies, I've been an artist since a young age and began my photography journey when I was 13 years old. I started out as a

model, then got my first professional camera at the age of 16 as a gift from my brother. I began taking on clients professionally as a photographer when I was 18 years old, while studying at the same time; that's when Orphiclens was born.

Initially I only worked with other students on their school projects in Florence, as Florence is one of the most important cities in the world for art, fashion, and architecture. A lot of students from around the world come to Florence to study, and one of the popular majors to take in Florence is Fashion. I worked with fashion students on their final runways and their lookbook photoshoots, which made me fall in love with Editorial and Fashion photography.

When people ask me why I started working at such a young age, the answer is simply because I needed the money to survive. My siblings and I lost our parents when we were young; my dad died when I was 14 years old and my mom suffered from a mental health problem

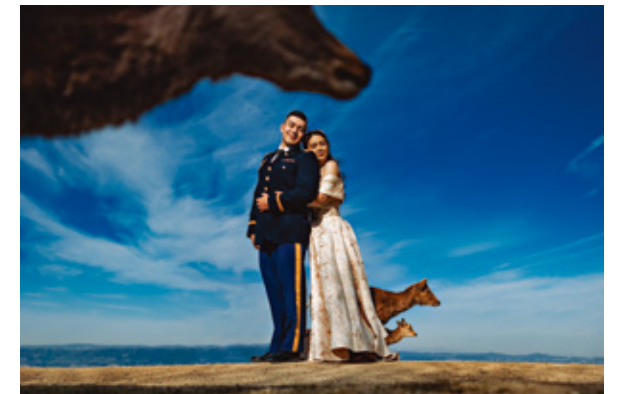


that made her unfit to be our parent. Without either parent, I had to take care of my siblings and start working.

At the age of 20, I started to work with a lot of big brand names in Europe, such as: Pitti Uomo, Milano Fashion Week, Super Soccer, and Jean Louis David, to name a few. I started to travel around the world for my work but continued to live in Florence. My work consisted of everything from fashion photography, TVC, print advertisements, portraits, and family photos.

At the age of 26, I met my husband, Shawn Jimenez, in Florence, when he was TDY to Vicenza and married him when I was 28. He then PCS'd to Camp Humphreys, initially without me, and I joined him a year later. When I moved to Humphreys, I began my journey focusing on Family photography.

Being totally new to both the US and the US military life, my work has truly helped me to connect with people in the military community. I have made a lot of connections and have turned clients into friends, several of whom have been helping me better understand life within the military. We now live at Camp Walker, Daegu and continue to serve military families.



For more info about Orphiclens, you can visit us here:



Hello Orphiclens!

Contact information:

- Instagram: @orphiclens
- Facebook: Shoot with Orphiclens
- Website: www.orphiclens.com
- Email: heyhey@orphiclens.com
- Phone : 010.2279.4481

SEARCHING FOR DAISY:

How We Partnered with the DAISY Foundation at Camp Humphreys

Story by Becky Iuchs
Photos by CPT Ashley Del Rosario RN, DAISY Committee

After one of my twelve-hour shifts on the Medical-Surgical Unit/Intensive Care Unit (MSU/ICU) at Brian D. Allgood Army Community Hospital (BDAACH), I walked into the office of our Nursing House Supervisor, CPT Dalia Rivera. I told her that I had just seen an amazing nursing moment. It was the kind of moment that makes your day. This nurse was all the things for this patient: clinically amazing, explained everything that she was doing so that the patient knew, and she showed kindness and compassion. Watching it happen was inspiring. When I left the floor that night, I wondered why we didn't have The DAISY Foundation at our hospital, and how we could bring it to Camp Humphreys.

An acronym for Diseases Attacking the Immune System, The DAISY Foundation was launched in November 1999, by the family of J. Patrick Barnes who died at age 33 of complications of the autoimmune disease Idiopathic Thrombocytopenic Purpura (ITP). The nursing care Patrick received when hospitalized profoundly touched his family and made a huge difference in the time they spent with Patrick at the hospital.

The family had expected his care to be clinically proficient, but what really overwhelmed them was the compassion that they received from his nurses day in and day out. In his memory and as an expression of gratitude, Patrick's parents created The DAISY Award® for Extraordinary Nurses, which they piloted at the Seattle Cancer Care Alliance at the University of Washington Medical Center where their son had been cared for during the last weeks of his life. The purpose of the award is to provide patients, families, and co-workers with an easy way to express their gratitude for nurs-



Items given to all Honorees: Healer's Touch Statue, DAISY Honoree Pin, Customary cinnamon roll, certificate and gift bag (Photo by Becky Iuchs, RN)

es who provide extraordinary compassionate care, throughout the calendar year.

The impact of the DAISY Award is significant for the patients, coworkers, individuals nominated, and the workforce. Patients can thank their exceptional nurses, and the opportunity to nominate coworkers is great for camaraderie and team building. Nurses appreciate the recognition for compassionate care and it is regarded as a tool for nurse recruitment, retention, and resilience.

For the next few months, CPT Rivera spent count-

less hours bringing DAISY to BDAACH. She held meetings with the US-based organization figuring out all the timezone issues, formed a committee of wonderful nurses from departments across the hospital, and did an enormous amount of planning and coordination. Her efforts paid off. The kickoff event was held in September and we crossed our fingers that substantial nominations would come in.

In my nursing career, I've had a lot of amazing moments, but nothing will ever top the day that the DAISY Committee sat around a conference table at the hospital, silently reading over and scoring all of the nominations that had been submitted. It was an hour that was completely overwhelming in the best way. Over and over through the nomination write ups, we got a peak at the quiet moments that happen between nurses and their patients. We read account after account of how the nurses who we work with day and night make an enormous difference in the lives of our patients.

A total of fifteen nurses were nominated and they were all given nomination pins and certificates. Corresponding with the size of our hospital, we give three DAISY Awards each quarter, for a total of twelve DAISY Awards per year.

CPT Rivera had a vision centered on holding our first DAISY Honoree Ceremony at the 38th Parallel Healthcare Training Symposium that was held during the last week in October. The 38th Parallel is a significant location because during the Korean War, twenty-two countries came to the assistance of South Korea. During the conflict, a mysterious illness began to take hold throughout the peninsula. Only when the medical professionals from all these different countries came together, were they able to share what they knew about the illness and collectively figure out how to treat it. We refer to it as the first international medical symposium. Every year, for the past seventy-one years, the 38th Medical Symposium has been held. We wanted to have our DAISY award be attached to such a significant and meaningful event.

At the 38th Parallel, on October 25, CPT Rivera and I had the great honor of introducing the first DAISY Honorees from BDAACH. Colonel Tameka Bowser, Deputy Commander for Nursing, handed out certificates to our very deserving Honorees.



The DAISY Honorees: from L to R
Ms. Sheri Johnson, RN
CPT Cristina Lukas, RN
CPT Arianna Flowers, RN



Col. Tameka Bowser, Deputy Commander for Nursing awards CPT. Cristina Lukas her Honoree Certificate



Our first Honoree was Sheri Joseph, RN from the Women Infant Care Unit (WICU). You know that when a nomination starts with, "No one expects their first birth to be in the backseat of a car," something amazing has happened. The patient's nomination for Ms. Joseph highlighted how she helped deliver the baby safely in their car outside the Emergency Department, and how she transformed their chaotic moment to one where the parents knew that the mother and baby's safety came first. Her nominator wrote that Ms. Joseph, "made sure I was updated about what was happening to baby and I every step of the way, reassuring my husband and I as she took everything in stride, never rushing despite it being the end of her shift."

Our second Honoree was CPT Arianna Flowers from the Emergency Room. She was nominated by a fellow staff member who witnessed her interactions with a patient experiencing a miscarriage. CPT Flowers stayed with her every step of the way, explaining what every procedure and test was for. She sat next to the grieving woman and held her hand, because the patient's husband was not able to be there. CPT Flowers was her "person" in that moment, and made sure that even though she was going through something incredibly difficult, she wasn't alone.

The last Honoree was on the DAISY Committee, and keeping this secret was tough! CPT Cristina Lukas is a nurse in the Inpatient Behavioral Health (IBH) unit at BDAACH. She was nominated by a patient who was going through a mental health crisis. He stated, "CPT Lukas, thank you for everything, for all the time that you helped me and didn't give up or lose your patience." He continued on that he was very appreciative because CPT Lukas took the time to get to know them as more than just patients, but as people.

Being a healthcare provider has been really difficult these past few years, especially in nursing. Nurses have been on a roller coaster where the expectations have gone up and down so frequently that it's been hard to maintain the stability that we need in our profession. During the pandemic, we went from people banging pots and pans as we exited the hospital, praising us for our sacrifice of being on the frontlines of the pandemic to being in the headlines as nurses under attack for

being negligent. But there's one consistency in nursing, one common thing that keeps us all coming back. We care. We really care. And we want to do our best every day, because our patients and their families deserve it.

Becky luchs is a registered nurse on the Medical Surgical/Intensive Care Unit (MSU/ICU) at BDAACH. In addition to launching the DAISY Foundation at the hospital, she uses her time to teach nurses at Skills Fairs and most recently at the 38th Parallel. Outside of the hospital, Mrs. luchs volunteers as a Girl Scout Cadette Troop Leader at Camp Humphreys, which her daughters Charlie and Olivia are a part of. She has been an Army Spouse for over 17 years and loves how the military life allows her and family to travel across the United States and around the world.

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1986 - Texas star Carl Lewis
1986 - Canadian track star Ben Johnson
1986 - NBA star David "The Admiral" Robinson
1994 - President Bill Clinton
1994 - Hawaii Department of Engineering (General) Snyder
Current - Camp Humphreys (General) David Lesperance



Frames of Reference: Art Connecting People

Story by Caitlin Ward
Photos by Erin Henderson

From Her Frame of Reference

This is a story about a woman named Alexandria Jones who took a picture and everything that unfolded thereafter. From her perspective, the story started in October 2020 when she and her family moved to Korea. As soon as they could, they went out to see the shops in the Humphreys Ville. That was the first time she met Mr. Man Jae Lee. She loved his art.

She saw him again on March 12, 2021 when the Sentry USO held a Korean culture day art class with Mr. Lee. They had the opportunity to have a custom handkerchief painted by Mr. Lee, and to paint one themselves. He recognized Alexandria from her visit to his gallery and they connected through Facebook. She followed Mr. Lee on Facebook and would often see him at community events.

As they neared their date of departure from Korea, Alexandria went to the 21D museum at Camp Humphreys with her husband Carlton, their two children Javion and Zoe, and their son's best friend, AJ Lurhuma. They would miss the official ribbon cutting ceremony, but they wanted to see the museum renovations before they left Korea.

They had a great time at the museum and were thoroughly impressed. Later that evening, she shared photos she had taken at the museum on her Facebook page. Within a few minutes, Mr. Lee responded to one of the photos of a painting in the museum: "There is a picture of my mother and my father's handwriting. Thank you for this precious picture."



Alexandria Jones and Man Jae Lee
pictured in his studio



Jones Family
(Photo by Jady Lynn Photography)

Alexandria was shocked. She had a connection to a painting in a museum on a military base in Korea. Furthermore, a photo she just happened to take, and just happened to post, had reconnected her friend with his parents' art.

Overwhelmed with different emotions, Alexandria began wracking her brain, thinking of what she could do for Mr. Lee. With her upcoming departure from the Peninsula, she wasn't sure that she would be able to bring Mr. Lee on base to visit the museum to see his mother's artwork.

"At 11:40pm," said Alexandria, "I wrote my dear friend and Editor in Chief of United on the



Artist Man Jae Lee shakes hands with 2nd Infantry Division Museum Director Col. (Ret.) William M. Alexander



Rok, Caitlin Ward, a message: 'Hey lady, I know it's late. But I have an idea for the magazine. But since I'm leaving I'll need some help. I would love to do something special for someone.'"

"Caitlin messaged me back in the morning on the 16th that she was eager to hear my idea! I called her at 12:58 pm and laid it out. By 1:30pm Caitlin and I were at Mr. Lee's gallery."

At his gallery, Alexandria explained that she wished for him to see his mother's art at the museum.



"I wanted to do something kind for this person who had such a big impact on me while in Korea," she said. "He's done so much for the community. Mr. Lee is a staple in all the events held out in the Ville. He has painted shirts, fans and masks for free at these events. And he has also supported the Humphreys United Club. His beautiful art graces the walls of some local businesses. One of my favorites is located at Ivy Dental."

"I think my time in Korea would've been so different without this friendship," said Alexandria. "Mr. Lee has always been so funny, kind and amazing with my children. I gained a deeper appreciation for art through him. Seeing him always brought me a bit of comfort with being so far from home. Different age, race, language or religion did not matter. I will always hold Mr. Lee in my heart. I am incredibly honored to have several of his pieces to remember my amazing time in Korea and our friendship."

Her advice to you: "Get out and explore. My family had some of our most memorable moments with locals. And even more so, the farther from base we were. Just be kind. Take time to hear their stories, try Korean food, learn about Korean culture and find common ground. You never know where a friendship can take you."



From His Frame of Reference

From Mr. Lee's perspective, this story began in 1960 when his father who worked as a teacher at Godeok Elementary School in Pyeongtaek, moved to Dongducheon where he taught at Dongducheon Elementary School and where Mr. Lee was born in October 1963.

His father majored in law at Kookmin University, retired from teaching in 1970, and ran a calligraphy academy. While they lived in Dongducheon, the 2nd Infantry Division was headquartered at Camp Casey.

Mr. Lee's mother and father gifted two pieces of art to the 2nd Infantry Division Museum in 1986. Mr. Lee still has the certificate of appreciation presented to his parents by the 2ID Commanding General Gary E. Luck with newspaper clippings preserved in the frame. The donated art included a piece from each of his parents. His father presented calligraphy—a message by a Chinese Confucian scholar that means one can prepare for the future by learning from the old and new (溫古知新). His mother donated a painting titled "White Rose."

The art pieces were hung at Camp Casey from 1986 to 1993. The pieces were moved to Camp Red Cloud where they were on display from 1995 to 2018. In 2019, the art was moved to Camp Humphreys 2ID museum.

Mr. Lee's parents continued their work in Korean art, education, and culture in Dongducheon. His mother passed away in June 2003 and his father passed away in 2007. Mr. Lee took over their art and activities alone in Dongducheon until at the encouragement of his friend Nam Yong-hee, he moved to Pyeongtaek in May 2019.

When Mr. Lee saw his mother's painting in the photo Alexandria posted on Facebook, he cried. He had not seen her art for forty years and in that moment, felt reconnected with her. After responding directly to Alexandria's photo, Mr. Lee posted pictures of his late parents and an old photo of the art piece now hanging in the 2ID museum.

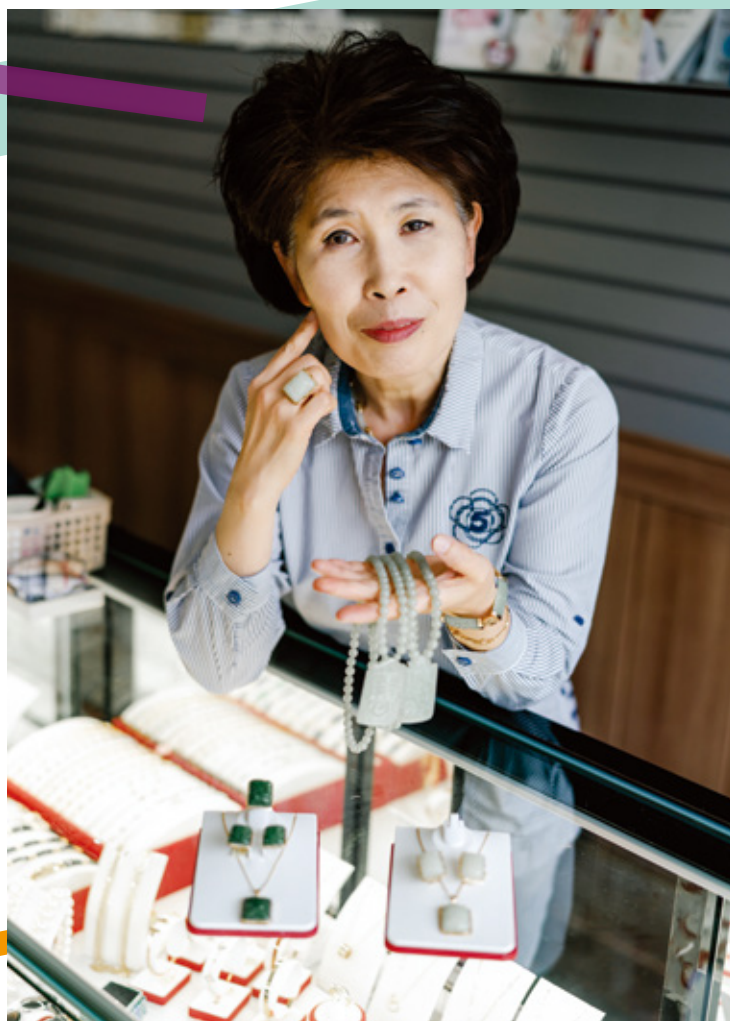
One Frame

Fulfilling Alexandria's vision, I brought Mr. Lee on base to the 2ID Museum to see his mother's work of art. The painting caught his eye as soon as we entered the museum. Like a child yearning to run to his mother, Mr. Lee looked longingly and eagerly at the painting while he signed into the museum directory and then proceeded to it. As he approached the glass, he recognized a painting adjacent to his mother's painting—the work of calligraphy by his father. At that moment, Mr. Lee was transported through memories to Camp Casey, when we had last seen the paintings in person, with his parents by his side.



Joy Shares Nine Things You Should Know About Jewelry in Korea

By Caitlin Ward



Imagine for a moment that your significant other would like a piece of jewelry for an upcoming celebration, let's say an anniversary. They go for a stroll in the Ville outside Camp Humphreys, they see Joy Jewelry and walk inside. They peruse the selection and spend considerable time eyeing three pieces in particular. Not long after, you go in to Joy Jewelry and let the owner know you are looking for something for your significant other. Now, as Sherlock Holmes would say, the game is afoot!

If this is her first time meeting you, Joy Kim, the owner, will ask you if your partner has been to her shop before. She will remember your partner and what your partner looked at. She will show you the selection your partner was eyeing. If you stray from the ones your significant other showed clear preference toward, Joy will gently guide you back. If you make your budget clear, Joy will help you.

Joy is a gem in the community. She cares deeply

about people and connects with them quickly. She has been a generous supporter of the spouse club at Camp Humphreys for years and a kind heart to everyone who enters her store.

Joy has been in the jewelry business for over thirty-four years and she has been in Pyeongtaek since 2019, after working in Yongsan for thirty-one years. Joy got into the jewelry business because she loved seeing the happiness people experienced whether they were treating themselves or picking out a gift for someone else.

Here, Joy is sharing nine things you should know about jewelry in Korea.

1. Precious gemstones in Korea are amethyst, white jade, green jade, and smoky topaz. Amethyst is the most popular gemstone among Koreans, is widely regarded as beneficial for mental and physical well-being, and was traditionally a symbol of wealth. White jade and green jade are also associated with good health.

Smoky topaz does not have a particular meaning.

2. Few gemstones are mined in Korea. Amethyst is still mined at some locations in the southern half of the peninsula. White jade and smoky topaz are mined at locations north of Seoul. Most gemstones in Korea are imported and none are factory made.

3. Diamonds are forever, and a one time thing - If your partner is Korean and you are proposing, plan to grab a gold ring with a diamond. It means forever and they are highly regarded. In Western countries, diamonds may be purchased to celebrate other occasions, but for Koreans, diamonds are traditionally exclusively for weddings.

4. The most common metals used in Korean jewelry are gold and silver (no less than 14k, 18k, or 24k).

5. In Korea, jewelry is an appropriate gift for a marriage, anniversary, Christmas, birthday, Valentine's Day, or after graduation from high school or college. Expensive jewelry is not a typical gift in Korea before graduation from high school.

6. An emerging trend among the younger generation is the purchase of jewelry that is eye-catching and within one's spending limits. Traditionally, Koreans have preferred big brand name jewelry.

7. The thing you have to remember to do when you purchase jewelry overseas (or anywhere) is to check the stamp. If you are unfamiliar, on the inside of a ring for example, there is a number that indicates the contents of the ring, such as k14 or k18. If the inside of the ring reads 925, that indicates that the jewelry is sterling silver, gold plated. If the jewelry you are looking at does not have a number on it, you should request a gold test from the jeweler or don't buy it because only the original jewelry producer can add the stamp.

8. There are three repairs that cannot be done. The first two are basic: a very small piece of jewelry cannot be made large, and a very large piece of jewelry cannot be made small. The third one is most interesting. A scratched gemstone generally cannot be repaired because if it is a deep scratch, the stone can break. You can tell if it's a deep scratch if you can put your nail into it. If you can't put your nail into the scratch, there is a possibility it can be repaired.

9. The most common mistake people make with jewelry is inadequate care of soft stones such as pearl, opal, and emerald. These soft stones should be cleaned after being worn to remove oils from your skin or perfumes, with a gentle cloth. You should not use soap and as tedious as it sounds, you should wipe each stone. Keep them in a box when you're not wearing them.



Daegu International Women's Association

By Shatambria "Tammi" Rutledge,
DIWA Vice President, 2022-23



"It's the people we hardly know, and not our closest friends, who will improve our lives most dramatically" – Meg Jay

When moving to Korea, it can be difficult to try and discover on our own all that Korea has to offer. Add not knowing the language or much about the culture or social norms and the task can seem even more challenging. The best way to really learn, explore and immerse yourself in a new culture is by creating friendships with the local people. In 1973, led by the wife of the commanding general of the 19TH Theater Support Command (TSC; redesignated as the 19th Expeditionary Sustainment

Command in December 2005), a group of American women met with the Korean Women's Club to organize an International Women's Club in Korea, to promote mutual friendships and sharing social, cultural and community interests.

The first meeting of the International Women's Club was held on September 20, 1973. The organization belonged to the 19th TSC until 1991 when it became a civilian organization. In 1992, the name changed to TIWA, Taegu International Women's Association. Then in September 2008 it was renamed to Daegu International Women's Association (DIWA).

In addition to serving the community as a social organization, DIWA is also a charitable organization that

donates to institutions on and off post. Our members meet monthly for luncheons and outings, incorporating fun activities, amazing entertainment, and great food.

DIWA also provides classes for our members to join. Each class is taught by one of our members. This is another way for ladies to connect and learn new things. This year we are offering classes on English and Korean Language; the classes teach basic beginners' conversation. We are also offering a hiking class for those who want to get out and explore all the different mountains and trails that Daegu has to offer. Our craft class is taught by a local artist who teaches how to create traditional and modern Korean crafts. New for us this year is our modeling class. It guides the ladies with walking and posing. We offer a flower arrangement class for those with green thumbs and those wanting to obtain a green thumb. Finally, another new and exciting class we've added this year is our Line Dancing class. This is sure to be lots of fun, movement and a few laughs, I'm sure.

At the heart we are a social club of women who want to get out and explore this beautiful city and its culture. We truly want our ladies to get together and form lasting relationships that also continue outside of DIWA. It's much more fascinating to explore Korea with new friends who happen to know the language and are just as interested in learning about you. From 1973 looking on to next year as we approach our 50th Anniversary, DIWA continues to operate with the same hope and goals of fostering friendship between all the women, foreign and local here in Daegu. Whether they be foreign, expats, military, or local here in Daegu, all are welcome to join us.

Contact information

- Facebook Page:
DIWA Daegu International Women's Association
- Email: diwamembership@gmail.com



More Than a Game: “Army vs. Navy”

By James F. Parker Jr., MSGT USMC (ret.)

On December 10, 2022 the annual Army–Navy Game will kick off at Lincoln Financial Field in Philadelphia, PA between the Army Black Knights of the United States Military Academy (USMA) at West Point, New York, and the Navy Midshipmen of the United States Naval Academy (USNA) at Annapolis, Maryland. The Black Knights, or Corps of Cadets for the U.S. Army, and Midshipmen, or the Brigade of Midshipmen for the Department of the U.S. Navy including the U.S. Marine Corps, each represents their service's oldest officer commissioning sources. Accordingly, the game has come to embody the spirit of the interservice rivalry of the United States Armed Forces.

Each year at military installations, clubs, barracks, on-board naval vessels, in deployed environments, and at home, this event brings many generations of families, both blood and chosen, together, more than any other athletic event.

As a Career Marine, I never missed watching even one game. Whether on board a ship, working in a US Embassy abroad, in academic or field training, I have always been lucky enough to find a watch party. Many times, I have been the only Midshipmen fan in a room full of Black Knights. I have had the opportunity to meet many of the players from both teams and one player in particular had a great impact. My life was forever changed after I met 2nd Lt James P. Blecksmith.

In 2004, I was deployed to Iraq's Al Anbar Province as Operation Phantom



Fury was drawing to a close and the assigned units of the First Marine Division (1MARDIV) were securing from the Hadita Dam Area to as far south as the city of Hit. The primary focus of Operation Phantom Fury (October–December 2004) was the city of Fallujah, which is also referred to as Al Fajr (Dawn) or Fallujah II. My assignment was as a Fires and Effects Cell Chief in the 1st Marine Regiment Combat Operations Center and the 3rd Light Armored Reconnaissance Battalion (3D LAR Bn - Task Force Wolfpack) of 1MARDIV. The Battalion Sergeant Major of 3D LAR Bn, SGT MAJ John T. Hatfield, previously a Battery First Sergeant of my assigned unit prior to his promotion to this Battalion Position, had requested a Fire Support team and myself by name, for operational support. During this period, I stood detached from my regular Platoon Sergeant duties of First Platoon, Sierra Battery, Fifth Battalion, Tenth Marine Regiment (S 5/10). As my team and I attached to 3d LAR Bn in the middle of October 2004, prior to the movement to Fallujah, while in a staging area west of Al

Ramadi, my team and I had to retrofit our digital and telecommunication equipment to fit within the assigned Battalion Communications Plan.

During this time, while many of the planning meetings/operations briefs took place, I caught-up with a few friends from previous duties. One such friend was an Infantry Platoon Sergeant from Third Platoon, India Company, Third Battalion, Fifth Marine Regiment (3d Plt, I 3/5), Gunnery Sergeant Brian Swinson. Brian and I were on Drill Instructor Duty on Parris Island in 1996 together. Swinson introduced me to his Platoon Leader, 2nd Lt James P. Blecksmith (J.P.) from Pasadena, CA. Blecksmith, USNA Class of 2003, was a 24 year old, still in his first year of his commission, and had played for the Naval Academy as a Receiver and a back-up Quarterback in 2001 and 2002. Blecksmith, Swinson, and I shared a meal together. As many questions as Blecksmith had of me about Swinson, (these are called sea stories), I had of him about Southern California and the Midshipmen Football Team.

Blecksmith shared his memory of playing in the Army/Navy Game in 2001 in Philadelphia and taking a loss to the Army, but as this was the most watched game, it was still a great memory. Some of us remember, the nation was still reeling from the unspeakable tragedy of the 9/11 attacks. The nation needed a win on the field. However, execution of the game alone was a win because so many of our country's military leaders were present at the game, including former President George W. Bush.

Pulling off the game represented safety and security.

Blecksmith shared that he was also on the field as a Senior in 2002 when this game was moved to East Rutherford, NJ (MetLife Field, or “The Meadowlands”). He recounted that this was his favorite game, where the Midshipmen, with a record of 2 out of 10 wins, defeated the Black Knights, with their 1 out of 10 wins, by the greatest margin 58 to 12.

Swinson admired his young Platoon Commander and as a friend, I shared the admiration. During our conversation that October evening, I said something to 2nd Lt Blecksmith that I think really sunk in for him. I told him that as a Platoon Sergeants, Swinson and I “run the platoon” and his job as the Platoon Commander is to “try and run us.” I also told him that “we will do our job better than he can do his.” This comes from many of the Marine Professionals who educated Swinson and I over the years. It is said to make junior officers think and ask questions of the Marines in their charge.

Blecksmith took this to heart and completely trusted the Marines he commanded. The Marines of 3d Plt I 3/5 were disciplined — this is one of the highest compliments given to any platoon in the military, their leadership was sound not only my close friend but also his Platoon Commander cared for the Marines and wanted to make sure everyone returned home from this deployment. Before departing that October night, we prayed together and said our blessings to each other.

As the Operation began, I watched the battle positions and I kept a side note on my primary computer screen of the position reports from this specific Dark Horse Platoon locations and mission details. On November 7, 2004, elements of the 1MARDIV

Task Force pushed into Fallujah. On the afternoon of November 11, 2004 (Veteran's Day), 2nd Lt. James P. (J.P.) Blecksmith became the first American killed by enemy fire during Operation Phantom Fury. When he and his Marines were clearing a building in their Zone of Operations, he directed two young Marines off of the roof, and a sniper shot him in the left shoulder, this broke the bones of his shoulder and sent one directly into his heart. As no aid could be rendered, J.P. was mortally wounded and succumbed to his wounds.

When I received word of his death, I contacted Swinson through 3/5's Battalion Sergeant Major. In our conversation, he was still picking up the pieces of our fallen comrade. Over the following month, we kept up the emails and played tag on internet relay chat until our next face to face on December 3, 2004. The Army/Navy Games was the following day and we all had the number ten (#10 we remember) drawn in black marker on the back of our Kevlar helmet covers.

That year and each since the game has a special flavor knowing great men like J.P. play in this game each year. In 2004, it was as if J.P. was suited up and was playing on the field as the Navy Midshipmen rolled over the Army Black Knights 42 to 13.

I retired from Active Duty and began work as a civilian. In 2011, an opportunity to work and live with my family in South Korea presented itself. In 2011, I attended a watch party of the Army/Navy Game at Camp Casey's Golf Course Club House, and there may have been three Midshipmen fans present.

In 2013, MG Thomas S. Vandal was the Commander of the Second Infantry Division in Area I South Korea's Camp Red Cloud. I instructed his son Captain Nicholas Vandal, USMC, in California before coming

to Korea. I met MG Vandal and his wife Mrs. Doreen Vandal at the 2013 Marine Corps Ball in Seoul as the Vandals never missed a Marine Ball nor did my spouse and I. MG Vandal and I had a great conversation and he invited me to the Camp Red Cloud Mitchell's Club Watch party that year. It was exciting to watch and listen to MG Vandal (Tom as he would ask to call him). Vandal was The King of Battle (Artillery) Officer and though he didn't play on the Black Knights Football team, it was still amazing to hear his side of the 1981 3-to-3 tie game in his senior year at West Point.

Our last watch party together was 2017 at the Hartell House in what was the United States Army Garrison Yongsan, Seoul. Vandal announced his retirement that year and this would be his last game as he would Rest in Power on October 7, 2018. With each year, it's as if the soldier's General is still with us watching the “Big Game” and still being the “Constant Quiet Professional.”

During the Pandemic, friends and I had to change up the way we watch the game. Since 2020, we have watched in separate locations and live streamed on WebEx (Teams); this has given us the flexibility to watch, chat and talk to each other from fifteen different locations. We found ways to gather because it is much more than just a football game; it's a great part of the U.S. Military and no matter what the outcome, it is a time for celebration and joy for all.

The game, like many military traditions, is about creating unity and gathering people together. Traditions and events provide us with comfort and community. Traditions connect us to our shared history and culture, and to each other. My advice to you: show up, for yourself and each other. Share memories and make memories. GO NAVY, BEAT ARMY.



Making a Traditional Korean Dessert at Goul Studio

A Treat Down the Street from Humphreys

By Caitlin Ward

W

hether you are looking for a special outing, you want to feed your dream to be a baker, or you are interested in the cultural experience of baking and designing a traditional Korean dessert, the opportunity awaits at Goul Studio. Goul Studio is run by a husband and wife, Mr. Kim and Mrs. Cha. The couple opened the studio three years ago when Mr. Kim's work moved from Seoul to USAG Humphreys. The entire family relocated to Pyeongtaek and the couple opened the studio in July 2020.

"We are a dessert studio that creates professional grade custom order cakes requested by our clients," said Mrs. Cha. Single day classes are also offered at the studio, where you can learn the recipe and method behind cake pops, rice cakes with bean paste flowers, and mocchi.



Humphreys community member Socheat Sang attended a class at Goul Studio in Autumn.

"When it comes to food that I like, I usually am all in," she said. "I want to know the history, the ingredients and how it's made. Everything! I tasted Korean rice cake a few years ago and was intrigued by how pretty it was. This made me want to learn how to make the perfect cake. When I found out that Goul Studio had classes on rice cakes, cake pops and mocchi, I wanted to take all the classes! I chose the traditional rice cake to start."

Rice cakes hold cultural significance in Korea. It is a tradition in Korea to celebrate with rice cake on the 100th day after a baby's birth, which is considered the baby's first year birthday.

"We give steamed rice cake to the baby," said Mrs. Cha. "The meaning of the white steamed rice cake is long, healthy life, with protection from harm and misfortune. Red bean paste, which makes up the flowers, signifies the prevention of misfortune."

"Koreans are not too keen on desserts that are very sweet with a high sugar content," Mrs. Cha explained. "Sweet bean paste rice cakes and breads



are a good alternative as they are a relatively healthier choice and are not as sweet as other choices. Sweet bean paste flower cakes are fusion rice cakes decorated with sweet bean paste flowers, which is something that is beautiful and delicious, while being unique to Korea."

Mrs. Cha has been in the field of developing and creating desserts for the past 15 years. With extensive experience and knowledge, she is able to design unique recipes and presents her clients with beautiful and delicious creations.

"The colors and detailing that the pastry chef uses in her work is absolutely beautiful," said So-cheat. "It speaks tremendously about the Korean food culture. I admired the chef as she sat with us and showed us how each petal of bean paste could create a flower and the continuation could create a garden on the rice cake."

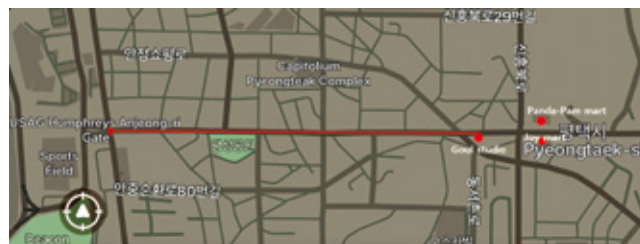
"I loved the class. I definitely recommend it for fellow food lovers to try. Learning how to make a traditional rice cake item in Korea was an experience I will hold with me for a very long time."

The studio offers classes on flower rice cakes, mocchi, and cake pops. The classes begin at 10am on weekdays and 9am on weekends, and generally last three hours. Classes are limited to two people at a time to enhance the quality and focus of the class.

You can also order customized cakes from Goul Studio. Check out their social media pages to see the variety of cake designs and flavors.

Facebook: Jina Cha
Instagram: goul_desserts

Goul Studio is located about 950 meters down the road from the USAG Humphreys Anjeing-Ri gate, next to JJ Nail. You can park in front of the building.



HAPPY HANNUKAH

Fill in the missing words!

Hanukkah, which means "dedication" in Hebrew, is a Jewish celebration that lasts for ___ days. In 2022, Hanukkah begins on _____ and ends on _____. The celebration, also known as the _____, commemorates the rededication of the _____ in Jerusalem.

The central part of the Hanukkah celebration is a nine-branched _____. One candle is lit on each of the holiday's ___ nights, after sundown. The _____ candle, called the _____ ("helper"), is used to light the others. Jews typically recite blessings during this ritual.

Traditional Hanukkah foods include Potato pancakes (known as _____) and jam-filled donuts (_____). Other Hanukkah customs include playing with four-sided spinning tops called _____ and exchanging gifts.



5 Tips & Tricks to Improve Your Study Habits

By Linda Vang

It

is always the perfect time to start new habits, learn about your study style, and get organized for school, especially if you are on winter break!

Here are five Tips and Tricks that all students can use to be a better student:

1. Organize and Use Time Wisely

Whether you use a physical planner or a planner in an electronic device, you should plan out your days, weeks and months. You can start by filling out all the deadlines for assignments and projects for the rest of the school year in your calendar. From there, you then can decide if you want to plan out daily or weekly time to stay on track for the deadlines. This will allow you to visualize and see all the things you need to get done and the exact times that you can complete the assignments and projects.

2. Get Involved

Join a club or organization that you enjoy. Getting involved in a club or organization, although time-consuming, provides a break from schoolwork, that may help alleviate stress, and make the school year more enjoyable and balanced.

3. Meet With an Advisor/Counselor for Personal Counseling

Set up a meeting with your counselor. This is the perfect time to express to your counselor your plans and goals, to seek advice. Your counselor is there to help you achieve your goals. This is also a good networking opportunity as well. You may need them for a letter of recommendation.

4. Set, Seek and Meet Goals

When setting goals, make sure they are SMART goals. This means you need to make your goals are:

- Specific (simple, sensible, significant)
- Measurable (meaningful, motivating)
- Achievable (agreed, attainable)

- Relevant (reasonable, realistic and resourced, results-based)
- Time bound (time-based, time limited, time/cost limited, timely, time-sensitive)

5. Take Effective Notes and Study Effectively

Taking effective notes differs from person to person. You need to try different ways to make sure your notes are effective for you. You can try to use outlining, the Cornell method, mind mapping, or other strategies that make you remember and learn more effectively. This leads to the design of your study environment as well. Make sure that you are studying in an environment that will not distract you. Do you prefer a silent room, or some background noise at a café? Cater your method and environment to your needs.



Linda Vang, Academic Advisor at UMG Asia (Korea)

Linda is currently an Academic Advisor for UMG Asia but has been working in higher education for over 10 years. She started as an intern in an admissions office and a multicultural office. She fell in love with the field of higher education, she then decided to stay in college forever by working in that field to help students become and succeed as college students.

If you would like to meet with Linda, or another member of the UMG Asia team, please come by your local Education Center or email Humphreys-asia@umgc.edu.



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Holiday
MEET & GREET

DEWDROP CAFE
10:00-11:00

COME MEET WITH THE TEAM POWERING
UNITED ON THE ROK ON TUESDAY,
DECEMBER 13 AT 10AM.

GRAB A CUP OF COFFEE AND MEET US
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OPPORTUNITIES AND SHARE YOUR WRITING
PITCHES.

Follow @unitedontherok to join us when
we have a meet up near you!



USO on the RoK — *Your Home Away From Home*

By Danny Morris, Rosalinda Lindsay
and NaTasha Pulver

USO Mission

What is the USO and can anyone use it? The USO is an American non-profit organization whose focus is to strengthen America's military service members by keeping them connected to family, home, and country throughout their service to the nation. In the Republic of Korea, the USO operates five full-service centers and conducts outreach to an additional thirteen locations. Each center is a little different, but you can always count on the USO to provide free WiFi, comfy chairs, and snacks/drinks. We try to offer a little "home away from home" for all our patrons. Speaking of patrons, yes, you can come in! All our centers in Korea are open to all community members with base access.

On USAG Camp Humphreys, the largest base in Korea, we offer two centers to best serve the large population. The first center is conveniently located near the Army Lodging in Bldg 301, and is ideal for transitioning families awaiting housing assignment. The second center is located in Maude Hall bldg. 6400, which is the primary in processing/out processing facility for all US Army elements in Korea.

"Our staff and volunteers are here because we love helping the community. If you have questions or are looking for directions or information, please stop by and ask. Some of us have been in Korea for many years and most of us have experience as either active duty, retired, or military spouses and we'll do our best to lead you in the right direction. We also have computers, TVs, and gaming systems so if you are just looking for somewhere to relax and chill, we can help with that as well. Please stop in. We'd love to meet you." — Danny Morris, USO Humphreys-Maude Hall Center Manager.



Top left-right: Sara Jung, Lizzie Mercadante, Natasha Pulver, Rosa Lindsay.
Bottom left-right: David Yoo, George Gray, Danny Morris

USO Programs — Rosalinda Lindsay, USO Humphreys-Maude Hall Center Operations Specialist

Korea can be an intimidating and challenging duty station for not only our service members and their families, but also our civilian counterparts. Many people know that Maude Hall is the one stop shop for most of your in-processing needs and will stop by our USO to grab a quick cup of coffee, a bottle of water in between briefings, or to grab a snack for a needed sugar rush. But most importantly, people stop by our center for information, assistance, and to share suggestions.

As patrons in-process at Maude Hall – One Stop, we listen to their needs and try our best to assist in any

way we can. Hence why we have added new programs such as the Base Orientation briefing, Learning Korean Language Class, and a few Korean culinary classes. The Base Orientation Briefing originated as a project by community member Janelli Lemon, who took the time to listen to other community members' needs and compiled the desired information on all the amenities, services, resources, info about traveling on and off base, and much more.

To also ease the transition and bridge the gap between both cultures, we have integrated a Learning Korean Language class. We start at the basic level and advance as a class. In addition, to help you immerse into the culture of Korea, we host Korean cooking classes. Just this past month we taught community members how to make Kimbap.

We encourage you to follow our Facebook page, USO Humphreys, to stay up to date with our events as we post our weekly Flyer Fridays. Better yet, stop by, grab a snack, a beverage, join one of our programs or just come and chill with us. 다음에 만나요!

USO Volunteers — NaTasha Pulver, USO Humphreys-Maude Hall Center Operations Specialist

Just about everyone in the military community who comes to Korea knows that it can be an immensely humbling experience. From the moment you get orders it feels as if there are always more questions than answers, time is flying at you and even once you land, the checklist isn't over. Then on top of that, you are forced to put yourself out there to find help with things you previously took for granted like how to shop off base, how to get around, where you can find a job, and how you find your community. Our diverse volunteer force is united by these shared experiences. Many of our volunteers say that the USO helped them when they needed it most and that's why they joined the volunteer cohort. The USO is here to provide a piece of home and peace of mind.

Every day people come into the USO Humphreys at Maude Hall and because of the location we are constantly asked all sorts of questions from military and civilians alike. With 600 people coming through a day, each feeling the mental and physical fatigue of an overseas PCS, it would be impossible to do this without every one of our volunteers. They are what makes the USO the USO and I would die on that hill. Our volunteers know our patrons' names, favorite snack/drink, weird quirks and struggles. Our volunteers know everything from that hidden coffee or chi-maek spot in the



Ville to which purse lady sells the best baggies for the baddies. They know you can always talk about sports with Preston, trade crazy travel stories with Heather, or people watch with Curtis. Most of all, our volunteers know what patrons are going through every day here in Korea from day one to DEROS date and they want you to know that when you come in, they're here to listen, serve and brighten your day as best they can. One of our newest volunteers, Samuel, said it best, "We are the kind of people who love to give back or else we wouldn't be here." So if you have time, stop in and say hi, or better yet, come join the team. We'll always have an extra seat waiting.



The Art of Fighting:

Cobra Kai Striking and Brazilian Jiu Jitsu

Story by Caitlin Ward
Photos by Erin Henderson

"When someone has you in mount and tries to choke you with their forearms, your fight or flight instinct kicks in. In order to escape you need to stay calm, keep your head close to their body, and work to pull the arm that's around the back of your head, to the front of your head. Then you need to work on escapng from their mount."

This is how Brazilian Jiu Jitsu coach Brandon Mason described escaping from an Ezekiel choke hold executed by an opponent in the mount position. I asked him to describe this to illustrate a scenario so that you could feel the tension of the moment and imagine calming yourself, focusing, and remembering how to

get out of the choke hold. But Brandon doesn't tell stories, and as he told me in our interview, you can't fake it.

Brandon serves as a civilian Operations Specialist in the US Army. He was serving active duty in the Navy when he started boxing in 2006. Over the years, he competed in amateur boxing and trained and fought for professional mixed martial arts (MMA). Each time he has worked OCONUS, Brandon has trained in different martial art to continue developing his skills. He has over twelve years of boxing, Muay Thai, Jiu Jitsu, and MMA experience.

When he came to Humphreys in 2020, Brandon practiced with the Brazilian Jiu Jitsu group in Osan until the group at Humphreys was reactivated in Sep-



tember 2020. The group decided to rename themselves Cobra Kai because of the popularity of the TV show at that time. Originally there was only a Jiu Jitsu Group. Brandon expanded to include a Striking Group — his original martial art.

Brazilian Jiu Jitsu is an art and a skill set built, developed, and refined over time through dedicated study and practice.

"These martial arts are full contact," Brandon explained. "The beauty is, you can't step on a mat and fake anything. You have power or you don't. If you learn a martial art, you can protect yourself and it's rewarding to advance in the art."

All of the martial arts teach you to calm yourself and focus. Such as when one finds themselves in a bad position such as a choke hold. "You must stay calm and think through it to remember how to get out," said Brandon. "Just like in the real world."

As often happens in organizations, Brandon has made close friends since joining Cobra Kai. "Most have PCS'd but my closest would be Jun and Arlen and their kids. My family considers them family. Jun



Brandon Mason



and I have a lot in common: love for martial arts, came from humble beginnings, and same mindsets when it comes to raising our kids. Arlen and my wife get along perfectly and go out on coffee and shopping dates with each other. My daughter and their daughter are the same age. Their two teenage boys are great role models for my five year old son. We've been to several places and events here in Korea with them. I met Jun through the striking group here."

Brandon has made friends, built a community, and is giving back to the community through this organization, however, his purpose in joining has been to keep his skills sharp. His plan down the road is to open up a gym, so Brandon is enjoying the present, with an eye toward the future. He loves training, he loves teaching, and he's still competing — all essential to excel in the sport.

HOW TO JOIN

If you are interested in joining Cobra Kai, the classes are led by Coach Brandon Mason and Coach Danny Cuello. Kickboxing classes are held on Tuesdays and Thursdays from 17:30-18:30 at Zoeckler Gym. Brazilian Jiu Jitsu classes are held on Tuesdays and Thursdays from 18:30-19:30 at Zoeckler Gym. The classes are free and open to beginners, intermediate and experienced strikers.

Brandon Mason also coaches Hatchlings BJJ, an official SKIES Kids BJJ Program. Classes are Mondays and Wednesdays from 17:00-17:50 for 5-8 year olds and 18:00-18:50 for 9-17 year olds, at building 6317 on Camp Humphreys. All children wishing to participate must be registered with CYS.

<https://www.facebook.com/HatchlingsBJJ>



KWANZAA CELEBRATION



Kwanzaa is a holiday affirming African family and social values that is celebrated primarily in the US from December 26 to January 1.

Each of the days of the celebration is dedicated to one of the seven principles of Kwanzaa:





OH Roller Derby: The Inclusive, High-Speed Sport You Should Jump Into

By Caitlin Ward

By

day, Dr. Priscilla Cha is a General Surgeon at Brian D. Allgood Army Community Hospital and an active duty service member in the 135th FRSD. Outside of work, she's known

as PK and is a member of the Humphreys OH Roller Derby Crew. Every Thursday evening and Saturday morning, you can find her among a group of strong women, with some men sprinkled in, circling a section of Collier Gym at Camp Humphreys. They move slowly and deliberately as a wall, or at high speed, clocking laps.

Roller derby is widely regarded as a female-led sport. The high-speed, full-contact, team game has

been played at USFK installations for years. It is a popular sport, especially in the colder months as outdoor activities wind down. In addition to indoor exercise, roller derby is a great way to meet people and make friends.

If you feel intimidated, pop over to Collier Gym and you will see for yourself, the group is incredibly welcoming and supportive. They will warmly greet you, answer any questions, and offer rental gear if you want to get on the court with them. There is no need to fear getting hurt; you will not be pushed outside your comfort zone and the team members prioritize safety first. Also, the first thing you will be taught when you join a roller derby practice is how to fall safely. Full



Dr. Priscilla Cha

transparency, immediately after being taught how to fall safely, I fell wrong, right on my tailbone. But even among strangers and even in pain, I did not feel judged and continued to enjoy my time with the crew.

"You're going to fall," said Priscilla, "and then get back up with your teammates."

Roller derby is played by two teams. The games are two 30-minute halves with two minute "jams" and each team fields one jammer and four blockers. The jammer's goal is to push through the opposing wall of blockers and complete as many laps around the court as possible, scoring points each time they pass an opposing player. The role of the blocker is to stop the opposing jammer and support their own jammer. The winner is the team with the most points at the end of the game.

Safety first is covered by more than the helmet, knee pads, and elbow pads. There

are strict rules about where and when a player can hit another player and referees to ensure the rules are followed. The number of people involved in a game is just one of the reasons roller derby is a great community sport.

Roller derby is known for its inclusive culture. Players have different body types, lifestyles, and interests. The ages of members on the OH Roller Derby Team range from twenties to fifties. While jammers are typically smaller and blockers are typically taller, there are also advantages to small blockers and large jammers. No matter your physique, there is a place for you on the court.

In addition to being inclusive, roller derby involves a lot of encouragement. Priscilla explained, "Encouragement can be hard to get on a daily basis at work or at home. At derby, we all support and encourage each other to progress and support each other when mistakes are made."





Priscilla also highlighted that derby is a great opportunity to do something different, interesting, and challenging that can get you out of your grind, give you something else to focus on, and clear your mind.

"Even the most confident person will have areas of weakness or even imposter syndrome," said Priscilla. But in roller derby, you will fall down and you will get back up, every time, with encouragement and support from your team. Priscilla explained further, "You start something new and you suck at it, but then you see yourself getting better, making progress, and getting encouragement. It builds resilience. Everyone needs resilience."

"There is no requirement to participate in games," said Priscilla. "We welcome anyone to come out to learn to skate and/or participate by being a referee,



scorekeeper or in any other way."

There are recreational and professional roller derby leagues all over the world. OH Roller Derby at Camp Humphreys is not intense; the group is casual, welcoming, and fun. Everyone is welcome to join when you can, even if you're just passing through

Camp Humphreys for a day or a short trip. The team is also happy to meet with you to support you if you want to start a chapter at another USFK installation.

The team plans on having practices more often at Osan Air Base to attract newbies there. Follow @OHDerbyKorea on Facebook and @OHDerby on Instagram to keep up with their practice schedule and join in the jam! You can also reach out to the email address if you are interested and have questions: ohrollerderbyrecruiting@gmail.com.

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James Akana / Heifer International

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THE FUTURE OF CROSSFIT IN KOREA

By Erin Henderson



If you have ever met someone who is into CrossFit, you know more than anything they love to talk about CrossFit — it's the number one rule when you start (not really, but kind of true). Since its arrival into the fitness world in 2002, it has drawn a dedicated almost "cult-like" following, as well as a myriad of critics.

The CrossFit Community in South Korea has been growing for over a decade. The CrossFit Regionals were held in Seoul in 2011. In 2013, CrossFit in South Korea was still in its infancy, which was problematic because a number of gyms advertised CrossFit classes but did not have licenses and were not official affiliates. This is sig-

nificant because CrossFit is a passion and expertise.

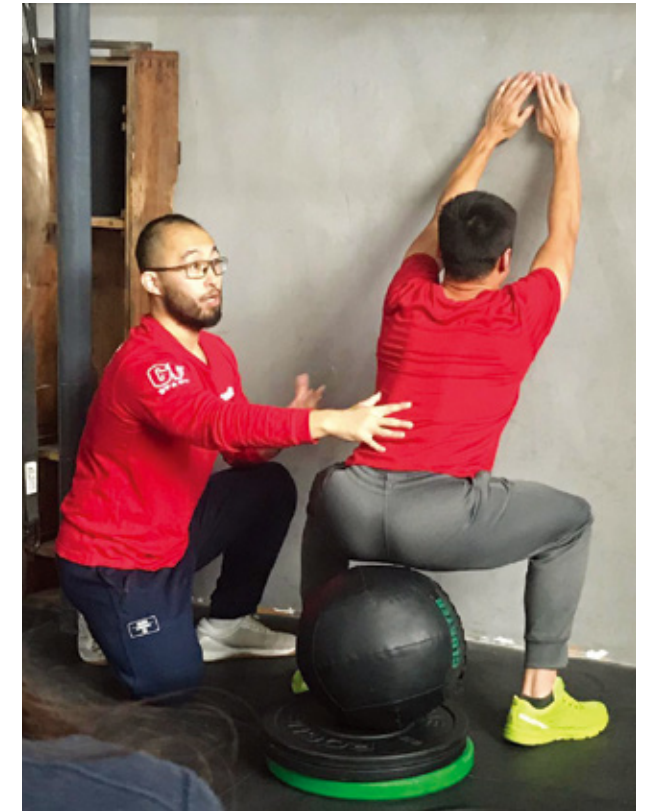
We reached out to a seasoned CrossFit veteran in South Korea to get his perspective on the growth of CrossFit in South Korea and to get his advice for anyone who wants to learn more about CrossFit.

Weon-woo Lee founded CrossFit in Australia fourteen years ago while working on his master's degree. A friend had recommended he try it to help alleviate the stress of grad school and he was immediately hooked. The idea that you could help people protect their health before they were sick was huge. Fast forward to 2022, he is now on CrossFit's seminar staff and the CrossFit Manager of Korea.

Weon-woo explains that CrossFit has positively impacted Korea because people have started enjoying looking after themselves and understanding that exercise is not just about losing weight or playing ball sports, it's a lifelong pursuit and it is fun!

"Exercise or training is simple but not that easy to do alone. Without coaching, super gifted self control, or proper knowledge, it's very hard to do it," said Weon-woo. "CrossFit is a proven methodology to protect our health and motivate people to keep a healthy lifestyle. It's more than the 'fittest on earth' documentaries you may have seen. When you pick a gym, the CrossFit affiliate is the right place to go. There are some gyms that have their own methodologies to make people succeed but it might not be a good experience, especially if they do not have CrossFit credentials or community. Overall, CrossFit affiliates with CF L1, L2, L3 or L4 coaches have a much greater likelihood of helping you achieve your goals."

In addition to exercise, Weon-woo explains that 70% of a healthy lifestyle is nutrition. "If we know what kind of food we need and how much we need to eat to support our lifestyle, we can avoid a lot of major health problems and play around with a fun and healthy life".



Give this workout from Weonwoo a try!

4 Rounds for Time
500m Row
15 Pull Ups
20 Push Ups
30 Air Squats



What is CrossFit?

Simply put from Weon-woo, it's a lifelong nutrition and exercise habit with FUN. If you are hesitant to try CrossFit or intimidated by it, Weon-woo recommends finding an affiliate around you and just trying it. He explains that the sense of accomplishment will be great, especially when you work through an exercise that you are struggling with. As a beginner, every movement can be scaled to meet you where you are at in your fitness journey. If you are worried about injury, with a good coach and a proper plan, your risk of injury is actually much lower than compared to other exercises.

CrossFit in Korea

First CrossFit gym in Korea: Opened in 2009
Current Number of Affiliates: 264
Five Year Projection: 400 Affiliates in Korea

Where you find Weon-woo Lee:

Instagram.com/sangun215
Weonwoo.lee@crossfit.com

CROSSFIT IS COMMUNITY

By Nicole Spitzack



My name is Nicole Spitzack. I am married to an Army Aviator and Mom to three kids. My family is the most important thing to me in this life. My word doesn't just mean something...it means everything. I am a Nutrition Therapist & CFLV2 Coach at CrossFit Osan here in South Korea.

I am dedicated to my work and the world around me. I believe that people matter and I've committed much of my professional as well as my personal life to serving whatever community I find myself to be a part of. I have a reputation for dreaming big, believing that the best is always yet to come, and rooting for the underdog. I challenge others to consider if they are doing

all they can be doing with their talents, strengths, and gifts. I genuinely want success and happiness for those around me. I love to travel, fly fish and deep sea fish, hike, see new places and meet new people, explore cultures, and adventuring.

My husband is the reason I took up CrossFit. He and his unit had been doing CrossFit for a bit. He was on deployment and we started doing CrossFit "together" as a way to stay connected. We both have a lifetime love for pursuing fitness and health. At the time, it was just Mainsite type stuff. Nasty Girls and Hero WODs and the grassroots CrossFit type workouts. We couldn't get enough and it proved to be a real blessing for our marriage. Thousands of miles apart, we were still

able to grow strong in our relationship as well as our physical bodies by completing the same workouts. Then when we got the opportunity to talk, we'd share how awful it was, compare times, and encourage one another. There is a "suffering" that happens in these workouts that somehow makes it feel like everything is going to be ok...even in face of the unknown. So much of it just really transferred over to real life for me and honestly CrossFit was a big part of what got us through deployment after deployment.

We slowly started to make the switch from GloboGym type training to CrossFit in 2007. I started utilizing the WODs with my personal training clients at the time and I started a small female only Garage Gym in our home shortly after. By 2009 we were ALL in. What started as three Army wives CrossFitting together grew to twenty women in a 700 sq ft Garage...to 150 in an 1800 sq ft Underground Affiliate...then to a 500+ Athletes 12,500 sq ft Family CrossFit Affiliate in Clarksville, TN. We had such growth and success that we began to help other Coaches in the area get their gyms established. It was an amazing time in that Community. There was such hunger for what we were offering...it is

truly humbling to look back on it now.

CrossFit is not merely a workout program. It is so much more than what you see on TV or Social Media. I can see how easy it would be to have misconceptions about CrossFit. A person watches some blooper or hears something and takes it to be true without having ever really explored the program themselves. Or maybe they have tried it and had a bad experience with an unaffiliated Gym or an under experienced Trainer. My recommendation would be to give it a second chance. Seek out an affiliate in your area with Coaches who exude passion, knowledge, and expertise.

CrossFit is like anything in life...It's hard work and you get out of it what you put in. The workouts will challenge you both mentally and physically. You'll get healthier by losing body fat and building muscle. CrossFit will give you a better understanding of who you are beneath the surface because it has a way of bringing things to the light. The people though...this is why you stay. Time and time again you'll find the people showing up not just for themselves but for you. CrossFit is Community and it's such a strong example of how we as humans are better when we come to-



gether for a common cause.

A common concern I often hear from women is they are afraid to lift weights because they fear they are going to look bulky or too muscular. There is definitely a misunderstanding of the amount of work it takes for females to both gain and maintain muscle. If you want to get bulky I can tell you this much...it is going to take extreme effort to get there! On top of hours and hours in the gym each day you're going to have to be eating a surplus of protein. Most women don't even come close to hitting the minimum amount of protein their body needs just to maintain muscle.

Trying anything new is going to feel intimidating at first. But there is nothing worse than the feeling of regret. Over the years I've had hundreds of women who have said to me... "Gosh I wish I had started this sooner!" Regret is time wasted. If you've been on the fence, just show up! Show up for yourself. Grab a friend to come with you. Contact the gym and let them know you're coming and that you're new. A good coach is going to do everything they can to put your mind at ease and help you feel confident on your first day. At the end of the



day remind yourself that it is just a workout and these are just regular people. Worst case scenario you hate it and you never go back. Best case scenario...CrossFit is just what you have been needing and looking for and you can't wait for the next WOD!

It goes without saying but it has to be said... Military life isn't easy. Moving every few years seems the only certainty. Being a military spouse, so much of our identity can become caught up in who our spouse is and what he/she does. Then you add in our roles as mothers/fathers... it can be all too easy to "lose ourselves," to feel alone and overwhelmed.

For fifteen years, CrossFit hasn't just been "that thing that I do." It has been where I go to seek strength in fellowship just as much as I seek strength for my body. CrossFit has literally been the bridge that connects me to other women. Women who are also looking to build

relationships, to stay healthy, and to continue being the best version of themselves they can possibly be. The demand and expectations on the shoulders of the military spouse are great. We've got to be ok pouring into ourselves so that we can continue to pour into our families, friends, and our communities.

In the pursuit of lifelong health and wellness, nutrition is the base of that pyramid. It is impossible to obtain health, fitness, or wellness without a strong foundation of nutrition. Years of experience, history, and research prove that what we consume has a major impact on our health in terms of disease prevention, healing, recovery, optimal performance, and overall quality of life. What we know is that a lifestyle that is full of deficiencies is a lifestyle that will soon lead to disease and injury.

If you're looking for advice to begin your journey of getting healthy and active, just start. Enough with the excuses. You owe it to yourself and everyone that loves you to just take that first step. We live in a time where it has never been easier to obtain information. Yet somehow due to all the misinformation out there, people feel less educated than ever before. Keep it simple. Focus on the science.

We know that a person needs to limit their processed food and sugar intake. So maybe a great place for you to start is laying off the take out food and sodas. We also know the body needs movement. Movement is medicine. Get outside. Go for a walk each day. Track your steps. There are so many ways to move your body. Maybe it's CrossFit, maybe it's Yoga, maybe it's Running. Whatever makes you feel happy and brings you joy is the thing you're going to stick with for the long run. So do that thing, whatever it is. Just don't over complicate it and stop doubting yourself. Fear is a liar. You are capable and you don't have to do this alone.

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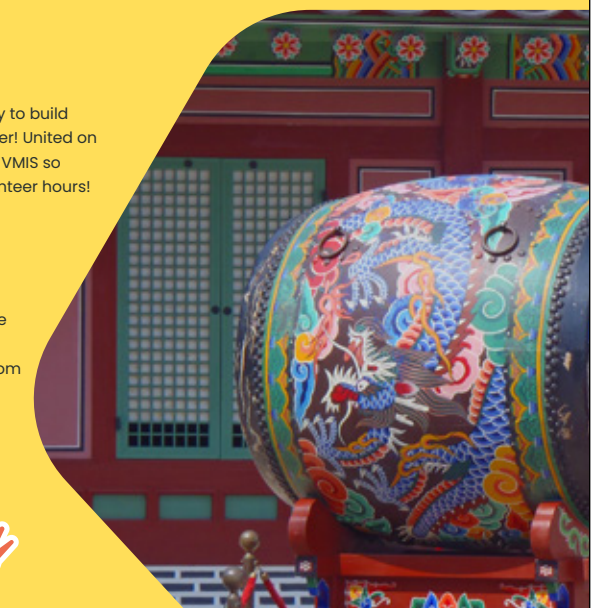
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United ON THE ROK





International Dharma Instructors Association (IDIA)

The Guide to Korean Culture and Buddhist Practice for Foreigners

Story by Shin Haebum
Photos by IDIA Media & Public Relations Dept.



My name is SHIN Haebum and I work at Osan Air Base. I am pleased and proud to serve at the USFK base because I respect soldiers. I believe that soldiers are ready to sacrifice themselves, they are healthy and have rightful values (Airman's three core values); Integrity first, Service before self, and Excellence

in all we do.

I would like to introduce to the US military and their families in Korea the International Dharma Instructors Association (IDIA), a Buddhist missionary organization to which I belong.

The International Dharma Instructors Association (IDIA) was established in 1998 as an affiliated organization of the Jogye Order of Korean Buddhism and was

established to contribute to the globalization of Korean Buddhism by preaching to foreigners at home and abroad based on the tradition of Korean Buddhism.

The Jogye Order of Korean Buddhism is a representative order of Korean Buddhism with a history of over 1700 years. The "International Dharma Instructor" refers to a person who has received that status by the Jogye Order of

Korean Buddhism after completing the missionary training course and selection test. The IDIA is made up of the members who have gone through this selection process.

The IDIA is composed of various departments.

The Templestay Department is in charge of directing and interpreting foreign languages during templestays at the request of foreign embassies and various organizations in Korea. If the USFK and their families are interested in a templestay, please contact our organization so we can plan and provide a suitable program for you.

The Dharma Talk Department plans monthly English dharma talks. Usually, eminent monks give dharma talks in English, or when the talks are in Korean, English interpretation services are provided.



Buddhist lantern festival parade in celebration of Buddha's birthday, April 2022.



The International Department's role is the exchange of cultures and ideas with various overseas organizations, the provision of translation and interpretation services according to international and domestic needs, and the coordination of official events in which foreigners participate.

The Lotus Lantern Department is in charge of arranging and gathering audiences for the Lotus Lantern Parade and Lotus Lantern Making Event for foreigners.

The Multicultural Activities Department is established based on the Buddha's compassion and philosophy of harmony and aims to support immigrants who left their homeland and strive for their dreams and hopes in a foreign country.

Friends, would you like to know about Korean traditional culture and Buddhism? Through the traditional practice of Korean Buddhism, you will find true happiness, peace of mind, stability, and lead a healthier life.

The IDIA is waiting to hear from you. We hope you will experience the true value and wonders of Korean Buddhism.



IDIA Contact Information:

Website: <http://idia.or.kr>

Email: idia.seoul@gmail.com

Address : 3F, 67, Ujeongguk-ro, Jongno-gu, Seoul

Tel.: +82-2-722-2206, Fax.: +82-2-722-2203

Jogye Order of Korean Buddhism

Website: <http://www.koreanbuddhism.net>

If you are at Osan Air Base, you are welcome to reach out to me at any time (Cell: 010-9082-7955, email: harry0017@naver.com)

Korea's Retiree Councils Fact Sheet



By Richard Deppe, LTC, US Army (Ret)

The Army Retiree Council is established as an integral element of the Total Forces Family to provide the command leadership with a means to receive support from and provide support to the retired community on relevant issues.

The purpose of the Army Retiree Council is to:

- Provide the Commander with insight into the issues and concerns of retirees living in the Republic of Korea.
- Provide the retired community with:
 - A means of participating and communicating with the active military.
 - A channel to analyze and influence decisions, policies and laws that affect retirees and to take part in programs concerned with retiree quality of life and well-being.
 - An opportunity to recommend approaches that will foster a strong communication between the active-duty community and the retired community.
- Provide an advocate/liaison that is linked to local Commands as programs are changed or developed that impact the retired community.

Korea Area Retiree Councils

1. IMCOM Area Councils:

- Areas I & II – Yongsan-Casey Retiree Council (YCRC)
 - Co-Chairmen:
 - SFC (USA, Ret) Carl Reed
 - SFC (USA, Ret) William Beatty
 - Contact: yongsan_rc@yahoo.com
 - Meetings: Second Thursday of the Month, 1130-1230, via TELECON. Military retirees from all services, all ranks, plus retiree spouses and widows.
- Area III – Humphreys Military Retiree Council (HMRC)
 - Co-Chairmen:
 - CDR (USN, Ret) Pavlos Kaltsas
 - TSgt (USAF, Ret) Gary McSwiney
 - Contact: humphreys_rc@yahoo.com

- Meetings: Second Thursday of the Month, 1130-1230, via TELECON. Military retirees from all services, all ranks, plus retiree spouses and widows.
- Area IV – Daegu Retiree Council (DRC)
 - Chairman:
 - SGM (USA, Ret) Malcolm Wolfe
 - MGySgt (USMC, Ret) John Behrend
 - Contact: daegu_rc@yahoo.com
 - Meetings: Second Thursday of the Month, 1130-1230, via TELECON. Military retirees from all services, all ranks, plus retiree spouses and widows.

2. Eighth US Army Retiree Council

- Chairmen:
 - LTC (USA, Ret) Pete Palombo
 - CSM (USA, Ret) Ralph Rusch
- Contact: eusa_rc@yahoo.com
- Meetings: Council meets quarterly. Council is comprised of representatives (leadership) from each garrison retiree council.

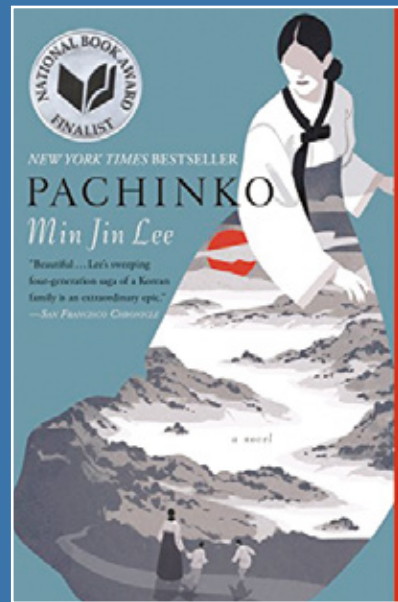
Retiree Links:

- RSO Korea Website: <https://www.rsokorea.org/>
- RSO Korea Facebook Group: <https://www.facebook.com/groups/rsokorea>
- TRICARE Around the World: <https://www.facebook.com/TricareOverseas>
- Military Retiree Assistance Office (Korea Focused): <https://www.facebook.com/Retirement-Services-Office-Korea-603673916356400/>
- U.S. Army Retirement Services: <http://www.armyg1.army.mil/rso/>
- Veterans Affairs: <https://www.va.gov/>

Meet Your Next Favorite Book!

Wondering what to read next?

Check out these books about Korean history, society, and culture!



PACHINKO, Min Jin Lee

A historical fiction novel that follows four generations of a Korean family who move to Japan in the early 1900s amidst Japanese colonization and political warfare. Sunja, the teenaged daughter of a crippled fisherman, falls for a wealthy stranger at the seashore. She discovers she is pregnant and that he is married. She refuses to be bought and instead accepts an offer of marriage from a gentle, sickly minister passing through on his way to Japan. Her decision to leave Korea, and to reject her son's powerful father, has consequences that echo down through the generations.

WINTER IN SOKCHO, Elisa Shua Dusapin

Sokcho is a tourist town near the border between North Korea and South Korea. The novel is set in winter and focuses on a young French Korean woman who works as a receptionist in a guesthouse, and the unexpected guest, a French cartoonist, who is determined to find inspiration in Sokcho.

TOWER, Myung-hoon Bae

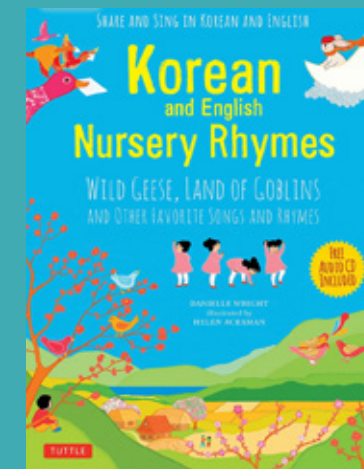
A collection of six interconnected stories set in a 674-story skyscraper. Through each story, the author explores who the residents deal with various influences of power in their lives.



CHILDREN'S BOOKS



This classic collection of Korean folk and fairy tales was first published in 1913.



This beautiful book features 14 well-known Korean children's songs and rhymes in Korean and English, and includes audio with recordings of kids singing in both languages!



This book of Korean folklore includes beautiful illustrations.

BUILDING CONNECTION THROUGH COMMUNITY

By John W. Michel, PhD



Busch Scholar and Associate Professor of Management at Loyola University of Maryland John W. Michel looks at why we are feeling disconnected in our communities and workplaces, and what we can do about it. Dr. Michel highlights three books that can help us develop a deeper understanding of the health and performance issue. He also highlights what leaders can do to foster higher quality connections and build a healthy work environment.

As a professor of management and a student of leadership. I have seen communities, organizations, and businesses thrive with strong leaders, inclusive language, and projects that involve many members. I have seen communities, organizations, and businesses suffer and sometimes fail, because of poor leadership and the absence of team building activities to enhance cohesiveness. Over the past few years,

connectedness in our environments has been impacted by Covid restrictions. Though the restrictions have been lifted in many environments, some organizations continue to be impacted by the long-term effects of isolation policies.

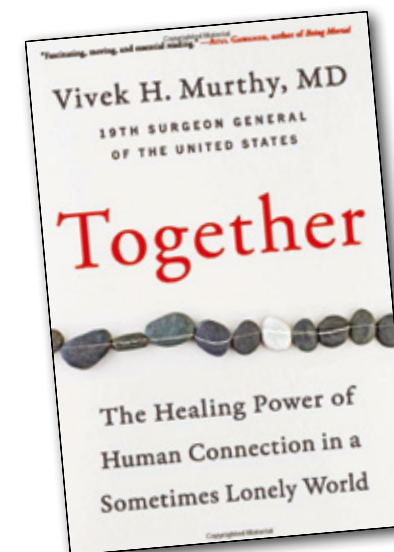
Headlines reporting decreased well-being and increased mental health issues are too frequently reported in the news. Such reports have become more commonplace following the COVID-19 pandemic, which disrupted routines and caused feelings of isolation as

people were required to remain socially distant from one another. Furthermore, social issues such as racism and political conflicts and financial issues such as rising prices due to inflation and an impending economic downturn are causing people to feel more stressed and less confident about the future.

Reports are showing that such issues are impacting people's mental health such as feelings of burnout, anxiety, and depression. Recent estimates suggest that approximately 20% of adults are

experiencing some type of mental illness, with approximately 5% suffering from severe forms of mental illness. Another mental health issue impacting people these days includes feelings of serious loneliness. In fact, some estimates suggest that more than 36% of Americans are feeling lonely.

Loneliness has become such an epidemic that Vivek Murthy, the 19th and 21st Surgeon General of the United States wrote a book entitled *Together: The healing power of social connection in a sometimes lonely world*, to explain why loneliness is a public health concern that

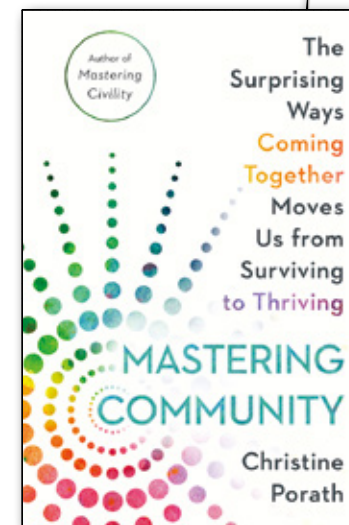


affects our health, performance, and explains much of the division and polarization facing our society. One of the central messages of the book is that developing strong social connections is one of the best ways to curb the loneliness epidemic and improve issues of mental health and wellbeing.

In her book entitled *Mastering community: The surprising ways coming together moves us from surviving to thriving*, Christine Porath, a professor at the McDonough School of Business at Georgetown University, argues that building a

community of social connections helps people thrive because they share a mutual concern for each other's welfare.

In her book *Partnering: Forge the deep connections that make great things happen*, Jean Oelwang explains that relationships become deeper overtime. When people share a purpose and develop a friendship, they become motivated to collaborate together to accomplish more than either can accomplish alone. Such "partnerships" also help people feel less isolated, happier, and maximize their potential to make a



difference together.

But what can leaders, organizations, and community organizations do to foster strong social connections among people? According to Adam Smiley Poswolsky in an article entitled "How Leaders Can Build Connection in a Disconnected Workplace," leaders can help to foster higher quality connections by: (1) giving people consistent opportunities to connect, (2) making it easier and safer for people to ask

for support, (3) helping to facilitate friendships at work, and (4) taking mental health seriously by providing opportunities for people to refresh and recharge.

Jane Dutton, Professor Emerita of Business Administration and Psychology at the University of Michigan, points out that leaders can lead-by-example by conveying a sense of value and worth to others at work. Leaders can also develop a trusting culture

where people are open, authentic, and dependable to each other. Finally, she argues that people can engage in fun activities with each other to foster a sense of friendship and belonging among people.

Although mental health issues are on the

rise and people are experiencing more loneliness than in recent memory, developing high-quality social connections seems to be an effective way for curtailing these issues. Such connections create community, forge bonds, and give people a sense of purpose, which helps them do great things together. As stated by Coretta Scott King, wife of Dr. Martin Luther King, Jr., "The greatness of a community is most accurately measured by the compassionate actions of its members."

For more information about John W. Michel, PhD and his work, visit <https://johnwmichel.wordpress.com/>

Beehive Military Lodge #66

District #21 Oklahoma Jurisdiction



"PLANTING SEEDS FOR TREES WHOSE SHADE YOU WILL NEVER SIT IN"

By Maritzalyn Mercado-Santiago

Beehive Military Lodge #66 District #21 Oklahoma Jurisdiction is a masonic organization that was chartered on June 19, 1991. Masonry is one of the most ancient fraternities to exist. It started off with actual stone masons building pyramids and other temples. Freemasons apply those lessons of building to life every day, to strengthen themselves for their communities. Knowing what it takes to raise a building — like patience, strength, and support — they lay the foundation for their members to become “living bricks to build up the community,” each other, and inspire greatness in others.

The organization's President Jimmy Scoggins spent part of his childhood in South Korea as a military child. He developed an interest in masonic organizations from volunteer experiences he had as a teen through the Keystone Club. Scoggins recalls the feeling of making other kids happy resonating with him. That experience drove him to complete his schooling and return to Korea where he accepted a position at the SFC Paul R. Smith Youth Center. He fondly describes seeing a lot of himself in the youth with whom he interacts. Understanding first hand the challenges of being a military child, Scoggins is dedicated to creating a safe space for teens to grow and flourish.

The slogan of the Beehive Military Lodge is “plant seeds for trees whose shade you will never sit in.” Each person who comes through the lodge understands that it's not about them; you will grow, learn, and you will become someone who others look up to.

Scoggins describes this as “planting a seed in others. You may not see them bloom and blossom,



but know that it is happening. It's about knowing the ripple effect you have on those around you and more importantly those who are coming after you. That is why we must always hold ourselves in high regard, you never know who is watching and who you're influencing.”

Beehive Military Lodge #66 held a fundraising event in mid-November at Camp Humphreys, selling burgers,



hotdogs, and plates of chicken. In addition to building community, the purpose of the event was to raise money to purchase toys and clothing for Korean Kids and Orphanage Outreach Mission (KKOOM) and the Children's Hospital.

There are four other lodges in the area (located at Camp Casey and Camp Humphreys) and they rotate volunteering and fundraising opportunities to avoid overstepping and ensure each lodge has an opportunity to create impactful moments throughout the community. Freemason members come from all walks of life and include all ranks within the military.

The Masons do not hold recruiting events but they are always accepting new members. Scoggins said, “Some people see us out, interacting with community members and feel like that's the brotherhood that they're missing. If you feel called to this organization, you'll know.” He went on further, referring to the old adage, “To be one, ask one.”

It was easy to recognize after speaking with various members at the event that most gain more than they expect when they become a mason. Senior Warden (SW) Ronald Spencer (three years into his masonic journey), said that before he joined the organization, he felt self-sufficient, like he didn't need anyone else, and like his life was in order. Nevertheless, he often saw the Masonic brothers in the community giving back and volunteering and felt drawn to join. Through the organization, he has found volunteer opportunities and a brotherhood with like-minded individuals. Spencer expressed gratitude to his wife for being supportive of

his involvement with the organization. She often volunteers alongside her husband.

The Beehive Military Lodge #66 holds fundraising events about every two months and has many monthly volunteer opportunities to give back to the community in line with their humble mission, to improve the conditions of people in the community through simple interactions.

The organization will be collecting toys until the second week of December for KKOOM and the Children's Hospital. They are also hoping to participate in the annual gift-wrapping event at the Main Exchange at Camp Humphreys.

If you would like more information on how you can make a donation and help them reach their fundraising goals, you can contact them through their Facebook page “Beehive ML Sixty-Six” or by email at beehive-ml66@gmail.com.

“The beehive is one of the most ancient symbols known to man and is an emblem of industry. It admonishes the practice of that virtue to all created beings, from the highest seraph in the heavens, to the lowest reptile of the dust. It teaches us, that as we come into this world rational and intelligent beings, so we should ever be industrious ones; never sitting down contented while our fellow-creatures around us are in want, especially when it is in our power to relieve them without inconvenience to ourselves”

— Johnathan Swift

Science of Snow & Snow Sports:

What is snow and how can we make the best of the winter season?

By Maritzalyn Mercado-Santiago

Winter is here and opportunities to enjoy the season abound. From skiing and snowboarding to curling up under a blanket and enjoying hot chocolate, winter is the perfect time to get cozy and enjoy the beautiful season. Early morning sunlight hitting the fresh snowfall, the picturesque image of snow hanging from the trees, catching snowflakes on your tongue, building snowmen and seeing animal footprints; these are just some of the reasons why winter is truly magical. Let's make the best of the unavoidable cold season and learn about snow, science, and how to turn those feelings of dismay into excitement!

In the film, *The Nightmare Before Christmas*, the main character Jack Skeleton looks at a snowflake and asks, "What is this?" This is snow! Snow is precipitation that forms when water vapor freezes. It is not frozen rain, instead it's a crystallization of ice that typically forms in the clouds. Two specific atmospheric conditions must be present for snow to form. If temperatures drop below 0°C (or 32°F) and there is sufficient humidity in the atmosphere, the water vapor condenses directly into ice without going through the liquid stage. Then, once the ice crystal has formed, it absorbs and freezes additional surrounding water vapor in the air, growing into a snow crystal, which then falls to the ground.

Since snow requires two atmospheric conditions to occur in order to form, there are places where it doesn't snow. For example, in historically warm environments, there is significant moisture in the air, but the temperatures rarely get low enough to create snow. In many desert areas, it can get quite cold in



the winter but there's hardly enough moisture in the air to produce snow. Snow is primarily found in high altitudes and high latitudes, which typically means the mountainous regions of the Northern and Southern Hemispheres.

My family is lucky to come from an area prone to heavy snow and blizzard conditions. The western New York region is surrounded by the Great Lakes, border-

ing the United States and Canada and we experience a phenomenon called Lake Effect Snow. Lake effect snow occurs when cold dry air passes over the lakes where it picks up moisture and heat from the water. That heated air rises, cools, and the moisture condenses to form clouds. If enough moisture is present, it will produce snow once that air cold front meets the land. Japan and Korea experience a similar phenomenon, however, instead of lakes the snow producing moisture comes from the surrounding oceans.

Forms of snowfall:

- Snowflakes – Clusters of ice crystals that fall from a cloud.
 - Snow pellets – Opaque ice particles in the atmosphere: they form as ice crystals, fall through supercooled cloud droplets, and then freeze to crystals. Snow pellets are typically soft and crumbly.
 - Sleet – Drops of rain/drizzle that freeze as they fall
- * Fun Fact: Hail, while frozen matter, is not considered snow.

We know what snow is, but what can we do when the snow comes? One option is to hit the slopes! Snow sports can teach you so many things such as balance and physics, and all while having a good time enjoying the snow and weather. My family enjoys snowboarding and snowshoeing. While snowshoeing isn't super common here, snowboarding and skiing are popular sports! Snowboarding is a physics study in potential and kinetic energy. You need energy to do any work, which is why the ability to do any work is energy. Potential and kinetic energy are forms of energy that can be converted into each other. Potential energy is stored energy and kinetic energy is the energy of an object (particles) in motion. A snowboarder uses the laws of gravity to build speed and keep their balance and they use physics to gain speed and height in jumps.

Envision this, a snowboarder starting down the halfpipe has potential energy, that's their starting point. This converts into kinetic energy when the snowboarder drops into the halfpipe (in motion) until the snowboarder jumps, when it is then converted back into potential energy, this is due to gravity slowing them back down in the air. The earth's gravitational pull brings them back down into the halfpipe where the energy



will convert back into kinetic energy. In short, the taller the starting point, whether it's a halfpipe or a trail on a hill/mountainside, the more gravitational energy the snowboarder stores at the top (the more potential energy they gain) before they drop into the ride down, using their kinetic energy.

We arrived in South Korea in December 2021 and we made it our mission to get on the slopes before the season ended. Through sheer dedication, we joined a bus trip to Phoenix Snow Park in Pyeongchang County. Phoenix Park in Pyeongchang hosted the 2018 Winter Olympics and around town there are plenty of photo opportunities! Our one-year-old at the time had her first few small, guided trips down the trails while the 3-year-old and the twins (7 at the time) practiced stopping and turning down their trails. The kids were laughing and smiling throughout the experience, even when they fell.

My kids all started snowboarding when they were toddlers. None of them particularly excel at the sport, but that's not the point. It's all about the courage to go out and try, falling down and getting back up, and having a good time kicking up snow and landing in it. The fun experience snowboarding was heightened by the fantastic food at the resort, awesome live music, and warm hot cocoa. We even ventured a bit and floated around in the splash park before returning to our home that was still empty from our recent arrival but now filled with a wonderful new memory. There is so much fun to be had between simply playing in the snow, throwing snowballs, sledding down a nearby hill, or going out to the mountains for skiing and snowboarding. I hope the next time you see snow you'll pause and think, "This is an opportunity" with a smile on your face. Get out there and start enjoying the weather!

Plan a Visit

Phoenix Pyeongchang
강원 평창군 봉평면 태기로 174
<https://naver.me/5LoDjC9l>

Reference:

Snow. (n.d.). National Snow and Ice Data Center. Retrieved November 12, 2022, from <https://nsidc.org/learn/parts-cryosphere/snow>



Homeschool Science Experiment

Start the discussion by asking your homeschooler what makes good snow and where in the world they have seen snow, or other people can see snow. Using their imagination, encourage them to think about all the things they can do with snow, such as have a snowball fight, make snowmen or snow angels, or throw it in the air and watch it come back down. Discuss the physical properties of snow: what does it feel like, what color is snow, and what temperatures are best for snow. We are going to test these observations with different recipes for fake snow.

Snow Recipe 1 – baking soda and shaving cream

Mix 1 cup of baking soda with 1 cup of shaving cream. Mix with a fork. Add a few drops of water until the mixture takes on a snow-like appearance. You may need to add a little more water or baking soda depending on the humidity of your room.

Snow Recipe 2 – baking soda and white conditioner

Mix 2 1/2 cups of baking soda with 1/2 cup of white conditioner

Engage with your budding scientist about which one seems more like snow and why?

*Please note that you can purchase "Insta-snow Powder" on Amazon and 'test' that snow for further in-depth analysis regarding polymers with your older scientists!



DECEMBER HOMESCHOOL HOLIDAYS



5TH

National Read a Book Day.

Consider getting some bath paints, or bath fizzies and even some glow sticks and let your kids have fun in the bathtub. Psst! After they are in bed, it is time for you to enjoy a nice relaxing bath with bath salts, a good book, and something refreshing to drink.

10TH

Dewey Decimal System Day.

Another great day to visit your Library and learn about the Dewey Decimal System. There are several videos online you can also check out to learn more!

16TH

National Chocolate Covered Anything Day.

Let your imagination go wild and have a fondue night! Strawberries, bananas, pretzel rods, and marshmallows are all a hit at my house.

Festive Finances for a Fabulous Future

By Jean Miller



*Last Christmas I gave
you my card...
The very next day, you
maxed it away.
This year, to save me
from tears, I'll give you
financial classes.*

There is always so much to do at the end of the year. Festivities abound and joy is in the air. As holidays draw near, there is usually one thing on our minds: presents, presents and more presents! The Year 2022 has not been the easiest for finances but we've gotten through the \$10 baskets of mushrooms, above \$5/gallon prices of fuel, the decreasing COLA, and so much more. However, let us not forget the past and our hope for the future either.

What brought you to where you are today? The past. Where will you go from here? The future. That is why even though we should revel in the present and be happy with what we have achieved, we should always learn from the past and plan for the future.

So before you go on to prepare for the holidays and spend money on presents, decorations, and food, spend five minutes reflecting on your financial story. Think about what you did in the past, where you are today, and what you would like to change. Would you like to continue on this financial trajectory or are there things you want to change to help you reach your financial goals?

CPT Mark M, one of our very own soldiers here in Korea, shared his amazing financial journey with me. Despite being young, his wise financial decisions have put him on a path to financial stability and success. Mark estimates that since he started his career, he has multiplied his net worth exponentially. Instead of blowing his promotion pay increases on things

he does not need, Mark has abided by a few solid principles he has shared here to help you with your finances.

First, invest your money now. "Invest now and relax later," says Mark. One of the key concepts behind building your earnings is that Time is Money. For finance geeks like me, you would have heard of the 'Time Value of Money' (TVM). It means that a sum now is worth more than the same sum in the future because it has the potential to grow. For example, \$100 now is worth more than \$100 in five years' time. Why? That is because \$100 now, if invested right, could possibly grow and be \$200 in five years' time. If someone asked you if you wanted \$100 now or \$100



Jean Miller is a military spouse and a Licensed Professional in the Financial industry.

in five years' time, give me his number because I want it too! Seriously though, take it now and invest it. You may have more than \$100 in five years' time! Remember this: if you hesitate and procrastinate, you might just stagnate!

Second, Mark points out that you also need to "invest in the right things." There will always be people running high on trends and Reddit gossip. However, the key to making wise financial decisions is learning to think long term. Be patient. Also, know your specific situation and goals. Think about it, even married couples can have different risk tolerances. Your spouse might be willing to risk a lot more than you, or vice versa. Therefore, it is very important to remember that everyone is different. If you do not know what to do, seek advice from a professional who will customize

advice to your circumstances. Do not get stuck following the herd!

Last but definitely not least, "start life insurance early." Mark shared that he is very happy that he bought permanent life insurance when he did. Why? That is because life insurance is a big thing. It is a necessity for someone who has not yet had the time to accumulate wealth to protect their loved ones. Now if you've got millions in the bank and properties paid off everywhere, you would be called self-insured. However, for the vast majority, mortgages, car payments, credit card debt, and student or personal loans are common. Even though ignorance is bliss, we cannot ignore the fact that these debts get passed on to our loved ones

if something happens to us. Even if you're debt free, the fact is that the family would lose one source of income with a tragedy. Life insurance is a "decent safety net" says Mark. It is also a great source of tax-free money for the beneficiary.

Do you know the difference between Temporary and Permanent life insurance? Do you want to know what you're paying for every month with Servicemembers' Group Life Insurance (SGLI) and what to do for insurance after the military? These are common questions that need to be answered. If you're someone that says "I don't want to worry about this and I don't have the time," send me an email.

Even if you want to do it all yourself, it's worth your time to seek out a financial advisor and make sure you're covering yourself in other areas. For example, to make sure you've got safety nets in place, and Plan B and C just in case. Remember this saying: "hope for the best, plan for the realistic and prepare for the worst."

So, just in time for the holidays, before your mind wanders off to presents, decorations, parties, hot chocolate, reindeers with red noses, and sales galore, take some time to think about what you want for your future and how you want your finances to change. Think about it before swiping your credit cards and take the time to speak with a financial advisor. Trust me, it pays off.

If you have any questions or would like to share your financial story, please write to helpingmilmfams@gmail.com.

Welcome to the Republic of Korea!
Here is some basic information to help you get around in the Land of the Morning Calm.

Emergency Numbers

- 119 Fire and medical emergencies that require an ambulance
- 112 Police
- 1339 Korean Help Center for Disease Control (foreigner helpline that provides information about first aid and diseases in English, Chinese, Japanese, Vietnamese, and Mongolian)
- 1345 Immigration (for simple immigration-related questions)
- 1331 National Human Rights Commission of Korea (for questions related to human rights law and social justice in Korea)

Holidays - 4 Month Outlook

Korean Holidays

- 25 December – Christmas (기독탄신일 or Gidoktansinil)
- 1 January – New Year's Day (신정 or Shinjeong)
- 22 January – Korean New Year (설날 or Seollal)
- 1 March – Independence Movement Day

US Holidays

- 19 December – First Day of Hanukkah
- 25 December – Christmas
- 26 December – Kwanzaa
- 1 January – New Year's Day
- 7 January – Orthodox Christmas
- 13 January – Korean American Day
- 16 January – Martin Luther King Jr. Day
- 2 February – Groundhog Day
- 14 February – Valentines Day
- 20 February – Presidents Day

Main Airports

Incheon International Airport is the main airport on the RoK, located on the coast west of Seoul. It is one of the busiest airports in the world and is full of entertainment for travelers with time before, between, or after flights

including a spa, a golf course, a casino, an ice-skating rink, and much more.

Other airports include:

Jeju International Airport
Gimpo International Airport
Muan International Airport
Yeosu Airport

National Suicide Prevention Crisis Line

Commercial: 1-800-273-8255/080-855-5118
DSN: (315)263-8255/118
Chat: www.veteranscrisisline.net/get-help/chat

This Month's Cultural Spotlight

Dongji (동지, 冬至) is the winter solstice, which falls this year on December 22. Winter solstice is the day with the shortest period of daylight and the longest night of the year. It is not an official holiday but is traditionally celebrated, especially by farmers, as the return to spring. A traditional dish eaten on Dongji is patjuk (팥죽) red bean porridge.



Is there information you think is important to include to make life easier? Share your ideas and suggestions at unitedontherok@gmail.com!

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SUV

HYUNDAI TUCSON ₩85,000~



Full-size
SUV

HYUNDAI PALISADE ₩160,000~



9
Passenger
Minivan

KIA CARNIVAL ₩110,000~



12
Passenger
Van

HYUNDAI STAREX ₩100,000~

- Best Price Guarantee
- Free Cancellation
- 24/7 Roadside assistance

K-CAR
RENTAL

**Reservation
Center**
031-618-6112

**Customer
Center**
010-7676-8233



Photo taken of an eatery in Kalguksu Alley at Namdaemun Market, the largest traditional market in Korea (Photo by Caitlin Ward)



No matter where you're filing taxes, Block has your back.

At H&R Block, our highly-trained international tax experts take the hassle and confusion out of expat tax prep. We'll guide you every step of the way and double check your return for accuracy so you can get back to your life abroad.

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HOLIDAY EVENTS

AT DRAGON HILL LODGE IN USAG YONGSAN

CHRISTMAS ACTIVITIES

Come see our lovingly decorated hotel lobby, and enjoy making gingerbread houses and storytelling with Santa on the weekend!

CHRISTMAS BUFFET

Join us for our annual Christmas Buffet on the Mezzanine, featuring a carving station, holiday favorites, and delectable desserts.

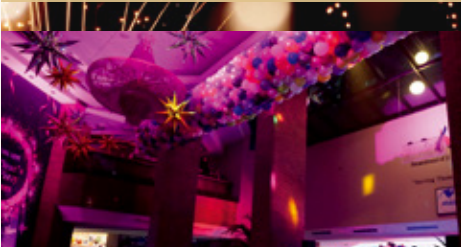


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