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eptides are short chains of amino acids that promote collagen and elastin production, and reduce the appearance of wrinkles and fine lines. The result is radiant and younger looking skin. Hyundai Pharm has been studying the efficacy of peptides to make skin appear more radiant and youthful. After twenty years of experimentation, Hyundai has produced a customized peptide composed of twenty species, of which seven have been patented.

Using the patented peptides,
Hyundai Pharm has launched a
Labcle series, which includes Labcle
Peptide Cream Skin Moisturizing
Toner, Labcle Prestige Peptide20
Ampoule, and Labcle Peptide20
Cream, each with an exceptional
content of 1500 ppm. Labcle
Peptide20 Cream and Labcle Prestige
Peptide20 Ampoule are cosmetics

that can moisturize and improve skin elasticity, supply nutrients, and remove wrinkles all at once. Peptide Cream Skin Moisturizing Toner provides basic moisturizing and will allow the skin to maintain moisture without stickiness.

The three products of Hyundai Pharm have demonstrated their ability to repair the appearance of damaged skin through various human application tests conducted at the OATC Skin Clinical Test Center and the P&K Skin Clinical Research Center.

In one study, after using Labcle Peptide20 Cream for four weeks, users saw a reduction of wrinkles and improved skin elasticity. Labcle Peptide Cream Skin Moisturizing Toner was found to help maintain skin moisture for 100 hours when used once in a moisturizing durability test.



LABCLE PRESTIGE
PEPTIDE20 AMPOULE

HYUNDAI PHARM INTRODUCES LABCLE PRODUCT LINE

yundai Pharm Co.
Ltd. has launched a
unique new product
line onto the Korean Cosmetic
Market. Labcle embodies
that company's dedication
to improving health and is
the result of over 20 years of
research by Hyundai Pharm
CEO Lee Sang-Jun.



FUNCTIONAL COSMETICS RELEASED AFTER 20 YEARS OF RESEARCH

Online Purchase: thelabcle.com

he effectiveness of Labcle product has extended to the beauty market. Labcle Toner held the top spot for ten weeks in the cream-toner section of the beauty review platform Glow Pick and ranked first in the cream-toner section of the 2021 Glow Pick Awards held at the end of 2021. Labcle Cream products held the top sport in the Glow Pick anti-aging category for fourteen weeks. Labele products also scored 4.48 out of 5 on HwaHae, the top beauty platform in Korea.

Read customer reviews and learn more about Labcle products on Instagram and YouTube; popular webtoon writer Walga produced a work titled "Labcle" and cosmetic YouTubers Min-Jung Kang and Lucy Park produced a video title "Labcle." The Lable Toner products has been referred to in product reviews and beauty community platforms as "life toner."

Hyundai Pharm plans to expand from the Korean cosmetic market to the United States and other overseas markets in 2023.







LABCLE PRESTIGE

-eatures

SEPTEMBER 2022



Resetting My Career Timeline

Mildret Powell discusses how her career and kids were impacted by the pandemic and the choices she made for herself and her family.



Janelli Lemon on the Key to Survival

Janelli Lemon opens up about the importance of a support network for spouses, service members, and families, at every duty station.

Suicide Prevention Awareness Month

Kat Holdston shares her experience with loss, handling crisis, and support resources.







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United on the RoK is a civilian magazine distributed monthly at all USFK installations. We publish real stories, experiences, and information about resources, organizations, initiatives, homebased businesses, health, cooking, fashion, entertainment, recreation, and more! We're here to help you get connected. If you're interested in writing for United on the RoK, reach out to unitedontherok@gmail.com

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/\// MUSIC&ART CALENDAR



SEP14

Alan Walker Live in Seoul

Jamsil Indoor Stadium www.globalinterpark.com



OCT08-09

Seoul Forest Jazz Festival 2022

Seoul Forest Park www.globalinterpark.com



OCT15

Al Di Meola Jazz Trio

LG Art Center (Signature Hall) ticket.yes24.com



SEP17

2022 Kenny G World Tour Concert in SEOUL

Sejong University Daeyang Hall www.globalinterpark.com



OCT10

Myung Whun Chung & One Korea Orchestra

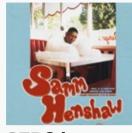
Lotte Concert Hall www.lotteconcerthall.com/eng



OCT15-16

Blackpink World Tour [Born Pink] Seoul

(Olympic Gymnastics Arena) www.globalinterpark.com



Samm Henshaw Live in Seoul

Seoul Nodeul Island Live House ticket.yes24.com



OCT12

Klaus Mäkelä & Orchestre de Paris

Lotte Concert Hall www.lotteconcerthall.com/eng



OCT19

The Zurich Youth Symphony Orchestra

Lotte Concert Hall www.lotteconcerthall.com/eng



ONGOING)-OCTO1

Olimpia Zagnoli Special Exhibition : LIFE IS COLOR

Sejong Museum of Art www.sac.or.kr



OCT14

Sir Simon Rattle & London Symphony Orchestra

Lotte Concert Hall www.lotteconcerthall.com/eng



OCT27

Years&Years Live in Seoul

Yes24 Live Hall ticket.yes24.com



EDITOR'S NOTE

"Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you"

- Misty Copeland

eptember is an exciting month with a sense of beginning and opportunity in the air. Whether you are new to the RoK, started a new job, joined an organization, refreshed your look, or are redefining your routine, everything ahead of you will be more enjoyable and bearable with people in your corner. This month's Better Together issue includes articles that highlight the importance of building a support network, reaching out, and being present.



In one of the feature articles, veteran Janelli Lemon

encourages spouses to build a support network and reach out when help or a pick me up is needed. Kat Holdston shifts the focus to service members in her article on suicide prevention, warning signs of suicide, and support resources available to anyone experiencing a crisis. In both articles, the message is clear: our support networks are our key to surviving and thriving.

Robyn Connell shares information about how and why you should get connected with her group, Doin' Stuff With Robyn and Dana. This is a great support group, open to everyone, that provides countless opportunities to make friends, explore Korea, and have fun doin' stuff.

Jetta Allen provides us with her monthly guide on how to develop a support network, this month with a focus on school-age kids. Maritzalyn Mercado-Santiago provides support for the Homeschool Network in her article series, this month with



fun engineering projects. Cassidy Sloan shares information about the supportive homeschool community in Area IV.

Jason Kalinowski shares his journey of becoming a published author. He emphasizes that his success did not happen overnight and encourages you to continue chasing your dreams.

Mildret Powell, featured on the cover with her family, shares how she and her family were impacted by the pandemic and the choices she made that enabled her to provide stability for her kids, and that led her to discover an untapped talent. Her decisions and dedication to her career and family demonstrate the indefatigable strength of military spouses. The support she received from family, friends, and the community at large drives the point home - we are better together.

Whether your support starts at home, with friends, or with colleagues, the importance of support networks cannot be overstated. Let's talk. Let's listen. Let's keep our doors open for each other.

Caitlin Ward

United on the RoK Editor in Chief

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COMMUNITY

CHAT

What is
the most significant
thing you have learned or
figured out in Korea?



Deea Slinger

is difficult to pick just one thing as the most significant thing I have learned or figured out in Korea because there are two factors that have influenced my time here over the past three years. First, I am a huge history fan, and I was excit-

ed to learn more about Korea's history and culture.

One of the things that resonated with me the most is the resilience of the Korean people against invaders. Visiting the War Museum in Seoul had a deep impact on me. Coming from Romania — which has seen its share of occupations — freedom, safety, and fighting for your beliefs are extremely resonant concepts. The struggles and perseverance remind me of where I come from and how important it is to stand your ground.

Second, I have learned how a community and subculture are born. I didn't know anyone when I moved to the Republic of Korea, apart from my husband, but I found a community of friends among service members, government employees, contractors, and spouses, who come together despite their differences and varying backgrounds. Third, you must make the choice to step out of your box and get involved in the community around you! Life in a foreign country can either make you bitter or better! I have learned to choose the latter.



Aaron Summerville

wouldn't say that this last experience lead to a great epiphany or anything of that nature, but life seems to give me random reminders that no matter where we're from, or what culture we are raised in, we're all not that different. On a recent cycling trip from Seoul to Busan, my companions and I stopped at a rest area for a short break. While I was waiting for my friends to come back out, two boys and two girls came out. They all couldn't have been more than 8 to 10 years old. The boys ran up to me and began speaking in Korean to each other. They both looked at me, made pedaling motions with their hands, pointed at the bike, then pointed at me. I nodded my head up and down and smiled at them. They then began flexing their biceps and pointing. After a few seconds of thinking that they were just remarking on how strong I must be, I realized they were asking me to flex for them. I flexed for them and they started cheering. Meanwhile, both of the girls rolled their eyes in exasperation and walked away from the scene. I couldn't help but laugh and think to myself: "here I am, literally half way across the world, and little boys and girls are still very much interested in the exact same things as little boys and girls in the States, with the exact same reactions no less. It's small moments like these that comfort me and make me feel close to home no matter where I am in the world.'



Brian Godfrey

think the most important thing I have figured out is to not be afraid to try new things. Whether it be food, events or just interacting with people of a different culture. Since I took that step forward, my time here in Korea has become so much richer."

he first thing that comes to mind is not something I learned, rather an aspect of Korean culture and society that caught me off guard. Koreans are extremely warm and kind to babies and children. I love how many Koreans go out of their way to stop and say hello to kids. There are endless things for families to do throughout the country. The daycares and kindergartens are also amazing."

Vacqueline Schweiger Bowen



66 Being connected to the community is key in Korea! When you are halfway When you are halfway around the world from home, even if it is the most awesome place imaginable and you love it, it is key to be intentional about being connected to the community. Community supports us, lifts us up, and helps sustain us when times are hard. A community can be found in loads of places in the military such as a Spouses Club, Chapels, PWOC, workout groups, sports teams, unit coffee groups, online hiking or travel groups, just to name a few. The key in Korea is to find places for community and be connected. Plug-in! Doing so will definitely power you up and power you through your time here, and keep you going when you move on to your next destination.



Evelyn Gee

Morelia Bonner

he biggest thing I've learned out here is the strength of community. Many of the Koreans in my neighborhood are longtime friends and take care of a garden in front of my patio. They all take shifts and move as a team. They sell the food grown in the garden at stores, the 3/8 market, and sometimes they give the food to friends. While watching them one morning, I thought to myself, "If you want a friend, be a friend." I have been blessed to find people who were willing to help me in my time of desperate need, no questions asked, and the community work in the garden reminded me to pay it forward. Doing something for or with others, out of the kindness of your heart goes a long way toward building friendships and a sense of community."

66 T have learned a lot of things while being in South Korea. The most significant thing I have learned is how to use public transportation. Korea has a great public transportation system. There are trains, the Metro, and buses that provide residents with a comprehensive, seamless transportation experience across the entire country. You can easily access schedules and ticketing information, in multiple languages, online and at train stations. This is very helpful as not everyone has their own vehicle so the reliable public transportation provides everyone the opportunity to get around and experience Korean culture, explore the country, and be present in the Korean daily life.'

Christine Lurhuma



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SUPPORT NETWORKS ON THE ROK

Support for School Age Children and Their Families

By Jetta Allen, Founder Humphreys Diverse Abilities Support Group



month we will explore support networks for school age children and their families. Insights and experiences are shared by Humphreys Central Elementary School PTSO President Jean Bower, DoDEA School Advisory Committee Parent Representative Kim Day, and five parents — Carolyn Pickering, Rosa Lindsay, Elizabeth Arata Warrington, M. Santiago, and myself — who made support networks work for them! From public education to homeschooling, "Support Networks on the RoK" covers a little bit of everything this month!

School Engagement and Support From Day One

Schools on the RoK are a vital part of a thriving community. Jean Bower,



President of the Central Elementary School
Parent Teacher Student
Organization (PTSO)
says that school support
in all its forms "makes
you feel welcome and a
part of the community."
She also says "families
here and those coming

into our community feel welcomed when they are included, engaged, and supported." Our schools are a pillar of community support and it is important to know how your school can support you!

When coming to a new community, I recom-

mend meeting with your school's administration team. Get to know the team and the school your student will be attending; ask for a school tour and about the school's goals or mission statement. This will help you understand what is important at your student's school and how you can support these priorities at home as well. School administrators can also tell vou what resources are available at their school for student and family support. Always communicate what you need from your child's school; self-advocacy is key to success!

The Department of Defense Education Activity (DoDEA) is the local education or school agency on military installations. DoDEA has many avenues of support for students and families, including those who homeschool, you just have to get connected!

One of the many amazing resources is your

School Liaison Officer (SLO). SLOs are the primary point of contact on an installation for pre-K -12th grade school-related matters. Their purpose is to assist families whose children's education may be affected by the unique aspects of military life. SLOs provide information, resources, and referrals to military families; provide school transition assistance; and act as a support during deployments. SLOs can also provide information and assistance to military families who choose to homeschool or to enroll in private, charter or online schools.

Every duty location and military branch offers the SLO program to military and military-connected families to help meet the educational and developmental needs of students. Wherever you are, connect with your SLO and get support for your child's transition to a new school in the RoK or to a new one as you and your family leave the RoK. Let your SLO help you.

Voices in Action: School Advisory Committees and the Local Interagency Coordinating Council

Once you are settled into your new community and school, get involved with the School Advisory Committee. In the United

States many schools have a School Board, but overseas, the DoDEA equivalent is the School Advisory Committee, which is composed of parents, teachers, and other stakeholders who have a vested interest in students receiving quality education at the school. Here your voice has power.

Each school has their own School Advisory Committee. Some accomplishments of the Humphreys School Advisory Committee include: creation of a sensitive handling document policy, adding student representative voices to the commit-

tee, creation of a PTSO for the high school, creating a high school swim team, creation of an International Club to welcome UNC families, creation of a functionally safe Kiss and Drop area, restriping community crosswalks, and adding lights to poorly lit roads students use.

The School Advisory
Committee is a place to
make positive impacts for
change. To get involved,
email your administrator,
teacher representatives,
and parent representatives today. Come to
the quarterly meetings
ready to share your ideas
and communicate your
concerns. Everyone in the

community is welcome to attend and engage with the School Advisory Committee.

Another way to have your voice heard is through the Local Interagency Coordinating Council. This council is mandated through the Part C of the Individuals with Disabilities Education Act as well as MEDCOM Regulation 40-53. In October 2020, Area 3 opened their first official Local Interagency Coordinating Council to the public. It created a space for families to discuss their current and future needs.

The mission of the Local Interagency



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Coordinating Council is to ensure communication and collaboration among family support agencies in meeting the needs and addressing concerns of individuals with disabilities and their families. The council aims to exchange information, facilitate coordination, and problem solve to improve the EFMP community. If you are a parent, caregiver, or community agency partner supporting a child ages 0 to 21 with a disability or impairment, the Local Interagency Coordinating Council is a great resource for having a positive impact on the community for students.

Through the efforts of the Local Interagency Coordinating Council, Humphreys has developed more inclusive community programs that include sensory friendly times, parent training from DoDEA and EDIS for areas of special education and child development, resource guides for individuals and families with needs, and equine healing and art therapy experiences for the community at no cost have been offered. Don't discount your participation, get involved today, get informed, and stay in the know so you can be supported!

If you want more infor-

mation about the Local Interagency Coordinating Council, contact your Special Education Case Manager, local EFMP office, or the friendly staff at the Educational and Developmental Intervention Services. Your support is just around the corner.

Individual Student Needs

If you have a child with an individual need such as an impairment, disability, language need, or even a gifted student, there are support networks out there for you and your student.

In 2020, seasoned special education parent Carolyn Pickering at USAG Humphreys founded the Humphreys Diverse Abilities Support Group, a parent and volunteer-driven organization that aims to support, shape, and create a sense of inclusion for families and individuals with a disability, impairment, and/ or any type of need in the military community within South Korea.

Pickering has two children with individual needs attending DoDEA schools."Time is fleeting," she says, "especially when it comes to your child's growth and development. There is no room to be a passive observer; get out of the gate strong by establishing communication

with your child's team and Case Managers in the first weeks of school."

The Humphreys
Diverse Abilities Support Group is over 550
members strong, meets in person, and has a virtual engagement platform on Facebook. The group is open to all incoming families and those who may be leaving the RoK who need support. Pickering is a founding member who acts as an administrator and group facilitator.

"It is challenging to navigate the systems, so lean into the resources including the Humphreys Diverse Abilities Support Group and the staff with the Exceptional Family Member Program," says Pickering.

The Humphreys and Osan Exceptional Family Member Program offices have been offering more programs in the way of family and student engagement. In the last three months, the Exceptional Family Member Program between Osan and Humphrevs has offered trips for families, sensory play times for two age groups, nutrition classes, and has even hosted a speed and agility workshop. These staff members also offer clients services such as educational support. resources and information, and family needs assessments for the entire family's success.



Another great resource is the Student Support Team. Rosa Lindsay, a spouse of an active duty service member, is raising a bright and gifted learner. She reached out to the Humphreys Diverse Abilities Support Group who recommended the Student Support Team to evaluate her child's accelerated learning and develop learning options. Rosa saw the benefits of her child's evaluation immediately when her child was provided with learning options that matched his ability, interests, and challenged him academically. Working with the Student Support Team, she found best practices she can use for life, like

 What will my child's learning environment look like?

askina:

- Will it allow him to think outside the box?
 Be creative?
- Will it support his emotional needs?
- Will it boost his self-confidence?

The Student Support Team at your school offers support for students and sometimes families through counseling, access to psychologists, creation of 504 Accommodation Plans for students with disabilities and impairments, school health services, help with bullying, and even transition planning. You can

get connected and supported with a simple call, email, or dropping by in person at your student's school.

Parent Teacher Student Organizations

DoDEA Parent Teacher Student Organizations (PTSO) goals include promoting the welfare of

can participate in PTSO events!

This year, the Hum-

phreys Middle School
PTSO helped fund the
school dance and supported a mathlete team.
The Humphreys Central
Elementary School PTSO
held STEM nights for
families and sponsored
the building of a "Little
Library" by the local Girl

Homeschooling families are welcome at the School Advisory Committee and Local Interagency Coordinating Council. They are also eligible to receive support from the School Liaison Officers, EFMP, and the Educational and Developmental Intervention Services. Additional support is available through the Humphreys Area Homeschool Co-Op. This cooperative offers both in person support and educational options for students through

Homeschooling

on the Rok (Homes-

chooling Groups and

Auxiliary Services)

Director Elizabeth
Arata Warrington said the mission of the Humphreys
Area Homeschool Co-Op is to "provide weekly, essential developmental opportunities to homeschool students in order to foster academic growth and community involvement, in a positive social setting."

cooperative learning as

well as a digital platform

for engagement through

Facebook.

At the Humphreys
Homeschool Area CoOp, Elizabeth found "an
amazing group of parents
that welcomed us, there
was no intimidation, and
they helped me navigate
homeschooling for the
first time." These new
parents she met reas-



children and youth in the home, the school, and the community with engagement and support. Parents can engage with PTSOs at their schools in a variety of ways. You can volunteer a little here and there, you can join the board, and you

Scouts Silver Award Team Cadette Troop 730. To stay up to date on all the PTSO fun and connect with your PTSO team, follow your local school on Facebook, become a PTSO member, and subscribe to an email list if they have one.

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sured her that "there is no wrong way with homeschooling and everybody has a different method to homeschool and that 'different' is ok!"

The Humphreys Area Homeschool Co-Op is supporting parents near and far in the RoK and they want to support you on your homeschool journey! Elizabeth shared that through the support, she found pertinent information to support her homeschooling experience as well as "friendships for herself and children, enrichment, fun, education, and socialization."

DoDEA offers various services for eligible homeschool students as outlined by the DoDEA Administrative Instruction 1375.01. Between auxiliary services and resources such as "textbooks, workbooks, scheduled standardized testing, library access, after hour school facility usage, and participation in music, sports, and other curriculum activities and interscholastic activities" there is bound to be something that can support your student (DoDEA, 2021). If you are interested in finding out what auxiliary services you are eligible for, contact the principal at the school and corresponding grade level you are

zoned for if you were to attend in person.

Eligible homes-chooled students can also benefit from Individualized Education Programming Services provided by a DoDEA school, to include a Special Educator, Speech Pathologist, or Occupational Therapist. Again, contact the administrator at the school your child is assigned to and get the support you need.

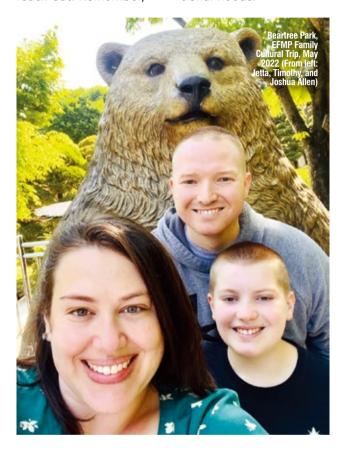
M. Santiago is a military spouse and also homeschools her children. She has used DoDEA's auxiliary services for educational evaluations and speech programs. This has allowed her to provide "flexible and more experiential learning" for her children, while also ensuring their unique needs are met by a professional from the school.

Using School Support Networks to Your Advantage

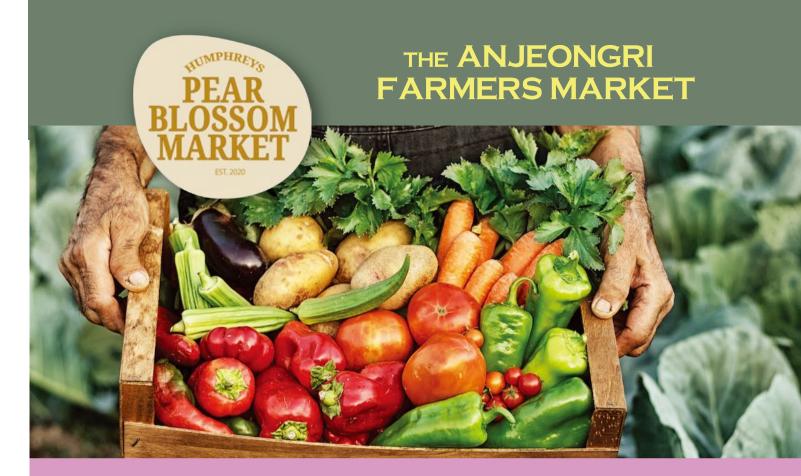
M. Santiago encourages new parents and caregivers to reach out. "Always look for support groups, they are out there. Join in the meet ups, even if transportation is an issue, people will help you." She went on to say that "extracurricular

groups are great for broadening educational experiences." The key is connection. You have to get connected with people who can help.

If you are looking for support in your area, reach out! Remember, when a family succeeds, our community thrives. Let's get you connected and thriving! Next month, I will share information about developing a support network for children with exceptional needs.







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DOIN' STUFF WITH **By Robyn Connell**

oving can be a real challenge. Whether you're moving because the military says it's time, or you're here by choice; whether you're single or you're here with your family...it's tough! And it's not like you just moved a state or two away from your support system... you're halfway around the world in South Korea! How many people asked you if you were moving to North Korea or South Korea? So let's begin with HATS OFF TO YOU! You made it! And to the right Korea!

It can be intimidating, coming to a place so far away. Especially if you don't speak the language. And the alphabet isn't even letters! GAH! Eventually you'll figure out where to live, and how to get around. You'll find that there is a lot of English spoken, so it's not impossible to communicate. It's not always easy, but not impossible. So now you're ready to venture out a little...stick your toe in the waters of Korea and see what it's all about. But where do you turn? You don't know anyone, and you don't know where anything is or how to get there. Well, look no further...join our Facebook page called "Doin' Stuff with Robyn and Dana." What in the world is that, you ask? Let me tell ya...

"Doin' Stuff with Robyn and Dana" is a Facebook page run by, you guessed it, Robyn and Dana. We are both seasoned military spouses stationed at Humphreys. We have both been stationed in Korea for a few years and we like to get out and adventure around. The page actually started when we took on the role of Activities Chair with the Humphreys United Club a few years ago. It was a place we could run the program without cluttering the Club page with all our trips and antics. Once our time was up with the Club, we "disassociated" ourselves and our page with the club, and became a group for anyone to join. We welcome military, civilians, retirees, locals and their families. We don't really advertise, so our group has grown by word of mouth.

We were first called Adventure Club, then changed over to "Doin' Stuff with Robyn and Dana" because we didn't want to mislead people into thinking we were only an adventure group. We got comments like "Why isn't there more hiking?" or "When are you planning a trip out of the country?" We're not a travel agency; we're just two spouses who like to get out there and do stuff...hey, that sounds like a catchy name!







Korea is so amazing that you'll be surprised how quickly your time goes here and you just won't have time to do all the things you wish you'd done.

In the past few years, we have hosted all kinds of things, such as:

- A number of craft nights, where we worked with Korean Hanji Paper and made lamps, trays, picture frames and storage boxes. We also did painting, sewing, fabric ribbon flowers, and strung beaded necklaces and bracelets.
- Cinco de Mayo Party
- Farewell Party
- My Favorite Things Parties
- Strawberry Tea and Buffet
- Hosted Paint and Sip Nights

We have also hosted trips to:

- Happy Pots and Cheongju Shopping District
- Day trips and overnight trips to Seoul
- Osan AFB
- Dapsimni Antiques Market
- Toy Alley
- Dongdaemun Market
- KoJeon Antiques
- Yesan Apple Festival
- Dongmyo Flea Market
- Garden of the Morning Calm
- Namdaemun Market





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- Ice Fishing Festival
- Purse Heaven
- Jeonju Hanok Village
- Haesindang Park
- Korean Baseball Game
- Costco
- Night Shopping in Seoul
- Premium Outlet Shopping
- Icheon Ceramics Village
- Seoul Folk Flea Market
- Pottery Trips to Yeoju Pottery Village. So many pottery trips!

Our bus trips usually leave from the walk out gate at Humphreys and return to the same location, so you can leave your car parked inside or outside the gate. There is also a bus stop and a taxi stand, so if you want to take the bus or a taxi, that's an option as





well. The majority of our trips are for adults. If we're going to a Winery or a Booze Cruise, then obviously we ask that you leave the kiddos at home and enjoy an adults-only excursion. However, we do have trips and events that are for the whole family.

We typically ask for events to be pre-paid, so that we can keep the number of cancelled events to a minimum. Because we are personally funding events, and then getting reimbursed from ticket sales, it's imperative that we make enough to cover the cost of the bus. Again, we are not "sponsored" by any organization, so if we can't get enough interest in a trip to pay for the bus, we have to cancel the trip.



We also partner with "Bug's Craft Corner" for some of our craft nights. Bug is a 12-year old student here at Humphreys who has a true talent for crafting. She leads craft classes and donates her proceeds to local shelters and rescues!

The stuff we organize are open to everyone so whether you're based at Humphreys, Osan, Mujuk, Casey, Henry, or any other USFK installation, join our FB page and join us! This is a great way to meet people, make friends, have experiences to write home about, and explore Korea.

So what are you waiting for? We welcome you to join our page and if you see a trip or an event that you think you'd like to join us on, please do! Ask

us all the questions! Bring your family, bring a friend, or come by yourself. Even if you don't know anyone, you're bound to make friends at our "gatherings" and no one has ever had too many friends! Whether you're single or coupled or married, new to Korea or been here for years, shy or outgoing...get out there and DO STUFF!



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Heyri Art Village

By Caitlin Ward



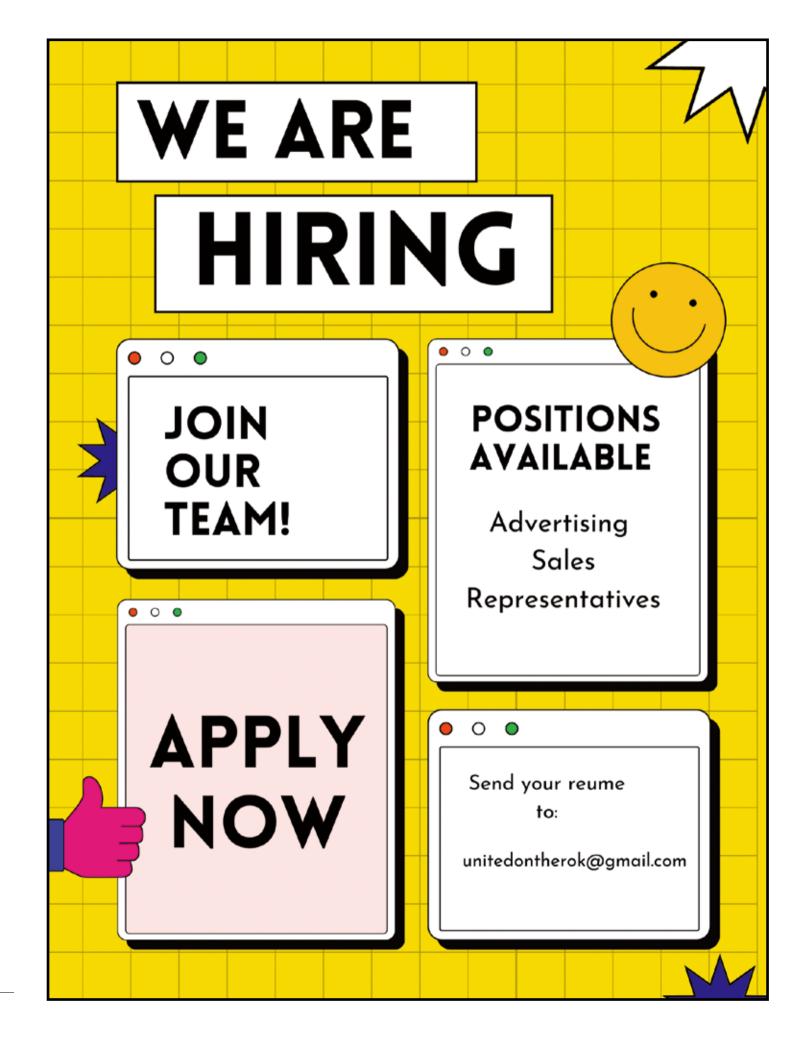




Inimsical, colorful, imaginative, inspiring, and quirky. Tucked in the unification hill district of Tanyhyeom-Myron in Paju, Heyri Art Village is the largest art community on the RoK with residences, workrooms and galleries for artists, museums, and performance spaces designed by artists. The name Heyri is derived from a traditional farming song of Paju. Art festivals are held in Heyri in Spring and Autumn. While you're there, check out the Odusan Unification Observatory where you can see and learn about North Korea.

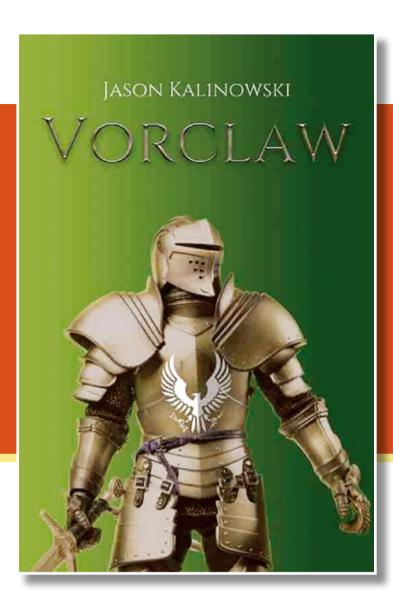






Becoming a Writer -The Journey of Making Fantasy Reality

By Jason Kalinowski US Air Force Veteran





writing was never really meant to be a business, it was more of a

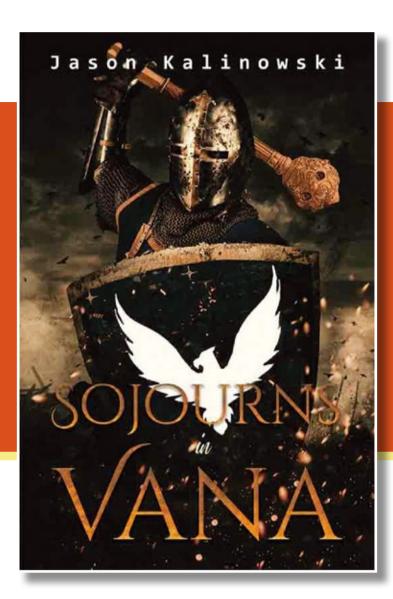
dream I developed back in 1991 as I entered 12th grade — I am aging myself. At the end of high school, some people know what they want to be when they grow up. I wanted to be a writer — a Dungeons and Dragons, Lord of the Rings, fantasy writer — but it took a long time to get there!

I was not a great writer when I started out. I could spin a tale or two from my experiences with fantasy role playing games, but when it came to writing, my grammar was atrocious. But I was really good at electronics. With no known prospects after high school, and zero clue on how to become a writer, I joined the US Air Force and became an avionics technician on fighter jets.

My job was a thrilling experience that I genuinely loved. However, the most wonderful part of my service experience was the day-to-day exposure to various cultures, languages, dialects, foods, values, and beliefs and appreciating the different perspec-

tives and talents each individual soldier brings to our community. The wonderful variety of cultures, languages, dialects, foods, values and beliefs in our military and day to day experiences, make it possible to truly experience and learn how much diversity there is in the United States.

The military gave me the opportunity to go to different countries. Whether deploying for months or short temporary duty assignments, I often immersed myself in the cultures while also crafting my passion for writing. I would wordsmith stories and



About the Author:

Jason was born in Pittsburgh, Pennsylvania in 1974. Since he was eight years old, he delved into science fiction and fantasy, following the works of J.R.R. Tolkien and Gary Gygax. His favorite book is Great Expectations by Charles Dickens. Jason began writing during his deployments and trips as a member of the United States Air Force. After travelling across Europe and the Middle East for over 24 years in the military, he is putting writing at the forefront of his life. Jason's true motivations are his daughters Eve and Ella who are avid readers!



develop characters during my deployments and TDYs. Inspired by the locations I was sent to, I created cities, towns, and countries that enriched my stories (and kept me out of trouble).

After 24 years of military service and much editing, I drafted four different manuscripts comprising a series. I originally submitted them to two different publishers. One publisher declined, explaining they were not taking on new writers. The other company, Austin Macauley Publishing, replied on 20 March 2020:

"Your manuscripts were brought to our attention at the latest Editorial Board meeting where we discussed the potential for publication. Having read the reports and taken notes of the Editors' opinions, we can confidently state that your works were found imaginative and immersive reads that will undoubtedly captivate a wide audience."

Two years later, I published two books with them: Vorclaw and Sojourns in Vana.

I am sharing my experience with you to tell you that I did not become a published author overnight. While some can achieve success overnight, my success was hard fought. My dreams and aspirations developed over time through experiences and mentorship. Through my military service, I became a good writer and over the years I had great mentors.

The point of my tale is to remind you to never quit chasing your dreams, even if they seem so far away.

You can learn more about me and my books at my website: https://jasonkalinowski.ampbk.com/

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USAGSO, Daegu Troop 82100

By Ashley Courts USAGSO, Daegu Troop 82100, Secretary



1925, Lone Troops on Foreign Soil began in China, and consisted of a

single troop with only 18 girls. Now, nearly a 100 years later and under a new name, USA Girl Scouts Overseas (USAGSO) the group consists of over 12,000 girls throughout more than 90 countries; girls who are creating memo-

ries and gaining life experiences that will forever be a part of them.

Our troop here in Area IV is no different. Daegu Troop 82100 consists of many girls of different ages and walks of life, who have found common ground and a place to come together to share the Girl Scout promise and live by the Girl Scout Law. The mission of Girl Scouts is to build courage, confidence, and character, while trying

to make the world a better place.

Daegu Troop 82100 is considered a "multi-level troop," which means that all of the Girl Scout! levels are represented within this one troop. As of July 2022, we have girls ranging from grades kindergarten thru ninth, but the troop is open to any girl up to grade 12.

Our troop is fortunate enough to have amazing support from our local MWR and our community.

Impacting the World One Community at a Time

This year, the girls were able to raise enough money from fundraising events to help cover the costs of badges, vests, and field trips. Events such as Area IV Fire and Safety Event, Kringlefest, and gift wrapping at the PX helped to fund opportunities for the girls to experience and explore Korean culture.

They began their year by learning hands-on how to make gimbap, which is a Korean favorite. Next, the girls attended a Pizza School where they learned how to make pizza and cheese from scratch. They also attended a Ko-

rean pottery class where they were able to create their own unique masterpieces. After a very successful cookie season, selling almost 3,000 boxes to our community, the girls were able to end their year with a trip to E-World. The troop donated the leftover cookie boxes to community workers around Camp Walker and Camp Carroll.

With grants from the Daegu Spouses Club and from USAGSO, Troop 82100 was able to purchase brand new camping gear and attend a family camping event.

In addition to enjoying places

throughout Korea, Daegu Troop 82100 worked together to help better our community. Each level within our multi-level troop completed a Take Action Project, which in its simplest terms, is a project that will have an ongoing impact within the community.

Daisies (grade 1 and 2) learned the importance of gardening and created a flower garden at the Camp Walker Chapel.

Brownies (grades 2 and 3) helped the Soldier Memorial Chapel's Holiday Food Pantry by making donation boxes and plac-

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ing them throughout the community. They collected and donated the items to the Camp Walker Chapel to be given to community members in need.

In partnership with Mr. Johnson at the Camp Walker Community Activities Center, the Juniors (grades 4 and 5) created a Rock Garden, to share kindness and boost morale within the Area IV community for years to come.

Cadettes (grades 6 through 8) explored the environmental con-

cerns where they live. They chose to focus on the air quality affecting their daily lives here in Korea. Once they learned about the negative effects of poor air quality, they researched how to improve the air around them. They presented their findings and a video to their fellow Girl Scouts at our Earth Day event and are working on a pamphlet to give to newcomer families, so everyone is empowered to make a difference.

Thank you to the Area IV

community for your unwavering support and to the amazing volunteers who selflessly stepped up to ensure these girls would be given opportunities to learn and grow. From learning how to make pizza and cheese from scratch at Pizza School, to conquering fears at E-World, the Girls of Daegu Troop 82100 have gained experiences and created memories that will last a lifetime.

For more information, please email daegugirlscouts@usagso.org



WANT

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WHAT **YOU GIVE**

Share information about your organization, initiative, resource, upcoming or past events, experiences, adventures, favorite recipes, home-based business, or lifestyle tips!

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Articles, flyers, and high resolution images may be submitted to unitedontherok@gmail.com

WHAT **YOU GET**

This is a great opportunity to build your resume and volunteer! United on the RoK is registered with VMIS so contributors can log volunteer hours!



Chuseok with Signature Toods

Courtesy of Korea Tourism Organization



huseok is one of the year's most important traditional holidays. It is celebrated on the 15th day of the eighth lunar month. Chuseok is often referred to as Korean Thanksgiving Day. It's a celebration of the harvest and thanksgiving for the bounty of the earth. Family members from near and far come together from all over the country to share food and stories and to give thanks to their ancestors. In 2022, Chuseok Day falls on September 10. The day before and the day after are also part of the holiday.



Chuseok is a symbol of the richness of Korea. There is even a saying, "Wish not for more or less but that every day would be like Chuseok." The holiday occurs during fall, the season of harvest, and is naturally the time when one eats the most while relaxing after the hard physical labor of bringing in the crops. Upon the arrival of Chuseok, families gather to make songpyeon (half-moon rice cake) and feast on japchae (stir-fried glass noodles and vegetables) and other traditional Korean holiday dishes.

To celebrate Chuseok like a Korean, try making one of these Korean foods. Experience the holiday at home by making and sharing the recipes with your family.

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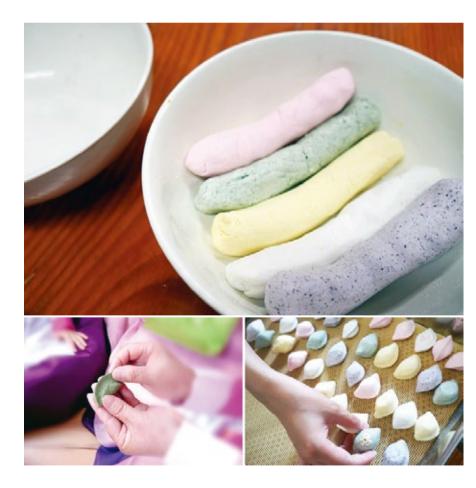
Songpyeon - chewy and aromatic rice cake

Songpyeon is one of the quintessential dishes that appears at every Chuseok gathering. Songpyeon is a type of rice cake, made of rice dough filled with beans, sugar or other nutritious ingredients and then steamed. The rice cakes get their name and signature scent from being steamed over a bed of pine needles ("song" means pine in Korean). The shape and filling of songpyeon varies according to regions but the most common ones are bite-sized and in the shape of a half-moon.



Making songpyeon

- 1. Mix hot water with non-glutinous rice flour to make the dough.
- 2. Flatten the dough in a round shape with a depression in the middle. Fill the depression with your ingredient of choice then fold in half and seal the edges together.
- 3. To make your songpyeon in a half-moon shape, start by forming a block shape. Press the top edges with your finger and thumb to create the half-moon shape.
- 4. Place a layer of pine needles on the bottom of the steamer, and put the completed songpyeon on top. Steam on high heat.



Full-bodied flavor, jeon

A variety of jeon (pancake) can be seen during Korea's holiday seasons. Jeon is made by mixing the ingredients of choice with a light flour batter and then frying in a pan with some oil. The ingredient used will completely change the taste. Jeon can either be made with a single ingredient such as dongtae jeon (pollack pancake) and hobak jeon (batter-fried summer squash), or a mixture of two to three ingredients such as haemul pajeon (seafood and green onion pancake) and kimchi jeon (kimchi pancake).



Making jeon

- 1. Thoroughly clean the green onions and then cut into approximately 10cm-long pieces.
- 2. Mix egg, water and Korean pancake flour to make the batter.
- 3. Once the batter is complete, add the ingredients (chives, carrot, shrimp, squid, etc.) and mix well.
- 4. Pour the pancake mixture into an oiled pan and fry until the edges turn brown. Flip and repeat on the other side.



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Japchae - harmony of meat, vegetables, and noodles

Japchae is yet another dish that is often present during festive days in Korea. Japchae is a compound word of the Korean words "jap" meaning mix, and "chae," from "chaeso" which means vegetable. Japchae is generally made by mixing various vegetables together with meat and glass noodles.

Japchae may seem like a relatively easy dish to cook, but it requires a lot of work. Each of the vegetable ingredients must be sliced into small pieces and lightly cooked, either boiled or stir-fried, separately before being stir-fried together one last time. It is a long process but you'll know it's worth it when you get to taste the harmony of flavors each ingredient brings.

Making japchae

- Cook glass noodles in a boiling water for 8 minutes.
 Rinse the boiled glass noodles in cold water with your
- dles in cold water with your hands and drain the water after.
- 3. Cut and fry the meat and vegetable ingredients separately.
- 4. Mix the rinsed glass noodles with seasoning sauce and simmer. Remove from heat after noodles have absorbed the sauce.
- 5. Mix the seasoned noodles with the stir-fried vegetables to complete the dish.





Tourists' favorite Korean dish, bulgogi

Bulgogi is a dish loved by Koreans and foreigners alike. This dish made of thinly sliced meat and vegetables mixed in a sweet marinade is the perfect choice for people who can't handle spicy foods. It is excellent in both taste and nutrition as it makes a good combination with fresh vegetables such as thinly sliced green onions.





Making bulgogi

1. Slice the vegetables (carrots, green onions, etc.) and meat into bite-sized pieces.
2. Prepare the meat in a marinade made of water, soy sauce, garlic, pear (may substitute with pineapple), sesame oil and sugar.
3. Cook the marinated meat and vegetables in a pan over medium heat.

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Nutrient-rich vegetable dish, bibimbap

Bibimbap is perhaps the most well known Korean food among foreigners. The dish is visually appealing, thanks to the use of ingredients in the five traditional Korean cardinal colors (white, yellow, green, red and black). Because the dish features a variety of vegetables, it is great meal choice for the health-conscious diner.





Making bibimbap

Slice the vegetables into bite-sized pieces. Also, boil the bean sprouts at this time.
 Stir-fry the vegetables, in the order of lighter colored to darker colored ingredients.
 You may also choose to brown some meat or prepare thinly sliced fried egg for garnish at this time.
 After stir-frying the vegeta-

bles, fry an egg sunny-side up.
4. Neatly arrange the ingredients atop a bowl of rice.

Korea's signature item, spicy and crunchy kimchi

Kimchi is the most famous traditional Korean food and an icon that well-represents Korea itself, as it accompanies almost every meal served in the country. Depending on the ingredients and methods used to make kimchi, as well as the fermentation time given, each type of kimchi has its own unique taste. Kimchi generally starts out with a crispness that eventually mellows out into a deeper flavor over time.







Making kimchi

1. Prepare a salted cabbage, radish and the seasoning ingredients (Korean red chili powder, fermented anchovy sauce, salted shrimp, ginger, garlic, sticky rice starch, anchovy powder and plum extract).

2. Mix the radish and the seasoning ingredients together. Add more Korean red chili powder for a deeper red color according to preference.

3. Holding the cabbage at a 45-degree angle, spread out the cabbage leaves one by one. Starting from the middle, coat each leaf and fill the space between with the seasoning. Repeat until you reach the outside layer.

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Chusook Calendar

The lunar month is the amount of time it takes for the Moon to pass through each of its phases from new moon to full moon to new moon - 29 days, 12 hours, 44 minutes and 3 seconds. The lunar calendar is used in Korea for the observation of the traditional festivals Seollal. Chuseok, and Buddha's birthday.

2022: 9 Sep to 12 Sep 2023: 28 Sep to 30 Sep 2024: 16 Sep to 18 Sep 2025: 5 Oct to 7 Oct 2026: 24 Sep to 27 Sep



Chuseok Greetings

Have a good Chuseok 추석 잘 보내세요 "Chuseok jal bonaeseyo."

Have a full-hearted and generous Hangawi. 마음까지 넉넉해지는 풍성한 한가위 보내세요 "Maeumkkaji neokneokhaejineun pungseonghan hangawi bonaeseyo."

Have a nice Chuseok with your family. 가족들과 함께 즐거운 추석 보내세요 "Gachokdeulgwa hamkke cheulkeoun chuseok bonaeseyo."

Have a happy Chuseok with a bright full moon. 밝은 보름달처럼 행복한 추석 보내세요. "Balkeun boreumdalcheoreum haengbokhan chuseok bonaeseyo."

Have a rich and leisurely Hangawi. 풍요롭고 여유로운 한가위 보내세요 "Pungyorobgo yeoyuroeun hangawi bonaeseyo."

Have a full-hearted Chuseok like the full moon. 보름달처럼 마음마저 가득찬 풍요로운 추석 보내세요 "Boreumdalcheoreum maeummaja gadeukchan pungyoroeun chuseok bonaeseyo."



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Emma Marie Baird Award for Outstanding Volunteer Service

By Caitlin Ward



rmy Community Services (ACS) stalwart Richard "Dick" Cathers was presented with the Emma Ma-

rie Baird Award for Outstanding Volunteer Service at the USAG Humphreys Volunteer of the Year ceremony in June 2022.

The prestigious award honors ACS volunteers for their time and dedication to providing quality programs and services to military families. Only a few volunteers are selected for the award worldwide each year. Nominees are required to have served at least 3,750 hours in a leadership position at ACS over a period of five years, and have the endorsement of the installation commander or equivalent.

The award was established on August 29, 1988 in memory of the late Lt. Col. Emma Marie Baird who served in the Women's Army Corps, worked in Army Emergency Relief during WWII, and became the first woman assigned to the U.S. Military Academy staff during her 24-year military career. In the 1960s, Lt. Col. Baird was selected to create the Army's official Family assistance program and she became known as the "mother of ACS."

At the Volunteer of the Year ceremony, USAG Humphreys Garrison Commander Seth Graves explained "Volunteering



is helping others, it's leading by example, and it is adding to our legacy of USAG Humphreys being an assignment of choice." The Garrison Commander's remark underscores the significance of the award and Dick's impact on the community.

Dick has volunteered with ACS since he moved to Humphreys in September 2019. His passion for helping people drew him to ACS,

a training and readiness program meant to help families integrate with Army culture. Dick currently serves as the Employment Readiness Program volunteer, where the focus is on helping with everything related to employment.

Dick covers the waterfront, including job search support, resume writing support, posting open positions via email and on the ACS Facebook page, and conducting the Home-Based Business training class twice a month. He also plays a large role in preparation and follow up to the job fairs hosted quarterly by ACS.

"My goal is to help as many people as I can," said Dick. "I enjoy helping people and it is really motivating when you see the results of your assistance pay off such as a client landing a job."





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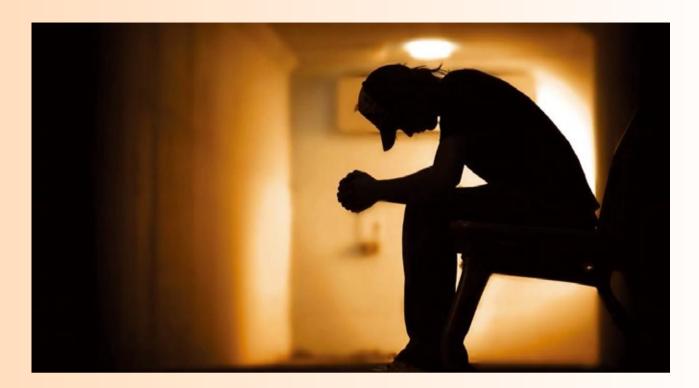
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박문서 변호사 (MUN SU PARK, Attorney-at-Law, JD/Ph. D.)

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OUR ROLE IN SUICIDE PEVENTION

By Kat Goldston

uring my career in the military, I have perceived a cultural shift on how suicide is discussed. In the early 2000s, it was extremely taboo to talk about getting help or to even consider that someone might be struggling with behavioral health issues. Since then, military leaders have worked arduously to normalize conversations about behavioral health and to promote the programs designed to assist Service Members and civilians.

One of the hardest times I have experienced dealing with suicide was a few years ago. I woke up and saw a goodbye video from the 1SG of my very first unit, who had retired several years

TRIGGER WARNING:

In this article, the author writes
about her experience with the loss of a friend to
suicide, her own suicidal ideation, and how she
found support. Talking about suicide is tough. It's
also incredibly important that we talk about it. In
reading this article, you are providing support for
this courageous author who has opened her
wounds in service to others. When we talk about
suicide and when we listen, we are
providing a safe environment
for each other.

before. I knew in the back of my mind, this probably wouldn't end well, but still hoped that he would be found in time. As the day progressed, I went through my normal routines, and then shortly before lunch, I got a phone call from a battle buddy who told me that they had found our 1SG, but they had not found him in time. It hit both of us hard.

We talked and listened to each other. We recounted our memories with him and everything he taught us. We agreed that he was the strongest and most stubborn man either of us had ever met.

After spending some time with my friend, I got back into a good head space and returned to training. While on break, one of the Soldiers had questions about foot hygiene due to dealing with

prolonged exposure to water. Being a medic, I had spoken before with Soldiers on this issue.

As I discussed trench foot and other related injuries my mind retreated to memories with my 1SG in Afghanistan and losing him hit me all over again. I remembered everything he had taught me as a medic and an NCO. While I did plenty of things to highly annoy him, being the annoying junior enlisted that I was, he had his own way of

showing us that we mattered to him and that we were all important.

Sometime later, I found myself again in an extremely difficult place. I was in the throes of losing my job, my marriage, and the family dynamic with my children, all within a week of each other. So there I was, an SSG with unknown status of work, I lost my spouse and family, and I felt like I had completely failed. I remember having a plan, a timeline, and I was sadly at peace with everything. I was in a dangerous place. I remember moving everything out of my home into storage or into my ex's home and living in an empty house with nothing but a sleeping bag, and then going to bed feeling that tomorrow would be the day.

I woke the next morning to discover one of my Soldier's needing help. I worked with my Soldier through his issue and after I hung up the phone with him, I hit rock bottom hard. I cried for a long time but I felt like I still had a purpose and I didn't feel like this was something I needed anymore. It took a great deal to recover. I spoke with Behavioral Health both in the military and Veterans Affairs. My new unit was a huge help along with a lot of my battle buddies from previous units.

Suicide affects far more than just that one individual, it affects everyone who is connected to that person; from my 1SG who I served with to my Soldiers who I served with. Our families, friends, and Soldiers we work with are always affected by our actions. If

you have a deck of cards and you lose one of the cards, that deck is no longer able to be used the way it once was. In that exact way, if I lose a Soldier, that unit is not able to conduct its mission. If a Soldier is lost to suicide, their battle buddies are impacted and may doubt themselves. Their leadership also deals with grief over what they could have done differently.

We have all heard of the stats of 22, meaning that 22 Veterans are lost

each day to suicide. Every loss is tragic and we as leaders need to step up and take care of our brothers and sisters in arms.

The first and most important step is to know your Soldiers and battle buddies. Without knowing who these people are, we can't know when they need help. If your battle buddy is normally always early and always well groomed, then when they look like they're not sleeping or bathing, this is a red flag. Second, we need to make sure we're approachable for our Soldiers. If our Soldiers see us as some mean person that is going to make their lives miserable, they're scared of us, or feel that we hate them, then they're not going to want our help or trust us with their problems.

It's okay to hurt, but it's not okay to hurt alone."

- COL Paul Oh

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Third, ask them questions about how they're doing and take a genuine interest in your Soldiers.

There are many other points that can be made based on leadership styles and personalities but the point is that your Soldiers are more than just the rank that's on their chest. Regardless of our ranks, we should take care of our brothers and sisters. As leaders, we are entrusted with the safety and welfare of our soldiers.

Soldiers should know about the program ACE (ask, care, escort): ask the hard questions, care and listen to them, and escort to get help. When someone is going through a crisis, don't leave them alone; stay with them, and ensure that they're able to get help.

It's ok to get help from your leaders, we aren't expected to know everything and it's never wrong to reach out for help. Key leadership that can help would be the commanders at any level, anyone in your NCO support channels, the chaplain, medic, and anyone trained in Applied Suicide Intervention Skills Training (ASIST). There are also people who can assist at the local military hospital. If you're not familiar with

these people in your unit or where assets are on base, staff at Military One Source (https://www.militaryonesource.mil/ or 1-800-342-9647) are available 24/7 to assist and everything is kept confidential. Other options are the veteran crisis hotline at 988, and 1-877-WAR-VETS; just to name a few.

It's important that we aren't blaming or passing judgement on anyone who is struggling with suicidal ideation. Reaching out for help is strength. Being there to listen and support is strength. We are all different but we all made the choice to serve together and it's our duty to take care of each other.

Behavioral health clinics offer individual appointments and walk-in services. Call the behavioral health clinic nearest you for more information or to schedule an appointment. If you are in crisis and you are having thoughts of suicide, come directly to the clinic and let the staff at the front desk know.

You can also reach the Military Crisis Line in Korea by phone at 080-555-118, DSN 118 or online at https://www.veteranscrisisline.net

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CAMP CASEY

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BLDG 226 (TMC); Tel: 737-4817/4784 CAMP CARROLL

BLDG 180 (TMC); Tel: 737-4236

Child and Family Behavioral Health Services are available face-to-face at BDAACH, and virtually in Area IV

Substance Use Disorder Clinical Care Services are available in each respective clinic.

CRISIS RESPONSE

ON POST

Call DSN 911 or cell 031-690-7911

OFF POST

Call 119

Korea-Wide Suicide Crisis Lifeline

(For USFK)

DSN 118 or Cell 080-8555-118

Suicide Hotline

(Military & Veteran) 050-3337-4673 (Press 1) 1-800-273-8255 (Press 1)

Crisis Online Chat:

www.veteranscrisisline.net/get-help/chat

Medical emergencies:

Report Emergency Room at BDAACH BLDG 3030



UNIT MINISTRY TEAMS ON CALL

Camp Humphreys: 010-9496-7445

Camp Casey/ Yongsan: 010-3100-3906

Daegu:

010-9374-9917

MILITARY FAMILY LIFE COUNSELORS (MFLCS)

Camp Humphreys

010-9534-5841 070-7663-2294 010-7319-2437

2CAB 010-2688-7114

1ST SIG

010-8694-9922

1ACBT 010-4425-7815

501st MI

(TeleHealth) (571) 621-4971

2ID Rotational

010-7435-0060

2nd SSB

010-6536-7113

Children and Youth (CDC):

010-3624-0886

West Elementary:

010-9805-8323

Middle School:

010-8472-4548

OPERATIONAL STRESS RESOURCES FOR COMMANDERS AND UNIT

BDAACH BH:

LEADERS

Installation Director Psychological Health (IDPH): 737-5668 BH Service Line NCOIC: 737-5844

65th MED BH:

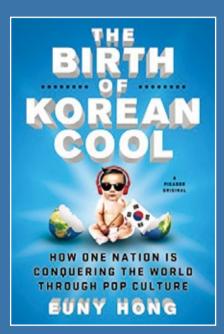
737-1982

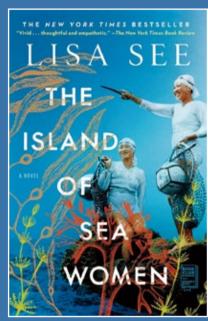
CLINOPS Psychiatrist: 737-1681 CLINOPS BH Officer: 737-2107 CLINOPS Senior BH Tech:

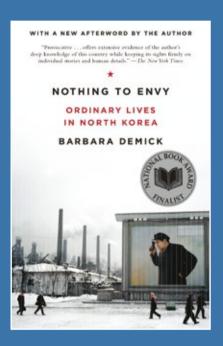
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Meet your next favorite book!

Wondering what to read next?
Check out these books about Korean history, society, and culture!







THE BIRTH OF KOREAN COOL. EUNY HONG

In this nonfiction book, Euny Hong recounts how South Korea became a major world superpower by first becoming the world's number one pop culture exporter.

THE ISLAND OF SEA WOMEN. LISA SEE

A novel about female friendships, family secrets, and the role of haenyeo (female divers) on Jeju Island, set against the turmoil of Japanese colonialism, World War II, the Korean War, and the aftermath.

NEW YORK TIMES BESTSELLER NOTHING TO ENVY. BARBARA DEMICK

Journalist Barbara Demick follows six North Korean citizens over fifteen years, detailing the struggles they endured to defect and escape to South Korea.

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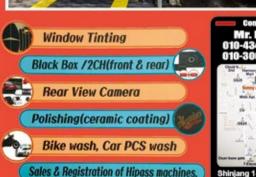
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- ▶ PROVIDE QUOTES FROM 6 TO 8 COMPANIES FOR THE BEST INSURANCE PURCHASE AND RENEWAL
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SIMP GAR WASH & DETAIL ING SERVICES





The Importance of a Building a Support System With Every PCS

By Janelli Lemon



About Me

I was born and raised in Bronx, New York, surrounded by family and a community. My dad accepted a job offer when I started my first year of high school, and we suddenly moved to Richmond, Virginia. Moving away from family and the life I knew was a hard transition. After graduating, I felt ready to take on whatever came my way when I joined the United States Air Force. The move to Virginia, at such a formidable age, helped prepare me to confidently start anew with an open mind. Now, I'm a veteran, the spouse of an active-duty service member and have three grown children. My children have had to start over many more times than I ever had in my youth.

Raising young children while away from family was such a challenge, and I would not have been able to do it without the support of my military family. After 22 years of this military life, I am grateful for the resilient family members that help support their soldiers, airmen, guardians, sailors, marines, and other civilians of their community. I've learned many lessons from my peers and have enjoyed helping and mentoring other military spouses along the way. One of the biggest lessons I have learned and wish to pass along is that, although you are strong and capable on your own, you're even better when you have a community behind you.

The Uniqueness of Being a Military Sponse

Most occupations do not require relocating your family every few years, but military spouses have the unique opportunity of accompanying their soldiers to new locations across the globe. This experience can be exhilarating. Every move can be a new adventure.

There are also challenges. Some spouses spend little time traveling before marrying their soldiers, so the constant relocations can be a huge undertaking. Additionally, our immediate responsibility as military spouses is to be our soldier's steady support system. If we have children and/or pets, that support is spread even further. We feel the pressure and expectation to create a comforting, calming, loving, and constant home, no matter where that home may be. Sometimes, we may feel that the support system we build at home is not reciprocated because our soldier has many work responsibilities. Fortunately, the military community provides resources and support to assist in a variety of ways. However, as spouses, we often need to reach out to acquire these resources.

In addition to the plethora of support programs and resources provided by the military, we develop one ourselves - our support network. Building a support system outside the home can seem daunting, but it's crucial to network and build a support system with every PCS. Relocating every few years can feel quite isolating if we try to take on every responsibility on our own. Moving away from family and the lives we know to embark on a journey of the unknown can be







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overwhelming. Military spouses all share this unique experience and will be able to relate to you. We all share this burden and have had to overcome it. You are not alone!

How to Network and Why

Meeting new people can be difficult, but it's not impossible. Perhaps meeting new people makes you anxious. What can you do? As a military spouse, you may receive many invitations to participate in social gatherings. Accept invites to small groups of people with similar goals and values. Be encouraged to say yes and start

Technology may be of assistance. Often, military units have official social media pages on platforms such as Facebook, Instagram, and Twitter. Utilize these platforms to learn about family readiness groups, spouses' clubs, recreational activities, sporting events, guided tours, opportunities to volunteer, church

people. Suppose your interests include travel. Many spouse groups have sub-clubs that arrange outings to exciting places closeby and across the peninsula! You may also contact the recreation center on post to find travel opportunities and discover outdoor activities in your local area. Attending church may generate introductions that



small. You may find that when you open yourself to new experiences and opportunities, people will introduce themselves to you. The hardest part is discerning whether to maintain connections or politely decline future invites. Set up an exit strategy (a ride home) if you feel overwhelmed. Establishing trust with new acquaintances takes time and limiting your exposure to others is okay. Do what works best for you and accommodates your lifestyle.

What if you have not received an invite to meet new people?

services, educational resources, and programs where you are located. Once you have collected information on opportunities to meet people, choose a venue that works best for you. You can meet people and create a growth opportunity by joining an activity that involves learning something new.

Utilizing your skills, interests, hobbies, and responsibilities will allow you to discover others with similar pastimes. If your skills include accounting and bookkeeping, volunteering or working as a treasurer for a business or organization will create an opportunity to meet new

ty outside the home. Many military spouses meet others when they take their children to participate in school activities or take their dogs to a local dog park.

It is essential to do what makes you feel comfortable and create a balance of personal time and social time. It is also vital to understand that if you have deeper needs for support, such as for your mental or physical health, the military has resources to support you. Military OneSource, chaplains, military family life counselors, Tricare, and wellness/fitness centers are all resources available to military spouses.

If meeting new people causes significant anxiety, consider seeking assistance from a counselor to overcome these negative feelings. Isolating yourself constantly out of fear or worry may negatively affect your mental health. Counseling services for marriage, finance, and life skills are often available for military families. There's no need to wait until times get tough to ask for help or guidance. To be the best versions of ourselves, we need support.

While many connections you make will result in lifelong friendships, some will not, yet every connection is worthwhile. Be open-minded that making acquaintances can create different types of relationships. These connections can be resources to reciprocate support and connectivity. However, you should offer camaraderie and kindness without expecting it in return.

Building a network can be impactful when you are looking for jobs, volunteer opportunities, seeking information, fellowship, locating reputable childcare, assisting with pet care, or trying to make a difference in your community. You will find some military spouses may provide advice and resources, but not necessarily their time. Others may introduce you to new encounters and fun adventures. All these connections are valuable!

The military community is relatively small, and while it's challeng-

ing to say "see you later" when new friends or close friends PCS, you may find yourselves in the same community again down the road or be close enough to visit! The more you reach out and meet new people, the bigger your military family will grow and the stronger your support system will become.

The military community is a family all on its own. We have so much in common, many shared experiences, and countless capacities to lean on each other and learn from one another. Please be encouraged to seek out and form new connections. Enjoy creating your chosen military family!



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Tereza's Cakes

ello! I am Tereza Pokorna, the owner of Tereza's Cakes, based at Camp Humphreys. It all started with my love of baking birthday cakes for my children, and sometimes I baked for my friends. A few years ago, I shared pictures of my cake pictures on a spouse group Facebook page in Germany and immediately started receiving messages from my future clients. I decided to give it a shot, and my business soon became my passion! I have invested in the best tools, I have taken classes to develop my skills, and I have spent countless hours researching the best techniques. Every cake is a new opportunity for me and I enjoy trying different designs and techniques. If you are interested in ordering a cake for an upcoming birthday or special event, reach out to me!

Here is a link to my Facebook page: https://www.facebook.com/special.cake.for.special.occasion

Phone number: 010-9751-1909









GKP Pets



name is Gracie and I am the owner of GKP Pet Services! I offer dog boarding, daycare, and home check-ins/walks for my fellow USFK-affiliated families!

Pricing varies on size of dog, service of interest, and overall training levels. For feline families, home check-ins are available!

More about me, I am a Military Spouse located right outside of Camp Humphreys here in Korea until 2025! I have always had a huge passion for animals and animal welfare, so pet sitting and general pet care comes natural to me. I have experience fostering and training multiple dogs varying in all sizes, training, and aggression levels (I'm not afraid to break up a dog fight if it comes to that). It's important to understand how dogs talk and communicate with people and each other and I'd say, through my experiences and current journey to earn dog training certification, I've developed this skill. I have no certified training experience (currently working on that), but I have three beautiful pups of my own who all are fully trained or in the midst of their training. In having many, many dogs over my lifetime, I am self-taught in animal first aid and know when it is time to seek out a Veterinarian. I have three assistants who are also well educated on animal first aid and behavior, so if ever I am not available, these ladies are happy to help!

The best way to contact me is through the GKP Pets Facebook page:

https://www.facebook.com/gkppets For more information on service and my registration process, visit my website:

https://gkppetservices.squarespace.com/ And for more specific business inquiries, email me:

gkppets@gmail.com









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Eve's Art

love for art started long before earning my Bachelor's Degree in Visual Arts and Design. I worked as an Art Teacher at the local high school in my hometown in The Netherlands until I immigrated

to the US in 2010. This is when I started to focus a lot more on creating and developing my own style of art. Initial works were solely family portraits. Now, over ten years later, Eve's Art has expanded to include sports paintings, military (Hail and Farewell gifts, retirement) paintings, seasonal and locally themed products, art kits, and more.

All paintings are completely hand painted. I believe in giving every single piece of artwork the undivided attention it deserves.

I recently moved my home-based business from Fort Irwin, CA to USAG Daegu and I could not be more excited to see what the next few years will bring.

Please follow my social media pages to see more of my work, customer reviews, updates and special sales.

Facebook.com/evesartpage Instagram: evesart_by_evelien Email: evesartbyeve@gmail.com











Resetting My Career Timeline

Launching a New Opportunity for My Family and Myself Through E&D Designs

By Mildret Powell

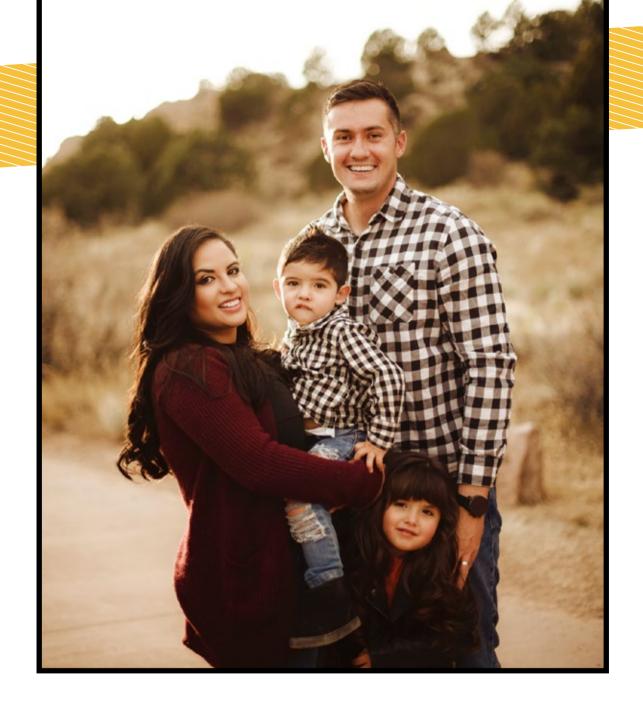


name is Mildret Powell and I am the owner of E&D Designs. I have been married to my husband for seven years and we have two beautiful children - our five year old daughter

and our four year old son. I am from Mexico where many of my family members reside, where I went to school, and where I am a licensed Dentist.

Before coming to Camp Humphreys in September 2021, we were based in Colorado where I held a full-time job as the Lead Expanded Duty Dental Assistant for a great company. I performed various dental procedures under the guidance of a great





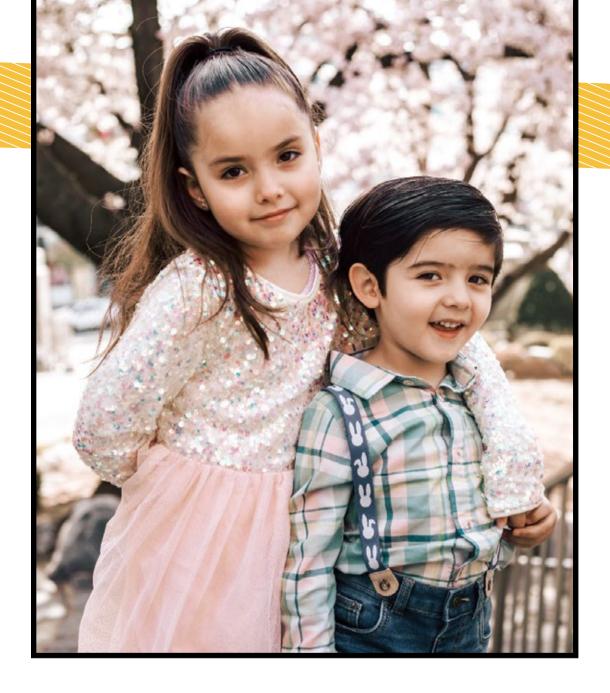
Dentist. While working, I was also pursuing accreditation of my degree in Dental Medicine to meet the US licensing requirements.

Shortly after becoming a mother, I decided to put my accreditation on hold because continuing meant that our long commutes and long work hours would keep both my husband and me away from our home and kids for most of the day. I chose to put my career on hold to be present for my kids, which became even more important when my son was born.

My son is autistic and has social, linguistic, sensory, and transitional issues. Not long after he was born, the world was seemingly put on hold by the Covid-19 pandemic. At this time, I lost my job and the school my children attended closed its doors. Like many other parents, I felt the pressure to keep my kids occupied behind closed doors. My daughter is very energetic, with a beautifully unique personality, and my son has special needs; having a routine for them was important.

In May 2020, during the quarantine lock-down, I took out my unopened Cricut Cutting machine and material I had bought, and started creating with my kids. We made custom designs that fit our mood, door signs according to seasons, and later that year, I started sublimation.

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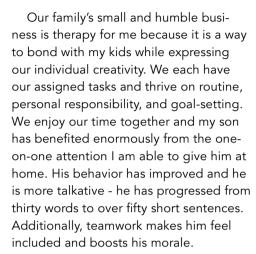




We were able to accomplish all of this from our living room coffee table.

Shortly after beginning to use the Cricut, we realized its limitations. To remedy that, we bought a professional heat press, a convection oven for tumblers, a tumbler and mug press, and a cup turner for tumbler spinner glitter epoxy - you name it, we had it!

I started to post our creations online and slowly gained interest from friends and family. Before long, we had overwhelming support and orders from our small community. Our fun hobby had become a small business - E&D Designs.



I look forward to resuming my accreditation process and my dream job when the time is right for my family and me. For now, I enjoy the time with my kids, being present with them, and together creating unique items for customers to gift to another or love as their own.















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THE FLOWER OF GRACE PHOTOGRAPHY

Taking Care of My Mental Health & Embracing My Passion

By April Liner

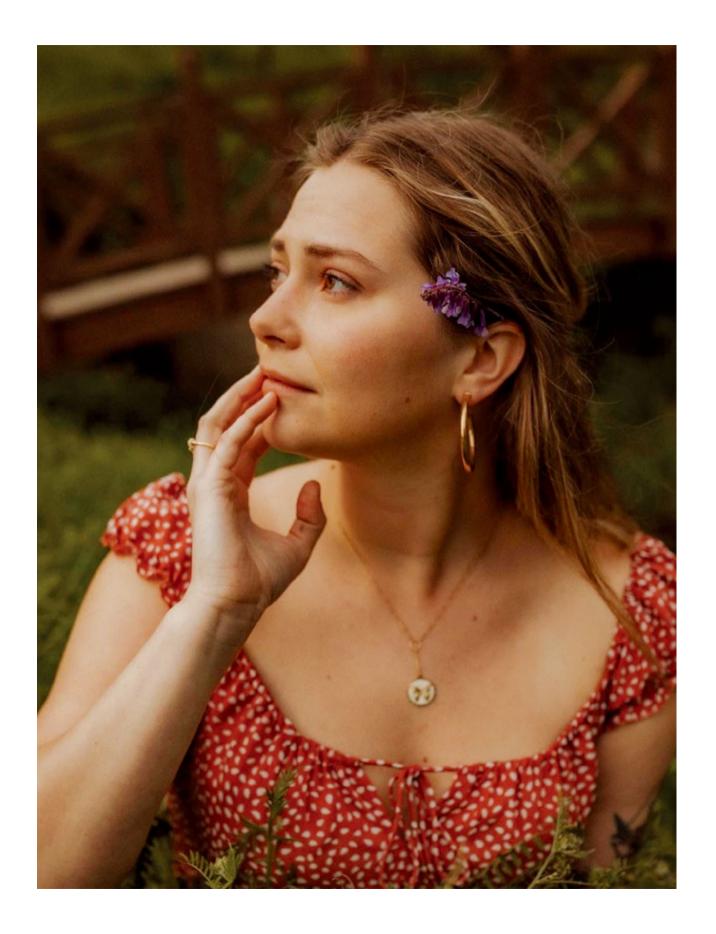




family and I were visiting Anseong Farmland in late October. I saw a local photographer who now is a dear friend and my neighbor. I saw her joy, her spunk, and her love for an art that I had put down many years ago, the love of photography.

My husband had been asking me for years why I had not picked up my camera again. The answer was fear. I was so afraid of what could happen. I was afraid of failure and at times I battled crippling depression. Accepting the fear and neglecting my passion felt safer than doing what I loved.

That day at Anseong Farmland, I told my husband what I saw, and again he asked me. I felt the fear creep



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back and thought of all the reasons I couldn't pick up my camera. I prayed about and felt strongly that I was being drawn back to the art of photography. My faith and my love of people are my other favorite things in life; picking up my camera and putting my passions together made sense.

Last November, I had my very first photoshoot and the rest is history.

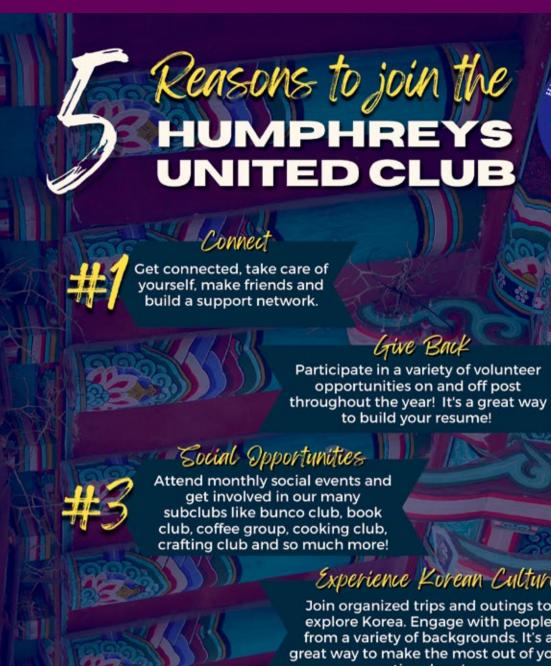
Seeing my friend that day, seeing her joy, revealed to me my depression. Mental health is so important my friends. It can be so hidden that we don't see the normal signs, even in ourselves.

I felt so alive on my very first photoshoot and knew this was my calling because for an hour I got to let someone know that I saw them. I loved to hear their stories, to let them know they are loved and to cheer them on in the race that we call life. I prayed for them, was their friend and shared my heart.

If I have any advice, it would be to look around you. Look at your happy friends and really check into what's going on in their heart and mind. Challenge yourself to see how you are doing mentally. Mental health is a hard battle to fight but we don't have to fight it alone. Recently, I have found my favorite thing is to lay on the ground, let the sun warm my face and take deep breaths. Something about it really makes me feel so thankful. So, if your passion is photography or you are struggling with mental health or whatever is going on in your life, reach out to me. I would love to capture your memories or listen to your heart or just be a friend. Life is hard, friend, but you are stronger than you know. Praying for you.







Experience Korean Culture

Join organized trips and outings to explore Korea. Engage with people from a variety of backgrounds. It's a great way to make the most out of your time here!



Support

Support the Humphreys community through our Thrift Store by shopping, donating items or volunteering your time. 80% of proceeds are returned to the community through grants, scholarships and Korean welfare.

Membership is open to all U.S. military ID cardholders, U.S. sponsored foreign and internationals, DOD civilian ID cardholders, and their spouses and family members over age 18.

We meet for monthly social events, fundraisers, subclubs, trips, volunteer opportunities and much more! Membership is required to participate in our activities; sign up on our website today!





SAVE THE DATE

Halloween Costume Party

Fall Fundraiser





Homeschool Group

By Shannon Kaechler





omeschooling is very much a part of who I am. My husband and I were both educated at

home by our parents. We discovered on our first date that we were raised on the same curriculum (love at first sight much?) and we immediately began planning our future as home educators.

Not everyone starts out their homeschool journey as a high school sweetheart love story, however. As the President of the Area IV Homeschool group, I encounter people from different backgrounds each with their unique reasons for choosing to stay at home to learn.

Some folks start with a desire to tailor their children's learning experience to their unique strengths while others want more freedom to explore, to truly make their world their classroom. Others have had very valid concerns about health and safety, especially over the past few years. For some civilian families it may be the necessary choice for education overseas if it is too difficult to integrate into the local Korean schools.

With the help of a few other ladies, I began the Area IV Homes-

chool Group with all of these types of families in mind. There was, and still is, a real need in the local community for homeschoolers to meet regularly to "do life" together.

During the past two years, which have been quite challenging for most, our meetings have ranged from structured sit-down planning arrangements to sitting amongst ourselves on the playground while the children play, clutching coffee cups and nodding in agreement to whomever announced, "I'm so tired today" first. Parents know the struggle.

With gathering restrictions lifted



and the beautiful country of Korea opening its doors to tourism once more, we homeschoolers are ready to take on what the ROK has to offer – museums, mountainsides, art galleries, historical sites, and more.

We meet weekly, alternating between the Camp Walker Library and the Camp Carroll CAC, so families from both bases in Area IV can have an equal opportunity to get together. We get a lot of support from the local school system and CYS - homeschoolers can sign up for sports, join clubs, use tutors,

you name it!

The idea of homeschooling can be daunting, and that's why having a community is so very important. No matter how long you've been "at it", we all play the comparison game and ask the questions: "Am I doing it right? Am I doing enough? Are we behind? Are we doing too much?" You are not alone, parents!

Remember – you taught your children how to walk, talk, eat, and play. You have been educating your children since day one! If you desire to continue walking side by side with them in the lifelong pursuit of, not just knowledge, but also the skills, values, and character required to succeed in whatever they set their minds to, reach out to your local homeschool community!

If you're down in Daegu or Waegwan, send me an email at cassidymsloan@gmail.com, and I would be more than happy to assist you on your home education journey in whatever way I can!

Happy learning!



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STE(A)M: Engineering Buildings and Robots and Problem Solving!

By Maritzalyn Mercado-Santiago

Some Children

are drawn to engineering. They love to design and build with whatever they can get their hands on. I love watching my kids as they create something of their own. It is especially interesting to watch them solve problems when they realize a glitch with their design. As they outgrow educational games and toys, we can continue to foster their creativity and desire to build things by taking them to the library, researching online, and when possible, taking them to see examples of engineers pushing the limits.

Engineering is the process of creating and building structures, products, and systems, using math and science. Engineers creatively solve problems with their inventions. There are many types of engineers but there are four main categories: chemical, civil, electrical, and mechanical.

Keemi

An outstanding example of engineering in South Korea is Keemi, an infection control robot. The collaboration that resulted in the production of Keemi began in 2019 under the South Korean government-funded Digital New Deal project between Yongin Severance Hospital, Omron Electronics Korea, and SK Telecom.

Keemi is equipped with ultraviolet light to sanitize surfaces for 24-hour infection control, a thermal camera for monitoring body temperature, and Al facial recognition that allows it detect group gatherings and determine whether someone is wearing a mask, and request social distancing. The autonomous mobile unit is suited for use in a range of environments, including hospitals, airports and workplaces.

VUNO

In August 2021, VUNO Med–DeepCARS received regulatory approval from the South Korean Ministry of Food and Drug Safety. Led by Chairman Yeha Lee,

CEO Hyun-jun Kim and CTO Kyuhwan Jung, VUNO is a Korean start-up that entered the Al medtech scene in 2014. This device is an Al-based medical device that analyzes the potential risk of cardiac arrest based on four vital signs: blood pressure, pulse, respiration, and body temperature. The device has the capability to predict the likelihood that a patient may experience cardiac arrest within the next 24 hours.

FINEX

Researchers from South Korean-based steelmaking giant POSCO, developed FINEX with Andreas Schmidt from Siemens VAI Metals Technologies GmbH in Austria. FINEX is a "cleaner, cheaper, and quicker steel smelting method, invented to address environmental issues and remove the need for expensive, scarce high-quality coal" (Park). By only heating and reducing iron ore with a special reduction gas inside the furnace – no raw material pretreatment required – and using low-grade bituminous coal and iron ore powder, FINEX plants are said to release 12% less CO2 than traditional smelting plants."

Space Walk

POSCO also brought to life a walkable art installation designed by German artists Heike Mutter and Ulrich Genth called Space Walk (스페이스워크). Space Walk is located in Hwanho Park in Pohang. It took two years and seven months from planning to completion and was made with 100% POSCO steel, capabilities, and technology.

The Space Walk is a great destination for a family trip; it is just over one hour from USAG Daegu and is open Monday-Friday 1000-2000, Saturday and Sunday 1000-2100.

The structure is like a roller coaster; from the track, visitors have views of the sunrises, sunsets, Yeongildae Beach, and POSCO's steel plant. When you think of steel, you think hard and rigid, which is not synonymous with the curving and winding track of Space Walk.

On this trip I was excited to see the artistic structure, and also to hear the kids raising questions like: How can it hold everyone? What if there is a storm? Won't it fall? Safety, strength, and concern for the community — now we're thinking like engineers!

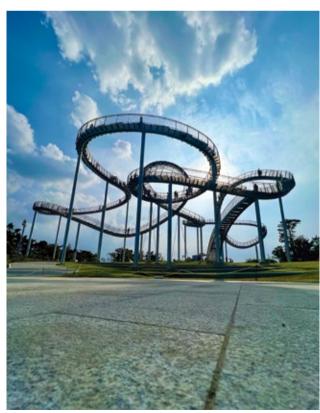
This is how kids learn in real life! We admired the beautiful work of art and considered the engineering elements that helped bring it to life. We discussed the natural disasters that Space Walk may have to withstand. We learned that it was designed to stand up to the strongest typhoon on record in Korea, Maemi, that had wind speeds of 60 m/s. It is designed to withstand earthquakes of a magnitude 6.5 on the Richter Scale and can hold up to 250 people at a time. From the amount of weight the stairs can hold (step load 500kg/m2) to the amount of force of people using the railings (rail load 5kN/m2) down to the base support, every little detail has been meticulously planned and accounted for to ensure functionality, safety and longevity of the structure.

References:

MFDS Greenlights VUNO Med®-DeepCARS™, AI Medical Device for Cardiac Arrest Prediction - VUNO, View the Invisible, Know the Unknown. (n.d.). Retrieved August 16, 2022, from https://www.vuno.co/en/news/view/879

Park, S. (2021, November 3). 10 amazing inventions from South Korea. The Brilliant. https://thebrilliant.com.au/case-studies/10-amazing-inventions-from-south-korea/amp/





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Try it at home!

These at home activities are made with items found around the house, bought at your local Post Exchange, or purchased in the community at Daiso.

Activity 1 PreK-Elementary: Engineering Toothpick Buildings

Materials

- Small Marshmallows or gummy candies
- Toothpicks

Activity:

Have your child use the materials to build their own three dimensional buildings and designs by sticking the toothpick ends into the marshmallow/gummy. Kids are entertained for hours doing this activity and seeing how many different designs they can come up with. In the process, your child is developing their spatial awareness!

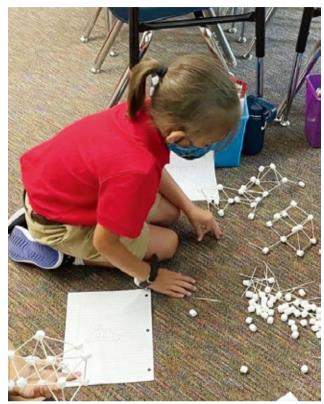
Activity 2 Youth+: Engineering Robot Hands

Talking Points:

- Hold your hand out in front of you with your palm facing outward
- Use the other hand and lightly place a finger on the first tendon, below your pointer finger
- Now curl your pointer finger (you should be able to feel and see the movement of the tendon).
- Now keep your hand in front of you and place your fingertips on the muscle in your forearm.
- Curl all the fingers into a fist (you should be able to feel the muscle movement and see the tendons move in your hand).
- This demonstration helps us understand and troubleshoot the design. Please note, to allow for your child to make mistakes and problem solve, this activity an take longer than 45 minutes.

Materials

- Cardboard material/plastic glove
- Package of straws
- Tape
- String
- Pencil
- Paper





Activity

- 1. Choose a material for your hand: either a glove or trace your hand on a piece of cardboard and cut it out.
- 2. Attach five long strands of string, one to each finger tip. The strings represent the tendons. Allow your child to determine the best way to attach the strings. I've seen them taped, hole punched and tied there are many ways this can be done.
- 3. Explain to your child that the straws should be cut and strung on each finger to make the "robot" hand move the way your hand did in the demonstra-

tion. The straws represent the bones. Allow your child to try different methods and problem solve such as by trying different lengths for the straw pieces, or taping the straws to the material.

4. Once you have your bones and tendons in place try pulling the strings to make your fingers lift and curl.

What happened? Can improvements to the design be made? This is a great learning experience and gets your child to dive into hands-on problem solving.



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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

- 9-12 September Chuseok or harvest day (추석)
- 3 October National Foundation Day (개천절 or Gaecheonjeol)
- 9 October Hangeul Day (한글날 or Hangeulnal)
- 25 December Christmas (기독탄신일 or Gidoktansinil)

US Holidavs

- 5 September Labor Day
- 15 September First Day of Hispanic Heritage Month
- 26 September Rosh Hashanah
- 5 October Yom Kippur
- 10 October Indigenous Peoples' Day
- 24 October Diwali
- 31 October Halloween
- 1 November First Day of Native American Heritage
 Month
- 6 November Daylight Savings Time Ends
- 8 November Election Day
- 11 November Veterans Day
- 24 November Thanksgiving
- 25 November Native American Heritage Day
- 19 December First Day of Hanukkah
- 25 December Christmas
- 26 December Kwanzaa

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

This Month's Cultural Spotlight

As we approach the season of giving and celebrations, an interesting and important aspect of Korean culture to be familiar with is the avoidance of saying no. In Korea, declining an invitation or refusing to do something can be perceived as rude. If a friend or colleague seems to be talking a lot and not providing an answer to your invitation, it may be that they would like to say no but don't want to come across as rude. In this case, you can help them decline in a discrete way, without saying no, to "save face." For example, if a friend or colleague seems reluctant to accept an invitation to an event, you could say:

- Why don't we do this another time?
- Maybe you have other plans, I can let you know when there is another event.
- I know you have a lot of responsibilities so I understand if this event doesn't fit with your schedule.

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









- Osan AB Bus Terminal
- Humphrevs 8A/DSC/NCOA/FMM
- Camp Casey Food Court
- Camp Walker Food Court
- Kunsan AB Food Court





- Osan AB Food Court
- Humphreys DSC and MC3
- Kunsan AB Food Court

Services

Camp Casey Food Court

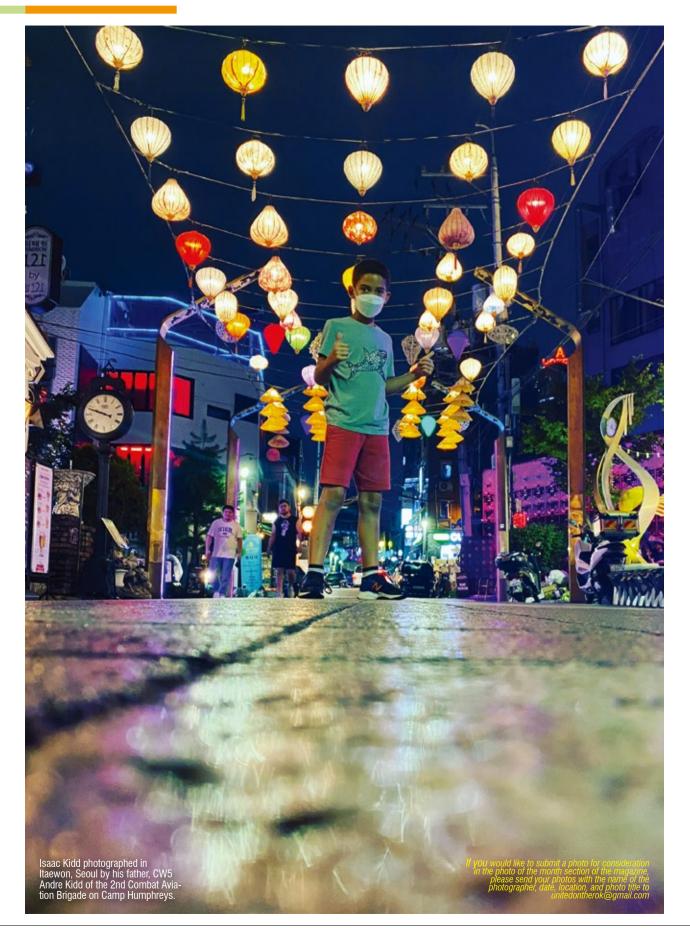




- Osan AB Food Court
- Humphreys Brian D. Allgood Hospital
- Humphreys Super Gym
- Camp Carroll Food Court

Best Fast Food Business in Partnership with AAFES

PHOTO OF THE MONTH





OCTOBER

OKTOBERFEST 7TH TO 9TH

The Dragon has the best Oktoberfest tent in Korea! Come for authentic Bavarian cuisine, our very own crafted Märzen beer, German yodeling bands, bouncy castles, and games.





NOVEMBER

THANKSGIVING BUFFET

Bring your family and friends to join the Dragon family for huge Thanksgiving buffet spread.

HOLIDAY MEALS TO GO

Looking for ways to share the the holiday spirit? Order our holiday meals to go and enjoy them with loved ones in the comfort of your home.





DECEMBER

CHRISTMAS AT THE DRAGON

The week of Christmas is full of gingerbread houses, cookies & egg nog, storytelling w/ Santa, and a hearty Christmas Day buffet.

NEW YEAR EVE PARTY

Don't miss out on the Greatest Party of the YEAR!





MORE INFORMATION COMING SOON

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