

OCT./NOV. 2023

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*Kicking
Off Fall!*

**Enjoying
Autumn
in Korea**

A Day Date
in Seoul

**Navigating
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Travel**



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Kicking Off Fall!

United States Air Force Master Sergeant Jesus Alfonso shares what he loves about the Fall season and tips for making the most of your time in Korea.

Cover: Photo by Erin Henderson



Navigating Space-A Travel

Missy Moore walks us through the military's best-kept secret, Space-Available Travel



A Day Date in Seoul

Erin Henderson takes us through her day date in Seoul, reminding us to get out, especially with the people we love.



Enjoying Autumn in Korea

Jetta Allen provides a list of must-see places in Korea before Fall ends!

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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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Swimming with Humpback Whales
in Tonga, check out the article by
Dan Romano

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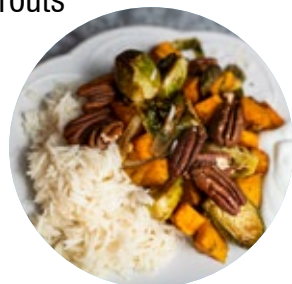


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 Lotte Concert Hall
 lotteconcerthall.com/eng




NOV13
Gala Concert
 Lotte Concert Hall
 lotteconcerthall.com/eng




NOV16-17
LOVE IN SEOUL - La La Land in Concert conducted by Justin Hurwitz
 Sejong Grand Theater
 sejongpac.or.kr/eng




ONGOING -NOV19
Les Miserables - BUSAN
 Dream Theatre
 ticket.yes24.com




NOV25
KBS Symphony Orchestra 796th Subscription Concert
 Lotte Concert Hall
 lotteconcerthall.com/eng




DEC01
Munich Philharmonic
 Lotte Concert Hall
 lotteconcerthall.com/eng




DEC02-03
2023 Paul Kim Solo Concert "The Night Remains" - Busan
 BEXCO Auditorium
 globalinterpark.com




DEC09-10
2023 Genie Music Festival
 Ilsan KINTEX
 ticket.yes24.com




DEC22-23
The Kyiv City Ballet - The Nutcracker in Busan
 BEXCO Auditorium
 ticket.yes24.com



DEC23-25
Musical <The Three Musketeers>
 Busan Sohyang Theatre Sinhan Card Hall
 globalinterpark.com



DEC24
Richard Yongjae O'Neill & Dong Hyek Lim on Christmas Eve
 Lotte Concert Hall
 lotteconcerthall.com/eng



ONGOING -DEC31
Cirque du Soleil - LUZIA
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EDITOR'S NOTE

“Not all readers become leaders, but all leaders must be readers.”

— U.S. President Harry Truman

This issue features a cover photo of United States Air Force Master Sergeant Jesus Alfonso who shares his favorite aspects of Autumn and being stationed in Korea - the weather, football, Korean food and the ease of travel. This issue is full of articles on those topics.

Harry Shin writes about what he loves about Autumn in Korea. Jetta Allen shares must-see spots in South Korea, from historical and cultural places to festivals and amusement parks, where you can enjoy the season.

One of the top benefits that comes with being stationed OCONUS is the opportunity to travel. The Space-Available Travel program is a popular and affordable way for service members and their families to travel at almost no cost. Missy Moore walks us through Space-A Travel, explaining eligibility, categories, benefits, and a how-to guide.

If you are interested in travel and are looking for inspiration, check out the article about swimming with Humpback Whales in Tonga by Dan Romano.

With Thanksgiving just around the corner, this issue contains three recipes, for Curry Sweet Potatoes and Brussels, Kimchi, and the traditional Korean pancake. We hope you enjoy trying out one or all of the recipes.

For readers interested in learning more about Korea, check out the articles about National Liberation Day by YECCO, Yongin Daejanggeum Park, and United Nations Day. A great article about learning the Korean language comes from Chris Pemberton - consider checking out his class!

Jung Won Jang writes about Angel House, an orphanage for physically and/or mentally disabled people located in Goyang City, South Korea. He shares the background of founder Jang Soon-ok



and information about how you can get involved. If you are looking to give back, also check out how you can get connected at Grace Stables.

This issue also features a brief look at the establishment and growth of scouting programs in South Korea. In an interview with *SCOUT WORLD MAGAZINE* in 2019, former World Organization of the Scout Movement Vice-Chair John May said, “Scouting seeks to strengthen the role of young people and empower them. We want to prepare them for life in their community so that they can live in harmony with others and with nature...to be able to think critically about the world around them, to verify facts, to be able to face injustice and so on.” As in other parts of the world, Scout programs created a spirit of modernization, democratization, and self-help for young children in Korea who were open to a new way of thinking.

For book lovers, this issue is full of book recommendations to learn more about Korea, more about yourself, how to take care of your mental health, and how you can respond to bullying. Reading exposes us to different perspectives, expands our understanding of situations, helps us develop, ignites our creativity, increases our knowledge and confidence, and often helps us develop a roadmap for our adventures.

If you are looking for opportunities to meet people, check out the flyers from Team Osan Spouses Club and about the Pints for Paws Charity 5K. Also, check out the Facebook pages for Humphreys United Club, Daegu Civilians and Spouses Club, the Retiree organizations, and the fraternities and sororities that are present and active at installations across the country. There are also great organizations for kids and families, like the Pokemon Trading Card Group at Humphreys. Get connected to make friends, meet people, and get involved in your community.

This issue also features an article by Barb Perez about the Certified Nonprofit Professional (CNP) program. The nationally recognized credential elevates your skills, builds your resume, and provides networking opportunities. The CNP Professional Track program is virtual.

The founding purpose of this publication is to enhance connectedness and improve quality of life by providing our community with a robust platform to share stories and information. When we choose to be vulnerable as readers and writers, we are also embracing the ideals of equality, rights, liberty, opportunity, and democracy that we cherish and protect.

Thank you for your support and readership.

Caitlin Ward
Editor in Chief



representatives from local organizations, dedicated volunteers, and even the spouse of the 51st Fighter Wing Commander. This gathering celebrated diversity, with the Chief of Diversity, Equity, and Inclusion, the President and Secretary of the Team Osan Spouses Club, and the Community Coordinator of the 35th Air Defense Artillery Brigade all lending their support.

One of the highlights of the event was the collective effort to prepare and package over 1,000 pounds of handmade kimchi. This delectable Korean delicacy holds a special place in the hearts of both Korean and American communities, and its preparation was a symbol of unity and friendship.

As a gesture of appreciation,



Kimchi-Making Event Near Osan Air Base

By Xina James, President,
Team Osan Spouses' Club

In a heartwarming display of cultural unity and community spirit, a diverse group of over 30 individuals, representing various agencies and organizations, came together near Osan Air Base for the Korean-American Kimchi-Making Event. This event, hosted by the esteemed President of the Songtan Chamber of Commerce and board members, showcased the power of collaboration and the richness of Korean and American traditions.

The event, held on September 7, 2023, was a resounding success. Participants included prominent





each participant received their very own container of kimchi to take home, courtesy of the Songtan Chamber of Commerce. This event not only strengthened the bonds between local communities but also served as a reminder of the enduring friendship between the Korean and American people.

The Korean-American Kimchi-Making Event near Osan Air Base serves as a shining example of how cultural exchange and cooperation can bridge divides and create lasting connections. We applaud the organizers, volunteers, and participants for their commitment to fostering unity and preserving cultural heritage.



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A First Step Korean Course

By Chris Pemberton

*A skill that will enhance every
aspect of your life in Korea*

In 2020, during the full lockdown mode on United States Forces Korea (USFK) installations, I decided to make learning basic Korean a little bit more accessible to fellow members of our expat community. Having spent a majority of my life learning and loving foreign languages, I understood how beneficial it could be for people to be able to read the language and to know a few important phrases, to help them with day to day life on the peninsula.

My approach is simple. I break down how to read the alphabet over the course of two 45-minute online classes and I follow it up with another class to go over some important words, expressions, and cultural do's and don'ts. I also offer follow-up classes for those go-getters out there who want to continue learning beyond the alphabet, like the number systems, Korean market-related vocab and expressions, swear words (valuable information to recognize when and if you hear it), and more.

Based on the feedback I have received over the last few years, one of the things clients say make my classes so unique is that I am able to teach from a native English speaker's perspective, but I don't have a typical American accent when I speak Korean. I have mastered Korean phonetics so you will learn the proper pronunciation techniques.

I have been in your shoes before so I am able to deliver the information in a way that clicks a bit quicker upstairs. I also mix in the occasional dad joke that can hit or miss, depending on my audience. Typically they miss but hey, no one is perfect.

The most frequent question I get before starting any class and what you might be thinking to yourself while reading this is, how am I qualified to teach Korean? Super valid question considering I am not Korean.

I have been immersed in the Korean language for the last 23 years in varying ways, shapes and forms. I was a Korean linguist in the United States Air Force and the Hawaii Air National Guard back in 2001. I taught Korean at the Global Language Institute, worked for a Korean company, lived in Korea for over 13 years, and graduated from the Korean Language Institute at Yonsei University in Seoul. I also received my undergraduate degree in Korean studies from the University of Hawaii as well as a degree in German from Oregon State University. During my time at Ore-

gon State I also learned French, Spanish, and Italian. Needless to say, I am a bit of a language nerd and I love to share that passion with others.

I have learned throughout my lifetime of language learning that the key is consistency. You have to dedicate some time on a regular basis to growing that new muscle of your brain. Think of it like exercising. You cannot get in shape by going to the gym every day for one week (as people are unfortunately reminded by about the third week of January every year when they stop going). Likewise, you cannot learn a language by studying for three days and then expect to have everything memorized. That being said, my classes are not designed to get people to fluency. My classes are designed to build your foundation so you can navigate around more confidently and communicate on a very basic level.

The beauty of the Korean alphabet is that it is similar to ours in that every letter has a corresponding sound. It is a phonetic language. Memorize the alphabet and you will be able to read Korean forever. The amount of time that process takes depends on the individual but I have found that people who take my classes and study for a little bit every day consistently are able to sound out pretty much everything they see within about a week or two.

There is nothing more rewarding than hearing from a friend that they were able to put their newfound skills to use and that it impacted their lives in a positive way. The truth is, our hosts are incredibly grateful when they meet Americans who have taken the time to learn Korean, regardless of how much they have learned. It is the effort that matters and it makes me incredibly proud to be able to play a small role in helping build those stronger bonds between us and our hosts.

As for how to get started with my classes if you are interested in learning, Facebook is the best way to reach me but email works as well. Shoot me a message anytime or request to join my Facebook group and I'll get you off to the races.

- Email: Chrispemb21@gmail.com
- Facebook profile: <https://www.facebook.com/chris.pemberton.965>
- Facebook group: <https://www.facebook.com/groups/764841704411143>



What I Love About Fall in Korea

By Harry Shin

Have you heard the term “Cheongomabi”? The term translates as “the sky is high” (Cheongo), “horses are plump” (mabi). Autumn in Korea has long been known as the season of “Cheongomabi,” which means that fall is the best season because all the grains are ripe and plentiful, the sky is clear and blue, and it is neither hot nor cold.

The cool weather and clear skies are ideal for outdoor activities such as hiking or picnicking. The fresh air refreshes your mind and creates an atmosphere ripe

for reflection and meditation, to discover your inner self.

Autumn in Korea has various charms. After struggling under the heat of summer, you feel grateful for the fresh breeze, and the peaceful weather of fall, which is neither exciting nor subdued. Korea is famous for its autumn colors. Red, orange, and yellow maple leaves create beautiful scenery. You can enjoy stunning views from mountains, such as Naejangsan Mountain and Seoraksan Mountain.

Fall is also the time to harvest. ‘Chuseok,’ Korean Thanksgiving Day,

is the biggest holiday when families gather together and have fun playing traditional games and sharing food. Various festivals are held in each region.

There are also excellent Korean dishes traditionally served during the Autumn season, such as Muknamul Bibimbap, which is very good for your health. It is a healthy vegan dish that may be served at temples. In Korean temples, only vegetables are eaten. The dish is a combination of fresh vegetables such as bracken, enoki, and mushrooms, with other ingredients and



A Simple Recipe for Muknamul Bibimbap

Ingredients

- Dried horseweed stem 20g
- Dried cut-leaf coneflower (golden glow)20g
- Dried common bracken 20g
- Dried pepper leaves 20g
- Dried pumpkin slices 50g
- Carrot 1/3 each
- Oyster mushroom 150g
- Perilla oil
- Grape seed oil
- Sesame oil
- Sesame seeds
- The mixture of red pepper pastes (red pepper paste and plum extract)
- Cooked (Steamed) rice

How to Cook

1. One day before cooking, soak “muknamul” (dried horseweed stem, dried cut-leaf coneflower, dried common bracken, and dried

pepper leaves) in water for enough time until tender; then, blanch them.

2. Gently wash the dried pumpkin slices until tender, then blanch them in boiling water.

3. Season blanched “muknamul” with soy sauce and salt for the base (it is better to season one day before and store).

4. Stir fry seasoned common bracken in the pan with perilla oil and seasoned horseweed stem, cut-leaf coneflower, and pepper leaves with grape-seed oil

5. Finely shred the carrots, tear the oyster mushrooms lengthwise by hand, season with soy sauce and salt, and stir-fry in grape seed oil.

6. Put some cooked rice in a bowl and beautifully set stir-fried vegetables over it, put some bibim-paste on them, and serve.

Bibimbap seasoning is made by mixing red pepper paste, soy sauce, sugar, minced garlic, and

sesame oil.

Mix all ingredients well, and you will have a savory and delicious muknamul bibimbap.

Add red pepper paste to adjust the taste if you like it spicy. Also, add more meat or vegetables to make it more flavorful and nutritious.

Take care of your health this fall with the fresh vegan dish, muknamul bibimbap!

About the Author

Harry Shin graduated from the Graduate School of Interpretation and Translation and is working as a freelance interpreter and translator. He is also currently working at Osan Air Force Base in Korea. He enjoys introducing Korean culture to U.S. service members and their families and promoting cultural exchanges.



Swimming with Humpback Whales in Tonga

By Dan Romano

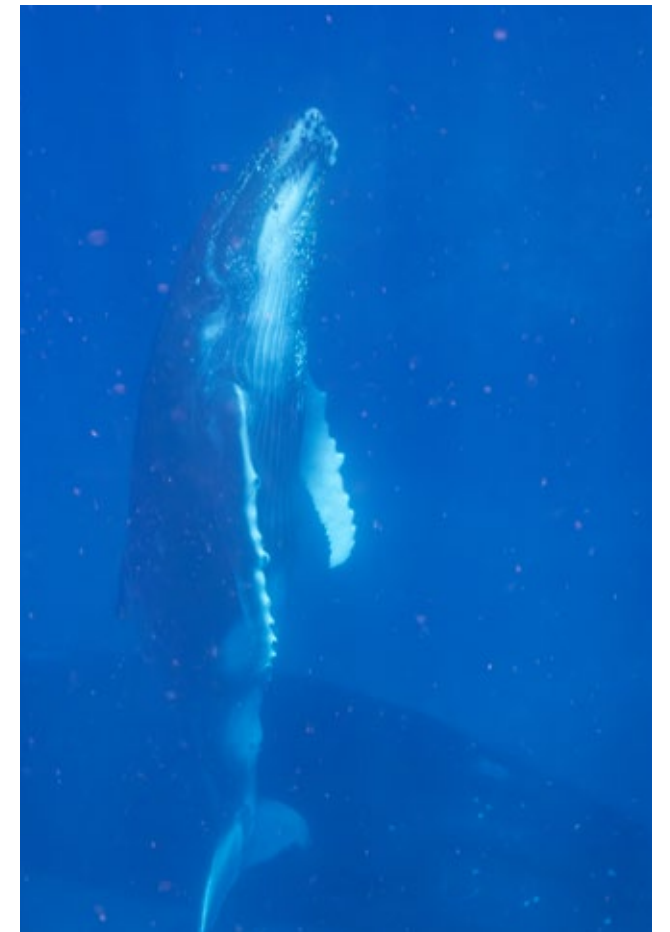


A couple years ago, I watched an interesting National Geographic program about Humpback Whales that explained their habits and migrations. Most of the program was filmed underwater showing these majestic creatures in their natural habitat and I said to myself, I'm gonna see that! At the time, I needed a break from day-to-day operations and I have always loved ocean adventures, so this seemed like a good fit.

While most operations only allow guests to observe whales from a boat, there are about four locations worldwide that allow guests to swim with the whales, one being the island nation of Tonga. We settled on a beautiful resort on the eastern tip of Foa island in late August, which is about the middle of the whale season.

Tonga is in the South Pacific Ocean, about a two-hour flight from New Zealand or Australia and only four time zones ahead of Korea. However, the trip includes a lengthy flight, for example, from Korea to New Zealand, followed by a flight to Tonga's main island, and a shorter flight to the destination island.

Annually, some of the whales from Antarctica go to Tongan waters to give birth or mate, then go back to Antarctica to feed, and return to Tonga the next year.





The logistics of swimming with the whales was easy. Each day, we boarded a zodiac on shore in front of the resort and set out on a six-hour search. Each zodiac had a captain, guide, and eight guests who were divided into two groups of four. Only one zodiac and four guests were authorized to be near a whale at any time and there were only three zodiacs as far as the eye could see.

Trying to find whales in the expansive ocean can be a lot like fishing but the difference is whales eventually must surface to breathe. We always saw whales breaching, mother and calf moving along the surface, juveniles playing, or males chasing a female. However, the real fun started when a mother and calf were spotted staying in one place! This is when the seasoned captain positioned the zodiac near the whale, then the guide and four of us delicately slipped into the water and swam as quickly and quietly as we could.

Sometimes the mother and calf would move away, and other times they would stay. Sometimes the calf would keep its distance, and



other times it would swim toward us and before you knew it, a one-ton baby whale was looking us in the eye.

If the thought of being in the water near such large animals triggers a bit of anxiety or hesitation, but you would like to experience this adventure, I highly recommend you go for it. The experienced captains and guides understand the whales and the right time to enter the water. They often see the same whales year after year and are there to keep us at a healthy distance. The whales seemed to maintain a distance too. Also, if a whale was not fond of us being nearby, with an ever so slight flick of its tail, the whale would vanish.

If you need to take leave and are looking for clear blue waters, pristine shores with soft white sand, a peaceful paradise with jungle-like greenery and stunning natural beauty, Tonga may be the place for you. There are many locations closer to Korea that boast similar stunning scenery, but not many places offer the opportunity to dance with whales.

Still interested? Checkout these websites:

- <https://blog.padi.com/swimming-humpback-whales-best-destinations/>
- <https://www.fisheries.noaa.gov/species/humpback-whale>
- <https://www.sandybeachtonga.com/> or its sister resort <https://www.matafonua.com/>

About the Author

Dan Romano retired from the Air Force after 30 years of service and was based at United States Force Korea for several years over two assignments. He recently returned and enjoys living in Korea.

He is a nature lover, photographer, and traveler. His adventures take him to some of the most beautiful places in the world where he captures the beauty of nature, on land and in the water.



Thinking Outside the “Biltong” Box, South Africa to South Korea

By Amy Millican

Growing up in Cape Town, South Africa, David de Meyer embraced an adventurous, outdoor life.

“When I was growing up, my friends were a little bit older than me,” De Meyer recalled. “That gave me the opportunity to do things that kids my age weren’t doing. I started surfing when I was very young. I was nine years

old when I got into the water for the first time. And from there I went into a lot of other sports [such as] skydiving and scuba diving.”

De Meyer went out with his older friends and quickly excelled at surfing.

“We would go to the bigger breaks, where kids my age never went because of the scary waves.

I got used to surfing big and more powerful waves. My first competition was Inter-School for the Province and it was held at a big, powerful break. But it was a local break for me where I’d surfed probably every week, if not every second week. Kids my age couldn’t get out. I had the waves to myself, and I became Junior Western Province Surfing Cham-

pion. From there I got sponsorships on boards, wetsuits, t-shirts and hoodies. Surfing became my life for probably six or seven years.”

While he continued to surf, David found a new sport, tennis.

When he was 16, David’s family moved from Cape Town to Bloemfontein, South Africa. No longer on the coast, David played tennis competitively throughout the rest of his high school years. Following high school, he spent three years in the Army’s Technical Services Corps. After his time in service, he returned to Cape Town.

Having received a Teaching Degree in High School Maths and Science, and looking for a new challenge, David took a high school science teaching job in Riyadh, Saudi Arabia. In 2010, two of his students were from South Korea. The students spoke highly of South Korea, sparking his interest in the country.

“After doing some research, and a few months before my contract ended, I applied for a position as an English Teacher and I got it,” de Meyer said. “I had to return to South Africa for two weeks to get my Visa. I thought I’d give South Korea a chance for a year or two; see what it was about. And that was 14 and half years ago.”

David’s destiny was South Korea.

“I was an Adult English Conversation and Business English Teacher,” de Meyer recalled. “One of my students was an Acupuncturist. He invited me





became a reality. I looked into it and I thought it was a great idea.” Biltong is a form of dried, cured meat, David uses beef, that originated in South Africa with the Dutch Afrikaner Settlers.

In Spring of 2023, just as the cherry blossoms were blooming, David opened, “Biltong Box and Deli” in Pyeongtaek. Located in the Ville, his shop is bustling with customers.

David says of his experience opening Biltong Box, “Being in Korea such a long time, I never had any foreign friends. All my friends were always Korean. So, I’d become, I could almost say, not a recluse, but very much introverted. I couldn’t speak Korean very well. So, I just became quiet. Since I’ve been here, dealing with the American guys and the

Australian guys, I’ve become an absolute extrovert again. I love talking. I was actually shocked with myself. After the first two or three days, I thought, ‘I’m talking too much. I need to keep quiet.’ I’ve made so many wonderful friends. I’ve got Americans that live across the road. I’ve got guys from the other side of the Ville coming to visit.”

Initially, David only sold Biltong and Cabanossi Sticks, a long, thin, dry sausage that is smoked. It originated in Poland and became popular in South Africa. Then, according to David, “My wife came home with pies. I thought, I can make a much better pie than this. Coming from the restaurant industry, I had a restaurant in South Africa. Most of my sauces come from my sauces for

steaks. I’ve just added beef. I’ve added chicken. I tested them and my wife said to me, ‘They are the perfect pie.’ So I added them in.” Chuckling, David jokes, “The shop’s name should have been The Pie Guy.”

David thought outside the “Biltong” Box and reimagined his retirement. When speaking with him in his shop, it is easy to envision the nine-year-old boy, fearlessly surfing out into the “scary waves”. As he has done from South Africa to South Korea.

- *Biltong Box and Deli, a takeout only shop, is open Tuesday through Saturday, 12:00 PM to 8:00 PM*
- *Located in the Ville, 29 Anjeong-ro, Pyeongtaek.*

for a barbeque at his hospital. My now wife was his wife’s friend. There was a whole group of us. At the end of the evening, I had to come back to Pyeongtaek. I said, ‘Well, I’m taking a taxi’ and my wife said, ‘Well, I live in Pyeongtaek, let’s go together.’ We ended up in a coffee shop talking. She became a very good friend. Every weekend from then on she’d take me around. We’d go to Chuncheon and go and have Dak-galbi. We went to Seoul. We went to Cheonan. We went wherever. Everywhere.

“After being friends for about six months, we ended up at a Mime Festival in Chuncheon. We were walking to a Dak-galbi restaurant. I don’t know why, but I took my friend’s hand. And she

shook me off and said, ‘What are you doing?’ I said, ‘I’m holding your hand.’ She said, ‘Do all South African friends hold hands?’ I said, ‘Of course they do! All the time!’ That was the start of that.”

When asked how her family reacted when they found out she was dating a non-Korean, David matter-of-factly states, “Her Father had passed away a few years before we met. Her Mom was very good. Mom accepted me into the family. But I have been told if Father was alive, Father would have really liked me. And liked to drink with me. But, never ever would have accepted me as part of the family. My parents? My parents accepted her as their Child. I think they love her more

than they love me.”

About two years ago, David and his family, which now included two daughters, decided to move back to Pyeongtaek. Of this new life David says, “I was a stay-at-home Dad. I basically retired from working. My wife has a business in Pyeongtaek. My Mom passed last December. I went back to South Africa for the funeral. And, my wife flew over later. I gave her a pack of Biltong. She was eating Biltong and she said to me, ‘You know what? Your Biltong is way better than this Biltong.’ She left it at that.”

“When we came back, she said ‘You know, why don’t you open a little Biltong Shop? You can make Pies and Biltong. Deal with the Military guys.’ And, that





Wondrous things will appear when the darkness under the lantern is lit

By Seung-kook Kim,
Culture columnist

I am as excited this morning as if I were leaving the house for travel because I am about to meet some wonderful new friends. I am a columnist who specializes in writing about Korean culture and this magazine column is my first opportunity to meet with these new friends: U.S. service members and their families in Korea.

When the Korean War broke out

73 years ago, members of the United Nations forces, led by the U.S. military, risked their lives to defend South Korea. The U.S. military has remained in Korea in the 73 years since the war protecting my nation from North Korean aggression. Thanks to their efforts, Korea has grown from a poor country that was turned to ashes 73 years ago to one of the world's top 10

economies today. Therefore, I will always be more than thankful to the U.S. military stationed in South Korea.

As far as I know about 30,000 U.S. soldiers are stationed in Korea, and the total number of families and military personnel staying here numbers 300,000. This number is equivalent to the combined population of several small and medi-

um-sized cities in Korea.

However, I wonder how well many of these people know Korean history and culture. Korea may be a small in terms of its territory, but it has a 5,000-year history and a glorious tangible and intangible cultural heritage. Although geographically we are not as large as Japan and China, Korea is a country with the most brilliant culture and arts among the three countries. Korean idol bands BTS and BLACKPINK have surprised the world's performance market, the movie *Parasite* shook the world's film market, not to mention the impact of *Squid Games* to name but a few examples. This phenomenon did not just happen but was naturally created based on Korea's cultural heritage.

Even though there are Korean cultural heritage sites everywhere, I don't see many Americans there when I visit them. In addition, many U.S. service members and their families are known to travel to Japan, Southeast Asia, and even Europe on the weekends or for their vacations. The reason is that they know little about Korea's great tourist attractions as well as our tangible and intangible cultural heritage.

There are so many world heritage sites in Korea! There are 15 properties inscribed on the UNESCO World Heritage List in Korea alone and two in North Korea. Considering our size, this fact in itself is unusual in comparison to other countries around the world.

Some examples on Korea's World Heritage list include: Seokguram Grotto and Bulguksa Temple in Gyeongju; Haeinsa Temple Janggyeong Panjeon, the Depositories for the Tripitaka Koreana Wood-



blocks in Hapcheon-gun, Gyeongsangnam-do; Jongmyo Shrine and Changdeokgung Palace Complex in Jongno-gu, Seoul; Suwon Hwaseong Fortress in Gyeonggi-do; Gyeongju Historic Areas in Gyeongju; Gochang, and Hwasun and Ganghwa Dolmen Sites and the Royal Tombs of the Joseon Dynasty near Seoul. Other excellent sites include Historic Villages of Korea: Hahoe and Yangdong in Andong, Gyeongsangbuk-do;

Namhansanseong in Gwangju, Gyeonggi-do; Baekje Historic Areas in Gongju and Buyeo, Chungcheongnam-do; Sansa, Buddhist Mountain Monasteries in Korea, Seowon, Korean Neo-Confucian Academies, Goguryeo Ancient Tombs (North Korea) and Kaesong Historic District (North Korea).

UNESCO World Natural Heritage sites include Jeju Volcanic Island, Lava Tubes of Jeju Special Self-Governing Province and Get-



Jeju Volcanic Island

bol, Korean Tidal Flats.

In addition, there are 23 traditions that have been inscribed on the UNESCO World Intangible Cultural Heritage List. These include Gagok (vocal music accompanied by a small ensemble of traditional Korean musical instruments); Ganggangsullae (circle dance with singing); Gangneung Danoje Festival, Kimjang (making and sharing kimchi), Namsadang Nori and Nongak (community-based music, dance and rituals), Daemokjang (traditional wooden architecture and the artisans who create it); Falconry; Sirim (traditional Korean

wrestling), Arirang (Korean lyrical folk song); and YeonDeungHoe (Korean lantern festival): Yeongsanjae (Buddhist ritual); Jeju Chilmeoridang Yeongdeunggut (shamanic rituals); Culture of Jeju Haenyeo (women divers); Royal Ancestral Ritual in Jongmyo Shrine and its Music; Juldarigi (tug of war rituals and games); Tightrope Walking; Cheoyongmu (masked dance); Taekkyeon (traditional Korean martial art); Pansori (musical storytelling) and Weaving of Mosi (fine ramie) in the Hansan region.

There are 18 items registered as UNESCO Memory of the World.

Hangeul's (Korean alphabet) Hunminjeongeum (Haebyeon); The Annals of the Joseon Dynasty; Seungjeongwon Ilgi, the Diaries of the Royal Secretariat; Baegun hwasang chorok buljo jikji simche yojeol (vol.II), the second volume of Anthology of Great Buddhist Priests' Zen Teachings; Uigwe: The Royal Protocols of the Joseon Dynasty; Printing woodblocks of the Tripitaka Koreana and miscellaneous Buddhist scriptures; Donguibogam: Principles and Practice of Eastern Medicine; Ilseongnok: Records of Daily Reflections; Human Rights Documentary Heritage

1980 Archives for the May 18th Democratic Uprising against Military Regime in Gwangju; Nanjung Ilgi: War Diary of Admiral Yi Sun-sin; Archives of Saemaul Undong (New Community Movement); The Archives of KBS Special Live Broadcasting 'Finding Dispersed Families; Confucian Printing Woodblocks in Korea; Documents on Joseon Tongsinsa/Chosen Tsushinshi; Royal Seal and Investiture Book Collection of the Joseon Dynasty; Archives of the National Debt Redemption Movement; Records of the 4-19 Revolution; and Donghak Peasant Revolution Foundation (Research and Documentation Division).

There are many places to visit and things to see in Korea as a family, but as the Korean proverb goes, "It's dark under the lantern." And that's the reality for U.S. service men and women and their families who travel abroad for leisure. If we shine a light under the dark lantern, we'll find wonders we never knew existed.

Having studied Korean traditional performing arts and worked for many years in local cultural foundations and government cultural organizations, I feel I am qualified to introduce Korean arts and culture to American readers. In that I had wished for an opportunity to present this information to American soldiers and their families in Korea, I was fortunate to have met Mr. Charles Chong, CEO and Publisher of Oriental Press.

Since Mr. Chong also believes that the Korean government should actively support programs introducing Korean history and culture to American soldiers and their families stationed in Korea,



Namsadang Nori and Nongak



Jeju Haenyeo (women divers)

he agreed to publish my column in *United on the RoK*, published by Oriental Press. I sincerely hope my upcoming columns will provide useful information to U.S. service members and their families in Korea and bring them closer to Korean history and culture.

About the author

KIM, Seung-kook is currently Head of the Traditional Cultural

Contents Research Center and a contributing cultural columnist to Monthly Guest and other publications.

Formerly he was Chairman of the Nowon Foundation for Arts and Culture, CEO of Suwon Cultural Foundation, President of Korea Cultural Arts Center Association and he has served as Chairman of the Seoul Cultural Heritage Committee.

A History of Scouting in Korea

By Caitlin Ward



Scouting is the largest global youth organization with over 54 million members across 173 countries. The Korea Scout Association (KSA) was founded in Korea in October 1922 while the country was under Japanese rule. Though there were many limitations imposed on Korean Scouts, the KSA sent representatives to the first Far East Scouting competition in Beijing in 1924.

The KSA was banned by the Japanese occupiers in March 1937 as relations with western governments began to deteriorate. Scouting was banned until South Korea was liberated from Japan on August 15, 1945. The Boys Scouts of Korea officially resumed in March 1946 and incorporated as a chartered organization in December 1947.

Girl Scouting in Korea was launched in 1946.

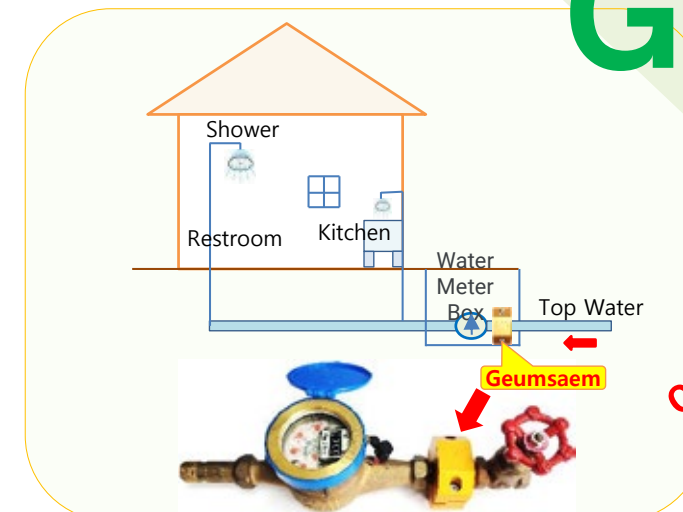
Scouting for boys and girls was temporarily halted in 1950 due to the Korean War. Though the war was still underway, the KSA held the first National Scouting Jamboree in July 1952 and that same year, the KSA joined the World Organization of the Scout Movement. In 1963, Girl Scouts of Korea became a Full Member of the World Association of Girl Guides and Girl Scouts (WAGGGS) with uniforms, badges, and handbooks for its members. In 1977, extension groups were launched in Korea for girls with special needs. In 1989, a branch called Mindlrae was created for preschool-aged children.

The Boy Scouts of Korea opened a National Training Center

in September 1968 and the KSA opened its National Headquarters Building in October 1972. In August 1982, Korea hosted the 8th Asia-Pacific Regional Jamboree at Dukudae, evidencing the growing strength of the organization in Korea. In July 1991, the 17th World Scout Jamboree was held at Mount Sorak and the 9th Korean National Jamboree was held in the same location in August 1994, and the 17th Asia-Pacific Regional Jamboree was also held at Mount Sorak in August 1996. Korea hosted the World Scout Jamboree in Saeman-geum in August 2023.

KSA is the oldest youth organization in Korea with approximately 300,000 members active in 6,000 units belonging to 21 regional and religious councils.

Geumsaem



Home Geumsaem installation drawing

Still haven't installed Geumsaem on your old one? Geumsaem is a must-have product for your home. Installing Geumsaem has the following effects:

- Sterilization and disinfection.
- Eliminates odors.
- Remove scale and rust in pipes.
- Prevents scale and rust from adhering to the pipe.
- You can wash dishes and clothes without using detergent.
- Drinking water that has passed through Geumsaem is beneficial to our body.
- Washing fruits and vegetables will prevent them from spoiling.
- There are many other effects.

Sterilization, Sterilization Experiment

Item	Unit	Time	Before passing	After passing	Remarks
Bacteria	ea/ml	24hr	1,000,000[10 ⁶]	100,000[10 ⁵]	90% decrease
		48hr			

Geumsaem experimental data(Hyundai Motor Co., Ltd)

Apricot Decay Experiment(4 days later)



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Application



Apartment



Common house



Underground water



Villa



Sauna



School



Plant



Hospital

Descale Top water pipe(Φ3")



Before

After(60 Days later)



Why **Space-A Travel** is the Military's Best-Kept Secret, And How You Can Take Advantage of It

By Missy Moore



If you've been in the military long enough, chances are you've heard about that elusive thing called "Space-A" travel, but you've also likely heard that it is too complicated to try. The truth of it, however, is that Space-A is one of those privileges for military families that's often underutilized simply because it's an unknown entity.

I dove headfirst into Space-A travel during my husband's second deployment. With three little ones, the idea of traveling commercially was daunting at best and terrifying at worst. I decided to try Space-A travel, and after plenty of research and preparation, the kids and I boarded a completely free flight close to my home to visit family.

So, what is Space-A travel, and how can you use it to visit family – or even experience the world? I'm sharing a little bit about why we love Space-A travel and how you can do it, too!

What is Space-A?

Space-A travel, or space-available travel are essentially

military hops. Once a military flight accommodates all the required passengers and cargo, these planes are often left with additional space and weight allowances. In some instances, they then release these extra seats (or space) for service members, their dependents, and retirees.

Eligible individuals can then "hop" aboard these Space-A flights to their manifest destination. It's important to note that these are military flights though, and the mission will always be the priority. That means that these planes are designated for the mission, and you may fly on anything from a chartered commercial plane to a cargo plane or beyond.

Who is Eligible to Fly Space-A?

Space-A travel is available for all service members, their families (dependents), and military retirees, but not everyone has the same priority when selecting a flight. When opting for Space-A, travelers are designated a specific status due to the nature of their travel.

Those in higher categories receive preference when space becomes available, while those in lower catego-



ries must wait until those in higher categories are issued passage first.

The categories for Space-A travel are as follows:

- Category 1: Unfunded emergency leave
- Category 2: Accompanied environmental and morale leave (EML)
- Category 3: Regular leave + dependents, permissive TDY for house-hunting, Medal of Honor holders, foreign military personnel, unaccompanied dependents of service members deployed for more than 365 consecutive days
- Category 4: Unaccompanied EML, dependents of service members deployed/TDY/on rotation between 30 and 364 consecutive days
- Category 5: Permissive TDY for purposes other than house-hunting, student travel, post-deployment respite, unaccompanied dependents of service members stationed outside of the continental United States (OCONUS)
- Category 6: Military retirees + dependents, reservists, members of the Reserve Officer Training Corps (ROTC), 100% disabled veterans

If you're looking for a real-life example, when I flew solo with our three minor children the first time, my service member was on a 9-month rotation to South Korea. Because of this, I was eligible for Category 5 travel as an "unaccompanied dependent of a service member stationed OCONUS."

While these categories may look daunting, once you ascertain what sort of travel you're planning, you will understand where you stand in the hierarchy of utilizing Space-A travel, as well as the required documentation you will need.

I'm Eligible to Fly Space-A...Now What?

Once you know your Space-A Category, it's time to start dreaming! Do you know where you want to go? Are you trying to visit home, or are you hoping for a relaxing getaway? Now is the time to figure out where you want to go, as well as the routes you might want to take, what you'll need once you get there, and more.

For example, we wanted to go to Hawaii before the holidays from South Korea. We were in luck; Osan Air Force Base has a fairly consistent flight schedule to Joint Base Pearl Harbor-Hickam (JBPHH). We knew we would likely be able to get to Hawaii easily if we managed to get on a flight.

When considering our return to South Korea, we could



see that JBPHH did not have a consistent flight history of returning to Osan, but it did have a routine flight history to several bases in Japan. We knew that if we combined free Space-A travel to Hawaii, we could likely fly back to Okinawa, then fly commercially from Okinawa to South Korea, which is what we did.

When you fly Space-A, it's important to note that you may need to combine Space-A with commercial travel, a train, or even an overnight stay on a base or on the economy to reach your final destination of choice.

Where and How to Find Your Space-A Schedule

Since Space-A is space-available travel, flights are usually manifest within a scant 72 hours of the travel window. That means you need to be flexible and prepared to fly – or not fly – depending on the day of your prospective travels.

You can find these prospective schedules on each individual passenger terminal site. To find these, first visit the Air Mobility Command website, which features a list of all military passenger terminals and their respective contact information and links to their websites.

Then, on the individual military passenger terminal website, most feature a section called "72-Hour Flight Schedule," where routes are listed by the date with the potential number of seats available. You will see that availability is then marked either "T" or "F."

"T" means that there are X-number of tentative seats potentially available but not finalized, while "F" is the final number of seats that any specific flight will release. Some might state "Duty Only," and in those instances, seats are solely provided for soldiers on that specific assignment.

Sign Me Up! No, Seriously...

So, you are sold on Space-A travel! Perfect. The next step is to simply sign up. You will want to sign up for Space-A travel from all terminals you may potentially depart from to reach your destination. Your chance of travel increases by opening yourself up for travel from multiple locations.

Sign-up is free, and by signing up earlier, you will be placed in a higher priority within your individual category of travel. For example, if 10 people are in Category 5 but



you signed up first, you'll be the first selected from that category.

Make Sure You Have the Right Documents to Travel

When signing up, you may need to provide additional documentation pertaining to your type of travel. Soldiers on leave with their families are required to furnish a signed leave form from their command when they mark themselves present. Unaccompanied dependents are required to present a memo from their service member's command approving them for travel.

When I first traveled solo via Space-A during my husband's deployment, I had to provide a Deployed Sponsor Dependent Verification Letter. Likewise, when a dependent travels without their sponsor from an OCONUS location, they are also required to provide a memo from their service member's command approving their travel. Retirees need to provide their ID card, DD Form 2, or their retirement eligibility.

If traveling internationally, be aware that you will also need to follow all the individual country's requirements, as well. So, if you plan to head to a country where a tourist's visa is required, you must acquire that prior to travel.

Get Ready to Travel!

You've found your destination, you've marked your potential routes, you have the required documentation, and you're ready to go. Now what? First, show up in person, and mark yourself present at the passenger terminal before the roll call window. Roll call will be announced on the terminal's 72-Hour Flight Schedule page, so you want to refresh that constantly as things often shift.

When roll call begins, the terminal staff will announce how many final seats are available, and they will begin selecting passengers based on their category of travel. If you are selected, they will call your name, and you will proceed to the desk with your documentation. Minor children will need to show a form of identity including their military ID, if applicable, passport, Department of Defense ID number, etc.

The rest of the process is like that of commercial travel. Personnel will check your baggage and issue boarding passes. Sometimes bags are stowed, and sometimes they are strapped down in the center of the plane. Either way, if it is considered "checked baggage," you will not have access to it during the flight.



The Best (and Worst) Parts of Flying Space-A

First and foremost, I never recommend flying Space-A if there is somewhere you absolutely must be at a certain time. It can be extremely unpredictable, and flexibility is paramount when utilizing Space-A travel. If you want an adventure though, it doesn't get much better than this!

Our daughter's first flight ever was in a C-17. Our children took off in the cockpit of a KC-135 from Hawaii to Okinawa, and they had the opportunity to explore the refueling pod of the plane. The ability to move around on cargo planes is such a gift for families with young children, and the opportunity to fly and interact with service members is a one-of-a-kind experience that most people will never have.

Sure, the planes can get very cold (they aren't equipped for comfort travel!), many are loud, and in-flight service depends on the day. Sometimes you may be offered a box lunch, and sometimes you are completely on your own for creature comforts. However, we will always choose the incredible experience of Space-A travel over the proverbial comfort and price tag of commercial travel.



Curry-Roasted Sweet Potatoes & Brussels Sprouts

By Erin Henderson

My mom gifted me a subscription to Southern Living Magazine and I must confess I had a large backlog of old issues to look through. During the lock down I started going through my old issues and stumbled upon this recipe I immediately wanted to try. I made a few changes which I will note in the recipe below.

Ingredient

- 1 lb Brussels sprouts, trimmed and cut in half
- 3 cups sweet potatoes, peeled and cubed (I used 2 large sweet potatoes)
- 2 large shallots, peeled and sliced lengthwise (strips, not diced)
- 3 Tbsp butter, melted
- 1 Tbsp curry (I used a milder one, if you are sensitive to spice, you can even use less than 1 Tbsp, adjust as needed)
- 1 Tbsp minced garlic (3 cloves)
- 1/2 tsp black pepper
- 1 tsp kosher salt
- 1 1/2 cups basmati rice (the recipe called for farro, so use whatever grain you prefer!)
- 1/2 cup plain yogurt (recipe called for whole milk yogurt, I used nonfat yogurt)
- 1 Tbsp fresh lemon juice
- 3/4 cup toasted pecans
- If you want to add chicken set aside 2-3 chicken breasts and bake



Preparation

Preheat your oven to 425F. Peel and cube your sweet potatoes, half your Brussels and slice the shallots. Place in them in a large bowl together, add melted butter, curry powder (reduce the amount if you are sensitive to spice), minced garlic, pepper and kosher salt.

Once the veggies are thoroughly mixed, spread them out on a baking sheet pan and bake in the oven for 20-25 minutes. *If you are adding chicken, I would add a pinch of the curry powder before baking.

Yogurt Sauce & Cooking Grains

While the veggies are roasting, cook your grain per the specifications on the package. I used basmati rice

and it was perfect with this dish! For the yogurt side, mix 1/2 cup of the plain yogurt with 1 TBSP of fresh lemon juice from your lemon and 1 TBSP water. I also added a bit of zest from the lemon.

When you have about five minutes left on the veggies, place 3/4 cup of pecans on another baking sheet and pop into the oven to lightly roast. I also opted to add a bit of cinnamon to mine before roasting.

Final Touches

Dish your grain and veggies on to your plate and add a scoop of the yogurt sauce and serve! I hope you enjoy this recipe, it is pretty simple to make and so delicious.



How to Make Korean Pancake

By Kim Jung-kook

among Korean holiday foods, pancakes are an indispensable dish. The dish is super easy to make, and with the right amount of creativity, you can make pancakes your own.

Ingredients

Pick your ingredients. Fish, meat, fresh vegetables, and crab sticks are typical ingredients. Tofu or mushrooms are also good ingredients.

Spam or salty ingredients are mixed with fresh ingredients, and most of them are eaten unseasoned by dipping them in the soy sauce or mustard sauce.



Notes

Crab meat is not the main dish. Crab is used for color matching red dishes.

If using pollack, pumpkin, and sweet potatoes, they are coated in flour and eggs without matching with other ingredients and then baked in a pan.

In the case of oysters or beef spam, use a skewer and grill it together with other ingredients in a pan.

Directions

Cut all ingredients 5cm long and 1cm wide; lengthwise at right angles and season only vegetables with salt. In the case of pumpkin and vegetables, cut them into rounds.

Coat the ingredients in the order of flour and egg, add oil to a frying pan and cook.

In Korea, ingredients are put in a kkojaeng, but if you cannot do that, you can put them on a pan to fry.



Yongin Daejanggeum Park

By Erin Henderson



Each weekend when the weather co-operates and the air quality is at a healthy level, my husband and I like to explore Korea with our kids. Our ideal locations are outdoors and within a two-hour driving distance. Our family loves the time outdoors, seeing new places and it is good for our mental health. We recently visited Yongin Daejanggeum Park in Gyeonggi Province, one of the largest open sets in Korea, where historical and modern dramas, movies and commercials have been filmed. The park is home to traditional Korean architecture styles based on the Three Kingdoms of Korea, Goryeo Dynasty and Joseon Dynasty.

Our family has not seen a K-drama so we cannot speak to the experience of visiting the site in that context. However, we thoroughly enjoyed exploring the extensive grounds (618 acres to be exact) on a Sunday morning. The views are stunning all around and you can spend hours walking through sets and taking photos. Our two-year-old ran for over an hour straight and could not get enough of the maze of sets. We visited during the summer and only saw two thirds of the park before our son hit his limit with the heat. Now that it is cooler, we intend to return to see the foliage at its peak. If you have been wanting to take family photos in



traditional hanboks, I highly recommend going here to take them as you will not encounter the crowds that you will find at Gyeongbokgung Palace in Seoul. There are so many background options, and as a photographer, anytime you are not battling a mass of crowds in the background always makes for a more relaxing and fun shoot. You can rent hanboks on site starting at 20,000 won. There is no better time to get out and explore Korea than now!

Hours:
9:00-18:00 (March-October)
9:00-17:00 (November-February)
Address:
25, Yongcheon drama-gil, Baegam-myeon,
Cheoin-gu, Yongin, Gyeonggi-do 17182 South
Korea
Entrance Fee:
9,500 won for adults, children 4 and under free





Here are just a handful of the k-dramas filmed at Yongin Daejanggeum Park:

- King the Land (2023)
- The Forbidden Marriage (2022-23)
- The King: Eternal Monarch (2020)
- King Maker: The Change of Destiny (2020)
- The Tale of Nokdu (2019); Extraordinary You (2019)
- The King In Love (2017)
- Flower in Prison (2016)
- Scholar Who Walks the Night (2015)
- Diary of a Night Watchman (2014)
- The Empress Ki (2013-14)
- Arang and the Magistrate (2012)
- Shin Don (2005-06);
- Hur Jun (1999-2000)

About the Author

Erin is the Media Manager, professional photographer and regular contributor for United on the RoK. You can reach out to her any time by emailing media@unitedontherok.com or following her adventures on Instagram @erinhendrsn.

Celebrating United Nations Day

By Caitlin Ward



United Nations Day, celebrated on October 24, 2023, marks the anniversary of the entry into force of the UN Charter in 1945. The United Nations (UN) was created following the devastation of World War II with the central mission to maintain international peace and security.

The UN is committed to promoting and advancing the ideals of global peace, justice, human rights and the rule of law. Celebrating UN Day is a way to recognize that these principles are essential

for lasting peace and sustainable development.

The United Nations in Korea

The UN played a significant role in the birth of the Republic of Korea (ROK), recognizing the establishment of the ROK in 1948 through General Assembly Resolution 195.

When the Korean War broke out in 1950, the UN intervened by sending armed forces (United Nations Command (UNC)) mandated

by Security Council Resolution 82. This undertaking was the first of its kind in the history of the UN.

The United Nations Korean Reconstruction Agency supported economic development in Korean industry, mining, agriculture, education, housing and health through the cease-fire until 1958.

In 1991, the ROK was admitted to the UN. Since then, the ROK has contributed to the UN through peacekeeping operations, development assistance and promotion of human rights.

Bullying Prevention

Starts with You

By Caitlin Ward

Bullying is intentional behavior that can hurt, harm, or humiliate someone mentally or physically. Bullying can be physical, verbal, social and cyber. If you or someone you care about is being bullied, talk about it and get help. Bullying can happen to anyone at any time in life, and you can put a stop to it.

There are so many resources to help everyone intercede or prevent bullying because it's not healthy for an individual or a community.

Learning About Bullying

The Collaborative for Academic, Social, and Emotional Learning (CASEL) identified five categories of social and emotional skills:

- Self-awareness
- Self-management
- Social awareness
- Relationship Skills
- Responsible decision-making

CASEL posits that with these skills, children, teens and adults can develop the knowledge, attitudes, and skills needed to recognize and manage their emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging social situations constructively.

With these skills, people will be able to stay calm when they are angry, initiate friendships, resolve conflicts respectfully, and make safe choices. These skills and abilities will develop in safe, supportive, respectful and well-managed environments.



Ways to Stop Bullying

- Be a role model
- Be an upstander
- Reach out
- Talk about it
- Validate their feelings
- Surround yourself with people who support you

Do

- Intervene immediately
- Separate those involved
- Make sure everyone is safe
- Find out what happened
- Stay calm
- Model good behavior

Don't

- Don't try to fix it immediately, on the spot
- Don't talk to the kids in front of other kids
- Don't ignore it
- Don't think someone asking for help can sort it out on their own, especially kids
- Don't be a bully

Bullying is when someone or a group of people intentionally hurt, harm or humiliate another person. This is not kind or acceptable behavior. Stand up for yourself or someone else.

Advice From Rosa Lindsay, Humphreys United Club President, 2023-2024:

- Heal yourself
- Reflect and love yourself
- Be confident in who you are
- Understand people bully, because they have been bullied

Resources

- 8 Steps to Take If Your Child Is Being Bullied at School <https://www.understood.org/en/articles/steps-take-if-you-suspect-bullying-childs-school>
- Stomp Out Bullying <https://www.stompoutbullying.org/what-do-if-your-child-being-bullied-and-resources>
- Eyes on Bullying - This website offers information and activities on many bullying topics to help children and adults recognize and respond to bullying. <http://www.eyesonbullying.org>
- School psychologist Jim Wright has prepared a free booklet for educators, titled Preventing Classroom Bullying: What Teachers Can Do, <http://www.jim-wrightonline.com/pdfdocs/bully/bullyBooklet.pdf>
- MindOH - This website offers numerous resources on bullying, including Bullying Tips and Tools for teachers and parents, several "Thinking It Through" classroom lessons for students on bullying topics (e.g., teasing, bystander roles), tips for preventing cyberbullying, an entire lesson plan series, and parent-child activities on bullying. <http://www.mindoh.com/>

- New Jersey Department of Education Model Policy - This anti-bullying policy lists factors to consider when determining consequences and appropriate remediation strategies, and suggests a range of individual, classroom, and school-wide responses to consider. <http://www.state.nj.us/education/parents/bully.pdf>
- Stop Bullying Now - This U.S. Department of Health and Human Services website is directed toward children, with 12 bullying "webisodes," surveys to help kids understand if they're bullying others or are a victim of bullying. The website offers various other resources to help children understand what bullying is and the harm it does. <http://stopbullyingnow.hrsa.gov/index.asp?area=main>
- Substance Abuse and Mental Health Services Administration - This website offers a variety of helpful assessment tools, for example:
- Inventory of Wrongful Activities http://pathwayscourses.samhsa.gov/bully/pdfs_bully/bully_supps_pg3.pdf
- Handling of Bullying Staff Questionnaire http://pathwayscourses.samhsa.gov/bully/pdfs_bully/bully_supps_pg4.pdf
- American Association of University Women's free guide Harassment-Free Hallways: How to Stop Sexual Harassment in Schools provides background information on the problem; surveys for students to help them understand what sexual harassment is, if they've been victimized, and what they should do if they are harassed; and recommended actions for schools and parents to help prevent sexual harassment. <http://www.aauw.org/research/upload/completeguide.pdf>

Books on Bullying

- Llama Llama and the Bully Goat, by Anna Dewdney
- I Didn't Know I Was a Bully, By Melissa Richards
- Freda Stops a Bully, by Stuart J. Murphy
- Dixie and the Big Bully, by Grace Gilman and Sarah McConnell

Good for the Seoul: *A Day Date*

By Erin Henderson



Sometimes you stumble on the best places by happenstance, and that is exactly what happened recently during a day-date with my husband in Seoul. Usually I have a very specific itinerary planned out, but

on this day, I picked two places on the train into Seoul and that was it. I was just happy to spend the day with my husband, without our kids, for the first time in months. I am a huge advocate for carving out alone time with your spouse

but must confess that with two children, ages two years and under, living in Korea without our built-in family babysitters around, that has been much harder to do.

Our first stop was Sugoksa Temple (the golden temple in Seoul),

and the second was a cafe I had found during my typical rabbit hole of googling and researching, Cafe Nap Roasters. As we were pulling up to the area where Cafe Nap Roasters is located, we noticed the vicinity was full of quaint alleyways with a variety of restaurants, including a French restaurant we want to go back and try.

We cooled down with coffee in Cafe Nap Roasters. The cafe/roastery actually has its origins in Pyeongtaek, near Osan Air Base, which still serves as their headquarters. My husband ordered the canned cold brew and I saw him crack it open. I turned around to take some photos of the cafe and when I turned back





to him, the can was empty. He said it was by far, the best cold brew he has had in a long time, and that man can consume some cold brew!

In addition to having great coffee, the cafe itself in Yeonnam is a funky little space. When you enter the bright white walled shop, you will immediately notice the sloped brick floor in the center of the shop which is the cafe's focal point and draw for visitors like myself. After chatting with the barista for a bit with the aid of a lovely lady from California sitting in the cafe who served as our translator, we headed off to find something to eat for lunch.

One place in particular that had caught our eyes on the drive in was Thanks, Oat. The small, rustic designed restaurant served the

best acai bowls and sandwiches we have eaten since living in Korea. That seemed to be the theme of the day for our coffee and food. Maybe we were just really hot and hungry, but we both still agreed a week later, they were the best. My husband initially ordered one acai bowl for himself and we had each ordered the same sandwich, cranberry chicken salad stuffed with sprouts and balsamic goodness.

When the exquisite acai bowl arrived, I immediately "sampled" it. Two bites turned into four, and then five, at which point my husband stood up and ordered another. It was for the best since we made quick work of our sandwiches and the bowls. We left feeling completely satiated and the lingering memory of those

acai bowls and sandwiches is still with us. Someone please open a location near base!

If you find yourself in Seoul and looking for a great neighborhood to explore, give Cafe Nap Roasters or Thanks, Oat a visit and enjoy all the area has to offer. Your taste buds will thank you.

Cafe Nap Roasters (Yeonnam):
453-32 Mapo-gu, Seoul
9 AM-17:00 Monday-Friday
9 AM-20:00 Saturday & Sunday

Thanks, Oat (Yeonnam):
113-375 Mapo-gu, Seoul
10 AM-19:00 seven days a week

Pyeongtaek Craft Beer Society
and Osan Craft Beer Club
present

2nd ANNUAL PINTS FOR PAWS Charity 5k

November 18, 2023

5k walk begins at Naeri Park @ 0900

After party at Nōm Beer Garden begins @ 1500

Tickets to Charity 5k and exclusive after party - 40,000₩
Sold at Nōm Beer Garden and Cosmic Cat Donuts
LIMITED TICKETS AVAILABLE!



The Day of Gwangbok (광복)

By Jeongin Park (박정인)

Before

the harvest months ensued, Koreans, celebrated a meaningful day in Korean history. On August 15, Koreans celebrate National Liberation Day. In Korean, the holiday is referred to as Gwangbokjeol (광복절). Gwangbok (광복) translates to 'light has been restored' which represents the importance of the holiday. For thousands of years, Korea had cultivated its own society, culture, economy, and history as an independent nation until 1910, when Japan colonized Korea. This is considered the darkness or the dark time in history, which Korea emerged from in 1945.

Can you imagine the day of liberation on August 15, 1945? The word "liberation" might make you think that that day was very special, however, it was a very normal and quiet day, especially for Seoul (the city was called Gyeongseon at that time). According to the records left by the Soviet Union consul's wife at that time, "Seoul on August 15th was very quiet as if it were dead." You might think after the 35 years of oppression the Koreans would run down to the streets at the moment of independence and shout "Long-live an independent Korea (대한 독립 만세)!"

At noon August 15, 1945 Korean citizens heard the speech of Japanese Emperor Hirohito, announcing that Japan would surrender in the Asia-Pacific War. Hirohito states:

After pondering deeply the general trends of the world and the actual conditions obtaining to our empire today, we have decided to effect a settlement of the present situation by resorting to an extraordinary measure.

We have ordered our government to communicate to the governments of the United States, Great Britain, China, and the Soviet Union that our empire accepts the provisions of their Joint Declaration.

The declaration refers to the Potsdam Declaration, which was issued on July 26, 1945 by U.S.



President Harry Truman, British Prime Minister Winston Churchill, and President Chian Kai-shek of the Republic of China. Soviet leader Joseph Stalin was present but did not sign the declaration because the Soviet Union had not yet entered the war against Japan. The declaration called for Japan to surrender unconditionally, as well as to implement the Cairo Declaration, which stated that "Japanese sovereignty shall be limited to the islands of Honshu, Hokkaido, Kyushu, Shikoku, and such minor islands as we determine." The Potsdam Declaration did not explicitly state that Japanese forces should surrender control over Korea. The requirement that the Japanese forces leave Korea was in the Cairo Declaration so initially, some people could not catch the true meaning of the speech and did not realize that Korea had regained its independence.

On August 16, 1945, Koreans realized that the colonial days were over. At 11 am, many Koreans gathered with Taegeuk-gui (the national flag of Korea) in front of the prison used during colonial era, called Seodaemun Prison (서대문형무소), where cruel torture of independence activists had taken place.

There they waited for independence activists to

be released. At his insistence, Japan had promised independence activist Yeo Woon-Hyung that these people would be freed. When they were released, people shouted "Long-live an independent Korea!" and marched to Gwanghwamun(광화문), the main gate of Gyeongbokgung-palace, while waving Taegeuk-gui. The parade continued from Gwanghwamun to Jongno (종로) and from Jongno to Namdaemun, as more and more people took to the streets after hearing the loud shouts.

This is a very famous picture from the parade on August 16, 1945.

On August 15, 2023, Gwangbokjeol celebrated its 78th anniversary. To celebrate this day, Taegeuk-gi (태극기) are out across the country. Also, various ceremonies are held, such as a commemorative concert.

This year, celebrating 78th anniversary of Gwangbokjeol, the descendants of independence activists and the mayor of Seoul held a bell-ringing ceremony at Bosingak Pavilion in Jongno. Also, in Seodaemun Prison, where people had gathered and celebrated the independence of Korea, a ceremony called Seodaemun Independence Festival was held. The festival included a special display, a quiz show, a magic show, an independence army combat experience, and more.

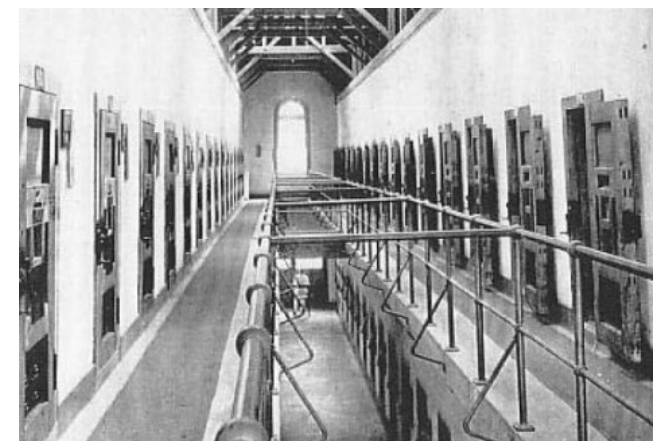
Here is part of the song of Gwangbokjeol (광복절):

흙 다시 만져보자 바닷물도 춤을 춘다
기어이 보시려던 어른님 뱃님 어찌하리

이날이 사십 년 뜨거운 피 영긴 자취니
길이 길이 지키세 길이 길이 지키세
꿈엔들 잊을 건가 지난 일을 잊을 건가
다 같이 복을 심어 잘 가꿔 길러 하늘 닿게

세계의 보람될 거룩한 빛 예서 나리니
힘써 힘써 나가세 힘써 힘써 나가세

Let's touch the soil again, the sea is dancing
What should we do with our friends who were
hoping to watch this moment
This day is 40 years of hot blood
Keep up, Keep up
Will you forget in your dreams, Will you forget the past
Let's plant blessings together and raise them well so that they can
reach the sky
The holy light of the world will shine from here
Keep up the good work, Keep up the good work



Seodaemun Prison

About the Author

Jeongin Park is majoring in Korean History and Business at Seoul National University. Park is currently working as an English tour guide at Gyeongbokgung Palace and as a team member of Education in YEC-CO since 2021.

A Window Into Fall: A Conversation with Airman Jesus Alfonso

By Erin Henderson and Caitlin Ward



United States Air Force Master Sergeant Jesus Alfonso sat down with United on the RoK to talk about the Autumn season and share his recommendations for other service members in Korea. His top recommendations are to try the food, travel, and get involved in your local community.

"Korean food is fantastic," Alfonso said. "In Korea, you get to experience the seasons. Travel is also easy from Korea. If you are here with your kids, travel early on. Get involved with the local community, there is so much stuff to do all throughout the year."

Alfonso is a fan of the Miami Dolphins which as of October 20, 2023, ranked 1st in the American Football Conference Eastern Division. For fans, there is nothing like watching a football game live. If you don't have a connection at home or you would like to cheer on your team with other fans, check out the game schedule at the diners on your installations.

When you eat out, you get to try new dishes (or enjoy familiar ones), meet up with friends or meet new people, and enjoy your hobbies.

Speaking of hobbies, Alfonso is a Coach at CrossFit Osan.

"People should definitely come out and attend our classes," said Alfonso.

CrossFit Coach Nicole Spitzack promotes CrossFit as "more than."

"Together we have cultivated a space of authenticity, humility, mutual respect, shared triumph, camaraderie with a fierce sense of



loyalty, and belonging.

"More than a gym. More than a workout. We are more than just another place to burn some calories and build some muscle. We know your name and your story. We know your strength and your struggles. Our Coaches are committed to celebrating, educating and equipping you.

"Our Athletes are a group of individuals who demand more from life and more from one another. Moving weight here is therapy for mind, body and spirit. We are a community that goes beyond these four walls and out into the world with you."

You can connect with Osan CrossFit on Twitter (@CROSSFITOSANAB) or join a class at Osan AB Building 1238

- MW 0530/0900/1730
- TTh 0530/0900
- Saturdays 0730 Team/0900 Community
- Weightlifting Tues 1015/Thurs 1730
- Endurance MW 1015

Happy Fall ya'll!





PLACES TO FALL IN LOVE WITH AUTUMN IN KOREA

By Jetta Allen

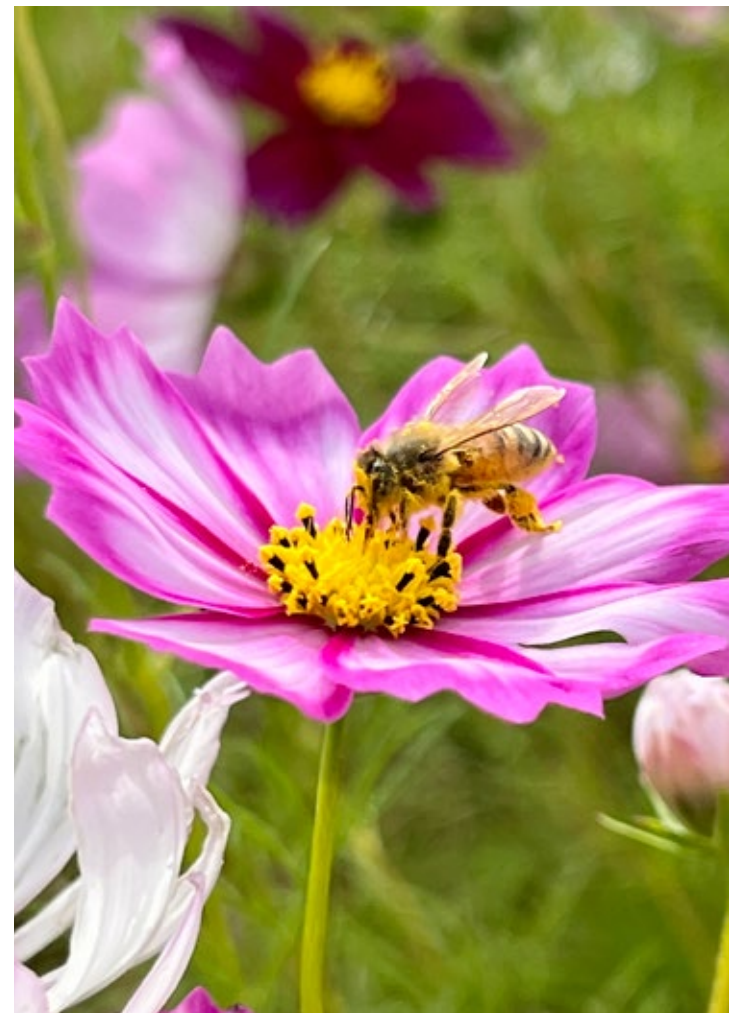
Fall is one of my favorite seasons in South Korea. Growing up in Texas, the season was not remarkable; the harsh sun or drought fires had already burnt the leaves on trees to a crisp by autumn. I had no idea what to expect for our first fall season in Korean fall, but I quickly saw and understood the craze for fall. The cool air rejuvenated my spirit as the heat of summer faded into the distance. Suddenly, all the outdoor adventures we had postponed because of the sweltering heat could recommence. We could hike, bike and spend the entire day outside together. Fall also brought about a spectacular display of fall-colored leaves, fall flowers blooming, breathtaking views of fog blanketing mountains in the distance, and evening fireside get-togethers. The reds, oranges, yellows, and even pink colors of fall opened my eyes to the beauty of the season. Here I share some must-see spots in South Korea where you can enjoy the season.

Nae-Ri Cultural Park

Pyeongtaek's Nae-Ri Cultural Park is a great place to visit in October. Located close to USAG Humphreys Yoon Gate, the park includes walking trails that loop around cosmo flowers and pink muhly grass. People come out in droves to take family portraits and get Instagram-worthy shots in the pink grass. The cosmos are delicate and unique, each one shaded just a bit differently. The trail can be enjoyed by foot or bike. There is a large playground for kids to enjoy near the pink muhly grass. There is also a large field where events are sometimes hosted and can also be a great spot for a picnic. There are also many coffee shops along the river.

Andong Hahoe Village

At Andong Hahoe Village, you can step back in time. This cultural park is a tourist





attraction, cultural property, and working village; residents of the village live here in the same way Koreans did centuries ago. Families farm the land and care for their ancestral homeland. Here you can see beautiful fall colors surrounding the Nakdonggang River and Mountain Hwa, persimmon trees, and buildings from the Joseon Dynasty. Andong Hahoe Village is also home to a 600-year-old great zelkova tree called Samsindang. According to legend, a goddess of birth and fertility called Samsin resides in the tree. Many visit the tree to pray for a bountiful harvest and well-being. The famous tree is adorned with prayers written on white linen pieces, and the tree leaves change colors in the fall.

Geongju

Gyeongju in October and November is another place you can fall in love with autumn in South Korea. The city is over a thousand years old and was the capital of the Silla kingdom from 57 BC to 935



A.D. and there are many cultural sites in Gyeongju. Gyeongju National Park is a great place to visit with jaw-dropping views and is home to Bulguksa Temple, which is a great place to enjoy the season. In addition to the beautiful temple, you can also visit Seokguram Grotto, a buddhist hermitage with stunning art carved into the grotto walls and ceilings. The rivers and streams throughout the temple grounds create subtle tones of relaxation and calmness while the changing leaves create a natural mural. The mountainside temple offers many lookout areas. The temple has many gardens and ponds where you can meditate, breathe in the clean air and observe the surrounding fall colors. There also is a National Museum on the property.

Other sites to see in Gyeongju are Cheomseongdae Observatory and Daereungwon Tomb Complex. Cheomseongdae is an observatory for looking at the stars and is said to be the oldest surviving astronomical observatory in Asia. The Daereungwon Tomb Complex holds five ancient tombs that have been excavated, some of which you can go in and see some of the artifacts discovered in the tombs. Both of these sites are located in the same park complex.

Itaewon Global Village Festival

(called 1330 Korea Travel Hotline to ask if this was happening or canceled due to Itaewon tragedy 1 year anniversary. They said unsure, announcements would be coming in September)

The colors of fall are not just for trees and plants. Last October we celebrated global cultural diversity at Itaewon Global Village Festival in Seoul, an annual cultural festival held in Itaewon. The streets of Itaewon are closed, stages are brought for performers, food trucks and vendors are invited, and there are parades. Performers come from all over the world to represent their cultures through traditional songs, with traditional instruments, authentic attire, and dances unique to their countries.





My favorite performance was a Mongolian throat singer. This art form is rare and is included on UNESCO'S Representative List of the Intangible Cultural Heritage of Humanity. The dancers from Tanzania with shakers, acoustic guitars and bright grass skirts were also impressive. Gyeongbok-gung Palace' Chwite-dae performers were a highlight of the parade. The performers dress in bright yellow traditional clothing and all play traditional musical instruments. Behind them, the palace guards followed with colorful flags. The food trucks and food vendors also gave the event splashes of color with bright food, fresh flavors, and even some fun drinks. If you go this year, consider parking on Yongsan by the fuel station and walking over. Don't forget to wear comfy shoes, bring won for food and drinks, and come hungry for good food and fabulous music!

Legoland

Fall is also for fun. If you are looking for a festive Halloween fall experience, go to Legoland in October! Our family and



friends went to Legoland on a Teacher Work Day (student holiday) to make the best of a weekday with a smaller crowd. The colors of fall are vibrant in the northern part of South Korea making for a beautiful drive. At Legoland, you may feel like a kid again with all the Jack-o-lanterns and Halloween-themed experiences. There are holiday legos to collect and trade with staff and many fall photo opportunities. Our kids had a blast and weren't exhausted from the heat. We plan to go back this year for more Lego-themed escapades.

From historical and cultural places to festivals and amusement parks, South Korea has so much to offer this season. Memories last a lifetime, so get out there and start making them. If you want more ideas, check out travel groups for South Korea and do something that sparks your adventurous spirit.



Angel House Orphanage: Creating a Brighter Future

By Jung Won Jang



Angel House is an orphanage for physically or/and mentally disabled people. It is located in Goyang City, South Korea. The founder Jang Soon-ok is called mum by all residents.

Jang Soon-Ok has a painful spine disability and was abandoned by her widowed mother as a child. After growing up in the National Children's Protection Center, she moved to Seoul and struggled to make a life for herself from the age of 17. After years of hardships, she eventually met a kind pastor who shared her dream to help disabled orphans. Their relation-

ship blossomed and eventually, the pastor proposed. She was overjoyed by their engagement, especially because few men have the courage to look past a woman's disability and ask for her hand in marriage.

Following their marriage, Jang took an even firmer stance helping disabled individuals.

Around this time, Jang also had the incredible fortune of reuniting with her mother. Even though her mother had abandoned her as a small child, Jang did not hold any resentment or other negative feelings toward her mother.

Life was merry until she was hit with another harsh



reality: her daughter was born with a developmental disability. Jang fell into a deep depression due to her past traumas and self-blame but she did not give up on her dreams. Jang loved her daughter unconditionally and wanted to provide what she had not had during her childhood. Jang was inspired to make a change and dedicate her life to building a sanctuary for disabled orphans.

Established in 1993, Angel House had a rough start. Jang and her husband worked physically strenuous jobs to build the home, provide meals, and pay for medical expenses. They were later evicted as the house was deemed to be in an agricultural zone. The couple relocated and created a new Angel House. Local news outlets such as The Korea Herald helped raise awareness of Angel House Orphanage and build support from volunteers. Angel House has increased its capacity over the years and currently accommodates approximately 50 residents.

Many children born with disabilities are sent to orphanages but unlike other countries, South Korea has one of the lowest domestic adoption rates in the world. Since the 1950s, South Koreans have adopted only 4% of their orphaned children.





How You Can Get Involved

Volunteers can connect with Angel House Orphanage through the Facebook group [facebook.com/groups/kikihero](https://www.facebook.com/groups/kikihero) and on Instagram @angel-house_korea. Interested volunteers can visit the event page we create every month to join an event or inquire about regular volunteering.

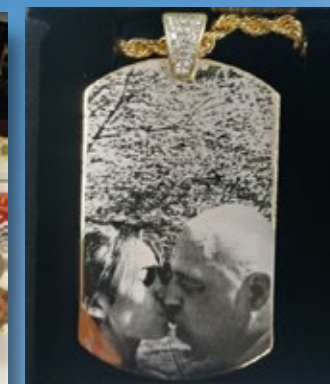
Volunteers help with regular household chores like cooking, laundry, cleaning the floor and bathrooms, clipping nails and toenails, and other personal or household maintenance.

Engraving Shop

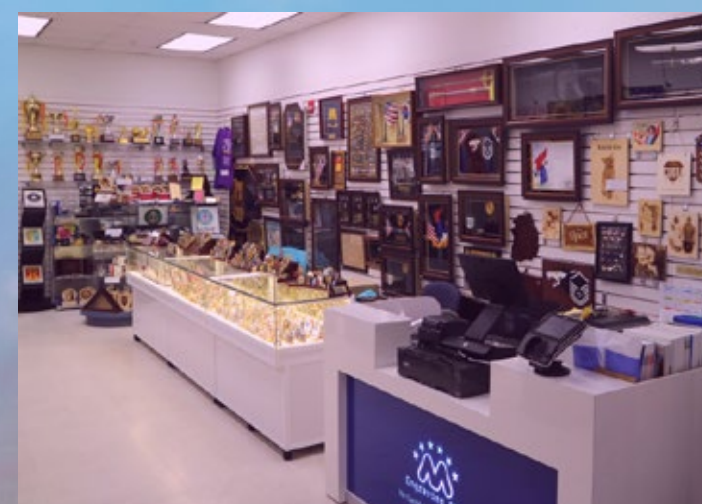
at Osan Air Base

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What Is Missing in Your Community and How Can It Be Addressed?

By Caitlin Ward

We asked eight people what they feel is missing in their USFK community and how they think it can be created. The responses highlight ways we can make our communities more inclusive. The key is providing more information and resources to help people build a sense of belonging and connectedness.

Sarah Anne Hoyt

What springs immediately to mind is support for continuing education. If I had not already had a plan in place to get my master's degree finished, I I would not have started my degree in Korea. It was a little isolating to do everything on the computer in my apartment. It would be awesome if I had known where the education center was and if they offered a space for continuing education students to collaborate. One of the projects I worked on for school could have been a group project, but I didn't know anyone who was also pursuing a degree remotely from Korea at the same U.S.-based university. I had to do it on my own. It would have been great to meet up with other continuing education students for coffee to talk about college, ideas for projects, strategies, and more. A meetup group would have been amazing! Finding a cohort of people in the same boat, who can share my struggles? Yes!

NaTasha Pulver

Due to the high turnover in Korea, it feels like the community lacks awareness of the many available local resources. I think this is because people hit the ground

in a rush, the service member or civilian immediately starts working at a higher tempo than many expect and before they know it, they are out-processing again. Both Osan Air Force Base and USAG Humphreys have a plethora of resources to help people adjust and find community. The heavy use of Facebook for advertising is a disservice to those who are not using the social media platform.

It would be interesting to see the military organizations and non-DoD entities branch out to various types of social media such as Instagram, Snapchat and TikTok, and well-supported centralized Mobile applications with a focus on user experience. There should also be more collaboration between organizations to spread the word about events to help get people plugged into existing communities and resources.

More orientation or meet and greet style events that target newcomers should be held in the downtown area of Humphreys or the main strip of Osan between Housing and the BX as they are high traffic areas. Also since Osan and Humphreys are so geographically close it would be great to see an increase in partnership between mirroring organizations, both official and unofficial, on both installations or out in the community.

Joanna Denny

I think the community is lacking an effective, coordinated way of being informed about what is going on in the Garrison and surrounding area. Everything seems to be piecemeal as far as finding out about what organizations are offered and what FMWR programs are going on. Not everyone has social media

and while that can be a useful tool, more needs to be done to disseminate information. For example, there was an outdoor family movie night in the Humphreys' downtown area. No one knew about it and even though it would have been a free and fun family event, there were, maybe, ten attendees. That shows very poor marketing. When it was shared by someone on a Humphreys Facebook Support page, all the responses indicated surprise, because no one was aware.

A suggestion is to improve garrison publicity or marketing to let the community know what is going on, not only by social media but by utilizing email marketing, flyers, banners and more. Also, having quarterly information events in the downtown area where all on- and off-post resources are represented, PleF, Art Camp, BOSS, CYS, MWR, USO, ACS, etc. would benefit the community. Humphreys has a high turnover here and people need to be informed throughout the year of what is available.

Since I originally wrote this, I have noticed that FMWR launched a weekly email distribution called Humphreys Happenings, which shares all of their upcoming events. I still think they have a ways to go with sharing information to the community outside of that (like a quarterly information event) but at least the email is a step in the right direction.

Anonymous

I think we are missing real person-to-person interactions with people and communities off-post. It does not have to be with local Koreans exclusively. There are many American expats and other expats throughout the country, and all sorts of different communities centered around all sorts of interests. There are so many places, services, experiences, and more that are just waiting to be discovered and shared with others.

It has been great to see Facebook groups related to food and travel. These are great resources for the military community members as they are written by and for the community. But there are tons of other Facebook groups and clubs run by local expats as well.

I think more programs that create dialogue and understanding between the military community and other

off-post communities is key to promoting more interaction. That can be challenging as many expat communities are in Seoul, but, all roads lead to Seoul in Korea. We just need to make the time and put in the effort.

A great way to help create opportunities to get out and connect is to have shuttles and buses that take people to Seoul, and programs that put our community in touch with other communities - not just sightseeing tours or 'turn and burn' trips that are there and back. It takes time to get to know people and the communities in other areas.

Amy Millican

I believe unity, between the Koreans and the Americans, is missing in our community. One of the major reasons for this is the Covid-19 Pandemic. Prior to 2020, having lived in South Korea since the end of 2014, I experienced the shift from Yongsan Garrison to Camp Humphreys. As the Post grew, the relationship with the local community began to develop. Integrating into a new community is a slow process, no matter if it is an individual or thousands of new individuals. Unfortunately, the pandemic brought this growth to a halt. Between lockdowns, social distancing, closures, and the stark drop in PCSs, the developing relationship ground to a halt.

With any newly emerging relationship, a three-year gap is hard to recover from. But, I think it can be done. In addition to such publications as United on the RoK, I hope to see immensely more goodwill building. Re-energizing friendship programs, language exchanges, and sporting events between the Koreans and Americans could go a long way to create unity. For those living off post, I think classes in the local laws and customs, more than what is provided by local realtors, should be implemented immediately. These classes should be for all family members, including children, not just the Sponsor.

We, as Americans, are guests in the Republic of Korea. As such, we need to uphold our end of the bargain. To be good guests, we must help to create unity. We can do it, but only together.

Katchi Kapshida! 같이 갑시다!

Mildred Powell

Creating a sense of community for overseas families is not easy, we encounter multiple struggles. We sometimes struggle to adapt to a new environment without the support of our family care system. It is the sense of belonging that takes time and effort. Outside help can be hard to ask for, but it can make a huge difference. Being overseas in a foreign country with a language and cultural barrier, can make it hard to adapt. Having small children can also complicate finding a job as it can require managing different schedules and activities.

Access to family support services, such as counseling, financial assistance, and childcare can help create a sense of community and provide support for overseas community members. These services can help families navigate the challenges of separation and cultural adjustment, and provide a safety net for those who may be struggling.

The principle of seeing and acting is important. If you notice someone overwhelmed and in a dark place, always offer a kind hand. Remind them we are in this together. Through that small gesture, you will be helping someone adapt by providing support and advice, making their stay pleasant with a nice encounter.

Another way to build a community is to create and share online forums or social media groups that focus on helping inform overseas families. These forums can be used to share local events, provide support, share advice and connect families that are going through the same or similar challenges.

It is important to encourage families to get involved in local community activities. Often activities have been offered but if they are not well advertised, there may appear to be a lack of interest.

Creating a sense of community overseas is essential for everyone's well being and happiness. We have all heard the saying, "It takes a Village". In this community it does, so we all have to play our part.

Angel Irvin

I think the biggest thing that is missing or lacking in our community is jobs. We have few opportunities

here and some of the opportunities we had have been taken away. For spouses of anyone stationed here, it would be great for there to be a community work space to make and sell items. This would be helpful for the people who reside off-post and are no longer eligible for the Home-Based Business program.

We also need more activities for school-aged kids. At USAG Humphreys, we have a Teen center but many people do not know about it and it might be more convenient if the teen center was located closer to the towers and schools. We also need more advertisements for what activities and events are provided. Postings at the Shoppette about activities with FMWR and the teen center would draw more interest.

A very concerning issue is what is done here for victims of domestic abuse. We need a monthly or bi-monthly class that all command and leadership attends on how to address this topic through the Family Advocacy Program. All leaders should know how to address the issue here in Korea.

Brandon Bledsoe

I think what we need is distance. Building so many towers and having everyone live together in close quarters is a mistake. America is a melting pot and our states are culturally far apart. Then, you come to a base and put so many different people in an apartment building, not separated by rank, creates discomfort. Imagine you have a leader who lives above you having a party, you are not going to confront them. There is also the discomfort of explaining to young soldiers that they cannot have alcoholic drinks on the playground. Increasing on-base housing is a practical economic initiative but creates a social problem. A small improvement would be to let people choose whether they want to live on-post or off-post.

Imagine having an uncomfortable relationship with the people who live above you, below you, and down the hall. On top of that, you do not live in the "classy" building, there is mold in your apartment, and your Housing Mayor lives in a different building.

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

Beasts of a Little Land: A Novel, Juhea Kim

An epic story of love, war, and redemption set against the backdrop of the Korean independence movement, following the intertwined fates of a young girl sold to a courtesan school and the penniless son of a hunter.

Escape from Camp 14: One Man's Remarkable Odyssey from North Korea to Freedom in the West, Blaine Harden

This is the story of Shin Dong-hyuk, a boy born and raised inside North Korean prison, Camp 14, and his escape.

History of Korea For Kids: A History Series - Children Explore Histories Of The World Edition, Baby Professor

A book for children that provides an introduction to South Korea.

In the Absence of Sun, Helie Lee

A breathtaking true story of a rescue mission undertaken by a young woman and her family in one of the most repressive countries in the world.

Kimchi, Kimchi Every Day, Erica Kim

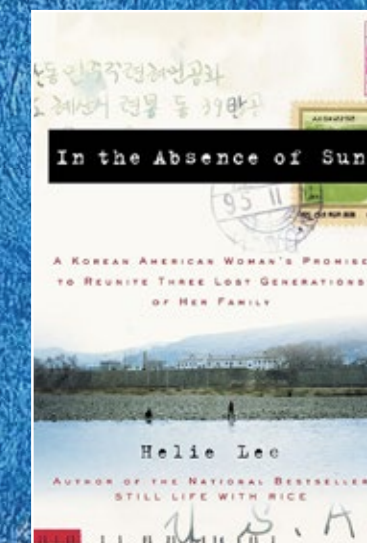
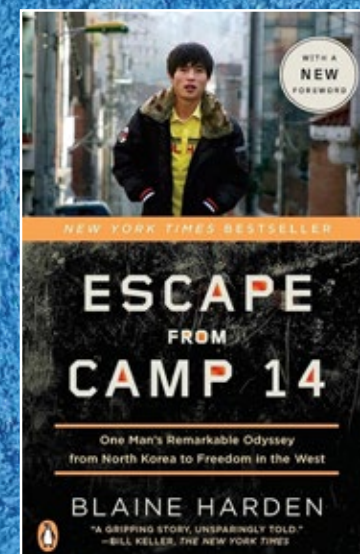
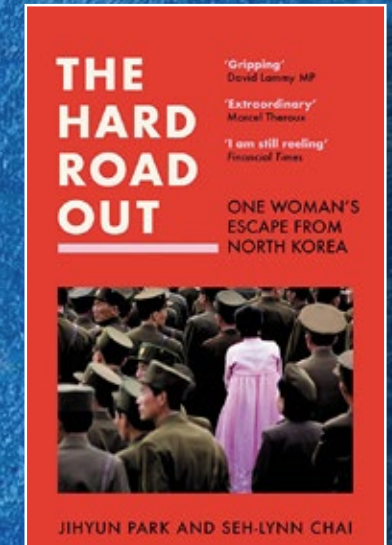
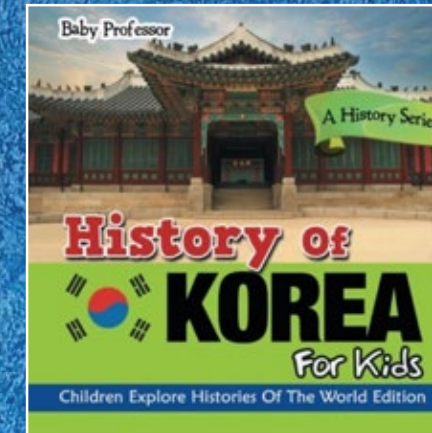
Explore the different ways to eat kimchi in this fun, rhyming tale that also teaches the days of the week.

The Hard Road Out: One Woman's Escape from North Korea, Jihyun Park and Seh-Lynn Chair

The harrowing story of a woman who escaped famine and terror in North Korea, twice.

BEYOND THE STORY: 10-Year Record of BTS, Kang Myeong-seok

A 2023 biography about the South Korean pop group BTS. Published on July 9, 2023, the book provides a timeline of major milestones from the debut of BTS, to the present, with personal, behind-the-scenes stories shared by the BTS members.



Looking for books to read for some new ideas or refreshers on familiar concepts? Check out these recommendations!

The Stuff: Unlock Your Power to Overcome Challenges, Soar, and Succeed, Dr. Sampson Davis and Sharlee Jeter

Everyone also has the Stuff to overcome hardships, to survive and thrive. Learn how to better access and hone the eleven core elements of the Stuff and be inspired by real-world stories of triumph.

Set Boundaries, Find Peace: A Guide to Reclaiming Yourself, Nedra Glover Tawwab

Boundaries are healthy for yourself and healthy for your relationships. Learn the simple and powerful ways to establish healthy boundaries in order to identify and express your needs clearly and without apology.

The Friendship Crisis: Finding, Making, and Keeping Friends When You're Not a Kid Anymore, Marla Paul

Finding close friends as an adult isn't easy. This book explores the keys to forming emotionally supportive and sustaining connections at every stage in life, through major life changes.

The Art of Gathering, Priya Parker

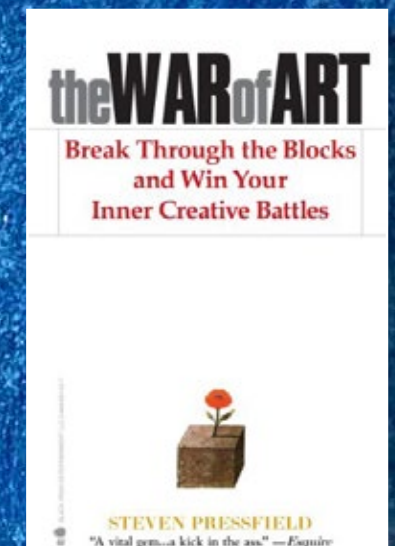
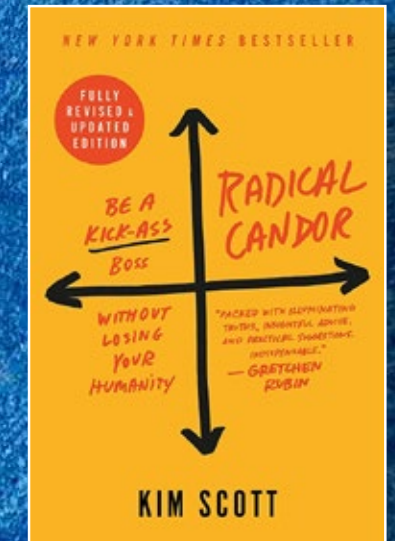
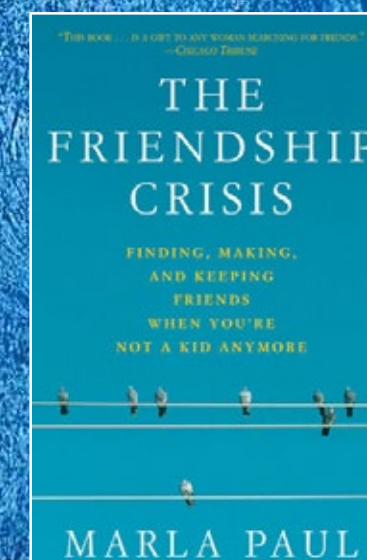
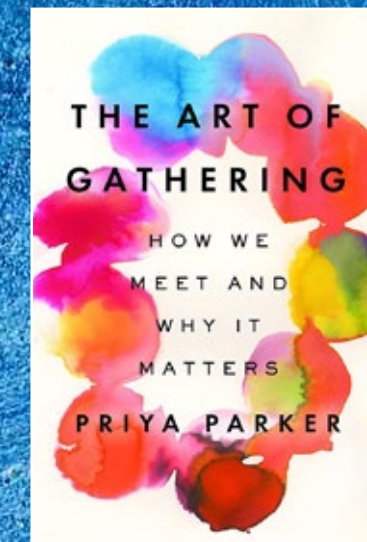
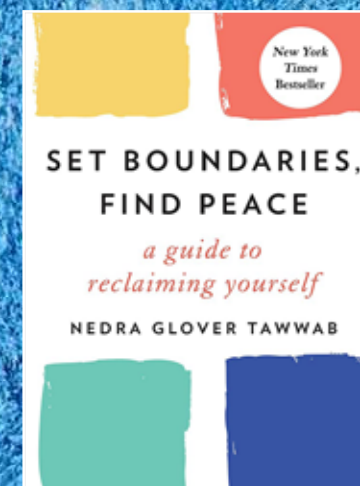
The gatherings in our lives are lackluster and unproductive — and they don't have to be. Parker presents a human-centered approach to gathering that will help you create meaningful, memorable experiences, large and small, for work and for play.

Radical Candor, Kim Scott

This business leadership book focuses on caring personally and challenging directly, soliciting criticism to improve your leadership, and providing guidance that helps others grow.

The War of Art, Steven Pressfield

This guide provides inspiration for you to express your creativity and fight your greatest enemy, resistance.



Empowering Military Spouses: How the Certified Nonprofit Professional Fuels a Fulfilling Career Journey

By Barb Perez, CNP

Military spouses face unique challenges in maintaining a stable and fulfilling professional life due to the frequent relocations and uncertainties that come with supporting our loved ones in the military. In the face of these barriers, I found a rewarding career in the nonprofit sector that helped support my family and aligned with my values. Earning the Certified Nonprofit Professional (CNP) credential was important to making it all happen for me. This credential not only equipped me with valuable skills and knowledge but also provided the confidence and opportunities to have a thriving career in the nonprofit sector. In this article, I will share how the CNP empowers military spouses, fueling a fulfilling and impactful career journey.

You can make a difference with a nonprofit career

The nonprofit sector provides a unique platform to make a difference and contribute to causes that align with our values. Whether you want to assist with military reentry efforts or find homes for abandoned pets, there's room in the sector for you to pursue the issue closest to your heart. In fact, there are 1.5 million nonprofit organizations in the U.S. and even more when you consider international organizations!

The CNP empowers military spouses to drive positive change by equipping us with the skills and knowledge needed to effectively address social challenges. With this credential, we can contribute meaningfully



to nonprofit organizations, regardless of our location or the duration of our stay. Military spouses leave organizations better than they found them and the skills to do that are built within the CNP.

Showcase your skills and advance your knowledge

As a military spouse moving frequently, which

often feels like all the time, relocations and disruptions often lead to gaps in employment and a loss of professional momentum. The CNP serves as a bridge, demonstrating our commitment to the nonprofit sector and validating our skills and expertise. This credential establishes a solid foundation, allowing us to navigate career disruptions with resilience while maintaining a sense of professional continuity.

I earned the CNP on the Professional Track (<https://nla1.org/cnp-professionals/>). This virtual six-month program allowed me to learn when my schedule allowed it. With this credential, I am prepared to contribute meaningfully to nonprofit organizations. The CNP offers a comprehensive understanding of nonprofit management, strategic planning, fundraising, as well as other essential skills needed in the evolving sector. The CNP also promotes continuous learning, ensuring we stay abreast of industry trends and best practices. By continually expanding our professional competence, we become valuable assets to nonprofit organizations, regardless of the challenges posed by frequent moves.

Join a community of service-minded professionals

The CNP connects us with a community of nearly 12,000 like-minded professionals in the US and around the world who share our passion for making a positive impact. This network provides invaluable opportunities for collaboration, learning, and professional growth while enabling us to stay updated on the latest trends and best practices in the industry. The relationships you develop with fellow professionals are immeasurable. By opening doors to a vast network of colleagues in the nonprofit sector, the CNP provides an invaluable resource that offers opportunities for mentorship, collaboration, and support. Connecting with people who share our passion for making a positive impact on society becomes instrumental in navigating the challenges of military life. The support and guidance from this network inspire personal and professional growth, helping us forge a path towards success.

Keep learning and growing



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lawyerpark@hotmail.com / Kaokao Talk ID: attorneypark

The CNP should not be thought of as a one-time achievement but as a catalyst for continuous professional growth. By obtaining this credential, military spouses gain a solid foundation of knowledge and skills that can propel them toward further educational pursuits and professional development opportunities. Armed with the credential, military spouses are well-equipped to pursue advanced degrees and earn promotions, allowing us to deepen our expertise and broaden our career opportunities within the nonprofit sector. The CNP serves as a testament to our commitment to excellence and dedication to our professional growth. It provides the confidence and credibility needed to take on leadership roles within nonprofit organizations. With the recognition and validation that the CNP brings, military spouses can assume positions of greater responsibility, such as executive directors, program managers, or board members. These leadership roles allow us to make a more significant impact on the organizations we serve and the communities we support.

In addition to pursuing higher education and assuming leadership roles, the CNP also encourages military spouses to engage in ongoing professional development programs. These programs offer opportunities for networking, learning, and skill enhancement enabling them to stay updated on the latest trends, best practices, and innovations in the nonprofit sector. By participating in workshops, conferences, and seminars, military spouses can continuously expand their knowledge base, hone their skills, and stay relevant in an ever-evolving professional landscape. The Nonprofit Leadership Alliance offers Elevate in February every year. This virtual three-day conference is where leaders within the nonprofit sector can network and learn critical skills necessary for their professional development.

I invite you to the CNP community!

As military spouses, we face unique challenges in obtaining and maintaining a fulfilling professional journey. The CNP is a powerful tool that fuels our empowerment and success. It enables us to overcome career disruptions, enhance our professional competence,



build a supportive network, make a meaningful impact and embrace continuous growth. The CNP shapes our careers, provides a sense of purpose, and allows us to serve others wholeheartedly. With the resilience and determination we possess as military spouses, combined with CNP, we unlock our full potential and create a meaningful and fulfilling career journey.

About the Author:

Barbara Perez is a seasoned nonprofit professional and dedicated community servant. Holding dual bachelor's degrees from Upper Iowa University and master's degrees from Liberty University, she is currently leading the Thousand Islands Area Habitat for Humanity as the Executive Director/CEO.

Barbara's career encompasses various roles, such as Development and Engagement Officer at Tuesday's Children and multiple key roles within the Boy Scouts of America. Her experience also includes event coordination for the Army Strong Bonds program as well as training coordination at PRIDE Industries.

In addition to her professional accomplishments, Barbara holds an Advanced Certified Nonprofit Professional (CNP) credential, underscoring her dedication to elevating nonprofit standards and enriching community service. With each undertaking, Barbara deploys strategic leadership and a fervor for creating significant, positive change within her community.

Interested in a nonprofit career that aligns with your values?

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Want to talk to someone about the program? Set up a time with our program manager: <https://calendly.com/ariel-kaylor>

RESOURCE INFO

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

Osan Emergency Room (ER)

A Mental Health provider is always on call to assess mental health emergencies.
DSN 784-2500, or present to the Emergency Room

Domestic Abuse Victim Advocate (DAVA)

This is a 24/7 resource for those in need of Family Advocacy support.
DSN: 784-5010 (business hours) or COMM: 010-9300-8753 (24/7)

Sexual Assault Response Program (SAPR)

This is a 24/7 resource for those in need of Sexual Assault Response support.
SAPR Hotline: 031-661-7272; DSN 784-7272
Osan DSN (during duty hours): 784-2832
24/7 SHARP Hotline: DSN 158 or 763-5700
Daegu Local Cell: 0503-363-5700
From the States: 011-82-53-470-5700
DoD Safe Helpline: +1 (877) 995-5247
Safe Helpline Website: <https://safehelpline.org>

Non-Emergency Resources

Military and Family Life Counselors (MFLC)
Licensed professionals who can provide problem-focused counseling to service members and their families outside of the medical appointment system. No medical record documentation.
Camp Walker: 010-6445-9001
Camp Carroll: 010-5960-3287
2-1 ADA: 010-5960-3287

Military & Family Readiness Center

Osan AB: 784-5440 or <https://www.facebook.com/OsanMFRC>

Osan Chaplains

Chaplains provide 100% confidentiality.
DSN 784-5000 during duty hours, contact via command post after hours
DSN 784-7000

Osan Mental Health Clinic

Active Duty Outpatient Behavioral Health Services: DSN 784-2148
Behavioral Health Walker: 0503-337-4784 (DSN: 737-4784)
Behavioral Health Carroll: 0503-337-4236 (DSN: 737-4236)

Off Base Counseling Resources near Osan AB and USAG Humphreys (TriCare approved)

- Adaptable Human Solutions 02-749-7915
- Mind Care Institute of Korea 010-8263-8277
- Seoul Counseling Center 031-692-5556
- You & Me Psychological and Consultation Services 02-6929-3014

Military OneSource: 1-800-342-9647

Families OverComing Under Stress (FOCUS)

Resilience enhancing services for service members and their families.
Offers telehealth appointments ('TeleFOCUS')
www.focusproject.org or call +1-703-784-0189 or email at TeleFOCUS@focusproject.org

Spouse Resilience Toolkit:

<https://www.afpc.af.mil/Airman-and-Family/Spouse-Resilience/9> online, skills-based and self-paced modules to build healthy family bonds and overcome the unique challenges of military life.

Holidays - 4 Month Outlook

Korean Holidays

15 August – Liberation Day
*28 September-October 1 – Chuseok

* The celebration takes place on the 15th day of the 8th lunar month. Date is adjusted every year according to the lunar calendar.

US Holidays

9 October - Indigenous Peoples' Day, Columbus Day
10 November - Veterans Day
23 November - Thanksgiving
25 December - Christmas

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



Apple orchard in Pyeongtaek.
Photo by Erin Henderson

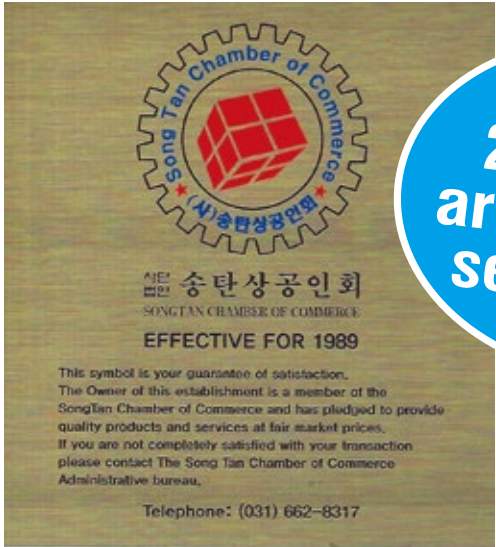
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