

JANUARY 2024

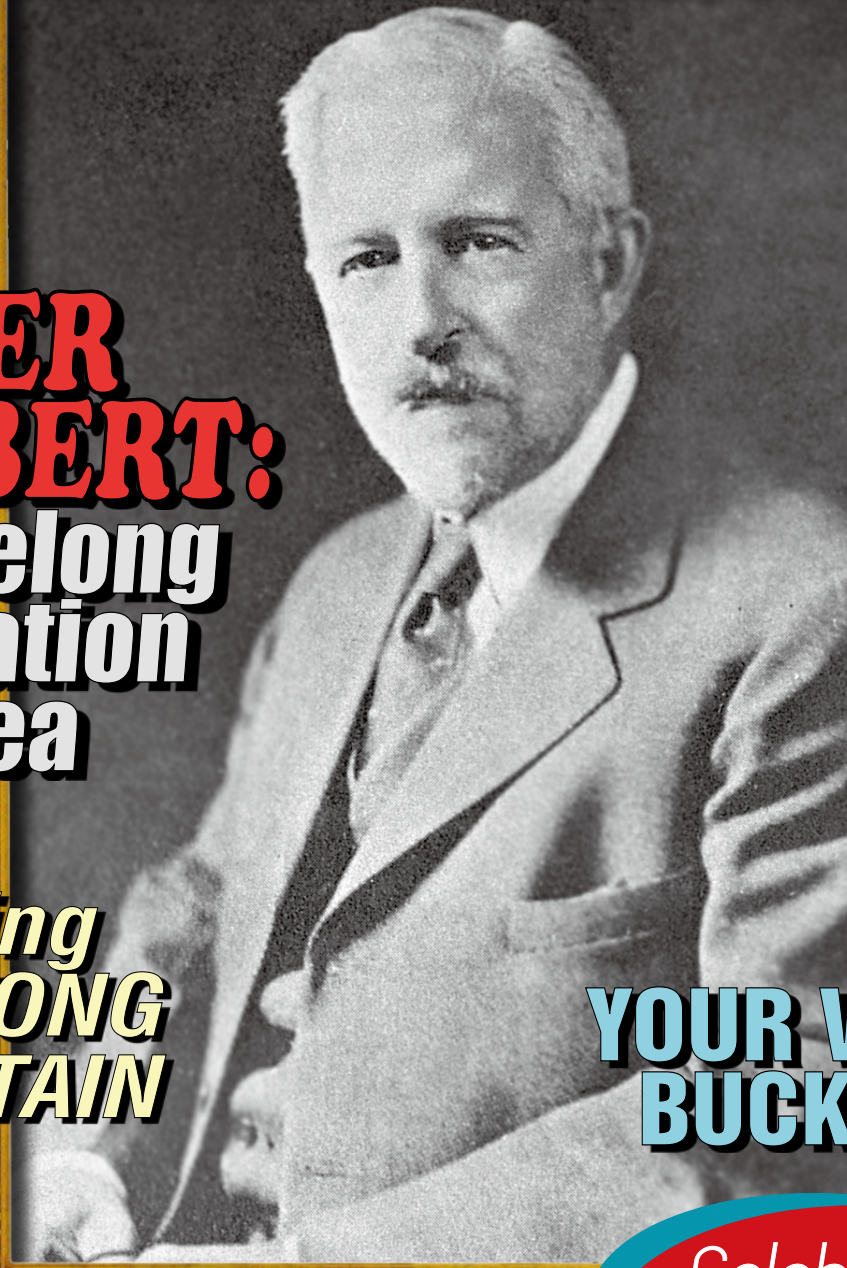
UNITED ON THE ROK

**HOMER
HULBERT:**
His Lifelong
Dedication
to Korea

*Exploring
GYERYONG
MOUNTAIN*

**YOUR WINTER
BUCKET LIST**

*Celebrating
SEOLLAL*





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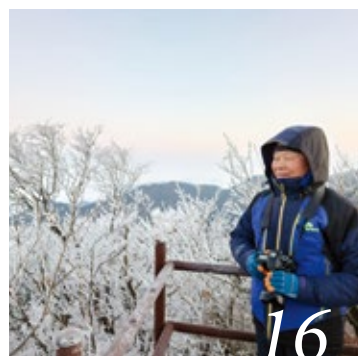
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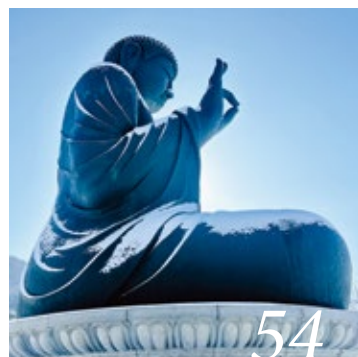
Homer B. Hulbert: A Lifetime of Dedication to Korea's Modernization and Independence

Homer Hulbert, born in Vermont in 1863, dedicated 63 years of his life to Korea, leaving a lasting impact during its struggle for independence, until his death in 1949.

Cover: Photo courtesy of The Hulbert Memorial Society



Exploring Gyeong Mountain, One of Korea's Grand Peaks



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HYYGIA

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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Seollal (Lunar New Year; January 1 of the lunar calendar) is one of the most celebrated national holidays in Korea. Seollal is an opportunity for the entire family to engage in fun activities together. The most common activity is yunnori. See pages 62-70 for more about Seollal traditions.

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LIVE MUSIC&ART CALENDAR



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JAN27-28
10CM Winter Concert '9+1'
KSPO Dome
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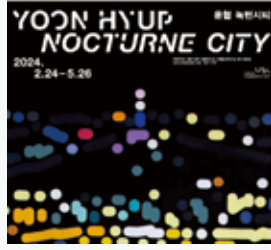
FEB02-04
ECM: Thomas Strönen "Time Is A Blind Guide"
Sejong/Suwon/Seoul
globalinterpark.com



FEB14
Warsaw Philharmonic Orchestra
Seoul Arts Center, Concert Hall
sac.or.kr/site/eng



FEB24
Ghibli & Hisaishi Joe : The Orchestra
Lotte Concert Hall
lotteconcerthall.com/eng



FEB24-MAY26
Yoon Hyup: Nocturne City
Lotte Museum
globalinterpark.com



MAR09
2024 SLASH Live in Seoul
YES24 Live Hall
globalinterpark.com



MAR15-17
Disney Princess: The Concert
Kyung-Hee University Grand Peace Palace
globalinterpark.com



MAR16
The Complete Performance Of PANSORI
KB Haneul Youth Theater, The National Theater of Korea
globalinterpark.com



MAR24
Ryuichi Sakamoto Tribute Concert
Lotte Concert Hall
lotteconcerthall.com/eng



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Lacy Richardson
"Spend quality time with Family."



Rosalinda Lindsay
"Continue the HUC Legacy."



Yunie Hodge
"To be healthy."

COMMUNITY CHAT



Now, it's 2024.
What is your New Year's Resolution?

Humphreys United Club members share theirs.

"Produce more generations!"

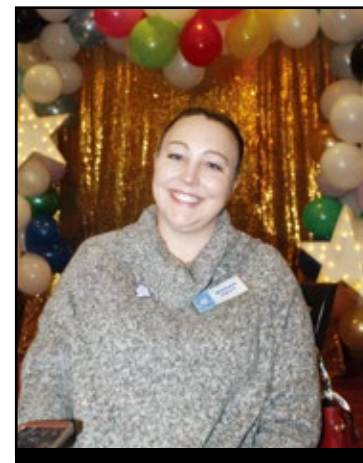
Destiny Parker



Chastity Canady
"Safe Delivery of my Baby Boy."



Amy Dales
"Speak my mind more confidently."



Sarah Hoyt
"Advocate for positive change."



Dana Lim
"To live with no resolution is my resolution this year."

"Explore Korea!"

Beverly Engstrom



"Spend more time with Family."

Miranda



"Help more in the community."

Megan Noell



Amy Steffen
"Read more books."



Tonya McClure
"To be more active."



Youngsun McDowell
"I want everyone to be happy."



Michelle Abramsohn

"Use things. Love People.
Never confuse the two."

"Travel to different countries
in Europe."

Maritess Knight



Jessica Coffin

"To go on more date
nights!"

COMMUNITY CHAT

Now, it's 2024.
What is your New
Year's Resolution?

Humphreys United Club members share theirs.



Bethany Charit

"Never give up! Keep love in my
heart. Everyday is a good day
to have a good day! Go Packers!"

"Read more books."

Tasha Nunes



AJ Redding

"Get in shape."

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Dosage 1 pouch, once a day



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Exploring Gyeryong Mountain, One of Korea's Grand Peaks

By Charles Chong, Oriental Press

In the morning of New Year's Day in 2014, at Deungunam (등운암) Temple, established in 665 AD with a history spanning 1350 years and situated just below the summit of Yeoncheonbong (740m), facing the main peak of Gyeryong Mountain, Cheonhwangbong (846m), I welcomed the first sunrise, extending my wishes for the health and well-being of all readers of '*United on the RoK*.'



Gyeryong mountain (Gyeryongsan) has played a central role in Korean Buddhism for over a millennium, hosting many historically significant Buddhist temples. Among them are Donghaksa to the east, Gapsa to the northwest, Sinwonsa to the southwest, and Yonghwasa to the southeast. These temples, frequented by pilgrims and tourists throughout the four seasons, preserve numerous national treasures and historical artifacts. The area offers an excellent opportunity to understand both Korea's nature and Buddhism.



Each temple operates Temple Stay programs, allowing visitors to experience Korean Buddhist culture, adding meaningful aspects to their journey.

Cheonhwangbong, the main peak belonging to Gyeryongsan in Gyeryong-si, houses military communication facilities, overseeing

Gyeryongdae, where the headquarters of the Republic of Korea Army/Navy/Air Force and the Joint Chiefs of Staff Republic of Korea are located. This area is strictly off-limits to civilians. Gyeryongdae hosts the Gyeryong Military Festival every October, attracting various military teams and special

busking performances, including participation from U.S. Forces Korea, such as an air show and the Eighth Army Band.

Gyeryongsan, a national park, offers numerous hiking trails catering to various skill levels, with well-maintained paths and safety railings in non-difficult areas. It





is easily accessible for a day trip from Humphreys and Osan AB. Notably, the trailheads for recommended hiking entrances are well-marked at tourist information centers like Sinwonsa, Donghaksa, Sutonggol, and Gapsa (refer to the Gyeryongsan National Park website for trail guides).

Winter trekking on Gyeryongsan requires adequate preparation due to the mountain's susceptibility to heavy snowfall. The Temple Stay program offered by Gapsa includes a Treasure Tour (temple guide), experience of Buddhist rituals, meditation, making 108 prayer beads, tea time with monks, trekking on



Charles Chong posing on Gyeryong Mountain

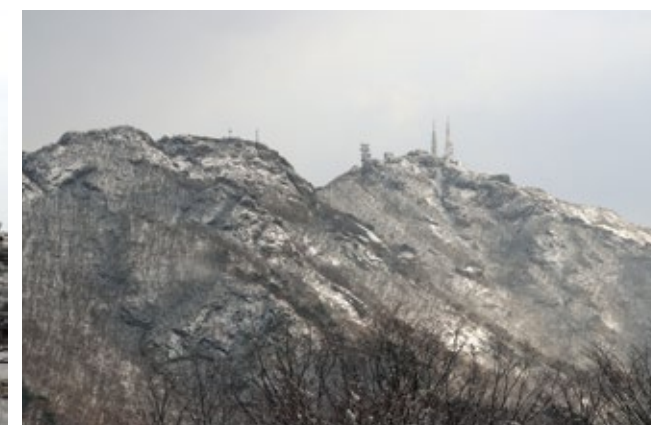
Gyeryongsan, and experiencing the silent hall. To participate, you can apply through Jongmuso (041-857-8921/8981) for guidance.

Korea, with 70% of its land covered in mountains and hiking being a popular leisure activity, attracts many Koreans who enjoy trekking throughout the four

seasons. Koreans generally hold favorable impressions and a sense of friendliness toward Americans, making it easy for you to meet Korean friends anytime, anywhere.

While Korean greetings vary, remembering simple phrases like "안녕하세요 [an-nyong-haseyo]" (Hello), "감사합니다 [gamsa-ham-

nida]" or "고맙습니다 [gomap-se-up-nida]" (Thank you), and "안녕히 가세요 [an-nyong-hee-gaseyo]" (Goodbye) when meeting people on the mountain is recommended. Without a doubt, this will increase your chances of being a courteous American and making Korean friends easily.



Visting Eden I. Vill: A Heartwarming Community Celebration

By Haing J. (Kwak) Choi,
SCWC Executive Member



Nestled in the heart of Seongdong Gu, Seoul, Korea, 'Eden I. Vill' (meaning "a paradise where I live") has stood as a sanctuary since its establishment on December 13, 1950. Home to 41 children spanning from infants to high school age, this haven goes beyond mere shelter, fostering an environment for growth and resilience.

On a crisp December day in 2023, the Seoul Children's Welfare Committee (SCWC) orchestrated a heartwarming event that

transcended the boundaries of the orphanage, epitomizing the true essence of Christmas. The mission was clear – to extend love to less fortunate, orphaned children in the community. The grounds of Eden I. Ville came alive with laughter and joy as visitors embraced the children, creating an atmosphere imbued with the festive spirit.

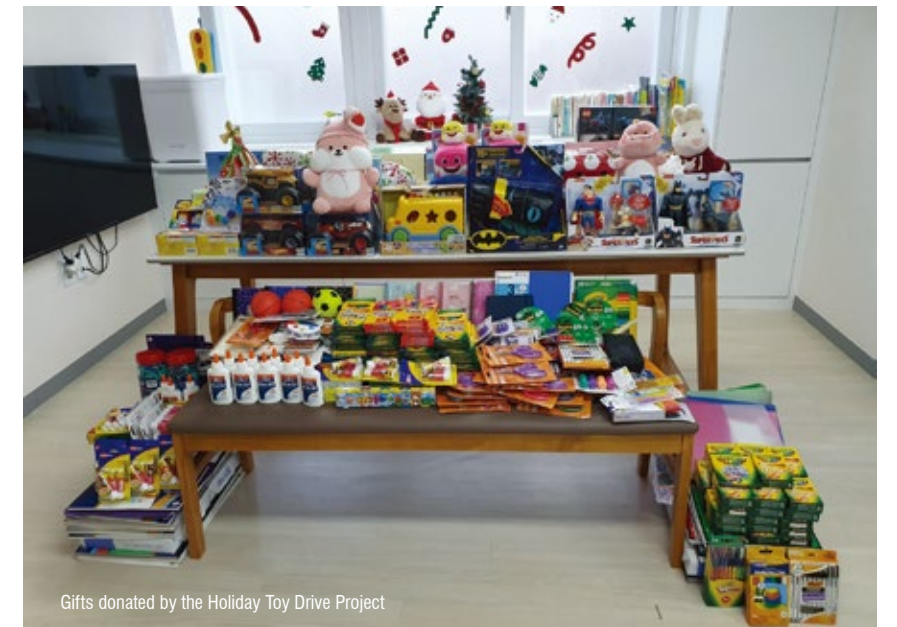
The event aimed not only to bring holiday cheer but also to forge connections between visitors and the children. Moments were created, filled with genuine laughter and affection.

The joyous celebration reached its pinnacle with the distribution of Christmas gifts – an array of toys, essential school items, and delightful snacks. However, the most treasured exchanges went beyond the material, encompassing heart-melting warmth, generous hugs, infectious smiles, and the creation of lasting memories. In these simple yet profound moments, the true meaning of the season echoed.

The success of this heartwarming event owes much to the dedicated efforts of the U.S. Marine Corps at Humphreys, specifically

CSM Hector Soto Rodriguez and SSgt. Jonathan Hemme, who spearheaded the exceptional 'Holiday Toy Drive Project.' Their commitment to impacting the lives of these children deserves commendation. The Seoul Children's Welfare Committee (SCWC) and Eden I. Vill extend their deepest gratitude, acknowledging the invaluable support and contributions from the USFK Leaders' Spouses. Their dedication to social welfare activities aligns seamlessly with Eden I. Vill's mission, ensuring a lasting impact on the lives of the children they serve.

As the day unfolded, the visitors experienced profound joy in the company of the children, leaving with hearts full of warmth and a deep desire to return. The hope is that these moments of shared joy will inspire future visits, fostering a continued -connection between the community and the



Gifts donated by the Holiday Toy Drive Project

haven that is Eden I. Vill.

Eden I. Vill is not merely a home; it is a beacon of hope where the spirit of giving back and fostering joy resonates profoundly. The event on December 19, 2023, stands as a testament to the power of commu-

nity, compassion, and the ability to create lasting memories that extend far beyond the holiday season. It paints a vivid picture of a haven that nurtures not only the present but promises a brighter future for the children it serves.

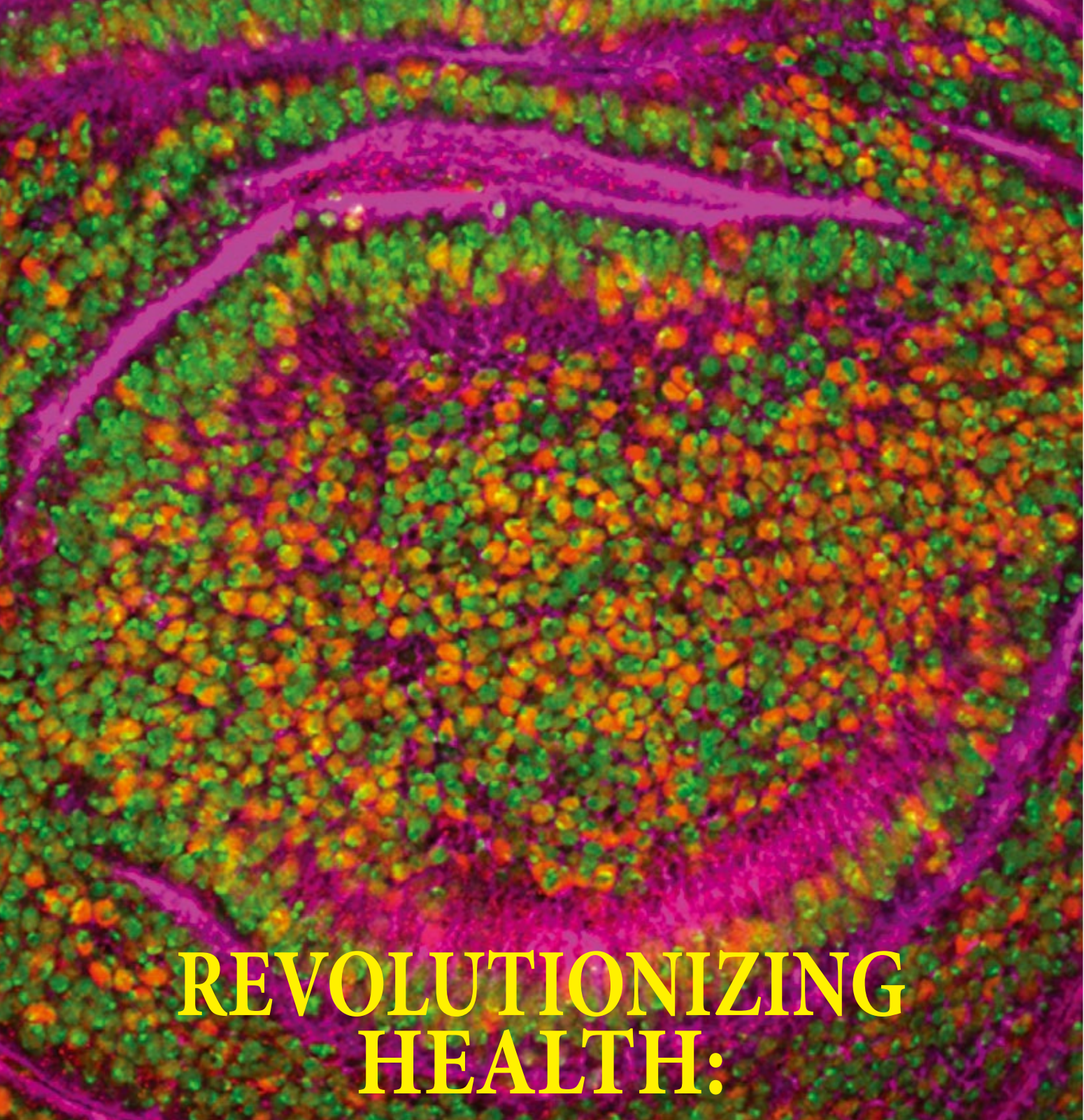


About Eden I. Vill

A childcare facility that nurtures children from 0 to 18 years old. Currently, it has a capacity for 50 children, and there are 41 children in attendance. The residents include infants admitted through baby boxes to children who have entered due to parental neglect and abuse within the home. It is a place where children who cannot receive care at home due to various circumstances in their family backgrounds live.

Dependent on donations, the facility is currently committed to remodeling to create a better space for children.

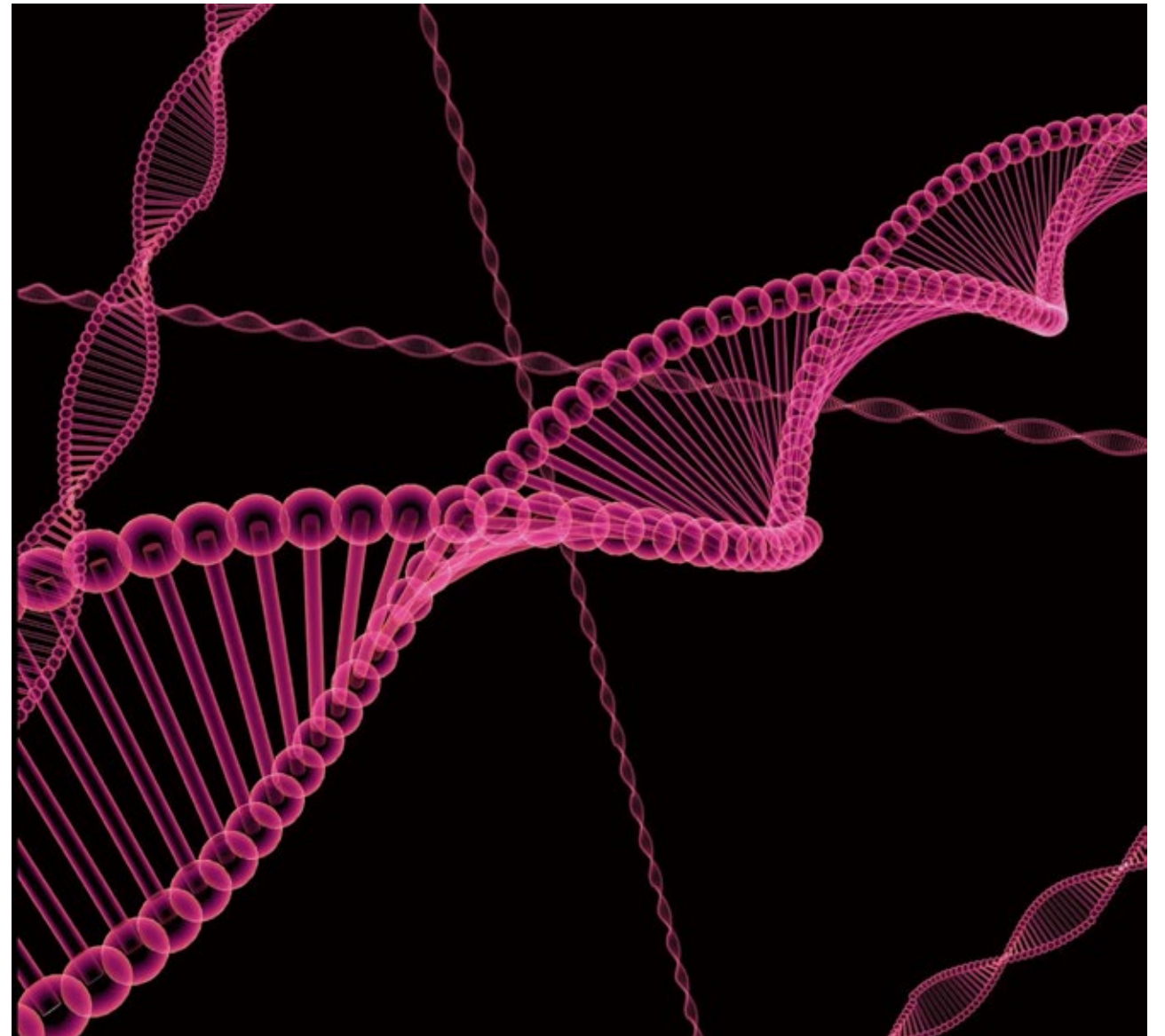
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REVOLUTIONIZING HEALTH:

The Miraculous Impact of Stem Cell Therapy in Modern Medicine

By Dr. Eunyong Baek, DEKABI Clinic



In the current times of 2024, a prevailing state of illness permeates society, with many individuals succumbing to various diseases, their bodies burdened by toxins, and unfortunately, succumbing to the grip of mortality. Amidst this reality, a significant number of people continue to lead their lives, often resorting to nonsensical excuses to rationalize their compromised health.

Is there an escape from this

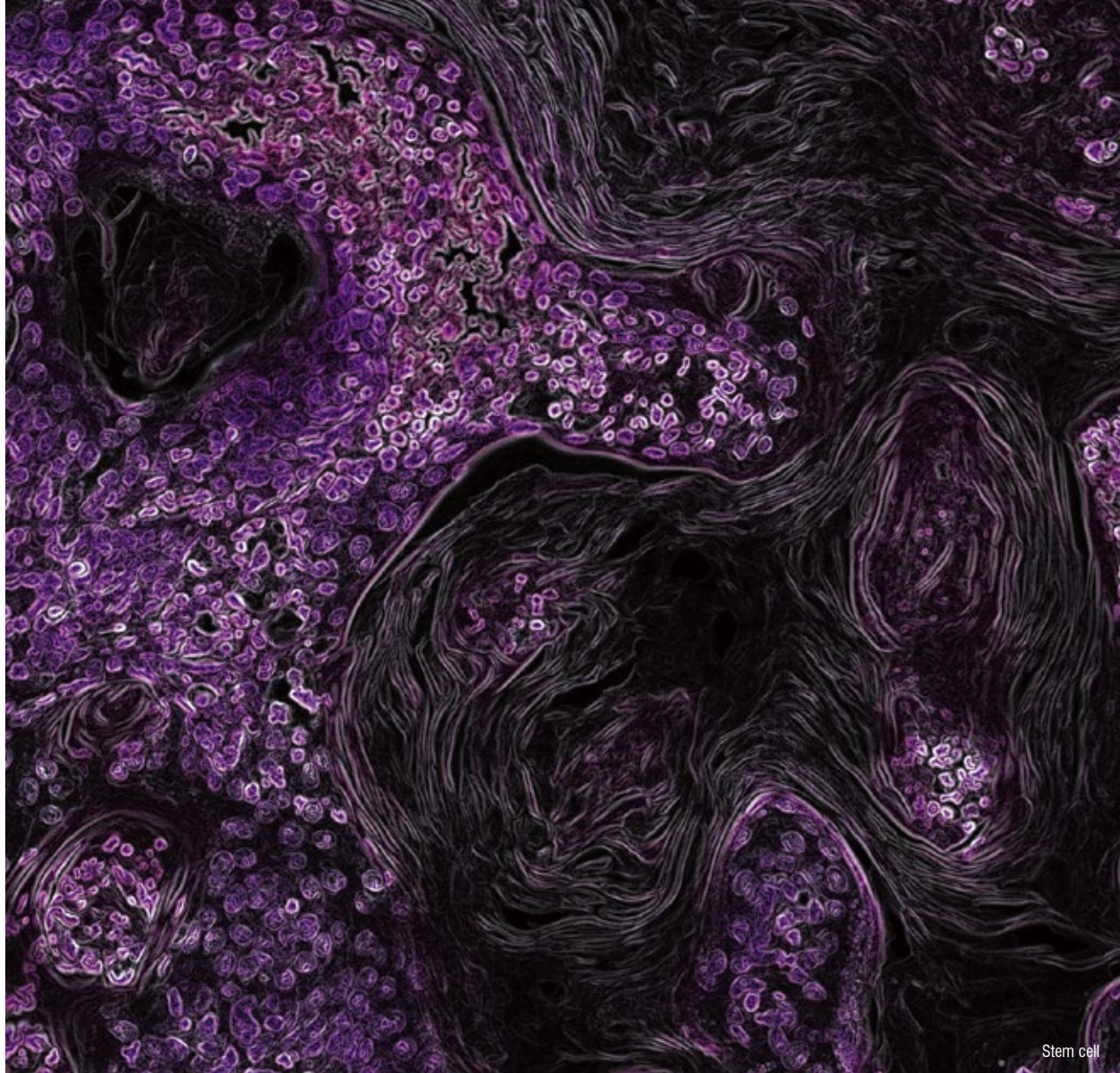
somber situation?

Yes, a potential solution lies within our own bodies—the use of stem cells. In more professional terms, this involves gene treatment, wherein stem cells within our body replace diseased cells with healthy ones. Notably, these stem cells are not cultivated in labs; they naturally function to heal symptoms and restore well-being.

The practice of stem cell treatment has become commonplace in modern times. During our sleep,

the cells in our blood actively work to heal wounds, and old blood is replaced by new during this rejuvenating period.

Despite our best efforts, it is challenging to avoid exposure to various harmful elements such as electronic waves, GMOs, the corona vaccine, and dyeing chemicals that infiltrate our bodies through the skin. Creating a completely safe haven is nearly impossible, even if we were to relocate to Mars or a remote desert.



Given this pressing reality, strengthening our genes may offer a more effective approach. Perhaps moving underground could be a cost-effective measure in such urgent conditions.

Gene treatment through stem cells emerges as a potentially realistic strategy to navigate a world fraught with perilous substances. The interconnected nature of our body's numerous cells suggests that our body operates as a cohesive whole, whether those connections are visible or invisible.

In the face of diseases, medical experts often focus on symptom

relief rather than delving into the root causes. However, breaking down a disease into more than 30,000 parts and finding ways to address each component underscores the complexity of medical solutions.

Remarkably, our complex bodies originated from a single cell. When a stem cell is introduced into our body, it has the capacity to heal every part, ultimately restoring health to the afflicted areas.

Approaching stem cell therapy encourages us to view our bodies as unified wholes. Stem cell ther-

apy, in essence, is cell therapy—a process that mirrors the miraculous growth from a single cell in the womb to the birth of a baby in ten months, followed by the child's journey through puberty into adulthood.

Participating in stem cell treatment often results in miraculous healing experiences. The stem cells in our body, orchestrating these healings, gradually elevate our life standards. To pursue anti-aging, it is imperative to understand how stem cells may elongate telomere genes by avoiding harmful substances and actively

engaging in a healthy lifestyle.

The combination of stem cell therapy, detox, and energy medicine has yielded remarkable advancements in the past two decades. Patients undergoing stem cell therapy report significant healing effects, with various diseases being effectively treated through the activation of stem cells.

Of particular interest is the anti-aging aspect, with some individuals experiencing a remarkable reversal of age by 20, 30, or even 40 years. In the realm of cosmetic surgery, stem cell therapy has revolutionized the approach, offering enhanced results without invasive procedures.

Unlike traditional treatments, stem cell therapy boasts no after-effects or side effects. The recovery speed from pain is accelerated, addressing issues like knee, backbone, elbow, and shoulder pain without resorting to surgery.

This revolutionary concept of medicine, stem cell therapy, is gradually making its way to patients, continually evolving and gaining momentum. With two decades of medical practice, I have witnessed numerous individuals enjoying improved health conditions through enhanced stem cell therapy.

I share my firsthand account of witnessing the miracles that stem cells have brought to my body, not in a laboratory setting. It is my hope that this testimony contributes to a renewed appreciation for this seemingly forgotten common sense in the field of medicine.

For your reference, it's essential to note that 95% of stem cells in our body operate naturally, emphasizing the intrinsic potential within our own biological systems.

About the writer

Dr. Eunyoung Baek, DEKABI Clinic

Professional Background

- Graduated from Korea University Medical School
- Dr. Dekabi Eunyoung Baek, Director
- 30 years of experience as a plastic surgeon
- Pioneered stem cell therapy in Korea with 20 years of experience
- Policy Advisory Council Member, Ministry of Health and Welfare
- Professor, Cha Medical Center
- Numerous successful stem cell treatments with over 100,000 cases
- 20 years of clinical experience in stem cell therapy
- Director Eunyoung Baek
- Successfully treated intractable diseases with world-renowned personalized stem cell therapy (1:1 matching)
- Specializes in stem cell side effect treatment, anti-aging, and rare diseases
- Offers customized treatments for all diseases through unique medical technologies such as energy shaping, brain shaping, detox, etc.



Work Experience

- Vice Chairman, International Narcotics Controls Board (NGO)
- Advisory Board Member, American Academy of Anti-aging Medicine (A4M)
- Policy Advisory Council Member, Korean Ministry of Health & Welfare
- Member, European Society of Preservative, Regenerative, and Anti-Aging Medicine
- Chairman, Korean Association for Aging Prevention
- CEO, DEKABI Clinic (since 2020)
- CEO, DEKABI MSO Corporation (since 2020)
- CEO, DEKABI DETOX Research Institute (since 2020)

Book List

- "Time Game," Thought Tree, 2003
- "Moment. Plastic Surgery," Dr. Baek, 2004
- "Hormone Plastic Surgery," Dr. Baek, 2004
- "Genetic Plastic Surgery," Dr. Baek, 2004
- "Energy Shaping," Every Day, 2022
- "Brain Shaping," Literary Meal, 2022
- Numerous columns

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The Origin of Traditional Arts, Shamanism in Korea

By Seung-Kook Kim,
Culture columnist



South Korea is a cultural nation proud of its long history and heritage

The era when the nation was first established in Korea was during the Bronze Age, around 2333 B.C. (approximately 4,400 years ago). The capital was located in present-day Pyongyang, North Korea, and the country was called 'Gojoseon.' After 'Gojoseon,' in the 3rd century B.C., 'Buyeo' was founded, dominating the

area around the 'Sungari River' in present-day northeastern China. In 37 B.C., 'Goguryeo' was established, choosing 'Jolbon' in the present-day 'Benxi City' in Liaoning Province, China, as its capital, succeeding the legacy of 'Buyeo.' Apart from 'Goguryeo,' in 18 B.C., 'Baekje' was founded in the present-day Seoul area, and 'Silla' established its capital in 'Gyeongju' in 57 B.C., marking the beginning of the ancient Three Kingdoms period in Korea.



Afterward, in the year 676 A.D., 'Silla' absorbed 'Goguryeo' and 'Baekje,' achieving the unification of the Three Kingdoms. In 918 A.D., 'Goryeo' established its capital in present-day 'Kaesong' in North Korea, succeeding 'Silla.' Subsequently, in 1392, 'Joseon' followed, establishing its capital in 'Seoul (Hanseong),' officially founding the nation. However, in 1910, 'Joseon' was forcibly annexed by 'Japan,' bringing an end to the monarchy era in Korea. With the defeat of Japan in World War II, Korea regained sovereignty in 1945 and was established as the 'Republic of Korea,' the nation we know today.

South Korea is a cultural nation proud of its long history and heritage. Even before the establishment of the nation, Koreans had indigenous beliefs, but during the ancient Three Kingdoms period, Confucianism, Buddhism, and Taoism were introduced from China, blending with Korea's indigenous beliefs and coexisting to this day.

Furthermore, in the 18th century during the Joseon Dynasty, Western Catholicism entered the country, and in 1884, Protestantism was introduced, providing Kore-

ans with various religious choices. While Korea's indigenous beliefs persisted in the daily lives of the majority of Koreans until the end of the Joseon era, they gradually faded away after the period of Japanese occupation and the rapid industrialization following liberation. However, traces of indigenous beliefs still linger in the inner consciousness of Koreans, and some individuals continue to practice these indigenous beliefs.

The origin of traditional Korean arts lies in indigenous beliefs

Indigenous beliefs have been passed down among Koreans since the beginning of Korean history, making it a very ancient form of faith. While it is uncertain whether contemporary indigenous rituals are similar to those performed in the mythical Dangun era, Silla, Goryeo, or Joseon periods, the rituals of indigenous beliefs include songs, dances, and music accompanying shamanistic practices. The songs, dances, and music of indigenous beliefs form the foundation of traditional Korean arts. If you trace the roots of Korean



traditional performing arts, you will find the source of indigenous beliefs.

Indigenous beliefs encompass numerous gods, and the practitioners of indigenous beliefs, known as "mudang" or "mansin," serve various deities. The term "mansin" means someone who serves ten thousand gods, indicating the abundance of deities. There are gods overseeing mountains, known as "sansin," gods overseeing water in rivers and wells, such as "yong-wangsin," and village deities safeguarding communities. There are also deities overseeing lifespan, known as "chilsungsin," those overseeing childbirth, like "samsinhalmeoni," household deities ensuring family harmony, "seongjusin," kitchen deities overseeing family members' safe return, "jowangsin," "munsin," "teojusin," and more. The relationships between these deities are characterized by a non-hierarchical structure, and each independently oversees its designated responsibilities.

Indigenous beliefs are expressed through various rituals called "gut."

Indigenous beliefs involve human desires in the real world, such as living a long life, living without illness, being wealthy, living in peace, and desiring harmony. These desires are directed toward the deities responsible for them through rituals, seeking blessings in the present life. Gut rituals are acts of requesting these diverse human desires from the deities. These rituals vary from simple to complex, with the most intricate being called "Daegut" or "Grand Gut."

The types of gut rituals vary depending on their purpose. They can be broadly categorized into "Naerimgut" (ritual for receiving a god) and "Maeulgut" (village ritual). "Naerimgut" includes "Sinnaerimgut," performed to become a shaman, while "Maeulgut" is a communal ritual conducted by villagers for the prosperity, peace, and health of the village, occurring



annually or every three years. There were also national rituals, known as "Naragut," prayed for the well-being of the country, but these disappeared during the Joseon Dynasty. "Jipgut" or "Household Gut" includes "Antaekgut," aiming for health, prosperity, and peace, and "Saryeongwitagut," a ritual performed after a person's death.

However, these gut rituals have different names in various regions. The ritual performed when a person dies, known as "Saryeongwitagut," is called "Jinogwi (鎮惡鬼) Gut" in Seoul, "Siwang Gut" in Pyeongan-do, "Mangmugi Gut" or "Saenam Gut" in Hamheung, "Ssitgim Gut" in Jeolla-do, and "Ogu Gut" on the East Coast.

For village rituals, there are unique names based on regions, such as "Dodang Gut" in Gyeonggi-do, "Dangsan Gut" in Jeolla-do, "Byeolsin Gut" on the East Coast, and "Seonang Gut" in Gangwon-do. Some places have distinct names, like "Bugundang Gut" in

Seoul's "Bamseom," "Hanjangnori" in Gyeongbuk's "Jain Village," "Moonhojang Gut" in Changnyeong, Gyeongnam, and "Dano Gut" in Gangneung.

Large-scale rituals involve multiple shamans and musicians due to their complexity. While smaller rituals may have 3-4 musicians, larger rituals can involve over 10 shamans. The ritual is divided into 12 segments, each dedicated to a specific deity. However, despite being referred to as the 12 segments, it can sometimes extend to 20 segments. Each segment is presided over by a single shaman, who, at the beginning of the segment, performs rituals at the altar, bows in four directions, and invokes the spirits.

The cultural influence of indigenous beliefs still holds a place in the consciousness of the Korean people. Even today, there are individuals who believe in indigenous faith, and it is not uncommon for families facing challenges in their homes, businesses, job promotions, university admissions for their children, or



success in exams like the bar or civil service, to seek the services of a shaman for a house gut (ritual). The rituals of indigenous beliefs include traditional dance music, forming the foundation of traditional arts. Recognizing the historical, artistic, and academic value of these rituals, national and regional cultural authorities designate local indigenous rites as intangible cultural assets, supporting their preservation and transmission.

If you wish to learn more about Korean indigenous beliefs, you can inquire and seek guidance from the Shamanism Museum (<http://shamanismmuseum.org/>) located at 57-23, Jinkwan 2-ro, Eunpyeong-gu, Seoul. (inside Geumseongdang). Contact them at: TEL. 02-389-6522 FAX. 02-389-6523

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.



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My "Joyous" Banana Bread

By Eric Park

Many years ago, I had a strong desire to master the art of baking various types of bread. After extensively searching the internet for a reliable recipe, I stumbled upon one that appeared both easy and achievable – banana bread.

My initial attempt with the recipe proved to be a success; the taste was delightful, and it garnered positive feedback from everyone who tried it. Since that first trial, this recipe has become a regular part of my baking routine, bringing me immense joy.

I bake banana bread whenever I want to express gratitude and love to those around me. I'm delighted to have found this recipe—it's simple and delicious.

With the inclusion of an electric hand blender and a quality mixer, baking banana bread has become much easier. Now, I feel more skilled and ready to explore further in the world of baking.



Ingredients

- 2 ripe bananas
- 1 and a half cups of flour
- 1 cup of sugar
- half a cup of vegetable oil
- 2 eggs
- 1 teaspoon of baking powder
- 1 teaspoon of baking soda
- 1 teaspoon of vanilla syrup
- Small pieces of walnuts or pine nuts, almond slices, dried blueberries, raisins, chocolate chips, etc. (Optional)
- Cinamon powder (Optional)

Directions

1. Mash the ripe bananas in a bowl.
2. In a large bowl, mix sugar and eggs, stirring continuously for about 6 minutes.
3. Add mashed bananas, flour, baking powder, baking soda, vanilla syrup, vegetable oil, and



- optionally cinnamon powder, walnuts, raisins, etc. Mix well into the bowl.
4. Select a bread mold you want and coat its inner surface with a thin layer of vegetable oil (and a light dusting of flour, if desired) to prevent sticking later. Pour the prepared dough into the mold.
 5. Preheat the oven to 180 degrees Celsius. Once it reaches this temperature, place the bread mold in the oven and bake for about 45-50 minutes.
 6. When done, let it cool, then carefully separate the bread from the mold.

Tips

- Choose bananas that are well ripened; otherwise, the dough will be thick, and the bread will become dry.
- It's a good idea to sprinkle some almond slices (see photos) or small pieces of other nuts on top of the dough. This not only enhances the flavor but also adds a delightful touch to its appearance.
- Using a small toothpick, poke the bread in several places to check if it's baked well. If nothing is on the surface of the toothpick, it means the bread is fully baked.
- Optionally, you can sprinkle powdered sugar on top before serving.



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Jsun, in collaboration with Korea's premier filter manufacturer, has crafted a product designed to make you truly feel the difference.

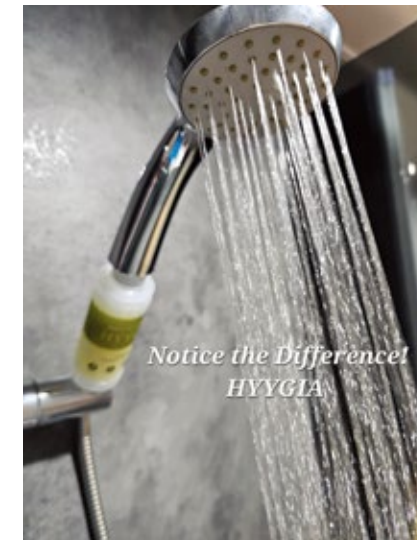
Countless iterations have led to the perfect formula that not only removes water impurities but also moisturizes your skin and hair. The result is not only a healthier shower experience but also a delightful clean cotton scent.

Jsun firmly believes that healthy and beautiful skin starts with good water. The foundational ingredients in HYYGIA include a Vitamin C filtrate and a sediment filter, effectively removing chlorine and hard water impurities while conditioning hair. Jojoba oil, rich in antioxidants and essential fatty acids, adds an extra layer of skin protection and moisture retention. This, combined with the anti-inflammatory effects of vitamin E, promotes skin healing. The unique probiotic filtrates further rejuvenate and moisturize the skin, reducing itchiness and dryness.

HYYGIA customers are relishing the daily difference the filter makes. Picture a shower with warm, soft, clean water, leaving your skin smoother, softer, and healthier. Life is hard, but your water doesn't have to be.



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Homer Bezaleel Hulbert:

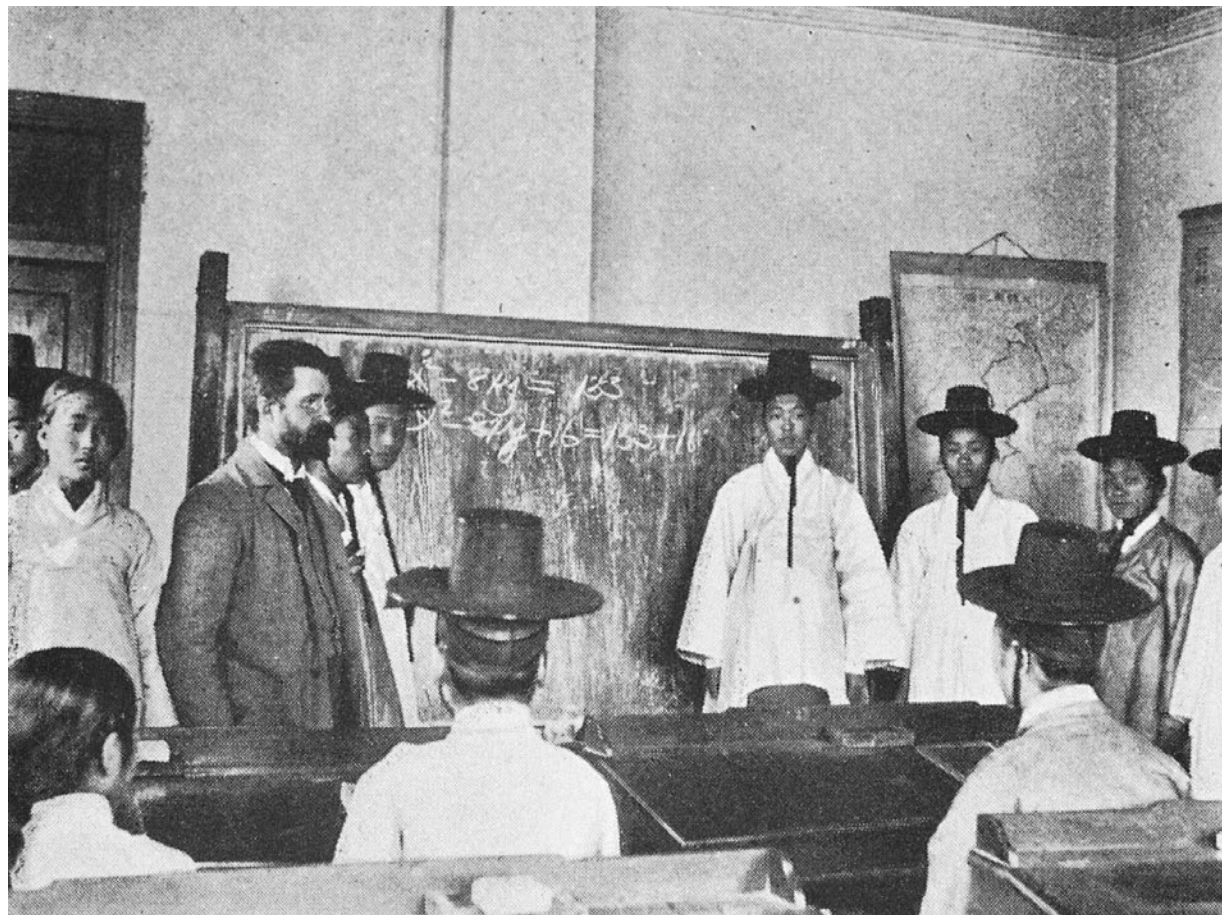


In the late 19th century and throughout Korea's struggle for independence from 1905 to 1945, one extraordinary figure left an indelible mark on the nation's history. Homer Bezaleel Hulbert, an American born in Vermont in 1863, embarked on a lifelong journey dedicated solely to Korea, beginning at the tender age of 23. His remarkable tale unfolds as he lived and breathed for 63 years in the service of Korea, passing away in 1949.

A Lifetime of
Dedication to
Korea's Modernization
and Independence

Courtesy of The Hulbert Memorial Society





Homer Hulbert teaching at a middle school in the 1900s.

Born in New Haven, Vermont in 1863 to a father serving as a college president and a mother descended from the founder of Dartmouth College, Dr. Hulbert arrived in Korea on July 5, 1886. He came to serve as a teacher at Korea's inaugural state-run modern school, marking a significant chapter in Korean history, following an invitation from King Gojong of the Joseon Kingdom. Despite graduating from Dartmouth College in 1884 and initially entering Union Theological Seminary in New York, Dr. Hulbert dropped out in 1886 to pursue his calling in Korea. Over the next two decades, he lived as an educator, linguist, journalist, historian, missionary, special envoy of the Korean Emperor, and a fervent advocate of Korean independence until his expulsion by Japan in 1907.

Homer Hulbert, fondly known as 'a man who loved Korea more than Koreans themselves,' established himself as a trailblazer in Korean education, Hangeul (Korean alphabet), journalism, and Korean studies. Collaborating with fellow missionaries in the early days of Korea, he played a vital part in the establishment of Christianity. Notably, he fervently championed the cause of Korean independence in the face of the impending Japanese domination. Dr. Hulbert's way of life remained steadfastly aligned with the stern spirit of 19th-century Christianity prevalent in the northeast of America and a family tradition rooted in justice, humanity, and true patriotism. This steadfast commitment significantly influenced Korean elites in their endeavors for civilization and independence.

Architect of Modern Education in Korea:

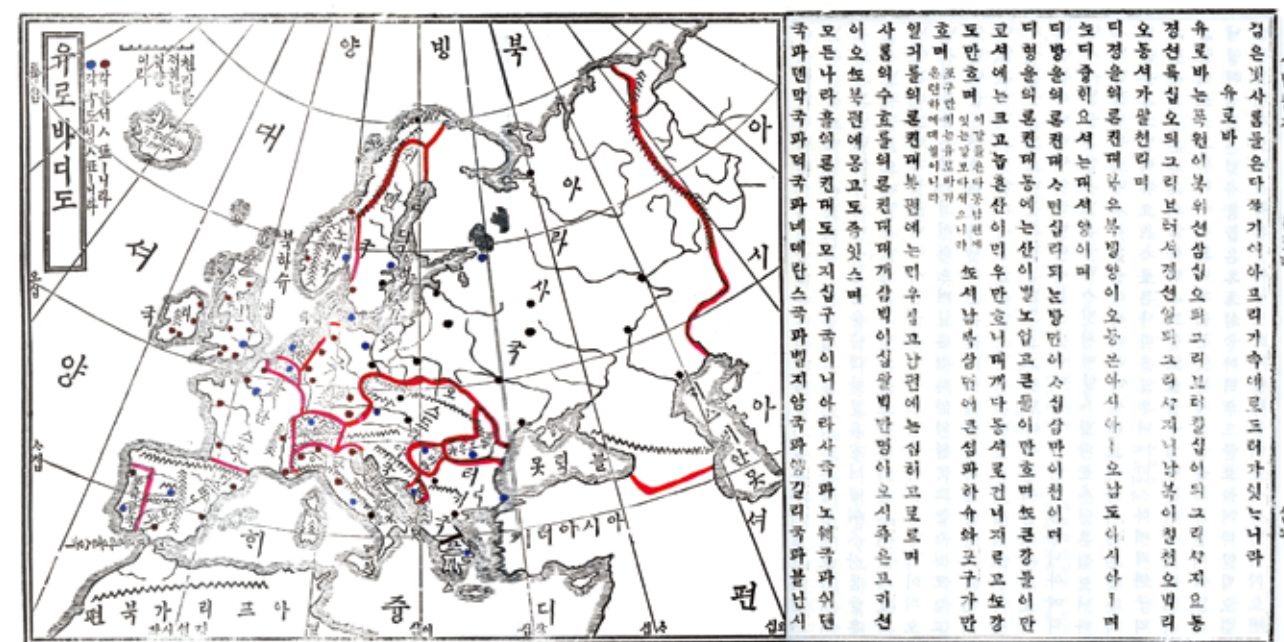
Dr. Hulbert initiated his Korean journey by teaching at Yukyeong Gongwon (Royal College) and subsequently taught at prominent institutions like Paichai Hakdang School (배재학당) and Hanseong Normal School (한성사범학교, currently Seoul National University) and the first state-run middle school (관립중학교, currently Kyeonggi High School) for two decades. As the first teacher of Korea's inaugural modern school, he designed a roadmap for the establishment of a modern educational system in Korea. He stressed that education was the key to Korea's future and established a textbook system, publishing 15 textbooks under his initiatives. His influence on Korean students was profound, encouraging their development into true intellectuals and patriots.

Pioneering Korean Language Education and Advocating Hangeul Superiority:

While teaching at the Royal College, Dr. Hulbert remarkably mastered the Korean language within two years of arriving in Korea. In a bold endeavor, he took



The first modern-style textbook in Korean, "Saminpilji"



The map of Europe with description in the book "Saminpilji"



Homer Hulbert in his 20s

“The Korean alphabet scarcely has its equal in the world for simplicity and phonetic power.”
— Dr. Hulbert



Homer Hulbert's article "The Korean Language," contributed to the *New York Tribune* in 1889, marks the first-ever article written on the Korean language.

on the challenge of writing a modern book in Korean just three years after his arrival. This led to the publication of "*Saminpilji* (사민필지, meaning Knowledge Necessary for All)" in January 1891, marking the first modern-style textbook in Korean, presented entirely in Hangeul. This 170-page book introduced contemporary ideas from Western countries, which were crucial for Korea's modernization, a departure from the exclusive focus on Chinese ideas.

Dr. Hulbert delved into the merits of Hangeul, asserting it as 'the finest alphabet in the world' after comparing it with 200 other alphabets globally. His conclusion emphasized, "The Korean alphabet scarcely has its equal in the world for simplicity and phonetic power." Dr. Hulbert extensively explored the background of Hangeul's creation, praising King Sejong



1888 Methodist Annual Conference (Dr. Hulbert is in the back row, Mr. Appenzeller, the missionary, is on his right, and below is Dr. Hulbert's wife)

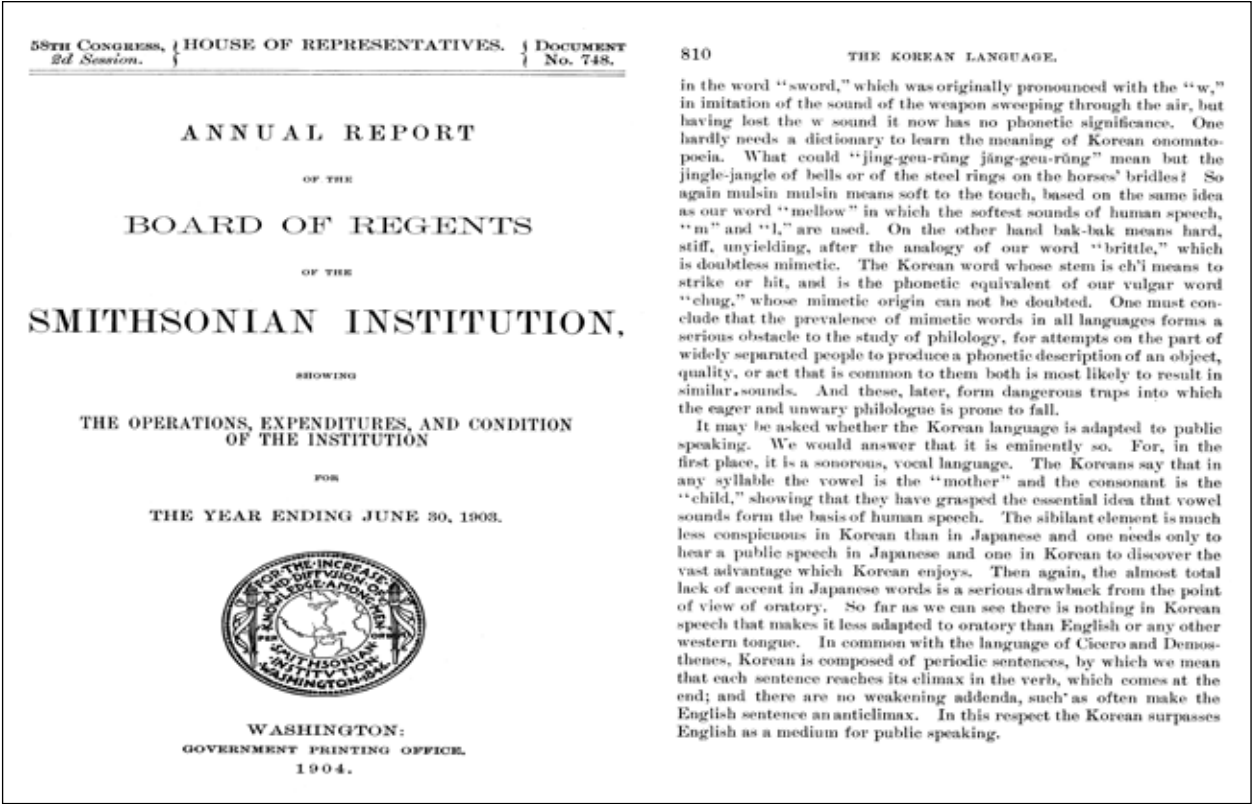
as the most prominent leader for enlightening the people suffering from the complexities of Chinese characters. He wrote numerous articles advocating the superiority of Hangeul, including an article titled "The Korean Language," published in the *New York Tribune* in 1889, where he introduced authentic Korean alphabet shapes. His persistent call for the use of Hangeul prompted gradual acceptance, especially among the noble classes, leading to the systemization of Korean alphabet grammar.

Dr. Hulbert also conducted studies on the origin and characteristics of the Korean language, appreciating its value by concluding that, "In this respect, the Korean language surpasses English as a medium for public speaking."

Ju Si-Gyeong, a major linguist and Korean liter-



Mrs. Herbert (center), with foreign school students (June 1903)

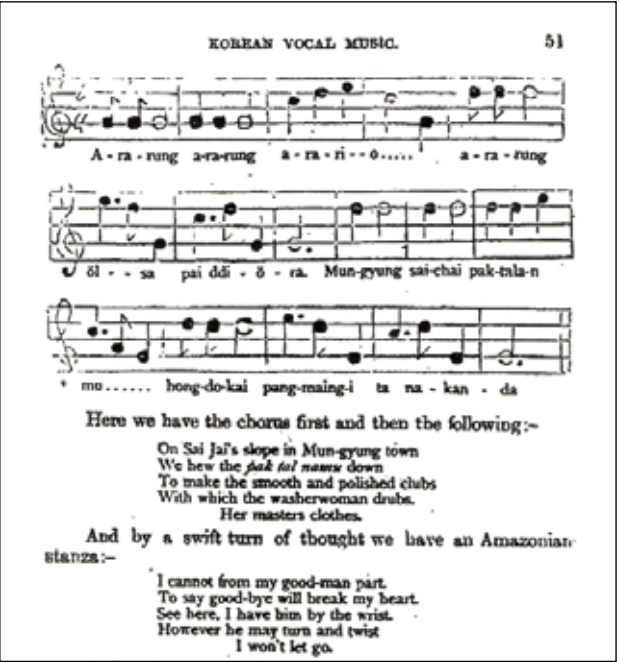
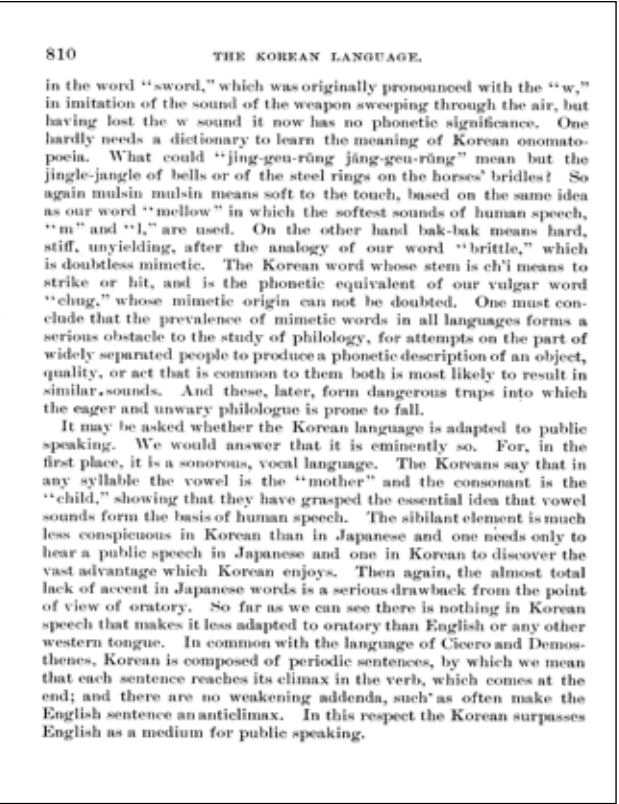


Homer Hulbert's article, featured in the *Smithsonian Institution Annual Report* in 1903, emphasized that Korean surpasses English.

ature scholar in Korea, indeed received his initial scholarly understanding of the Korean language from Hulbert, who was his teacher. Additionally, they worked together on publishing "*Dok-nip Shin-mun*" (meaning "Independence Newspaper").

Revitalizer of 'Arirang,' the Iconic Korean Folk Song:

Dr. Hulbert made remarkable contributions to the advancement of Korean music. Traditionally, Korean music has been passed down through generations without Western-style musical scores. However, Homer Hulbert revolutionized this by creating musical scores for Korean folk songs, ushering in a new era of Korean music. In 1896, he authored an article titled "Korean Vocal Music," praising Koreans for their musical talents



Arirang with musical scores created by Hulbert

and stating, "Koreans become poets like William Wordsworth when they sing, and they are masters of improvisation." Notably, Hulbert, for the first time in Korean history, created musical scores for "Arirang," an enduring folk song, and recorded its lyrics. In the article, he predicted that Arirang would become a lasting song for Koreans, a prediction that holds true to this day.

Trailblazer in Korean Studies:

Dr. Hulbert conducted in-depth excavations into various aspects of Korean history, culture, literature, and the arts, uncovering the ethnic brilliance of the Korean people. He authored numerous articles on Korea, contributing to scholarly journals. Significantly, he wrote a comprehensive history of Korea, spanning from ancient Dangun times to the modern era, a groundbreaking work published as "The History of Korea" in 1905 after 15 years of dedicated study. In this two-volume, 800-page book, Dr. Hulbert emphasized that none of the Korean dynasties were established through foreign intervention, asserting that Koreans have maintained a unique history and culture on their own.

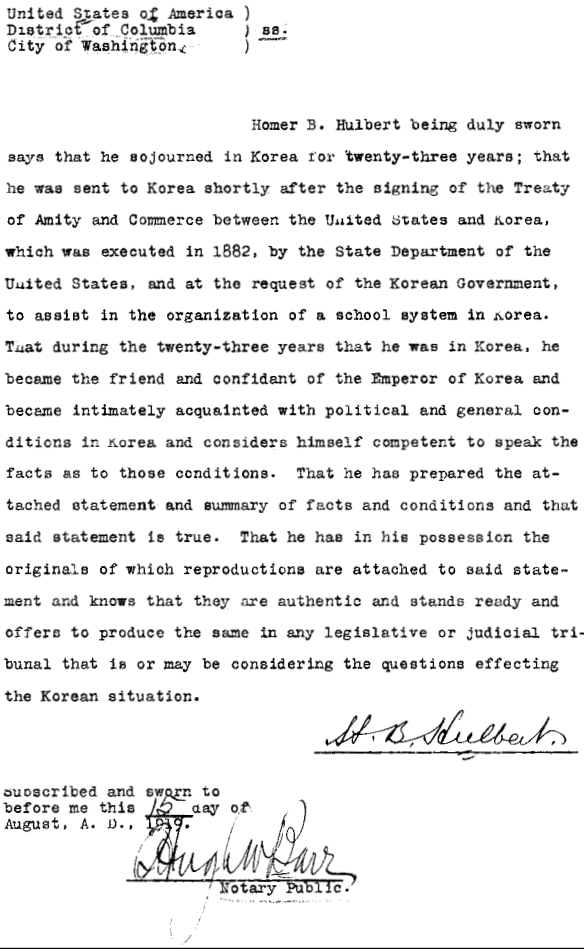
The following year, he authored another significant work, "The Passing of Korea," providing a comprehensive overview of Korean cultures, literature, arts, music, and more. In this book, Dr. Hulbert unveiled the full story behind the unlawful Eulsa Protectorate Treaty between Korea and Japan, signed on November 17, 1905, under the threat of Japanese force against Korean ministers. He strongly criticized the United States for supporting Japan in violation of the Korea-U.S. Treaty agreed upon in 1882, which pledged U.S. support for Korea in case of coercive intervention by a third country.

Unsung Hero of Korean Independence:

During his 63 years in Korea, Homer Hulbert's most significant contribution was his unwavering and tireless fight against Japan for the restoration of Korean sovereignty. His dedication spanned 50 years, from 1895 to 1945, making his efforts



Directors of the U.S.-Korea Conference gathered in Ashland, Ohio, in 1942, in a campaign to gain the approval of the Korean Provisional Government from the U.S. Second from the right is Homer Hulbert.



Hulbert's certificate of authentication for the 'Korean Independence Petition' submitted to the U.S. Congress. (Obtained from the U.S. National Archives)



Together with his children in early 1900s Seoul. From left: Second daughter Madeline, third son Leonard, Mrs. Hulbert, eldest daughter Helen, second son William, and Hulbert. His eldest son passed away early.



Certificate of the emperor's special envoy for the 1907 Hague Peace Conference



Homer Hulbert returning to Korea and walking out of Incheon Port with support in 1949.

unique, even among Koreans. In 1895, he served as a night watch for King Gojong, protecting him from pro-Japan conspirators right outside the king's sleeping room, armed with a pistol.

In 1905, Hulbert acted as a special envoy of the Korean Emperor to American President Theodore Roosevelt, seeking U.S. support for Korea as stipulated in the 1882 Korea-U.S. Treaty. Disappointed by the Roosevelt administration's dismissal of Korea's request for support against Japan's protectorate plot, Hulbert publicly criticized President Roosevelt, including in newspapers like the "New York Times."

In 1907, he served as a special envoy to nine heads of state with whom Korea had treaties, playing a crucial role in dispatching three secret emissaries to the 1907 Hague Conference for International Peace. The mission aimed to appeal to Western powers to help curb Japanese dominance. Unfortunately, influenced by Japan, Western



Article stating that Hulbert will support Korea until his death



The funeral service for Homer Hulbert took place at the Bumin Hall (present-day Seoul Metropolitan Council) on August 11, 1949.



55th memorial service with invited great-grandson Kimball and attendance of speaker Kim Deok-gyu, vice speaker of the national assembly



"Funeral Held Amidst the Wailing of Thirty Million"
- Reported by Dong-a Ilbo Newspaper, August 12, 1949



58th memorial service - visiting the grave of Dr. Hulbert with granddaughter Judy

powers blocked Korean representatives' entry to the conference, leading to the mission's failure. Following this incident, Japan forced Emperor Gojong's abdication, and Hulbert was expelled from Korea, returning to the United States.

In 1919, after the outbreak of the March 1st Revolution, a Korean uprising against Japan, Hulbert submitted a statement titled "What About Korea?" to the Senate's Foreign Relations Committee. In it, he requested the U.S. to compel Japan to restore Korea to its independent state. For 38 years, he persistently advocated for the recovery of Korean independence in the U.S. through writings in journals and addresses to people in America and Canada, continuing his efforts until Korea's liberation in 1945.

Returning to Korea After 40 Years and Laid to Rest on Korean Soil:

Hulbert returned to Korea after the country's liberation, following an invitation from the Korean President Syngman Rhee in 1949. Unfortunately, he developed pneumonia and passed away on Aug. 5 that year, just seven days after arriving by ship in Incheon. Hulbert's tombstone carries the inscription, "I would rather be buried in Korea than in Westminster Abbey," as per his wish. He rests in peace at Yangwhajin Foreign Cemetery in Seoul.

Korea posthumously honored him with the Order of Merits for National Foundation (건국공로훈장) in 1950 and the Golden Order of Merit for Culture and Arts (금관문화훈장) on Hangeul Day in 2014. Additionally, he became the inaugural recipient of the Seoul Arirang Award (서울아리랑상).

**"I would rather be buried in Korea than in Westminster Abbey."
— Homer Hulbert**



"Koreans should not forget Hulbert even for a day."
This statement was made by freedom fighter **Ahn Jung-geun** in response to a question from a Japanese police officer while he was imprisoned in 1909 at Lushun Prison in China after assassinating Hirobumi Ito, the first Japanese resident-general of Korea.

10 Reasons Why You Would Want to Get Invisalign in Seoul

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



Choosing to get Invisalign in Seoul specifically can be influenced by various factors. While Invisalign is a globally recognized and available orthodontic treatment, there are specific reasons why someone might opt for this treatment in Seoul:

1. Medical Tourism and Quality of Healthcare:

Seoul has become a hub for medical tourism and is known for its advanced healthcare infrastructure and high standards of medical care. The city boasts modern dental clinics and well-trained orthodontists, making it an attractive destination for individuals seeking reliable and proficient Invisalign treatment.

2. Technological Advancements:

Seoul tends to stay at the forefront of technological advancements, and this extends to healthcare as well. The dental clinics in Seoul may utilize cutting-edge technology and equipment for orthodontic treatments, including Invisalign.

3. Expertise of Orthodontists: The city has orthodontists with specialized training and experience in Invisalign treatment. Choosing to get Invisalign in Seoul could mean access to professionals who are well-versed in the latest techniques and updates in orthodontic care.

4. Global Recognition of Invisalign:

Invisalign is a globally recognized orthodontic treatment, and many cities worldwide, including Seoul, offer this option. Individuals may choose Seoul due to its reputation for quality healthcare and the availability of Invisalign treatment from trained professionals.

5. Innovative Dental Research and Education: Seoul's dental community may be actively engaged in ongoing research and education, providing access to the latest developments and innovations in orthodontic care. Choosing Invisalign in Seoul could mean being treated with the most up-to-date techniques and technologies.

6. Ease of Transportation:

Seoul has an efficient and well-connected public transportation system, including subways and buses. Navigating the city is relatively easy, which can be convenient for individuals undergoing Invisalign treatment. Accessibility to dental clinics and ease of travel within the city can contribute to a smoother overall experience during the orthodontic process.

7. Cost Considerations:

The cost of healthcare services, including orthodontic treatments, can vary by location. Individuals might find that the cost of Invisalign in Seoul is competitive or more affordable compared to their home country or other locations.

8. Cultural Experience:

Some individuals may view getting Invisalign in Seoul as an opportunity to experience the local culture and explore a new city while undergoing orthodontic treatment. This combination of healthcare and cultural experience can be appealing to those who enjoy travel.

9. Diverse Food Options:

Seoul is renowned for its diverse and delicious food offerings. Choosing Invisalign treatment in Seoul allows individuals to experience a variety of local cuisines during their orthodontic journey. The city's culinary scene provides an opportunity to enjoy unique flavors and culinary experiences.

10. Language Accessibility:

Many healthcare professionals in Seoul are likely to be proficient in English as well, catering to an international clientele.

It is important for individuals considering Invisalign in Seoul to thoroughly research local clinics, orthodontists, and treatment options. Consulting with healthcare professionals, reading reviews, and considering personal preferences can help make an informed decision based on individual needs and priorities.

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- Specialty in Orthodontics, Montefiore Medical Center, Albert Einstein College of Medicine, NY, USA
- Speaker for Invisalign in Korea
- Invisalign Provider Since 2008
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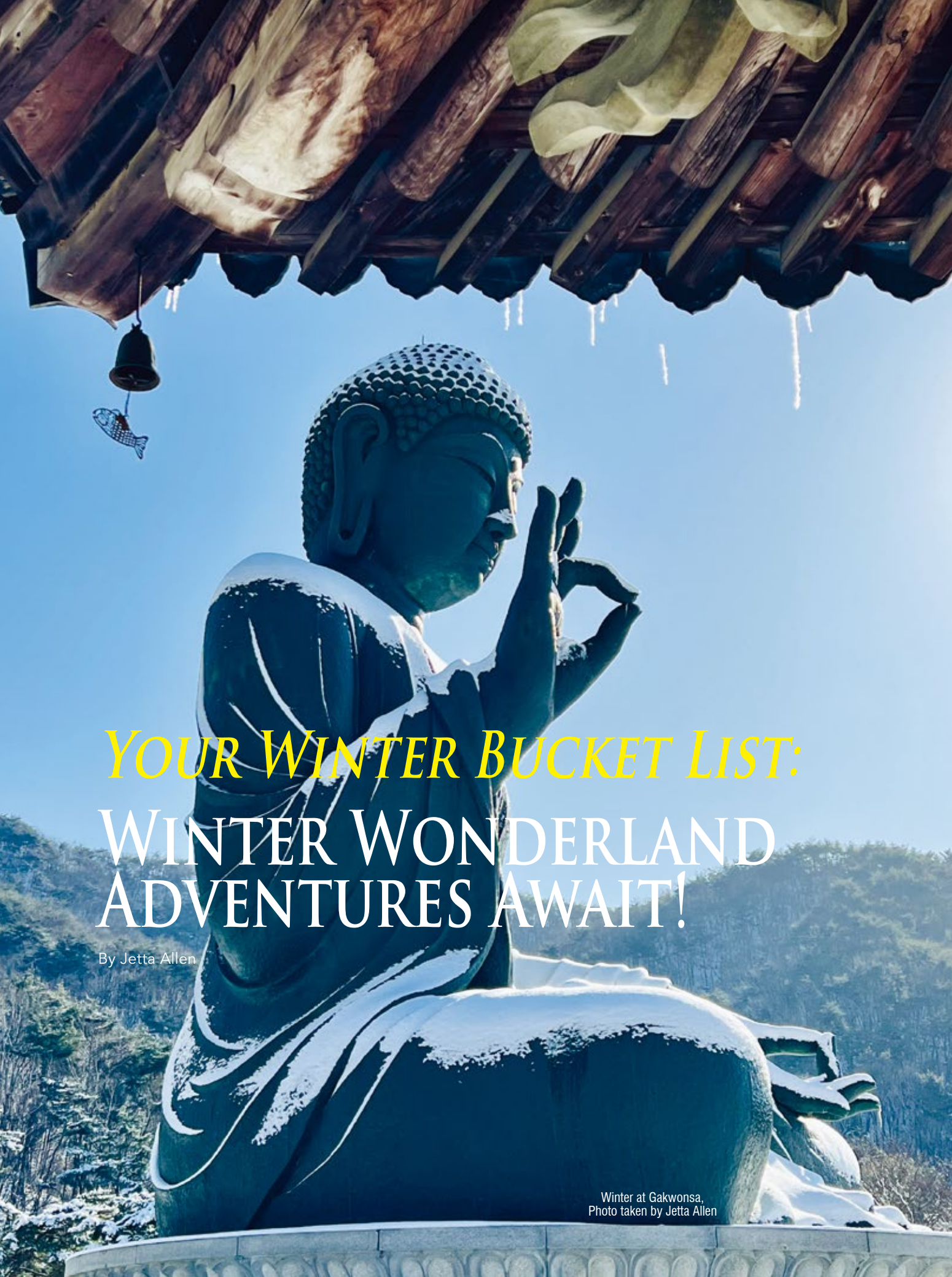
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YOUR WINTER BUCKET LIST: WINTER WONDERLAND ADVENTURES AWAIT!

By Jetta Allen

Winter at Gakwonsa,
Photo taken by Jetta Allen

As the seasons change, South Korea turns into a snowy wonderland with many winter sports, activities and festivals! No matter your age, interest or ability, there is something for everyone to enjoy. From sipping cocoa at a lodge, riding a giant duck pulled by a bicycle on a frozen lake, roasting chestnuts, eating warm hotteok, skiing, snowboarding, to sledding, South Korea has something for everyone. Here I have shared some of my favorite photo spots, a variety of must-see festivals, hiking trails, and how to prepare for the cold weather in South Korea. Do not miss the winter fun, get out there!

Favorite Winter Views and Photo Ops Spots

My five favorite spots for winter photos are ones with stunning nature views that also provide a glimpse of Korean culture in winter - temples and hanok villages covered in snow, palaces blanketed in silence, giant ice springs, and the stunning Christmas lights in Seoul.

- Gakwonsa in Cheonan
- Alps Village in Cheongyang
- Hanok Village in Jeonju
- Gyeongbokgung Palace in Seoul
- Lotte Tower in Seoul



Winter at Gakwonsa,
Photo taken by Jetta Allen

Winter Festivals and Events

Winter festivals celebrate the season, snow, and togetherness. Across the country, each festival uniquely relates to its home province or county, what it is famous for, or a popular export of the area. Dates for winter festivals change annually because they are weather dependent, so note the festivals that intrigue you and keep your eye out for announcement dates, times, and how to participate.

Some festivals require early booking to guar-



Chilgapsan Ice Fountain Festival,
Photo by Maj. Jamila Williams

antee admission while others may have no cost. Many festivals last all day or night as well, so plan ahead and make a weekend of it! I recommend staying at a local hotel, pension, or even going winter camping.

For the full experience, stay close, eat and shop local, and enjoy the festivities of winter.

Chungcheong Province

- Chilgapsan Ice Fountain Festival at Cheongyang Alps Village
- Yuseong Spa Christmas Festival in Daejeon
- Lighting Festival in Taean

Gangwon Province

- Go-go Ski Festival at High1 Ski Resort
- Sonata of Light Show
- Hwacheon Sancheoneo Ice Festival
- Hongcheon River Ginseng Trout Festival

- Inje Icefish Festival
- Pyeongchang Trout Festival
- Daegwallyeong Snow Festival

Gyeonggi Province

- Anseong Smelt Festival at Dume Lake
- Lighting Festival at The Garden of Morning Calm
- Sanjeong Lake Sledding Festival
- The Lantern Festival in Seoul
- Pinocchio & Little Prince Lighting Festival of Petite France
- Pocheon Herb Village Light Festival
- Taebaeksan Snow Festival in Taebaeksan National Park
- Jaraseom Singing Winter Festival

Jeollanam Province

- Boseong Tea Plantation Light Festival

Dalseong Province

- Biseulsan Ice Sculpture Festival

Gyeongsang Province

- E-World Illumination, Daegu
- Suseong Light Art Festival at Suseongmot Lake
- Haeundae Polar Swim Festival in Busan
- Busan Christmas Festival

Winter Sports and Resorts

Winter sports resorts have much to offer at a variety of skill levels, including my skill level, sip and watch!

Each resort will offer a different sport such as skiing, snowboarding, sledding, tubing, and unique snow activities for younger children. When you are planning a trip, check around to see which resort offers the best annual pass for your interests. You will



McCullough at Hwacheon Ice
Fishing Festival, Photo taken by
Col. Brian McCullough



Raeann B. at Sanjeong Lake Sledding Festival
Photo taken by Jean Bower



Views of Alpensia at the Holiday Inn.
Photo taken by Col. Brian McCullough

also want to check how many slopes are at your skill level at the resort. Many resorts offer rentals.

- Konjiam Resort in Yongin
- Oak Valley Resort in Wonju
- Jisan Forest Resort in Incheon
- Bears Town Ski Resort in Pocheon
- Elysian Gangchon Ski Resort in Chuncheon
- Vivaldi Park Ski World in Hongcheon
- Wellhillipark Hyundai Sungwoo Resort in Hoengseong
- Alpensia Ski Resort in Pyeongchang
- Monapark Yong Pyong Ski Resort in Pyeongchang
- Phoenix Pyeongchang Snow Park in Pyeongchang
- High1 Ski Resort in Gohan
- Deogyusan Ski Resort in Muju

Winter Hiking Destinations

South Korea's beautiful nature parks turn into something from another world! The winter views cannot be beat. Frost on the trees, frozen streams and lakes, thick snow, and the brisk air are as invigorating as they are picturesque. Be sure to check the experience level of each hike, tell a friend where you are going, bring a buddy with you if possible, and always bring enough supplies (especially water) for your trek.

- Chilgapsan Provincial Park, known as the Korean Alps
- Chodang Reservoir in Samcheok
- Seoraksan National Park
- Taebaeksan National Park
- Deogyusan National Parks
- Jirisan National Park
- Mudeungsan National Park
- Hallasan National Park
- Pyeonggang Land in Pocheon

Winter Wardrobe Staples in South Korea

Beat the cold in South Korea with this list of must haves! Whether you are hitting the slopes or just commuting to and from, these will keep you warm and dry so you can winter with high spirits!

- Waterproof gloves for outdoors activities
- Mittens for a daily commute
- Fleece wrap around shawl to keep your light layers dry, great for daily commuting or long stints outdoors
- Puffy ankle length coat is a must with the winter wind
- Snow boots keep your feet warm and dry
- Snow pants are a staple for outdoor hiking and sports
- Hats of all kinds, fleece-lined hat, knitted caps, and hoods that cover your ears
- Hand warmers - both rechargeable and one-

time use are lifesavers

- Stainless steel thermos cups will keep your coffee and cocoa nice and hot
- Snowball shapers can be found at Dongdaemun, Daiso, Amazon and Gmarket for more winter whimsy
- Sunglasses and sunblock because the snow, clouds, and sun are bright
- Korean won in smaller denominations as many vendors only take won for cocoa, hotteok, and snacks

Winter in South Korea comes and goes quickly and the snow does not stick around for long! Get the best snow-kissed, frosty pictures as soon as there is snow-fall. Do not put off snow sports. Keep an eye out for posts on Facebook about trips to these destinations organized by units, organizations, departments, and others. Save the dates, keep your weekends open, and be prepared for an entertaining season, with more offered each year!



Raegan B. and Ethan B. with Thomas Bambo's Giants in Pyeonggang Land.
Photo taken by Jean Bower



Pikachu Snowballs in Pocheon,
Photo submitted by Jean Bower

LETTER FROM HUMPHREYS UNITED CLUB

Dear Camp Humphreys Community,

We are thrilled to announce the Humphreys United Club Scholarship, a beacon of support for the bright minds graduating from high school and embarking on the journey of higher education or trade school. This initiative is a testament to the incredible generosity of our community members who have contributed through donations and shopping at the Humphreys Thrift Store.

About the Scholarship: The Humphreys United Club Scholarship is designed to uplift and empower the promising individuals within our community. Whether you are pursuing a traditional college education or opting for a vocational path through trade school, we believe in fostering dreams and fueling aspirations.

How to Apply and Deadline: The application window is open, and we encourage all eligible candidates to submit their applications. Applying for the Humphreys United Club Scholarship is a simple yet impactful process. Interested candidates can access the application form on our website humphreysunited.org. Please ensure all required documents are submitted by March 15, 2024. Late submissions will not be considered.

Contributors Make Dreams Possible: The roots of this scholarship program lie in the shared commitment of our community. Every donation and every purchase at the Humphreys Thrift Store has contributed to making this initiative a reality. It is heartening to witness the community coming together to invest in the education and future of our talented community members.

Join Us in Celebrating Education: We invite everyone in the Camp Humphreys community to join us in celebrating the pursuit of education. Attend our Scholarship Award Ceremony, where we will honor the recipients and express our gratitude to the contributors who have made a lasting impact on the lives of our aspiring scholars.

Together, let's create a brighter future for our community!

Rosalinda Lindsay
President
Humphreys United Club

Email: president@humphreysunited.org
Website: www.humphreysunited.org



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HUMPHREYS UNITED CLUB Scholarships 2024

ELIGIBILITY REQUIREMENTS

Scholarship applicants must be a dependent of a U.S. Armed Forces service member, civilian component, or invited contractors as defined under the USA/ROF Status of Forces Agreement (SOFA) or U.S. military ID card holder and assigned to Camp Humphreys.

SCHOLARSHIP PROFILE

Humphreys United Spouses Club has awarded over \$50,000 in scholarship monies for four consecutive years to graduating high school seniors and continuing education students for undergraduate programs, graduate programs, technical training programs, and vocational courses.

IMPORTANT DATES

Scholarship applications will be accepted from January 15, 2024 - March 15, 2024.

Submissions after March 15, 2024 or applications hand written or incomplete will not be considered.

CONTACT INFORMATION

Email: scholarships@humphreysunited.org

SCHOLARSHIP APPLICATION REQUIREMENTS AND CHECKLIST

- A cumulative GPA of 3.00 or higher. Students with a GPA under 3.0 will be considered with submission of an additional teacher/staff recommendation or written explanation of extenuating circumstances.
- Completed 2024 Scholarship Application
- List of awards and dates
- Acceptance letter (if available) or verification of enrollment for college, university, or other vocational or trade program.
- Transcripts
- High school transcripts for high school seniors and college freshman
- Most recent transcript for current undergraduate students
- Undergraduate and most recent graduate transcripts for graduate students
- Transcripts from continuing education applicants may be emailed directly from the school to the Scholarship Chair (scholarships@humphreysunited.org) and are subject to verification. It is understood that these transcripts may include the words "unofficial" - once verification has been completed these transcripts will be accepted.
- At least one Letter of Recommendation from a non-relative written to the United Club describing the applicant's character and/or accomplishments.
- An essay with a minimum of a 500-word count (not to exceed 1000 words) addressing one of the topics provided.

Applications must be submitted electronically to the Scholarship Chairmen.

Amy Steffen and Megan Noell
[Scholarships@Humphreysunited.org](mailto:scholarships@humphreysunited.org)
Application deadline is March 15, 2024.

FOR APPLICATION PLEASE VISIT:
WWW.HUMPHREYSUNITED.ORG

LEARN TRADITIONAL CULTURE TO CELEBRATE SEOLLAL

Courtesy of Korea Tourism Organization



Seollal, Lunar New Year's Day, is one of Korea's main holidays. The holiday takes place around the first new moon of the lunar calendar and serves as a time for people to greet each other with words of blessing for the year ahead. During the holiday period, Koreans also participate in ancestral memorial services, bow to their elders, and play traditional games. To learn more about these customs, follow along with Kayla (from U.S.) and Sebastian (from Argentina) on their special visit to the Korea Etiquette Institute.

KOREAN COOKING: TTEOKGUK & JEON

As the saying goes, "a loaf of bread is better than the song of many birds." The first part of Kayla and Sebastian's trip was preparing a tasty lunch of tteokguk (rice cake soup). Tteokguk is one of Korea's original dishes, and is traditionally eaten for the New Year. The dish is made by boiling thinly sliced white rice cakes in a clear soybean soup. Before eating, each bowl is garnished with meat, green onion, and egg; mandu (dumplings) can also be added for a more filling meal.



On their trip, the teacher gave a simple tip to make the tteokguk taste even better! Before putting the rice cakes in the soup to boil, wash them with cold water and let them soak for about 30 minutes. This will give the soup a clear taste and look. Following the instructor's guidance, Sebastian carefully prepared the rice cakes in the boiling soup while Kayla was praised for her artful use of the garnish.





Kayla and Sebastian also prepared two types of jeon (savory pancakes) to go with the tteokguk. Jeon is made by lightly coating vegetables, meat, or slices of fish in flour and an egg wash before frying in a small amount of oil. Jeon can be eaten at any time, but it is customary to have them at Seollal and Chuseok (Korean Thanksgiving Day). The name of each jeon is based on the main ingredient, such as gul jeon (batter-fried oyster), beoseot jeon (batter-fried mushroom), or hobak jeon (batter-fried zucchini). For this experience, they prepared dongtae jeon (batter-fried pollack fillets) and yugwonjeon (batter-fried meatballs). Kayla continued to show her artistic skills in garnishing, while Sebastian had the task of making sure the jeon were all fully cooked.



Dongtae jeon is made by warming slices of dried pollack before marinating them in a mix of salt, pepper, and clear rice wine. After dabbing off any remaining moisture, the marinated slices are lightly coated with flour, dipped in an egg wash, and pan-fried over mid-low heat. Yugwonjeon on the other hand requires a bit more preparation. The meatball is made from mixing ground beef, tofu, garlic, and other seasoning ingredients

together; the key to good yugwonjeon is making sure there is very little blood or water remaining in the meat and tofu, respectively. After mixing the ingredients fully together, it is rolled into small balls, lightly flattened in the palm of one's hand, and then follows the same steps as dongtae jeon: flour, egg wash, fry! In order to fully cook the inside of the meatballs, keep the heat low.

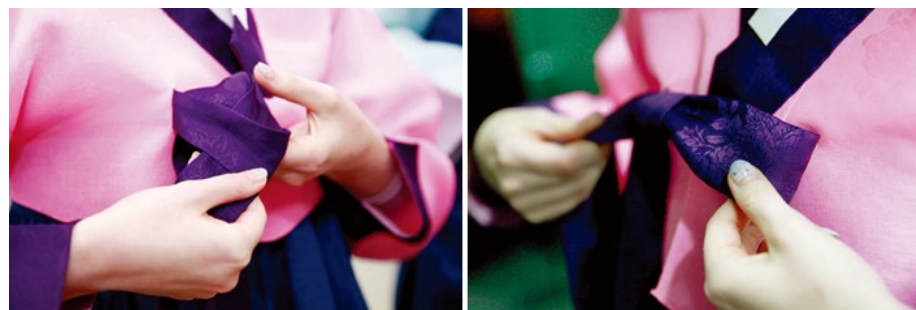
Wearing hanbok

After lunch, Kayla and Sebastian were excited to try on hanbok. Korea's traditional clothing, the design of hanbok has largely remained unchanged since the Joseon dynasty. While modern styles and imitations of hanbok have seen a rise in popularity recently, traditional hanbok is worn on cultural holidays and during memorial services. Kayla proudly admitted to being a hanbok maniac, carefully selecting her hanbok based on what colors and styles suited her best. This was the first time Sebastian had tried on hanbok since a trip to Jeonju years ago; he was most concerned with simply not wearing pink.





The most difficult step to wearing hanbok is correctly tying the goreum (ribbon). The ribbon keeps the jacket closed and in place, so it is quite important! While you could just make any type of ribbon or even a simple knot, doing it the proper way creates a beautiful finished image.



To make the proper ribbon, cross the right-hand goreum over the top of the left before pulling it back up through the two to tie them together. At this point, place your left hand over the tie and wrap the top goreum once around your hand, down the back and up the palm. With your right hand, create a ribbon shape with the hanging goreum and pass it through the goreum looped over your left hand. After this, simply tighten and adjust to make it picture perfect. If you have tied the goreum correctly, there should only be about a 5-centimeter difference in the two goreum.

NEW YEAR'S BOW

After dressing in hanbok, it was time to learn the New Year's bow. Both Kayla and Sebastian have lived in Korea for nearly ten years, so they are quite familiar with Korean greetings. Despite this, a simple standing bow is nowhere near as difficult to master as the full bow while dressed in hanbok! Kayla had difficulty not stepping on her skirt upon standing up again, while Sebastian tended to untie his goreum ribbon in the process.



Families gather together on the day of Seollal, and all members will give a New Year's bow to the elders of the family. The bow is different for men and women, but both must pay important attention to their gongsu (hand position). For men, the hands are held lightly in front of the body with the left hand over their right; for women, the right hand is over the left. The teacher praised Kayla for her correct hand positioning, not knowing she had previously attended a class on Korean etiquette. After a bit of review, the two were ready to bow!



For the female version of the New Year's bow, the hands, still held in the gongsu position, are lifted up to one's forehead, while turning one's head down to look at their feet. The hands will be held at this position throughout the bow until returning to the first standing position. At this point, the woman lowers her body slowly and kneels, starting with the left knee and then the right. From here, she sits down fully and then bends forward at the waist to about a 45 degree angle for three seconds. From here, simply reverse the process, sitting up straight, kneeling, standing on the right foot and then the left, before returning both hands to the gongsu position.

For the male version of the New Year's bow, the hands held in the gongsu position are lifted up and out in a round motion to one's eyes before being dropped down to the floor. Men also start kneeling with the left knee and then the right before sitting down. While women only have to bend slightly, men must bow further, lowering their backs to create a flat line. Their elbows should be placed on the floor and their forehead should hover slightly over their hands on the ground. If done properly, there will be a straight, flat line from the top of the head to the buttocks. After holding this position for three seconds, lift the elbows from the ground and sit straight up, place the right foot on the ground and use the hands in the gongsu position to push off from the right knee. After standing, lift one's hands to their eyes before returning to the original gongsu position.



PLAYING YUNNORI

The last lesson of the day was playing yunnori, a traditional game that can be played by all! The game can be played with as few as two people; with more people, the players divide into two teams. Each team is given four game markers they must move around the board. The number of spaces they can move is based

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on the results of throwing four sticks in the air. The sticks are made of chestnut wood and have one flat side, while the opposite rounded side is marked with “X”s. The first team to get all four game pieces around the board wins!

Before beginning, Kayla and Sebastian played rock, scissors, paper to see who would throw first; Kayla won the right. At the start of the game, it was unclear who would win, as both were throwing the same number, knocking the other player’s marker off the board. However, as the game progressed, Kayla began to make some strategic moves and was able to pull ahead for the win. While celebrating her victory, the teacher gave the following advice: “Yunnori is a game, but spending time together is more important than winning or losing. While playing, the whole family gets a chance to gather and share stories, all in a happy environment.”

MORE INFO

- Tip: Looking to try some traditional activities for yourself? Plan a visit to Namsangol Hanok Village, National Folk Museum of Korea, Seoul Global Culture Center, Korean Folk Village, or Korea House! These locations have a variety of traditional culture experience programs to enjoy!
- 1330 Korea Travel Hotline: +82-2-1330

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

- 1 January - New Year's Day
- 9-12 February - Seollal (Korean New Year) Holidays

US Holidays

- 1 January - New Year's Day
- 15 January - Martin Luther King Jr. Day
- 19 February - Washington's Birthday (a.k.a. Presidents Day)

Main Airports

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

Other airports include:

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

HYUKPIL:

Korean Revolutionary Brush Art

By Chil-Yong Lee



Hyukpil (革筆), meaning "revolutionary brush," is an artistic practice where symbols representing personal wishes, amulets to ward off evil spirits, Confucian filial piety, friendship, loyalty, faithfulness, courtesy, justice, and shamefulness are expressed through paintings using letters (typography).

This art form is a genre of Korean popular folk culture, and the tools used to draw are brushes made from animal skins. Particularly unique to Hyukpil is the use of leather tools (thin and wide brushes) to apply various colors of paint, creating paintings in a short amount of time. The content often depicted in Hyukpil symbolizes happiness with birds and flowers, while blessings are represented by carp and dragons. For instance, there is an interpretation that if one dreams of a carp jumping on the water, it signifies giving birth to a son, and a brave, long-lived



carp transforms into a dragon and ascends to heaven.

Through the symbols expressed in Hyukpil, even those who do not understand the characters can infer the meaning of the pictures. While Hyukpil is part of folk paintings, it has not yet gained recognition for its authenticity in any artistic field, often perceived as artifacts created in markets or on the streets. Nevertheless, Hyukpil, as an artistic creation, can be considered a representative field that beautifully unveils the beauty of Korea to the world. Artworks painted with Hyukpil often contain meaningful images related to people's wishes and lessons, serving as a precious cultural heritage revealing the lifestyle and values of our ancestors. However, the continued perception of Hyukpil as a crude street art form is a regrettable misunderstanding of the true essence of traditional culture.

Hyukpil culture is a folk painting activity reflecting the lifestyle of common people over the 500 years of the Joseon Dynasty. Folk paintings represent a practical folk culture created based on the daily life and customs of society. Therefore, folk paintings encapsulate the purpose of maintaining order in daily life, politics, and society, including the beliefs and wishes of the people. Folk paintings, closely tied to the aesthetics of the nation, serve as decorations for the beauty of residential spaces. Many experts consider the field of picture characters in folk paintings as the origin of Hyukpil. In these folk paintings, Hyukpil artists choose various elements, such as dragons, turtles, birds, fruits, real animals, trees, grass, and flowers, at the most suitable times, decorating them on characters like a magical wand. This mysterious combination of images and words is considered the essence of Hyukpil and its distinctive feature.

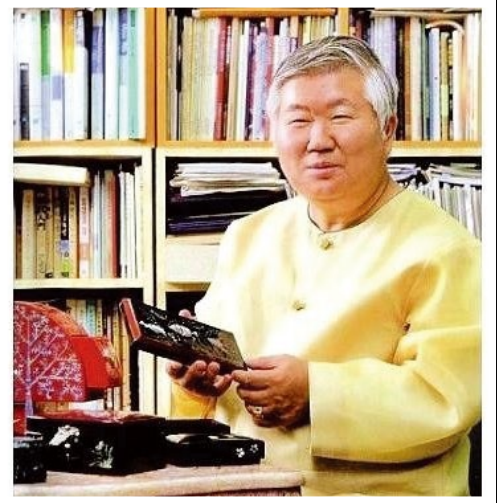
During holidays, in places like Yongin Folk Village, Insadong, and Namsan Hanok Village, elderly individuals skillfully draw animals, landscapes, and various



Jin-hye Jeong, a Hyukpil artist, is creating a drawing, using paints and various tools.



symbols directly on customers' names without sketches, often leaving Westerners amazed and curious. The astonishment arises from the fact that Western art typically requires a preliminary sketch, unlike Hyukpil, which spontaneously depicts animals, landscapes, figures, characters, and more without such formalities.



About the writer

Chil-Yong Lee

- President of the Korea Craft Artists Association
- Former member of the Cultural Heritage Administration, Cultural Heritage Specialist

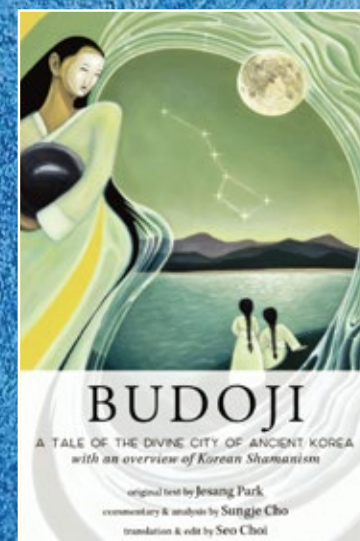
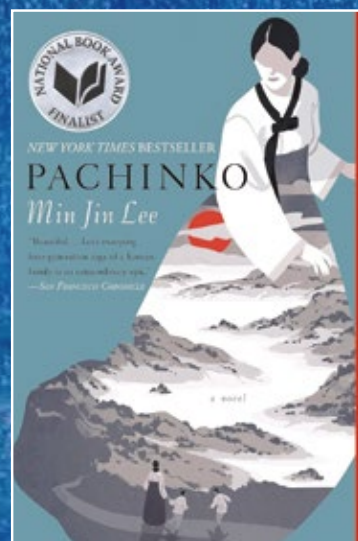
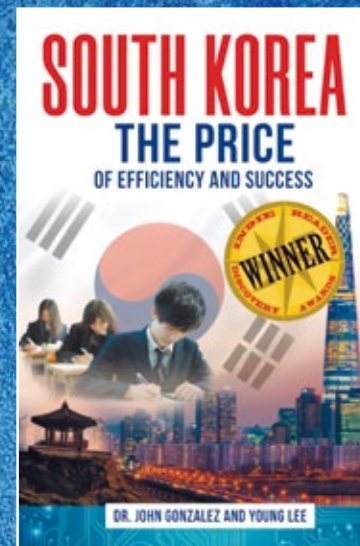
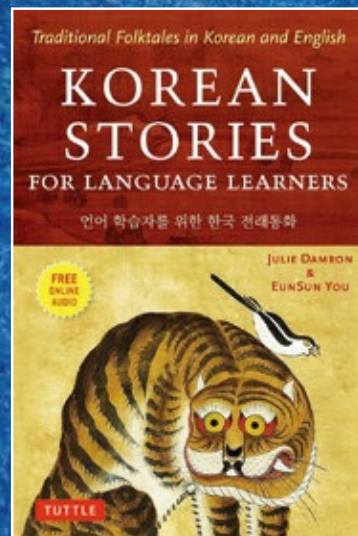
Hyukpil artist, Sang Jun Nam

Sang Jun Nam, born on June 19, 1923, is a Hyukpil artist representing this era. He is currently 101 years old. His extensive career includes learning oriental painting from Kim Seok-ha, studying Hyukpil from Jisung, and passing on Hyukpil through various travels, including the United States, China, and Japan, from 1965 to 1984. Sang Jun Nam actively participated in exhibitions and events worldwide, becoming a popular figure in the "Korean Product Exhibition" during the 2000s. Despite challenges such as changing times and diminishing interest in finding Hyukpil artists, he remains committed to teaching Hyukpil, sharing his knowledge and techniques with those eager to learn. Sang Jun Nam's dedication to passing on Hyukpil culture is reflected in his continuous efforts, even using a small space provided by the Modern Imperial Craft Culture Association. In 2012, he was selected for Seoul's "Vanishing Traditional Culture," yet his ultimate wish is to continue the transmission of Hyukpil until the end of his life.



Meet Your Next Favorite Book!

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



Korean Stories For Language Learners: Traditional Folktales in Korean and English - Julie Damron, EunSun You

Korean Stories for Language Learners presents 42 traditional Korean folktales in a bilingual format, featuring both Korean and English versions on facing pages. The book is accompanied by comprehensive notes and exercises designed for novice language learners. Ideal for first- and second-year Korean language courses, as well as for individuals interested in exploring Korean folktales and traditional culture.

Film Korea: The ghibliotheque guide to the wonderful world of Korean cinema (Ghibliotheque Guides, 3) - Michael Leader, Jake Cunningham

From blockbuster successes like Parasite to cult classics such as Oldboy, The Handmaiden, and Train to Busan, Korean cinema stands as a thriving hub of creative brilliance, driving some of the most exhilarating and captivating filmmaking worldwide. In this indispensable guide to the nation's cinematic journey, Michael Leader and Jake Cunningham—esteemed authors and hosts of the popular podcast Ghibliotheque—lead you through the essential films spanning a century of Korean cinema.

SOUTH KOREA: The Price of Efficiency and Success - Dr. John Gonzalez, Young Lee

Drawing on their professional expertise, authors John Gonzalez and Young Lee collaborate to delve into the intricacies beyond the public image of South Korea. Their exploration encompasses the conditions, behavioral patterns, and cultural values that played a pivotal role in propelling the nation from the aftermath of the Korean War to its current status as the 4th largest economy in Asia and the 12th largest in the world.

Pachinko - Min Jin Lee

Pachinko is a meticulously crafted and engaging book that seamlessly combines richness with a compelling narrative. One of its standout features is Lee's adeptness at swiftly shifting perspectives. The story never dwells too long with a single character, continually refreshing our viewpoint and adding layers of dimension and depth to the narrative. Complementing this is Lee's keen observational eye and her prose, which masterfully captures the essence of the setting. With these qualities, it wouldn't be unexpected to find Pachinko featured on numerous summer reading lists.

Korean Past: Adult Coloring Book - E. A. Frank

Embark on a journey into Korea's cultural legacy with the soothing activity of coloring. This adult coloring book showcases detailed designs influenced by traditional Korean architecture and attire. Lose yourself in the splendor of Korea's history while finding solace from stress and anxiety. Experience the delight of coloring with this enchanting homage, presenting intricate illustrations in beautiful shades of gray.

Budoji: A Tale of the Divine City of Ancient Korea with an Overview of Korean Shamanism - Sungje Cho, Jesang Park

A compelling ancient narrative from indigenous Korea that unfolds the tale of the universe's creation, the emergence of humanity, and beyond.

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A view from Nami Island
(Photo by Han Kim)

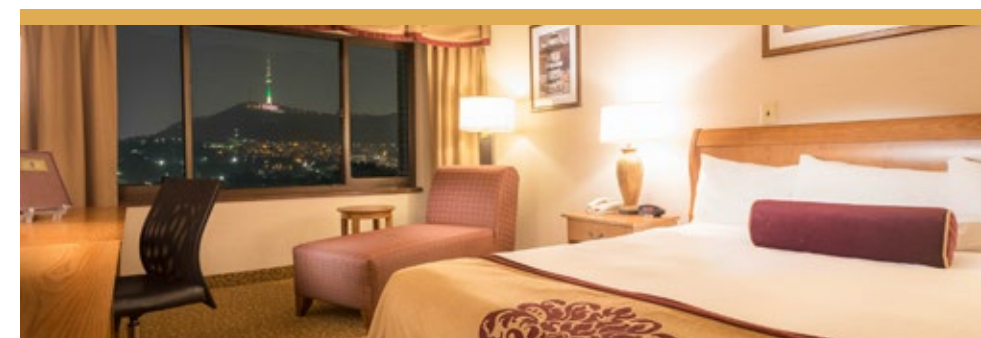


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