

# *United* ON THE ROK

APRIL 2023



**BOTANICAL  
GARDENS  
IN KOREA**

**RECOGNIZING A  
STUDENT'S GIFT**

**Parcel Beside U**

## **Month of the Military Child**



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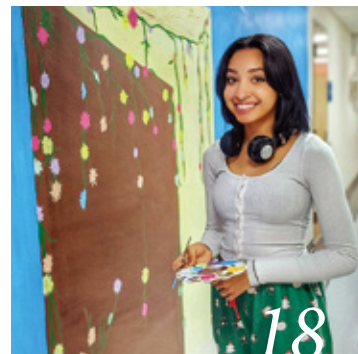




## Month of the Military Child

Anna Hager shares the impact of the Student Ambassador Program at Daegu Middle High School. In honor of Month of the Military Child, hers is one of many contributions from military kids in this issue.

Cover: Anna Hager with her father and older sister.  
Photo by Erin Henderson



## Recognizing a student's gift

Read the heartwarming story behind the new mural at Daegu Middle High School



## Botanical gardens in Korea

Camila Palmer shares information about Botanical Gardens across Korea



## Parcel Beside U

Park Joonhong, Former KATUSA, tells us about Parcel Beside U, the business he started to help fellow service members.

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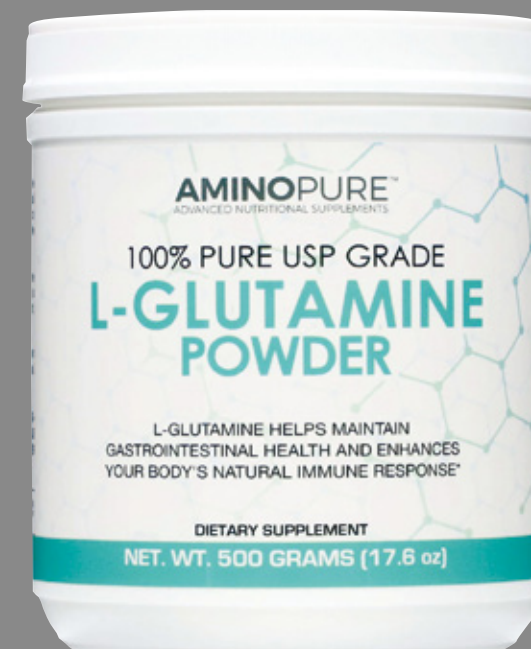
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\* United States Pharmacopeia



# United ON THE ROK

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

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The Dr. Betty Shabazz Delta Academy  
(Photo courtesy of Delta Academy)



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# EASTER MENU

PICK UP: APRIL 9TH

## BUILD A CUPCAKE BOX

\$4 EACH, HALF DOZEN \$24, DOZEN \$46

MIX & MATCH



### CHOCOLATE EASTER BUNNY

Chocolate cake with a  
chocolate ganache filling  
topped with pastel  
vanilla buttercream &  
chocolate bunny

### STRAWBERRIES & CREAM

Strawberry cake with a  
strawberry filling &  
topped with pastel  
vanilla buttercream &  
chocolate eggs



EST. 2021  
AMBER GRIFFITH  
Sweets & Treats



### CARROT CAKE

Moist spice cake with  
carrots & topped with  
a tangy cream cheese  
frosting & candy  
carrot on top

### LUSCIOUS LEMON

Lemon cake with a lemon  
curd filling topped with  
pastel vanilla  
buttercream & flower  
decor

Wanna eat my cake?



AMBER.GRIFF



TikTok



# LIVE MUSIC&ART CALENDAR



**APR15-16**  
**TWICE 5TH WORLD TOUR 'READY TO BE'**  
 KSPO DOME  
[ticket.yes24.com](http://ticket.yes24.com)



**APR15-16**  
**Super Junior World Tour Super Show 9: Road\_Show**  
 Jamsil Indoor Stadium  
[ticket.yes24.com](http://ticket.yes24.com)



**APR23**  
**2023 Dmitry Shishkin Piano Recital with TOWM00**  
 Lotte Concert Hall  
[lotteconcerthall.com/eng](http://lotteconcerthall.com/eng)



**APR25**  
**Ensemble Intercontemporain**  
 SAC Concert Hall  
[www.sac.or.kr/site/eng/](http://www.sac.or.kr/site/eng/)



**APR29-30**  
**Hiphopplaya Festival 2023**  
 Nanji Han River Park, Seoul  
[ticket.yes24.com](http://ticket.yes24.com)



**MAY01**  
**Road to 2023 WORLD DJ FESTIVAL - BUSAN**  
 Busan Cinema Center  
[globalinterpark.com](http://globalinterpark.com)



**MAY11/14**  
**Miklós Perényi & Finghin Collins Duo Concert**  
 SAC Concert Hall  
[www.sac.or.kr/site/eng/](http://www.sac.or.kr/site/eng/)



**MAY12**  
**Yulianna Avdeeva Piano Recital**  
 SAC Concert Hall  
[www.sac.or.kr/site/eng/](http://www.sac.or.kr/site/eng/)



**MAY25**  
**Luxembourg Philharmonic**  
 SAC Concert Hall  
[www.sac.or.kr/site/eng/](http://www.sac.or.kr/site/eng/)



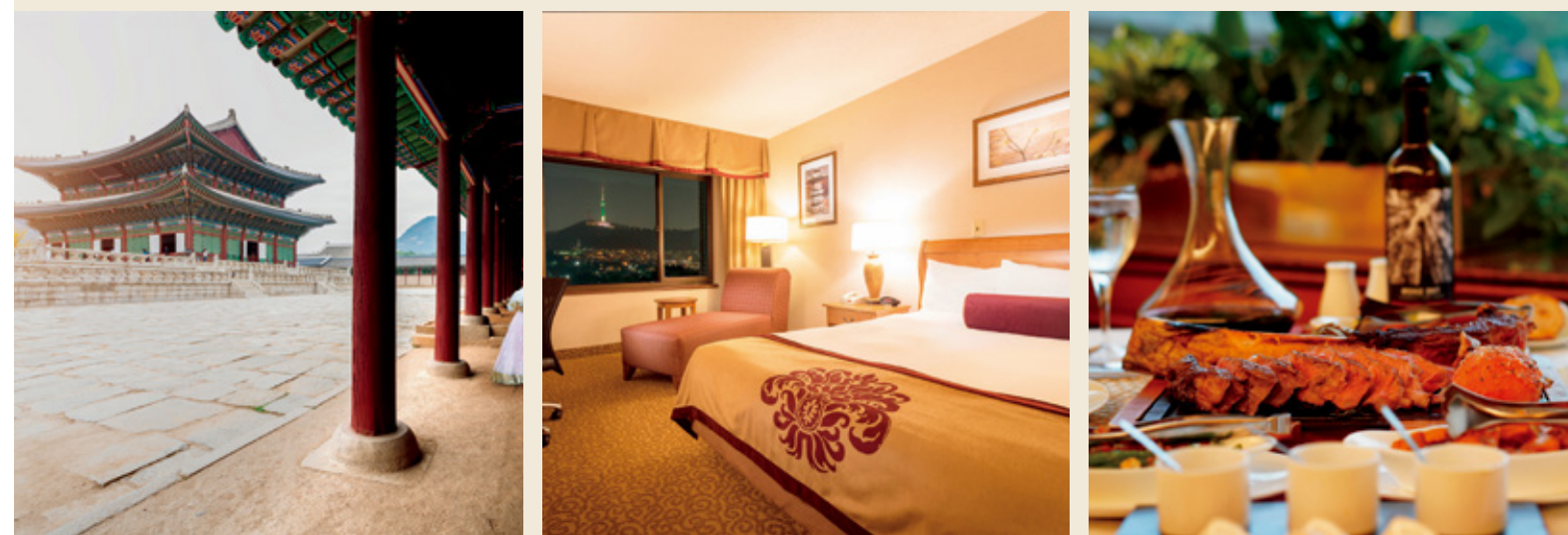
**MAY26-28**  
**Seoul Jazz Festival 2023**  
 Olympic Park  
[globalinterpark.com](http://globalinterpark.com)



**JUN02**  
**2023 Yuhki Kuramoto Concert**  
 Lotte Concert Hall  
[lotteconcerthall.com/eng](http://lotteconcerthall.com/eng)



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## EDITOR'S NOTE

*“Children learn more from what you are than what you teach.”*

— W. E. B. Du Bois

In the month of April, we celebrate Earth Day and Month of the Military Child. It is a great time to read about the experiences young people have and the resources that help them thrive. One great resource highlighted in this issue is Bloom, an organization by military kids, for military kids. Another resource is the Student Ambassador program at Daegu Middle High School (DMHS), which Anna Hager, who is featured on the cover with her father and one of her sisters, credits for making her and her sisters feel welcome even before they arrived on the peninsula. Anna makes the case in her article that the military lifestyle can be sustainable over the long run when families are able to stay together, when the military community (especially at schools) provides a welcoming support network, and when we each take the initiative to get involved with activities, sign up for sports, join organizations and pursue happiness.

Anna's focus on taking the initiative is important and demonstrated by other students such as David Mellot who has a passion for cooking. He shares a recipe and a couple good jokes, he could be the next Joël Robuchin or Gordon Ramsay. Another student who took the initiative – because the School Nurse created an opportunity and the School Art Teacher recognized her talent – is Caitlyn Marie, the brains and brilliance behind the beautiful mural in the School Nurse's Hallways at DMHS. Reflections from other military children in this issue highlight the importance of family, community and support networks to build a sustainable lifestyle.

In this issue, you can also read about the Dr. Betty Shabazz Delta Academy, the newest book by Laura Hales based on her autistic son's experiences in Korea, a mother's approach to coaching her



daughter on emotional intelligence, and the great experiences you and your kids can have through Humphreys Scouting.

We also hear from a Korean teacher Park Seong-suk about her experience teaching the Korean language across the globe. Former KATUSA Joonhung Park shares his business Parcel Beside U, which he created to help people having trouble ordering from Korean websites – they'll take care of it for you! Former USFK community member Josie Wells shares an impactful volunteer experience she had in Korea, what the experience led to, and how she has stayed connected to the peninsula – check out “Puppy With a Purpose.”

In honor of Earth Day, Camila Palmer shares information about various Botanical Gardens on the ROK where you can appreciate the beauty of nature. Amy Millican writes the first in a series of articles about sustainable tourism, sharing ideas on how we can travel in a way that is friendly to the environment and the communities we are exploring. Professor Rick Martin writes about sustainable living. The Camp Humphreys Girl Scouts also provide artistic representations of what it means to “Invest In Our Planet” – Camp Humphreys Girl Scouts will be celebrating Earth Day by hosting a USAG Humphreys post-wide clean up on April 22, 2023!

This issue also features information about the Bataan Death Memorial March, which U.S. Army Captain Cathy Reyes is coordinating at Suwon Air Base on Friday, April 21, 2023. Check out the article to learn more about the event and how to register. There is even more to this issue, including interviews with former service members and a health-focused article highlighting Alcohol Awareness Month, with tips on ordering mocktails.

You make your community magazine great!

Caitlin Ward

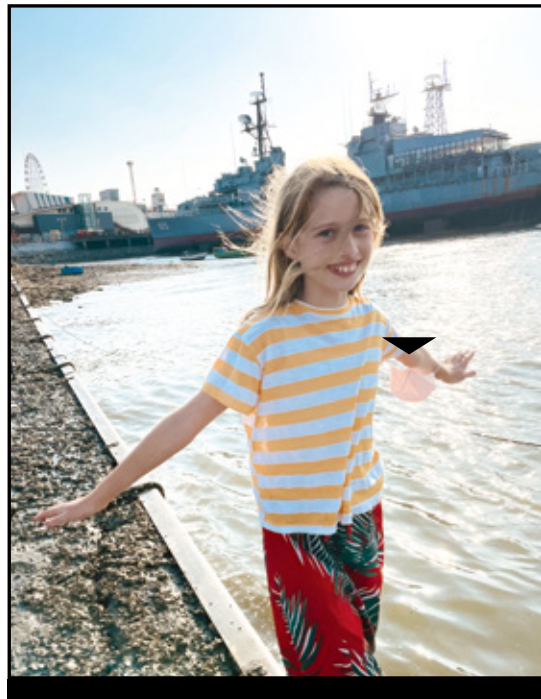
Editor in Chief



Caitlin Ward pictured with her husband and kids,  
taken by Meaningful Ladybug Photography



# I Am a Military Child



Willa Chivers, 5th grade

*Move.*  
I have lived everywhere.  
Korea, Virginia, Bahrain, Germany.  
Lots of kids have never moved.  
Not me.

*Explore.*  
I get to see the world!  
Temples, monuments, mosques, and pretzels.  
Lots of kids don't understand.  
Not me.

*Friends.*  
I make lots of friends, but I have to leave them.  
It makes me sad.  
Lots of kids stay friends with the same people  
their whole lives.  
Not me.

*See you later.*  
It's not goodbye, it's "See you later."  
Because Military kids know anything is possible.

*Hi,* my name is Erika Jessy Powell. I am Mexican-American and I am six years old. We moved to South Korea because of my daddy's job.

I am a military kid and I speak English, Spanish and Korean, my mommy says that makes me special. I really miss my home in Colorado (we moved a lot).

I graduated from Korean Kindergarten and made a lot of friends. My teacher was very nice. We visited many places and tried lots of yummy foods. I will miss my classmates and wish I could take them with me.

I very much like Korean food. The people are nice and always say hi to me and my brother. We have explored many places. My favorite place to go in Korea is Bear Tree Park because you can feed the bears and they are so silly. I also like the Ecological Park, because they have tulips and big slides. They also have butterflies and you can take things for a picnic.



Erika Jessy Powell

# I Am a Military Child



Daniel Sonza

*D*aniel illustrated some of the memorable places he has visited and things he has done while living in Korea.



Catalina Reyna,  
Kindergarten

*I* like being a military child. It makes me feel sad about moving away from my family but I like being with my dad. I don't want him to be in the military but he has too.



Robert A. Sanchez,  
Third grade,  
Osan Elementary School

*The* hard thing about being a military child is riding the plane and moving to different countries. When I ride the plane I can not sleep so it is hard. However, the good part is making new friends. Also I like moving to my family's house. I love being a military kid and I am so proud of my Dad.



Scarlett Denny and  
Isla Chivers (both) age 6.

*B*eing a military child can be fun. We can meet new people when we move. Isla and I met each other when she moved to my street. Isla moved from Virginia and Scarlett moved here from Texas. We wouldn't have met each other if we were not military kids! We also get to both be in the same Girl Scout Troop and we are Daisies. We love it!



# I Am a Military Child



Madison Shamburg,  
3rd grader,  
Osan Elementary School

I am a military child and here are three reasons why I like, and dislike being a military child. My favorite thing about being a military child is that, I really liked my dad's promotion. He is a lieutenant colonel. I got to help put his new rank on.

The second reason why I like being a military child is that I get to move a lot, to a lot of different places. I have lived in Montana, Wyoming, Kansas, and now Korea. I never would have gotten to come and experience Korea if my dad was not in the Air Force.

The thing that I like the least is that it is really hard to say goodbye to your friends, because once you get connected to your friends, it can be really hard to say goodbye to them. I have had lots of friends in the past eight years, and the hardest part is always saying goodbye to them.

This is why being a military child is both rewarding and painful.

Jade Yoon

Light it up like dynamite Woah-oh-oh~" With just this one line, many know precisely whose song this is, the famous K-Pop boy band: BTS! Many people consider BTS to be the thing that initiated the entire "K" frenzy: K-Beauty, K-Pop, K-Dramas, etc. Of course, there were other groups, people, and brands that helped build up this explosion like BigBang, Psy, LANEIGE—the list could go on and on. These factors played a large role in a surge in people wanting to go to South Korea and experience these fascinations first-hand.

Lucky for me, I actually got the chance to see it with my own eyes and now I get to live in it, because I'm a military kid. Now I'm actually not what most people would think is a military kid because my mom isn't actually in the military; she's a civilian. So I never had to go through the familiar experience of saying goodbyes, having to jump from place to place, and understanding what temporary means. Although I guess I did have to go through that just once when I left where I grew up to come here.

I'm the kind of person who embraces change and welcomes it, but I also have great friends. I may not get to see my friends in person for a long time, but before I left, I received many gifts, warm hugs, and heartfelt messages—it was very impactful and I hope I can pay it forward when one of my friends is leaving. Even now, I get silly texts, random videos, and lovely calls from my friend so I know that even if they aren't with me, they're still looking out for me. These gestures by my friends help me view this move as a new opportunity to start again and widen my bubble instead of "the end of my life" or "another tiring forced move." I think of this as an opportunity to meet new people, try new activities, eat new foods, and go to new places.

In my mind, the military is where you can find a familiar US community and culture in another country. As I explore the wonders of Korea, I also get a sense of home every time I see a hamburger and fries. Moving can be hard, but with the right mindset, what you think you're leaving behind is coming right with you.

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# Building Community Through Art

By Caitlin Ward



his book *Together*, Dr. Vivek H. Murthy speaks about the importance of real, meaningful social connections and of honoring each other's unique contributions to the community. This heartwarming story reinforces that concept and underscores the impact staff and teachers at schools have on our lives, our children, and the community at large.

It all started when the School Nurse Michael Gray observed that the walls in the long hallway leading to his office were plain. He described them as "not very

improving on people's moods." Close to his office door, he hung some inspirational posters, but for the large space in the hallway, he thought it was the perfect spot for a large work of art that would inspire people and brighten the area.

Michael is former military, until four years ago he served as a nurse in the Army, and he explained that in the military, when you have to figure stuff out, you go to your team. At the start of the year, when he ran into the Art Teacher Lauren Wassmer, he shared his idea of having something health-related

added to the hallway. He asked her if she had any enterprising students. Lauren immediately thought of Caitlyn Marie.

"Caitlyn is an accelerated artist," Lauren said. "Her skill level and ability is far beyond her peers. She takes her artistic practice seriously and it is an everyday part of her life. I thought it would be a good opportunity for her to start owning and representing her work."

Lauren did not immediately explain the entire project to Caitlyn. "I asked her to make a design that was health-oriented and uplifting for students."

Without further explanation, Caitlyn readily accepted the prompt and sketched a design that she described as representing "education and opening a new chapter of your life that is happy and bright."

Once Caitlyn had sketched her vision, Lauren explained that the School Nurse was looking for a mural to brighten the hallway, and that Caitlyn should advocate for her design to him and to the principal.

"Ms. Wassmer approached me and said I would be perfect for a job," Caitlyn recalled. "When she told me what the job was, I was a little intimidated and very excited. I've been painting and drawing since I was little. Art has always been something that I enjoy."

Caitlyn presented her design to the School Nurse and then to the Daegu Middle High School Principal Willard E. Clites IV, and got the go ahead. Her beautiful mural, made with acrylic paints, lights up the hallway.

"My goal with the mural was to incorporate as many colors as possible, even within the figures of people because I wanted to show symbols of diversity between colors, sizes, and heights," said Caitlyn. "I also love books so I decided to add that in, as a big part of what I love about school. Each color was mixed by me because I wanted to love each color and the feelings that those colors bring. I added a picture frame at the end of my painting process because I wanted to make the painting as if it were a picture of the happiness that is possible, that is what I tried to display within the art. The mural was meant to be more than just a school thing, but also to build on a general healthy and happy environment for everyone."







# “Scout Us in Korea!”

By Maritzalyn Mercado Santiago

**In** late October 2022 at USAG Humphreys, tents dotted a local baseball field as Scout families rested after a long day of activities. The smell of the campfire lingering on their clothes, the fire itself barely flickering, the sounds of skits and laughter echoing in their heads. Ah, yes, this is scouting. This event, in particular, is called Scout Olympics! It has everything from shooting sports, like archery and slingshot, as well as team and individual sporting events. This event invites scouts from all over Korea to come together and celebrate each other. Cheering each other on, making new friends, and working together!

For parents, scouting is an opportunity for their kids to make new friends. And for volunteer leaders, it's a chance to watch youth learn



new skills, try new things, and discover new paths. Regardless of your role, the outcome is the same: Scouting makes the most of the limited time we have to shape the lives of our youth.

## Why Scouting?

For more than 100 years, scouting programs have instilled in our youth the values found within the Scout Oath and Scout Law. Scouting helps youth develop academic skills, self confidence, ethics, leadership, and citizenship skills that can help influence their adult lives. While a variety of other activities and youth groups teach basic skills and promote teamwork, Scouting goes beyond that and encourages youth to achieve a deeper appreciation for service to others in their communities. Scouting holds programs for both young boys and girls that help meet six essential needs for our youth to grow in our society: mentoring, lifelong learning, faith traditions, serving others, healthy living, and building character. From outdoor activities, teamwork exercises, conservation, to STEM in Scouting there is something for everyone! Here in Korea Scouts get to experience things out in our host country and events that bring Scouts from across the country together such as, unique hikes, beach camping, Scout Olympics, markets, and fantastic field trips! Join us and make the most of your family's experience here in Korea!

## How can you get involved?

A common occurrence that hinders our Scouting abilities is the continuous movement of families and leaders. In this upcoming permanent change of station (PCS) season, we stand to lose many of our volunteer leaders, and we are looking for volunteers who are interested to step up and fill those roles! Young people need mentors and positive relationships with adults – community and religious leaders and, of course parents. These relationships provide youth with good role models and have a powerful impact on





their lives. We have a process for screening and training leaders to provide the extra attention all young people need to succeed in life! Our current leadership are from all backgrounds: educators, service members, former Scouts who have earned Eagle Scout, scientists, spouses, and community members all wanting to make an impact on our youth!

Are you ready to start your journey as a leader in Scouting?

Is your K-5 child ready to make new friends and explore the world around them?

Email [camphumphreyspack203@gmail.com](mailto:camphumphreyspack203@gmail.com) or join us on Facebook 'Humphreys Cub Scout Pack 203'!



#### Looking for older Scouts or another area in Korea?

There are many Packs (K-5) and Troops (6-12) throughout Korea, and we'd love for you to get involved with any of our Scouts in the Far East Council Asia West District! Contact us through [fareastcouncil.org](http://fareastcouncil.org) and select Asia West District to find a Pack or Troop nearest you!

#### The Scout Law

"A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent."

#### The Scout Oath

"On my honor, I will do my best to do my duty to God and my country and to obey the Scout Law; To help others at all times; To keep myself physically strong, mentally awake, and morally straight."



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# Botanical Gardens in Korea

By Camila Palmer



Numerous studies indicate the benefits to spending time outside and in nature for mental health. In fact, a study done at the University of Michigan concluded that walks in nature are linked with better health and moods while a study at Stanford suggested that spending 90 minutes walking in nature reduced activity in the area of the brain that is connected with depression.

Korea is full of beautiful botanical gardens with something to offer everyone in the family year round. The trails are often easily accessible to those looking for a nice walk with their stroller. The playgrounds are usually impressive, nature-related learning opportunities for young children. Occasionally, you will find a little library tucked away in the trees, and the gardens can be a fun visit in all of Korea's seasons with warm greenhouses to provide a dose of greenness and nature during cold Korean winters and splash pads to cool off in during the hot, humid summers. If you're looking for a quiet spot to stroll, forest bathe, or tuck away to enjoy a good book, look no further!

One of our favorite places close by to visit during the cold Korean winters, particularly when the air quality is poor, is Asan World Flower Botanical Garden. The large greenhouse areas provide warmth and a healthy dose of greenery. If you do not mind traveling a bit further afield by train or car, the Seoul Botanical Garden also has a large greenhouse space to explore in warmth on cold winter days.

Visiting botanical gardens has been one of my favorite things to do during my time in Korea. I go with my children, alone, and with friends. Here are some of our favorite nearby locations that we have found on Naver:

- Samseonsan Arboretum
- Peaceland
- National Institute of Ecology
- Saemiwon Lotus Garden
- The Pyeongtaek Agricultural Eco Park
- Seoul Sweet Flag Garden
- Ansan Botanical Garden
- Seoul Forest Insectarium and Butterfly Garden
- Shingu College Botanical Garden
- Hwadam Forest
- Pyeonggang Land
- Hantaek Botanical Garden
- Yulbom Botanic Garden
- Seoul Botanical Garden
- Asan World Flower Botanical Garden

*Camila Palmer enjoys traveling around Korea with her children, friends, and alone. She can be found on Instagram @ camila\_elise.*





## A NETWORK OF MILITARY BRATS

*“You* are mosaics of the people you meet” is a phrase I hear quite often as a military child. When I think about it, it relates to my life and everyone around me. Before moving to Korea, I would have never known to add a pouch of coffee and flavored milk together into a container of ice at a convenience store. Living in Korea, I have met so many new people who have added more pieces to my mosaic. The places I have been also expand my mosaic as I am immersed in new cultures and customs.

As a military brat, I am faced with so many opportunities, but also with the toll of PCSing and having to let go of almost all friendships. Starting over every two or three years. No longer being able to see your friends and family, and watching your relationship with them slowly fade. It is commonly looked over because of the many advantages that come with being a military kid, but frequently moving as a child can lead to poor mental health. Many military kids struggle to be able to maintain long-term relationships, fit in at school, make new friends, and are often faced with a disconnect in curriculum, causing them to be behind where they should be, or sometimes ahead of their new class. I’ve experienced this as I’ve played the “catch-up game” in many of my classes, desperately scouring the Internet to learn about what is taught at my new school before moving.

One thing that has been proven to ease this transition is community.

I was clicking through Instagram and saw a “Little Miss” post that was military-teen-related. It read “Little Miss doesn’t know where she is from” and I felt so small-minded. I hadn’t realized how many people are going through the same thing as me. I immediately checked out the account and learned that it is more than just an Instagram account. I hit “follow” and I went to the website in the bio and that night, I explored the entirety of Bloom Empowering the Military Kid.

In the summer of 2018, two Army brats, Elena and Matthew, became close friends in a tight-knit community of other military brats. Making their next moves to Korea and Florida was a challenge, so after many teary-eyed video chats, they began to discuss ways they could help other military teens going through the same thing. Thus, Bloom was born: an online blog created by military teens, for military teens. Today, Bloom is more than a website. It is a community and a virtual home. Now, with a team of over 70 teens stationed around the globe, Bloom has cemented itself as the only organization by military teens, for military teens. In April 2022, Bloom joined the National Military Family Association (NMFA) as a sponsored program, allowing it to grow and reach even more military teens searching for community.

As a part of the application process to get involved with Bloom, I had to interview with one of the co-founders, Matthew. Right away, I was able to appreciate this new

sense of community. I learned that he had previously been stationed in Korea and we talked about the Far East tournaments. A little later, I talked to people currently stationed in other places in Korea and found we had very similar culture shocks moving here, including being surprised by how extremely safe it is here. Women leave their expensive bags outside of the bathroom against the wall and no one even considers it to be a possible concern. We also talked about DoDEA schools and how much easier it is to be a new kid because everyone knows what it is like to be entirely new to the school, as well as the culture. We also talked about how we felt understood when engaging in miscellaneous chats with military brats all over the world.



The Bloom community knows exactly how it feels to be a military kid. Not just the advantages and opportunities, but the tolls as well. Bloom gave me a community that makes me feel so much more understood. It has opened me up

to so many people, experiences, and cultures, all of whom now make up my mosaic.

Tell the military teens in your life about Bloom. They aren’t alone. We’re here, and we can’t wait to meet them.

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# Cucumber Kimchi

By Jjeungkuk Kim

## Ingredients

4-5 White cucumbers  
Salt (to taste)  
3 teaspoons of Red pepper powder  
2 teaspoons Anchovy fish sauce  
2 teaspoons Plum extract  
½ teaspoon Garlic  
½ teaspoon Grated ginger  
Chives  
1 Carrot

## Directions

Wash the White Cucumbers thoroughly with salt. Cut the cucumber widthwise into four parts. From one end of each cut, cut two-thirds down in a cross shape.

Put the cucumber in boiling salted water, turn off the heat and let it sit for 15 minutes, then rinse in cold water and drain.

Make the cucumber kimchi seasoning by mixing red pepper powder, anchovy fish sauce, plum extract (sugar), garlic, and grated ginger. Slice chives and carrots and leave them aside.

After filling the cross part of the drained cucumber with the mixed seasoning, put it in a container and let it ripen in the refrigerator for a day before eating.

## About the Author

Jeunggok Kim is a chef in Korea and shares cooking tips along with other recommendations in her Facebook group, Korean Travel and Food.



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# How Do You Practice Sustainable Tourism? *Supporting Local Nonprofits.*

By Amy Millican



*One* of the many benefits of living in South Korea is the opportunity to travel. Incheon International Airport, regularly ranked as one of the top airports in the world, launches thousands of adventure seeking travelers each year. Many of those travelers are conscious of their responsibilities to both the environment and people of their destinations. These travelers seek rewarding experiences in Sustainable Tourism.

Sustainable Tourism is any form of travel and experiences that help support the local economy and its

citizens. This support is long term, recurring and benefits local communities. For example, in Africa, for every one person working in the Safari Tourism Industry, at least six people are dependent on that income. With best practices, Sustainable Tourism comes in a multitude of fashions, including educational experiences, supporting local nonprofits, practicing EcoTourism, finding legitimate above board ways to offer VolunTourism, and seeking travel adventures that involve local community members.

Not all Sustainable Tourism has to be planned out. Often unique ways to support local communities simply present themselves. All you have to do is say "Yes!" For instance, in February of this year, my husband and I had the opportunity to tour Greece and Malta. Both nations have a deep history, which appealed to us both. At the hotel, we found a small flyer that read, "Music. Our Lady of Victories Church. Valletta. Tuesdays @ 12:30 pm. Barocco Foundation." That sounded intriguing.

We had one of the Front Desk

Staff, a local Maltese who had worked in Tourism his whole life, call to reserve two seats for us. On our Tuesday, Saint Valentine's Day, the theme was "Paths of Love." This special concert featured Romanian duo, tenor Andrei Daranyi and soprana Diana Pap. The concert of romantic songs and arias was accompanied by pianist Sophia Narmania. The requested donation was €10.00. The concert was exceptional, the true monetary value could have easily been five times more.

Practicing Sustainable Tourism, through local nonprofits can lead to marvelous travel experiences. I reached out the Barocco Foundation and asked about how they view their role in Malta's Sustainable Tourism Industry, they replied:

"Barocco Foundation was founded in 2006 with the aim to educate people and cultivate an appreciation of the arts and aesthetic qualities. The foundation also promotes music and art, and provides a platform for the professional and emerging creative musicians and artists.

Our foundation contributes to sustainable tourism on our island by offering entertainment to tourists through concerts and by finding more unique and beautiful historic venues to further their educational, cultural and aesthetic aims. We also provide our audience with more unique and fantastic experiences.

At the same time, through our concerts we also fundraise for the organizations that provide these magnificent venues like Our Lady of Victory church in Valletta, which happens to be the first building in our capital, built in 1566 by Grandmaster de Valette. This beautiful church is managed by Din I-Art elwa which is Malta's cultural and environmental watchdog.

At Barocco Foundation, we strive



to be as eco-friendly as possible, such as by not printing any programmes for the audience during our events, to save paper. We print just one programme and encourage our patrons to take a photo of the programme before the concert.

Since Malta is a small island, our insularity puts us at a disadvantage with other mainland European countries. Thus, our artists sometimes struggle to find opportunities where they can enhance their career. In view of this, Barocco Foundation also aims to give more exposure and opportunities to musicians and artists."

The Barocco Foundation is a

perfect example of how, by supporting local nonprofits, you can best practice Sustainable Tourism. As you travel around this beautiful world, from your current homebase of South Korea, seek ways to support local nonprofits. Then, share your new knowledge and experiences with others. You are the key to Sustainable Tourism.

*"How Do You Practice Sustainable Tourism? Supporting Local Nonprofits" is the first in a series of articles, by Amy Millican, encouraging you to find your best Sustainable Tourism experiences while in Korea.*



# WHAT I HAVE OBSERVED TEACHING KOREAN AROUND THE WORLD



By Park Seong-suk

I am a Korean teacher and I have taught Korean for over five years to adults in Korea; various age groups at the Korean Cultural Center in Mexico; college students at universities in Kenya, Mongolia and Thailand; and high school and middle school students in Thailand, twice.

In Kenya, where I was sent abroad for the first time, I met students who loved Korea and wanted to learn Korean but they had not had the opportunity to meet Koreans or have Korean teachers until then. I was moved by how the students welcomed the Korean teachers, studied hard, and wanted to tell us about their own culture.

I realized my interest in teaching Korean abroad, and I enjoyed welcoming students who wanted to learn Korean to come and experience Korean language and culture in my classroom. I was always proud of my teaching abilities as I saw students, who began not knowing Korean consonants and vowels, develop the ability to produce simple greetings after only three weeks and basic communication after only three months.

Learning Korean is an interesting area of study and it may open doors to new opportunities. When you become fluent in Korean, you can compete in a Korean speech contest, you can more fully experience Korea, you may be eligible for job opportunities at a Korean company in your country, and you may be able to pursue your studies at universities in Korea.

When I see students pursuing opportunities to study abroad or using the cultural and linguistic knowledge they have gained to improve their own families and countries, it is clear their teachers have affected them. It is inspiring to see the impact a teacher can have on a student and by exten-







sion their community and international relations. I have a sense of duty to teach and I am proud of my work.

Most of the students I have taught, across various countries and various age groups, first take an interest in Korea because of K-pop or K-dramas. As they learn Korean, their interest in other aspects of Korean culture increases, and they become passionate about what they learn. The students also tend to recognize what we have in common; most countries have a solid family culture, so students recognize a shared respect for teachers based on respect for adults. The students trust teachers and accept what teachers say, recognizing their pure hearts and passion.

Many of you at the USFK installations have encountered multiple cultures and languages in previous experiences and maybe even just during your experience in Korea. While it is good to practice a language you are learning, I personally think that it is good to use the language of your own country inside the home and the language of another country outside. If learning languages is not your forte, it's better for your well-being and relationships to accept the new language. You might even find it easier to enjoy and accept the culture and language when you don't focus on learning.



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# Mocktails Not Cocktails

By Employee Assistance Program Coordinator (EAPC) Bisrat "B" Sium

**W**hen the *United on the RoK* Editor told me the theme for the month of April was Sustainability, it got me thinking about how we have sustained a global culture that glamorizes alcohol use. The 2021 National Survey on Drug Use and Health (NSDUH) found that 84% of Americans ages 18 and older reported having alcohol at some point in their lifetime and 23.3% reported binge drinking. Binge Drinking is having four (for females) and five (for males) or more standard drinks on one occasion or day. A standard drink is 0.6 fluid ounces of pure alcohol, which translates to 12 oz of domestic American beer, 5 oz of table wine and 1.5 oz of 80 proof liquor. Having five days of binge drinking within a 30-day period means that one is engaged in heavy alcohol use and may need to evaluate if they might have an alcohol use disorder or alcohol dependence issue. Binge drinking increases health risks, impairment problems and development of alcohol dependence.

According to recent anthropological findings, fermented alcohol was present in the village of Jiahu in Henan province China. Findings revealed that the fermented beverage of rice, honey and fruit was being produced as early as 9000 BC, predating previous findings in the Middle East that were from about 7000 BC. Suffice it to say that humans have been fermenting and making alcoholic beverages for over 10,000 years. It is woven into most cultural fabrics and is linked to various social milestones and events. We seem to choose alcohol as the beverage of choice when celebrating, (i.e. weddings, birthdays, promotions, any accomplishments) or when mourning (loss of a loved one, loss of a job, loss of a home). Much of the media we consume is saturated with images that glamorize alcohol and market it as the answer. I am not sure if this is a case of art imitating life or if art might



be greatly contributing to the increased consumption of alcohol due to the glamorized and romanticized representations of it.

The realization of how integrated alcohol has become into our cultural norms is key to beginning to break free and empower each other to make better choices.

ALCOHOL IS A DRUG. Although it is not illegal for those aged 21 and above, it is still a substance that alters our physiological and psychological response and is classified as a depressant. It has detrimental health effects to include cancers of the breast (for females), liver, colon, rectum, mouth, pharynx, larynx, and esophagus; high blood pressure; stroke; heart disease; liver disease; STDs; memory and learning deficits. There are also psychosocial effects such as intimate partner violence, sexual assault, child abuse or neglect, unwanted pregnancies, and financial and emotional irresponsibility causing harm to our loved ones or our relationships. Recent studies suggest that even smaller amounts of alcohol may still put individuals at risk, so it is important to understand our family history with alcohol use, our biological risk and make low-risk choices. For individuals struggling with health issues or who are on medications

for other health conditions, alcohol use is very high-risk and possibly prohibited.

Making low-risk choices in a culture where alcohol use is the norm can be difficult. However, tools and resources exist to help us make and maintain low-risk drinking. The US Department of Agriculture (USDA) and US Department of Health and Human Services (DHHS) adopted the "Low-Risk Drinking Guidelines" as part of the Dietary Guidelines for Americans 2020-2025 and urge us all to make low-risk choices to minimize health risks and the detrimental effects of impairment problems.

For those of us in Korea, the Blood Alcohol Content (BAC) level is 0.03, much lower than the US rate of 0.08, and one or half a standard drink may take an adult over that limit, so there should be NO DRINKING & DRIVING. Army Substance Abuse Program (ASAP) offers Prime for Life (PFL), an evidence-based intervention for those involved in an alcohol-related incident or struggling with alcohol or other substance use issues. If you are a service member struggling with an alcohol use or dependence, please contact the servicing Behavioral Health clinic for your unit to schedule an appointment with your Substance Use Disorder Clinical Care (SUDC-C) provider for evaluation and treatment. If you are a Civilian Employee or Dependent of a service member or civilian over the age of 18 struggling with alcohol use or dependence, please call your EAPC at DSN: 755-1086 or COMM: 0503-355-1086.

Alternatives to drinking alcohol do exist. There are a range of brands and companies offering non-alcoholic beverages. There are now booze-free bars in most metropolitan cities offering crafted mocktails. You can also use YouTube or Tik Tok videos to learn how to make your own mocktails at home. Here at USAG Humphreys, our own DFMWR restaurants, the Flightline Tap Room and The Riverbend Pub offer mocktail versions of their signature cocktails (margaritas, daiquiris, sunrises, mojitos and pina coladas). In recognition of April, Alcohol Awareness month, they partnered with ASAP on our "Mocktails Not Cocktails" campaign and will be offering a 10% discount on appetizers to anyone who makes a low-risk choice and purchases a mocktail (you will also walk away with a beautiful low-risk drinking coaster, highlighting the 0-1-2-3 Low Risk Drinking Guideline).

## Alcoholics Anonymous (AA) Meetings

### USAG Humphreys

M/W/F: 1800-1900  
Bldg. 696, Freedom Chapel Annex

Room 120  
Zoom: <https://us02web.zoom.us/j/5406153096?pwd=M-VU0dFRndXpEN2t0THBpdlBubVE3Zz09>

### Osan AFB

T/TH: 1700-1800  
Bldg. 769, Resiliency Center

For questions about other AA meetings in the area:

COMM: 02-319-5861

Email: [aainkorea@gmail.com](mailto:aainkorea@gmail.com)

Website: [www.aainkorea.org](http://www.aainkorea.org)



## Sobering Facts on Alcohol Abuse

Alcohol is the most commonly used substance. In 2021, 84% of people ages 18 and older reported that they drank alcohol at some point in their lifetime.

- ▶ 29.2% young adults ages 18 to 25 reported binge drinking
- ▶ One American dies every 52 minutes because of alcohol impaired driving
- ▶ Alcohol is linked to seven types of cancers: Mouth, Throat, Larynx, Esophageal, Breast, Liver and Colon. Nearly 15% of breast cancer deaths among women in the US were linked to alcohol
- ▶ 380 deaths/day in the US due to excessive alcohol use

## Sobering Facts on Sexual Violence

- ▶ 1 in 4 women will become victims of sexual assault in their lifetime
- ▶ 24.2% Female and 6.3% Male Active duty Soldiers report sexual harassment
- ▶ Over 50% of Sexual Assault Survivors/or perpetrators were under the influence of alcohol during the assault. For DOD, 62% of assault on women and 49% of assaults on men involved alcohol.
- ▶ In 2021, more than 8% of Female Soldiers and 1.5% of Male Soldiers reported unwanted sexual contact



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# 6 Perspectives You Should Read: *On Serving and Living in Korea*

By Kristine Provins



*iving in Korea can be exciting or completely overwhelming. I asked a few folks on their perspectives to better understand what makes the difference.*

*Six people shared their experiences by answering a series of questions about working and living in Korea. I reached out to these specific individuals due to their diverse backgrounds and experiences. Interestingly, none know each other; despite me knowing them all. Their responses were not surprising to me. However, I was intrigued by their replies to question #5, because each person hit on a key reason for why the US remains so committed to the defense of Korea. Outside of this survey, I have found many of the younger people on pen (18-25) whom I've spoken with, do not have the same interpretation of why the US military is here. While this contrast may merely be a factor of age, it likely keeps many from appreciating what Korea has to offer (on and off duty).*

*Whatever your reason for being here, know we are all trying to make the best of our time in Korea. Every person is different, and everyone's experience is unique. Regardless of your circumstances, keep in mind, your assignment here is made better with adaptability, resilience, empathy, and applying healthy coping skills.*

*This is the third in a series of three articles, each highlighting responses from two individuals.*

*I hope you enjoy their perspectives as much as I did...and maybe see things a bit differently through their diverse experiences, built on a common factor—being a veteran, who served in Korea.*

## ► 1. Why did you join the military?

**Patrick F:** I joined the military in 2006 as it was something my older brother and I had always talked about. September 11, 2001 was an additional reason that motivated me to join.

**Terry:** College got expensive and I wanted to be the first in my family with a degree. A friend of mine recommended that I look into military service. So I did and I liked what the recruiter presented about serving our nation plus the military assists with college expenses.



## ► 2. Did you choose to come to Korea? If so, why?

**Patrick F:** I chose to take a contract job, bringing my family and I back to Korea, because we had enjoyed it so much when I was in the military.

**Terry:** I did choose to come to Korea when I was on active duty. I was stationed in North Carolina. The job was one heavy rotation deployment to another deployment. I got the chance to visit Korea on a TDY and I enjoyed the work and experience. As soon as I got back, I volunteered for Korea.

## ► 3. What did you imagine being in the military living in Korea would be like and what are the differences?

**Patrick F:** I imagined it would be similar when I was stationed here but as a contractor I have noticed it is more family friendly. There are groups that organize many events on Camp Humphreys; the groups always offer things to do.

**Terry:** I didn't have a clue about life in Korea nor was it in my radar until the TDY. I came from a small country town of factories and peach orchards. People were more interested in what's going on there and less focused on what's external. So I came to Korea with an open mind not knowing what to expect. We're talking about the early 1990s.

## ► 4. How do your family and friends living stateside

## feel about your location?

**Patrick F:** Sometimes family back stateside feel nervous when North Korea fires missiles. They are supportive when they see our family outing photos and when we discuss how it really feels here on a daily basis.

**Terry:** My family doesn't understand why the military is still here. No war in over 70 years — why do I need to be on the other side of the world? They're over their 40s so they don't follow K-pop and believe circumstances in the USA should have the biggest focus: inflation, cost of goods, gun control, racism, cost of gas, broken political process, etc. My family, regardless of their position, have always been proud of my time in the Air Force and support to the military. It's a bragging rights at gatherings for them.

## ► 5. Is there anything about the US military in Korea you wish many understood?

**Patrick F:** I wish that some could be more understanding that for a good majority of service members here, that it is their first time out of the United States. That most are homesick and possibly scared venturing into foreign lands.

**Terry:** Just a reminder that the US military is here to support our allies in the defense of democracy and freedom. Peace is our focus but readiness is crucial in case peace fails.

## ► 6. What would you say is the highlight of being in the military, especially living overseas?

**Patrick F:** Meeting people from different countries would probably be the biggest highlight and experiencing how their culture and their history makes them who they are today.

**Terry:** Going to places and being welcomed with kindness and respect for what we do.

## ► 7. Is there a person you served with or worked for who had a positive impact on you and what would you say if you saw them now?

**Patrick F:** My bosses I currently work for have had an impact on me by pushing us to always excel and better ourselves. I would just say thanks for the opportunities they have provided.

**Terry:** My uncle who served during the Korean conflict remains the one who has impacted my life the most. He faced the Chinese onslaught in battle and then returned to the USA to face Jim Crow. He never lost his love or patriotism for this country, even during the most trying times. From him I learned the battle is still mine. Don't give up. There was a group of guys I worked with when I was as-

signed at Gunsan. We were like a close knit family of guys from various ways of life, ethnicity, religious beliefs, and social status. We worked hard together and played hard together and from this we were able to mentor, teach, and learn from each other — that helped make each one of us better men and leaders. Till this day, over 25 years later, we remain in contact.

## ► 8. What is your favorite place or aspect of this assignment and what is the most difficult part?

**Patrick F:** No particular favorite place, my family has enjoyed trying a multitude of new things and exploring as much as we can. Every outing has brought enjoyment. Unfortunately the language barrier can bring some difficulty. Translation apps and trying to learn the basics of the language does help alleviate this problem.

**Terry:** No favorite place. I do like hiking. [The most difficult part is] driving here and dealing with horrible drivers who ignore traffic rules.

## ► 9. How has living in Korea changed your life?

**Patrick F:** It provided a bigger look into the world, exploring more than just the United States. Experiencing how people from different backgrounds deal with struggles and how they find ways to enjoy life.

**Terry:** It gave me a better perspective on the world and a chance to experience new culture and experience.

## ► 10. Do you have any advice for those looking to join or get out?

**Patrick F:** I have told soldiers to explore their options before ultimately deciding if they want to exit the service. I share my personal experiences and experiences of others on their transition from the military.

**Terry:** Follow your dreams. Find your niche. Look at where you want to be in the next 5, 10, 20 years. Look into giving back to our community or country through service.

## ► 11. Lastly, hindsight is 20/20, would you have stayed in? What would you have done differently?

**Patrick F:** As for most people there are always decisions in life I possibly would have done differently. I would have stayed in and tried pushing towards retiring and then exploring contracting.

**Terry:** I retired at 20 years of service. Now it's time for the younger generation to step up and serve. The only thing I would have done differently is spent more time living in Europe.

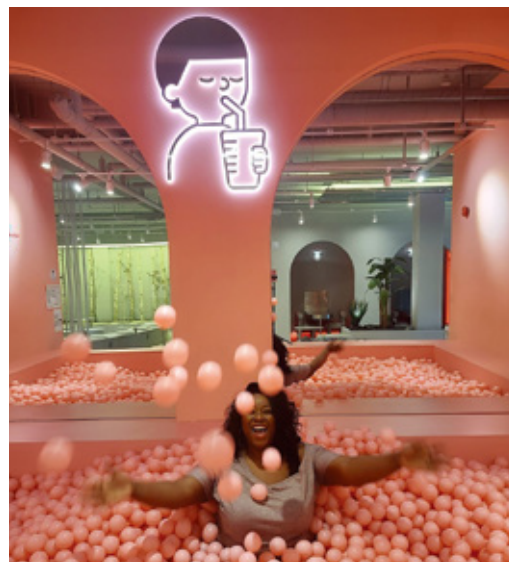


# Cafés You Should Check Out in Daegu

By La Dale Johnson

When my husband and I moved here to Area IV with our two girls a little over three years ago from our hometown, Washington, DC, I had a hard time adjusting for the first couple of months. As a civilian, base life was foreign to us and I had a difficult time trying to figure out how to integrate myself into the community, especially because we lived in a wonderful apartment off base with very few American neighbors. I quickly had to find that one thing that would make learning about my new city enjoyable and it wasn't long before I discovered South Korea's cafe culture. There seemed to be one...or three cafes on every block and the best thing about it was that most of them had their own vibe. Even the chain cafes seemed to mix it up, depending on location. When it comes to amazing cafes in Korea, Daegu is top tier. From décor to yummy desserts and plenty of specialty drinks, cafes here are a real treat, even if you aren't a coffee lover.

I have been to plenty of cafes here, and I will never declare to have a favorite because I feel like every week I discover a new one that matches my mood and the weather and makes me fall in love with this city all over again. However, I have managed to compose a list of cafes that I absolutely adore, and I think you would enjoy as well.



## Dessert 39

I normally wouldn't include Dessert 39 on my list as you can find them in loads of locations, but the downtown spot changed my mind. It's located next to H&M, but for some reason, last month was the first time I ever paid any attention to it. I chose to visit the cafe as soon as they opened and I'm so happy that I did because I got to act like a big ole kid. They have a ball pit. A BALL PIT! I got to jump in and splash around with no one staring at me like I had lost my mind. I also go to check out every floor and even hang out with the bear on the rooftop. It's simply cute. Every floor has a different vibe, the drinks were tasty (and the cups were cute!), and there were plenty of dessert options. My only gripe was that their ordering kiosks didn't have English as an option and the menu is extensive, so give yourself grace and pull out your Papago translation app so that you know what you're ordering.



## Cafe Orb

Another wonderful cafe in Suseong, but tucked away from the lake a bit is Cafe Orb. Orb stands for Original Rich Bagel, and they are amazing. The bagels are very flavorful, but the cream cheese...the cream cheese just takes it to the next level! The atmosphere is pretty, yet cozy. I've spent plenty of days here venting to friends or doing bible study. It's the perfect location for doing both.

대구 수성구 상화로 49  
<https://naver.me/FcabqXE0>

## Percent 14/3

Percent 14/3 is shockingly wonderful. When my family and I stumbled upon it on a freezing, rainy Saturday evening, we didn't expect what we found. It is a beautiful cafe inside of a Korean hanok that is very inviting and relaxed. There are lots of small rooms and sofas, and even cozier rooms with floor seating upstairs. It is amazing and I could've easily spent the whole evening there if we didn't already have other plans.

대구 중구 서성로14길 92  
<https://naver.me/xxJeVC5E>



## Artplex Café

If you are looking for a nice, chic cafe where you can go for date night, or to meet up with a friend, Artplex is for you. Situated across from Suseong Lake, it has the perfect location with a sophisticated glam vibe. The floor to ceiling windows that they open in the warm months are perfect for people watching and the view of the lake is quite nice as well. As if that wasn't enough, there is also a small art gallery in the back! Suseong Lake has an array of wonderful restaurants and cafes, but make sure to put Artplex at the top of your must visit list.

대구 수성구 용화로 92-4  
<https://naver.me/GYpb9ZEH>



Pang Pang Pang (Pain Pan Pao)

Whenever I take a friend to Pain Pan Pao for the first time, I giggle and wait for the gasp I know they are going to let out. It's that cafe. The one that wows you with its burst of color, Pain Pan Pao spelled out in huge letters that my 6 year old likes to try to embarrass me by climbing, and the desserts. We cannot forget the desserts because the selection is just ridiculously amazing. Then there are the seating options. My personal favorite is the movie room, but my kids love the balcony with the birdcage swing chairs and open windows (in the warm months). There's also a party room you can reserve (it was free when I did in December) where you can have an intimate party. I call it the queen of hearts room for it has a beautiful red chandelier, throne chair, and big red table as a part of the décor. I love all the little touches at this cafe. The fact that you can see straight into the bakery is delightful. The handwashing station is a very nice touch. And that claw machine...that blasted claw machine. If you spend 20,000 won or more, they give you a coin to play the claw machine and I have yet to see anyone win! But it's all in good fun. This cafe has something for everyone, but please note that on Saturdays seating can almost be impossible.

대구 중구 동성로1길 15  
<https://naver.me/xsUMP3D>



Magnolia Yanggwa

This sweet, sweet cafe quickly became a favorite of mine. It is one of my beloved places to hide out in and study. It's small, and aesthetically simple, but that's also a part of its charm. So simple and pretty while the drinks are artistically designed. Many of them are topped with a cookie and fruit and it's a wonderful treat. Because it is small, it can get full fast so I like to visit when they first open to enjoy my drink in a calm, quiet atmosphere. This cafe is in the cut, so you don't know unless you know. I would suggest taking a cab as parking isn't easy to come by in the neighborhood.

대구 수성구 들안로8길 29  
<https://naver.me/x9uvfr9X>



Piazza

During the pandemic we were all itching to get away, but could not leave the peninsula and that made for interesting times. Lucky for me I eventually found a cafe that made me feel like I had escaped to another country for a little while. Cafe de Piazza is an elegant cafe on the top of a golf zone that makes you feel like you have been whisked away to Europe. The fountain on the open air terrace is what really sets it off and gives you vacation vibes. It's a hidden gem for me, but I'm hoping more people will go enjoy it as I would love for it to stick around as long as possible. If you're anything like me, you'll take one look at the big Golf Zone sign and think you're in the wrong building, but just walk into the parking garage and take the elevators on the left and the signage will guide you.

대구 서구 서대구로 104  
<https://naver.me/GWFE2Sb8>



wish I had the time and space to add so many more cafes. Putting this list together was no easy fête because Daegu hits the spot when it comes to incredible cafes. I hope that you at least feel inspired to visit a few while you're here and if you know of an amazing one, please share with your Area IV community!



Casanello

Casanello is another smooth little espresso café that sweeps me away to another world. Tucked away in a corner of downtown, casanello brings foreign vibes and takes you back to a time of black and white films and romance. I legit felt bad for taking my kids the first time I visited, although oddly enough they behaved wonderfully. The atmosphere just felt more sophisticated than I was expecting. There are quaint little tables on the first floor where you order your drinks and treats, and can also enjoy spending an evening sitting outside in the warm months. Upstairs is cozy as well and I've seen plenty of lovebirds enjoying Matilda cake and gazing into one another's eyes. Yeah, it's that kind of cafe. The espressos are impressive as well as the baristas. They took their time breaking down the ingredients of each drink to me (I'm terribly indecisive) and when I had difficulty choosing between drinks, they gave me one as service. Very sweet. Go for the vibe and espresso, do not neglect to try one of their yummy cake slices, and bring your boo.

대구 중구 교동1길 47  
<https://naver.me/xivljrrY>



# Camp Humphreys Girl Scouts - Celebrating Earth Day

By Kimberly Clark



▲ Jesslyn Lafferty, age 9 from Brownie Troop 80711. "My interpretation of a clean happy Earth and a sad polluted Earth."

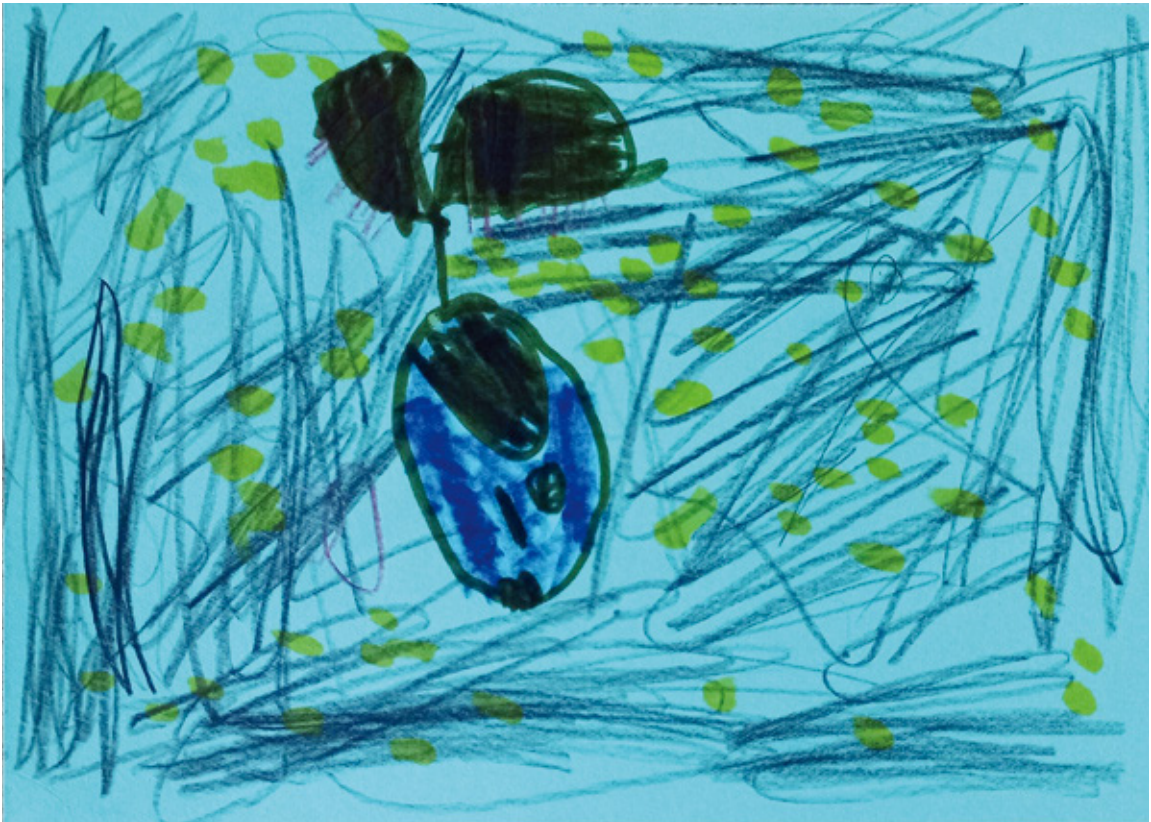
*Camp* Humphreys Girl Scouts is celebrating Earth Day 2023 by hosting a USAG Humphreys post-wide clean up on April 22, 2023. This is an open invitation for everyone that is connected to Camp Humphreys whether you are a Korean National, USFK soldier, US Soldier, Dependent family member or civilian and representative of another organization.

Everyone is encouraged to participate and give back to our Earth by investing some time into the space we all call home. If each of us do a little, we can make our little piece of earth a better place. Children are encouraged to participate! Please be on the lookout for more information on the Official USAG Humphreys Garrison Facebook page on how you can join the effort!

Camp Humphreys Girl Scouts consists of 14 Troops that each include Girl Scouts of all age levels, from age 5-18. USA Girl Scouts Overseas gives each girl a community of support that will help her make friends, learn new skills, and become her best self no matter where she goes. Our mission is to build girls of courage, confidence, and character, who make the world



▲ Isla Chivers, age 6 from Daisy Troop 705. "If we help and love the Earth, then plants and flowers will grow."



▲ Imogen Conlin, age 6 from Daisy Troop 705. "I drew a picture of the Earth in space. The little plant shows that everything on Earth can keep growing as long as we are nice to the Earth."





▲ Willa Chivers, age 11 from Junior Troop 733. "My painting represents putting a little work in to help the Earth, but getting so much more in return."

a better place! For any questions on our Earth Day post-wide clean-up or how you can be involved in Girl Scouts as an Adult Volunteer or get your child registered, please reach out to [humphreys-girlscouts@usagso.org](mailto:humphreys-girlscouts@usagso.org). You can also follow our Camp Humphreys Girl Scout Facebook page by searching "Camp Humphreys Girl Scout Community."

This year's Earth Day theme is "Invest In Our Planet." To invest means to commit resources in order to generate a substantial return. By investing time, energy, and money throughout all layers of society, we can achieve the green revolution and create a sustainable economy with opportunities for all. It all starts with you! Recently our Girl Scouts had the opportunity to bring awareness to Earth Day by submitting artistic representations of what it means to "Invest In Our Planet." Each of the featured pieces of art below were created by our youth investors.



▲ Nora Conlin, age 14 from Cadette Troop 730. "My art piece represents a forest before deforestation and fire and then shows what comes after, a bleak and dead forest."

# EARTH DAY

April 22, 2023



**Earth Day is an annual celebration of our planet!  
The event is an opportunity to honor the  
achievements of the environmental movement  
and raise awareness of the need to protect Earth's  
natural resources for future generations.**

**Some ways to celebrate Earth Day include  
cleaning up litter, planting trees or flowers, or  
taking time to reflect on the beauty of nature.**

**How will you celebrate Earth Day?**



# Sustainable Living in Korea - Fun Ways to Welcome the Future

By Rick Martin

**We** live in a rapidly changing world. It may seem like societal changes are out of our control, but since we are also part of this society, we actually do have the ability to influence the direction in which our collective future changes.

A future in which we live sustainably on the planet is one possible direction in which society can change, and we can all take steps that help move our society that way. Sustainable living is a very desirable goal. This is clear when you consider the alternative to sustainability is a future in which vital resources aren't available, accumulating pollution increases illness and shortens lives, and the wonderful diversity of plants and animals that currently exist get pushed off into extinction. Sustainable living protects the future from those outcomes and is certainly attainable, but some changes will be needed first in order to get there.

"Sustainable existence" refers to a way of living that does not deplete resources or result in an accumulation of pollution in the air, water or land. Sustainable living respects the rights of future generations to have access to the resources we currently enjoy while living in an environment that isn't polluted with our toxic



waste. Living sustainably is being a good neighbor. We are doing pretty well now making sure our actions don't hurt our neighbors in space (our next-door neighbors), with many of us even helping our neighbors have a better life. However, we aren't doing as well with our neighbors in time (future generations). We will never meet these people but they surely will exist, and they will as surely be annoyed if we leave them a depleted and polluted planet to live on. As such, sustainable living is the neighborly thing to do.

Sustainable living is achieved by not using resources faster than they can be replenished by natural pro-

cesses and not generating pollution beyond the ability of nature and human's combined ability to recycle it. While governments set the baseline for sustainable living by establishing energy supplies, transportation infrastructure, waste management, etc., we as individuals can also do a lot to make sustainable living the norm. The best way we can do that is to become actively less wasteful. While wasting less may sound like work, it can actually be surprisingly fun.

How can being less wasteful be fun? Lots of ways! Visiting new places is fun, learning new crafts is fun, saving money is fun, eating delicious and healthy food is fun,

learning about the world is fun, sharing this knowledge with friends is fun, and knowing you're being a good neighbor is both satisfying and fun. It turns out that living in Korea provides many opportunities to try out new fun and sustainable habits. Here are some examples to get you started:

**Transportation:** The largest individual contributors to air pollution and greenhouse gas accumulation are private vehicles. Luckily, Korea has one of the best public transport systems in the world, and the lowest impact option here are the trains. Using trains reduces pollution while also improving fitness through added steps and stairs. Korean trains are safe, convenient and comfortable (during non-peak travel times). In addition, Korail has special trains for tourism that offer fun, low-impact travel opportunities. See more here: <https://www.letskorail.com/ebizbf/EbizBfAboutTouristTrain.do>

If you go to a place that doesn't have trains like Jeju-do, consider renting an electric vehicle (EV). Jeju-do has installed many wind turbines for electricity generation, so when you use an EV in Jeju you are traveling by wind power. You can learn how to use the EV system in Jeju from this video: <https://www.youtube.com/watch?v=uH-2L4dsX-A>

**Biking:** Even better than trains or EVs for reducing impact is the person-powered option: bicycles. While some decades ago Korea was a risky place to bike around, conditions have improved a lot and use of bicycles has been steadily increasing, particularly in Seoul. If you are in Seoul and don't have a bike, you can still ride by renting one from the city's well-stocked bike share program. You can use these

bikes using a website or through the "Seoul Bike" app. Bike rental is cheap (₩1,000 per hour or ₩5,000 per day) and you can drop off the bike at a different location than you rented it from. Check out this site for a complete guide to using the Seoul bike rental system: <https://10mag.com/seoul-bike-rental/>

**Shopping:** Shopping is an area where our generation can make some big strides in waste reduction. The simplest way to accomplish this is to avoid buying anything you don't really need, but this isn't very fun. What can be fun though is seeking out one of the country's numerous "zero-waste" shops or bargain hunting for second-hand items at flea markets or using an app. Zero waste shops offer a variety of daily use products that are stripped of the unnecessary packaging and made with low-impact ingredients. These shops have educational value too as they show a mini version of what large department stores of a sustainable future should look like. Bring some clean containers with you, as these shops also feature refill options for soaps, grains, nuts and more. Just type "zero waste shop" into your Google Map app to find a store near you.

Buying second-hand is always waste-reducing compared to buying new (and also has a lower impact on your bank account). One very good second-hand franchise in Korea is "Beautiful Store" (아름다운 가게). You'll likely find items you need as well as items you didn't know you needed when shopping there. If you are in the Sinseol-dong district of Seoul, check out the large Seoul Folk Flea Market where you'll find an assortment of tools, watches, antiques

and more. You can get a quick look from this video: <https://www.youtube.com/shorts/QEYIKVd6DmQ>

For e-shopping for used items, nothing beats the Karrot app. It's worth checking for pretty much anything you're in the market for, with lots of great bargains to be found. However, shopping successfully may require a Korean friend's assistance if you are not conversant in the language.

**Groceries:** Low-impact eating aligns nicely with healthful eating. Choose locally grown fruits and veggies with less processing and added sugar. Choose a diet with more plant-based items than animal products. Korea is a great place to enjoy this type of shopping with open markets scattered throughout neighborhoods nationwide. With just a few basic Korean phrases you can go stock your fridge and shelves with healthy, seasonal foods. Breaking the commissary habit will do a favor for your health and for your neighbors of the future.

These suggestions are just a small sample of options available to reduce waste and protect the future. Changing habits is difficult, but doable. If we successfully change our current wasteful habits to sustainable ones, our neighbors to the future will look back on us, their neighbors to the past, with gratitude rather than complaints.

## About the author:

Rick Martin is a professor of biology and environmental science at UMGC Asia Division. UMGC Asia is committed to helping educate our community on pressing environmental issues and offers courses in environmental science and a degree in environmental management for those interested in learning about these topics.



# A Journey Toward Emotional Intelligence: Helping Our Kids Understand Big Emotions

By Cassandra Thomas

*Like* many young children, my daughter is learning how to process her big emotions. Big emotions can be incredibly overwhelming. I believe this is especially so for military children due to the frequency of experiences that elicit big feelings such as temporary duty assignments, deployments, and near-constant moves. These emotions can be further augmented by the desire to fit in and being bullied. Altogether, this creates a space full of emotions that need to be harnessed, understood, and managed.

GenMindful has play-based products and children's books that help kids process and understand emotions. Another option is reaching out to Behavioral Health, chaplains, or Military Family Life Counselors on base, or a therapist off-base. However, the option that has worked best for my daughter is a book series about a little spot.

These books, written by self-published author Diane Alber, are called "A Little SPOT of..." and each set talks about different feelings, emotions, and life skills. Each book is, you guessed it, about a different spot. Starting with the scribble, whose emotions are all jumbled together, these colorful and easy-to-follow books break everything down into bite-



sized portions for young minds to understand, giving color, texture, and imagery to each emotion. The books also provide ways to respond to negative emotions and tips on how to "find the peaceful spot." For the parents who struggle most with limited time, the best part is that each book is maybe a 15-minute read.

After six months with these books, my daughter can easily ex-

plain her emotions. Even when she is feeling a combination of emotions, she can break it down and work through her emotions. Usually, I try to focus on one emotion per week. We read the book at the beginning of the week, and then from there, we might do the worksheets that the author suggests at the end of the book. Most are free on her website, if you purchased the book. For negative emotions such



as anger or anxiety, we practice the recommended methods to find the "peaceful spot" again. After the first day, we spend the rest of the week practicing the techniques until we grasp the concept. Sometimes the exercise comes up naturally, such as when an emotion we're working on is provoked, and I can refer to the method we've been working on.

We also use the calming corner method. I originally got the idea from GenMindful, but it shows up in various resources, including the teaching resources found on Alber's website. I never punish my daughter for her emotions—if she's feeling angry and she is going to have an outburst, I give her options: she can go to her calming corner and use her methods to "spot" her anger and let it go, or she can have her outburst. I always emphasize actions rather than

emotions, and I remind her that she can let emotions control her, or she can control her actions.

It is important to help kids, and ourselves, identify and work through our emotions. Not being able to understand our emotions can lead to anxiety and the feeling that we need to hide our emotions even from those closest to us. Bottling up our emotions has mental and physical side effects, and the longer we keep our feelings to ourselves, the harder they can be to process and let go. We need to talk about our feelings.

I want to teach my daughter that anger is going to come, that she's going to worry about things, that she's going to be scared of things and that she's going to want to cry sometimes. I want her to be able to step back from those feelings and say, "Oh yeah, I see why I'm feeling this way. It's okay."

Military kids are strong. They're resilient. They have to be, after all. Moving to a new country at a young age and feeling that cultural shock they don't understand has got to be hard. Mom or Dad has to work long hours for people their children may never meet. Sometimes, they go away for weeks or even months at a time. That's a lot to deal with, emotionally. So, let's give our children the tools they need to thrive amidst these challenges.

For those of you overwhelmed at the very thought of teaching your children about emotions that even you don't understand, let me just say I get you. I'm right there. I'm still learning about my own triggers. One of the best parts about helping our children understand their feelings and emotions is the opportunity to learn with them and "get it" together.



# AUTISM AWARENESS

## The Impact of Community Support

By Laura Hales

*I've* been back in the United States, in Virginia, for over a year now, and miss Korea dearly. It's strange to be homesick for a place that's not really my home, but that's what it came to be. My mind has often been on Korea with the publication of both of my books in the last year; both are true stories about my autistic son's experiences in Korea.

This latest book, *Alex and the Muffin Man*, happened on base in the Commissary at USAG Humphreys during the peak of Covid-19. The grocery items were frequently out of stock due to unavoidable shipping issues stateside and globally. There was a certain brand of chocolate chip mini muffins that my son felt safe to eat (these were one of maybe three items he was currently eating), so when they were unavailable, we struggled as a family.

I was in the aisle, saw the muffins were still not in stock and threw a Hail Mary. I asked the grocery manager if there were any muffins, magically tucked

somewhere in the back. I'll leave the rest of the story up to you to read from our book.

What I can say, is that the grocery store manager, who I'm sure many of you have seen or know well, listened with so much kindness and compassion. I could tell he believed the intensity of our struggle and wanted to help however he could. Next time you see Mr. Leo Somera, please give him a big smile and "thank you" from me.

In this story, we dive into the challenge of food aversions. A food aversion is an extreme dislike or negative reaction to eating specific textures, smells, food types, etc. When senses are heightened or diminished, as many autistic children experience, their experience with food is much more intense than what you may experience. They can taste, feel, smell and even see things you don't and the reaction is visceral—we're not talking simple crying or frustration, we mean gagging, vomiting, and not eating all together.

In our story, we relay this information through sto-

rytelling where the reader is involved in the context of the main character's behavior and can connect emotionally and compassionately to the experience, like Mr. Leo Somera did with us in that moment.

I'm excited to continue to share our wonderful experiences in Korea and the compassionate community members we found along our way. We're grateful for the six years we had there and are glad we invested ourselves into understanding and making the most of every day in that stunning country.

You can find my books available for purchase at: <http://AlexandtheDrummer.square.site> or follow on social media platforms for daily information on autism and advocacy.

**TikTok-** laurahales28

**Facebook-** LauraHales

**Instagram-** TheDrummerStories



*"Our books promote Autism Acceptance through emotional connection with relatable stories highlighting true events with everyday heroes, giving the reader an inside view of a typical day in our community. We also focus on the Autistic perspective, validating and explaining behaviors and inviting the reader to consider a more empathetic mindset next time they encounter a similar situation."*

— Laura Hales





# The 3rd Bataan Memorial Death March on the RoK

By Caitlin Ward

On Friday, April 21, 2023 the Bataan Memorial Death March will be held at Suwon Air Base. Following opening remarks at 04:30, participants will start the ruck at 05:00. Service members, family members, and civilians with base access are welcome to participate. Participants have the option to complete a 13.1 or 26.2-mile route and pick the weight of 20 or 35 pounds. Marchers should hydrate for three days prior to the event. Make sure to bring extra socks, use mole skin, and bring water. There is no time limit, this is not a race. To register, go to <https://www.eventcreate.com/e/bataanmemorialdeathmarch2023>.

This year is the third time the event has been organized in Korea. The first ruck-march was organized in 2021 at Camp Henry and in 2022 at Camp Casey. This year, U.S. Army Captain Cathy Reyes of F/6-52 Air Defense Artillery at Suwon Air Base is organizing the ruck-march. Reyes has opened the event to 8th Army, the United Nations Command, the Philippine Army and the Philippine Embassy in Seoul.

Beyond Korea, the Bataan Memorial Death March is an annual event that honors the nearly 10,000 U.S. and Filipino Soldiers who died in April 1942 at the hand of their Japanese captors during World War II. April 2023 marks the 81st Anniversary of the Bataan Death March. The Bataan Memorial Death March was first organized in 1989 at White Sands Missile Range in New Mexico. For more information on the Bataan Memorial Death March, visit <http://bataanmarch.com/>.

## The Bataan Death March: April 9, 1942

Following the bombing of Pearl Harbor on December 7, 1941, Japanese forces launched an invasion of the Philippines, which was crucial territory for gaining control of the Southwest Pacific. U.S. forces in the Philippines helped defend the critical territory, specifically, Luzon Island, Corregidor Island, and the harbor-defense forts. During this time, the soldiers were exposed to malaria, insufficient food rations, a medical care shortage, outdated

equipment, and insufficient air power.

On April 9, 1942, after seven months of battle in the trying circumstances, the 75,000 U.S. and Filipino soldiers surrendered and were forced to become prisoners of war (POW). As POWs, the soldiers were denied food, water, and medical attention, and were forced to march 65 miles to confinement camps. Nearly 10,000 soldiers died; approximately 1,000 were American and 9,000 were Filipino. Those who survived experienced the brutality of the Japanese captors and prisoner of war camps until 1945 when U.S.-Filipino forces recaptured the lost territory and freed the captive soldiers.

## A Personal Connection

Reyes is passionate about honoring the U.S. and Filipino Soldiers who were forced to march in April 1942, in part because of her familial connection. In 1942, Reyes' grandfather Ernesto Guzman was a 2nd Lieutenant serving in the United States Army Forces in the Far East. Guzman served in a command created to incorporate the Philippine Armed Forces into the allied fight in the Pacific. Guzman survived the horror of the Bataan Death March, and stayed in the Army, eventually retiring as Colonel.

"My grandpa meant the world to me. He helped raise me and was someone who also helped instill good moral values, discipline, and pride in serving one's country and God. I knew as a young child that he served in the Army, but I didn't understand the impact, or the tremendous significance of being a Bataan Death March Survivor and POW until I was older. Even after I commissioned and became an officer like him, I didn't understand the great impact, significance of his service, struggles and sacrifice he made for the U.S. and the Philippines until recently.

"For many years, I have sought out ways to memorialize the sacrifices my grandpa made and finally, after years of trial and error, and with the help of General Resty Aguilar, I received an email in July 2019 from the Veterans Affairs Office that my grandpa would be posthumously awarded the Congressional Gold Medal (CGM). My

Battalion Commander (then Lt. Col. Karen A. Baker) and I flew to Manila, Philippines, where the Armed Forces of the Philippines (AFP) and U.S. Embassy hosted the CGM Ceremony at the AFP Headquarters, and I accepted my grandpa's CGM.

"The CGM is an award bestowed by Congress. The decoration is awarded to an individual or unit who performs an outstanding deed or act of service to the security, prosperity, and national interest of the United States. The CGM was created in 1776 as a way for Congress to express its appreciation to the people and institutions for their achievements and contributions. In 2015, Congress approved a specific CGM to honor Filipinos and Filipino Americans and the U.S. Armed Forces who served in the Far East between 26 July 1941 and 31 December 1946."

While Reyes was in Manila, she also honored her grandfather's service by visiting the Philippine memorial in Bataan and seeing the route he and other Soldiers had marched. That was when she saw an opportunity for a memorable team building event, to increase esprit de corps amongst all Soldiers participating while remembering the history of the Bataan Death March and honoring the service members who defended the Philippines during WWII.

"My purpose in organizing the Bataan Memorial Death March is not just to memorialize my grandpa's legacy," said Reyes, "but to also educate the public and U.S. Service Members of this often dismissed piece of history. The Bataan Death March has become a footnote, and the people in the Philippines are often forgotten. We as Americans have forgotten the sacrifices of not just the U.S. Service Members but of the crucial roles and contributions the Filipino people made in winning WWII in the Pacific."

Reyes explained that this ruck-march is significant because of how many thousands of U.S. & Filipino Soldiers were forcibly and cruelly marched by the imperial Japanese Army in 1941.

"About 75,000 American and Filipino Allied Soldiers were captured in the Philippines and were forced to make an arduous 65-mile march to prison camps; 650 U.S. Soldiers and 16,500 Filipino Soldiers perished. Both U.S.

and Filipino prisoners of war were cruelly relocated and held in inhumane POW camp conditions. They were used as slave labor all the while fighting starvation and disease. My grandpa contributed immensely in the defense of freedom and many others paid with their lives."

## Leadership is a Team Sport

Reyes emphasized the role of her team members in putting on the event. She said, "I am the Event organizer, my role is planning the event, which includes delegating the tasks and laying out the expectations I have of what needs to be done. I act as the adviser to the Officer in Charge (OIC) and the Non-Commissioned Officer in Charge (NCOIC), to provide guidance. The OIC, 1st Lieutenant Roberto Urizer coordinates the resources. He created and built the routes of the event, designed the event flyer and generated the concept of the operation (CONOP). The NCOIC Staff Sergeant Decameron Granger assisted the OIC with coordination and in securing resources; he executes the officer's intent and ensures the plan is executed well."



▲ (From left) 1st Lieutenant Roberto Urizer, Captain Cathy Reyes, and Staff Sergeant Decameron Granger





# Easing the Stress of Moves for Military Kids with Student Ambassadors

Written by Anna Hager / Photos by Erin Hensderson

*It*

all started in Okinawa, Japan. My family had only recently arrived on the island and my dad had three-year orders. For my family, that is a long time to be in one place, so I made roots there, found great friends, and made a whole new life for myself. I was in the eighth grade, with the friends that I would go to high school with. My oldest sister was in the 11th grade with the kids she would graduate with and my other older sister was in the 9th grade, setting the groundwork for her high school career. We all played lacrosse, and they were on the high school golf team.

Things were going great for our family in Okinawa. Then, early in the new school year, we got a surprise. My dad got unexpected orders to Camp Mujuk in Pohang, South Korea. Instantly, I dropped. I felt a pain in my heart, knowing I'd have to leave my new home behind. We were moving to Korea, which is strange for a Marine Corps family. Usually, our parents are stationed in California, D.C., North Carolina, Hawaii, or Okinawa. Our family had been to all of those places and lived on a couple of Marine Corps Bases, but never an Army Base. With my mind set on the sadness of leaving Okinawa, I had no idea how unique and amazing my next home would be.

Before I even started thinking about Korea, it started to reach out to me. Daegu Middle High School has a Student Ambassador program, which assigns a student at the school to each new student





who arrives. The Student Ambassador provides tours and they are there to help each new student make friends and fit in. While I was still in Japan, I received an email from the student I was assigned to. She told me all about Korea and the school. It felt like I already had one foot in Korea without even being there. As the plane landed in Korea, my Student Ambassador had me ready to start a new life in a new place.

We arrived during the last week of school and the then-Principal Mr. Grade, allowed us to attend class the last two days of school, shadowing our Student Ambassadors. It was a great opportunity to get to know our new home. We were given tours of the school and met a lot of our new teachers. Every student, it seemed, had open arms and welcomed us to Korea. Our Student Ambassadors and some other students we met started showing us around Camp Walker and the community that first week. I do not think that anyone could ask for a better introduction to a new home.

Because Daegu Middle High School is such a small school, it is like a big family. My sisters and I were able to join the golf team, student council, spirit club, and all sorts of different clubs, and eventually became Student Ambassadors ourselves. Now we are the ones sending emails and giving tours to new students.

While all moves are challenging, the move to Korea for my family ended up being one of the best ones because of the support that we got from the Camp Walker community and from our Student Ambassadors. It is an Army base,



but because it is the main base for all of the services in Area IV, Camp Walker supports the Marines and Sailors from other smaller bases around this part of South Korea.

Two hours away from the school is Camp Mujuk, the only Marine Corps base in Korea and where my dad works. He is the only Marine in this part of Korea who is accompanied by his family. For most of the Marines, this is a restricted tour and they cannot bring their families with them. We are kind of an experiment to see if Marines and their dependents can live at Camp Walker and support Camp Mujuk. Camp Mujuk does not have a commissary, exchange, bowling alley, or school, which is the main reason why Marines do not bring their families to this part of Korea. There are Marines farther north in Korea at Camp Humphreys, with their families, but the 4-hour drive each way would be too far for even a Marine to commute.

I hope that our experience opens the door for other Marines that may want to come to this part of Korea with their families. It has been an awesome adventure for my family. We have been able to see and do things that Marine Corps families do not normally get to experience. We have made friends and learned about living on an Army base in a major city in the country of Korea. The food, the views, the mountains, and the ocean are all tied into a great cultural experience. We look forward to finishing our second year here, and while there is always another adventure around the corner, the Korean adventure will always be in our hearts.



# PUPPY WITH A PURPOSE:

## How a Volunteer Opportunity Created a Mission

By Josie Wells



**Hi!** I'm Josie Wells and I had the pleasure of living in South Korea from 2020 to 2021. During that time I enjoyed experiencing a culture that was new to me. I went sightseeing, learned some phrases, tried new dishes, but what I learned, that still moves me, was not found on any guided tour.

My husband, our little dog Titus Puppy and I participated in Operation Happy Holiday in December

2020. This was coordinated out of USAG Humphreys. Participants each sponsored an orphan for Christmas and marched together to a local orphanage to drop off the gifts. We were assigned a 15-year-old female. I happily got her an inspirational "Females in History" book in Hangeul and some BTS makeup.

On the day of the march, before we headed off to Ae-Hyang Orphanage, we heard a short speech about the challenges the orphans would

face if they did not get adopted, as not having a last name makes obtaining employment difficult, and according to the speaker, most Koreans are not interested in adoption. The preference, traditionally, is for children to be from the same bloodline. I listened and understood the hardships, but little did I know that later on, it would hit me hard.

We proceeded on our march and once we arrived, we had to remain outside due to COVID regulations.



The orphanage staff greeted us by the front door entrance and directed us to place the gifts in a pile. They thanked us and we eventually went on our way. About a week later, the orphanage shared an email with pictures of the children holding their unwrapped gifts. I skimmed the images, saw a few other teens, many small children and then I found our sponsored child, but my smile quickly faded.

Her eyes, although you can tell she had a smile under her covid-mask, seemed so vacant, as if she was not in the moment and the gifts didn't even faze her, but not in an ungrateful way. It looked as if she had bigger things on her mind. I thought to myself, as a 15 year old, I probably wouldn't care for a book either, but I would have been happy getting some BTS makeup. She should be happy on Christmas, happy opening gifts. She shouldn't have bigger things on her mind, but that is when my heart shattered, and then it hit me, because the

truth was.... she probably did. Even more so, not having a family in a social environment that prefers you to belong to a family, can provide quite a disheartening perspective on the future. Was she thinking about her life once she is out of the orphanage's care? Where will she live? Will she be able to get a job without a last name? Who will guide her? Is that why she has a distant look deep in her eyes? What about the other teens at the orphanage? Do they get sad the closer they get to the age of 18?

This experience not only shattered my heart but compelled me to do something, even if it's just bringing awareness, it's a start. My best friend was a foster parent in the United States, but I never felt compelled to take action, as sad as those situations were. I am grateful to have participated in *Operation Happy Holiday* because that experience was exponentially more impactful than any tourist attraction I had experienced during my time

in South Korea.

So, I started a project in 2021 that would provide awareness and proceeds to orphanages. It took a while to make headway on my project, since I had to research the various ways to publish a book, learn adobe software, printing specifications, Amazon requirements, etc, but as of January 2023, *Titus Puppy in South Korea Eats Korean BBQ*, is the first book in the Titus Puppy Explorer series.

I hope that awareness increases South Korean adoptions and that this will spark new programs and post support across all orphanages worldwide for children once they depart from the orphanage. I highly encourage you to do a quick internet search regarding orphans in South Korea.

Titus Puppy and I thank everyone who has and will support this initiative! You are all amazing people, with amazing hearts! That was just the first book and I have more work ahead of me, so wish me luck!



# Parcel Beside U

By Joonhong Park

*Having trouble ordering from Korean online shopping malls? Let Parcel Beside U take care of it for you!*

Parcel Beside U is a business created by former KATUSA Joonhong Park whose main goal is to help the members of the military community with ordering products from Korean businesses. Whether you are having trouble because you don't have a Korean bank account, don't have a Korean mailing address, or you are having trouble navigating shopping online, Parcel Beside U is here for you.

The business is located in the Humphreys Ville outside USAG Humphreys. If you are located at another installation and need help purchasing tickets, shopping online, or making a reservation, their services are available to you. Parcel Beside U can also help you purchase items online but you will need to be able to get yourself to the physical location to pick up your package. Check out the article below by CEO Joonhong Park to learn more about this great service created by a community member for our community!

## Q. What is the business?

Our business provides package delivery and online shopping support to U.S. military personnel and their families stationed in Korea. One of the biggest challenges for these individuals is that the USFK Base is considered a U.S. address, which means that many do not have a physical Korean address to receive the package. Additionally, many Korean shopping malls do not accept overseas credit card payments, making it difficult for these individuals to purchase items online.

To address these challenges, we offer a Korean address to our customers, which allows them to receive packages from Korean retailers at our office location near the USAG Humphreys base. Additionally, we provide online shopping support to our customers by ordering items from Korean shopping malls on their behalf and facilitating the payment process.

In addition to our package delivery and online shop-



ping services, we also offer a range of additional services that cater to the needs of our customers, such as ticket purchases for movies and concerts

## Q. How was the business created?

I founded and launched the service in September 2022. Our office is located in Humphreys ville, near the Walk-in gate. The idea for the business came to me while I was serving in the military at USAG Humphreys as a KATUSA and noticed fellow soldiers struggling to receive packages and shop online due to the unique circumstances.

As I saw the difficulties that my fellow soldiers faced, I realized that there was an opportunity to create a business that could help them live more comfortably and enjoy the benefits of online shopping while stationed in Korea. That's why I decided to launch this business, with the goal of providing high-quality package delivery and online shopping support to U.S. military personnel and their families in Korea.

## Q. How does your business work?

Customers can access our services in a variety of ways, including visiting our office in person or contacting us via text, phone, Facebook messenger or Google form.

When a customer requests our services, we collect all the necessary information to provide the service they

require. This may include information about the product they want to purchase, the delivery address, and their contact information.

Once we have all the necessary information and payment has been completed, we provide the service requested by the customer.

## Q. What is the scope of your operations?

Our primary focus is on providing efficient package delivery and online shopping support services.

Moreover, we offer a variety of additional services to meet the diverse needs of our customers. For example, we provide ticket purchasing services for movies and concerts, and we assist with reservations for restaurants and accommodations. We are continually reviewing our service offerings to ensure that we are fully prepared to assist our customers when they request our support.

## Q. What is important to you about your business?

We believe that the three most important factors in our business are Convenience, Trustworthy, and Cost efficient.

### 1. Convenience

- Provide us with the information about the product you'd like to purchase, complete the payment, and we'll handle the entire process from order to delivery. With our real-time status updates, you can stay informed through every step of the order process without lifting a finger.
- Communication Assistance: Overcome language barriers with our communication assistance. We'll handle all seller and courier interactions on your behalf, ensuring a hassle-free shopping experience.

### 2. Trustworthy

- Reliable Product and Seller Verification: We take the trust of our customers seriously, which is why we thoroughly vet both the seller and the website before processing any orders. If there are any doubts about the reliability of either, we'll inform you immediately and refrain from proceeding with the order.
- Accurate Address Verification: We verify your delivery address in advance to prevent any potential risks of wrong delivery. Trust us to ensure your package arrives safely.

### 3. Cost efficient

- Affordable Price Comparison: We're committed to helping you get the best value for your mon-

ey. That's why we compare several reliable major shopping malls to see if there's a better option for the same product at a more affordable price.

- Access to Membership Benefits: Access membership benefits (like Amazon Prime) at major shopping malls through us. You can enjoy discounts, free shipping, and other membership perks without having to sign up yourself.

## Q. What skills are important in your line of business?

In our line of business, one of our key skills is the ability to provide accurate and efficient customer service. We have developed a standardized form that captures the necessary information for each request, which helps to streamline the service process and reduce the turnaround time for each order.



## Q. How would you describe your day to day experiences?

In the morning, I typically start by checking for any relevant product or sale information that may interest our customers. During the day, I handle new customer service requests, respond to inquiries, and keep track of the delivery status of packages, which we share with our



customers in real-time. These days, I spend most of my spare time working on our website.

**Q. How do you stay calm when work gets stressful?**

When work gets stressful, I find it helpful to take a short break and indulge in a sweet drink or listen to music for 5-10 minutes.

**Q. Can you describe a time you had to be creative to solve a problem?**

Recently, a customer asked for a replacement battery for their Dyson vacuum cleaner, which needed to be shipped from overseas and could take up to a month to arrive. In order to provide a quicker solution, we researched and found a reputable company in Seoul that specialized in battery replacements. We discovered that this company offered a comprehensive service that included both the battery and installation at a comparable price to the battery the customer originally requested. We suggested this alternative to the customer, who was pleased with the suggestion and agreed to send their vacuum cleaner battery to this company for replacement.

**Q. Do you have any business practices that are eco-friendly?**

To date, when required to order items online, U.S. military personnel stationed in Korea have opted to procure goods from shopping malls, such as Amazon and Target, located in the continental United States, and have them delivered via APO due to limited access to Korean shopping malls. Given the considerable distance between the United States and South Korea, transportation of goods entails significant manpower and energy consumption, which results in heightened energy costs such as oil consumption. However, if they were to purchase items online within South Korea, this would considerably reduce energy costs.

**Q. How do you handle unfriendly customers?**

When faced with difficult or unreasonable customer requests, my first approach is to evaluate whether it is something we can handle more quickly and easily if we get used to our task. As our business is still in its early stages, we are still in the process of developing clear criteria for handling such situations. While we strive to accommodate our customers' needs as

much as possible, we also prioritize providing quality service to a wider customer base. In cases where a request is deemed excessively rude or unreasonable, we may have to decline or draw a line to ensure that we continue to provide the highest level of service to all of our customers.

**Q. What do you think is the most important aspect of customer service?**

In my view, the key aspect of customer service is fostering a strong sense of trust that engenders unwavering confidence in our services. We are committed to providing high-quality service, even if it requires greater effort and may not yield maximum profitability.



**Parcel Beside U**

- Website: <https://parcelbesideu.oopy.io/>
- Facebook: <https://www.facebook.com/parcelbesideu>
- Instagram: <https://www.instagram.com/parcelbesideu/>
- For business inquiries: [parcelbesideu@gmail.com](mailto:parcelbesideu@gmail.com)
- Address: First floor, Parcel beside U, 32, Anjeongsunhwan-ro 104beon-gil, Paengseong-eup, Pyeongtaek-si (17983)

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# HUMPHREYS AREA HOMESCHOOL CO-OP

The Humphreys Area Homeschool Co-Op (HAHC) was launched in 2018 and is thriving. The individual classes are taught by homeschool parent volunteers, and whenever possible, outside volunteers, based on their unique skills and interests.

Caitlin Ward and Erin Henderson were invited to speak about *United on the RoK* with middle school-aged students in a class on Strategic Communications and Media Writing taught by Elizabeth Warrington. The submissions in this section come from the these students.

If you are interested in joining the Humphreys Area Homeschool Co-Op, please visit the Facebook page: <https://www.facebook.com/groups/thehahc/>  
If you would like to volunteer as a teacher or set up a time to share a particular skill with our students, email the Board at [thehahc@gmail.com](mailto:thehahc@gmail.com).



## Elephants and Facts

By Aveleen Rose-Browning,  
Student of HAHC

At Phuket Elephant Sanctuary  
in Thailand

**I'm** sure you've heard of elephants, and if you didn't know, according to the World Elephant Society, elephants will mostly go extinct by the end of the next decade. There are only 40,000-50,000 left in the world, which seems like a lot but over 100 years ago, there were 50 million! If you've ever been to a zoo, then you might know that people ride elephants, which seems harmless, like riding a horse. But it's bad because of all the abuse the elephants go through before being rid on. The difference between riding a horse and an elephant is that horses' backs are used to being ridden and elephants aren't, they're not meant for riding. Plus, they don't usually get breaks, they're usually being ridden all day!

I learned a lot about elephants when I visited Phuket Elephant Sanctuary in Thailand, and that's

where I got most of this information from. The elephants are happy there because it's not a zoo; the elephants live in their natural habitats. Another good thing is that they don't force the elephants to do anything at all. For example, if there's an elephant coming towards people they don't stop it and let everyone touch it, they tell everyone to move over so the elephant can go by. They don't allow elephant bathing (which is when people can wash the elephants) because it's still a forced interaction. They have a lake that the elephants can bathe in whenever they want instead. What I also find super interesting is that they have a cute gift shop that supports the elephants when you buy things there!

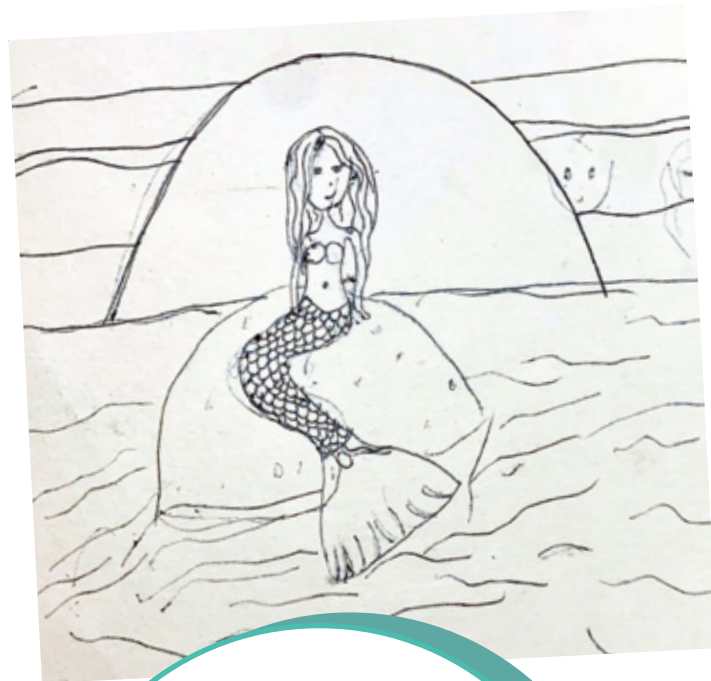
The reason I chose elephants

as my topic is because in April, we celebrate Earth Day, and I wanted to spread awareness about protecting elephants.

### FUN FACTS ABOUT ELEPHANTS

- Their tusks are actually teeth (Fact by [wwf.org](http://wwf.org))
- Elephants are the largest land animal
- Elephant can live to be 70 years old
- Elephants have a very high IQ
- Elephants can't jump
- Elephants can have up to 12 baby elephants (which are called calves) in a lifetime
- What really connects humans to elephants is that they take care of their young for their whole life! Something I find hilarious is elephants are afraid of bees!! (Fact from [nytimes.com](http://nytimes.com))





# My Art Journey

By Adaira Rose-Browning,  
HAHC Student

As a military kid, it can be hard to find the resources for learning art and developing your skills, but if I have managed to do it, then I'm sure you can too.

I have always loved art, but at some point at around age 11, I decided that I wanted to learn how to draw. I did a lot of YouTube tutorials back then, it's a good way to get a grasp on the basics. I also did some Outschoo classes—Outschoo is a website where you can take a variety of different lessons, but unlike YouTube, this content is not free.

I kind of stopped drawing for a while—I had art block, I'll talk more about that later—but I found a friend who is also an artist and she inspired me to get back into it. Having friends who are also artists definitely helps with motivation.

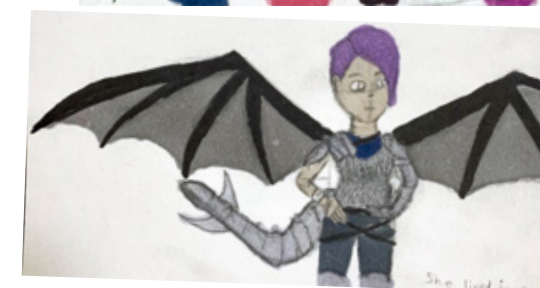
## Progressing

Now guess where I went to freshen up my art style after getting re-inspired? YouTube. I took a tutorial and used the basics I learned from that video to make more original art. Brad's Art School is a good YouTube channel for studying art, and while I didn't know about him when I first started learning, I think his channel is a very good resource for improving. I also used Pinterest for inspiration. Keep in mind, it's not cheating to use tutorials or references, as long as you aren't claiming copied or traced work as yours.

So here's a drawing from the first sketch book I started with the intention of making art something I was going to do regularly all the way to my current sketchbook.



I progressed as I picked up tips and tricks online and continued to practice and draw for fun.







**My** first experience with crepes was when my dad made them with some summer sausage. I added a lot of hot sauce, about a cup of it. Oh, and crepes aren't the same thing as grapes, the fruit. Crepes are a type of pancake. The recipe is on the side of the page. The word "crepes" sounds a lot like grapes to me.

## Hot Sauce and Crepes

By David Mellott,  
Student of HAHC

### Ingredients

- 3 eggs
- 3 tbsp sugar
- 1 tsp salt
- 2 cups milk
- 1.5 cups flour
- 3 tbsp oil
- 1 cup hot water

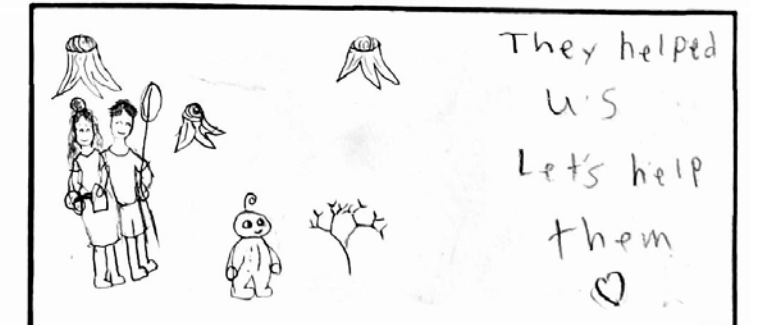
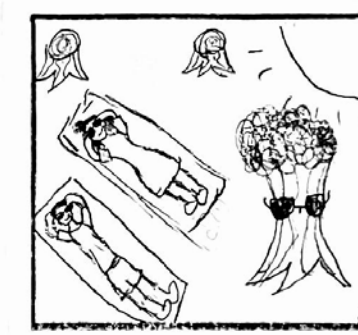
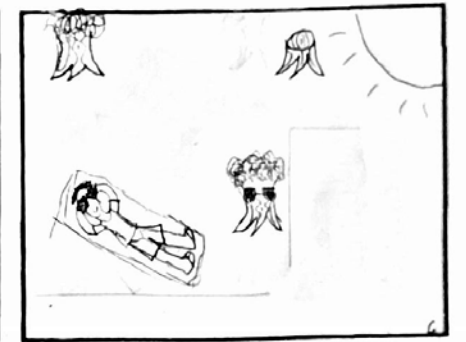
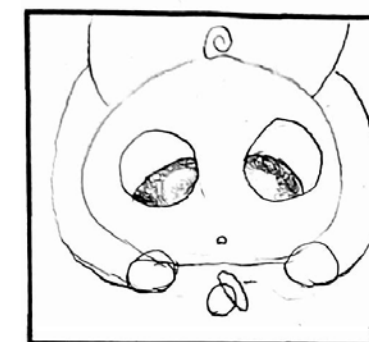
### Directions

1. Mix 3 eggs, 3 tbsp of sugar, half tsp of salt, and a cup of milk.
2. Add 1 ½ cups of flour and another cup of milk.
3. Add 3 tbsp of oil and 1 cup of hot water mix well.
4. Pour a ladle of the mix onto the pan and wait a minute to flip it.
5. Fry another 30 seconds and it's done.



## Comic Strip

By Ellora Johnson,  
HAHC Student





# We All Can Help Our Planet

By Millie Reber, HAHC Student

Our planet Earth is a beautiful place. As a military child I've lived in different places where I've been able to appreciate the magnificent things about our planet. When we lived in Florida, I loved spending time at the beach with my family. The marine life was amazing! We got to see dolphins, sting rays, and lots of jellyfish—my sister even got stung by one, but she was fine after.

Then, we moved to California and the beautiful mountains, trees, flowers and wildlife such as coyotes, wild turkeys and deer were fascinating to me, especially the wild turkeys. Sadly, soon after we arrived there, we had to evacuate our home because of the wildfires. Looking at all those animals trying to find refuge made me very sad. It took the firefighters about one month to extinguish the fire.

Korea is now home for us. We arrived in the summer, and I've had the chance to see some beautiful places, like the mountains and rice



fields, which remind me of the ocean waves in Florida when the wind is blowing. The sunsets in Korea are so pretty and I can't wait to see the flowers during the spring.

I believe that we as humans are responsible for this planet and we need to help conserve life on Earth; animals, plants, oceans, and all ecosystems. I want to encourage you to do everything in your power to help our Earth, no matter your age or where you are.

Here are some things I have been doing that you may want to try. I gathered my friends and sister, and we picked up trash around the neighborhood. This is not only

good for the environment but is also fun and some new friends join us every time. I remember I started picking up trash when I was in kindergarten. My mom, my sisters and I used to walk to school with another family and we grabbed a bag and picked up trash on the way to school. When we moved to Florida, we joined the "Beach Cleanup Day" and picked up garbage and cigarette buds, (we always used gloves) and ended our day having fun at the beach.

Another thing we do as a family is use reusable bags when we go grocery shopping and we do not use plastic straws. One of my

favorite things to do is to help animals. I set up a lemonade or Hot Cocoa stand (depending on the weather) outside my house with my sister and friends. With the money we earn, we buy dog food for a dog shelter here in Korea.

So, please find some time this month—after all, it is Earth month—to help our planet. Do it for you, for the animals, and for all of us. April 22 is Earth Day, so gather your friends and family, organize a neighborhood clean-up day, or choose any other fun activity and please remember to recycle, reuse, give, and help one another.

# Sustainability

By a Homeschool Student

We all know what the word sustainability means but what does it mean to a community? What I mean by this is, how is it important to a community? I'm going to talk about the farms in Korea and how they are sustainable. In South Korea, there are farms everywhere as well as technological advances that can help farmers

in many different ways.

I went to a strawberry farm near Seoul and I got to experience how the farms are sustainable up close. You pay for each container, and you get to pick the strawberries yourself and then you can take them home. What I found to be really cool is that Koreans grow strawberries during the winter and all of the strawber-

ries were grown in greenhouses so they can get just the right amount of sunlight as well as the correct temperature.

South Korea is limited on space, so farms are usually very compact and close to each other. You will often see many greenhouses very close to each other. In South Korea, farmers have to get creative when it comes to throwing out their waste. There are some landfills in Korea but since space is limited, farmers might try to recycle and reuse materials. If they can't do that, they might burn the trash, which contributes to the bad air quality we see today and is a reminder that we should try to make a bigger effort to recycle our trash rather than just throw it away. Off post, Korean farmers and citizens have to put in a lot of effort to recycle and I think that as visitors, we should do our part to recycle as well and follow their example of sustainability.





HCES PTSO Board Members: Jean Bower, Sarah Walton Taylor, Sasha Alexius, Molly Hayden, and Kayla Henry

# LIONS, TIGERS, AND PTSO... *OH MY!*

By Jean Bower, Mom, Master of Chaos & President of HCES PTSO '22-23

**I**f you have a child attending any of the schools here on USAG Humphreys, you have, no doubt, heard of the PTSO (Parent Teacher Student Organization). It's like the PTA (Parent Teacher Association) back in the states, but cooler!

Ever see those memes where the PTSO mom is chasing down parents in the parking lot and everyone is hiding behind cars to avoid her? Well that's me - I'm that mom. Not the one hiding. I have no shame. I'm the one jumping out from behind corners, hoping to snag more volunteers for the Book Fair, or Picture Day, or Popcorn Friday, or Family Paint Night, or...any other number of activities that go on at school.

Here at Humphreys Central Elemen-

tary (HCES), I like to think of our PTSO board members as the varsity cheer team. You can usually find our 5-person team roaming the hallways, cheering on your students and supporting our teachers (minus the cartwheels, of course).

What the public sees, is the organized chaos we are wrangling at any given moment. In reality though, we leverage our diverse talents on a daily basis to keep everything running smoothly. We are master accountants; safeguarding our budget of nearly \$70,000. We are artists; directing beautification projects and mural paintings around the school. We are graphic designers; putting together t-shirt designs that everyone is proud to wear. We are librarians; meticulously organizing Book Fairs with international distribution chains. We are marketing professionals; purchasing and selling more than 4,500 items at our annual Holiday Shop. Not to mention, the endless, various talents we possess. Need a library cart turned into the Polar Express? Check! Turn cardboard boxes from the trash into a photo display? We got you! Or how about catering a full-scale buffet-style luncheon for 100 teachers and staff? We're on it! But all of this wouldn't be possible without the efforts of all the parents and teachers that support us.

## Don't run from us!

Why join the PTSO? I'm taking the following lines straight from our website, [www.hcesptso.org](http://www.hcesptso.org), (shameless plug - no regrets):

Benefit your child. In doing so, you also help our school. PTSO directly supports student events and teacher requests for their classrooms. Here are a few more advantages to joining:



HCES PTSO Board Members, Sasha Alexius and Kayla Henry, painting murals in the school library



Kamille Davis - HWES PTSO President at the Summer Bash





HCES PTSO volunteers delivering popcorn to students on Popcorn Friday (Julie Castro, Sasha Alexius, Odeymis Marrill, Katlyn Nelson, Lan McInerney, Krystal Gottschalk)

Get Connected. There's no better way to know what's happening at your school.

Tap into a Network. PTSO functions are opportunities to meet other parents and teachers, build rapport, share ideas, concerns, and experiences. Plus, you might meet your next best friend while helping out at the Book Fair!

Watch Yourself Grow. By volunteering with us, you put your skills and hobbies to use for a great cause—your child and all children in our community.

Be a Role Model. By becoming a PTSO member, you're demonstrating to your child the importance you place on education.

If all of that still doesn't con-

vince you to volunteer, don't worry! Joining the PTSO does not come with a volunteer requirement. The truth is - no one ever wants to say it...we really just need your money! Remember what I said earlier about being master accountants? It's amazing what we can do with your \$10 annual dues to our organization.

#### Not so scary after all!

As we enter the final quarter at school, each PTSO here at Humphreys will be preparing to organize special activities for our students, teachers, and staff for the two biggest events of the year: Month of the Military Child in April and

Teacher Appreciation Week in May. This is a great time to reach out to your school's PTSO and see how you can be of help. If you would like to commit an hour of your time to organizing a school-wide photo, I'm happy to have you. If you want to contribute \$5 to coffee and muffins for our teachers, I know several PTSO groups that will take it. If you want to bake those muffins, even better. The overall point is, we need you!

The next time I jump out from behind a corner, please don't run. I am only looking to share all the great things happening at our school and I want you to have the opportunity to be a part of it too!



HMS PTSO President, Julia Brownell with their school mascot, the phoenix at the Homecoming Parade

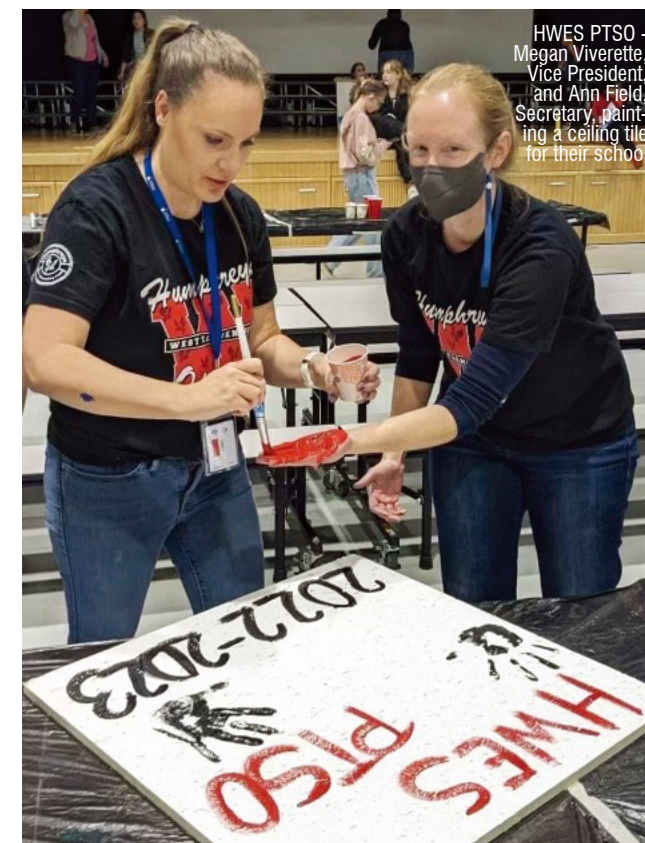
#### SCHOOL PTSO CONTACT INFO:

Humphreys Central Elementary School PTSO:  
Website: [www.hcesptso.org](http://www.hcesptso.org)  
Email: [hcesptso@gmail.com](mailto:hcesptso@gmail.com)  
Facebook: Humphreys Central Elementary School PTSO

Humphreys West Elementary School PTSO:  
Email: [hwesptso@gmail.com](mailto:hwesptso@gmail.com)  
Facebook: Humphreys West Elementary School PTSO

Humphreys Middle School PTSO:  
Email: [humphreysmiddleptso@gmail.com](mailto:humphreysmiddleptso@gmail.com)  
Facebook: DODEA Humphreys Middle School PTSO

Humphreys High School PTSO:  
Email: [blackhawksptso@gmail.com](mailto:blackhawksptso@gmail.com)  
Facebook: Blackhawks PTSO



HWES PTSO - Megan Viverette, Vice President, and Ann Field, Secretary, painting a ceiling tile for their school



# Inju Cafe

By Maritzalyn Mercado-Santiago

I recently visited a unique and tranquil hanok cafe in Asan called Inju Cafe (인주 카페). The architecture makes the cafe look and feel like a traditional tea house, which is what drew me. In case you're interested in exploring, there is a tea house on the property.

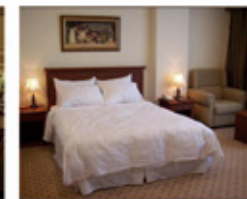
The main cafe offers both indoor and outdoor seating, as well as table or floor seating. The food selection looked delicious! I ordered a cute drink that had a chipmunk on it in the picture. I'll be honest, I didn't know what it was, only that it was adorable. Now I know it's a honey chestnut latte (꿀밤라떼) and ... wow! The presentation was beautiful and the arrangement incredibly thought out from the pine branch and pinecone, down to the roasted chestnuts. A small chestnut madeleine was nestled among them and the drink was smooth, sweet, and delightful! The atmosphere was serene and overall it was an enjoyable experience!

I also ordered a strawberry croissant and garlic sausage. Both were also really good. I'm already planning my next trip back to try more options and drinks!

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# Creepy Crawlies are Everywhere!

By Maritzalyn Mercado-Santiago

**S** cared of creepy crawlies? Let's see if we can change your mind! When I was a child, we did not have much materialistically but one thing we never ran out of was the great outdoors. We never traveled as a large family with many children but in our yard, we traveled everywhere! We traded leaf currency and bartered with pinecones. Our imaginations led us everywhere, sword stick fighting, battling the swamps of mud puddles that sometimes became inescapable quicksand. We built mighty forts from branches and drew extensive games with chalk on the sidewalk. Along our adventures we often found friends along the way. From worms, spiders, roly polys (pill bugs), ants carrying food, lady bugs, beetles, and frogs. We stumbled across footprints of deer, raccoons, and even scared a few wild turkeys. These were the best of times. Inquisitively stumbling around nature and following the bugs to catch a glimpse of their lives. Using a magnifying glass to binoculars to observe the world around us. It's important for kids to explore the life in their gardens or outside because it's been proven

that being connected to nature makes you happier. Here in Korea is no exception, there is so much to see and explore. You may come across things you haven't seen before and your imagination will begin to wander. As the weather continues to warm and you get outside let's explore some of the things you may come across on your journeys!

## Ah! A Spider!

Many people are extremely terrified of spiders and find them to be incredibly creepy. Before you grab for your slipper, take a moment to note that many spiders are completely harmless, and they are beneficial to our environment as they help in controlling the insect population. There are entirely too many spider species to list but here are a few you will likely encounter during your stay! The Joro Spider (*trichonephila clavata*) is a common spider you find they are identifiable by their blue-ish and yellow stripes and red patch near the back. You'll be happy to know they are not naturally aggressive, but it will

occasionally bite if provoked or handled roughly and its venom can be painful! However, it isn't life threatening so don't be too scared. The wasp spider (*argiope bruennichi*) is also known throughout Korea, they are most identifiable by the black and yellow stripes on the bodies and legs. These spiders are meant to resemble wasps that makes predators leave them alone since one would assume it's a stinging fiery insect. Yet, again, despite their appearance they are not dangerous to humans and will only bite if they feel provoked. The third spider we'll talk about is the Triangle Crab Spider (*ebrechtella tricuspidata*) the females have green legs, white-ish yellow bodies with red markings. While the males are light brown and the bodies are pale green. These beauties do not spin webs instead they patiently await they prey and catch them with their front legs to overpower them. They get their name because of the unique way they can move similar to crabs. These are commonly found in flowers and dry vegetation.

These tiny creatures all have a vital role to play in our environment





## Hey, it has no legs!

The most common question I get with younger school aged children is *How do snakes get around when they have no legs?* Too easy, they slither moving their bodies back and forth! There are many species of snake in Korea including 4 venomous snakes (mamushi, rock mamushi, ussuri mamushi, and tiger keelback). Some common non-venomous snakes like the rat snake, Korean king snake, Asian keelback, cat snake, water snake, and the black headed snake. In Korea, the Russian Rat Snake and Black Headed Snake are designated as endangered species. Most venomous snakes can be found in swamps, marshes, meadows, open woodland, and in groups of boulders. Most often nonvenomous snake bites are harmless. We do advise keeping your distance in any event. Remember your safety is very important and its never a great idea to go provoking any insects or animals. While completing the Nature Journal activity below, a concerned citizen made sure we knew we were unknowingly in the area of a “snake ... poisonous ... no touch.” He made sure we knew where it was and could



then remain a safe distance away, but he was super excited to show the kids his find but ensure, even through the language barrier, that we knew not to touch it.

## Look out, it's an Invasive Species!

Here are eight invasive alien insect species that have been reported in Korea and declared as ecosystem-disturbing species. The Spotted Lanternfly, Citrus Flatid planthopper, and Brown Winged Cicada are widespread in Korea, where they cause severe ecological damage to crops and trees. The Asian Hornet, which is also widespread in Korea, preys on honeybees, decreasing the earnings of beekeepers and it also harms humans. The ant species: Red Fire Ant, Yellow Crazy Ant, and Argentine Ant, are listed amongst the International Union for Conservation of Nature's (IUCN) 100 most common invasive species (Lowe et al. 2000). These species were likely introduced into Korea via ports and harbors.

## Get out and Look for Bugs...

You will find these bugs literally EVERYWHERE! Cicada, Moths, centipedes, mosquitos, stink bugs, lady bugs, and Praying Mantis are all incredibly common. We have them on our many outdoor adventures! You will want to cover yourself or use repellent as the mosquito population can be relentless! There are so many beautiful locations throughout Korea, even if it is a playground or a walk around your area, and you will stumble across a variety of bugs if your paying attention and looking closely at your surroundings. There are a lot of exciting things you can find by going on a bug safari even in your garden! What's great about insects is that there are seasonal changes and you will always find something new on every outing!

Harmful plants to remember this season:

- Asian Poison Ivy
- Poison Oak
- Poison Sumac

### Reference:

Lowe S., Browne M., Boudjelas S., De Poorter M. (2000) 100 of the World's Worst Invasive Alien Species A selection from the Global Invasive Species Database. Published by The Invasive Species Specialist Group (ISSG) a specialist group of the Species Survival Commission (SSC) of the World Conservation Union (IUCN), 12pp. Updated and reprinted version: November 2004. Electronic version available at: [www.issg.org/booklet.pdf](http://www.issg.org/booklet.pdf) Accessed February 2023.

## Places to Visit!

Indoor location to learn more (this location does have a splash pad!)

Asan Environment Science Park Insectarium  
충청남도 아산시 실옥동  
<https://naver.me/Ge5JlgY3>

Outdoor Natural Play Area with plenty of sites along the hiking trail.

Taehaksan Recreational Forest Parking Lot  
충남 천안시 동남구 풍세면 휴양림길 105-2  
<https://naver.me/GjGe4U8E>

## Create a Nature Journal!

This can be done in any outdoor space, on a walk, around a playground, but there will be more to see and collect at park or on a hiking trail.

You will need:

- A bag to collect your findings
- A small notebook to record your findings
- A pencil/crayon/etc.
- Weather appropriate clothing
- Water source
- A yummy snack

\*We chose to venture over to Sinjeongho Lake Park and walk the park and complete our nature journal.

First, we observe and record our current surroundings: Is it sunny, rainy, snowy, etc.? What seasons are we in?

As we walk:

- Make a list of the items you've seen (if they're too big to collect)
- Place smaller items in your bag for your collection
- Observe the area around you with your senses: What can you see? Close your eyes, what can you hear? What can you touch? Are there any smells? Etc.

After your walk, here are some quick and fun activities to explore the items you saw and collected:

- Favorite Find: Draw a picture of your favorite item you saw
- Touching Nature: Draw and label items you touched that were smooth, rough, bumpy, soft, and hard.
- Nature Rubbing: Use a crayon/pencil and place one of your collected items under your paper and rub over the item.
- Nature tracing: Use a crayon/pencil and trace another item you found





- I wonder ... Look at your collected items: Do you wonder about any of the items you collected? Write those questions down.

- Signs of the season: What did you collect today that reflects the current season? Write about them.



Share your journal and findings with others! The journal we used can be printed and cost \$3 at <https://www.teacherspayteachers.com/Product/Nature-Collection-Journal-3440226>

Sinjeongho Lake  
충청남도 아산시 점양동 산5 신정호공원  
<https://naver.me/x2koye5D>

#### About the Writer

► Social Media: Instagram @i\_only\_date\_superheroes  
► Background: Ms. Mercado-Santiago served 8+ years in the Army, obtained her Master of Environmental Science, and is currently in her 3rd year as BSA NOVA STEM Counselor & Supernova Mentor. Ms. Mercado-Santiago has also spent 5+ years as a Homeschool Parent/Educator. Conservation is her passion.



## APRIL HOMESCHOOL HOLIDAYS



**8<sup>TH</sup> National Zoo Lovers Day.** Field Trip!!! Take a trip to the zoo and take in the sights and sounds of all the animals.

**12<sup>TH</sup> National Grilled Cheese Sandwich Day.** Gone are the days of plain orange cheese grilled cheese sandwiches. It's time to take your grilled cheese to the next level. What will you add to your grilled cheese?

**17<sup>TH</sup> National Haiku Poetry Day.** Who can write the most creative haiku poem? Writing a haiku is a great way to get the creative juices flowing.

**22<sup>ND</sup> Earth Day.** Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EARTHDAY.ORG including 1 billion people in more than 193 countries. The official theme for 2023 is "Invest In Our Planet"

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# Dr. Betty Shabazz Delta Academy

By Tiffany D. Pannell,  
Educational Development Chairperson  
Photos courtesy of Delta Academy



**T**

he Delta Academy, created in 1996, is a program for young ladies between 11 to 14 years old. Delta Academy, named after Dr. Betty Shabazz, provides an opportunity to enrich and enhance the education that young girls receive in schools nationwide. Specifically, the program augments their scholarship in science, technology, engineering and math. The Delta Academy has taken many forms and supports opportunities to provide service through leadership through service learning, defined as the cultivation and maintenance of relationships. The Dr. Betty Shabazz Delta Academy program falls under Educational Development, one component of the Five Point Programmatic Thrust of Delta Sigma Theta Sorority, Incorporated. In some chapters, the academy program meets after-school or on Saturday; others are weekly, biweekly, or monthly throughout the school year. At a minimum, Delta Sigma Theta Sorority, Inc. chapters plan and implement a myriad of activities based on the needs of the adolescents in their areas. The activities implemented most often include computer training, self-esteem, and etiquette workshops, field trips for science experiences, college exposure, and outings to cultural events, including museums, plays, and concerts.

The Republic of Korea Alumnae Chapter has actively had a Delta Academy program since 1997. Throughout the years, the program's committee members have provided opportunities around South Korea to assist in culturally enhancing our participants. Many of the pro-

grams have included field trips throughout Seoul and Pyeongtaek and offered the opportunity to participate in providing service to the community around them. Unfortunately, due to the COVID-19 pandemic, all Delta Sigma Theta Sorority Inc. chapters worldwide were advised to stop hosting in-person meetings with our youth. Although we could not meet in person, we persevered and continued to host our meetings virtually. Tiffany D. Pannell is the chair of the Dr. Betty Shabazz Delta Academy of the Republic of Korea Alumnae Chapter. Together with her committee members, Naomi Welcome, Nicole Brown, Dr. Janice Davis Harrison, and Tiffany Lee-Griggs, they have created a calendar of STEM-based activities (Science, Technology, Engineering, and Mathematics) for our participants to engage in while interacting with each other to build relationships.

The Delta Academy meets once a month with youth from the community; our activities have included a social gathering for Christmas in December, starting the 2023 year off with creating vision boards in January, highlighting individuals with STEM-based careers, focusing specifically on items that utilize STEM components to create, in February. Our February meeting also included a DIY lip gloss-making class instructed by Tiffany Lee Griggs. For the remainder of the year, the academy committee will partner with the chapter's Economic Development Committee to host a Financial Fortitude activity, to focus on learning the importance of being financially smart and savvy as young ladies and etiquette in dining class in preparation for our chapter's upcoming Big Hat Brunch.

The Dr. Betty Shabazz Delta Academy in the Republic of Korea is an inclusive program for all young ladies and begins meeting in October and ends in June. After June, we take a short break for July, August, and September. The Republic of Korea, Alumnae Chapter of Delta Sigma Theta, was chartered in 1988 on Yongsan Army Base in Seoul, South Korea, and is currently led by June Wilkins (President), Tabitha Johnson (First Vice President), and COL Daryl G. Devera-Waden (Second Vice President). If you are the parent of a young lady between the ages of 11-14, please contact a member of the Republic of Korea Alumnae Chapter of Delta Sigma Theta Sorority, Inc., or send an email to [rokdstyouthprograms@gmail.com](mailto:rokdstyouthprograms@gmail.com).





# Meet Your Next Favorite Book!

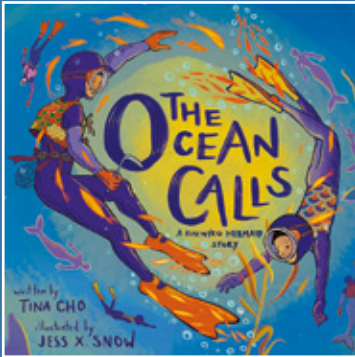
Wondering what to read next?  
Check out these books about Korean history, society, and culture!



**FAMILIAR THINGS, Hwang Sok-yong**  
A novel set in a vast landfill site outside of Seoul, called Flower Island, that is home for those driven out of the city by poverty.

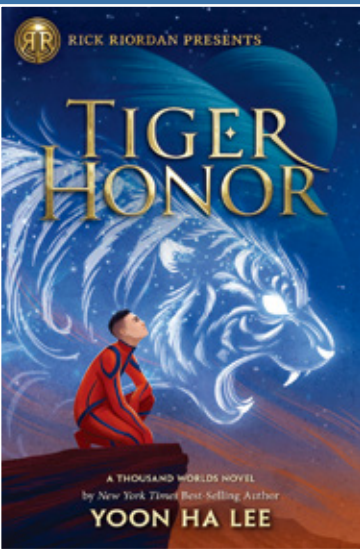
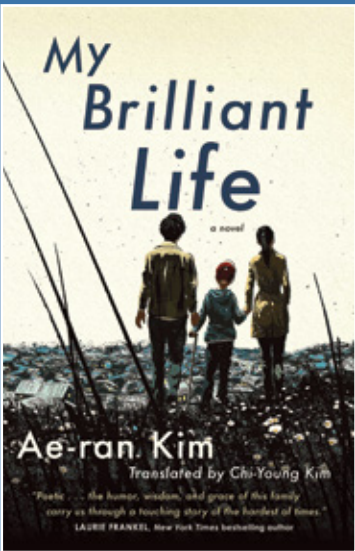
**THE OCEAN CALLS: A HAENYEO MERMAID STORY, Tina Cho**  
A children’s story about a young girl named Dayeon who wants to be a haenyeo just like her Grandma. It is a story of courage and strong bonds.

**MY BRILLIANT LIFE, Ae-ran Kim**  
A story about a 16-year-old boy named Areum with Progeria, a rare disease that causes rapid aging and deterioration of the body. The novel is also about his parents who fell in love young and about the gift he wishes to give his parents before he dies.



**TIGER HONOR, Yoon Ha Lee**  
A science fiction novel that integrates Korean mythology, the story is narrated by a tiger spirit.

**THE VEGETARIAN, Han Kang**  
An allegorical novel about a woman who decides to become a vegetarian, thereby disrupting her ordinary, controlled life.



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

## Emergency Numbers

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

## National Suicide Prevention Crisis Line

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

## Holidays - 4 Month Outlook

### Korean Holidays

- 5 May – Children’s Day (어린이날 or Eorininal)
- 27 May\*\* – Buddha’s Birthday (부처님 오신 날 or Bucheonnim Osinnal)
- 6 June – Memorial Day

\*\* The celebration takes place on the 8th day of the 4th lunar month. Date is adjusted every year according to the lunar calendar.

### US Holidays

- Month of the Military Child, Autism Awareness Month, Sexual Assault and Prevention Month
- 9 April – Easter
- 21-22 April – Eid al-Fitr
- 22 April – Earth Day
- 12 May – Military Spouse Appreciation Day
- 14 May – Mother’s Day
- 20 May – Armed Forces Day

- 29 May – Memorial Day
- 15 June – Flag Day & US Army Birthday
- 18 June – Father’s Day
- 19 June – Juneteenth
- 4 July – Independence Day

## Main Airports

Incheon International Airport is the main airport on the RoK, located on the coast west of Seoul. It is one of the busiest airports in the world and is full of entertainment for travelers with time before, between, or after flights including a spa, a golf course, a casino, an ice-skating rink, and much more.

Other airports include:

- Jeju International Airport
- Gimpo International Airport
- Muan International Airport
- Yeosu Airport

## This Month’s Cultural Spotlight

April is typically the best month to see cherry blossoms in Korea and there are many festivals held annually to celebrate the Spring flowering season. In addition to cherry blossoms, across the country you can see azaleas, forsythia, royal azaleas and other spring flowers in full bloom. Did you know? There are over a thousand blossoming cherry trees lining the streets of Seoul!







"Standing in the Footsteps of Giants," The Independence Hall of Korea offers a unique opportunity to experience Korea's rich history today. (Photo by Missy Moore)



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