

DECEMBER 2023

UNITED ON THE ROK

JIN HONG PARK:

HIS FRIENDSHIP
AND SERVICE WITH
THE U.S. MILITARY
IN KOREA

NAJEON-CHILGI
*Lacquerware inlaid
with Mother-of-Pearl*

Finding Orangutans
in the Wild



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Jin Hong Park: An Extraordinary Journey with the U.S. Military in Korea

Jin Hong Park, CEO of Jeil Rent-a-Car and Discover Seoul C&T, shares his remarkable journey of friendship and service with the U.S. Military in Korea.

Cover: Photo by Eric Park



Najeon-Chilgi: Lacquerware inlaid with Mother-of-Pearl



Finding Orangutans in the Wild

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UNITED ON THE RoK

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Jinhong Park, CEO of Jeil Rent-a-Car and Discover Seoul C&T, poses by Christmas decorations inside Dragon Hill Lodge. Check out his remarkable story on pages 22-25. (Photo by Eric Park)

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LIVE MUSIC&ART CALENDAR



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



DEC31

**Myung Whun Chung & One
Korea Orchestra
<Beethoven 'Choral'>**

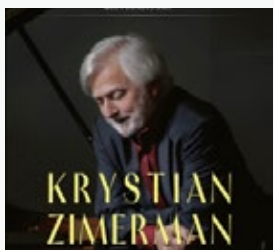
Lotte Concert Hall
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ONGOING -DEC31

Cirque du Soleil - LUZIA

Big Top in Jamsil Sports Complex
globalinterpark.com



JAN03

**Krystian Zimerman
Piano Recital**

Lotte Concert Hall
lotteconcerthall.com/eng



JAN07

**2024 Yiruma World Tour in
Seoul**

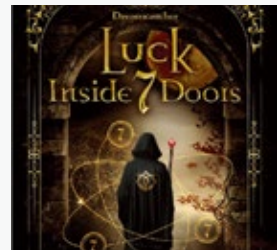
Sejong Performing Arts Center
globalinterpark.com



JAN12-MAR24

**Musical School Of Rock World
Tour - Seoul**

Seoul Arts Center, Opera Theater
ticket.yes24.com



JAN13

**Dreamcatcher 2024 World
Tour in Seoul**

YES24 Live Hall
ticket.yes24.com



JAN13-14

**Hans Zimmer Film Music
Concert with La Poem**

Lotte Concert Hall
lotteconcerthall.com/eng



JAN24

**2024 Vienna Boys Choir New
Year Concert**

Lotte Concert Hall
lotteconcerthall.com/eng



MAR09

2024 SLASH Live in Seoul

YES24 Live Hall
globalinterpark.com

care package

A TOKEN OF GRATITUDE

Navy Admiral (Ret.) William H. McRaven said, "If you want to change the world, find someone to help you paddle." Life requires us to rely on each other and work together.

You can show someone how much you appreciate them by putting together a care package. This is a special surprise you can give to a spouse, partner, child, coworker, or friend anytime, just to show you care about them.

Here are some ideas for special items to include and hopefully they inspire more!

treats for a night in

a book or movie
fuzzy socks
a coloring book
colored pencils
a cozy blanket
slippers
popcorn or chips
a puzzle
favorite drink

a health focus

yoga dice
a water bottle
a face mask
a journal
roasted nuts
a granola bar
a succulent
an energy drink
a sweat band

a morning pick-me-up

coffee beans
a mug
muffins or bagels
a book
candy & chocolate
a kitchen towel
a robe
funny socks
a magazine

self-care items

lip balm
body scrub
bath bombs
body butter
a candle
hand cream
a positive message
tea
stress ball



Cycling around Jeju Island, view overlooking Beomseom Island

Jeju via Bike and Café

By Lucy Davis

Jeju

Island is 234 km in circumference. I know this because I cycled right the way around.

I certainly did not (as some do) attempt this feat in a single ride. Rather, having read that most people take 3-5 days, I erred on the side of caution and gave myself a fortnight. Fortunately, the route was well paved and mostly flat, the winds were light, and my biggest challenge turned out to be curbing

my café appetite.

The trick is to cycle anti-clockwise as this means you are always on the side of the road closest to the sea and have uninterrupted views of beaches, headlands, islands, waves, and wildlife. You also don't have to cross as many roads or navigate oncoming traffic. One particularly nice feature of the route are the checkpoints. If you collect a stamp at each one, you receive a certificate of accomplish-

ment. You can buy a smart-looking "Cycling Passport" for the stamps, which has all the main cycle routes in South Korea. You do need to pay attention for the checkpoints though – I breezed right past one of them!

I started my trip from Jeju City, having prepared the night before by consuming a gigantic banquet of black pork. This is a speciality dish for the island and certainly one that I would recommend. My

fears of an energy shortage were quickly quelled however once the first of many attractive cafés hove into view. Indeed, almost every beautiful bay and headland was adorned with the promise of freshly baked and brewed delights. Resisting the urge to explore them all on a caffeine and confectionary fuelled café-crawl quickly became a principal challenge.

My partner's response to the trip had been a firm and unhesitating, "No thank you, I'll take the car". This gave me the advantage of not having to carry anything other than the basics with me, but it would have been just as achievable with a backpack of spare clothes and a toothbrush. We stayed in four different hotels, allowing me to break the journey into sections and spend a couple of days exploring each area. With an overwhelming number of museums throughout the island there was no shortage of things to do.

One museum that I had to visit was that of the Haenyeo female divers in Hada. This became unmissable for me after reading Lisa See's "The Island of Sea Women"

Kit List

- Bike & Helmet (widely available for hire)
- Water bottle
- Café money - or flask and snacks
- Puncture repair kit and pump
- Kakao Maps - Jeju Fantasy Bike Trail (제주 환상 자전거길)
- Odometer or cycling phone app
- Hammock (optional)



Checkpoint at Yongduam & 30r4 - Jeju Fantasy Bicycle Path Passport (with 9/10 stamps complete)



Statue of Haenyeo female divers



Rest stop at Eongal Haean by Cheonansa Temple

and provided a captivating insight into the lives of these incredibly brave and robust workers. Meals of abalone porridge, fried octopus, and fresh oysters are forever enriched for me knowing how they were harvested by the Haenyeo. There were also several stunning waterfalls. In particular, the triple spectacle of Cheonjeyeon Waterfall was worth the transition from bike to hike to visit all the viewpoints.

To recover (mainly from consumption, but also from cycling), my favourite part of each day became a postprandial snooze on the seafront. With the sun glinting off the surf and boats bustling about, swinging in a hammock was the perfect rest option. As a bicycle saddle is not the most comfort-

able of seats, this also afforded welcome relief for my backside. I did not confess my daily ratio of resting to cycling, as this may have jeopardised my ability to cite, 'I have been cycling all day' at restaurants in the evening. However, I will admit to you that the total cycling time was only a little over 13 hours.

Spread over a few days, this is an achievable trip for everyone. With plenty of rental shops around the island it is possible to hire both regular and electric bikes for the full route or just a section. I brought my bike with me, so didn't have a hire-shop to ring when I got a puncture on the first day. Luckily, I was prepared for a basic repair and was pleasantly surprised how

many people stopped to ask if I needed any help or equipment. Navigation is also wonderfully simple, with a clear blue line painted on the ground along the whole route. For the more discerning navigator, Kakao Maps has a 'Jeju Fantasy Bike Trail' route, with detailed mapping between each of the ten checkpoints.

We travelled to Jeju on the ferry from Mokpo. This was a fabulous journey in itself, weaving between the myriad coastal islands and seeing Jeju's famous Mount Hallasan emerging gradually over the horizon. Going in September meant that we had long bright days of sunshine but missed the heat and humidity of summer, as well as the chill winds of winter. It also had the



Kakao Maps – Jeju Fantasy Bike Trail
[Note: Screenshot from Kakao Maps]

added benefit of being cheaper and less crowded than peak season. However, for the adventurous (and suitably attired) it is probably a trip that can be taken at any time of year. With a little prior planning, it could definitely be condensed into a four-day weekend, and I un-

derstand Jeju Air will happily take bikes on flights.

For now, the only question remaining on my mind is whether to go back in the spring for my missed stamp, or to tackle the famed Incheon to Busan cycle route next?

Checkpoints (anti-clockwise from Jeju City)

- Yongduam (21km)
- Darakswimteo (21km)
- Haegeoreum village park (35km)
- Songaksan (30km)
- Beophwanbadang (14km)
- Soesokkak (28km)
- Pyoseon Beach (22km)
- Seongsan Ilchulbong (29km)
- Gimnyeong Beach (9km)
- Hamdeok beach (25km)



Best Hallyu Food in the U.S. is Now *Tteokbokki*

By The Seoul Tourism Foundation

In recent social media trends, the spotlight is on the surging popularity of Korean street food in the United States. While traditional favorites like kimchi, bibimbap, and bulgogi often come to mind when thinking of Korean cuisine abroad, a noteworthy shift is occurring. The focus is turning to tteokbokki, and it has become the top choice among foreign consumers.

According to a report by NBC on the 3rd of this month, the demand for Korean street food in the United States has experienced a remarkable surge, with tteokbokki emerging as a frontrunner. Meal kit-style tteokbokki kits, available in major U.S. supermarkets and online shopping platforms, have witnessed a rapid increase in sales. Moreover, the trend has extended to the opening of specialized tteokbokki restaurants in cities like New York and Los Angeles.

taste, while in the United States, they favor a mild and savory spiciness... Korean food companies are intensifying research on taste standardization.

"Japanese people like a non-spicy, sweet gochujang (red pepper paste), while Chinese people enjoy a sweet yet salty and stimulating gochujang. Americans, already accustomed to 'hot sauce,' are enthusiastic about a plain gochujang with an emphasis on spiciness."

The current main focus of Seonjeon Tteokbokki Research Institute's chief researcher is the 'gochujang preferences' of people around the world. To make Korean gochujang, a traditional dish, popular worldwide, it is crucial to develop a sauce that suits the preferences of different cultures.

Already last year, they conducted taste tests with 800 consumers in China and 200 in the United States.



NBC attributes this phenomenon to the global dissemination of Korean popular culture, citing instances like BTS member Jimin enjoying tteokbokki in Seoul. These cultural influences are sparking heightened interest and curiosity about tteokbokki on social media platforms, resulting in a notable transformation in foreigners' perceptions of this Korean street food.

"In Japan, they prefer a sweet and mildly spicy

"In the United States, we plan to create gochujang for pizza and steak sauce, and for the Chinese market, we plan to develop a product like soybean paste soup."

• **Key is standardization and hygiene**

In the recent food industry trend, there is a boom in research aiming to captivate the global palate with the

'taste of Korea.' The biggest challenge lies in 'taste standardization efforts.'

When visited on the 20th, the Gochujang Research Institute at Daesang Central Research Institute in Icheon, Gyeonggi Province, was buzzing with enthusiasm for 'spiciness standardization research.' The research lab shelves were filled with spicy sauces from the United States, Japan, China, Taiwan, France, and other countries. Researcher Ahn Jung-eon stated, "Through comparison experiments with these sauces, we plan to classify spiciness into five levels." He added, "We will develop gochu-

jang sauces tailored to each level of spiciness so that foreigners experiencing it for the first time can gauge the spiciness level and choose gochujang at the store."

The interest of the Korean-style Fresh Research Institute in Jonggajip Kimchi, also located in Icheon, lies in 'fermentation science.' Jin-hyuk Lee, the team leader, said, "Kimchi is already perceived not just as a simple food but as a functional health food rich in probiotics." He added, "We will strengthen research on probiotics in kimchi's functional ingredients and lead the next-generation fresh food market."

Through these efforts, Jonggajip Kimchi is exported to 20 countries, including the United States, Asia, Australia, and Europe, centered around Japan. In 2007, they exported approximately \$19 million worth, with a volume exceeding 5,000 tons. Last year, the export amount reached \$21 million, and this year, they plan to increase it to \$30 million.

• Testing the globalization of prepared foods

Research into capturing the world market for prepared foods is also in full swing, surpassing food exports. The Tteokbokki Research Institute, which opened its doors in Yongin, Gyeonggi Province, on the 11th of this month, aims for the globalization of tteokbokki.

Although it started with five members, it plans to increase the number to 16 by next year. A representative from the Ministry of Agriculture, Food, and Rural Affairs said, "From this year, we will invest 14 billion won over five years in tteokbokki production development, export, and overseas promotion." Jong-gyu Lee, director of the Korean Rice Processing Association, said, "To truly globalize tteokbokki, we plan to standardize the spiciness of tteokbokki and accurately measure the ingredients that go into tteokbokki."

Seonjeon Tteokbokki, a traditional tteokbokki brand, also established a 'Tteokbokki Global Team' within its product research institute this year to analyze the tastes of advanced countries' markets, including the United States.

The representative of Seonjeon Tteokbokki said, "Due to the stagnation of the domestic market, the globalization of restaurant businesses has become inevitable," adding, "With 5 to 6 task force teams in operation, we will analyze the tastes of locals and open the first branch in the United States next year."



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Solving the Recruiting and Retention Challenges by Meeting Basic Needs

By Sarah Hoyt

According to recent studies, only 23% of U.S. citizens ages 17-24 are eligible for military service and a growing percentage of that minority is becoming increasingly disenchanted. Instead of adjusting the recruiting standards to increase the pool for military recruits, investment should go toward making the military more attractive to the existing pool of eligible recruits. The first step in this direction should be focused on basic needs, specifically on food, shelter and sleep.

Maslow's hierarchy of needs begins with physiological needs, (food and clothing). Often depicted as a pyramid, the needs move upward to safe, love and belonging, and self-actualization. Needs lower in the hierarchy must be met before higher needs can be attended to. If we want our soldiers to "be all you can be" then the lower hierarchical needs must be met, starting with the basics.

A recent article on www.military.com offered soldiers "jailhouse hacks" for creating meals with common convenience store ingredients for times when dining facilities are closed. Fort Cavazos, Texas, citing a personnel rotation of cooks to Fort Irwin and Fort Knox, had only two out of ten dining facilities open every day over the summer. The physical enormity of Fort Cavazos made getting to an open dining facility time prohibitive for many barracks soldiers.

The truism attributed to both Fredrick the Great and Napoleon Bonaparte is, "the army marches on its stomach." Food is essential for survival and should not be a struggle for the brave people who are serving our country and defending our values.

The other critical physiological need that must be

addressed is shelter. There is a current housing crisis in the U.S., with a lack of affordable homes. There is also a housing crisis in the Army that has been swept under the rug for too many years. In 2018, several federal investigations exposed negligence with the private companies who operate as landlords with respect to on-post housing. Mold, lead paint, vermin, and poisoned water plagued military bases, leading to a Congressional inquiry. A Government Accountability Office report in April 2023 noted the shortage of civilian personnel providing oversight functions at the Department of Defense's military housing offices, a shortfall that was supposed to be addressed in 2020.

Greater accountability is needed from the housing companies. As housing companies continue to collect monies from service members, service members are owed a safe and healthy living environment. Mold, lead paint, vermin, and poisoned water are unacceptable

Barracks for single and unaccompanied soldiers also have issues, such as mold, climate control and laundry room access. As part of an initiative to improve the lives and morale of single and unaccompanied soldiers, the U.S. Army has a 10-year plan and nearly \$10 billion to repair the barracks. The move is part of reforms to privatized base housing, which were spurred by reports of neglected facilities and hazardous living conditions affecting military families.

Soldiers are reasonably expected to maintain their living spaces.

"We're gonna pull out money where our mouth is, [but] I ask ... every leader and every soldier that as we redo the barracks ... you have to do your part to

make things better. We still have to maintain our barracks," said Sergeant Major of the Army (ret.) Michael Grinston in 2020.

However, single and unaccompanied soldiers, like those who are in homes, deserve to have a safe, clean place to live.

At USAG Humphreys, the effort to meet the physiological needs (housing and food) of service members is a good model because of the timely responsiveness to complaints, though there is room for improvement. For example, when there were issues at the dining facilities, soldiers took to social media with pictures to highlight the deficiencies at certain dining facilities. Senior leaders immediately investigated and corrected the deficiencies. Additionally, public affairs officers highlighted the changes on social media pages to keep the community apprised of the situation and hold the dining facility accountable as well.

However, there is also room for improvement. Mold is a common issue and serious health risk in barracks, apartments and housing. Incoming service

members and dependents could be coached on preventative maintenance. Additionally, service members in the barracks should be allowed to maintain the temperature in their living spaces. Giving them some autonomy could improve morale and comfort.

Giving bonus money to one-term enlistments is not the solution, nor should the Army lower its standards for eligibility. Improving the benefits the Army offers is the way forward for both recruitment and retention. In this instance, we need to start with the basics. Improving the quality of life for soldiers, both married and single, will increase recruiting numbers but also improve retention. For one thing, potential recruits will read or hear about the benefits in the news.

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HEALTH: The Power of Meditation

By Harry Shin



Have you ever experienced serenity of the mind? Do you know the way to find happiness regardless of circumstance? The art of meditation can open our eyes and lead us to see the world from different perspectives. It is a great honor to introduce meditation and share the benefits of meditation practice, even though I am still a novice meditation practitioner. Why meditation? The answer is

obvious. Meditation is a “game changer” through which we may find happiness.

The word meditation stems from the Latin term *meditatum*, which means “to ponder.” Most practitioners agree that meditation makes us more aware of how our minds work and how thoughts are connected to feelings and behavior. Meditation is a broad and diverse practice with various techniques and methods. Therefore, we find a proper practice method

through actual experience.

Commonly practiced meditations are Seon (Zen) meditation, Mindfulness meditation, Loving-kindness meditation, Vipassana, Walking meditation, Mantra meditation, Breath counting meditation, Meta meditation, and so on. Among those meditations, I would like to mention Ganhwa Seon, a traditional Korean Buddhist meditation. Ganhwa Seon is “a Seon method to directly see one’s original nature by looking at (gan)

the critical phase (hwadu).” If one sees one’s original nature, that is enlightenment. This original nature is one’s self-nature that possesses everything.

In this tradition, the most required elements are “Great doubt, Great faith, and Great indignation” (three necessities) to obtain the marrow of Seon meditation. More specifically, it uses distinctive features of Hwadu (also called *gon-gan*). Hwadu is a special language of Seon masters that blocks all passages for thought and discrimination. It is paradoxical questions, statements, or stories that defy all logical reasoning and are designed to provoke deep introspection and insight. The teacher gives an assignment with specific hwadu to his disciples as a means to help break through conceptual thinking and notions.

The benefits of meditation are numerous. Scientists have proven

the advantages of the practice through experiments. These are well-being, stress reduction, improved concentration, emotional regulation, self-awareness, mental clarity, strengthened immune system, spiritual growth, reduced anxiety and depression, relief of insomnia, not to mention increased resilience.

In my experience, I could observe myself objectively as if I have some distance from my thoughts. It means if you look at yourself from the perspective of an observer, you can avoid being caught up in pain or pleasure. In other words, you can see yourself as an avatar when you practice. By looking at yourself as an avatar, you can get out of the pain and have a sense of compassion. Furthermore, you may want to help others by saying, “How painful would it be for others not to know how to see themselves out of that self?” And you will feel like,

“I have to tell others this way. This kind of compassion or loving-kindness may arise.

Sadly, I came across the news by chance that the suicide rate among people in the military is very high. In the Buddhist tradition, suicide is considered the worst and most unforgivable sin. Because it eliminates the opportunity to become a Buddha, if you commit suicide, you will fall into hell. Even if you do bad things in this life and fall into hell, hell is a realm where you can be free after many eons. However, you cannot escape the hell if you commit suicide. So, you should be afraid that there will be more tremendous pain in the future, that is, the pain you cannot escape from hell.

Gladly, we know that meditation is a way to overcome our suffering and find happiness. Also, meditation can be done by anyone regardless of religion. It naturally leads us to liberate ourselves from the suffering caused by discrimination and delusion.

Friends! Let’s practice together to find inner peace and our true selves and ultimately attain enlightenment.

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. He is currently participating in a meditation instructor training course conducted by the Jogye Order of Korean Buddhism.



HIDDEN GEMS IN SEOUL

By The Seoul Tourism Foundation



The Seoul Tourism Foundation conducted a survey targeting 4,000 employees of the public corporation to identify "hidden gems" among their facilities that citizens might not be aware of. Based on the survey, they selected four places as "Seoul's hidden treasures."

The four hidden gems are:

1. Seoul Children's Grand Park Octagonal Pavilion (서울 어린이대공원 팔각당)
2. Seoul Global Center Family Rest Area (서울글로벌센터 가족 휴게실)
3. Cheonggyecheon Panjat-jib Theme Zone (청계천 판잣집 테마존)
4. Seoul Memorial Park Outdoor Garden and Gallery (서울추모공원 야외정원 및 갤러리)



Seoul Children's
Grand Park Octagonal
Pavilion:
(Left) 1st Floor
Cafeteria
(Right) 3rd Floor
Indoor Playground

Seoul Children's Grand Park Octagonal Pavilion (서울 어린이대공원 팔각당)

Located on the left side of the main entrance of Seoul Children's Grand Park in Nung-dong, Gwangjin-gu, the Octagonal Pavilion recently completed remodeling. It features a kids' cafe, an observation deck, and various citizen facilities. The first floor has a cafeteria with glass windows providing a view of the green nature of the grand park. The second and third floors house an indoor playground with various activities for children. The fourth floor offers a panoramic view of the park and Gwangjin-gu's urban landscape, open to the public for free.



Seoul Global Center
1st Floor:
(Left)
Family Rest Area
(Right)
Breastfeeding Room

Seoul Global Center Family Rest Area (서울글로벌센터 가족 휴게실)

Situated next to exit 6 of Jonggak Station, the Seoul Global Center Family Rest Area is a first-floor facility providing rest and feeding areas equipped with diaper changing stations, water purifiers, microwaves, washbasins, heating, and cooling facilities. It was remodeled in early 2023 to serve families with infants as a social welfare initiative.



(left)
Cheonggyecheon
Panjat-jib Theme
Zone Overview
(Right)
Interior of the Theme
Zone

Cheonggyecheon Panjat-jib Theme Zone
(청계천 판잣집 테마존)

This location, known as the "Panjat-jib Theme Zone," allows visitors to experience the tranquility of Cheonggyecheon. Located in Majang-dong, Seongdong-gu, the zone was renovated into a nature-friendly resting space, featuring transparent windows and wooden benches allowing views of Cheonggyecheon. The design promotes a natural and eco-friendly atmosphere, providing a place to appreciate the sound of water and birds.



Seoul Memorial Park:
(Left)
Outdoor Garden
(Right)
1st Floor Gallery
'Inyeon'

Seoul Memorial Park Outdoor Garden and Gallery
(서울추모공원 야외정원 및 갤러리)

In Seoul Memorial Park in Wonji-dong, Seocho-gu, visitors can find an outdoor park and gallery. The outdoor park, located behind the restaurant on the second floor, showcases various flowers, trees, and artistic works that harmonize with the landscape of Cheonggyesan (Cheonggye Mountain). The first-floor gallery, named 'Inyeon,' exhibits diverse artworks related to hope, comfort, and life, and it is open to the public for free.

In addition to these hidden gems, the Seoul Tourism Foundation also introduced four recommended cycling courses for the Seoul public bicycle "Ddareungi," which surpassed 40 million uses as of the end of 2022. These courses include the Seoul Forest Han River Course, the Four Palaces Course, the Jungnangcheon River Path Course, and the Anyangcheon Family Garden Rose Course.

Seoul Forest Han River Course (서울숲 한강 코스)

Starting from the bike rental station (station number 510) next to Seoul Forest South Gate Bus Stop, this cycling route takes you to the Han River, covering a distance of approximately 3 km to reach Ttukseom Han River Park. This course allows riders to enjoy the spacious Han River and simultaneously explore Seoul's natural attractions, such as Seoul Forest and Ttukseom Han River Park.

Four Grand Palaces Course (4대 고궁 코스):

This course begins at Changgyeonggung Palace and Changdeokgung Palace, passes through the National Museum of Modern and Contemporary Art, Seoul, includes a visit to Gyeongbokgung Palace, and ends at Deoksugung Palace, covering a distance of approximately 4 km. Start at the Changgyeonggung Palace entrance rental station (station number 337), explore the four grand palaces, and return the bike at the Seoul Metropolitan Art Museum rental station (station number 331). Note that access to the palace interiors is prohibited, so bikes must be returned to a nearby rental station when touring the palaces.

Jungnangcheon River Path Course
(종랑천 강길 코스)

Commencing from Geumho Junction rental station (station number 3550), this course takes riders along the Jungnangcheon River path from Yongbikyo Bridge to Sangdokyo Bridge, covering approximately 21 km. The course offers the advantage of enjoying a scenic flower path along Jungnangcheon, passing through well-maintained areas like Gwangjin Rose Garden and Jungnang Rose Garden.

Anyangcheon Family Garden Rose Course (안양천 가족정원 장미원 코스)

Starting from the entrance rental station (station number 1824) near Dosan Neighborhood Park around Anyangcheon, this course extends for about 10 km to the Han River. Cyclists can appreciate the beautiful scenery of Anyangcheon and take a moment to enjoy the lovely roses at Anyangcheon Family Garden.

In summary, these are four recommended cycling courses for Seoul's public bike system, Ddareungi, each offering a unique and enjoyable biking experience. The text also briefly mentions the Seoul Tourism Foundation as the first regional tourism foundation in Korea, responsible for various cultural and sports facilities, memorial sites, car-exclusive roads, underground malls, public bicycles, and more, closely linked to the daily lives of Seoul residents.



Looking Back on How Our Community Supported Each Other During Covid-19

By Jackie Williams

*“We do not remember days,
we remember moments.”*
— Italian Poet Cesare Pavese

I can still see it now when I close my eyes, nearly three years later. I can see the rice fields on that foggy February morning, the line of vehicles that stretched southward, beyond what my eyes could see, just idling, all the drivers yearning for information on why there seemed to be no movement at the Dodu-Ri Gate to enter Camp Humphreys.

There were social media posts from individuals in those idling vehicles, sharing that health screenings were being conducted at the gates. There were Department of Defense (DOD) ALERT messages informing parents of school and Child Development Center (CDC) closures. And the Korean government was sending emergency alert text messages in Hangul, advising all to stay home. None of us knew at that moment that we had just entered our COVID-19 era.



Kiri Peterson and volunteers at the Operation Cake for Quarantine

In the early days of our COVID-19 lockdown, U.S. military leaders in Korea encouraged us to “protect the bubble” and “flatten the curve,” guiding our efforts. However, as protective measures were put in place—by our host nation, by the DOD a world away

in Washington, DC, and by our local Garrison Command Team—it became more apparent that there were many sides to this situation. Our military leadership set policies and procedures based on what our host nation asked of them and what the DOD handed down, but



The Humphreys Quarantine Support Admin Dream Team with Humphreys Garrison Command Team, together, the Varsity Team

it was organizations like the Red Cross, Army Community Services (ACS), and unit Soldier Family Readiness Groups (SFRG) that quickly saw that there was a human side, a humanitarian mission at hand.

Because this was such a fluid situation, each day brought rise to new policies, new challenges, new awareness. As in any emergency, the Red Cross was activated and utilized. From providing toiletry kits to assisting with grocery shopping, they sought to bring comfort and a human side to this all. However, as more restrictive policies were put in place, more individuals found themselves in Quarantine.

At Camp Humphreys, Quarantine referred to a 14-day stay in a designated Quarantine Barracks, which included the bare-bone essentials. Individuals were issued a

set of bedsheets upon entering the Quarantine Barracks. Once settled, individuals were given one hour of supervised outdoor time from days 3 to 12 of their 14-day stay. They were authorized one opportunity to utilize the washers and dryers on their barracks floor during their stay. And they were provided a hot breakfast and dinner and a cold lunch, delivered by the soldiers manning the Quarantine Barracks, from the DFAC. No towels. No TVs. Depending on which Quarantine Barracks you were assigned to, you may have had a mini kitchenette with no dish pack or a minifridge/microwave combo. Talk about a welcome to Korea and Camp Humphreys.

The initial efforts from the Red Cross quickly grew beyond what their team was able to sustain, so they reached out to ACS as a

partner. ACS and their team of employees and volunteers picked up where the Red Cross had started and continued to expand the efforts as the number of individuals in the Quarantine Barracks continued to increase.

Newcomers arrived at the Quarantine Barracks throughout the day, seven days of the week. ACS quickly realized their staff was not enough to handle the humanitarian mission at hand.

Students at Department of Defense Education Activity (DODEA) schools shifted to virtual schooling, which many referred to as Corona Academy. As a result, more people were available to join the humanitarian mission to serve the community. The number of volunteers grew, but not all their best-intended efforts were well-organized. With so many willing com-

As of: 17 1700 APR 20

Health Protection Condition - Charlie (HPCON-C)

For more information visit www.usfk.mil or your installation's Facebook/Twitter page

Authorized Activities with HPCON Core Tenet Mitigations

On Post	PX Shopette	Commissary	Medical	Pharmacy	Post Office	Law Enforcement	On-post Bus/Taxi	Delivery	Take-outs	Bank	Gas Station	Visiting Family & Friends Small Groups	Walk/Run/Bike near Home Social Distancing	Vet	Fire Dept	DFAC
Off Post	Big Box Stores Grocery Stores Open Air Markets essentials only	Medical	Pharmacy	Post Office	Law Enforcement	Public Transportation to and from Work only	Delivery	Take-outs	Bank	Gas Station	Visiting Family & Friends Small Groups	Walk/Run/Bike near Home Social Distancing	Vet	Fire Dept		

Reopened in HPCON-C

On Post	Auto Repair	Laundry Dry Cleaner	School	Other Amenities	Sports Youth Activity
Off Post	Auto Repair	Laundry Dry Cleaner	School	Government Office	

Reopened in HPCON-C but limited

On Post	Gym	Religious Service	Barber / Salon	Child Care / Baby Sitter	Theaters
Off Post	Gym	Religious Service	Barber / Salon	Child Care / Baby Sitter	

"It only takes one! Remain vigilant!"

An increase in COVID-19 Positive test within USFK Community will result in increase HPCON condition back to HPCON Charlie Plus

The activities below pose an unnecessary risk to health and should never be conducted off USFK Installations during HPCON C or higher

Clubs Shopping Centers / Plaza Bars Amusement Parks Festivals Theaters Dine-In Restaurants

munity members, there needed to be a channel to share information with those volunteers, and to share what policies and protective measures were in place, and which were non-negotiable.

At this point, just three months from the initial lockdown, community members had organized efforts to make cloth masks, the Chapel had started preparing and distributing Family Welcome Baskets for new arrivals, and a group of spouses started collecting coffee makers and supplies needed to bring good coffee to those in the Quarantine Barracks. And yet, it did not seem like enough.

On a fateful afternoon, I can still hear the words in my ear.

"We really need someone who can take this on and keep it organized because it truly is a need. Would you consider taking it on?"

My friends will tell you, no was not a word in my vocabulary. Looking back, what seems like a lifetime ago, knowing what I know now, I am eternally grateful that I said yes, but I would have done some things differently.

When I agreed to take it on, the Humphreys Quarantine Shoppers became a 100%-volunteer-lead effort. It also became a keystone in the Humphreys Quarantine Support network that was established because three others also said yes when their help was requested.

I joined Brian Godfrey, Karen Landes, and Elizabeth West at the table in the Chapel that gloomy spring afternoon and we got down to work. We organized a private Facebook page to channel information to those arriving in country, to those in the Quarantine Barracks and to those with a vested interest

like the various unit leaderships. Then we started making ourselves known to those with rank and authority. It was not a perfect marriage of volunteers and green suitors, far from it most times, but it was a relationship we needed to make Humphreys Quarantine Support viable and purposeful.

Each person on our Humphreys Quarantine Support Admin Dream Team played an important role. Godfrey was a wheeler and dealer, working deals to get items donated for Chapel Welcome Bags and other needs. Landes was the ultimate sleuth, becoming an expert at the host nation's requirements as well as the USFK policies, ensuring that the most accurate information was disseminated, sometimes even correcting the green suitors. West used her connections to the units to help us enlist more

volunteers for the humanitarian mission and to help keep efforts organized. And then there was the link between us and the green suitors. We shared the role, knowing personal relationships and personalities were key to ensuring that our military leadership would share vital information with us, and that they understood fully what we could do and were willing to do.

As the role of Humphreys Quarantine Support grew, so did the number of off-shoot opportunities in the community. In the early days, the Chapel assembled laundry baskets with snacks, basic paper products, a bath towel and sometimes even cold brew coffee, and delivered them as families arrived at the Quarantine Barracks. As word spread among the arrivals, the effort quickly grew, so quickly that the PX could not keep up the laundry basket inventory. The Welcome Baskets became Welcome Bags that eventually expanded from just Family Welcome Bags to include Unaccompanied Arrival Welcome Bags. This effort brought together the Chapel, Chaplain Andy Baird, the PX, the Commissary, and vendors from the local economy, thanks to Godfrey's wheeling and dealing.

Another impactful program came from high school student, Kiri Peterson. At the beginning of Quarantine, Peterson delivered dessert parfaits to a handful of individuals. In a short amount of time, with support from her family, she organized and branded Operation Cake for Quarantine. Peterson organized community members, including soldiers living in the Barracks, to bake sheet cakes during the week. On Saturday mornings, you could find a faithful group of volunteers in an assem-



My kids and I spent Spring Break helping Sew Essential assemble cloth masks to ensure everyone in 8th Army had a mask



bly line, crumbling up those sheet cakes, filling cups with crumbled cake, then frosting, topping with sprinkles, then sealing the cup, and adding a sticker before placing them in a designated box to be delivered to the Quarantine Barracks. Numbers ranged from 800 cake cups to upwards of 1,200 cake cups. And no holiday was skipped. Valentine's Day, Easter, Fourth of July, Halloween, Thanksgiving and

even Christmas cake cups were delivered to each of the Quarantine Barracks and even to the Tactical Operations Center (TOC).

No holiday spent in Quarantine was forgotten. When Abbie Roque, a Christmas-loving military spouse, reached out in early October of 2020 after her stay in Quarantine with her husband, SGT Shawn Roque, Operation Quarantine Santa was put in motion. Operation

Quarantine Santa included Christmas-themed cake cups, as well as the PX delivering gift-wrapped presents for those in Quarantine, ordered by their loved ones. Operation Quarantine Santa also included Christmas decoration kits to spruce up Quarantine Barracks rooms, outdoor decorations assembled and placed in the dark of night by Canadian LTC Steve Riff and Landes in all of the Quarantine Barracks yards and the In-processing Center, and of course an Elf on the TOC's shelf who tracked Santa's movement, which included a stay in Quarantine as well.

No Christmas would be complete without a delivery from Santa, on Christmas Eve, in the USFK General's Humvee. Close your eyes and imagine the moment that Godfrey donned a Santa suit, popped his head out of the top of the USFK General's Humvee and waved to everyone, small and grown, in Quarantine. There was a parade of cars filled with community volunteers and their families who followed Santa and even a group of Marines on rotation, who helped Santa deliver Christmas goodie bags, stockings and cake cups.

It was the love and passion of community members that brought the basic needs of those in the Quarantine Barracks to light. A coffee-loving teenager saw the value of the early efforts from spouses to provide each Quarantine Barracks room with an electric kettle or a coffee maker, so he restarted the efforts. Yes, the ability to make coffee seemed so basic, but also the ability to make hot water for a baby's bottle or a bowl of instant Ramen was made easier with this simple kitchen gadget. Cayman Williams, just a middle schooler at the time, wrote



The Hudak kids delivering birthday wishes, dancing in dinosaur suits

grant requests and sent emails, requesting funding for coffee makers and electric kettles, ground coffee, filters, cups, and cream and sugar. He assembled kits and delivered them as requests came in through the Humphreys Quarantine Support Facebook page. His simple love for coffee eventually gave life to 'Joe for Joes.'

And who didn't need a good laugh while in the Quarantine Barracks? Look no further than inflatable Dinosaur Suits! Then high schoolers Michael and Sophia Hudak brought so many smiles to those in Quarantine

and manning the mission when they showed up, not just at the Quarantine Barracks to deliver a birthday cake, but other random places like the lines waiting to get inside the Commissary. At times their herd would grow to include other students in inflatable dinosaur suits, because who doesn't want to dance in the courtyard of the NCO Academy while the entire Quarantine Barracks laughed and took pictures.

There are so many moments that I remember, when we all saw a need in our community and knew that as volunteers, we

could do far more than any agency or unit could do. And so, we acted. Much of what was accomplished through Humphreys Quarantine Support's efforts materialized because we refused to hear 'no.' When one agency or leader told us we could not, we asked to work toward a 'yes.' It was not always easy, or fast, but because it was important, the efforts continued toward that 'yes.' And I won't lie, there were times we used the age-old attitude of 'ask for forgiveness, not permission,' to make things happen.

And yes, there were plenty of times I'm certain that green suitors saw us coming and did an about-face or handed us off to others because we were relentless in our efforts. But there were also leaders who worked tirelessly with us to find compromises or help us see things from their vantage point. The Camp Humphreys Garrison Team of then COL Mike Tremblay and CSM Benjamin Lemon always listened to our ideas completely and then worked with us to get the needs met. The USFK Command Teams allowed us to bring our ideas and most importantly, our concerns. They were willing to share their resources, including a connection to the West Point Moms Bake that supported so many of our efforts from afar. And we made fast friends with the Big Red 1, on rotation out of Ft Riley, who went from a mission in the north to suddenly on humanitarian mission. Chaplain Andy Baird of the Big Red 1 at the time, became my sounding board, my guidance, and my friend. He listened when I needed to simply get all the words and emotions out. He offered guidance when I felt like we had hit roadblocks that were immovable. He got to know my family and became family.

And the family that serves together, stays together. Our families each played a unique role in supporting Humphreys Quarantine Support and this humanitarian mission. Our kids were Humphreys Quarantine Shoppers and assembled cake cups for Operation Cake for Quarantine. Our spouses encouraged us, gave us grace, and reminded us at the end of the day that we were just volunteers. Our families back in the States sent us care packages and supported our crazy efforts from afar.

It's been nearly 900 days since I left my perch that overlooked that rice field on that foggy February morning. And in that time, I have learned to say 'yes' more slowly, because the amazing rock star feelings of being part of the humanitarian mission that COVID-19 brought me can never be replaced. And there are key lessons I will never forget:

If the volunteer efforts you are doing cause you to question your morals or values, if they do not make you a better person, spouse, parent, family member, friend, you can say 'no.'

- Boundaries are important and should be non-negotiable. When you are a volunteer, there will always be a paid individual who can step in where you set your boundaries. They may not see the effort with the same level of care or value, but they are there when your boundaries are set.
- Never take for granted those who you go home to. When you serve, you give your best to that effort, but remember, you

have someone(s) who counts on you and deserves your best too.

- Have a buddy you can check-in with. It's important to have someone who will listen when you need a sounding board and understands when you just need their ears, when you need their sound guidance and when you need a hug.
- 'No' is a powerful word, and so is 'yes.' When you face a 'no' as a volunteer, seek to find out 'why' before you launch into a full campaign to turn that 'no' into a 'yes.' There will be times, because of things out of your control, you will never get to that 'yes,' but you may be able to get to a compromise.
- It is hard to replace that rock star feeling when you and your rock band of volunteers disband, but in time, you will find other efforts that will speak to you. Give yourself time.
- There were so many faces and names of amazing humans who helped our Admin Dream Team, and our community members do the right thing during the humanitarian mission. Thank you will never be enough to share the true depth of gratitude I have for them and their efforts, nor would mentioning their names, but know that if you had a part in the Humphreys Quarantine Support success, I am thankful for your amazingness and willingness to help.

NAJEON-CHILGI

Lacquerware Inlaid with Mother-of-Pearl

By Chil-Yong Lee



“Najeon-chilgi” refers to collectively all lacquerware crafts that are completed by processing to apply lacquer and burlap to an object several times over and over on the surface and attached pieces of vibrant colors and unique patterns of mother-of-pearl and conch shells, which are beautifully processed, then repeatedly apply lacquer.

In the Choseon Dynasty era, it was called ‘Mother-of-Pearl Craft.’ Still, during the Japanese colonial, it was called Najeon-chilgi, meaning that lacquer was applied to an object with adhered beautifully processed and designed conch shells on the surface. After the Korean War, due to the influx of Western culture, Westerners called it the “Korean Mother Of Pearl.”

“Mother of Pearl”

What a great name this is! Perhaps that's why Japan has long preserved and exhibited more Najeon-chilgi (mainly made during the Goryeo Dynasty) in “Jeongchangwon,” which is a famous treasure house in Japan than Korean museums and has also been preserved in museums in Europe, including Australia, Germany, and the United Kingdom.

In Korea, it was called aristocratic crafts during the Goryeo and Chosen dynasties and was mainly used in royal palaces and noble houses. After the Korean War, it was considered a symbol of wealth to have a mother-of-pearl closet in the house, so Najeon-chilgi crafts were treated as “definitely wished one” for women in their 40s and 50s. Since 2000, due to the apartment and villa boom, they gradually entered a decline, so small crafts such as jewelry boxes and trays remain popular as gifts.

In the 1970s and 1980s, types of furniture such as Najeon-chilgi closets, make-up tables, drawers, and tables were decorated with the patterns of the Ten Symbols of Longevity such as the sun, moon, deer, and pine trees, and the features of flowers and peacocks. Also, the carp for praying to be wealth, fortune, and success, and the Chinese characters (longevity, luck, river, wealth, royal, many sons, and many children, etc.) were famous.

Regarding the history of Najeon-chilgi, it should be separated into “lacquer” and “Najeon.” The origin of lacquer is ancient, but the artifacts of “Najeon, a sector of Mother-of-Pearl,” have been found from The Three Kingdoms periods (Goguryeo, Silla, Baekje).

According to the excavated relics, the beginning of lacquer is believed to be around the 2nd century B.C., and things painted only with lacquer are occasionally seen. Then, lacquerware has been proactively produced since the Goryeo Dynasty. In 1123, the Chinese envoy of the Song Dynasty, Seo Gyeong, wrote the Goryeo Dogyeong after visiting Songdo in the Goryeo and described that “Goryeo’s lacquerware is not very good, but its lacquerware is worthwhile to be precious because of its fine workmanship.” that indicates the high value of Goryeo lacquerware is evident. In the Shilla Dynasty, there was evidence of relics of even horse saddles decorated using Najeon technics.



Various mother-of-pearl (processed shells)



Design for using Najeon-chilgi



Thinly slicing and attaching mother-of-pearl to the lacquer base (this process is called cutting)



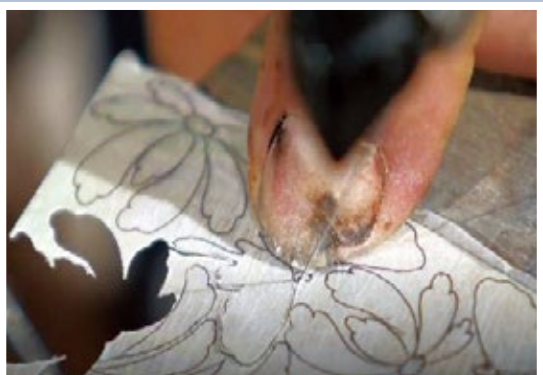
Harvesting lacquer sap



Lacquer is applied to the base frame and adhered burlap (hemp cloth) to it then painted with Shell powder



Applying refined lacquer



Cutting out the pattern by using a thread saw



Storage box of rosary in Goryeo dynasty



Wedding gift box in the Choseon dynasty



Closet in 1980's



Using Najeon techniques in boots in the 2020's

In addition, because the Goryeo was a Buddhist country, not only the "Tripitaka Koreana" that applied the lacquer on the surface but also all kinds of lacquer-applied boxes for storing the Buddhist sutras have been preserved.

Following the trend of the times, since the 1960s, furniture such as mother-of-pearl lacquerware, longbow sets, baby cabinets, three-story cabinets, scholar tables, daewolbans, make-up tables, drawers, square tables, and ceilings, as well as jewelry boxes, nine-section plates, trays, and household items, had become famous.

Since the 1990s, Najeon-chilgi, mother-of-pearl lacquerware has been used in buildings, such as Seoul Lotte Hotel 1st floor murals, Tokyo Meguro Gajoen murals and elevators, and Incheon Airport VVIP rooms, etc., Since 2020, Mother-of-pearl patterns have been embroidered not only for women's fashion but also on clothing, shoes, purses, ceilings, and walls, so it can be expressed that Najeon and lacquer skills can be used unlimitedly.

In particular, when Japan invaded Southeast Asia during World War II, they used lacquer to make almost all metal weapons because it has special functions, such as waterproof, sound-proofing, flame-retardant, and heat-resistant.

Recently, lacquer has been applied to the inside of the barrel of a hunting gun produced in the United States; therefore, it has been proven to affect heat treatment significantly.

To learn skills in mother-of-pearl lacquerware, you should first choose lacquer and Mother-of-Pearl and complete the challenging courses to learn the basics for at least six months in the production workshop.

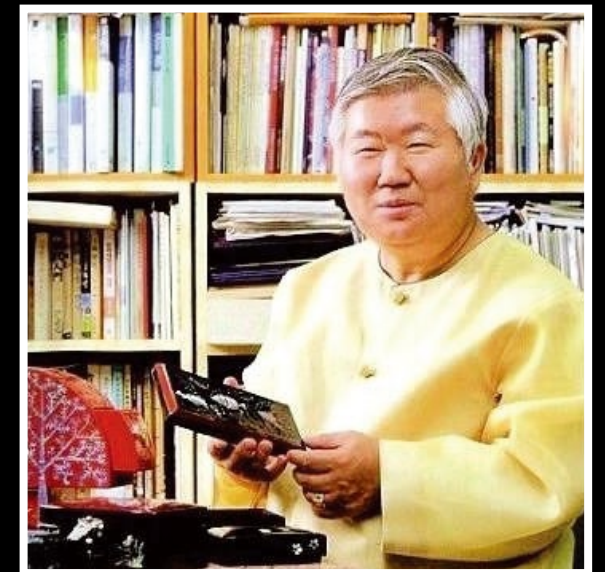
On the other hand, according to recent reports, various metals, including submarines and ships, are painted with lacquer.

In particular, in Korea, for a long time, not only foods such as lacquer chicken and lacquer alcohol, but also soybean paste, red pepper paste, and soy sauce that were used as painting material 'hwachil' have been made and sold as high-end foods in Mt. Jirisan, Namwon.

In addition, Oriental herbal clinics use it to treat women's leukorrhea. The Oriental Medical Center, affiliated with Kyung Hee University, also uses a lacquer additive called "Nexia" as an anti-cancer medicine.



Storage box of rosary in Goryeo dynasty



About the author

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Q&A with Tracey Enerson Wood:

Internationally Best-Selling Author of *The Engineer's Wife*, *The War Nurse*, and *The President's Wife*

By Caitlin Ward



Tracey Enerson Wood is a playwright, screenwriter and novelist. She has authored magazine columns and other non-fiction, written and directed plays of all lengths. She is an international and USA Today best-selling author of three novels: *The Engineer's Wife*, *The War Nurse*, and *The President's Wife*. Her two military-themed books, *Homefront Cooking, Recipes, Wit, And Wisdom from American Veterans and Their Loved*

Ones and Life Hacks for Military Spouses raise money for veterans and first responders and make excellent gifts.

She previously worked as a Registered Nurse, started her own Interior Design company, raised two children, all while bouncing around the world as a military wife. Her passions include bringing stories of amazing women in history to life, food and cooking, and honoring military heroes.

Here Wood shares information about herself, her writing process, and her advice for aspiring authors in the United States Forces Korea community.

At what point did you decide to be an author and what was your path to publication?

I have always enjoyed writing. It was my side gig throughout my nursing and design careers, but I never considered doing it full time until I discovered the joy of seeing my stories come to life in theatrical plays. When researching historical families in NYC for a new play, I discovered the Roebling family, and realized I had to write about them, especially Emily.

Since the story seemed too big for a play, I decided to write a screenplay, and that led to writing the novel. Next came many years of writing and rewriting, taking courses and working with other writers and submitting to literary agents. It was a long, tough journey, but I knew I had to get my story out there.

What do you do when a new idea jumps out at you while you're still working on a book?

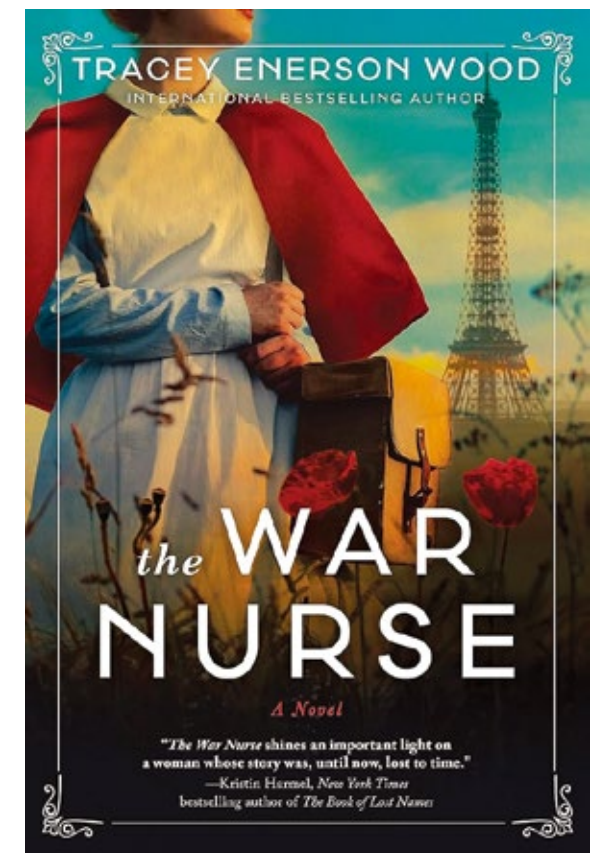
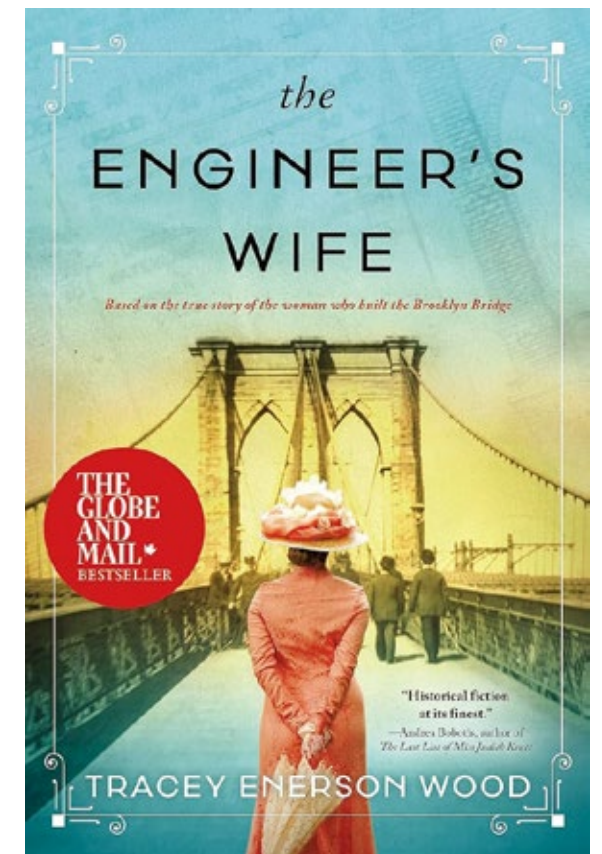
I'm usually working on several books at a time, in different phases of their development. I collect ideas, and if a certain scene gets in my head, I'll just write the scene and tuck it away until I'm ready to move on to the next phase, usually research. But generally I like to have the main plot lines established before I do much writing.

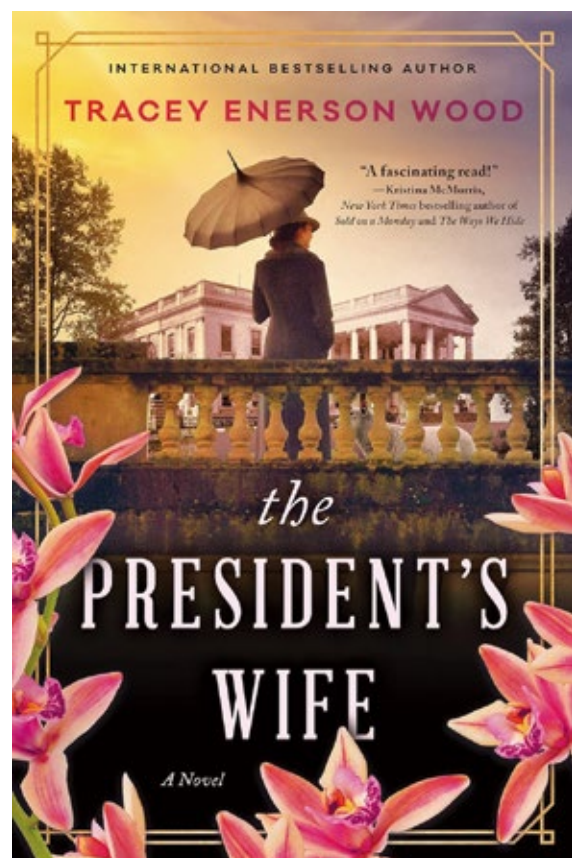
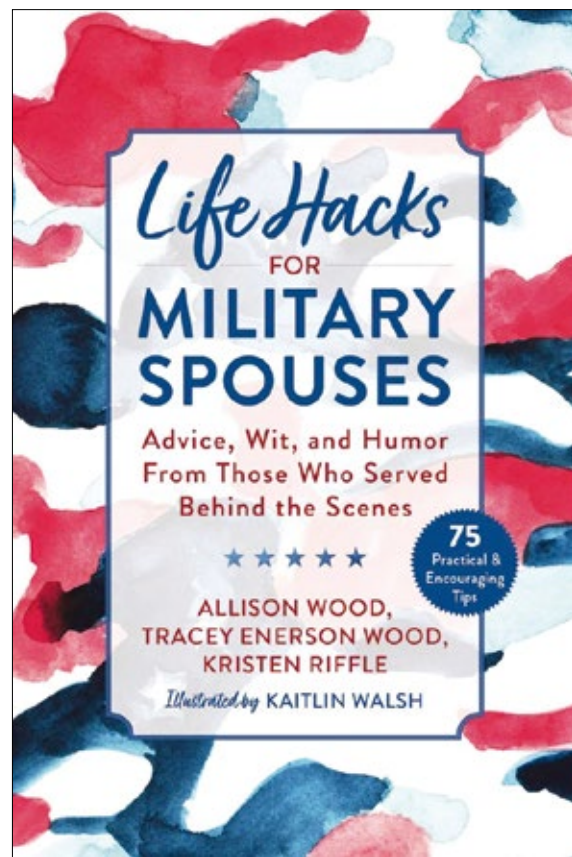
Who is your favorite character to write, and why is that person your favorite?

I enjoy writing the antagonist. For example, in *The Engineer's Wife*, there were several antagonists, who provided many challenges. P.T. Barnum was the most fun to write. I often give the antagonists the best lines, as they seek to bring out facets of the main character that she doesn't recognize herself.

Describe your writing process. Do you outline, plot and plan, or is your writing more organic?

Definitely a planner. Whether it is nonfiction or historical fiction, the story is based on true events/characters, so my story must be planned accordingly. If I were writing another genre, such as sci-fi or fantasy, then I might be somewhat less structured, but I can't imagine just starting a story and seeing where it goes. There needs to be a point to it all!





What do you enjoy most about writing about women in history? What have you found to be most challenging about writing on this topic?

My favorite part is researching these amazing women, whose stories have been lost to history. It's fun imagining being in their shoes and how it felt to do the things they did—some of which were illegal at the time!

The most challenging thing is to create an enjoyable, readable story from the sometimes overwhelming mountain of factual details, events, and settings. It is easy to get swept up in interesting discoveries, but they need to make sense in the story to be included.

What would you like people to take away from your books?

I always hope that my books make readers laugh, cry, and learn something.

What has been the toughest criticism you have received as an author? What has been the best compliment?

Always the toughest is that I took too much liberty in imagining the fictitious elements of the story. Historical fiction, especially biographical, is a strange beast. Although it is clearly categorized as fiction, readers seem to expect everything to be true.

The best compliment is that readers learned something, and were encouraged to do more research or were inspired to write themselves.

What is your advice for aspiring authors at USFK installations?

Keep writing, and read everything you can get your hands on, not just the genres you like to write. Join writers' groups, online or in-person, and share your work with each other. You learn as much, probably more, from critiquing others' work as you do from them responding to yours.

What is your favorite line from one of your books?

From *The Engineer's Wife*, "Magic is everywhere, my dear. You just have to know where to find it."

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Five Colors & The Platter of Nine Delicacies

By Kim Jung-kook

Obangsaek roughly means five directions of color, including blue, red, white, black and yellow. The colors represent directions and elements of life: blue represents the East and wood, red represents the south and fire, yellow represents the center and earth, white represents the west and metal, black represents the north and water. These colors are frequently used in hanbok, Korean art, musical instruments and festivals, architecture, flags, traditional symbols and Korean food.

A special dish that uses the five traditional Korean colors (obangsaek) is Gujeolpan. Traditionally, Gujeolpan is prepared with nine ingredients. Nowadays, five color pancakes may be made by wrapping five different colors of food in wheat pancakes. If you have family, friends or other guests to impress, you should make Gujeolpan.

Ingredients

- Bulgogi beef - gorgeously thin slices of ribeye, tenderloin, or sirloin marinated in a savory-sweet sauce
- Cucumbers
- Carrots
- Eggs
- Crab meat
- Bean sprouts
- Mushrooms
- Radish
- Mustard, peanut mustard, or Korean ssamjang
- Salt
- Sesame oil
- Bulgogi seasoning

Directions

1. Slice the bulgogi beef lengthwise. Stir fry. Set aside into part of a nine-compartment platter or separate dish.
2. Slice the cucumbers into sticks, set aside into part of a nine-compartment platter or separate dish.
3. Slice the carrots into sticks, set aside into part of a nine-compartment platter or separate dish.
4. Separate the eggs from the egg whites, fry them in a pan, and then slice them thinly. Set aside into part of a nine-compartment platter or separate dish.
5. Use stick crab meat, set aside into part of a nine-compartment platter or separate dish.
6. Use bean sprouts, or mushrooms. Fry the mushrooms with salt and oil. Set aside into part of a nine-compartment platter or separate dish.
7. Vegetables such as bean sprouts are blanched and then seasoned with salt and sesame oil.
8. The dish is usually served with wheat pancakes in the middle, but sometimes radish wraps are placed in the middle.
9. The sauce is mustard or peanut mustard, but Korean ssamjang is also delicious.



UJ Smokehouse

By Melissa Edwards-Whittington



Moving to Korea, one might not think that they would be able to enjoy American BBQ locally. Since Korea is known for its style of BBQ, you would not expect to find a smokehouse delivering all the smoky goodness of American BBQ. However, American BBQ has become more prevalent in Korea. In the past, to get that taste of home, you had to go to Seoul. However, Pyeongtaek offers quite a selection of multicultural feasts.

Being from the South, my husband and I have tried every local American-style BBQ joint in Pyeongtaek. We don't really get into the arguments over which state has the best style of BBQ. Living in Korea, we also learned to temper our expectations when we eat out. Therefore, finding a local restaurant that makes you feel like you are back home is a pleasant surprise.

Stepping into UJ Smokehouse, the simple set-up with tables and booths is reminiscent of BBQ restau-



rants in the states. Decorating the walls are a Texas state flag, a United States flag, and a decorative Texas longhorn. It is a welcoming spot with indoor and outdoor seating available.

Nestled in Paengseong, UJ Smokehouse serves up Texas-style BBQ and sides. With deliciously smoked meats, this restaurant is an oasis for those in Pyeongtaek looking for a taste of American BBQ.

Chef DongGyu Lee has been cooking for his friends and family for over ten years before opening his location for UJ Smokehouse. His friends all say that his palate is perfect. He often can taste a dish and then make it. This ability came in handy when he decided to launch his restaurant.

Camping with his family is an activity that Chef Lee has always enjoyed. He often grilled meats for everyone to eat during these trips. Several years ago, while camping, he became interested in different ways of grilling meat for more flavor.

While visiting Geoje, Chef Lee ate at UJ Smokehouse there. After tasting their delicious smoked meats, he knew he wanted to learn these methods. So, he researched and learned more about grilling and smoking meats like American BBQ to open his restaurant.

When working on his dishes, Chef Lee experiments until he finds just the right combination of flavors. For the Texas-style BBQ, he has worked to get his flavors right for the American palates because he wants them to feel like home. He often incorporates customer feedback regarding dishes to help keep his flavors on point.

Although it was challenging to find the right equipment for smoking the meats, Chef Lee was able to acquire what he needed. He had friends help him get the grills and smokers from the states. Once he had the equipment, he knew that he had to find good wood for smoking.

Texas BBQ usually uses oak, mesquite, hickory, or pecan for smoking. However, some of these woods are more challenging to source in Korea. Chef Lee decided to use walnut and cherry wood to smoke his meats. With these woods, he smokes deep flavors into the barbecue and hopes customers will enjoy the meats.

When learning how to smoke the meats properly, Chef Lee found it took work to get the right temperature for cooking the meat and achieving the smoke ring. Selecting the right cuts of meat can be challenging since meat is more expensive in Korea. Therefore, finding good cuts and offering affordable pricing can



take time and effort. However, he serves prime-level meats and dishes produced and sold on the same day because the quality is essential.

Although Chef Lee has never been to the US, he wants his food to transport American customers back home. They should feel like they went to their local BBQ joint for a meal. Ultimately, he wants them to have a taste of home, which makes them less homesick while they live in Korea.

His best-selling dishes are his brisket and smoked chicken. And many customers praise not only his delicious smoked meats but also his coleslaw and baked beans that remind them of home. Some customers have told Chef Lee that his side dishes taste just like what "Mama" makes back home.

Texas Chef James Canter says, "When I get the yearning for Texas-style comfort food and BBQ, it is nice to know that I can scratch that itch at UJs in Pyeongtaek."

When Koreans first experience the Texas-style BBQ, Chef Lee says they often need clarification about the smoke ring on the meat. The red color gives the appearance that the meat is undercooked. Occasionally, he hears that the food is salty. However, after the second bite, they taste the flavorful and savory taste of the BBQ.

Also, some Koreans need to familiarize themselves with eating the dishes and look around for clues from other customers. Having never eaten American-style BBQ, they often feel confused about how best to enjoy it. When Koreans experience his cooking, Chef Lee hopes they will feel like they have traveled to the states and experienced another culture.

Chef Lee first opened UJ Smokehouse in September 2020 in the Sosabeol area of Pyeongtaek. However, in October 2022, he moved his location to Anjeong-ri outside of Camp Humphreys Pedestrian gate.

UJ Smokehouse offers pulled pork, brisket, pork belly, smoked chicken, pork spare ribs, and beef ribs. If customers want beef ribs, place the order a day in advance. Their side dishes include macaroni and cheese, baked beans, salad, coleslaw, french fries, mashed potatoes, and fried vegetables. Also, brisket fried rice is available.

During the week, they offer lunch platters (including meat-lover lunch platters for those who want fewer vegetables or side dishes). Lunch platters are not available on weekends and holidays. In addition, the menu includes three platter sizes to share. Recently, they started offering three styles of hot dogs as another menu option. For dessert, you can enjoy Ben &

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Jerry's ice cream.

The bar area has a great collection of alcohol. They have several whiskeys, wines, and cocktails available. Also, they carry local Korean craft beers from Gorilla Brewery, Ganadara Brewery, Jeju Beer, and Galmegi Brewing. Or you can grab a Corona or Heineken to enjoy with your meal.

The restaurant is open for lunch on Mondays from 1130 to 1500 and lunch and dinner on Tuesday through Sunday from 1130 to 2100 (break time is from 1500 to 1700 Tuesday through Friday, no break time on the weekend). In addition, UJ Smokehouse provides take-out and catering options. They are also available for parties or functions.

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- Phone: 0507-1335-2720
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About the Author

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





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A Battalion Commander's Generational Service in Korea

By Moneé Luckey



Camp Casey LTC Luckey with retired LTC Cromartie (Courtesy of the Luckey family)

There are a number of service members in the U.S. Army who have a legacy of generational service. LTC Jason Luckey, Commander of 304th Expeditionary Signal Battalion-Enhanced, is one of those service members. He comes from a military family to include close and distant relatives who have served in the Armed Forces. This includes his father who served 24 years, eight of which were served in

the Republic of Korea. Additionally, his grandfather served 17 months during the Korean War.

"I've always known I would join the military from a very young age. I've valued service and held pride for my family's contributions to our Nation's defense," said LTC Luckey. "I view it as a privilege, a responsibility, and a reward to honor our service and carry on the legacy."

Career Parallels

LTC Luckey's father, retired LTC Keith Cromartie, first arrived to Korea in 1979 after serving as a Platoon Leader in the 1st Battalion, 75th Ranger Regiment. At that time, he served as an Infantry Company Commander within the 2nd Infantry Division in Camp Casey. In 1987, he returned to Korea serving as the Deputy Commander for the United Nations Command - Security Battalion at the Joint Security Area in Panmunjom. Finally in 1999, LTC Cromartie served in the Eighth Army G1 as a staff officer.

Fast forward seven years, LTC Luckey began his three-and-a-half-year tour in the 210th Fires Brigade at Camp Casey; first as Battalion S6 for 6-37th Field Artillery, next as the commander in 579th Signal Company, and later as the Battalion S3 for the 70th Brigade Support Battalion. In 2020, LTC Luckey returned to Korea serving as the Deputy G6 on the Eighth Army staff.

"I'm very proud Jason chooses to continue to serve and excel in his Army career," said LTC Cromartie. "It's truly special that we both served as Company Commanders at Camp Casey and served on Eighth Army staff. I look forward to watching his career blossom."

The Korean War

LTC Luckey's grandfather, SFC James Luckey, arrived in Korea shortly after the war. He began his 17-month tour in 1950. During his deployment, he served as a Wrecker Crew Section Chief. His role was to recover disabled tanks during battle. Records show that his unit, the 57th Ordinance Recovery Company, conducted operations as far north as Pyongyang. He departed in January 1952.

"Stories of my grandfather's travels around the world to include Africa and Europe during WWII and Korea had a big impact on my desire to serve overseas," shared LTC Luckey.

Beyond the Battalion

On September 21, the Suwon KT Wiz invited LTC Luckey to toss the ceremonial first pitch of the game. The Suwon KT Wiz is a baseball club in



James Luckey (Courtesy of the Luckey family)



LTC Jason Luckey with KDLI members (Photo by CPT Jaime Bass, 304th Expeditionary Signal Battalion)



LTC Jason Luckey at KATUSA ETS ceremony (Photo by SGM Youngjae Kim, 1st Signal Brigade)

the Korean Baseball Organization, the highest league of professional baseball in South Korea. They won the Korean Series in 2021. KT Wiz honored LTC Luckey's family history of service. A few dozen members from his battalion attended the game. He wore a custom jersey and hat as he practiced in the bullpen. Following the Korean National Anthem, LTC Luckey shared with the crowd that he was honored to be there, and he hopes the team wins another Korean Series this year. Fans cheered him on as the team mascots escorted him to the bottom of the mound. He threw the ball to ROK Army SGM Youngjae Kim of 1st Signal Brigade who took a swing for the ceremonial first at bat.

LTC Luckey has affected the Korean community as well. Since May 2022, he has commanded more than 500 U.S. and Korean soldiers. He served as the keynote speaker during a Korean Augmentees to the U.S. Army (KATUSA) Soldiers Expiration of Term of Service (ETS) ceremony at Camp Humphreys in December 2022. He offered words of encouragement and appreciation for their service to the ROK-US Alliance.

In August, LTC Luckey led a team of Com-



LTC Jason Luckey: KT Wiz First Pitching (Photo by SGT Shawnee P. Vercammen, 1st Signal Brigade)



LTC Jason Luckey with KDLI (Photo by CPT Jaime Bass, 304th Expeditionary Signal Battalion)

manders and First Sergeants on a visit with the Korean Defense Language Institute (KDLI). Principal topics of discussion with KDLI leaders and students were leadership, service, and U.S. Army culture. The KDLI is a language training and research center within the Korean Joint Forces Military University. It is dedicated to training officers and non-commissioned officers from

20 countries to cultivate their language skills, promote international military exchange, and develop pro-Korean sentiment.

LTC Luckey's choice to serve falls in line with his family's spectrum of military service in the U.S. Army. As he reflects on 27 years of service, he remains committed to our Nation and to ROK-US Alliance.

About the author

Moneé Luckey is a career public relations and public affairs professional with 22 years of national and international experience. She has served as public affairs officer for U.S. European Command and the National Museum of the United States Navy. She was the director of public relations for the City of Baltimore's convention and visitors bureau. She is LTC Jason Luckey's spouse and currently works as a public relations subcontractor.



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An Extraordinary Journey: Friendship and Service with the U.S. Military in Korea

By Jin Hong Park



The word "인연 (Inyeon)," meaning fate, destiny, or connection, is a term that Koreans consider highly important, often along with the word "정 (Jeong)," meaning affection or sentiment. In Sanskrit, Nidana is said to be the origin and foundation of all things, representing the direct and indirect interactions that form the beginning of various connections.

People live their lives influenced by such relationships, working and interacting in places related to these connections throughout their lifetimes. In 1986, during the 10th Asian Games, considered the largest event in Korea since its establishment, the officially designated company I was working for supported the transportation tasks for official vehicles, athletes from various countries, and media coverage. Two years later, during the 1988 Olympics, which involved people from all over the world, the company managed the control tasks for over 10,000 support vehicles. The experience in coordinating vehicles for official events and ensuring the right vehicles for different tasks was particularly appealing.

At that time, the company I was part of held licenses from Hertz, Avis, and National, operating as Korea Rent-a-Car. It was a unique company in Korea and spe-



Military Service Photo



Commendation from the U.S. CID Commander for Cooperation in Investigations



Commendation from Minister of Foreign Affairs



At a ceremonial event in Turkey

cialized in providing vehicles for all VIPs, athletes, and media teams during the Olympics.

Looking back, it seems that our ongoing connection, established in 1999 through the AAFES bid during my military service, had its roots in those days. I believe that this connection laid the foundation for our continued collaboration.

Korea, with its outstanding culture rooted in a history of 5,000 years, has given rise to remarkable cultural phenomena such as K-Pop, K-Movie, K-Food, and K-Beauty. Despite facing powerful nations throughout its history and experiencing invasion attempts 931 times, Korea has always prioritized peace, having never invaded another country.

After the sacrifices of many U.S. soldiers during the Korean War, the support and sacrifices from the U.S. were crucial for Korea's economic success and development. Unlike many countries that pursued economic success and national development after World War II, Korea achieved 50,000 times growth in 70 years, recording a GDP of \$2.6 trillion and becoming one of the world's top 10 advanced countries. According to a UN report, Korea, a former aid recipient, became a unique country by contributing substantial funds to the UN and ranking 9th in the world for providing contributions.

I believe one key to this success in a resource-poor country is the excellent educational fervor of the people. Currently, 74% of Koreans in their 20s and 30s have graduated from university, showcasing an unparalleled level of education. The ability to dominate various international competitions, including mathematics Olympiads for decades, is likely rooted in this high-quality education. The industrial development and technological advancements in IT, semiconductors, electronic products, mobile phones, batteries, vehicles, nuclear power, shipbuilding, and more are also attributable to the open-mindedness of acquiring world knowledge and the supportive role of excellent education.

Before engaging in U.S. military-related businesses, I started my relationship with the 1988 Olympic Organizing Committee in 1988. For over 33 years, I have been in charge of all national events for the Ministry of Foreign Affairs, and my business with the U.S. military began when we were selected as the AAFES



With War Hero General Baek Sun-yeop

car rental contractor in 1999, finally allowing me to open an office.

Looking back, the ups and downs of business have repeated due to the tendencies of the Korean government, depending on the state of Korea-U.S. relations. There were challenging times, such as business vehicles and the entire office being flooded twice and the strict control of employee movement due to the 9/11 attacks.

I approach all business with one belief. Although business is premised on profit and success, if I had only thought about profit during difficult times, the connection with this place would have ended long ago.

For example, during the three years of COVID-19, despite the absence of any revenue, I did not let go of any of the dozens of employees working in eight offices nationwide. The resulting loss was greater than the profits gained over decades of business. However, every contract is a promise with each department of the U.S. military, trusting us and seeking the best service.

The losses were enormous, but I did not want to break the promise of those contracts due to difficulties. As I endured those three years, I believe I can easily overcome any future challenges.

Now, the company has evolved into a corporation operating rental car companies, bus companies,



With UN Command Honor Guard members on the occasion of the 50th anniversary of the USO



At a ceremonial event with the President of Zambia



At a JSA visit event



Contract with U.S. Enterprise Holdings

and tour companies. I am particularly pleased to have started the Korean branch of *Enterprise*, the world's largest car rental company, and its affiliates, *National* and *Alamo*, from May this year. I express my admiration for the *Enterprise* management, who highly evaluated our company's capabilities and service quality through four inspections during their visit.

While there are eight offices within U.S. military bases nationwide, memories of Garrison Yongsan remain unchanged even now.

The quaint roads resembling American rural neighborhoods, surrounded by trees and old buildings, still bring a sense of calmness and warmth when entering the U.S. military base amidst the hustle and bustle of downtown Seoul.

Memories of the bustling bus terminal, filled with children playing near the school, and numerous soldiers commuting, which used to be located nearby, remain nostalgic. The atmosphere, especially at Dragon Hill Lodge, holds a plethora of memories for military personnel and their families stationed in Seoul, the capital of South Korea. While many troops and bases have relocated to Camp Humphreys in Pyeongtaek, it seems that the vastness of the new location may lack the warmth of the previous one.

Through my experiences, my perception of Americans has always been associated with the fundamental principles of Christianity: love, peace, and a spirit of service. The flood that once locked our office near the South Post bus terminal is a vivid memory. During those difficult times when all belongings and vehicles were locked away due to flooding, our customers supported us over several days, helping us in challenging situations. Their support, especially during a time when external access was restricted, was a practical and appreciative gesture of love towards us.

One of them, currently stationed in a U.S. military base in Germany, remains a close friend with whom I still maintain a strong connection.

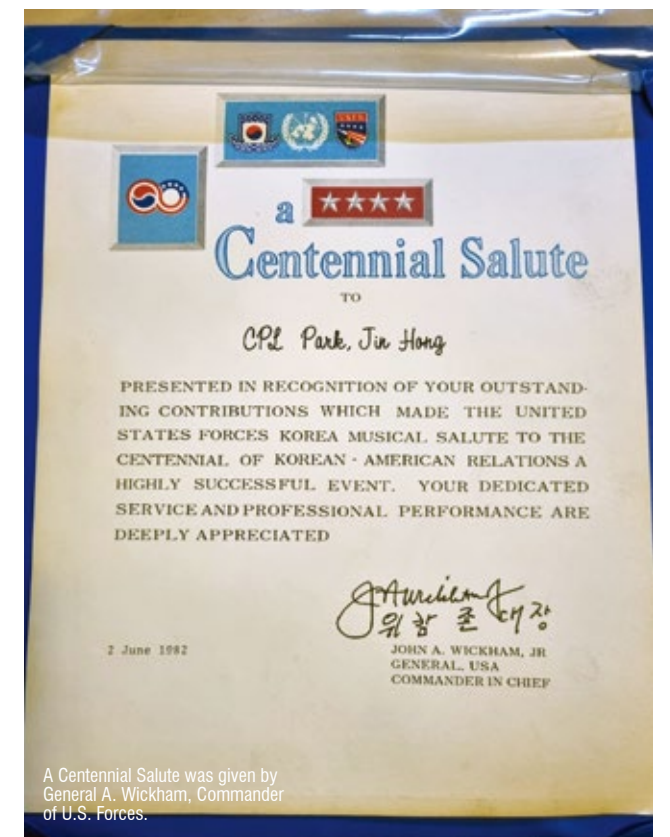
Among the various businesses related to the U.S. military, the procurement and support of vehicles for training situations through contracts have been particularly rewarding. The sense of duty in the eyes of soldiers who come to pick up vehicles for their respective bases, eager to participate in training, is always inspiring. Being



able to carry out this task flawlessly for 25 years, providing top-notch vehicles and services without a single issue, is immensely fulfilling.

Reflecting on my love for the United States, it traces back to my military service. While serving as a member of the honor guard at the Korean Army Headquarters, I was dispatched to serve as part of the UN Command honor guard in Yongsan. During a time of domestic uncertainty following the sudden death of President Chung-hee Park, I had the honor of being part of General John A. Wickham's security detail at the commander's residence. The warmth and care shown to a private like me left a lasting impression, fostering a sense of self-respect.

Their suggestion for me to become an adoptive son still resonates vividly, and the numerous memories in the garden and yard where many quails roamed as families continue to hold a special place in my heart. The generous sharing of candies and fruits from a red firetruck during Thanksgiving, at a time when economic conditions in Korea were far from what they are today, remains an unforgettable act of kindness.



A Centennial Salute was given by General A. Wickham, Commander of U.S. Forces.



Pose with DHL crew: (from left)
Joda Han, Amy Choi, and Joon Kim

During those days, Yongsan, with the United Nations Command and the U.S. 8th Army Headquarters, represented a serene and exotic atmosphere amidst the bustling city of Seoul. The growth of the nearby Itaewon area and the influx of people were undoubtedly influenced by the presence of U.S. military forces.

The thunderous sound of cannons during UN-related events, especially the poignant sound of the small cannons used for ceremonies, was quite shocking. The juxtaposition of the cannon's thunder in the midst of silent events, capturing the attention of gravel scattered on the UN field, and the innocent laughter of children surprised by the sound, remains a vivid memory. UN events, representing a gathering of military forces from various nations, were diverse, and the meticulous preparation and successful execution during those times likely laid the foundation for my current service-oriented mindset.

Particularly, serving as the team leader for the drill team that performed with rifles, visiting various bases, was a unique experience. The performance at Sejong Cultural Center during the 100th anniversary celebration of the establishment of diplomatic relations between

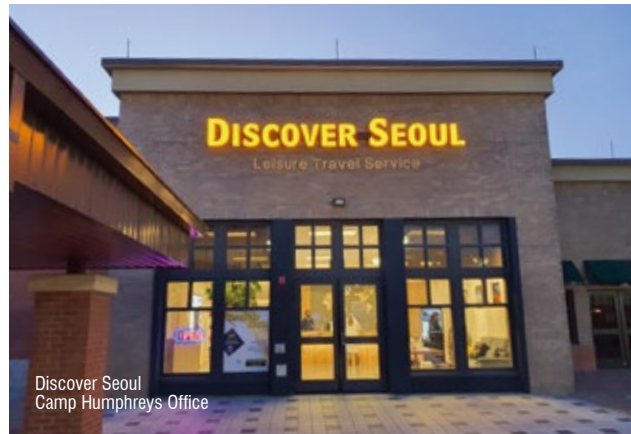
Korea and the United States, attended by important VIPs from both countries, was especially overwhelming.

The rhythmic precision and collaboration with the United States Pacific Fleet Band and the Three Armed Forces Band from the mainland, who practiced diligently even after work hours, remain exhilarating. Especially, Sergeant Davis, who worked diligently even after work, risking danger with a sharp bayonet attached to a gun for the challenging drill acquisition, remains vividly memorable.

My connection with the U.S. military has been extraordinary. In 2001, when a civilian employee within the Finance office of a U.S. military base embezzled \$2.3 million and fled, making it difficult to locate his hiding place for several months, I participated in the investigation at the request of the inexperienced U.S. investigative team unfamiliar with the situations in various regions of Korea. Through several days of surveillance and tracking, we successfully apprehended him in the Hwajeong area near Ilsan, Gyeonggi Province. Colonel Poley, the CID commander, personally visited Korea to present a commendation. The amount embezzled 22 years ago would be considered a significant sum today.



With employees at Camp Humphreys



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I continually strive for the development of a perfect alliance between the U.S. military and Korea. The primary reason is that a strong and steadfast alliance between the U.S. and Korea is essential not only for the peace and regional stability of this area, with South and North Korea facing each other, but also as a cornerstone controlling the Pacific expansion of Russia and China in the North-east Asian context.

The unwavering defense of the Pacific is closely related to global peace. Additionally, South Korea actively participates in all U.S. policies for world peace. As we commemorate the 70th anniversary of the armistice of the Korean War this year, we should reflect on the ideologies and economic systems that have contributed to the current changes.

Democracy is great, and the spirit of the United States preserving it should take precedence above all. There are many South Koreans working alongside the U.S. military. They serve as employees or contractors in U.S. military bases in Korea. Mutual respect and a sense of camaraderie with the U.S. are essential for collaboration.

Despite challenging times, we stand shoulder to shoulder wherever we are. Currently, our business operates in 7

bases with 8 offices. The fundamental training for our company's employees is to consider caring for the families of all our customers abroad as if they were friends.

It might sound simple, but it is the best work ethic. Our company has established itself as a contract agency exclusively providing support for foreign leaders' national ceremonies when visiting Korea. From President George W. Bush's visit to President Joe Biden's recent visit, we have supported the transportation of vehicles related to the visits of numerous former U.S. presidents and 167 visits by foreign presidential delegations.

With over 250 successfully executed national and internationally led events, we have received two commendations from the South Korean Ministry of Foreign Affairs. Handling the contracts for the vehicles used in the inauguration ceremonies of eight consecutive South Korean presidents is a source of pride.

Over the 70 years of the U.S. military presence, more than 7 million U.S. military personnel have served in Korea, along with over 22 million people when including military families. They are precious Americans who know and love Korea. The current time we spend together, breathing alongside them, is invaluable, and regardless of any changes in circumstances, my love for the United States will persist.

Many Koreans associated with the U.S. military engage in various business contracts, and, in accordance with contract conditions, we return a significant portion of our revenue as commissions to different departments of the U.S. military. While many contract companies diligently conduct business through these contracts, using companies outside these agreements, with no connection or commission involved, would be a much greater loss than saving a few dollars.

Setting aside the delicious and interesting local foods, it is the minimum obligation to prioritize the use of the many contracted businesses within the base. I hope people will consider this as their duty. I am confident that the majority of South Koreans respect the United States and are grateful for the American spirit for peace. As we celebrate the 70th anniversary of the ROK-U.S. Alliance, I have great expectations for the strengthened strides toward global peace by both nations.

I will continue to stand together with their actions for the peace and spirit of the United States that I love, and I am sincerely grateful for the time we can spend together now.



Jin Hong Park

CEO: Jeil Rent-a-Car Co., Ltd. (Korea First Rent-a-Car)
Discover Seoul C&T Co., Ltd.

- Over 33 years of experience in handling official visits by foreign heads of state, totaling 167 ceremonies for official event vehicle services.
- Executed official event vehicle services for 250 national events, including APEC, ESCAP, Nuclear Security Summit, G20, etc.
- Provided vehicle services for major events such as the Asian Games, World Cup, PyeongChang Winter Olympics, and other official ceremonies.
- For 30 years, contracted as the supplier for vehicles for overseas embassy events.
- Contracted as the AAFES Car Rental service provider for the U.S. Forces in Korea in 1999.
- Contracted as the Car Rental service provider for the US Army CCK in 1999.
- In 2001, contracted for the Discover Seoul Desk service for DHL in Yongsan.
- Contracted as the MWR Tour service provider in 2019.
- Contracted for vehicle services at the 2019 Korea-ASEAN Special Summit.
- Designated service provider for official vehicles during the visits of U.S. Presidents George Bush, Bill Clinton, Barack Obama, Donald Trump, and Joe Biden 1989 to 2023.
- Contracted for official vehicles during the inauguration ceremonies of the 13th to 20th Presidents of South Korea.
- Designated as the official event vehicle service provider for the 2023 Pacific Island Leaders Meeting.



John F. Behrend, Master Gunnery Sergeant, U.S. Marine Corps (Ret.) on Service, Retirement Services, and Recruitment

By Caitlin Ward

John F. Behrend is a retired Master Gunnery Sergeant, which is the 9th and highest enlisted grade in the United States Marine Corps. Behrend served in the U.S. Marines for 26 years and during that time, served in the Republic of Korea. Following his service, Behrend returned to Korea where he worked as an MWR NAF Employee Supply Technician for the U.S. Army for nineteen years.

Here Behrend speaks with United on the RoK about why he chose to serve his country, his experience, why he retired in Korea, what is commonly misunderstood about retirees, and how retirees could be better served in Korea. He also speaks about how recruitment can be improved.

Why did you join the military?

I joined the military because it was my duty to serve my country, as my father, uncles and many others had done before, to protect the values of our country.

Growing up, I always had the idea of joining the military on my mind. After high school, I got a job with Sky Chef in a flight kitchen at the Portland International Airport. One day, I received a notice in the mail from the draft board

stating that I had been drafted. So, I made my way to a recruiting office and visited all the branches of service there. All the branches told me I would have to wait six months, except the Marines. So, I joined the Marines on September 12, 1967 and served until February 28, 1994. Twenty-six years of faithful service.

I have always felt very fortunate to have grown up with the freedoms we have in the United States. I always felt pride to be walking in the footsteps of those who came before me, giants like my father, uncles, Chesty Puller, Ted Williams, Hank Bauer, Yogi Berra, General MacArthur, and Presidents like Eisenhower, Nixon, and Kennedy. These people and their indomitable leadership, spirit, camaraderie, and will to tackle any problems, mission or assignment inspired me to stay in the service.

Why did you stay in Korea?

When I first came to Korea in 1978, I fell in love with the country, its culture, food and way of life. I love the security we have here. You can go out at night and not worry about too much. After my 26 years in the United States Marines and living in Hawaii, I decided to come back and I worked for the U.S. Army for 19 years. I wanted to continue serving and make Korea my Home.

You can live very comfortably here depending on where you decide to call home whether it be Seoul, Busan or Daegu or any other place in the Land of the Morning Calm.

What did you do when you served in the Marines?

When I first joined the Marines in 1967 it was during the Vietnam War

and most were assigned to the Infantry 0311 (Rifle Company) 3rd Bn 7th Marines Kilo co. 1st Marine Division. When I came back from Vietnam, I wanted to reenlist but was told I had to change my military occupation to another field. So, I picked the Food Service Field. I went to food service school at Camp Lejeune in North Carolina for eight weeks, where I became a food service specialist and served the rest of my career in that field.

I managed a mess hall (that is what they called them back then) in Okinawa, one out of 36, and I won the Best Mess Hall award for two consecutive quarters in a row, Tri Command award, nominated for the Navy Captain Edward Francis Ney Memorial Award (equivalent to the Connelly Award in the Army), and was selected as Large General Mess Category runner up in 1985—no small feat by any means.

I also ran the second largest dining facility in the Marine Corps at the School of Infantry at Camp Pendleton, California and won two back-to-back quarterly awards for best dining facility on Camp Pendleton out of twelve Facilities. I was assigned as the food technician in Okinawa for III Marine Expeditionary Force command element, the 9th Marine Expeditionary Brigade, and the 3rd Force Service Support Group, which has been renamed the 3rd Marine Logistics Group. I was assigned as Food Tech for Major Exercises such as Team Spirit, Bear Hunt, Valiant Blitz and many others.

What did you do in the Army?

You ask what did I do in the Army, well to be honest, I was never in the Army, but I worked for 8th Army and USFK as an MWR NAF Employ-

ee Supply Technician for nineteen years, which started at Camp Casey and was only part-time. I applied for a position at Pusan Storage Facility with the MWR Support Center, which was located in Pusan. Pusan Storage Facility then later moved to Camp Hialeah, which is now closed. I was assigned as the Project Manager for the closures of that installation as well as Cheju Recreation Center 2005-2006 and had 100% accountability of all assets of both NAF/APF and installation property as well as sensitive controlled items for both.

What did you like about each branch?

I enjoyed the leadership that I received by both branches of service. Many of the leaders that were over me were some of the best that I have encountered in my total 45 years of government service. They mentored me and saw that I was teachable and had faith in me to give me many tasks throughout my career that were accomplished without failure and with many favorable comments from Commanders and Facility managers. I have so many to thank, but the list is way too long (An Army of One) and (Semper Fi).

What was an impactful experience during your service?

I guess it was leading others in a leadership role and the leadership that I received as a young Marine from the leaders that I had. My Drill Instructors during boot camp instilled a response to order and to not question them.

What is most often misunderstood about service members?

There are a few common misconceptions about being in the military that civilians may have.

Some people may think that military life is all about combat and fighting, but in reality, most of a military service member's time is spent on training, maintenance and support roles.

Additionally, some civilians may think that military members are all the same, with no individuality or personal lives, but this is not the case. Everyone in the military has their own unique experiences and perspectives. Additionally, some civilians may think that military members are all men, but women make up a significant portion of the military.

How could the retiree community in Korea be better served?

I believe it is fairly good, but the Retirement Services Offices in Korea could be more user-friendly towards Retirees, Widows and spouses who need help and are not provided with support in the same way they were previously provided. The only help we get is from Retiree and Vets Support in Korea or other Veterans who have the knowledge and points of contact helping those in need. It would also be very helpful if there was a VA office in Korea that veterans could contact and get help. The closest for those of us living overseas is in the Philippines. There are many vets who try to help others and we are thankful to those who can give help or guidance.

What is most often misunderstood about retirees?

I think some people think that all we do is sit around and do nothing

after retirement but that is not true. We do a lot and it is not always recognized by the communities that we live in. We do not get the recognition we deserve after we retire. Many are still active and serving their communities in various ways, whether it is helping with fundraisers or helping a widow or spouse Who no one knows about. We are helping every day. We all are a band of brothers, and we are still serving.

How do you think confidence in the U.S. military and recruitment can be improved?

There are many reasons individuals join the different branches of service such as to serve the country, to continue a family tradition, to earn respect, to acquire a skill or trade and experience, to get out of a neighborhood or situation, to travel and work with people from other cultures, to be healthy and fit, to finance higher education, for medical and housing benefits, to have job stability and retire easily. Promotions should advertise that all of these are real and legitimate benefits. In particular, the Post-9/11 GI Bill, the Montgomery GI Bill, and the Top-Up Program are wonderful education benefits that help service members finance higher education.

While there are issues related to mold and clean water that need to be addressed, there are real housing benefits now such as the housing stipends and VA Home Loans.

Serving in the military provides incomparable job security. Regardless of your position, service is a job. When you sign into the minimum 4-year service commitment, you have job stability for at least 4 years. you get a regular, stable income, and there are opportunities for pro-

motion. even better, you get thirty paid vacation days.

On top of that, you can retire early. Military members can retire after 20 years of service. If you enlisted right after finishing high school, you are eligible for retirement at around 40 years old. This is a lot earlier than the typical retirement age.

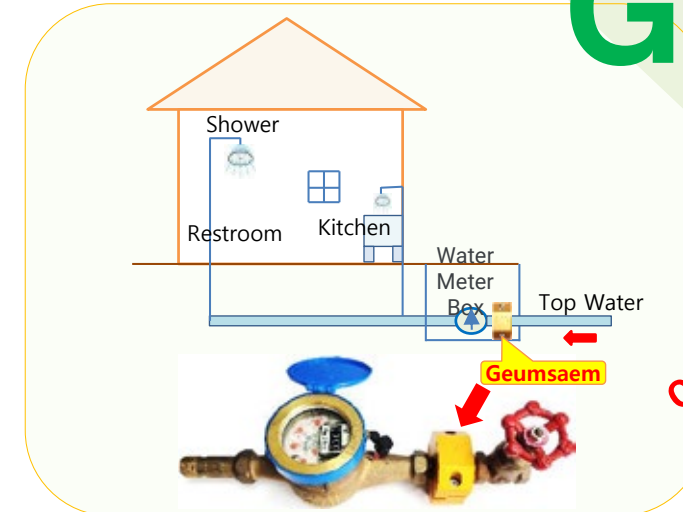
TO IMPROVE RECRUITING AND RETENTION:

- Recognize that a call from service members of family members for improvements is a product of our American values.
- Find ways to appeal to and reach those who are already service-minded. Educate people on the opportunities to build oneself and one's career.
- Monitor service members' decisions to stay in or get out from day one and coach them
- Increase engagement with mentorship, career counseling and life planning
- Make paths to service more visible
- Invest in improving military life - respond to complaints and build a narrative

What would you say to a soldier struggling with an assignment?

We have all been there at one time or another in our personal life or career. Often other individuals help us through these difficult times. Reach out, ask for help, talk about it, and be proud of the service you are doing and sacrifices you have assumed, in order to protect the freedoms and values of our fellow countrymen.

Geumsaem



Home Geumsaem installation drawing

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- 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



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Before



After(60 Days later)



FINDING *ORANGUTANS* IN THE WILD

By Dan Romano

If you ever want to see the king of the swingers, the jungle VIP, and some of its cousins, consider Taman Nasional Tanjung Puting near Pangkalan Bun, Indonesia. This national park is on the island of Borneo, which is one of two places where Orangutans live.

A convenient way to do this is by boat or klotok, which is a type of Indonesian river boat. Some klotoks are designed to take folks up small rivers to see wildlife along the water way and to see Orangutans or to hike through the jungle, day or night, if you wish. Our itinerary was pretty flexible!

After a 7 hour flight to Jakarta and a next day one hour flight to Pangkalan Bun, we met our guide at the airport and were on our boat fit for two in about half an hour. A two or three night trip might be all you need to see almost everything and a great way to unplug from a busy life and fully relax in nature for a while!

The klotoks are small and rustic with very basic amenities; the Sekonyer river is narrow and silted brown; and the banks lush green with trees and palm plants. As we took a lazy ride up the river toward one of three Orangutan feeding stations, we saw different types of monkeys and birds along the banks. Each night we pulled up to a rickety dock along the river where we spent the night.

Once a day, at each station, park rangers set a couple bags



of mangos on a wooden platform and the orangutans come out of the jungle for a free lunch and it is quite a sight to see! Some orangutans are already in the surrounding trees, and swing on down when they see the ranger. Then the ranger gives a few shouts, which echo through the jungle then you see distant tree branches swinging and hear the sound of orangutans quickly make their way!

Wait, if you are wondering if these are wild or captured, they are wild but many have grown accustomed to humans, specifically the park rangers, providing food. I un-

derstand, the reason for the feeding stations is some of the orangutans that frequent them, were once held in captivity or orphaned at some point and are being reacclimated with the wild. It seems to me, they now have families and bring them along too and the cycle continues. We saw about 30 different Orangutans at the stations and considering there are upwards of about 80 thousand living on Borneo, relatively few come for free lunch! We also saw several more along the riverbanks that are strictly wild and do not frequent the stations.

There is a definite pecking order



when the lunch bell sounds! The first Orangutans to arrive were always on edge. The juveniles and mothers with babies are cautiously eating as fast as they can because it seems they know the flange male will arrive soon. Once they sense he is close, some disperse into the trees or generally ensure he gets his space. It seemed unless they were family, every other Orangutan kept at least arm's length away from him, most of the time. There were two instances when an orangutan got too close to the flange male and paid for it when he grabbed them, pinned them down, but eventually just let them go. Clearly, he could have injured them

or worse and think it is just a show of force, a message of intimidation to all of them.

It seems the flange male can steal the show, when he struts in every monkey takes notice, but another highlight to me were all the protective mothers with an infant. Every infant looked petrified and was holding on with all four while mom swung her way down. The infants fully depended on their Mom for everything and the Moms delivered. Some Moms would have to defend themselves and their infant while trying to get mangos for both. Along the riverbanks Moms would protect their infants from a few mean ones. Very strong!

I think this orangutan deserves an honorable mention. One day, it arrived first and left almost last, and ate mangos the whole time! It managed to navigate around the flange male and ate nonstop for almost two hours, sometimes two mangos at a time! After a while, it was funny watching its tactics to binge and stay safe at the same time. This orangutan has something figured out and will not go hungry because of it.

During our lazy ride up and down the river, we sat in oversized bean bags at the bow and watched Orangutans, other monkeys, and birds that were in the trees along the riverbanks. There

are three species of primates endemic to Borneo, the Orangutans being one, as well as Proboscis and Red Leaf-eating monkeys. The proboscis has a nose only a mother could love, and are abundant in the area. They are quite the acrobat, jumping from tree to tree sometimes across the river. However, the red leaf-eating monkeys stayed far away! We only saw three hiding in the tall branches at about 500 yards away.

The little gray monkeys are Long-tailed Macaques. They timidly scampered around picking up whatever scraps they could find. Talk about having to be careful, one got too close to the flange male and was pinned down but again let go. There were a lot of these monkeys along the riverbanks everyday too.

Is a night hiking in the jungle your idea of fun? A very interest-

ing time, indeed. Without good flashlights, it is pitch black. Snakes, tarantulas, interesting insects, birds sleeping, monkeys sleeping in the trees above, and more we could not see. Your call!

I would like to leave you with my view about the age old question, when is the best time to go? This is just to give you a different spin than what is usually online. There is no right or wrong way but more about what you prefer and if you want to take the risk.

When is the best time to go? Most sites will say May to September (something like that) because it is the dry season. Keep in mind this area has two seasons, rainy and not rainy. It is true those months have less chance for rain but lets put the rainy season, or off season, in perspective. It is not raining 24/7 and we did not experience any rain that

prevented us from doing anything. In the four full days of this November trip, we did not experience anything more than a light rain a few times and it passed as fast as it came. When it did rain, it was toward the evening when our day was almost finished. Traveling in the rainy season is a risk I often take and could lose one day but have been to other countries in the same season and it always worked out.

Yes, the rainy season means more rain but consider this too; the dry season brings more tourists than any other time, it is extremely crowded! Our guide indicated in those months there will be upwards of 25 boats along the river and hundreds of people at the feeding stations or dozens doing nighttime jungle walks. A phrase that has been coined about the dry season is the 'Orangutan Market' or 'Night





Market' for the night hikes due to all the tourists.

During this trip, I would estimate, six boats like ours with two to four tourists that stayed on the river and a few more that came for a feeding and left, for example. During our times at the feeding stations, there was ~20 people on two occasions and ~75 on another day because about 50 locals took a day trip. On the night hike, there were only three of us in the jungle!

Despite the rainy season, many orangutans do come to the feeding stations and along the river. I have read that more come during the dry season, so the next question is, how many do you need to see to be satisfied?

The bugs were surprisingly not that bad. During the day and dry nights there were none to notice. However, after an evening rain-

fall the bugs came out a bit. The boat staff has effective tactics to keep them away. Also, we used a combination of permethrin on our clothing and bug spray on our bodies to combat a potential bug problem. I came out completely unscathed by bug-bites while my wife only had a few.

This is not a weather forecast and if you look up the inches of rain per season, surely the rainy season will have more but it is not always raining but there is more risk. What is almost a guarantee, however, is the non-rainy season brings a lot more tourists. Hopefully, this perspective gives you something to consider and if you have a flexible vacation schedule with the ability to use time-off year-round, then this might broaden your travel opportunities. If you're okay with the potential risk for rain paired

with a more peaceful and less crowded experience, the next rainy season may give you a chance to appreciate the quiet serenity of the Indonesian wild.

We also saw an occasional crocodile and there are plenty of other animals in the area we did not see. Wanna know more? Here is an in-depth article about the park. <https://orangutan.org/rainforest/tanjung-puting-national-park/>

We traveled on the Jungle Papa with Orangutan Trekking Tours. There cannot be a more seasoned guide than Bain, the owner/operator/guide on all trips. He is a very accomplished photographer and has been active in the community working as a park ranger for about ten years before moving on to guiding tourists. For more information take a look here: <https://www.orangutantrekkingtours.com>.

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CELEBRATING NATIVE AMERICAN HERITAGE -

A Conversation With Cherokee Native Carole Carter on Her Heritage and Connection to Korea

By Caitlin Ward

In

November 2022, United on the RoK published an article by Cherokee Native Richard Carter who served in the U.S. Army. He was stationed in Korea 1973-1974. In this article, we speak with his sister, Carole Jean Carter, who is also the aunt of United States Forces Korea (USFK) community member Jetta Allen. Carole Carter is the eighth of twelve children of Dorothy Smith Carter and William Cecil Carter. Here, Carter speaks about her Cherokee heritage, her dedication to education, her connection to the USFK community, and why she encourages everyone to celebrate Native American heritage.

Why is Native American heritage important to you?

Being true to my Native Heritage and history is in my DNA, knowing who I am, where I came from and why My people are still here!

I am a proud Cherokee Native. My ancestors in the 1830's were forced from their homes and land by order of President Jackson in the dead of winter on a death March named the Trail of Tears to Oklahoma.

Cherokee people were self-sustaining farming, ranching and fishing. They lived in strong wood and stone homes. Hardly any elders or children made the trek from Georgia. These ancestors had a true Will to live to survive, evidenced by all they were forced to endure. Little did they know, more treaty lies and hardships were yet to come.

At first the Cherokee were given a large area of land in northeast Oklahoma but soon after the Civil War, their community was disrupted. Under the Dawes Act, the U.S. President was authorized to



break up reservation land, which was held in common by the members of a tribe, into small allotments, which was parceled out to individuals. Native Americans were granted allotments of reservation land while white settlers took over their land and bordered the allotted sections.

Later in the 1950's there was a movement to further divide Native people's sense of community called the Relocation. Many Cherokee were promised better schools, jobs and lives if they would only agree to live away from the 14 counties on what is now called the Cherokee Nation.

Many Cherokee people were moved to California. It truly is a miracle my People are still here. My Great Grandmother Persima Robbins Smith (born 1872) was orphaned and raised in a girl's seminary in Talaquaha, Oklahoma. It is believed her family died of diseases because native people were not treated by white doctors.

I continue to learn more about my heritage daily. I know without a doubt I have their blood in my veins as do my siblings who served our country.

I was in fifth grade when my father passed away. At the time, eight of twelve siblings lived in the home. My mother, who didn't know how to drive a car and who had never worked outside the home, persevered with that same determination of her ancestors, as I have done in my life.

Though I have not served in the military, I have served the youth of our nation. I earned a Masters degree in Education, am in the Girls Basketball Coaches Hall of Fame, and retired from education after 42 years as a high school counselor.

I am still here because of them!

What is your connection to the USFK community? Three brothers served in Korea when? What was your experience when they served?

Three of my relatives were stationed in Korea. My late Uncle Sam Smith served in the Army during the Korean War. I do not have records on his date of service.

My brother Richard Carter served in the U.S. Army in Korea 1973-1974.



Another late relative, SSG Kelly Carter served in the U.S. Army for 22 years, and was stationed in Korea 1981-1983 and 1985-1989. He was married to a native Korean woman Chong and they have a son, James and a daughter, Melissa. Carter trained Korean Officers on how to be Drill Sergeants. In 1988, I brought my Mother Dorothy to see Kelly and Chong's first born child, Melissa. During that visit, Kelly and I enjoyed the 1988 Olympics in Korea together.

How did you support your brothers celebrating their Native American heritage?

I am proud of my brothers, their military service and their heritage. My brothers have been to Native American Assemblies and were recognized for their service and their Native heritage.

When I learn of new ways for them to be recog-



Uncle Sam Smith, served in Korea during the Korean War



SSG Kelly Glen Carter U.S. Army

nized in our native culture, I let them know and encourage them, even assist them in the paperwork.

Most recently, the Cherokee Nation is recognizing current and former soldiers in the Nations' Museum.

Also, in Oklahoma City is the First American's Museum, where they recognize Native Soldiers with their own large section.

Why do you believe it is important for one to honor their own Native American heritage?

Native Americans need to honor their heritage in order to participate and understand their culture. Native Americans are the original Americans and we can learn much from the stories, religion, education, medicine, art, plants, hunting, fishing, horsemanship and a plethora of things we need to pass on to our children of the generations to come.



Brother Richard Carter, U.S. Army, stationed in Korea 1973-1974



Two Club Presidents from Moore and Southmoore High Schools celebrating heritage



Safety Spotlight: Preventing Falls From Windows

By Caitlin Ward

When it comes to windows, your first thought might not be safety however, falling from windows is very common. According to Nationwide Children’s Hospital, over 3,300 kids under 18 years of age are treated every year for injuries related to falls from windows. According to the National SAFE KIDS Campaign, the number averages at 4,000. Falling from windows can also happen to adults. In an article titled “Unforeseen consequences of shaking bedding out on the balcony” The Korea Herald writer Lee Jung-joo highlights the risks of falling from shaking bedding, rugs or carpets. It is very important for us to understand the risk of falling from a window and take proper preventative measures. Here are some fall prevention tips for windows in your home.

- Install window guards in all windows on the second-story or higher.
- Use window stops to prevent windows from opening more than four inches.
- Move all furniture away from windows.
- Keep windows locked and closed when you aren’t using them.
- Do not rely on window screens, they are not designed to keep someone from falling from a window.
- Talk to your children about the dangers of climbing out of or jumping from windows.
- If you need to shake out a rug, carpet or bedding, go to the first floor of your home or building.

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

25 December - Christmas
1 January - New Year’s Day

* 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

23 November - Thanksgiving
25 December - Christmas
1 January - New Year’s 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

Meet Your Next Favorite Book!

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

I'll Be Right There, Kyung-Sook Shin

Set in South Korea in the 1980s amid the tremors of political revolution, Jung Yoon, a highly literate woman in her twenties, recounts her tragic personal history as well as those of her three close friends from college. A distressing phone call from an ex-boyfriend stirs up memories of a tumultuous youth.

All About Korea: Stories, Songs, Crafts and Games for Kids, Ann Martin Bowler

This children's book provides an introduction to Korean culture and history, highlighting favorite games, foods, special holiday times, and after-school activities specific to Korea.

North Korea's Hidden Revolution: How the Information Underground Is Transforming a Closed Society, Jieun Baek

North Korean defectors from all walks of life, ranging from propaganda artists to diplomats, comprise a network of citizens who take extraordinary risks by circulating illicit content such as foreign films, television shows, soap operas, books, and encyclopedias to foster an awareness of life outside North Korea and enhance cultural knowledge. Baek North Korea's information underground is affecting the social and political consciousness of a people, as well as their everyday lives.

Escape from North Korea: The Untold Story of Asia's Underground Railroad, Melanie Kirkpatrick

It is a crime to leave North Korea, yet increasing numbers of North Koreans dare to flee to China and then on to Southeast Asia or Mongolia, and finally to South Korea, the United States, and other free countries. They travel along a secret route known as the new underground railroad.

Rice from Heaven: The Secret Mission to Feed North Koreans, Tina Cho

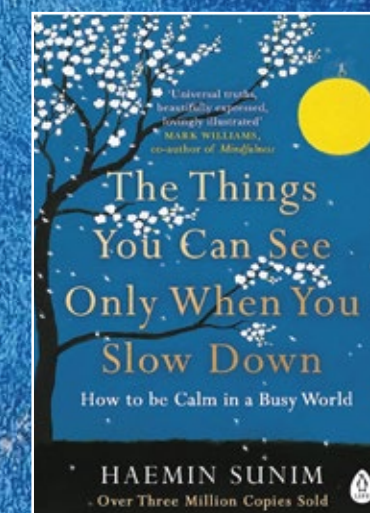
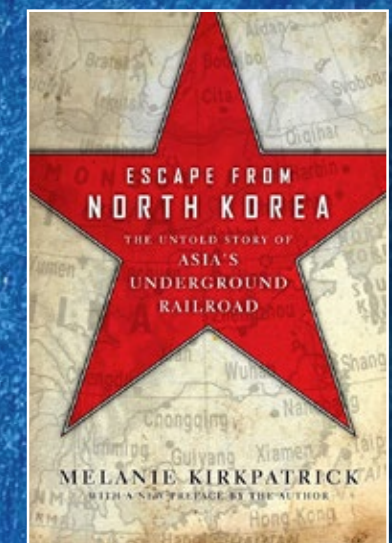
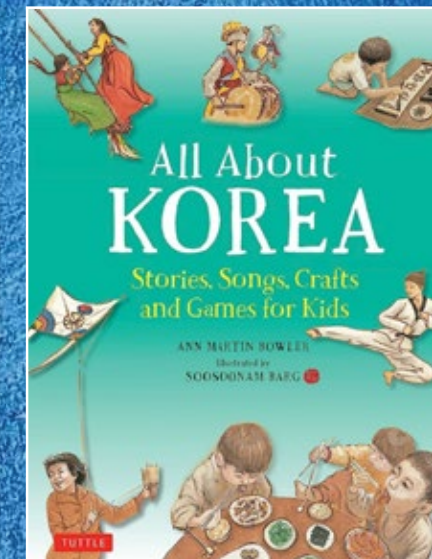
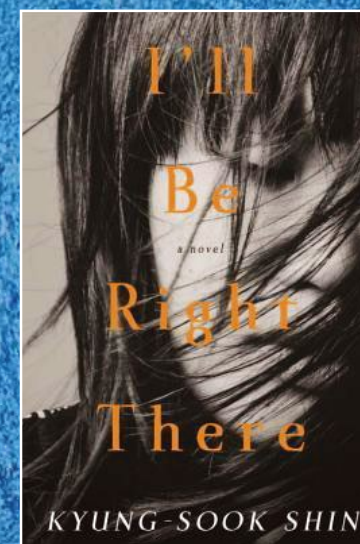
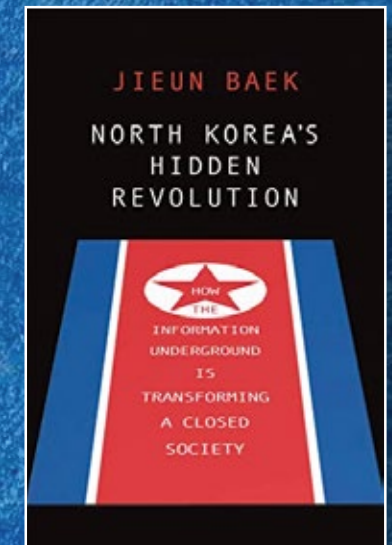
A true story about compassion and bravery as a young girl and her community in South Korea help deliver rice via balloons to the starving and oppressed people in North Korea.

The Things You Can See Only When You Slow Down, Haemin Sunim, Haemin Sunim

A Zen Buddhist monk, offers advice on everything from handling setbacks to dealing with rest and relationships, in a beautiful book combining his teachings with calming full-color illustrations, reminding us of the strength and joy that come from slowing down.

Titus Puppy in South Korea Eats Korean BBQ, Josie Wells

The Titus Puppy explorer series is dedicated to orphanages worldwide; proceeds go to orphanages on a rotating schedule. In this adventure, join Titus Puppy as he eats some Korean BBQ in South Korea and learn a few introductory Korean & restaurant phrases along the way.





Coastline view from Yokji Island, South Sea
(Photo by Eric Park)

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