

JUNE 2024

UNITED ON THE ROK

**Making Korea
Your New Home**

**Service
Member
Support**

***Navigating
Challenges of
Military Couples
and Families***

**Tech Apps for
Newcomers**



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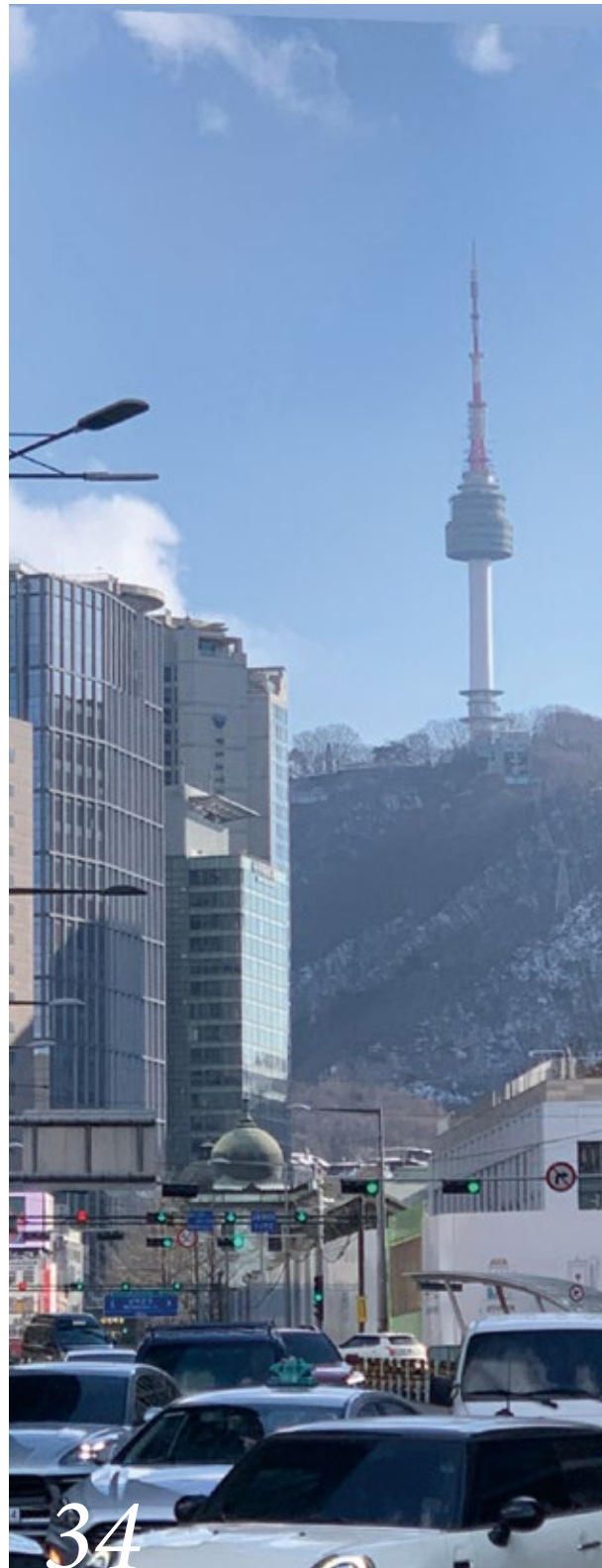
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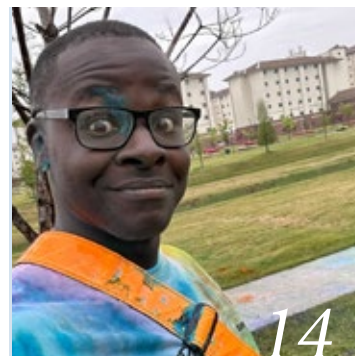
Alamo



Making Korea Your New Home

If you're new to Korea, read here to find out how to get to know your community, make connections for yourself and your family, and what is needed to maintain these relationships during your time in the country.

Cover: Rossi L. unpacking in their new home in South Korea.
(Photo by Janie LeMón)



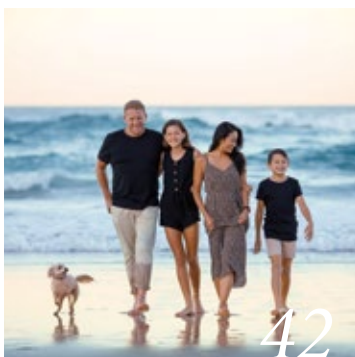
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Service Member Support



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UNITED ON THE RoK

Published by
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United on the RoK is a magazine with a military community focus that is distributed to United States Forces Korea installations within the Republic of Korea. The goal of this magazine is to connect readers to the diversity of our communities and showcase what South Korea has to offer from culture and travel, to food and family, and more. Contents of *United on the RoK* are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defence, or Oriental Press.

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The Rose Garden Festival at Igok Fountain Park, Daegu (Photo by Kymbirly Bennett)

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Correction and Clarification

In the article "Designing Honeybee Apparel: Reimagining Children's Clothing" by Amy Milican (*United on the RoK*, May edition, 2024, pages 60-65), there was an error on the 7th line of the 2nd column, page 61: Alex McCoy was mistakenly referred to as "James." It should have read, "After his deployment, Alex returned home."

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10mL x 30 pouches
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LIVE MUSIC&ARTS

Events & Festivals



JUN07-SEP28

Chicago

D-Cube Link Arts Center
globalinterpark.com



JUN15-16

Mega Field Music Festival

Nanji Hangang Park Youth Plaza
globalinterpark.com



JUN15-16

Tone & Music Festival 2024


88 Garden, Olympic Park, Seoul
globalinterpark.com



JUN19-20

Metropolitan Opera Orchestra

Lotte Concert Hall
lotteconcerthall.com/eng



JUN22-23

Asian Pop Festival

Paradise City
globalinterpark.com



JUN25

Korea Drama OST Matinee Concert


Lotte Concert Hall
lotteconcerthall.com/eng



JUN28-29

Ray Chen plays Mendelssohn and Tchaikovsky

Lotte Concert Hall
lotteconcerthall.com/eng



JUN29-30

2024 Seoul Park Music Festival

88 Garden, Olympic Park, Seoul
globalinterpark.com



JUL06-07

Inspire Concert Series #2: Westlife


Inspire Arena, Incheon
globalinterpark.com



JUL20

LiSA LIVE is Smile Always Asia Tour 2024 in Seoul

Korea University Tiger Dome
ticketlink.co.kr/global/en



JUL27

John Williams vs Hans Zimmer

Lotte Concert Hall
lotteconcerthall.com/eng



SEP20-21

Olivia Rodrigo - GUTS world tour

Jamsil Gymnasium
globalinterpark.com



MAY17-JUN23

Gochangcheong Farm Lavender Garden Festival

Gochang Cheongnongwon
Lavender Garden
gobluefarm.com



JUN06-13

Gangneung Danoje Festival

1, Danojang-gil, Gangneung-si, Gangwon-do
danojefestival.or.kr



JUL03-07

Daegu Chimac Festival

Daegu Duryu Park
www.chimacfestival.com

Koreans love "chimac" (a combination of fried chicken and beer, maekju in Korean), and what better place to enjoy the combo than Daegu, the center of the "chimac" culture and the host of the Chimac Festival? After all, Daegu is where many of Korea's fried chicken franchises got their start, from Kyo-chon to Mexicana. The best thing about Daegu Chimac Festival is the fact that you can sample a truly delicious variety of fried chicken in one giant picnic held on a grassy field. From unique pubs serving the titular combo to EDM parties hosted by famous singers, the festival never disappoints when it comes to side activities.

- 7 Gongwonsunhwan-ro, Dalseo-gu
- Inquiries: +82-41-930-0891
- Website: chimacfestival.com



JUL18-23

The 17th World Taekwondo Culture Expo

Muju-gun
www.chimacfestival.com

The World Taekwondo Culture Expo takes place in Taekwondo's foundational city: Muju in Jeollabuk-do. Every year, about 2,000 athletes from 31 different countries participate in various seminars and competitions at the six-day expo. This Taekwondo Culture Expo provides Taekwondo enthusiasts from around the world with various Taekwondo-related activities such as tournaments, cultural events, booth experiences, seminars, and more, where you can experience and share different aspects of Taekwondo.

- Venue: Muju-gun Area (Muju Dome Stadium and Resort) 326-17, Hanpungnu-ro, Muju-eup, Muju-gun, Jeollabuk-do
- Inquiries: +82-63-1330
- Website: wtce.kr/eng/



JUN08-12

Daegu Yangnyeongsi Herbal Medicine Festival

Daegu Metropolitan City
www.herbfestival.org



JUN-JUL

Poecheon Herb Island Lavender Festival 2024

Date to Be Determined
Herb Village Poecheon



JUL19-AUG04

Boryeong Mud Festival 2024

Daecheon Beach
www.mudfestival.or.kr/en/festival/main.html

This is a festival dedicated to Boryeong's famous mud from Daecheon Beach. The Boryeong Mud Festival has a global reputation, attracting hundreds of thousands of international visitors from all over the world every year, and for good reason, as the festival offers a variety of attractions and interactive programs for unforgettable memories. In the Regular Zone, which is for adults, you can enjoy full body activities such as large mud baths and mud slides. In the Family Zone, both adults and children can cover themselves with mud and play together.

- Venue: Mud Plaza (123 Meodeu-ro, Boryeong-si, Chungcheongnam-do)
- Inquiries: +82-41-930-0891
- Website: mudfestival.or.kr



JUN-JUL

2024 Hydrangea Festival

Date to Be Determined
The Garden of Morning Calm



JUL-AUG

Waterbomb Festival Across Korea

www.waterbombfestival.com

Hey You, Daegu!
Here's the news in Area IV



HEY BATTER BATTER!

Check out the softball leagues competing now at USAG Daegu Camp Walker!

See who will compete in the Final Four Championship Game!

Games: June 3, 5, 10, 12, 17, 19, 24, 26
Time: 1800-2100hrs

Final Four Championship Games
June 29, 2024 @ Kelly Field



For more information:
Ruben Rodriguez 0503-363-2251
ruben.d.rodriguez28.naf@army.mil
Photography by: Ysamar Gómez



SONS OF SOLOMON MILITARY LODGE #68

VOLLEYBALL TOURNAMENT

Join us for a day of volleyball, food & drink vendors, a bounce house, and more! Open to all Area IV Community Members and Families!

**CAMP CARROLL GYM
WEDNESDAY
19 JUNE 2024
@ 10:00AM**

Team Registration Deadline:
Friday, June 14 at 5:00 pm

**SCAN TO
REGISTER**



POC: Cory Lincourt | s.o.sml68@volunteer@gmail.com

USAG Daegu Chapel VBS24



Vacation Bible School SCUBA

diving into friendship with God

5th-9th August 2024 @ Cp. Walker Chapel (9am-12pm)
K-5TH GRADE!
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Please register for this event
lisa.levergin.civ@army.mil or
Daegu Army Community Service FB or
DSN: 763-4456, Comm: 0503-363-4456




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USAG DAEGU – KELLY FC / WALL FC / CARROLL FC

IN ACCORDANCE WITH AR 215-1 AND IMCOM G9 24/7 SOP


USAG DAEGU FACILITIES INCLUDE: KELLY FITNESS CENTER / THE WALL FITNESS CENTER / CARROLL FITNESS CENTER

FACILITY	11 & UNDER	12 YRS	13 - 15	16 - 17	18 +
BASKETBALL COURT	X	X	X	X	X
CARDIO ROOM	X	X	X	X	X
STRENGTH ROOM	X	X	X	X	X
FUNCTIONAL FITNESS ROOM	X	X	X	X	X
GROUP FITNESS ROOM	X	X	X	X	X
SAUNA AREA	X	X	X	X	X
UNSTAFFED FACILITIES	X	X	X	X	X



X = NOT AUTHORIZED
X = YES, WITH DIRECT PARENT/GUARDIAN SUPERVISOR
X = YES

PLEASE REPORT ANY VIOLATIONS TO THE MANAGEMENT



U.S. ARMY DFMWR / CARROLL OUTDOOR POOL

2024 SUMMER SEASON

DATES OPEN

- OPENS ON MEMORIAL DAY WEEKEND (24 MAY 2024) AND CLOSING ON LABOR DAY WEEKEND (3 SEPTEMBER 2024)

MEMORIAL DAY WEEKEND

- FREE ENTRY TO ALL BASE ACCESS AND GUESTS DURING THE MEMORIAL DAY WEEKEND (24 - 27 MAY 2024)
- MEMORIAL DAY WEEKEND VOLLEYBALL TOURNAMENT ON 25 MAY 2024. FOR REGISTRATIONS, PLEASE CONTACT MR. RUBEN RODRIGUEZ AT DSN 763-2251



HOURS OF OPERATION

MONDAY & FRIDAY: Noon – 7 p.m.
TUESDAY & THURSDAY: CLOSED FOR MAINTENANCE
WEDNESDAY: 6 a.m. – 1 p.m.
WEEKENDS, U.S. HOLIDAYS & TRAINING HOLIDAYS: Noon – 7 p.m.

Entry Fee

E1 to E5 (Active Duty)	Daily Fee: \$1 Annual Pass: \$30 Annual Family Pass: \$60
All other SOFA users & Retirees	Daily Fee: \$2 Annual Pass: \$60 Annual Family Pass: \$120
Local National ID Card Holders	Daily Fee: \$3 Annual Pass: \$90
Guests	Daily Fee: \$6

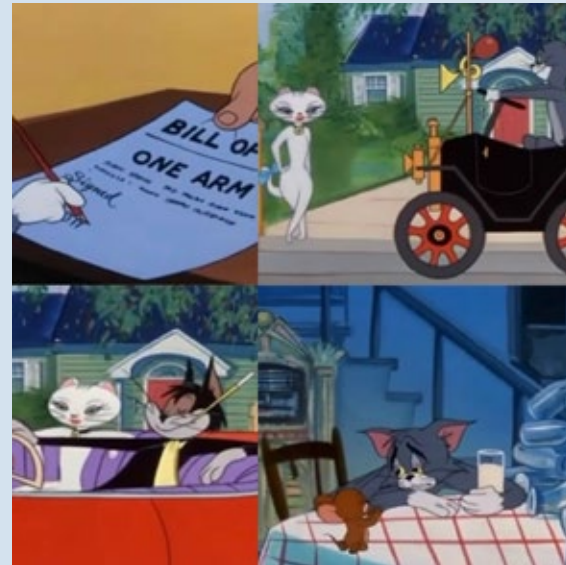
All Annual Passes good for both Walker & Carroll Outdoor Pools

SERVICE MEMBER SUPPORT

By SPC Zachary Rogers, 339th Quartermaster

While listening to music after physical training, I realized how easily our perspectives can change. A funny moment can be turned into something sad so quickly. It made me think about all the people in the military and their perspectives, easily changing by our stressors, the environment, or personal issues in our life.

For me, what has a large impact on one's perspective is an individual's attitude. Your attitude can make a situation better or worse in an instant. Yes, while you may be suffering through grueling and frustrating hours or maybe being counseled about your mistakes, your attitude is what makes the difference.



“This scene reminded me of the value of friends with positive and caring attitudes.”

A gray cat named Tom fell in love with the white cat. He went above and beyond to get her anything and everything to make her happy. Every time he came back with something that literally took pieces of him each time. She would deny him because another cat had the same thing but better, newer, and more shiny.

In the end, Tom becomes depressed because of his loneliness. He decides that he just doesn't want to be around anyone anymore. The mouse Jerry, who normally fights with the cat, starts to notice that Tom is going through trouble. Tom was drinking excessive amounts of milk, not doing his normal activities, and secluding himself away from others. The mouse reaches out and after a hard conversation, things slowly go back to normal. Positive friends make the difference, helping your through tough times in healthy ways.



SPC Rogers is my name and I am always in the neighborhood.

“Be the answer to the question 'why' because in this world asking questions will always lead to more questions. Be the answer.”
~SPC Rogers.

To all the new service members coming to Korea for the first time and those who get married in basic training, this message is for you. I know you are a little worried about the first step into the military but these steps can help.

-Practice resiliency most of all.

-Determine what you want and be ready for the future. Have faith in people. Don't treat personal and work relationships as if it is going to fail, but understand that life happens. Like nature, things change. When relationships go through difficult times, don't let that scare you into the thought that every relationship is going to be the same. You never know the future and who is willing to support you in just the right ways.

-Be like Jerry. If you see someone and they look down or they are acting peculiar, talk to them. It doesn't have to be about the issue, but just have a conversation. People will slowly open up and more times than not, a random conversation can lead to an answer without even trying.

-Treat all defeats as a learning experience. Learn from your mistakes. Be a leader and pass that knowledge on to others so they do not make the same mistakes.

-Give 100% and don't pay attention to those who aren't doing the same.

Let's recap. Attitude and the right friends makes a difference. Learn from your past mistakes. Oh and one more, if you have poor leadership, I understand. It's easy to blame and complain about them, but be a service member with integrity. Be professional. Lift your head up and take notes. Tell yourself “I will be a better leader”. If anyone wants to talk about their experience or just needs someone to listen to them, reach out. I will take the time to be that ear for you.

Agricultural Tourism in South Korea

Promoting Farming and Agriculture, One Experience at a Time

By Jetta Allen

agricultural tourism, sometimes called “agritourism” or “agrotourism”, is a growing commercial endeavor for many farms in South Korea and around the world! Agritourism involves pairing agricultural education and practices with experiences for visitors of all kinds. In South Korea, agritourism is a multimillion dollar industry. This business model allows rural and small family owned farms a way to increase revenue and continue the family business of farming while sharing with visitors the unique experience of farm life.

As the hustle and bustle of the concrete jungle increases, the need to escape to farms and forests for respite becomes crucial to the quality of life in Korea.

The agricultural tourism opportunities are endless. From planting and harvesting rice and other vegetables, to strawberry and apple picking, to learning about bees, and community gardens, the agricultural tourist landscape is as diverse as the visitors! Many experiences are tailored to a certain audience but most welcome visitors young and old, and groups with small or large sizes! I had the great opportunity to dig into four amazing operations in Korea that offer unique insight into farming and production with a result of amazing memories for visitors!

Valuable Farm, Pyeongtaek Strawberry Farm

Nestled away on a small rice road in Pyeongtaek is a greenhouse that is home to Valuable Farm. The farm uses hydroponic methods to grow sweet, perfect strawberries. Robert, the owner and operator, shared that his family has been in the agriculture business for generations, but his vision is in the growing agricultural tourism industry. He wants to bring visitors in to learn about sustainable practices, hydroponics, and improve greenhouse growing year round to increase healthy food production. Valuable Farm is dedicated to the future of farming and agritourism by being part of Korea’s 4-H organization. Robert wants other young farmers like him to learn practices that are not only profitable, but good for our environment.

Trina Walley and her family visited Valuable Farm with us. As soon as you walk into Valuable Farm, you could smell the sweet fragrance of strawberries and see bees pollinating flowers. Robert gave an amazing educational lecture to explain the life cycle of straw-



Strawberries growing at Valuable Farm



Robert, Owner of Valuable Farm.
(Photo provided by Valuable Farm)

berries and the science behind hydroponic growing. He teaches children and adults the proper way of picking strawberries demonstrating hand motions, sharing that this practice doesn't hurt the plant and encourages more growth. Trina shared that this experience, and others like it, are important to their family because it brings the farm experience to her children. As homeschoolers, each experience is an educational adventure with hands-on learning in a way most cannot do at home. Our children bonded over finding the most vibrant and ripe strawberries, taking many pictures, and also discussing how to use the strawberries once we left! The end of the tour came with strawberry and cola slushies and snacks. Kids can also play with ride on toys and a fun ball pit, all provided by the farm with your admission and strawberry purchase. Give Valuable Farm a visit! Reservations can be made on Naver, or by calling Robert who is dedicated to giving your family the best experience. Robert's agritourism model is looking to grow into blueberry picking too in 2025.

Agricultural tourism is the future of sustainability. You can't protect and respect the earth when you don't experience it first hand! When traveling, consider agricultural tourism opportunities and add them to your itinerary!

Eunseong Farm, Yesan Apple Winery and Farm

Who doesn't love fresh apples, wine, and soju! Eunseong Farm, Yesan's premier apple farm and winery, is the prime example of agricultural tourism in Korea! The business model of growing and producing a product to sell in a specific growing season is no longer the only way to help agricultural based businesses thrive. Their farm not only utilizes their own grown produce, they also purchase from other local farmers in Yesan, supporting their entire local economy and allowing for more opportunities for the public!

An aspect of farming that many farms find to be a struggle is maintaining a revenue source outside of the growing season. Many farmers rotate crops based on the seasons to avoid the financial burdens.

At Eunseong Farm, they are experts in developing new ways to create revenue and agritourism is how they do it! At their farm you can visit at any time, tak-



ing tours, purchasing wine and apple snacks, and enjoying their cafe. This guarantees a stream of income long after apple season is over, keeps the public entertained, and increases tourism for the entire community too! Constantly creating new ways to engage with customers shows the ingenuity of this business and shows how agritourism is evolving with community needs. Eunseong Farm has gone as far as partnering with military installation travel departments to plan coordinated tours for military families nearly near round. This has allowed soldiers and airmen with limited transportation options to enjoy Eunseong Farm too.

Chusa Apple Wine was awarded the 2023 Korea Liquor Award Grand Prize!

The experience options on the farm are vast: apple picking, apple jam making, apple pie making, winery and distillery tours, wine, brandy, and soju tasting. Maybe stay the weekend in their lodging accommodations that can house up to four people at a time. The farm also has a cute cafe to rest and enjoy yourself with a latte or even fresh pressed apple juice at any time! Seeing the distillery and learning how the farm



adapted technology from Canada was informative and an interesting behind the scene look into wine making. After the tour, having an expertly paired wine tasting really makes you feel a part of the process and of course was my favorite part of the experience! The sweet and fruity Chusa Apple Wine paired perfectly with the rich gouda and salty pretzels provided. The gold flakes in the wine make you feel fancy when drinking it too! My friend really loves their blueberry wine as she enjoys wine with a dryer tartness. The farm is open all year round but make sure to visit in autumn too! You don't want to miss the apple festivals in Yesan!

Bee, Plenty, Pyeongtaek Honey and Beekeeping

Bees are central to agriculture. Without bees, the world as we know it wouldn't exist. Beekeeper Yoo Hae-Ra at Bee, Plenty not only raises bees, but she runs an immersive Honeybee Experience Program! Honeybee ecology education is intentionally taught to visitors. Upon arrival you can adorn yourself in a beekeeper suit, learn about bees, their importance to our food production, learn about health benefits of honey and pollen, investigate hives and frames filled with honey comb, enjoy the bees, and even create products using beeswax. The eco-friendly products range from beeswax crayons, honey soaps, honey bars, honey candles, honey perfume, and diffusers fit for every season.

"Bee, Plenty is extremely family friendly! The experience we had during the Honeybee Experience was a once in a lifetime opportunity that we will forever cherish. Watching our three year old enjoy the sounds of the bees and listening to the owner explain everything she knows about bees with such wonder was a gift." ~ Humphreys Family

Many find this business on Instagram, but like many agritourism businesses, word of mouth is a driving force! More and more families and organizations such as Girl Scouts and friend groups find Bee, Plenty to be a fun experience full of knowledge. There are few places in South Korea where you can observe hives while in protective clothing and watch bees work, build their hive, and witness queen bees laying eggs! Bee, Plenty's business platform allows for customized tours considering size and ages of participants, making this a truly custom experience. When you leave Bee, Plenty, you will appreciate bees and see the importance of



Beekeeper Yoo Hay-Ra making beeswax crayons.
(Photo provided by Bee Plenty)

protecting the species, all thanks to a business with an agritourism model who shares their love of bees with the world!

Bear Foot Gardens, Hwaseong Culinary Community Garden

Bear Foot Gardens in Hwaseong is owned and operated by Chef Ryan Phillips. This organic farm is in their eighth year of operation and is driven by a community of volunteers. These volunteers help in so many ways including mixing and bagging soil to planting, tending, and harvesting produce. Volunteers are rewarded by enjoying a handcrafted culinary meal crafted by Chef Ryan with fresh, local ingredients to fit the occasion! As an American culinary professor in Suwon, Chef Ryan realized South Korea needed the infusion of flavors of Mexico and Brazil. These were the flavors he longed for after living in Central and South America and wanted to share with his students who would influence the culinary scene. While teaching, he realized so many crucial ingredients were too expensive or just non-existent at the time. He wrestled with ideas and how to obtain the needed fresh herbs and produce to use in the classroom without breaking the bank. Chef Ryan and his class decided to create their first college community garden out of a sense of necessity and authentic cooking. Through challenges of summers with students not on campus, Chef Ryan learned that the best community garden is the one close to home!

"I am a true Farmer Chef. The flavors... When you love the food you grow, everything tastes better. It's magical" ~ Chef Ryan Phillips

After a few years growing his own roof-top garden, Bear Foot Gardens would be born. The plot of land in Hwaseong would be the place of growth and community connectedness. The pandemic halted in person culinary classes in Suwon and allowed Chef Ryan the opportunity to be in his garden full time. He decided that farming was his passion. His organic farm is fueled by people getting involved through social media and volunteering with a community spirit. Bear Foot Gardens aims to make each visit to the garden accessible to the volunteer. Chef Ryan personally takes into account one's background knowledge of farming, their age, and their strengths then pairs them with a specific task to complete on the farm. Each volunteer work day has a goal that is crucial to the farm and the season.



Chef Ryan Phillips cooking with ingredients grown at Bear Foot Gardens



Pumpkin Fest at Bear Foot Gardens



Chef Ryan Phillips at Bear Foot Gardens

By working together, the Bear Foot Gardens grow!

Bear Foot Gardens also employs an agritourism business model through their paid admission events like dinner nights, Pepper Fest, Pumpkin Family Farm Days, and Seafood Parties! These events offer families a time to experience the farm, farming, and the results of hard work while sustaining production through revenue. Chef Ryan also offers audiences around the world an opportunity to interact with his culinary genius! Through Arirang Radio, Arirang Radio's YouTube channel, and his own social media, you too can learn how to create amazing food with great flavors! If you are wanting to create accessible Korean food as a foreigner, definitely check out his channel. An appreciation for organic, locally grown food is the heart of agritourism and Bear Foot Gardens is making that concept a reality in South Korea!

Why Agricultural Tourism?

Agricultural tourism affords expats and those from Korea a once in a lifetime opportunity to learn about farming, to participate in Korean practices and customs unique to the peninsula, but also the ability to interact with a culture of community support. It helps the local economy in a more sustainable way with less of a carbon footprint. Agricultural tourism

goes beyond "shopping local". For businesses with an agritourism business model, owners and operators have an ability to take a task and craft it into a noteworthy experience. Their passion for their product and craft shine through and get you interested and inspired while learning a little more than what you came with. These experiences are available all over the peninsula, you just have to look!

A love of sharing and teaching others about our planet and its resources is what drives agritourism in South Korea.

Information:

Valuable Farm, Pyeongtaek Strawberry Farm

- Naver: Gachi Inneun Farm, <https://naver.me/G870hHBI>

Eunseong Farm, Yesan Apple Winery and Farm

- Naver: Eunseong Farm, <https://naver.me/x0zjXHgH>

Bee, Plenty, Pyeongtaek Honey and Beekeeping

- Instagram: ontaek2023

Bear Foot Gardens, Hwaseong Culinary Community Garden

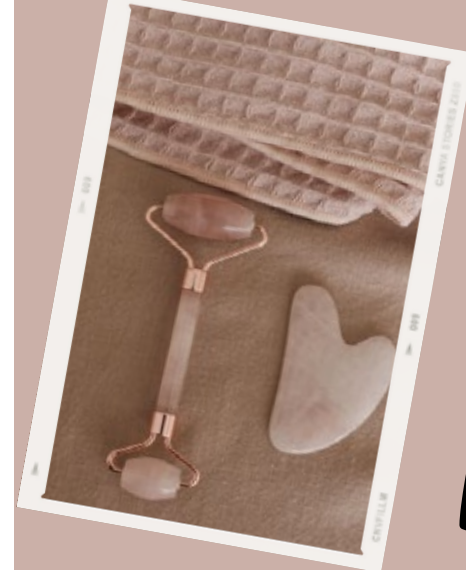
- Facebook: Bear Foot Gardens
- Instagram: ryan_wesley_phillips
- YouTube: Arirang TV, [1DAY 1KOREA : K-FOOD] with Chef Ryan Series
- Youtube Podcast: Arirang Radio K-Pop



Allen Family at Valuable Farm

About the Author

Jetta Allen is Co-Editor of United on the RoK, a writer, and photographer. She loves nature, travel, and culture, but most of all, making memories with her family.



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Strawberry Crumble

By Jetta Allen



Ingredients

Fruit Mixture

- 1 pound fresh strawberries roughly chopped
- 1 tablespoon cornstarch
- ¼ cup sugar

Crumble Topping Mixture

- ½ cup sugar
- 1¼ cup all-purpose flour
- 1 teaspoon baking powder



- teaspoon salt
- 2 teaspoons sugar
- 1½ stick cold butter

Pan

- 9x9 square glass pan
- Shortening or butter to grease the pan

Directions

1. Preheat oven to 350°F or 175°C.
2. Wash your strawberries and pat dry.
3. Roughly chop your strawberries and place in your glass dish.
4. Add your sugar and corn starch on top.
5. Mix well.
6. In a separate bowl, add ingredients for the crumble topping mixture.
7. Mix well and spoon over the top of your fruit evenly. Level with a spoon.
8. Cut your butter into slices and place on the top of the mixture.
9. Bake for 50-60 minutes. Check frequently to ensure the butter is melting and completely covering the top of the crumble, if not add more slices of butter.
10. Bake until golden brown.
11. Serve warm, best with some Blue Bell or Tilla-mook Vanilla Ice Cream from the Commissary!
12. Store anything left in the refrigerators.





Loyalty Tower, Waegwan, Chilgok.

Along the Nakdong River

Korean War Memorials in Chilgok-Gun County

By Ashley Courts

Approximately 135 miles Southeast of Seoul, sits a small county with a big history. Chilgok-Gun County, located in North Gyeongsang Province, played a key role in the success of South Korean and United Nations Forces against the North Korean Army during the Korean War. Running through

Chilgok-gun is the Nakdong River. This river is 316 miles long, making it the longest river in Korea. Countless lives were lost during the many battles that took place along the Nakdong River in defense of the Pusan Perimeter. Chilgok-gun is home not only to Camp Carroll, but to many Korean War Memorials that remind us

of the many sacrifices that were made in the name of freedom. The Chilgok Peace and Patriot Memorial Museum is the most well known museum in this area for good reason. However, there are a few less known places that are worth a visit.

On June 25, 1950, the North Korean Army had crossed the

38th Parallel, and by June 28th, they had captured Seoul. The South Korean Government then relocated their headquarters to Daegu, and the enemy forces were advancing south. General Walton H. Walker was the commander of the U.S. and R.O.K. units in Korea during the Korean War. This is where the name Camp Walker is derived from. It was his mission to protect the southeast corner of Korea, most importantly the port city of Busan. In order to do this, he stabilized the front lines and built what would be known as the Pusan Perimeter. The Nakdong River created a natural obstacle and the Allied Forces were able to use this to their advantage. The Battle of the Nakdong River was a devastating and bloody fight, however, it was because

of this battle that the South Korean and UN forces were able to defend the Pusan Perimeter and stop the North Korean Army from occupying the entire peninsula.

The significance of this battle is literally etched in stone in the many memorial parks in towns around Chilgok-gun County. Waegwan is one of these towns, and as you exit the Waegwan IC, you will be welcomed by, what my family respectively and affectionately call, the "Peace Llama. Due to its llama-like shape that stands above the trees, this name was invented by us long before we actually learned what this tower represents. The real name of this meaningful tower is '충혼탑 칠곡군' which is pronounced Chonghon-Tap Chilgok and, the literal translation is "Loyalty Tower Chilgok".

This memorial was erected in 1973 and looks towards the Nakdong River. It sits to remind us of the sacrifices of the 540 soldiers and police officers from Chilgok-Gun who were lost during the Korean War.

If you have ever lived at or visited Camp Carroll, then you have most likely heard of "Hill 303". To most, this is just a popular hiking spot. But the history behind this hill is so much more. It was atop this hill on August 15, 1950, that a small U.S. Army platoon, who was waiting for reinforcement from South Korean troops, fell prisoner to the North Korean forces after mistaking them for allies. The North Korean soldiers assured the U.S. soldiers that they would be sent to the prisoner camp in Seoul. However, that turned out not to be



Hill 303 Memorial in Waegwan, Chilgok-Gun County, outside of Camp Carroll.



true at all. At the bottom of Hill 303 is a memorial that lists the 41 American heroes who were lost during this unfortunate event as well as the five soldiers who miraculously survived. At the top of Hill 303 sits the Chilgok Peace Observatory which illuminates at sundown in the shape of a flame so that people, even from miles away, will always be reminded of the sacrifices made during the

Korean War.

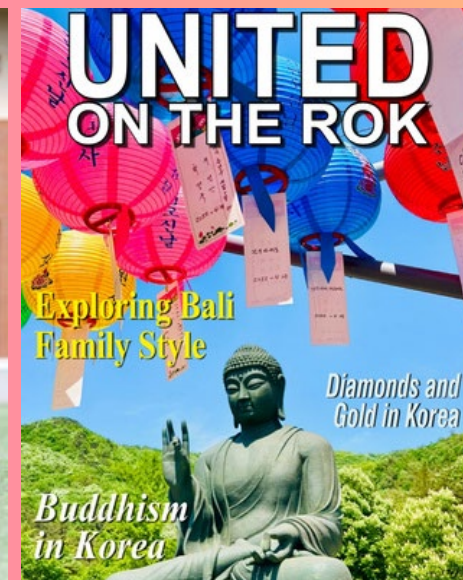
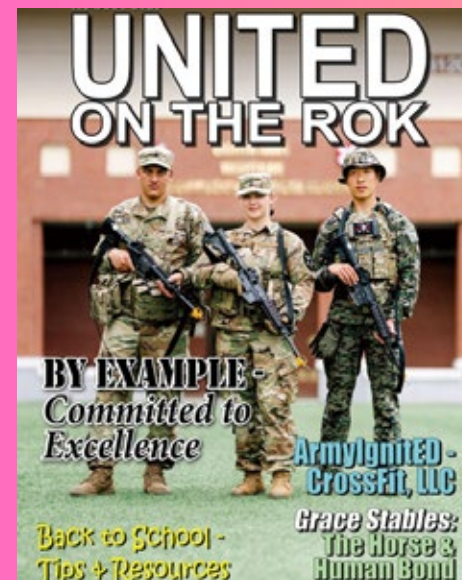
Dabu-dong is another small town that sits near the Nakdong River, about ten miles north of Waegwan. This location also played a crucial role in the protection of the Pusan Perimeter. The most notable difference at the Dabu-Dong Memorial is the monument built to remember the over 200 police officers who were killed while defending Dabu-dong

along with R.O.K. and U.N. soldiers, and ultimately saved South Korea from a full North Korean occupation.

In honor of Korean Memorial Day on June 6, please take a moment to remember those who fought with full devotion and selflessness. Remember those who were lost to ensure that freedom in South Korea would prevail.

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Workshop Highlights

2-3:30PM Editorial Writing

Leave with the skills necessary to craft persuasive and opinionated pieces of writing for newspapers, magazines, and other media outlets. Discuss interview techniques, tone, and your author's voice.

4-5PM Editorial Photography

Editorial photography is all about storytelling through images. Introduction to framing, photo composition, how to edit photos, and discuss where to get started.

5-6PM Getting Published /Open Forum

Understanding ethics, working with subjects, consent, plagiarism, and copyrights in publishing. United on the RoK Editors share how to get published in Korea! Followed up with your questions!

Moving Takes a Community

Tips From United on the RoK Staff

Editorial Collaboration by United on the RoK Staff



The Hansen family gave meaningful advice sharing that moves and new duty stations are what you make it. “Stay open minded and willing to adjust and it can be a great experience.” One way they support their moves to new places is by immediately exploring their new hometown! Korean BBQ is a great way to get acquainted with the local cuisine when moving to South Korea!

Expert Moving Tips for Servicemembers and Families

- Worry less and think positive
- Join social media groups for the community you will be joining
- Unlock your phone if you're going to another county
- Get your tourist passport if traveling to another country so you can be ready for international adventures
- Looking into schools can help influence decisions around housing, transportation to work, and spouse employment
- Calendars! Create schedules for everything so it goes smoothly
- Schedule your HHG, travel, and book lodging in advance, and don't wait
- Make sure your neighbors aren't moving at the same time if you live in a close-quarters community
- Purge what you don't need before movers come, you don't want a full house of things you don't need
- Have an ongoing list of what you want in your unaccompanied PCS baggage
- Pack your unaccompanied baggage and the baggage for travel early and set what you want aside when HHG comes
- Consider keeping your unaccompanied baggage and luggage for the trip separated and labeled from your household goods
- Take pictures and videos of all furniture, antiques, and high-value items before it is packed by movers

Is it time for you to PCS to a new duty station? Maybe your service time is ending or congratulations are in order for your retirement! Whatever your reason is for moving, preparation takes a community effort. Learn from some community members who just moved and want to make the process smoother for you!

There can be so many unknowns at the next location but there are some tips that will generally help anyone moving! These tips go a bit beyond your standard checklist for some more personalized advice.

- Pack the mattress in waterproof covers to prevent moisture, mold, dust, or pets. You can wash clothing and linens but you can wash a mattress inside and out
- Bring electronics with you, many are damaged in transit and reimbursement is difficult as it is hard to prove it was in working condition before the move
- Prepare your vehicle for shipping, fix anything that is broken, update paperwork, and have it professionally cleaned inside and out
- Take care of EFMP updates if needed, sooner rather than later

Tips for Securing Information and Clearing

- Get your pet's immunizations and health paperwork sorted early on
- If traveling with a pet and paying for it by yourself, make sure to have the ticket reflect pet shipping and submit for reimbursement of up to \$2,000 for one dog or cat for each PCS move to or from the continental US
- Give notice to your child care facility of your child being withdrawn at least 30 days before withdrawal
- Clear company, battalion, and installations quickly to have more time for your goodbyes
- Don't count on your medical information, even from military treatment facilities, to follow you to the new duty station, service members and all dependents should have copies of medical paperwork with them
- Get two copies of all medical and educational records, one for your records and one for the gaining community and installation agencies
- Consider a power of attorney if you're moving at different times. Loss of an ID, signing rental agreements, finalizing house sales, and many more instances might require you to have a power of attorney

Items to Bring With You When You Leave Your Duty Station

- Be organized with important documents including one spot for travel documents, passports, birth certificates, marriage certificates, social security cards, and of course multiple copies of your orders
- Hand carry all important documents (personal, medical, educational documents), some even suggest putting them in your carry-on to guarantee nothing is ever lost
- Update your driver's license and international permits



Hansen family exploring Korean BBQ

- Consider saving your documents on a Google Drive or other online storage that can be accessible anywhere, anytime
- Bring a 90-day supply of all medications needed for yourself and/or your entire family
- Consider bringing household items like pillows, sheets, a blanket, a laptop, toys, a book, or any items needed to get you through a few nights if needed

Tips for Settling In

- Learn your installation and city transportation first thing so you can enjoy the city with or without a vehicle
- Decide if you will be a dual-vehicle family if needed
- Understand transportation options in the area and don't let not having a car slow you down
- Find something fun and unique about your new location to get you excited
- Contact your Military Family Life Counselors if you need some transition support when leaving or after arrival at a new installation
- Remember your family readiness centers have relocation support, financial readiness departments, employment experts, and more to help you coming and going
- Connect to local support at your next location so you can begin to build your support network

Employment and Child Care for Dependents

- Start looking for jobs now
- You can accept a job offer up to 30 days before arrival in South Korea

- Families can register to be put on the childcare waitlist at their gaining installation as soon as orders are given. This will help you have the best chance of child care upon arrival. Get your name on the waitlist at <https://military-childcare.com>
- Websites for employment on military installations include: USAJobs, Careers with the Exchange (AAFES), Navy FFR Careers, DoD Civilian Careers, USO Careers, University of Maryland Global Campus Careers, Careers Magellan Health, JANZ Corporation Careers

Resources for Moving

- DMZ to the Sea PCS Resource Guide has all your resources for coming to, living, and leaving South Korea! Download your free copy!
- MyArmyBenefits, MyAirforceBenefits, and MyNavyHR have support for CONUS and OCONUS PCS locations specific to your branch.
- Military One Source PCS and Military Move Resources help people understand moving their lives, families, and belongings. Look into their Settling in After Moving:

Resources. They also have OCONUS support too.

- The Eighth Army has PCS Resources in its Newcomers section.
- Military.com has so many articles about moving, check out "5 Things to Do When You Get PCS Orders". It has a huge PCS Checklist.



Be prepared to be your own information and resource guide at times, but always contribute your tips along the way! Community feedback positively influences not only the support around us, but it assists everyone coming and leaving after you. We are always looking to share amazing PCS tips and resources, share yours with us today! Email us at unitedonth-erokmag@gmail.com



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Making Korea Your New Home

A Practical Guide for Families Getting Settled in Korea

By Jetta Allen

The saying “home is where the heart is” rings so true for many of us, but for military families, home is where we are sent. When we are asked “Where is home?”, a smirk is often our response as we follow it with all our past duty stations, our favorites, the ones we were happy to leave, and finally, ending with our actual hometown of record.

As military connected families arrive on the peninsula, we are expected to make a foreign country our instant new home, much like every other duty station along the way. There are so many checklists and things to do to get here, but there are few resources walking spouses and families through how to make these overseas locations feel like home quickly!

After so many duty stations across the world, I may not be an official moving expert, but maybe some of my advice will help you and your family lay down some roots, even if temporarily. I find that like a tree, when I have roots it gives me stability, connecting me to the new world around me in ways that families outside this life rarely need.



The Allen family's last Texas sunrise before their PCS.

The transition support for families like ours is so different than just a move, it is a lifestyle of constantly rebuilding our family, house, friends, and support networks. So how can you do it now that you are in South Korea? Let me tell ya!

So you're here now, what's next?

Get connected first to your immediate community or neigh-

borhood. Nearly every community on and off military installations and the surrounding housing communities will have their own Facebook group accounts. Join them to stay connected. Here is where people ride share, where parents support each other, plan play times and get together with kids, offer up household items for free or low cost to their neighbors, and many of your neighbors can help with babysit-



The Allens getting to know their community!

ting and pet sitting too. Get out for a walk and be a patron at the businesses within walking distance from your home. You will find that in Korea, store owners and restaurants notice returning customers, love children, and can make you feel welcomed. That welcoming spirit is what gives military communities the small town feel across the world.

I know about my immediate neighborhood and community, but what about the rest?

The rest really starts with you! What are your family's interests, hobbies, or religion? Finding friends in activities you already enjoy is a great way to jump into your new community and it is a great ice breaker for children too. Finding those common interests help bridge the awkwardness of being new, but also allows kids to feel safe in a familiar setting. If you are moving in summer, helping your child find friends before school starts can lead to an easy transition

to a new school as well. Places to look for these activities include clubs and groups on social media, school extracurriculars, the installation's library, recreation centers or community activity centers, MWR programs, CYS programs, KORAM Soccer, Scouts, Girl Scouts, and the Chaplains can also share what activities the church offers. In Korea there are lots of groups for all ages, one year we had a park group where we would meet up with other families for park adventures! My son was able to enjoy himself and make friends, while I too had some much needed adult time. The quicker you jump in with both feet the quicker your support network will grow. Before you know it, your calendar will be filled with fun and your contacts list will grow with new friends.

The kids have friends now, but what about the service member and mil spouse?

There are great avenues for service members to find friends

outside of work! Organizations like the Better Opportunities for Single Soldiers (BOSS) is a great place for single soldiers here unaccompanied, but it can also be a great place for all service members to volunteer and participate in events together. There are so many community programs for adults with specific interests as well. Talk to your Army Community Services, Family Readiness Centers, and the Navy's Fleet Readiness Centers for what your local MWR and organizations offer. Maybe you want to earn your Military Outstanding Volunteer Service Medal while overseas? Your community services can share with you all the possible avenues for volunteering based on your time available, interests, passions, or even an area of professional development that you wish to hone. Volunteering can help you find friends with common interests, goals, and ambition while networking at the same time which can positively impact your military career.

For mil spouses, employment and finding friends is of the utmost importance. The challenges of military moves rest heavily on the service members and their military spouses. The support networks we



Joshua Allen explores a local park with a local community group.



Carolyn and Jetta see the Barbie Movie!

build often support the whole military family, especially during military training and deployments. In military communities you have to rely on the connections you make to fill the gaps that normally a family member or close co-workers might fill stateside. While not impossible, finding gainful and enjoyable employment in the area of your profession can be cumbersome for mil spouses overseas. For myself, I often have felt that being involved with various volunteer organizations has helped me not only find friends, but has also helped me find purpose in our community. Volunteering has

helped me keep my skills relevant while in Korea and given me a great sense of accomplishment. As if that wasn't enough, I met some of my best friends through these avenues. Do you have someone you can call to help you, no questions asked? Could someone take you to the hospital? Would someone pick up your child from school if you are running late? Maybe you need an adventure buddy that is down for day trips. Whatever the reason, you need a friend, but how will you find them?

I have found mine through volunteering and interacting in shared interests. My friendship

with Carolyn literally started by sharing my phone number on a post-it note in the school office! Today she is one of my most treasured friends and I consider her a mentor. She is the voice of reason when I need it, the person I can share anything with, and who I could truly ask anything of if needed. Laura I met as we both volunteered at the USO. Through time spent together volunteering, we realized how much we like hanging out together. We started going on impromptu adventures and exploring Korea together. She isn't in Korea anymore, but that hasn't stopped our amazing friendship. Through late night chats and early morning memes, smiles are made and the support I felt when she was here is what I still feel now.

You have to get out of the house and get involved with something, anything, to make friends. It can't be behind a phone or computer screen.

We often forget the things we tell our children, we should tell ourselves. When did we as adults stop "going out to play" to find friends! Spouses and Civilian Clubs are great avenues to find friends, but sometimes there aren't enough meetings or events to really sustain a friendship by just attending. Events aren't always where you find friends, it is where you find the resources to build your support network. My advice, find the person that talks the most! Maybe they are the loudest, dressed in the theme of the event, and are mingling with lots of people! If at Humphreys, that person might be me or my fellow editor Robyn Connell. Robyn runs the "Doin' Stuff with Robyn and Dana" Facebook page where they invite others to do fun stuff each month! Find your chatterbox at your installation! Ask this person the

deets. This person will be able to help you find those friends with similar interests, connect you to groups, give you information on who meets when, and give you the warm hand-off to the right person. This person is who you need to look for in your community! It is not always about being your community chatterbox's best friend, it is about having them help you find yours! I have helped many newcomers just in this way and it's great to see them thriving! There is most definitely someone in your community ready and waiting to help support you, trust me!

Has this transition been extremely difficult for you?

Change isn't something I am great at on a daily basis. Being flexible is definitely an area of work for me. It isn't something that comes natural to me, but I admire those who can think on their feet and adjust so quickly. Having difficulties adjusting is probably why I prepare and organize so much, to manage my own expectations. What do you do when there is nothing else you can think of to do and you are still struggling to get adjusted to Korea? Again I go back to embracing the same advice we tell our children, if you need help ask for it. Like children, we often don't know who that right person could be, again I have been there. Your primary care manager and behavior health clinics are great options to start finding some support. Often though wait times for appointments can deter us from getting the help we need.

Mental health is getting easier to obtain thanks to Tricare Global for Japan and Korea's changes to

support dependents with Tricare Prime. Dependents in Japan and Korea do not need a referral to seek counseling off the installation, this is applicable to both adult and children dependents. Direct billing allows us to save time and get into counseling sessions quicker than ever. When I noticed I was struggling, I sought help. I found out that I met the criteria for an adjustment disorder. I joked to my counselor and said "so do you hand this diagnosis out like candy to all military spouses?". Upon talking to other spouses about my experience I was shocked to find out that my joke was all too real. Many opened up and shared they too struggled with the same

diagnosis but by going to counseling it really helped. I soon found strategies that helped me cope and opened my eyes on how I can support my own needs during transitions, whether they be large or small. Children can also have struggles adjusting to change. Therapy can really be the safe haven to share and learn what can work for you and your family.

Alright, I have my groups, my friends, and support, how do I maintain it all in Korea?

Well this is the fun part! Maintaining friendships in a foreign country means there's literally a whole country with amazing places



Jetta with friends Christie and Sandy in Jeonju on a Doin' Stuff with Robyn and Dana trip!

Go see Gwanghwamun Square and Namsan Tower in Seoul! Captured by Esther Kim



Jetta exploring Sky Valley in Donghae on the east coast of South Korea

and new cultural experiences for you to explore together! During the lockdowns of the pandemic I started making travel lists. I put down all the places I wanted to see. Then I put them in order of distance from our home. I found that I now had small itineraries for day trips, overnights, and weekend getaways! The list of cafes would be great when we couldn't go too far from home. Museums and indoor malls would keep us busy and dry during the cold weather or rainy monsoon seasons. But most of all, I was ready for adventures! Spend an hour exploring travel groups or even Tripadvisor in your area. Put pen to paper and make the lists of what you want to see! Make it a goal to see at least a couple each month with friends and with your family. As you cross places off the list you will begin to feel at home in Korea.

Maintaining friendships and connections starts with communication and ends with action! Get active with your friends.

Meet up, go out, and get off the installation! Keep things fresh and new. Go to Seoul! Check out Namsan Tower! See all the places! As you share specific moments and experiences with your friends, you will see those moments solidify new relationships. Those moments are the ones you will have for a lifetime. The friends you make enjoying each day will be the ones who support you the most. Think back on your fondest memories of your friends and family back home. What were you doing? How did you meet? It's not so different here. There are a ton of families who are just starting their journey in Korea too and some like us who have been here awhile. What will you do to get out and meet them?

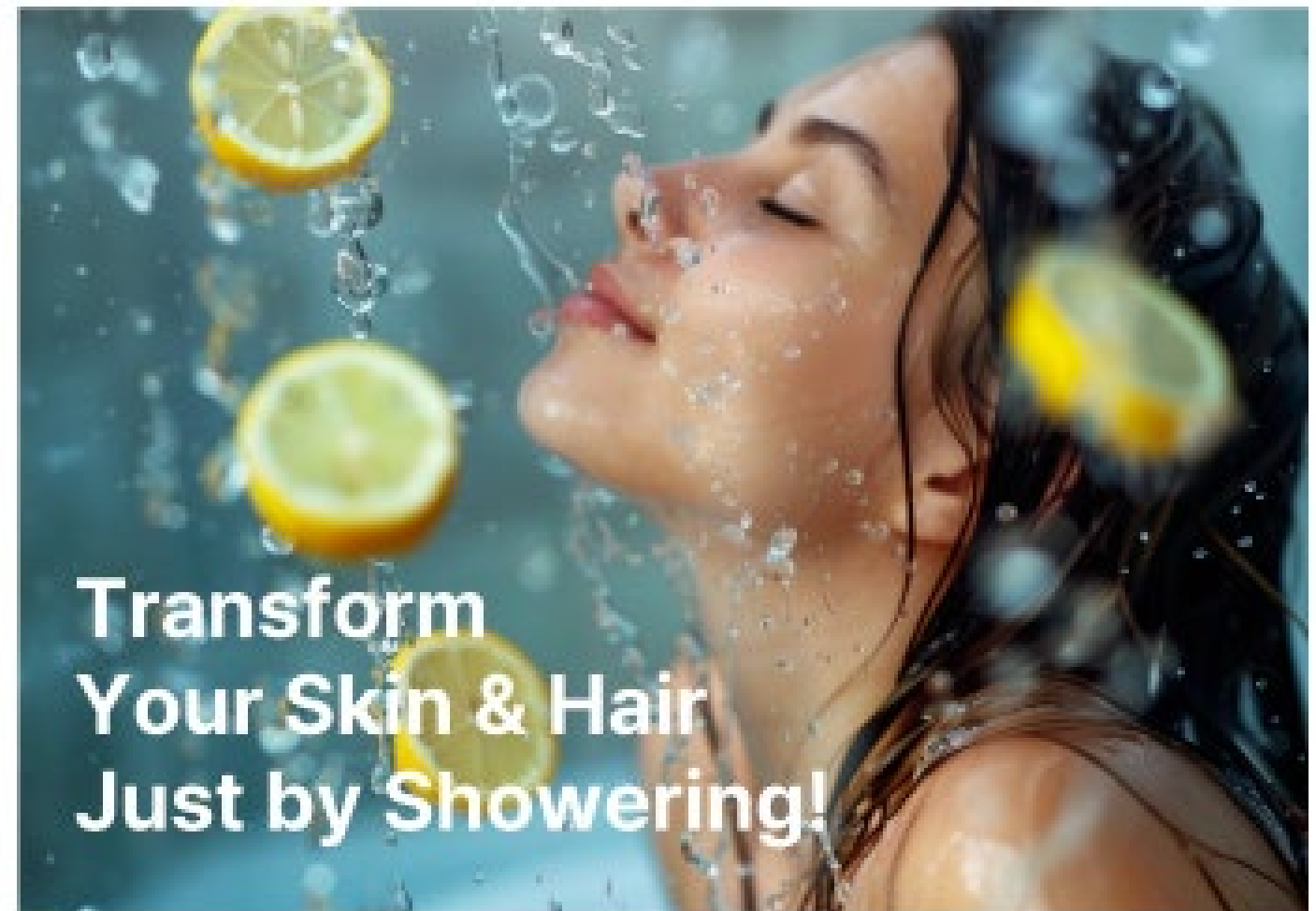
How you make your home in Korea is up to you, but your community is there to help along the way! Can't wait to meet ya!

About the Author

Jetta Allen is Co-Editor of United on the RoK, a writer, and photographer. Traveling with friends has been how she has explored so much of Korea. Her fondest memories of Korea include finding a blue bat star fish on the beaches of Taeon, drinking tea in the mountain with a monk and her friends, and making smores near the river with friends.



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ONPOST
An app designed for the convenience of not only the soldiers stationed and living at Humphreys, a U.S. military base in South Korea, but also everyone else.



MWR Daegu
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Emergency Ready App
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Communication and Translation



WhatsApp Messenger
WhatsApp from Meta is a FREE messaging and video calling app. It's used by over 2B people in more than 180 countries. It's simple, reliable, and private, so you can easily keep in touch with your friends and family. WhatsApp works across mobile and desktop even on slow connections, with no subscription fees.



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Google Voice
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Tech Apps for Newcomers

Travel and Entertainment



Visit Korea
Apps that provide all the information tourists may need when traveling to Korea such as finding directions and public transportation information, and emergency contacts to make their trip more convenient and safe.



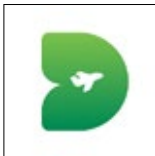
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Daegu Trip
Daegu travel integration platform.



ArirangTV
This free app for phones lets you watch Arirang TV live 24/7 and the past episodes of Arirang program. Also, you can get the latest world and Korea video news from business to k-pop, sports.

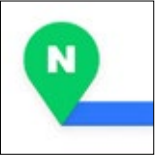


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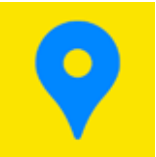
Transportation and Navigation



Waze
Community driven navigation app that helps millions of users get to where they're going through real-time road alerts and an up-to-the-moment map. Waze saves you time by instantly alerting you to traffic, construction, crashes, police and more. From traffic-avoiding reroutes, real-time safety updates and low gas price alerts, Waze is a community of drivers helping other drivers.



NAVER - Map / Navigation
South Korea's GPS navigation and local attractions, and more!



KakaoMap - Map / Navigation
KakaoMap will show you the fastest routes in Korea! With KakaoMap, you can find everything you want in a map app, from directions to hot restaurants



Exchange taxi : exchange, taxi
Taxi matching application that can be used within USFK troops.



Kakao T - Taxi, Driver, Bike
Kakao T innovates our lives to become more comfortable, fun, and valuable, without any concerns on mobility.



Tmoney Go
An integrated mobile platform in your hands! Experience a mobility life that adds to your life with the new T-money GO. Just register your transportation card and use public transportation to earn rewards! Check your own traffic data through your registered transportation card!



Subway Korea(route navigation)
The Subway Korea app provides the fastest and most accurate subway station timetable among all the public transit and subway map apps.



Korailtalk
Korail train ticket reservation service in English, Chinese and Japanese.

Shopping, Food, Miscellaneous



GMarket Global
Korean No.1 Shopping destination, Gmarket Global. A wide range of Korean products at affordable prices!



Coupang
Coupang is the perfect place for savvy shoppers. Baby, Kids, Fashion, Beauty, Home & Kitchen and Electronics, you name it! We have millions of items in our selection and we can also deliver them to your doorstep faster and cheaper than anybody else.



MyExchangeFood
Find your favorite restaurants on the app directly. Enjoy the online ordering experience.



Shuttle
Browse restaurants, bakeries, and shops across Korea available for pickup & delivery. We deliver on-demand food from your neighborhood's best restaurants, so you can enjoy great food in the comfort of your home, office, or wherever you happen to be.



Coupang Eats - Food Delivery
Browse eateries and take advantage of Coupand member discounts.



IQAir AirVisual | Air Quality
The most trusted and reliable air quality information from the world's leading air pollution data provider. Covering 500,000+ locations from a global network of government monitoring stations and IQAir's own validated sensors. Recommended for sensitive people (allergies, asthma, etc), a must-have for families and great for athletes, runners, cyclists and outdoor sports activities. Plan the healthiest day with health recommendations, 48-hour forecasts, and check the real-time global air quality map.



Air Matters
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Navigating Challenges of Military Couples and Families

By Asana Counseling Center

Marriage brings us joy, happiness, and support, yet it can also be painful. Embarking on the journey of a military marriage is a distinctive and often demanding experience. It's a path marked by sacrifice, resilience, and love. Military couples face challenges that many others may not encounter, but they also possess a remarkable strength that is forged through shared commitment and the ability to overcome adversity.

Common Challenges of Military Couples

- **Frequent Relocations:** Military families often move to different locations, both within the United States and internationally, which can disrupt careers, social networks, and educational continuity for spouses and their children.
- **Deployment Separation:** Extended deployments and separations from their partners can lead to emotional and practical challenges, including loneliness, parenting responsibilities, and maintaining a sense of normalcy.

- **Single Parenting Responsibilities:** When the service member is deployed or away for training, military spouses often take on the role of a single parent, which can be overwhelming.
- **Employment and Career Discontinuity:** Frequent relocations and uncertainty about the duration of stay in a particular area can make it difficult for military spouses to establish and advance their careers. Many face difficulties finding stable employment opportunities.
- **Difficulty Connecting with Communities and Finding Support:** Frequent relocations can make it challenging to build a stable support system, as military spouses

many military couples have successfully navigated these challenges to strengthen their love and togetherness.

Recommendations for Military Spouses

- **Set Aside Regular Quality Time:** Make time for regular quality moments with your spouse. Watching a TV show may not always constitute quality time if you rarely feel connected. Quality time doesn't always require verbal conversation; it's about being present. Create rituals that enhance your connection, such as going to a cafe, cooking together, playing a board game, having dinner, or going on a trip.



may not have the opportunity to establish long-term friendships or access community resources.

- **Challenges with Consistent Healthcare Access:** Access to consistent healthcare can be a challenge due to frequent moves and changes in healthcare providers.

The challenges mentioned above significantly impact the mental health of military couples. It is not uncommon to experience anxiety, depression, PTSD, substance use disorders, and strain on their family relationships.

Although military spouses have unique circumstances,

- **Communicate and Share Responsibilities:** Discuss and negotiate how you, as a couple, can share responsibilities for your children, including education, discipline, and daily chores.
- **Communicate and Navigate Challenges Together:** Communicate as a couple about how you'll navigate challenges related to deployment, separation, or frequent moves. While you can't prepare for all challenges, having your partner's support can alleviate anxiety and distress. Knowing that your spouse understands you can help you cope, even during times of physical separation.

Skills for Effective Communication

- **Make Direct Requests:** Use simple, direct, and specific language when making requests, like “Can you...?” or “I want...”
- **Use Softening Language:** Employ phrases like “Would you mind if...,” “I’d appreciate it if...,” or “I’m wondering if...”
- **Use Assertive Communication:** Express your feelings and thoughts without resorting to blame or accusation. Blame or accusations often begin with the word “You.” For example, “You are a jerk,” or “You frustrate me.” Instead, assertive communication typically starts with “I feel” or “I think.” For instance, ‘I feel rejected,’ or “I think we have not spent time lately.” It’s important to note that some individuals may use “I” in a way that still implies blame, leading the other person to become defensive. For instance, “I feel that you are selfish,” or “I think you are gaslighting me.”

Remember that the purpose of the conversation is to communicate with your spouse, not to win an argument. Here are some examples of contrasting blaming and assertive communication.

DON'T	DO
Blaming or Accusation: Often start with “You”	Assertive Communication: Often starts with “I think” “I feel”
Situation 1: You often feel frustrated when your partner forgets to call you while your partner is away. Last night, you expected your partner to call because your partner had promised to do so but did not.	
Blaming or Accusation: You make me frustrated! You never keep your promises.	Assertive Communication: I feel frustrated because you promised to call last night, and you didn’t.
Situation 2: Your spouse has been coming home late recently and spending most of the time watching TV or using a smartphone on weekends. You and your spouse decided to go out to eat and during the meal, your spouse seemed distracted and zoned out.	
Blaming or Accusation: You never spend time with me. You don’t care much about our marriage, do you?	Assertive Communication: I think we haven’t had quality time together in the past month.

Military couples face unique challenges, but with open communication, shared responsibilities, and dedicated quality time together, these challenges can be met with resiliency and a deepened bond. By supporting each other through the ups and downs of military life, couples can find strength and lasting happiness in their journey together. Remember that you are not alone, and there are resources and support available to help you navigate the path to a fulfilling and thriving military marriage.

Couples counseling wherever you are located can provide valuable guidance and support, helping you learn to use these strategies effectively to enhance your communication and strengthen your relationship. In couples counseling, you can reflect on your communication patterns, and develop how you, as a couple, share and listen to each other’s values, goals, and struggles.

Asana Counseling Center understands these challenges well and offers compassionate, effective support. The center’s partnerships with international insurance providers make it easier and more convenient for clients to access the counseling services they need. Services include: individual and couples counseling, psychotherapy, family and marriage therapy, adolescent counseling and therapy, ABA therapy and speech therapy. Asana Counseling Center offers services in English, Korean, and Chinese in person at their clinic, online, and ABA services in home settings.

Contact information about getting started:
www.asanakorea.com
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Expats Navigating Korean Health Screenings

By Cat Son

One of the many benefits of living in Korea is access to their amazing health screenings. Every two years Korean citizens can receive a fully covered health screening. The GHSP (General Health Screening Program) first started in the 1950's. It has now grown into the biggest health screening program in the world. These screenings are as intense as they are thorough. The screening is structured to catch any possible disease or cancer while it is in the beginning stages and thus easier to treat. In America, we tend to not get check ups unless there is an issue that would lead us to believe we are sick. Contrast to America, in Korea, the hope is to catch the problem before it is strong enough to affect quality of life.

Both *Saint Mary's Hospital* and *Good Morning Hospital* also offer these services to expats. They take a variety of insurances. Both hospitals have international patient service offices where the employees all speak English and can assist you with any billing or insurance questions via phone or by email. If you go in person, the International Patient Service Center is located on the second floor (just take the staircase on your right when you enter the hospital) at *St. Mary's* and is located on the first floor at *Good Morning Hospital*. You can also call their office numbers at: *St. Mary's* 010-8700-3163 and *Good Morning Hospital* 031-5182-7691.

My family and I choose to use *St. Mary's* as we have found they have amazing, caring and supportive staff. Let me take you on my adventure of receiving a health screening. The appointment took some time as several tests were conducted. Also it may differ from person to person, but they had me fast before I arrived. In hindsight the biggest mistake I made was not using one of their translators to help me with the screening. My Korean husband came with me to translate but our toddler had other plans and needed his attention more than I did. So about ten minutes in I was left to figure things out with my (less than) intermediate Korean skills.

First they gave me hospital clothes to change into and escorted me to the locker room to change and lock up my personal items.

After changing, they conducted basic tests such as: vitals, blood, urine, body measurements, hearing and vision. It was at about this time that I lost my translator/husband. My toddler was



over the hospital scene and needed to adventure elsewhere. Things got a bit interesting when I was left to my own devices. I quickly found out that my knowledge of Korean medical vocabulary is microscopic.

I was ushered into another area where I went from door to door with each room containing a different medical professional to perform a test. It is at this point where it would have been nice to have my husband translate which test was going to happen next. But as it was, it became like a fun game show where I didn't know what surprise would be on the other side of the door! In this set of doors I was able to receive joint disease testing, thyroid scan, body scan, mammogram, chest x-ray, regular ultrasound, pap smear and a few more tests that I honestly am not exactly sure what they were testing for.

Once the tests were all done I was able to meet with a doctor to go over the initial results. Luckily my translator/husband and toddler resurfaced and I was able to ask the questions that I wanted to. About a week and a half later all of my test results came in and were emailed to me. I found this part to be truly amazing. The results were very detailed and included a bio-age analysis report that has been extremely helpful to reference.

I strongly encourage everyone to get this Annual Health Screening done while living in this great country. I can't begin to comprehend how much these tests would have cost me if I were to attempt to do this in America.

It took less than two hours and with my insurance became very affordable.

I look forward to my next screening. It will be fun to see if I can make improvements on any of my test results, hopefully my Korean will have improved by then as well.



About the Author:

Cat Son is a Colorado Native who calls Hawaii home. She enjoys spending as much time outdoors as she can. She loves exploring Korea with her family.

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VOL.1

NERD NEWS

YOUR MONTHLY PORTAL TO FANDOM

Summertime has come! Nerds from all over have left Winterfell and are heading to King's Landing in search of events that will itch the nerdy scratch!

Look no further, Traveler! We are here to help!

First up, you will need to make your way to the COEX mall in Seoul. The Ultimate Cosplay Battle will be taking place on July 7th. Registration is open now. Sign up, grab your gear, and compete!

After you have conquered this quest, head over to your local USO for a session of Dungeons and Dragons or Magic the Gathering.

Once you have bested your enemy or made new allies, head back to the COEX mall for... SEUL POPCON 2024! A 3-day convention from (August 16-18) that will fulfill the hearts and minds of all nerds united! Scan the QR code below for details on UCB and POPCON.

Upcoming Movies and TV Shows:
The Acolyte Season 1
The Boys Season 4
House of the Dragon Season 2
A Quiet Place: Day One

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NERD NEWS

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US Veteran Benefits While Living in South Korea

By Heather MacLeod

As a US veteran, you've served your country with dedication and now it's time to reap the benefits of your service. For those living abroad, particularly in South Korea, understanding how to access and utilize these benefits can be a complex task. However, with the right information and resources, you can seamlessly integrate your US veterans benefits into your life in South Korea. This article serves as a comprehensive guide to help you navigate this process.

Understanding Your Benefits

The US Department of Veterans Affairs (VA) provides a variety of benefits to veterans, including healthcare, disability compensation, pension, education, and home loans. Even while residing in South Korea, you are entitled to these benefits, though the process might differ slightly from that in the US.



Healthcare Benefits

One of the primary benefits available to veterans is healthcare. While the VA does not have facilities in South Korea, veterans can receive care through the Foreign Medical Program (FMP). The FMP covers healthcare services for conditions that the VA has rated as service-connected.

Steps to Access Healthcare Benefits:

1. Enroll in the FMP: You need to register with the FMP by submitting an application form (VA Form 10-7959f-1) to the VA's FMP office.
2. Receive Care: Visit any licensed healthcare provider in South Korea for treatment of your service-connected condition.
3. Submit Claims: After receiving care, submit a claim to the FMP for reimbursement. Ensure you include itemized bills and receipts.

Disability Compensation

If you have a service-connected disability, you can continue to receive disability compensation while living in South Korea. The process for receiving these payments remains the same as if you were in the US.

Steps to Receive Disability Compensation:

1. Direct Deposit: Ensure your compensation is set up for direct deposit into an international bank account. You can update your banking information through the VA's eBenefits portal or by contacting the VA directly.
2. Maintain Contact: Stay in touch with the VA to keep your information updated and respond to any correspondence promptly.

Adaptive Equipment and Assistive Technology

Veterans with disabilities may be eligible for adaptive equipment and assistive technology to improve their quality of life and independence. This includes devices such as hearing aids, mobility aids, and home modifications.

Steps to Access Adaptive Equipment:

1. Assessment: Get an assessment from a VA-approved healthcare provider to determine the type of equipment or modifications needed.
2. Approval: Submit the assessment and any necessary documentation to the VA for approval.
3. Procurement: Once approved, purchase the equipment or services and submit receipts for reimbursement through the FMP.

Independent Living Services

For veterans whose disabilities severely impact their ability to live independently, the VA offers Independent Living (IL) services. These services aim to provide the necessary support and training to help veterans live as independently as possible.

Steps to Utilize Independent Living Services:

1. Apply for IL Services: Contact the VR&E office to apply for Independent Living services.
2. Develop an IL Plan: Work with a Vocational Rehabilitation Counselor to develop a personalized IL plan that includes necessary services and supports.
3. Implement the Plan: Coordinate with local providers in South Korea to receive the services outlined in your IL plan.

Education Benefits

The GI Bill benefits can be utilized for education at approved institutions in South Korea. Whether you're pursuing a degree, vocational training, or certification, the VA can assist with tuition and other related expenses.

Steps to Utilize Education Benefits:

1. Find an Approved Institution: Check if the educational institution in South Korea is approved by the VA. You can find a list of approved foreign programs on the VA's website.
2. Apply for Benefits: Submit an application for the GI Bill benefits through the VA's eBenefits portal.
3. Coordinate with the School: Work with the institution's veterans affairs office to ensure they understand how to process your benefits.

Chapter 31 Vocational Rehabilitation and Employment (VR&E) Benefits

Chapter 31, also known as the Vocational Rehabilitation and Employment (VR&E) program, is designed to help veterans with service-connected disabilities prepare for, find, and keep suitable jobs. For those who cannot work immediately due to their disabilities, VR&E offers services to help veterans achieve maximum independence in daily living.

Steps to Utilize Chapter 31 Benefits:

1. Apply for VR&E: Complete VA Form 28-1900, Disabled Veterans Application for Vocational Rehabilitation, and submit it to the VA. You can apply online through the VA's eBenefits portal.
2. Attend an Orientation and Evaluation: Once your application is approved, you'll attend an orientation session and meet with a Vocational Rehabilitation Counselor (VRC) to assess your interests, abilities, and needs.
3. Develop a Rehabilitation Plan: Work with your VRC to create a personalized rehabilitation plan, which might include training, education, employment services, and support services.
4. Access Services in South Korea: The VR&E program supports veterans pursuing education and training at approved institutions in South Korea. Ensure your chosen institution is approved and coordinate with the VR&E office to receive your benefits.

Employment Services

Finding employment in South Korea as a US veteran can be facilitated through various resources and organizations dedicated to assisting veterans.

US Military Bases

If you live near US military bases in South Korea, such as Camp Humphreys or Osan Air Base, there may be employment opportunities available both on and off base. These positions often give preference to veterans and can be a good starting point.

Army Community Service (ACS)

Army Community Service (ACS) provides support and services to soldiers, retirees, civilians, and their families. While primarily focused on active-duty service members, ACS offers several programs that can be beneficial to veterans living in South Korea. Employment Readiness Program (ERP) offers job search assistance, resume workshops, and career counseling.

Transition Assistance Program (TAP)

The Transition Assistance Program (TAP) is designed to help service members transition to civilian life. TAP offers workshops, counseling, and seminars that cover various aspects of transitioning, including employment, education, and financial planning.

Steps to Utilize TAP:

1. Attend TAP Workshops: Participate in TAP workshops and seminars to gain valuable information and resources for transitioning to civilian life.
2. Use eBenefits: Access the eBenefits portal for online resources and tools to assist with your transition.
3. Coordinate with TAP Counselors: Work with TAP counselors to develop an individualized transition plan that meets your specific needs and goals.

USO Transition Services

The United Service Organizations (USO) offers transition services that can help veterans prepare for and find employment. These services include resume writing workshops, job fairs, and networking events specifically tailored for veterans.

LinkedIn Premium for Veterans

LinkedIn offers a free one-year premium membership for veterans, which can be incredibly beneficial for networking and job searching. This membership includes access to LinkedIn Learning, where you can take courses to improve your skills and qualifications.

Korea Veterans Association

Korea Veterans Association (KVA) The Korea Veterans Association can provide resources and support for veterans looking to find employment in South Korea. They can help you connect with local businesses and organizations that are interested in hiring veterans.

Employment Websites

- Several employment websites cater to ex-pats and veterans in South Korea, such as:
- USAJobs: Offers a comprehensive database of job openings across various federal agencies. These listings include detailed job descriptions, qualifications, salary information, and application instructions.
- WorknPlay: Offers job listings for various sectors, including teaching, technology, and business.
- Seoul Global Center: Provides job listings and resources for expats living in Seoul.
- LinkedIn: An essential tool for networking and job searching internationally.

Home Loans

The VA home loan guaranty program can help you purchase a home in South Korea. While this program primarily assists with purchasing homes in the US, it's possible to obtain a loan for a foreign property through private lenders that recognize VA benefits.

Steps to Utilize Home Loan Benefits:

1. Check Eligibility: Confirm your eligibility for a VA home loan through the VA's eBenefits portal.
2. Find a Lender: Locate a lender in South Korea who is willing to work with the VA home loan guaranty program.
3. Secure Your Loan: Work with the lender and the VA to secure your loan and purchase your home.

Additional Resources and Support

- There are several organizations and resources available to assist US veterans living in South Korea:
- Veterans of Foreign Wars (VFW): The VFW has posts in South Korea that can provide support and resources.
- American Legion: This organization offers various services and assistance to veterans abroad.
- VA Regional Office: Contact the VA Regional Office in the Philippines, which handles claims and benefits for veterans living in the Asia-Pacific region.

Living in South Korea as a US veteran doesn't mean you have to forego the benefits you've earned. By understanding how to navigate the VA system from abroad and utilizing available resources, you can effectively manage and maximize your benefits. Always stay informed and connected with veteran support organizations to ensure you receive the assistance you deserve.

About the Author

Born in Trenton, Michigan, and proud Air Force veteran, Heather now serves as an Army civilian. Passionate about exploring new places, Heather enjoys traveling throughout South Korea, immersing in its rich culture and vibrant landscapes.

presented by



THE FANDOM ONION

peeling back the Nerdy Soldier's layers

There is a unique and often overlooked intersection between the valor of the soldier and the limitless imagination of nerd culture. These individuals, who bravely serve their countries, also find solace, inspiration, and camaraderie within the realms of science fiction, fantasy, gaming, and other facets of nerdery.

Their stories, though diverse, weave a common thread of passion, resilience, and a deep appreciation for the power of imagination.

These everyday heroes who enjoy nerd culture are a testament to human nature. They are warriors who wield not only rifles and armor but also lightsabers, battle axes, and game controllers. For them, the battlefield extends beyond the physical realm, encompassing virtual worlds, fictional universes, and the expansion of the imagination.

One might wonder what draws soldiers to nerd culture. The answer lies in between their two worlds. Just as soldiers embark on epic quests, facing challenges and adversaries with courage and determination, so too do nerds journey the landscapes of their favorite stories, battling monsters, unraveling mysteries, and overcoming obstacles against all odds. In both realms, heroes emerge, friendships are forged, and lessons are learned that push the boundaries of fiction.

Ultimately, soldiers who enjoy nerd culture remind us that strength comes in many forms, and that the power of imagination knows no bounds. Theirs is a story of courage, camaraderie, and the enduring pursuit of adventure—an inspiring testament to the indomitable spirit of the human soul.

The Talking Nerd Talk Show is a local podcast about fans talking fandom that is hosted on Camp Humphreys. Check out weekly episodes and more:



7 Habits of Highly Ineffective Diets

By Jaime Barroso

Do you know you want to feel better in your skin. Get ready for showing more skin in this upcoming hot Korean summer. Maybe you want to look leaner and more toned...or maybe you just want to feel better about the way that you look without being too tied to a number on the scale...And well, you might be considering starting a diet (if you're not already on one). But how do you know if you're considering an ineffective diet?

Let me help you out...look out for these 7 clues that a diet will not get you the long-term results you are looking for (and what to do instead).

7) It has the word "diet" in the title

Coming out of the gate swingin' with this one! As a general rule, anything with the word "diet" in the title is not going to be effective long-term (and isn't long-term success what we're going for?). When you see the word "diet" think "short-term", "drastic" or "buy me". Don't get me wrong, not all "diets" are bad per se. Some can be good for short-term jump starts for a small population of people - however most will down-regulate your metabolism, leave you with no life-long skills to maintain your results, feeling restricted from life and are generally a money scam, which brings me to my next one...

6) Anything claiming to cleanse

Did you know that your body is a powerhouse?! Everything needed to digest, extract nutrients, and yes, cleanse, is already contained within the walls of your muscles and bones. The body has been a well-oiled machine for much longer than you or I have been on this planet. Yes, a poor diet can make you feel sluggish, slow your digestive system, cause you to retain water and make you feel like you need to rid yourself of the gunk... But the best cure for this is simple:

- Eat more nutrient-dense foods
- Drink 2-3 liters of water per day
- Exercise 3-5 times per week
- Aim for 7-12k steps per day

That's the best "cleanse" you can do! I promise, your body will take care of you. Oh but your friend did a cleanse and lost 5 lbs in a week? That's mostly water weight and will come right back when your friend goes back to eating normally...

And aren't we talking about long-term sustainability here?...

5) It claims to give you results without knowing anything about you

Have you ever realized that we are all different? We have different body types, metabolisms, heights, weights, exercise intensities and lifestyles, genetic predispositions, likes and dislikes, mental and emotional battles...

This must all be taken into account when making a dietary lifestyle change. Yep, I said it, dietary lifestyle change.

4) It promises desired results in an unreasonably short amount of time

You know those advertisements that show these amazing, dream-worthy transformations in weeks? You know the ones - the ones that get you to try the diet in the first place.

I really, honestly hate to break this to you but those photos depict one of three things:

1. Some are the small percentages of people that actually follow the program and get drastic results in a short time period (and often gain it back after...they won't show you those pictures)
2. OR...the time period is a complete lie. For example, I have seen photos of postpartum women on a 4 week program with drastic results, yet the photos were 1 day and 4 weeks postpartum...they would have had drastic results even without a program!
3. OR...the actual photos are a complete fabrication. The amount of photo stealing and photo editing of clients' photos (yes, photo editing of clients' photos!) is unreal.

3) It restricts an entire food group

This one is simple - unless you have a medical condition or ethical reason keeping you from eating a certain food group (think: lactose intolerance, celiac disease, or vegans/vegetarians) you should steer clear of any diet that restricts an entire food group, such as carbohydrates, which are needed in the body to create energy. Or fats, which the body also uses for energy and hormone regulation. Just...no. You will find yourself vitamin deficient, sluggish and unhappy really fast. If you find yourself feeling like you have to cook separate meals for yourself and your family to accommodate your new diet, something's off.

2) Restricts or demonizes "bad" foods

Do you have a weakness for ice-cream? Chips? Popcorn? Or my personal favorite...Velveeta mac and cheese? Whatever it is, a healthy diet can and should include those foods in moderation! Mental health is just as important as physical health. I can guarantee you, labeling foods as "bad" and never eating them is a one-way path to obsession, bingeing, and staying stuck in that hamster wheel. Don't do it. Of course I'm not telling you to eat those things all day every day - in general many of those fun foods we crave are not nutrient dense and are high calorie. So work them into your diet in small amounts. I like to follow the 80/20 rule - 80% of the food I eat in a day is nutrient dense and fuel for my workouts and my life. 20% is simply fun and enjoyable, like an ice cream bar or a giant soft pretzel. It'll keep you sane. This brings me to my most important habit of an ineffective diet...

1) It has a negative impact on your mental health

This is the most important one, the



most raw one. If you are following a new diet and find yourself depressed, obsessing, bingeing, or in any way feeling like the diet is taking from your well-being instead of adding to it, stop. This diet is definitely not for you and most likely, you need to work on eating intuitively before making any physical-results-based changes to your dietary lifestyle. Like I said, mental and emotional health are just as important as physical health.

So there you have it. Pretty simple. Does it seem like I just eliminated any diet you've ever heard of? I probably did. That's because my belief is that your diet,

your diet not a diet, should support and enhance your lifestyle.

There are ways to manipulate your food intake to get you physical results without prescribing to any of the fad diets that are out there. Start by eating body-appropriate portions and getting in more protein and produce. Below is an image of our "Strength Plate", which is where we start all clients off if they come to us struggling with nutritional foundations. This should be enough to get you started, but don't hesitate to send me a message if you need further guidance for your unique situation.

You've got this!

About the Author:

Jaime Barroso is a Certified Personal Trainer, Nutrition Coach, and owner of Strength by Jaime Barroso, LLC. For 9 years she has provided personal training and nutrition coaching for people all over the world who want to get stronger, eat better, and take back control of their own health and wellness through my program The Strength Method. If you're ready to master your deadlift and feel confident in your bathing suit, without giving up your favorite foods, you're in the right place.

- Join our free Facebook Community: www.facebook.com/groups/TeamStrengthJB
- Website: www.StrengthbyJaimeBarroso.com
- Facebook: Jaime Barroso



To inquire about applying for membership, President Pak can be contacted at 010-5329-4285 or pakkh55@naver.com. Membership qualification is open not only to Americans but to anyone who has access to Osan Air Base and USAG Humphreys.

Pohang Adventures

By Mack Rock

When you are planning your summer travel this year, make sure you save a weekend for a trip to Pohang. Pohang is the home of Camp Muchuck. It is about an hour drive from Camp Walker and 3 hours from Camp Humphreys. It is ideal to drive when you are going to Pohang because it can take up to 40 minutes to drive from one attraction to another. Here in Pohang you will find some of the most iconic photo opportunities in all of Korea.

I started my trip at the Spacewalk which is a walkable roller-coaster located at Hwanho Park in Pohang. When you enter Pohang, you see the roller-coaster sitting high on top of the mountain which is very exciting! The park houses a temple, a mini zoo, and many children's playgrounds. When you walk to the top of the hill, you come across a giant roller-coaster. Only there are no carts like normal roller-coasters,



At the Spacewalk at Hwanho Park in Pohang

there are stairs that you can walk on. Admission is free and they are open from 10am to 7pm daily.

As I embarked on my journey to walk the roller-coaster I regrettably did not count the number of stairs. However, I was later told by a local that there are 717 stairs. What I found interesting is that not all of the stairs are the same size. Some of the stairs were smaller than my foot while others were larger. Walking on this roller-coaster was quite the thrill due to the high angles and twists. There are beautiful panoramic 360° views of the city. It was like walking on top of the clouds. It can be a tad scary for some because the wind coming off the ocean makes the coaster shake. I imagine a sit-down roller-coaster would shake too but you wouldn't notice it. It is a true experience you should try while living in Korea.

Built in 2021, this tourist attraction gets over two million visitors a year but only 250 people are allowed on it at one time. This structure is 197 feet wide, 187 feet long, and 82 feet which is roughly 7.5 stories tall and it is built to withstand a 6.5 magnitude earthquake. Because of the success of this tourist attraction, a second spacewalk will open in 2025 and will be located in Gwangyang.

Next my trip continued to the Daewonsa Temple located in Northern Pohang in Gyeongsangbuk-do. The temple is commonly referred to as the Blue Dragon Temple. This 330 foot long dragon is by far the most unique temple I have ever seen. One enters the temple through the blue dragon's mouth. This is one of the smaller temples in Korea but the experience is quite unique and the visit is serene. When I was there the birds were chirping, the cherry blossoms were falling like snow and this made for a peaceful and relaxing day.

There is so much to do in Pohang



Daewonsa Temple located in Northern Pohang ▲ ▼





Hands of Harmony
in Pohang

so we decided to stay the night. We chose to spend the night at the Pine Wave Pension. Our room had beautiful sweeping views of the ocean where we could watch the crab boats at sea. The room we chose was entertaining because it had a private Jacuzzi. I enjoyed sitting in the hot bubbles watching the sunset. If you relish seafood, Pohang is one of the best places to enjoy fresh crab as there are numerous restaurants with tanks full of live crabs.

After a relaxing night of rest we visited Homigot Sunrise Plaza. This is where you will find the iconic Hands of Harmony sculpture. This sculpture is made of bronze, one hand rising from the ground and the other from the sea. Many Koreans go here to watch the morning sunrise on New Year's Day, promising to bring them good luck. I enjoyed watching the birds sitting on each finger just chilling. You can also enjoy 8 unique beaches along the coast of Pohang like Chilpo Beach, Samjeong Beach, and Guryongpo Beach. There is so much to do in Pohang. I hope you enjoy your visit as much as I did!

About the Author

Mack Rock is a 15-year-old residing in Pyeongtaek, South Korea. He is fluent in both English and Korean and is a co-author of the Korean/English education book, '진짜 미국 영단어 그림 사전' (Real American English Picture Dictionary).

Mack gained popularity in Korea as the youngest cast member on '대한외국인' (True Foreigners) and has appeared in numerous Korean movies, dramas, and reality TV shows. He also gained attention through several viral videos, accumulating over 150 million views. Asian Boss names Mack the "Most Famous American Boy in Korea".

In addition to his work in entertainment and education, Mack enjoys hobbies such as coin collecting, metal detecting, unicycling, performing magic tricks, and playing video games.

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Inju Hanok Branch Café in Asan

A Timeless Journey in South Korea

By Heather MacLeod

In the charming city of Asan, South Korea, the Inju Hanok Branch Café stands as a remarkable testament to the harmonious blend of traditional Korean architecture and modern comforts. This hidden gem is not just a café but a cultural haven that invites visitors to step back in time while enjoying tasty delights. Join us as we delve into the unique charm, history, and distinctive features of the Inju Hanok Branch Café in Asan.



A Glimpse into Hanok Architecture

Hanok, the traditional Korean houses dating back to the Joseon Dynasty, are celebrated for their intricate wooden structures, gracefully curved tiled roofs, and serene courtyards. The Inju Hanok Branch Café embraces this architectural style, offering an authentic Korean experience that captivates the senses. Each Hanok is meticulously designed to harmonize with the natural surroundings. It is much like stepping back into a simpler time, creating a tranquil retreat from the hustle and bustle of modern life.

A Rich Tapestry of History

Situated in the culturally rich city of Asan, known for its well-preserved traditional houses and historical landmarks, the Inju Hanok Branch Café bridges the past and the present. The café's location is steeped in history, surrounded by ancient temples, historical sites,

and scenic landscapes. The owners have thoughtfully restored the Hanok to retain its original charm while integrating modern amenities, ensuring that each visit is both nostalgic and comfortable.

Ambiance and Design

As you step into the Inju Hanok Branch Café, you are greeted by an atmosphere that exudes warmth and elegance. The interior design is a careful balance of traditional elements and contemporary touches. Wooden beams, sliding doors covered in rice paper known as hanji, and antique furnishings create a nostalgic feel, while modern comforts such as plush bench seating and subtle lighting enhance the overall experience.

One of the most captivating features of the café is its central courtyard, a tranquil oasis where visitors can enjoy their coffee and baked goods amidst the soothing sounds of nature. The courtyard often features a

small pond, vibrant flowers, and traditional stone pathways, making it a perfect spot for reflection and relaxation. There are also a variety of traditional Korean yard games offered to guests in the courtyard, adding to the traditional experience. During winter, pillowy snow tops the roof tiles and tree limbs. In Spring, the trees bloom with cherry blossoms. Any time of the year will provide you with a beautiful experience.

Culinary Delight and a Fusion of Flavors

The Inju Hanok Branch Café is renowned for its diverse menu, offering a delightful fusion of traditional Korean and trendy flavors. Guests can savor a variety of traditional Korean teas, such as nokcha (green tea) and bori cha (barley tea), alongside expertly brewed coffee. The café's selection of Korean desserts, including tteok (rice cakes) and hodo kwaja (walnut cookies), is a must-try for those with a sweet tooth. Breads, pretzels, and a variety of croissants topped with meats and cheeses aim to please those looking for something more filling. The café does incorporate seasonal fruits into the desserts, strawberry season is a must!

Cultural Events and Activities Create Engaging Experiences

To enrich the visitor experience, the Inju Hanok Branch Café frequently hosts a variety of cultural events and activities. These events provide guests with an opportunity to engage with Korean culture on a deeper level. Traditional Korean tea ceremonies, calligraphy workshops, and live performances of gugak (traditional Korean music) are just a few of the enriching experiences offered.

One particularly unique activity is the hanbok rental service, allowing visitors to don traditional Korean attire and immerse themselves fully in the cultural ambiance of the café. Strolling through the café and its surrounding gardens in hanbok is a memorable experience that transports guests back to the elegance of the Joseon era.

Ratings

- **Delicious Eats:** 9/10
The café offers a delightful mix of traditional Korean and modern dishes, pleasing both local and international palates.



- **Beauty All Around:** 10/10
The architectural beauty of the Hanok, coupled with the serene courtyard, elegant interiors, and curated gardens creates a visually stunning experience.
- **Fun for the Whole Family:** 8/10
With cultural activities, hanbok rentals, and a kid-friendly menu, the café is a great spot for family outings.
- **Making Room for Everyone:** 8/10
The spacious layout and thoughtful design ensure comfort and accessibility for all visitors, including large groups and families. There is a variety of indoor seating and multiple hanoks around the property on different levels.
- **Accessibility:** 7/10
The café has made efforts to ensure accessibility, with ramps and spacious seating areas accommodating those with mobility issues. Some of the hanoks do offer modern seating versus floor seating, showing the continued efforts to accommodate visitors. However, the traditional, multi-level layout may present some challenges for visitors with certain disabilities.

Did You Know? Facts About Hanoks

Hanok Design Philosophy: Traditional Hanok houses are designed based on the principle of baesanim-su, which means "back to the mountains, facing the water." This concept is reflected in the café's serene ambiance and harmonious integration with nature.

Eco-Friendly Architecture: Hanok structures are built using natural materials such as wood, clay, and hanji (traditional Korean paper), which provide excellent insulation and ventilation, making them eco-friendly and sustainable.

Historical Significance of Asan: Asan is home to Onyang Hot Springs, one of the oldest and most famous hot springs in Korea, visited by numerous kings and nobles during the Joseon Dynasty. A visit to the Inju Hanok Branch Café can be perfectly paired with a relaxing trip to these historic hot springs.

SpecialTeas: The café offers unique tea blends, including omija cha (five-flavor tea) and yuzu cha (citrus tea), each known for their distinct flavors and health benefits.

The Inju Hanok Branch Café in Asan is more than just a place to enjoy a cup of coffee; it's a cultural journey that offers a unique blend of tradition and modernity. Whether you're a local resident seeking a

peaceful retreat or a traveler looking to experience authentic Korean culture, this café provides a perfect escape. By preserving the essence of Hanok architecture and promoting cultural appreciation, the Inju Hanok Branch Café stands as a testament to South Korea's rich heritage and enduring charm. So, next time you find yourself in Asan, make sure to visit this enchanting café and savor the timeless beauty it has to offer. While these photos attempt to capture the essence of what makes the Inju Hanok Branch Café a must-visit destination in Asan, you will have to see it for yourself!



Whether it's the stunning architecture, the serene ambiance, or the delectable treats, each element contributes to an unforgettable experience. Follow on Insta @injucompany.

About the Author

Born in Trenton, Michigan, and a proud Air Force veteran, Heather now serves as an Army civilian. Passionate about exploring new places, Heather enjoys traveling throughout South Korea, immersing in its rich culture and vibrant landscapes.

Tantalizing Your Senses at the Rose Garden Festival in Daegu

By Kymbirly Bennett



The Rose Garden Festival at Igok Fountain Park is an enchanting celebration of nature's beauty where families can immerse themselves in the captivating world of roses. Nestled within the scenic landscape of Dalseogu, Daegu, this annual event transforms a park in the middle of the city into a vibrant tapestry of colors and fragrances inviting visitors to indulge their senses in a symphony of sights and scents.

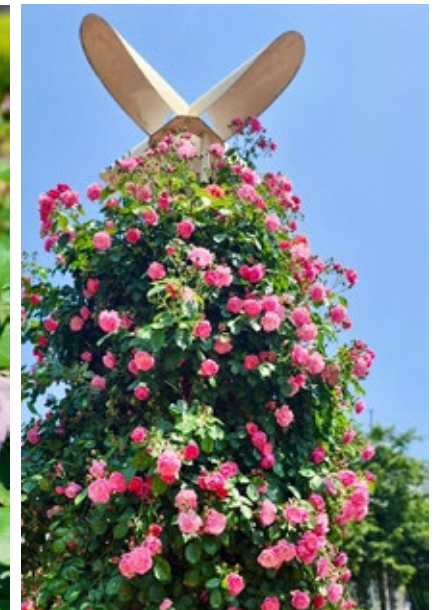
Spanning three days from May

10th to May 12th, the festival offers an idyllic retreat for flower enthusiasts and nature lovers alike. As you step into the Rose Garden, the spring breeze gives a gentle sway of rose's petals, permeating the air with their aromatic petals. The meticulously curated collection of over 17,000 roses dazzles the eye with its kaleidoscope of hues, showcasing nature's palette in all its glory.

Strolling along the winding paths of the garden each corner reveals a new variety of rose, each more exquisite than the

last. From the classic elegance of crimson reds to the delicate charm of pastel pinks, the diversity of colors is a testament to the richness of nature's artistry. With each bloom meticulously tended to by skilled gardeners, the garden at Igok Fountain Park stands as a testament to the dedication and passion of those who nurture it.

The festival is more than just a visual spectacle—it is a celebration of community and culture. Throughout the weekend, the park comes alive with the melodious

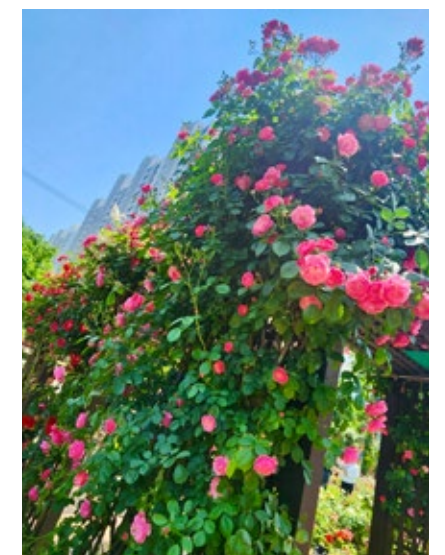
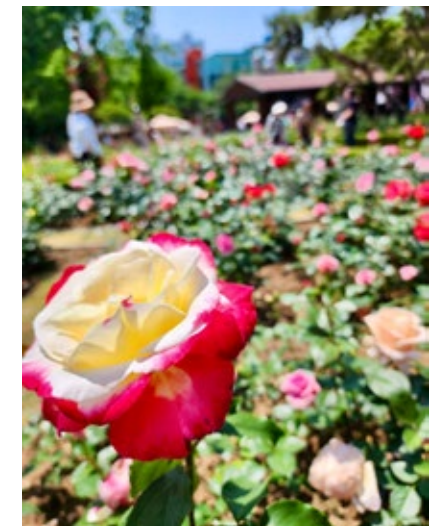


strains of music performances, filling the air with an atmosphere of joy and celebration. From traditional folk tunes to contemporary melodies, there is something for everyone to enjoy as they meander through the garden.

And what's a festival without delicious food? Fear not, for the Rose Garden Festival has you covered. With an array of food vendors offering delectable treats, from savory snacks to sweet desserts, there is no shortage of culinary delights to tantalize your taste buds. Whether you're craving a steaming hot bowl of ramen or a refreshing scoop of artisanal

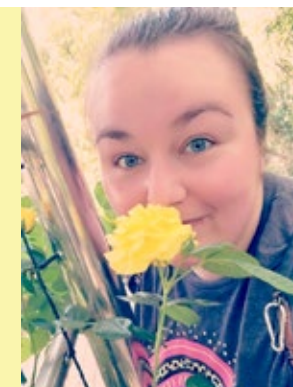
ice cream, you'll find plenty to satisfy your cravings as you explore the park.

As the sun sets on the final day of the festival, families gather to bid farewell to another year of blooming beauty. But the memories of the Rose Garden Festival linger on, etched in the hearts of all who were fortunate enough to experience its magic. For those who have yet to partake in its splendor, mark your calendars, bring your friends and family, and make plans to join in the festivities next year. Trust me, it's an experience you won't want to miss.



About the Author

Kymbirly Bennett has recently relocated to Daegu in April following her husband's Army assignment. She finds joy in a variety of interests, including metal detecting, motocross, crafting, and maintaining faith in God's plan for her life. Exploring new places and connecting with fellow enthusiasts are some of the things that fuel my sense of adventure and purpose.





From New York to Pyeongtaek

753 Bagel Bistro Brings a Taste of the Big Apple to South Korea

By Melissa Edwards-Whittington

For many years, bagels in Korea were typically considered more of a desert food. These bagels often were not made with the traditional methods of boiling with water in order to achieve the crisp crust with the chewy interior. Also, Korean bakeries like to combine traditional Korean ingredients infusing this well-known bread with inventive flavors like sweet potato, red bean paste, and green tea. This often leaves those searching for authentic New York bagels a bit disappointed.

While working at a bagel shop, Kim Jin Tae learned about authentic New York style bagels and decided he wanted to open a shop in Pyeongtaek. He knew that

the foreigners who were familiar with the taste of New York bagels were missing out on this while living here. He also wanted to be able to serve food that he would proudly serve his children.

753 Bagel Bistro open in Paengseong in January. Kim has worked hard to create a comfortable environment for customers to enjoy their offerings. The bagels are made fresh daily. They begin serving at 7 a.m. and close when they sell out or at 3 p.m. In addition, customers in the Paengseong area can order via Shuttle Delivery app for pickup or delivery in that area.

To ensure the bagels meet New Yorkers' standards while appealing to a Korean audience, they believe that offering genuinely authentic, delicious bagels,

even if not widely known, would eventually win people over from the cream-filled pastries that merely resemble bagels.

Kim says "In perfecting our bagel recipe, we faced numerous trials due to the unavailability of New York ingredients in Korea. We focused intensely on the dough, boiling process, and baking in a deck oven, which are the core elements of authentic New York bagels. It's been a daily struggle, but essential for maintaining the true flavors."

Balancing traditional bagel-making techniques with local tastes requires experimenting with various menu items and gathering feedback from customers for continuous improvement. The most popular bagel flavor among customers is the 'Everything Bagel.' They also introduce unique flavors like the 'KimCheese,' which offers a spicy Korean twist with addictive heat.

In addition to trying to connect with the real flavors of New York bagels, they also developed their own homemade recipe for an American-style breakfast sausage. The pastrami is also homemade as well. The time dedicated to crafting the fresh flavorful ingredients makes their bagel sandwiches craveable.

In the future, they plan to introduce seasonal sandwiches and cream cheese menu items and expand offerings with side dishes like french fries or desserts to provide more experiences for customers.

Finally, Kim says, "Authenticity and integrity are key. If you're confident in delivering genuine flavors and can proudly stand by your food, even newcomers will appreciate it. Creating food that truly represents its origin and conducting business with integrity will yield positive results."

Visit them today!

Address: 155-8 Anjeongsunhwan-ro, Paengseong-eup

Phone: 010-8625-4210



About the Author

Melissa Edwards-Whittington is a graduate of Mid-Atlantic Christian University. Locally, she volunteers with the South of Seoul organization. In addition, she and her husband create YouTube content as the KimchiRednecks. Their content includes local eateries, travel around Korea, and their life here in Korea.



Families Exploring Korean Markets

By Kortnee Anne



Welcome to the newly launched Intentional Learning Corner. Each month, I plan to share my experiences, ideas, advice, and activities to encourage intentional learning into your daily routine. These ideas will be designed to inspire parents of children who have varied interests and are a variety of ages. Intentional learning is for everyone!

Intentional Learning Through Everyday Experiences

Summer is a perfect time for families to explore local Korean markets. The market is a fantastic place to learn so many new things! Transforming a market outing into an educational experience is simpler than you might imagine.

5 Ways for Intentional Learning at Korean Markets:

1. Teach your child to greet and say thank you to vendors in Korean during interactions.
 - Hello: 안녕하세요. Pronounced as "ahn-nyeong-hah-se-yo"
 - Thank you: 감사합니다. Pronounced as "gam-sa-ham-ni-da"
2. Help your child use Korean Won when making purchases; younger children often enjoy the simple interaction of handing paper money to the vendor and receiving change, while older children can practice calculating cost and change. Remember to teach your children the local Korean custom of using two hands when handing and receiving items.



3. Engage children in a market scavenger hunt or bingo game that you create or download. You can download one for free by clicking the link in our Instagram bio.
4. While walking through the market, ask your child questions about what they observe.
 - What vegetables do you see?
 - What color is the _____?
 - What do you see?
 - Is the market loud or quiet?
 - Are there a lot of people at the market today? Why do you think that?
 - Do you see anything that you would like to help me cook at home?
 - Is that _____big or small?
 - Can you find something that is bumpy/soft/hard/smooth?
 - Can you tell me 3 things about the market today?
5. Explore the nutritional aspects of the food you purchase with your child. Making a list beforehand of the nutritional value for foods you normally buy may prove helpful. For example: Broccoli contains fiber, iron, potassium, Vitamin C & K; it is known for being a good immune boosting food. You can also sort your food into food groups as well!

I hope you find these ideas helpful and look forward to sharing more intentional learning ideas with you in July.

About the Author



Kortnee is a military spouse, a yoga teacher, homeschool mom, and published author with more than a decade of experience in early and elementary childhood education. Her goal is to take parents on a journey with their children by integrating more opportunities for intentional learning daily through play. If you would like more activity ideas follow us on Instagram @intentionallearning.

Camp Humphreys Cub Scout Pack 42 Has a Spring Fling Full of Fun!

By Kurt McDowell, Pack 42 Adult Volunteer

This spring, Camp Humphreys Cub Scout Pack 42 made some unforgettable memories with a jam-packed schedule of events!

Webelos Take Charge: Campout with Troop 88

The season kicked off with a Webelos-focused campout alongside Scout-level Troop 88. Held right on post, the Webelos honed their outdoor skills with whittling, fire-making, and camping activities. They even tackled their "Cooking Adventure" by crafting delicious meatball sub foil packs cooked over an open fire – a tasty reward for their hard work!

Pack Campout at Beacon Hill Park

The fun continued with a pack-wide campout at Beacon Hill Park. The scouts reveled in the beauty of the woods, enjoying the fresh air and the camaraderie of being together. Here, evenings transformed into a delightful mix of activities.

Demonstrating their commitment to the community, at the campout the scouts hiked and completed a "Trash the Trash" project. They tackled litter outside the pedestrian gate and Anjeong-ri Rodeo Drive, leaving the area sparkling clean.

As the day gave way to night, the campsite came alive with the crackling of campfires, the sound of laughter, and the sharing of jokes and stories. No scout campout would be complete without the classic treat: gooey, delicious smores!

A Critter Adventure with a Special Guest!

The highlight of the spring events came in the form of a fascinating visit from a local veterinarian. The vet brought along a furry friend named Ditto, a dog who stole the show. Each Cub Scout got to use a stethoscope to listen to Ditto's heartbeat, a heartwarming experience. But the real showstopper was a session ex-



amining X-ray photos! The challenge? Guessing what toys animals had been munching on – a unique and educational way to learn about animal anatomy.

Join the Pack!

Looking for adventure, learning, and a chance to make new friends? Camp Humphreys Cub Scout Pack 42 welcomes boys and girls in Kindergarten through 5th grade! The pack meets every Tuesday during the school year from 6:30 to 7:30 PM at the Camp Humphreys Military Family Life Chapel, located next to Freedom Chapel and the Charlton Gate.

Summer is just around the corner and Pack 42 has exciting events planned! See below for our upcoming calendar year events. The new school year promises to be just as fun-filled. For more information on upcoming events or how your child can try out Cub Scouts, contact the pack leadership at humphreyspack42@gmail.com.

A Spring to Remember

Camp Humphreys Cub Scout Pack 42 had a spring season filled with adventure, learning, and community service. These experiences will undoubtedly leave a lasting impression on the young scouts, fostering a love for the outdoors, teamwork, and giving back.



Pack 42 Event Calendar

- June:**
Hike at Honeybee Café
Movie in the Park
Seoul Grand Park and Public Transportation trip
- July:**
July 4th Celebration Fundraiser
Family Camping (Beach or Forest location)
- August:**
Food drive
Back to scouting Water Day
First meeting of the year
Den Meetings
- September:**
Hike at Yonginsan Forest Park
Themed Pack Meeting
Den Meetings
- October:**
Themed Pack Meeting
Family Camping (Beacon Hill or Forest Location)
Tree staining for Holiday Bazaar
Den Meetings
Halloween Trunk or treat table
- November:**
Pancake Breakfast fundraiser
Themed Pack Meeting
Den Meetings
- December:**
Holiday Party
Den Meetings



View of Namhae's Sinheung Haebari Village



German Village from afar



Treasure Island Port

NAMHAE

Korea's Hidden Gem

By Alison Rock

Located

about 400 kilometers south of Seoul and across the longest suspension bridge in Korea, you will find Namhae Island. Located in Gyeong-sangnam-do Province, Namhae is the fifth largest island in Korea. It is well known by locals for its rustic, countryside charms, but as a tourist, I would tout it as a healing escape from busy city life.

Famous for its fresh seafood and traditional fishing methods, my son and I started our trip off at the Jijokha-ning Fishing Village. The traditional method of fishing

is called Jukbangnyeom. This method of fishing uses bamboo weirs that date back over 500 years. Bamboo weirs are giant fish traps where the “myeolchi”, called anchovies in English, swim in the V-shaped structure at high tide and can’t escape during low tide. This allows fishermen or clever birds to jump in and scoop them up. The anchovies in this area are said to swim against strong currents so they are firm and have a better taste. The anchovies range in size from 1/2 inch to 4 inches long. Anchovies are one of the best foods to eat because they are rich in omega-3 fatty acids, which

promote brain and heart health. In addition, they are an excellent source of calcium, iron, and zinc.

We were fortunate the weekend we went. The annual Myeolchi (Anchovy) Festival was happening in the picturesque southern port of Mijo. Like many Korean festivals, it did not disappoint. There were two stages with live performers. We saw some regional talent and several of the biggest stars in Korean Trot. There was so much to do at this festival. Both kids and adults were participating in traditional fishing techniques where fish get caught with bare hands. There were several booths where children could do crafts. They were also handing out all sorts of free samples. We got to try the new Chilsung Blue Cider, Yuja Pepero Sticks, dried anchovies, dips, sauces, and so much more. Now, a Korean festival is not complete without food so our mouths watered at the smell of BBQ fish, yuja ice cream, and dalgona.

From here we headed to the Sinheung Haebari Village where we shifted our energy to the



Anchovy Festival with Mack Rock



Reenactment of catching fish with hands at the Anchovy Festival

healing power of Cypress trees. Cypress wood is said to have calming and soothing energy. Also, the trees are fragrant and produce lovely essential oils. You can walk through this village enjoying the view of countryside crops and a plethora of fruit trees, my favorite being the Yuja (Citrus junos). When you reach the top of the hill, you come across Namhae Topia Land. Here you will find topiaries in every shape and size along with a relaxing Cypress grove equipped with lounge chairs and rest areas where you can relax and take in the views.

That made for a very full day so we stayed at a local hotel with a beautiful view of the sea. After a relaxing night's sleep, we started day two with a lovely traditional breakfast in Treasure Island and then drove to Namhae German village. This area is an ethnic enclave populated by both German expats and Koreans who worked as nurses and miners in Germany during the 60's and 70's. It's a quaint European-style village where the houses are primarily white with the iconic sloped red roofs of Germany. When visiting this village, you would not know that you're in Korea. It's filled with cafes, souvenir shops, and restaurants. I enjoyed an authentic freshly grilled brat and lager. The town is open to



Dried Anchovy



Cypress Trees



German Village Main Square

tourists all year long, but they hold several festivals throughout the year. So if you're looking to celebrate Oktoberfest this fall, Namhae is the place to do it. The festivities will be a four-day event this year from October 2nd to 5th.

Driving around the island is beautiful, the landscape is overcome with terraced fields, a stunning indigo-blue sea, and long sandy coastlines. Most importantly, no trip would be complete without a visit to the Namhae Traditional Market. Here you can purchase some of the best live seafood in Korea along with fresh and dried anchovies, special gift boxes of anchovies, an amazing assortment of the most fla-



Grilled fish at the Anchovy Festival

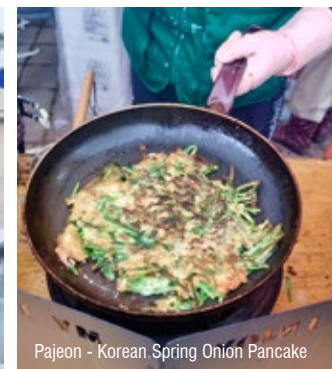
vorful seaweed available for Kimchi, and side dishes as well as all the fruit and veggies your heart desires. This is a great place to stop for a meal as there are many restaurants to choose from.

We ate like kings during this trip to Namhae. We feasted on a nice Bibimbap made with locally grown vegetables, Ssuk-guk commonly known as anchovy, and mugwort soup, barbequed fish, Sundubu Jjigae (Korean Spicy Soft Tofu Stew) with fresh shrimp and clams, Pajeon- Korean Spring Onion Pancake, acorn jelly, Kkomak-muchim (Seasoned Cockles), and so much more. Namhae is a seafood lover's heaven.

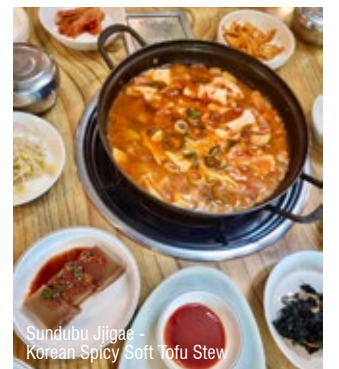
Our final stop on this trip was to the Namhae Pavilion and Namhae Bridge. This serves as the symbolic gateway to the Namhae region. Here we were



German Village Oktoberfest Truck



Pajeon - Korean Spring Onion Pancake



Sundubu Jjigae - Korean Spicy Soft Tofu Stew



Namhae Bridge



Korean Joseon Navy Turtle Ship

able to take in the sights of the picturesque Namhae Sea and the quintessential and very Instagramable Namhae Bridge.

As we were enjoying the view of the port below, a very unique ship caught our eye which led to another adventure. Docked in the port is the Geobukseon, "Turtle Ship", of the great admiral Yi Sun Shin. This warship was built in Korea during the Jeosan dynasty in approximately 1592 and was used during the Japanese invasions of Korea. It is designed both aesthetically and cleverly. It has a dragon-shaped head at the bow that can launch cannon fire or flames and it has a ferocious appearance that is meant to be used as psychological warfare. Inside the ship, there are eleven cannons on each side as opposed to enemy ships that at the time typically only carried 3 cannons. The sides of the turtle ship were speckled with smaller port holes from which arrows could be fired. Since adversary ships were typically taller, the roof was covered with spikes to prevent enemies from jumping on and attacking. This ship does not have a motor. It is steered and powered by 40 men with oars under normal conditions and 100 men in rough seas. The story is told that only three ships like this defeated over four hundred enemy ships.

We spent two fun-filled fully packed days in Namhae and didn't even scratch the surface of all the fun things that you can do there. The next trip will be enjoying some clam digging, visiting the Sangju Silver Sand Beach, watching the sunrise at the Boriam Temple over Geumsan Mountain, maybe enjoying some night fishing at either Namuseom or Dolseom Island, and visiting the Seolli Skywalk with glass-bottom swing. I hope that you will put Namhae on your travel list while you are in Korea and enjoy all the island has to offer.



Mack and Alison at Treasure Island Port



Alison Rock tasting a tiny anchovy

About the Author

Born in California, Alison Rock is a trained culinarian, actor in Korea, K-influencer, painter and most importantly a wife and mom to two teenage boys. She enjoys travel and has resided in Korea for ten years.

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KIM BOK HEE

Reviving Traditional Hanbok with Modern Elegance

By Chong N. Cho



Kim Bok Hee

first began to attract attention. Since then, Master Kim has further explored her skills and artistry through various solo exhibitions. The series titled "Scenery with Sewing Chatter," held in 2007, 2009, and 2011, exemplifies her artistic vision embedded in Hanbok.

Her Hanbok has also received significant attention on the international stage. In 2015, the beauty and elegance of Hanbok were showcased in various exhibitions and fashion shows in Shanghai, Milan, and at the Samseong-dong Intangible Cultural Heritage Exhibition Hall. Particularly, the fashion show at the Milan Expo solidified Hanbok's position as a global fashion icon.

Moreover, Master Kim has won numerous awards in art and design contests with her designs that bridge traditional and modern aesthetics. Her artistic achievements were recognized with awards at the Korea Art Exhibition in 2018 and 2019, and she won the grand prize at the Korea Traditional Art Exhibition in 2020 and 2022, further solidifying her reputation with the certification as a Master of International Culture and Art.

Kim Bok Hee, a Master Hanbok artisan reinterpreting the modern beauty of Hanbok and promoting it globally, is the CEO of Hanbok Landscape. The term 'Master of Hanbok' refers to a person who possesses the skills and traditions of making Hanbok and is recognized for their exceptional craftsmanship and artisan

spirit in the field.

Her career has significantly influenced both domestic and international audiences through numerous exhibitions and fashion shows that showcase the essence of traditional Korean attire.

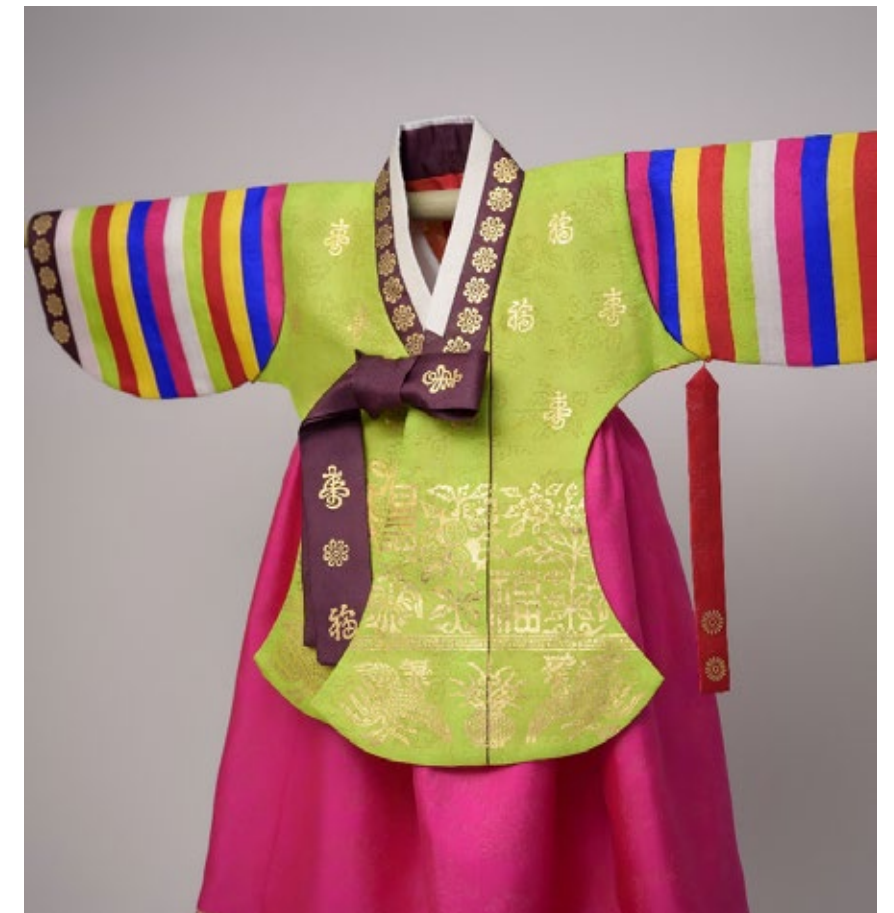
In 1995, during the 5th Our Clothes Competition held to commemorate the 50th anniversary of Liberation, her Hanbok



Master Kim's work transcends mere clothing; it serves as a medium for conveying the essence of Korean culture and art. She reinterprets the beauty of traditional Hanbok with a modern sensibility, advocating for its value as a living work of art and not just a relic of the past. Her career and achievements play a vital role in effectively communicating the beauty and spirit of Korea through the theme of Hanbok globally.

Hanbok making is a craft that requires a long time and dedication, where the natural dye materials used and the manual processes bestow each garment with unique beauty and value.

Master Kim employs traditional methods in making Hanbok, using natural dyes and spending considerable time and effort hand-crafting each part. The production of Hanbok requires meticulous and sophisticated processes. Let's summarize the mentioned process of making Hanbok:





Somi Natural Dye Skirt:

This skirt is dyed with natural materials such as onion skins, indigo, safflower, gardenia seeds, purple gromwell, and cochineal. Each part is hand-sewn to completion, and such natural dyes give the skirt unique and beautiful colors.

Organdy Fabric Jeogori and Skirt:
This outfit is delicately hand-embroidered on organdy fabric. The jeogori, a traditional type of Hanbok top, is characterized by patchwork or decorations in multiple colors.

12-Panel Skirt and Hwangholui:

The skirt, known as a 'sranchima,' is made from silk dyed with gardenia seeds, and the Hwangholui is crafted using satin dyed with onion skins.

Floral Crown and Hye (Floral Shoes):

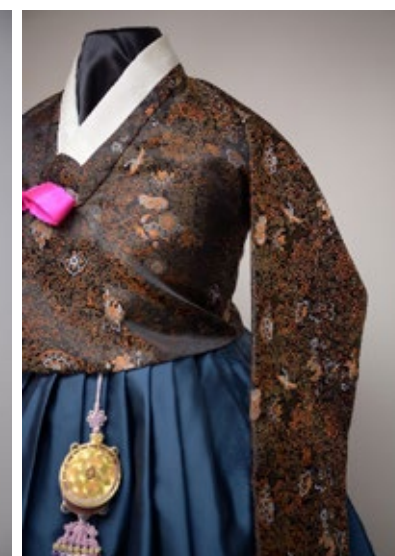
The floral crown, a hair accessory, is made from satin dyed with gardenia seeds, and the Hye (floral shoes) are also made from the same materials, creating overall harmony.

Hand Embroidery Completion Time:

The embroidery parts of these Hanbok and accessories took about 30 months to complete. This showcases the intricacy and time-consuming nature of Hanbok production.

Kim Bok Hee

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- Affiliation: Hanbok Landscape (CEO)



Invisalign vs Braces: A Comparative Analysis of Malocclusion Treatment

By Dr. Kim, Seung-Woo
Diplomate, American Board of Orthodontics
Speaker for Invisalign in Korea
At UPenn Barun Dental Clinic, Seoul

Orthodontic treatment has evolved significantly over the years, offering patients a variety of options to achieve a straighter and healthier smile. Among these options, Invisalign and traditional braces stand out as the most popular choices. While both methods aim to correct dental misalignments, their suitability varies depending on the type and severity of the malocclusion. This column explores the types of malocclusion that can benefit from Invisalign over braces, highlighting the specific conditions where Invisalign excels and acknowledging its limitations.

Mild to Moderate Crowding

One of the common malocclusions that can benefit from Invisalign is mild to moderate crowding. Crowding occurs when there is insufficient space in the dental arch, causing teeth to overlap and appear crooked. Invisalign aligners are particularly effective in these cases, as they gradually shift teeth into their proper positions using a series of custom-made, clear plastic trays. The incremental adjustments provided by Invisalign can efficiently realign crowded teeth, resulting in a straighter smile and improved oral hygiene.

Mild to Moderate Spacing

Conversely, spacing issues, characterized by gaps between teeth, can also be effectively treated with Invisalign. These gaps may arise due to missing teeth, an oversized jaw, or simply improper tooth alignment. Invisalign works by gently closing these spaces over time, bringing teeth closer together to achieve a more uniform and aesthetically pleasing appearance. The ability of Invisalign to address such spacing issues makes it a preferred choice for patients seeking a less conspicuous treatment option.

Minor Bite Issues

Invisalign is also adept at correcting minor bite issues, which include deep bites, cross bites, and open bites.

- **Deep bite:** A deep bite occurs when the upper front teeth overlap the lower front teeth excessively. Invisalign can correct mild to moderate deep bites by moving the upper teeth up and the lower teeth down, promoting a better bite alignment.
- **Cross bite:** A crossbite happens when some upper teeth sit inside the lower teeth rather than outside. Invisalign can treat mild cross bites by realigning the teeth to their correct positions.

- **Open bite:** An open bite is characterized by the upper and lower teeth not touching when the mouth is closed. Invisalign can close this gap by moving the teeth vertically, leading to a proper bite.

Relapse After Traditional Braces

Patients who have previously undergone orthodontic treatment with traditional braces but have experienced a relapse—where teeth shift back to their original positions—can also benefit from Invisalign. The clear aligners can realign teeth that have moved post-braces, preventing further relapse and maintaining the desired alignment without the need for another set of traditional braces.

Protruding Teeth

Protruding teeth, particularly those in the upper front, can be a source of aesthetic concern and functional issues. Invisalign can effectively reposition these teeth, drawing them back to create a more balanced and attractive smile. This correction not only enhances appearance but also improves bite function and reduces the risk of dental trauma.

Limitations of Invisalign

Despite its versatility, Invisalign does have limitations. It is not always suitable for severe malocclusions or highly complex orthodontic cases. Conditions such as severe crowding or spacing issues, significant bite problems requiring major jaw adjustments, or teeth that need extensive rotation or vertical movement may necessitate traditional braces or other specialized treatments. Traditional braces provide the orthodontist with more control over tooth movements and can apply the necessary forces to correct severe misalignments.

Conclusion

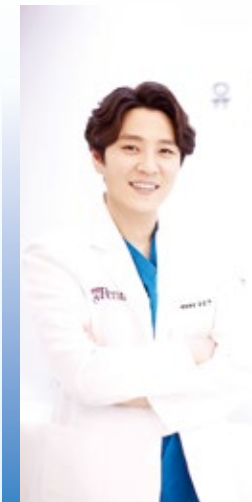
Invisalign presents a modern, discreet, and effective solution for a variety of mild to moderate malocclusions, including crowding, spacing issues, and minor bite problems. Its advantages in terms of aesthetics, comfort, and removability make it a popular choice for many patients. However, for more severe cases, traditional braces remain the more appropriate option due to their ability to address complex dental issues comprehensively. Ultimately, the choice between Invisalign and braces should be made in consultation with an orthodontist, who can provide a personalized treatment plan based on the specific needs and conditions of the patient.

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Hanging out by the Okuma beach



Hiji Falls, Okinawa



My children enjoying the amazing Yanbaru Forest Toy Museum

Rest and Relaxation in Okinawa

By Camila Palmer

If you are looking for a beachy spot to relax close to South Korea, I recommend hopping on a short, direct and inexpensive flight over to Okinawa. I first became interested in Okinawa after checking out *Speak Okinawa* by Elizabeth Miki Brina from the Camp Humphreys library. Reading about Okinawa's rich history and culture and crystal-clear waters bumped it up on my list of places to visit. When I saw low-cost flights pop up, I decided to book them. A friend who had lived on the island advised that I get my international license ahead of time because renting a car was necessary

in Okinawa. It was advice that I was later glad to receive.

Since I travel with my two young children, I like my vacations and travel to consist mostly of relaxing on beaches and eating good food, and Okinawa was perfect. I contacted the Okuma Beach Military Resort where there are a variety of lodging and camping options and booked a cabin right on the base's private beach. It turned out to be a perfect place to stay with my children. Most of our week was spent playing on the beach and swimming together in the calm waters. We were also able to rent jet skis, beach chairs, snorkel gear and

kayaks right there on the beach. Kayaking over the crystal-clear waters, watching manta rays swim under us was a highlight of the trip for me.

The Okuma base has a restaurant within walking distance on the beach where you can pop in for coffee or a meal, but there were some other fun local spots right down the road from the base that we enjoyed walking to in the evenings for dinner. We also spent several nights cooking hot dogs from the base's little market and making s'mores on the grill outside our cabin and then laying down to star gaze after. It wasn't

the fanciest dinner but made some of our best memories on the trip. When we needed a break from the beach, we drove to the Hiji Waterfall a couple miles from the base. It provided a nice hike into a waterfall where we got to sit and watch birds and do a little forest bathing.

It did end up raining on one of our days in Okinawa, so I took the children to the Yanbaru Forest Toy Museum near the base. It's a beautiful, indoor play area for children made entirely from local wood with all wooden toys and even a wooden ball pit. Think a Montessori kids cafe. We spent hours there playing, and I even got a little reading in while the kids enjoyed themselves. We only left the Okuma area once to go to the Okinawa Churaumi Aquarium, which was worth the drive. It was crowded but quite large, and I didn't realize how incomplete my life was before, having never seen a dolphin show choreographed to the original Top

Gun soundtrack. Overall, it was a relaxing and beautiful trip for us. We returned to Korea after our week in Okinawa feeling restored and rested.

Along with *Speak Okinawa* by Elizabeth Miki Brina, I also recommend swinging by the library to grab one of the Lonely Planet Japan guides before you go. If your installation's library doesn't carry these books, talk to the staff about how they can request these titles and get them to your library!

Reservations at the military base in Okuma can be made at DSN number 631-1991 or 098-962-1991.

About the Author

Camila Palmer is a former firefighter and current librarian living in South Korea with her two children and bulldog. She enjoys going to the gym, traveling, and reading in her spare time and can be found on Instagram @Camila_palmer1



Okinawa Churaumi Aquarium



Enjoying local Okinawa food

Girl Scouts and DPW Celebrate Earth Day

By Linda Lee

The first Earth Day in the United States began in 1970, and this past April the USAG Humphrey's Directorate of Public Works (DPW) Environmental Division partnered with Humphrey's Girl Scouts to celebrate Earth Day with the theme of Planet vs. Plastics to celebrate the 54th anniversary of Earth Day. In 2012, the USAG Humphrey's Environmental Division's partnership with the Girls and Boy Scouts began celebrating Earth Day with a simple cleanup. Humphreys Girl Scout Overseas Committee Chair Monica Hofmann stated, "Earth Day is important to the Girl Scouts because it aligns with our core values of environmental stewardship, provides educational and community engagement opportunities, and helps develop leadership skills and a global perspective on sustainability." Mr. Onsemus Smith, Environmental Protection Specialist of USAG Humphreys DPW Environmental Division, assisted in spearheading this year's efforts and reported, "The partnership [between Girls and Boy Scouts] flourishes because we have some of the same missions and objectives with regards to the environment."

Leading up to Earth Day activities, you may have seen some wonderful art by the youth on base.



Recyclable artwork was displayed throughout the commissary and the library. At the commissary, the DPW Environmental Division sought to excite the youth on base by participating in an essay and recycled art contest. They received 32 submissions from Elementary and Middle School students. Girl Scouts also hosted an upcycle project along with partner, the World Association of Girl Guides and Girl Scouts Korean Girl Scouts of Gyeonggi Do Province. Together they displayed how to reuse and upcycle paper bags, boxes, bottle caps, egg cartons, and miscellaneous

paper products before throwing them away.

On April 20, 2024, the DPW and Girl Scouts hosted members of Boy Scouts, the USO, and the community to clean up near the outer banks and Canal Park. This effort demonstrated proactive measures we can take as a community at any age. Humphreys Girl Scout Registrar Zoe Kalinowski stated: "...looking at the Girl Scout motto and slogan of 'Do a good turn daily' and 'Be prepared' in addition to reviewing the values of the Girl Scout Promise and Law that state, 'to help people at all times' and 'to use resources

wisely' to make the world a better place, Earth Day embodies every word and aspect of this."

Putting these values into action by cleaning up alongside each other can take place in your own backyard and isn't restricted to Earth Day. "I think it is important to teach our Girl Scouts ways to help preserve our planet by doing a simple outdoor cleanup or planting a garden" Co-Overseas Committee Chair Contessa Ramos stated. When asked, the Humphrey's Girl Scouts OCMT board repeatedly stated that by joining our neighbors, friends, and community, we teach girls and the youth how to build confidence, courage, and character that shapes leaders who will, as in the words of Sir Robert Baden-Powell, founder of scouts, "Leave the place better than you found it."

Youth Participated in cleaning up on base. It was raining, but they came prepared. Following the cleanup, DPW and Girl Scouts hosted a Jamboree at the Downtown Shopping Center, along with community supporters of the USO, Rebel Rescue, and K's Kitchen. Community members could learn about clean-up efforts at the DPW booth through a water lab, spill/clean-up activity, and an Earth Day quiz. Participants received a free reusable bag and plant.

At the Girl Scout booth, children learned about upcycle crafting and how to be a scout. The USO Humphreys provided planting materials for individuals to take home and plant their own plants. In addition, thanks to the DPW Building and Ground Branch, a giant boulder was moved to the Jamboree site, decorated, and placed in front of the Girl Scout hut to show how



using natural resources can beautify an area. If you're driving by the Girl Scout Hut (Building S427), please see that as a symbol of how we may not be able to move mountains, but we can move boulders together!

Additional Earth Day celebrations continued through the month. The DPW celebrated with a cake cutting later that week and a Ville Clean Up with the community to continue Earth Day events.

You can celebrate Earth Day every day by reducing your use, reusing what you have, and recycling the items you have. However, the DPW wants to make it a point to do your part every day to enhance or improve the environment. "Every Day is Earth Day" and, as the Girl Scouts say, you can always "Make the world a better place."

For additional tips on reducing, reusing, and recycling, please contact the USAG Humphreys Environmental Division at 756-1051 or stop by the DPW office in Building 6140 Indian-head Ave., 2nd Floor, Rooms 200-205.

If you would like more information about Girl Scouts, please click the QR code below or email humphreysregistrar@usagso.org to get involved.

Scan Humphrey's Girl Scouts LinkTree to find out more, connect, and get involved!

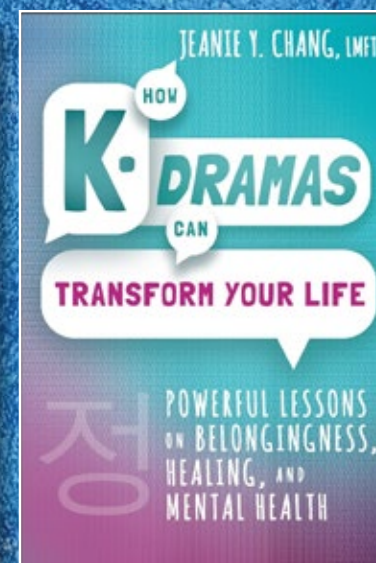
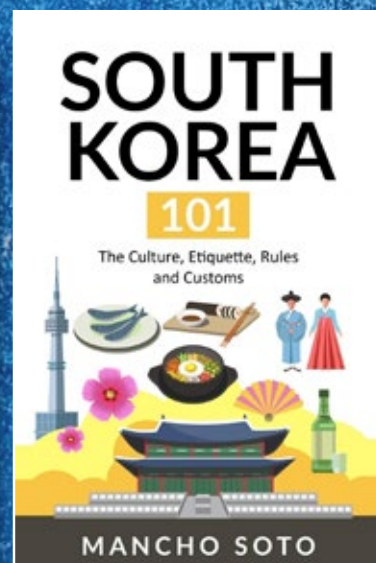
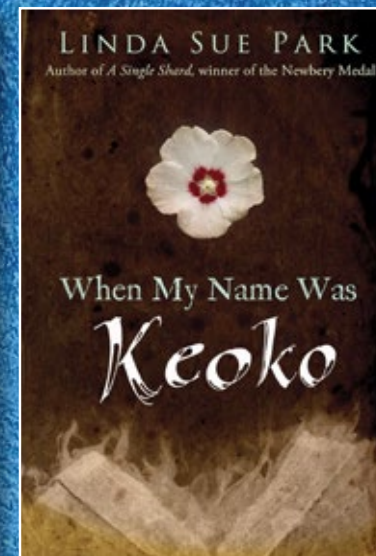
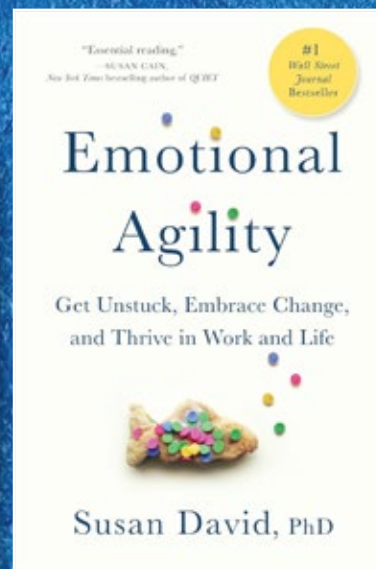


INTERNATIONAL AND NATIONAL CELEBRATION

01Sat	Say Something Nice Day	16Sun	Father's Day
01Sat	Dare Day	16Sun	Fresh Veggies Day
01Sat	Flip a Coin Day	16Sun	International Waterfall Day
01Sat	World Milk Day	16Sun	National Fudge Day
02Sun	National Bubba Day	16Sun	National Turkey Lovers Day – the third Sunday in June
02Sun	National Frozen Yogurt Day	17Mon	Eat Your Vegetables Day
02Sun	National Rocky Road Day	18Tue	Go Fishing Day
03Mon	Repeat Day (I said "Repeat Day")	18Tue	International Picnic Day
03Mon	World Bicycle Day	18Tue	Sushi Day
04Tue	Applesauce Cake Day	18Tue	National Splurge Day
04Tue	Hug Your Cat Day	19Wed	Juneteenth National Independence Day
04Tue	National Cheese Day	19Wed	National Kissing Day
04Tue	Old Maid's Day	19Wed	World Sauntering Day
05Wed	Hot Air Balloon Day	20Thu	Finally Summer Day / Summer Solstice
05Wed	World Environment Day	20Thu	Ice Cream Soda Day
06Thu	Korea Memorial Day	20Thu	National Bald Eagle Day
06Thu	D-Day, WWII	21Fri	Go Skateboarding Day
06Thu	National Gardening Exercise Day	21Fri	International Yoga Day
06Thu	National Yo-Yo Day	21Fri	National Sea Shell Day
07Fri	National Chocolate Ice Cream Day	21Fri	National Selfie Day
07Fri	National Doughnut Day	21Fri	Take a Road Trip Day – the third Friday in June
07Fri	VCR Day	21Fri	Take Your Dog to Work Day – the Friday after Father's Day
08Sat	Best Friends Day	22Sat	National Chocolate Eclair Day
08Sat	Name Your Poison Day	22Sat	National Onion Ring Day
08Sat	World Ocean Day	22Sat	World Rainforest Day
09Sun	Donald Duck Day	23Sun	International Widows Day
09Sun	National Strawberry Rhubarb Pie Day	23Sun	Let It Go Day
10Mon	Ball Point Pen Day	23Sun	National Pink Day
10Mon	Herb and Spices Day	24Mon	International Fairy Day
10Mon	Iced Tea Day	24Mon	Swim a Lap Day
11Tue	National Children's Day (US)	25Tue	Log Cabin Day
11Tue	National Corn on the Cob Day	25Tue	National Catfish Day
12Wed	National Jerky Day	25Tue	National Columnists Day
12Wed	National Peanut Butter Cookie Day	26Wed	Beautician's Day
12Wed	Red Rose Day	26Wed	Forgiveness Day
13Thu	National Weed Your Garden Day	26Wed	National Canoe Day
13Thu	Nursing Assistants Day	27Thu	National Handshake Day – the last Thursday in June
13Thu	Pigeon Appreciation Day	27Thu	National Onion Day
13Thu	Sewing Machine Day	27Thu	Sun Glasses Day
14Fri	United States Army Birthday	28Fri	Insurance Awareness Day
14Fri	Flag Day		– Now who do you think invented that!?!)
14Fri	Monkey Around Day	28Fri	International Body Piercing Day
15Sat	National Hollerin' Contest Day	28Fri	National Food Truck Day – the fourth Friday in June
15Sat	National Nature Photography Day	28Fri	Paul Bunyan Day
15Sat	National Prune Day	29Sat	Camera Day
15Sat	Smile Power Day	29Sat	Hug Holiday
15Sat	Global Wind Day	29Sat	International Mud Day
15Sat	World Juggler's Day	29Sat	Waffle Iron Day
16Sun	Cannoli Day	30Sun	Meteor Day

Meet Your Next Favorite Book!

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



Mission: My Overseas PCS: The Military Child Chronicles - Athens Pellegrino (Author), Cody Taylor (Illustrator)

Mission: My Overseas PCS is the third story in The Military Child Chronicles. A young boy, Atticus, learns that his family will be relocating across the world to Okinawa, Japan. He is faced with a plethora of emotions, uncertainty, and curiosity. His little sister, Callista, is also having a difficult time processing her first move. This story beautifully demonstrates the feelings and obstacles involved with an overseas Permanent Change of Station (PCS) and family comradery. The Military Child Chronicles series was created to serve as resources for our brave military families.

I'm A Dandelion: A PCS Story For Military Children - Brooke Mahaffey (Author), Lidiia Mariia Nyz (Illustrator)

"I'm a Dandelion: A PCS Story for Military Children" is now available. This heartwarming and relatable book is perfect for young military kids who are navigating the challenges of frequent moves and adapting to new environments. Follow the story of a young dandelion as it goes through its own journey of growth, resilience and adaptation. With vibrant illustrations and a touching message, this book will inspire and encourage military children to embrace their own inner strength.

Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life Hardcover - Susan David

The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility.

Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become.

SOUTH KOREA 101: The Culture, Etiquette, Rules and Customs - Mancho Soto

South Korea 101 is a book that shares with you practical information that holds great value in better understanding the Korean mindset and culture! If you have an interest in Korea and Korean people then this book will bring you tremendous value. I cover subjects like: how to eat spicy foods, how to not get run over by vehicles in Korea, dating in Korea and many MORE!! share insight with you about Korea that I gathered from living there for almost a decade. I love Korea and Korea is a big part of my life. With this book, you'll be able to make a better life with Korea and Koreans!

When My Name Was Keoko Paperback - Linda Sue Park

Sun-hee and her older brother, Tae-yul, live in Korea with their parents. Because Korea is under Japanese occupation, the children study Japanese and speak it at school. Their own language, their flag, the folktales Uncle tells them—even their names—are all part of the Korean culture that is now forbidden. When World War II comes to Korea, Sun-hee is surprised that the Japanese expect their Korean subjects to fight on their side. But the greatest shock of all comes when Tae-yul enlists in the Japanese army in an attempt to protect Uncle, who is suspected of aiding the Korean resistance. Sun-hee stays behind, entrusted with the life-and-death secrets of a family at war.

How K-Dramas Can Transform Your Life: Powerful Lessons on Belongingness, Healing, and Mental Health - Jeanie Y. Chang

Love K-Dramas and want more permission to binge watch them? In How K-Dramas Can Transform Your Life: Powerful Lessons on Belongingness, Healing, and Mental Health, Licensed Marriage and Family Therapist Jeanie Y. Chang explores what K-Dramas can teach us about our own well-being and how we can use the lessons they teach us to live better and more meaningful lives. She also touches upon the powerful interrelationship between K-dramas, mental health, and belongingness.














Korean War Monument to the U.S. Forces at the DMZ, captured by Cristine Smith.

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