

JULY 2022

United ON THE ROK

**SPOUSE CLUBS
ON THE PENN**

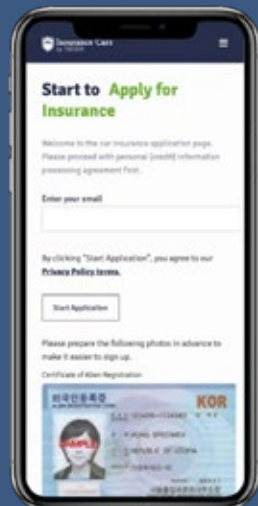
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VOLUNTEERS**

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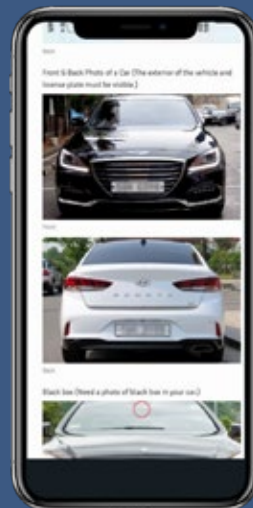
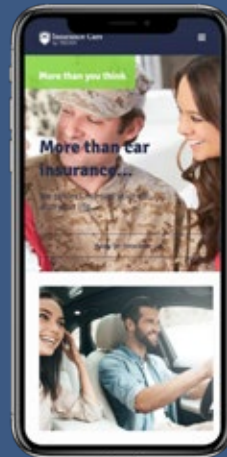
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- Entertainment Law
- Family Law
- International Law
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- Personal Injury
- Workers' Compensation

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PUBLISHER'S LETTER

United on the RoK monthly magazine is dedicated to you. I would like to express my profound and deep gratitude to all the service members, spouses, and families who reside in Korea, who I have proudly supported through spouse-led initiatives.

My first collaboration with a Spouse Club began in 1994, when I took over publication of the American Forces' Spouses' Club (AFSC) in Yongsan *Seoul Survivor* guidebook in 1994. The publication was originally conceived by Judy Bridenbaugh of the formerly named Seoul American Officers' Wives' Club in 1986.

My support for spouse club initiatives expanded in 2007 when at the suggestion of Mrs. Katie Bell, wife of Gen. Burwell Bell (Commander USFK, UNC, CFC, February 3, 2006 – June 2008), the *Chosun Chatter* monthly newsletter was founded, under the AFSC motto, "Building Friends to Benefit Community."

In 2017, with the significant transition of soldiers from Yongsan to Humphreys, the 31st and final edition of *Seoul Survivor* was published. In 2018, the newly formed spouses club at USAG Humphreys resumed production of the guidebook, renaming the publication *DMZ to the Sea*.



I have supported spouses and spouses clubs on the RoK for over 28 years and will continue to do so as long as my health allows.

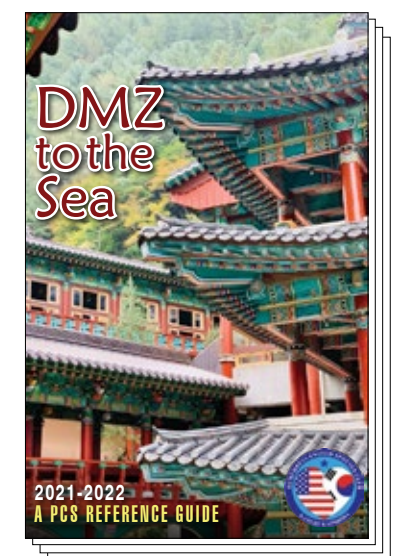
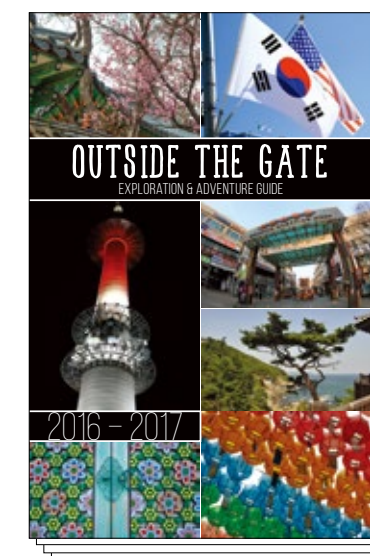
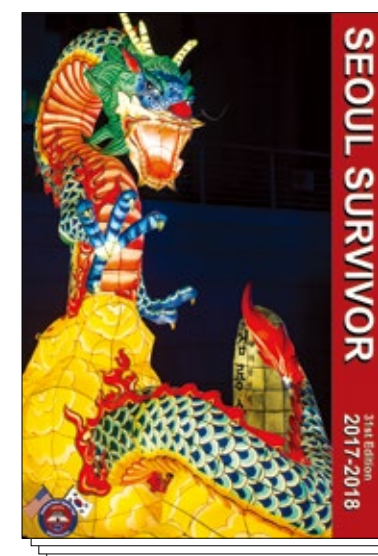
This new, monthly publication, *United on the RoK*, reminds me of my experience producing *Chosun Chatter*. Just as *Chosun Chatter* was brought to life by Mrs. Katie Bell, this publication was created by the dedicated, forward-thinking individual who has provided extraordinary service and enthusiasm to the community through Humphreys United Spouses Club, the 2021-2022 President Caitlin Ward.

Born in Seoul, I am from a generation who witnessed the terrible Korean War, and at that time, Korea was a newly independent country that had just escaped from Japan's 36-year colonial rule. Understanding the spirit of sacrifice and philanthropy past military members and their families have pledged to help struggling nations in the world, and the importance of the US-ROK alliance, it is my duty and honor to reciprocate the support. I hope *United on the RoK* serves as an informative resource that helps you adjust to life in Korea and build your home here.

United on the RoK is available at 235 display racks on US military installations across Korea to give everyone access to the informative and lifestyle articles published in the magazine. If there is any missing display area, please let the Editor know and display racks will be installed immediately.

I sincerely hope that your life in Korea is filled with adventure and opportunity, and that you make many wonderful memories. I wish everyone a happy and healthy life in Korea.

Charles Chong
CEO
Oriental Press Inc.





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Recognizing Volunteers

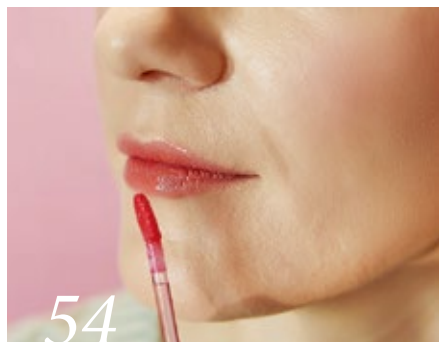
Molly Pitcher became legendary on the battlefield in the summer of 1778, at the battle of Monmouth. Becky Coffield, the Humphreys United Spouses Club Historian of 2021-2022, and spouse of a Field Artillery Officer, received her Artillery Order of Molly Pitcher in 2014. Check out this article to learn more about both women.



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History of Spouse Clubs & Info About Clubs on the Penn

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- Team Osan Spouses Club
- Daegu Civilians' and Spouses' Club



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K-Beauty Make-up



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DISCOVER
PYEONGTAEK
디스커버평택
UNITED ON THE ROK, JUNE 2022

United ON THE RoK

Published by
Oriental Press

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United on the RoK is a civilian magazine published monthly with real stories, experiences, and information relevant to military families on the Korean Peninsula.

Get information about resources and organizations, home-based businesses, health, cooking, fashion, entertainment, recreation, and more! We're here to help you get connected and embrace the opportunities and adventures that surround you.

We are always looking for great writers in the military spouse community. Send your pitches to unitedontherok@gmail.com.

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Korea's cherry blossoms are the highlight of the spring season, and definitely worth a trip. But with such a short blooming period, these beautiful flowers are hard to catch. Luckily, there are spring festivals all over the country for the cherry blossoms that travelers can join in.

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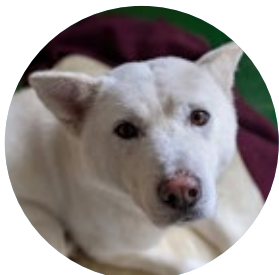
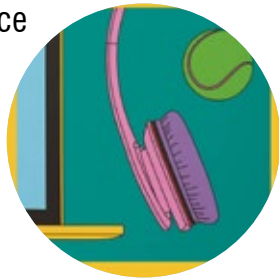
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ICS Pyeongtaek is located approximately 4 miles from USAG Humphreys and 8 miles from Osan AFB. Buses run to both bases and neighborhoods in Songtan, Pyeongtaek, Anjeongri, Asan, Dunpo, and others. The school is dually-accredited by ACSI and WASC and provides steep discounts for active military families.



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A few college acceptances (since 2018)



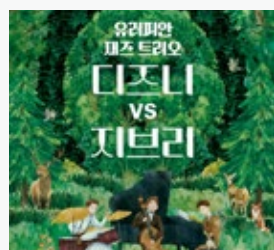
LIVE

MUSIC&ART CALENDAR



MAY27-29
The 14th Seoul Jazz Festival 2022

88 Garden Olympic Park
www.globalinterpark.com



JUN06
European Jazz Trio DISNEY VS GHIBLI

Lotte Concert Hall
www.lotteconcerthall.com/eng



JUL09-10
S20 KOREA Songkran Music Festival

Gwacheon Seoul Land
www.globalinterpark.com



JUN01
Brahms Liebeslieder-Walzer and Duets

Dream Forest Arts Center
sejongpac.or.kr



JUN12
Ilya Rashkovskiy Three Piano-Concerto by Rachmaninov encore

Lotte Concert Hall
www.lotteconcerthall.com/eng



JUL17
Ennio Morricone Film Music Concert with LA POEM

Lotte Concert Hall
www.lotteconcerthall.com/eng



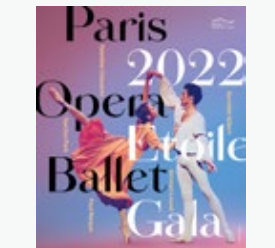
JUN04-05
2022 Forestella National Tour Concert in Seoul

Jangchung Arena, Seoul
www.ticketlink.co.kr/global/en/



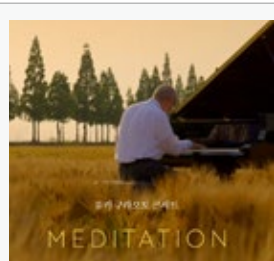
JUL03
Adios Piazzolla Live Tango

Lotte Concert Hall
www.lotteconcerthall.com/eng



JUL28-29
Paris Opera ballet: 2022 Etoile Gala

Lotte Concert Hall
www.lotteconcerthall.com/eng



JUN05
2022 Yuhki Kuramoto Concert

Lotte Concert Hall
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JUL06
Orchestre symphonique de Montréal

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EDITOR'S NOTE

Welcome to the first edition of United on the RoK, a monthly, civilian publication, distributed at US military installations across the Republic of Korea. The magazine contains community information and lifestyle articles that enrich connections and relationships within and across U.S. military communities.

Our military families are a source of strength for our service members and our military. By broadening and deepening the lines of communication that serve as the connective tissue across our diverse community, United on the RoK enhances resiliency and readiness among family members and service members.

In each issue, you will learn more about community initiatives, organizations, home-based businesses, opportunities to get involved and get connected, as well as all things fashion, food, art, travel, history, and events, throughout the peninsula. You will also read real life stories shared by spouses and family members.

The theme of the premier edition of United on the RoK is connectedness. This magazine is made up of articles from spouses and family members stationed across Korea and provides an opportunity to connect with one another, to support each other, share our experiences, and build our community across the peninsula.

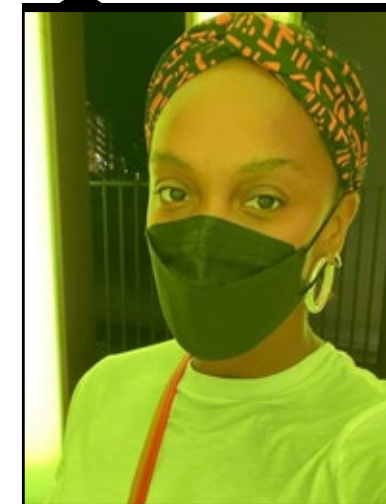
We hope you enjoy this first edition of United on the RoK. If you are interested in contributing to this magazine with a photo, article, or story, please send an email to unitedontherok@gmail.com. We are always looking to broaden our coverage of life across the Korean peninsula.

Caitlin Ward
United on the RoK Editor in Chief



"I absolutely love getting facials in Korea and Korean BBQ. Did I mention strawberries are amazing in Korea? Having fun with my fellow board members is an added and welcomed bonus. They are amazing!"

— Allyson Burns, Scholarship Chair, Daegu Civilian & Spouses Club



"I fell in love with the kind and gentle culture and their tradition. It was actually a dream come true to get assigned here and experience it in person."

— Contessa Ferrer-Ramos, Humphreys United Spouses Club Member



"There are many things I enjoy about being here in South Korea, but some favorites are the culture and the adventurous things you can experience just by walking down different alleys and streets. You never know what you'll discover. I definitely love helping others and giving back to the community, and joining DCSC has been a wonderful opportunity in doing just that. This small community houses so many wonderful giving people and I'm blessed to be a part of it."

— Sarah Piper, Welfare Chair, Daegu Civilian & Spouses Club



COMMUNITY CHAT



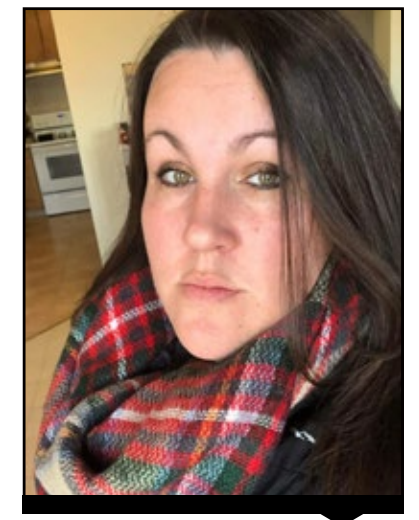
"My favorite part about living in Korea is experiencing the culture first hand by exploring the country. Korea has so much to offer, you just have to go and experience it for yourself."

— Kara Sexton, Secretary, Team Osan Spouses' Club



"My favorite part about living in South Korea is being able to do it with my family. There is nothing like seeing all of our reactions to new things. We haven't left yet and we already know what we will miss."

— Marshida B. King, Humphreys United Spouses Club Member



"What I love about living in Korea is the huge sense of family and the love we all show one another. If there is a need, there is always someone willing to jump up and help make sure that need is met."

— April Hallman, Programs Chair, Team Osan Spouses' Club

History of Spouse Clubs

By Caitlin Ward
HUSC President 2021-2022



May of 1780, Esther Reed and 39 other wives formed the first military wives' club.

The purpose was to raise money among citizens for the Soldiers who during the Revolutionary War were experiencing a shortage of supplies. Members of the group, which they called the Philadelphia Ladies Association, or "the Association," distributed fliers, knocked on doors to solicit funds, made soap, knitted socks, and made shoes. Through correspondence with General George Washington, Esther understood the Soldiers' greatest need was for shirts, so the women correspondingly redirected their efforts.

As the nation developed and expanded, wives following Soldiers West, assumed the role of maintaining normalcy and civility by meeting socially, coordinating performances, reading groups, sewing, and community planning. Military wives in the East formed societies that met regularly, kept minutes, developed organizational skills, and were dedicated to building and advancing their communities. Many wives in these societies worked for social issues such as signing the 1892 anti-Suffrage petition, obtaining adequate pensions for Army widows, and helping found Navy Relief.

Between World War I and World War II, more formally organized clubs were developed, such as the Association of Army/Navy Wives and the Air Force Service Ladies' Club. The focus of the clubs changed during WWII from

social activities to war work including sponsoring activities to boost Soldier morale, sewing, knitting sweaters, making bandages, selling war bonds and stamps, working in auxiliary military units such as the Navy WAVES (Women Accepted for Volunteer Emergency Service). In the decade after WWII, clubs developed a structure wherein club officers were elected by club members and wives of senior officers took honorary and advisory roles.

In recognition of needs in the community, wives' clubs opened thrift shops, flower shops, and gift shops; published club magazines and protocol guides; and organized and staffed the first post nurseries to provide volunteers a place to leave their kids. Noncommissioned officers' wives' clubs and enlisted men's wives' clubs also formed at this time with a synonymous dedication to supporting welfare and community activities.

When the Army transitioned to an all-volunteer force in the 1970s, more service members were married, and more quarters were built so more families lived on post. As the strict formality of clubs in earlier years was relaxed, more wives were willing to participate in club work, particularly young, educated, enthusiastic professionals. As clubs developed more significant financial assets and responsibilities, clubs were reorganized into two parts: a charitable arm that gave significant financial contributions to the community through grants and scholarships, and a social arm that focused on strengthening bonds through

shared social experiences.

By the 1980s, welfare programs built by wives' clubs such as child-care centers, Army Community Services, and youth centers had been taken over by the Army. This decade also saw increased presence and participation of Army husbands and correspondingly some clubs changed their names to "spouses clubs." Clubs expanded their activities during this time with craft fairs, bazaars, specific interest groups, and classes.

Today some posts have separate clubs for officers' wives, NCO wives, and enlisted Soldiers' wives. Other posts host clubs that welcome spouses of all ranks and branches, US sponsored foreign and internationals, and DOD civilian ID cardholders. Clubs remain dedicated to educational, charitable, cultural, and social activities; provide information to members; and foster fellowship among spouses. This includes lessening the burden of the government by promoting friendship among the entire military community (including all branches of service, active-duty, retirees, spouses, and others), lessening neighborhood tensions by developing and fostering a spirit of goodwill and community responsibility, providing opportunities for social, cultural, and creative pursuits, and distribution of scholarships for individuals, grants for organizations, and support for the local community.

Spouse clubs operate in compliance with Army regulations pertaining to private organizations

and the Internal Revenue Code. Spouse clubs are led by a board that includes honorary, elected, and appointed positions. Honorary positions are offered to senior spouses on base who volunteer their time to advise and provide guidance to the elected officers. Elected officers manage the club's affairs and provide support to appointed board members, who manage specific events, activities, and tasks. Spouse clubs operate on year-long board terms, holding an election each Spring for the next board. Comprehensive and collaborative transfer of information from one board to the next supports continuity and community building.

In the Republic of Korea, the former Armed Forces Spouses Club of Yongsan, which closed its doors

in 2017, supported the community at Yongsan and with the support of Oriental Press, published Seoul Survivor, a guidebook to help foreigners navigate both on and off base. In 2017, Humphreys United Spouses Club (formerly named the United Club Spouses and Civilians Association) took over publication of the guidebook and renamed the publication DMZ to the Sea. The guidebook provides information about the ins and outs of resources on US military bases across Korea, as well as resources and opportunities outside the gates.

The spouse clubs and spouse communities at US military installations across Korea have fostered supportive relationships with each other, continuing the legacy of spouses as serving the

community as a united front, advancing and improving quality of life in the community. Through these clubs and communities, spouses support one another, thereby building their collective and individual resiliency, facilitating communication, strengthening bonds, and enhancing the connective tissue across our communities, which thereby enhances the readiness of our families, service members, and military.

-----Biser, J. (2008). *Women's Clubs in WWII*. NCpedia. Retrieved February 5, 2022, from <https://www.ncpedia.org/women%E2%80%99s-clubs>
Crossley, A. and Keller, C. A. (2007). *The Army Wife Handbook: A Complete Social Guide*. (Second Edition). ABI Press.



Spouses who volunteered at the Humphreys United Spouses Club Annual Charity Event on April 23, 2022 at Morning Calm Conference Center. Over \$24,000 was raised at the event, which will be returned to the community through grants and scholarships.

Humphreys United Spouses Club



About:

Humphreys United Spouses Club is a 501(c)3 dedicated to contributing to the advancement and improvement of the quality of life on the installation and surrounding communities by bringing our members together through charitable works, projects, and social activities.

Our volunteers gladly give of their time and talents to serve both the military and civilian community. Our community is strengthened by the thousands of volunteer hours committed and thousands of dollars raised, which are returned to the community. Joining the club is a wonderful way to make friends, give back, and get involved!

The purpose of Humphreys United Spouses Club is for charitable and educational purposes. This includes lessening the burden of the government by promoting friendship among the entire military community (including all branches of service, active-duty, retirees, spouses, and others), lessening neighborhood tensions by developing and

fostering a spirit of goodwill and community responsibility, providing opportunities for social, cultural, and creative pursuits, and distribution of scholarships for individuals, grants for organizations, and support for the Korean welfare organizations in our local community.

The Humphreys United Spouses Club is committed to creating an environment free of discrimination, where everyone is treated with dignity and respect regardless of race, religion, color, sexual orientation, gender, and national origin. We have a great time together! Whether you join sub-club, attend a monthly social, join a bus trip to explore Korea, volunteer at the Thrift Store or at an HUSC event, you will find a welcoming and supportive community! We encourage you to embrace the adventures that await you here!

Membership:

All spouses and family members over age 18 of US military ID cardholders, US sponsored foreign and internationals, and DoD civilian ID cardholders are eligible for active membership as defined under USA/ROK Status of Forces Agreement (SOFA). All surviving spouses of US military ID cardholders and DoD civilian ID cardholders are eligible for active membership. All surviving spouses will retain the same privileges as described below but WILL NOT have to pay dues. Active members in good standing may hold elected or appointed offices, have the privilege to vote, and participate in all United Club activities.

Membership begins when the eligible member registers and pays

their dues and shall end on the 31st of May in the Membership Year that they join. Newly installed Board Members must join the club at their first board meeting over the summer. Other eligible members may join at any time over the course of the Membership Year. A Member in "good standing" is defined as a member who has paid their membership dues and is not delinquent in their financial obligations to the United Club or defaulted on their Real Property and/or their Borrowed Boutique contracts. Members must be affiliated with USAG Humphreys.

Events:

HUSC puts on monthly social events for our members. These socials are a great way to meet other spouses stationed or living in the Humphreys area. Everyone is welcome to attend one social prior to joining HUSC. We also host two large fundraising events, one in October and one in March or April – the spring gala is our annual charity event. In November we traditionally hold a Bazaar, which features home-based businesses, AAFES vendors, and Korean vendors. When health protection conditions have made us unable to hold the Bazaar, we have held a Holiday Market in December, featuring home-based businesses and holiday festivities. Come check us out and see what we have to offer!

Board:

Humphreys United Spouses Club is currently recruiting for the 2022-2023 Board Year! Please check out

our website or Facebook page for more information or reach out to our Parliamentarian at unitedclubpar@gmail.com to share your interest or get more information. Serving on the board is a great way to make friends, get involved in the community, and develop your leadership and professional skills!

Welfare/Scholarship

Humphreys United Spouses Club offers financial assistance to our community on base through community grants and scholarships. For clubs and organizations seeking financial assistance, our Community Outreach Committee reviews grant applications on a quarterly basis, in August, November, February, and May. HUSC is eager to support community endeavors that will have a substantial impact on the community. Eligible organizations are those that do not receive AF or NAF funding. For questions about eligibility, contact the Scholarship and Community Outreach Chair at unitedclubsco@gmail.com.

HUSC engages with our Korean community outside the gates through outreach and welfare. Our Korean Welfare Committee provides non-monetary donations to support Korean Social Welfare organizations' efforts to improve the service recipients' quality of life, increase our understanding of Korean society, and expand our knowledge of Korean culture. Through Korean Outreach, led by our Host Nation Liaison, we support events and activities in the community, such as the Pear Blossom Market, which strengthen the existing positive relationship between the US commu-

nity and the Korean community

Humphreys United Spouses Club has awarded over \$50,000 in scholarship monies for five consecutive years to graduating high school seniors and continuing education students for undergraduate programs, graduate programs, technical training programs, and vocational courses. Funds for the United Club Scholarship Program are primarily provided by the hard work and sales proceeds of the Humphreys Painted Door Thrift Shop. We have also received gener-

from Humphreys United Spouses Club, your money goes back into the community through our Welfare Fund!

■ Borrowed Boutique:

The Borrowed Boutique inside The Painted Door Thrift Shop offers the Camp Humphrey's community a variety of formal wear, cocktail dresses, and handbags for rent or purchase. The Borrowed Boutique is open during regular thrift store hours as well as by appointment.

items, and select items free to active duty US service members. 80% of the net income generated at the Humphreys Thrift Shop is returned to the community through Humphreys United Spouses Club Scholarship and Community Outreach programs. Donations are accepted in the donation shed on the side of the building 24/7, unless otherwise posted. Connect with Humphreys Thrift Shop on Facebook to see what you can get for a great price – we have new items on the floor every day! The Thrift Shop also offer



ous contributions to our Scholarship Fund from our recurring supporters as well as money raised at our annual fundraising events. The Humphreys United Spouses Club Scholarship Application is available from January 1 through March and scholarships are awarded in late Spring.

■ Real Property:

Humphreys United Spouses Club has rentable property for your next event! We have centerpieces, themed decorations, Holiday costumes, and much more, available at an affordable price! When you rent

Have a suit, tuxedo, or dress hanging in your closet that you brought to Korea and don't want to take home? The boutique is always accepting donations.

■ Thrift Shop:

The Humphreys Painted Door Thrift Shop is our shop on base that sells secondhand clothing and other items and is run for charitable purposes. The Thrift Shop sells new and gently used clothing, accessories, shoes, baby and kids' accessories, housewares, electronics, sporting equipment, furniture, jewelry, books, DVDs, seasonal

home-based business an opportunity to sell their goods at the Thrift Shop on Marketplace Tuesday. For more information, please reach out to the Home-Based Business Coordinator at unitedclubhbb@gmail.com.

■ Humphreys History:

United States Army Garrison - Humphreys (USAG-H), also known as Camp Humphreys, is a United States Army Garrison located near Anjeong-ri and Pyeongtaek metropolitan areas in South Korea.

The history of Camp Humphreys dates back to the beginning of the

20th century when, in 1919, the Japanese military built the Pyeongtaek Airfield. Later, during the Korean War, Pyeongtaek Airfield was named K-6 after being repaired and enhanced by the US Air Force to accommodate a US Marine Air Group and the 614th Tactical Control Group. In 1962, the base was renamed Camp Humphreys, in honor

of Chief Warrant Officer Benjamin K. Humphreys, a pilot assigned to the 4th Transportation Company, who died in a helicopter accident.

In 1964, Humphreys District Command (later re-designated as the 23rd Direct Support Group) was activated as a separate installation command of the Eighth US Army, providing all direct support, supply

and maintenance, storage of all conventional ammunition in Korea, Adjutant General publications and training aides and the Eighth US Army Milk Plant.

In 1974, with the activation of the 19th Support Brigade, Camp Humphreys was re-designated as US Army Garrison, Camp Humphreys. USAG-Camp Humphreys

was still responsible for all affairs affecting personnel stationed at Camp Humphreys, but the 19th Support Command was responsible for all support activities vital to the Eighth US Army and its subordinate units. Those units formerly reporting to the 23rd Direct Support Group, reported to the 19th Support Command in Daegu. Only the basic functions remained with USAG Camp Humphreys.

Later, the 23rd Direct Support Group and 19th Support Group were renamed 23rd Support Group and 19th Theater Army Area Command. On June 17, 1996, the United States Army Support Activity Area III (USASA Area III) was established and made responsible for the peacetime support mission for Camp Humphreys, Camp Long, Camp Eagle and US Army units

assigned to Suwon Airbase.

On June 1, 2005, the U.S. Army announced that Camps Eagle and Long would close. Both camps were then later closed on June 4, 2010, consolidating installation support activities on Camp Humphreys.

Under a 2004 land-swap agreement, the US promised to gradually return a combined 170 square kilometers of land, housing 42 military bases and related facilities, to South Korea and move US military forces from garrisons in and north of Seoul to Camp Humphreys.

With the creation of the Installation Management Command on October 24, 2006, US Army Support Activity Area III was re-designated as US Army Garrison Humphreys and Area III, on March 15, 2007.

On November 13, 2007, USFK and South Korean officials conduct-

ed a groundbreaking ceremony for the expansion of Camp Humphreys. Under that plan, the US troop presence in South Korea would be consolidated into two regional hubs in Pyeongtaek and Daegu.

For more information, please visit the USAG Humphreys website at <https://home.army.mil/humphreys/index.php/about/history>. To read more articles about USFK, Units, the history behind static displays on base, who housing communities, buildings, roads and access points are named after, go to the History section of our website: <https://www.humphreysunitedspouses.com/blog>

■ DMZ to the Sea:

DMZ to the Sea is a reference guidebook that is a must-have for anyone moving to South Korea. The publication is organized to provide you with everything you need to navigate to, from, and around Korea, with information about the variety of resources on base and at nearby installations for everything from exceptional needs to pets to getting your car registered and much more.

This publication, formerly known as *Seoul Survivor*, was originally conceived, written, and compiled by Judy Bridenbaugh to ease the frustration experienced by military members and their families when moving to a location, especially one in a foreign country. HUSC received the rights to the *Seoul Survivor* from the former American Forces' Spouses' Club of Camp Yongsan, and renamed the publication, *DMZ to the Sea*. HUSC is honored to continue the legacy of this instrumental guide and hope it will encourage everyone to make the most of their time here in South Korea.



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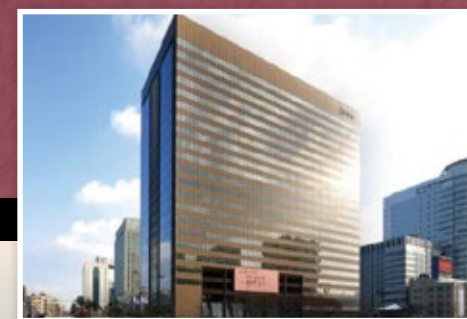
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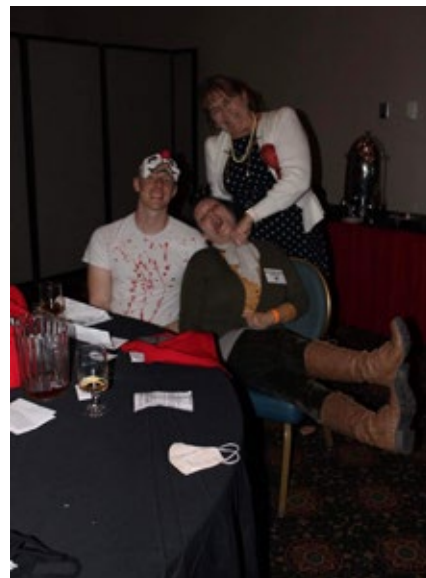
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Team Osan Spouses' Club (TOSC)



About:

Team Osan Spouses' Club (aka TOSC) is a supportive network of military spouses serving together in the Osan community, enhancing our Korean experience through social, charitable, and cultural events. TOSC offers friendship, support, and opportunities to get involved in our Osan community. We urge you to make the most of your time here in Osan: learn the culture, travel and explore, and meet your neighbors. This assignment has so much to offer and our club gives you the opportunity to make the most of it! Simply put, we have a good time! Whether it's in volunteering at the Thrift Shop, joining in a mini-club, or attending a monthly social, in TOSC you will find a supportive

network of spouses who are having fun and giving back to the Osan community. To learn more and to get connected, visit our website at <http://www.teamosansc.com/> and join the Team Osan Spouses Club Members Only Page on Facebook.

Membership:

Who can join the Team? We welcome all eligible and prospective members to the TOSC. Membership in the TOSC is voluntary and open to all active duty spouses and civilian equivalents without regard to race, creed, religion, ethnic origin, sex or sexual orientation. If you have any questions about your eligibility or would like to receive more information please contact our membership chair at member-

ship@teamosansc.com.

Why join the Team? Members can attend our monthly membership meetings and are eligible to win an amazing door prize! They can join and form new min-clubs, like our book, mahjong or running club. TOSC provides multiple ways for members to volunteer in and around the base. There are members-only bus trips to fun destinations in the area. And best of all, our members get to vote on how we help and improve our community!

Board: TOSC is currently recruiting for next year's board!

Welfare/Scholarship:

How has the Team positively impacted Osan? Last year we gave

away more than \$70,000 to various organizations on and near Osan Air Base, including Boy & Girl Scouts, the Red Cross, the USO, Home-ward Bound and Osan American High School. We gave out \$4,000 to various units assigned to Osan for their holiday parties. We also were able to award \$30,000 in scholarships to active-duty service members, spouses and high school seniors! TOSC is pleased to offer two different venues to provide financial assistance to our community: community grants and scholarships.

For organizations and clubs seeking financial assistance, we offer a Community Grants Committee that meets once a month (last Tuesday of the month). Our Community Grants Committee reviews applications received by 2359 KST on the 15th of the month and distributes funds by the 15th of the next month. Requests received after the 15th of the month will not be considered until the following month's committee meeting. If your request is approved, checks will be issued by the 15th of the following month.



Checks will be issued from October 15th – May 15th.

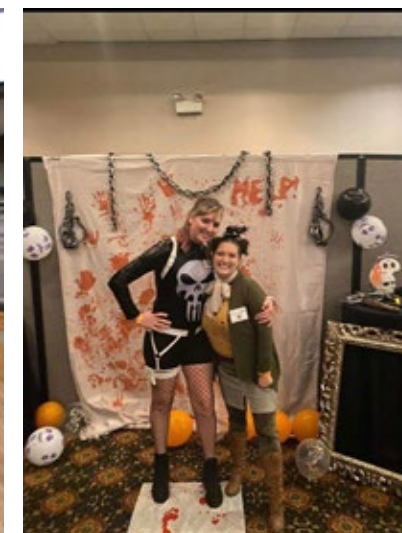
Thrift Shop:

The Team Osan Spouses Club owns and operates the Osan AB Thrift Shop, which is a nonprofit organization. The income raised through operating the Thrift Shop is given back to the Osan AB community in charitable donations and community grants. Volunteers are

always needed to help sort, price and organize items received. Please contact the Thrift Shop Manager at thriftshopmanager@teamosansc.com for more information.

Our donation bin (for breakables or heavy items) and the drop box (for clothing and non-breakables) are located around the side of the Thrift Shop and are accessible 24 hours a day, 7 days a week. Donations should be in good repair and electronics should work. All clothing donations should be CLEAN and have NO STAINS or HOLES.

We are located in building 720, located behind the Osan Middle/ High School football field. For most accurate Thrift Shop Hours please go to the Thrift Shop Facebook page. Summer hours, in particular, can be affected by the weather/heat index. In general, the Thrift Shop is open: 1. Every Monday 11:00 am - 3:00 pm 2. Every Tuesday 11:00 am - 6:00 pm 3. Every Wednesday closed 4. Every Thursday 11:00 pm - 6:00 pm 5. Every Friday closed 6. One Saturday each month for a basket sale.



Daegu Civilians' and Spouses' Club



About:

The Daegu Civilians' and Spouses' Club (DCSC) is a community-driven organization built of military civilians and spouses serving the Area IV community through social and charitable events and volunteer opportunities. Explore the wondrous city of Daegu and many amazing opportunities within the surrounding areas with fellow civilians and spouses. Enjoy the fellowship and fun that DCSC provides through adventures in our Sub Clubs, such as the Lunch Bunch, Golf Club, Tour Club, and

more. Area IV strives to make this the assignment of choice, and we strive to turn friends into family, so make the most of it through the many opportunities to volunteer, gather, connect, and enjoy the adventures that await! Visit us on Facebook or stop by the Apple Tree Gift & Thrift Shop to learn more about the many advantages of joining DCSC have to offer.

Membership:

Want to know more about how to join DCSC? We invite all of those with SOFA status to join

our membership.

DCSC is open to all eligible members of the community, from active duty spouses to supporting civilians, regardless of race, creed, religion, ethnic origin, gender, or sexual orientation. Membership forms are available at the Apple Tree Gift & Thrift Shop as well as through our Membership Chair at Membership@theDCSC.org. Members get monthly invites to our social events, as well as our Fundraisers, and get to join the Sub Clubs that interest them. DCSC provides volunteer opportunities to keep you busy or update

your resume. Members also get to know that DCSC contributes to the community through community outreach, welfare grants, and educational scholarships. What better way to make a difference than to join DCSC today!

Board:

DCSC is actively seeking the next 2022-23 Board. Opportunities include Committee Chairs, such as Membership, Hospitality, Welfare, and Scholarship Chairs, and many more. Contact us on facebook or email Parliamentarian@theDCSC.org for more information in joining our team of difference makers!

Giving Back:

Giving back is close to the heart of DCSC as a 501(c)3 non profit organization, and we accept the challenge each year through Community Outreach, Welfare Campaigns, and Educational Scholarships. Our Fall 2021 Welfare Campaign allowed us to give back more than \$5,000 in community grants, supporting unit functions, local sports, and Boy and Girl Scouts Clubs. We were excited to award more than \$10,000 in scholarships to active duty and civilian spouses and graduating high school seniors in the Spring of 2021, and look forward to matching that commitment again this coming Spring.

Thrift Shop:

DCSC raises funds to give back to the community not just through fundraising events but also through DCSC's Apple Tree Gift & Thrift Shop. The thrift shops name comes from the infamous Daegu Apple, and when you visit you can't miss the baby apple trees in our front yard - another enjoyment from the community's culture! We accept donations in good condition at the store throughout the business

into our store and show your ID. We'll get you signed up and you can immediately enjoy up to 20 free clothing and shoes items valued up to \$8 per item. And the best part? You can enjoy this benefit each and every month!

Volunteers:

Looking to volunteer in your community? The Apple Tree Gift & Thrift Shop is always in need of help sort, price, and organize donated items. For more information, stop by the store during business hours and speak with our assistant manager, or email volunteer@theDCSC.org. Hours of operation are Tuesdays 10am - 2pm, Wednesdays 10am - 2pm, Thursdays 2pm - 6pm, and the first Saturday of every month 12pm - 3pm. Want to volunteer through DCSC? Showcase your management experience, crafting skills, decorating expertise, and

other talents by joining a Sub Club, Committee, or through one of our many Committee Chair positions. Opportunities include Apple Tree Liaison, Hospitality Chair, Membership Chair, Publicity Chair, Scholarship Chair, Volunteer Coordinator, and Welfare Chair. To volunteer for these positions, just contact our Volunteer Coordinator, or President at volunteer@theDCSC.org or President@theDCSC.org. We look forward to connecting with you and welcoming you to the Team!



Support Networks on the RoK

Power of the Post It

By Jetta Allen, Founder
Humphreys Diverse Abilities Support Group

My name is Jetta Allen. I am a U.S. Army Spouse living here in South Korea. My family consists of an adventurous husband and a very unique 11 year old. In our family we have an adult Exceptional Family Member and a child who is an Exceptional Family Member. Through supporting myself and our son, I found my love for helping people with their needs, children in special education, and of course sharing resources for success!

We love South Korea, but the transition to overseas life hasn't always been easy for us and we have strategies to help you! Everyone knows about Google Translate and various phone applications, but where do you go to connect to personal support? Where do you go when you need to connect? Let me tell you my story and how we connect to support while on the RoK!

We came to South Korea in 2019, right before the Covid pandemic struck. Winter was chilling to the bone but the excitement was just as sharp as those cold Siberian winds! When you move to a foreign country, military community or not, you are in for a big change. Our family experienced the "perfect storm". No one knew



the pandemic was coming at the time, but our family was already feeling strained. Amid the pandemic, our Autistic child struggled

with the transition, floundering in school, and we couldn't find the exact community support our family needed. How do I, the adult

with exceptional needs, cope too when trying to support a child with exceptional needs? How can we find what all of us in my family need, in a holistic approach, with the path of least resistance? How can I make friends and connections here in the RoK while also in a time of transitional crisis?

What I have learned in the last several years as a parent to a special needs child is that we are the best advocates for ourselves and our family, but you only know what you know. To be my best self, I have had to learn, get connected to resources, and sometimes even create my own support network that works for my family. No two families are alike and we all need different support but we absolutely cannot do it alone! There is power in building a support network that works for YOU!

We found the support we and so many others needed for success! This support network wasn't here yet, but we found it anyway! It literally started with a Post It note to four other parents in our community in a school office. We were all searching for something... we just didn't know what. We knew we needed to know the resources available, for our voices to be heard, and for our families to thrive. Each one of us needed to connect to others that would "get it". Every parent in that office thought they were alone, but there was comfort in finding each other. We could unburden our worries to one another and find support through our collected

knowledge base. A Post It brought us together. A Post It formed the Humphreys Diverse Abilities Support Group. Four people with a dream of supporting each other came together and shaped the support network we each needed!

Two years later we are still here, connecting and supporting each other on the RoK. The Humphreys Diverse Abilities Support Group is over 500 members strong. We are supporting adults and families with various needs in our community on the RoK. The support group doesn't just support parents, but individuals, adults, soldiers, and so many more!

Once families and individuals find the support system that works for them, change happens. That change is the catalyst to help one go from surviving to thriving!

This section, Support Networks on the RoK is going to walk you through various supports monthly. Here you will find out how to engage and interact with these



supports. As you read, you can even find information from my own experiences with these supports too!

Never underestimate your power. You are a participant in pursuing your own quality of life in South Korea, but you aren't alone! If you need support, we are going to help you find it! Let's get you connected in our community and set you up for success!

When individuals and families succeed, a community thrives! Are you thriving? If you are, I hope you share your strategies and if you aren't, we will help! Stick around, it's going to get good! See you next month when we explore Support Networks for Adults with Exceptional Needs!

*Jetta Allen, Founder
Humphreys Diverse Abilities
Support Group, Pyeongtaek
Email: humphreysdiverseabilities@gmail.com*



Building Our Community, One Volunteer at a Time

A Conversation with Molly Chivers

T

he 2021-2022 Humphreys United Spouses Club (HUSC) Board kicked off the year with determination to build the volunteer cohort by providing a variety

of volunteer opportunities and increasing outreach to prospective volunteers.

HUSC Volunteer Coordinator Molly Chivers explains, "Volunteering fills the gap in community resources. This is especially important in our Humphreys military community where we are distanced from our family support network and there is so much turnover among those that live here. Volunteering is also a huge community builder because it brings together a diverse range of people for one common goal."

This is what creates community. "There is no question as to whether volunteering helps

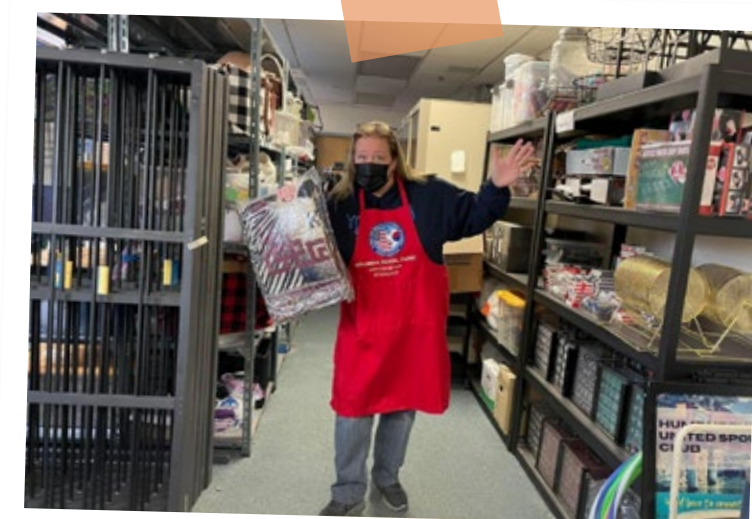
our local community and beyond, but it's also beneficial to the individual volunteer. Volunteering helps one create a sense of purpose, build friendships, increase a skill set, and is a resume-builder."

Currently, HUSC has approximately 54 active volunteers who have collectively logged 7,447.75 hours to date. This has increased from the 2020-2021 Membership Year during which 30 volunteers logged 4,946.25 hours.

HUSC has regular volunteers who come out time after time, volunteers who come out occasionally, and volunteers who come out to check out the club, make friends, and get connected. We are tremendously appreciative of all of our volunteers!

Anyone and everyone is welcome to volunteer. Through HUSC, one can volunteer for community events as well as events put on by HUSC, both on and off post. For example, in 2020 and 2021, volunteers represented HUSC outside the gates at the Angeong-Ri Pear Blossom Market and volunteered on base at the community Trunk or Treat.

Other volunteer opportunities in the 2021-2022 Membership Year have included cooking Thanksgiving dishes for single and unaccompanied soldiers, volunteering at the Chapel Community Expo, supporting the Holiday Cookie Drop, and carrying out the HUSC Holiday Market featuring home-based businesses. This Spring, our volunteers will be present at the ACS Job Fair, the Month of the Military Child Field Day, and HUSC events such as our Annual Charity Event. There are also volunteer opportunities at the Humphreys Thrift Shop, especially during peak donating seasons





such as Spring cleaning, PCS season, and following the holidays. Volunteers are needed to hang clothing and restock accessories.

Volunteering is good for your health! By increasing connections, building friendships, and creating a sense of purpose, volunteering is great for emotional well-being. Volunteering can also help an individual learn new skills, looks great on a resume, and it's fun!

At HUSC, our goal is to develop a culture of volunteerism because when community members come together and networks are strengthened then overall positive connections and positive community enhancement will occur. HUSC is all about community building and volunteering is at the root of this.

For more information about volunteer opportunities, reach out to the HUSC Volunteer Coordinator at unitedclubvc@gmail.com or check out opportunities on VMIS!

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The Magic of Traditional Korean Hanji Paper

By Lisa Lavinge Tejeda

When I first arrived in Korea and had all that free time while my husband was at work, I wondered what I could do to fill it. I started visiting all the places on base – the bowling alley, the Super Gym, the Downtown Rec Center, and the Arts and Crafts Center where I signed up for a Korean painting class. They offered a variety of classes that looked interesting and it sparked an interest in learning more about traditional Korean arts. I later participated in a class on base that taught me how to

use traditional hanji paper to create a lamp. I took a second class where I used this amazing paper to make three fun boxes to store my treasures. By the second class, I was hooked on hanji paper. I loved the texture and brightness of it. I bought some just to have it – I didn't even know what I wanted to do with it.

What is hanji paper? It is paper that is made from the inner bark of mulberry, which is a native tree here in Korea. Each sheet of paper is handmade – a process I was able to watch when I visited the amazing village of Jeonju. Sheets

can have a smooth texture or a rough texture and you can see the mulberry fibers embedded in the paper. It can be colorful or not, patterned or not.

What can you do with hanji paper? You can turn a piece of cardboard or wood into a masterpiece. The best part is that it's so easy and inexpensive! I think about something representative of Korea that I would like to take on to my next duty station or give as gifts and go from there.

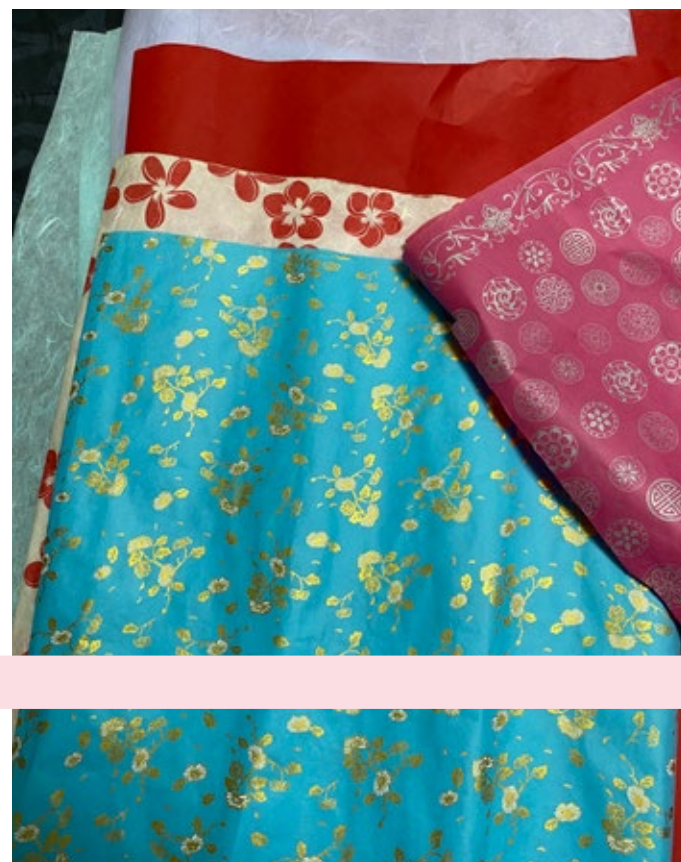
Here is a simple project you can try at home: Get a simple wooden tray (about \$4 at Daiso), a sheet



of hanji paper, Modge Podge (or a mixture of glue and water), and a one inch brush. Cut the paper to fit the inside of the tray. Paint the inside of the tray with Modge Podge or glue and place the paper on top. Paint over the paper to give it a coat of glossy protection. While it's wet, you can adjust the paper inside the tray as needed or to remove any wrinkles. If you would like to make the 4 coasters (see picture), you can use thicker corkboard, light wooden squares, or even square cardboard pieces and follow the same process.

Where can you find hanji paper? At the Arts and Crafts Center on base, you can find thicker, solid-colored sheets. There are also a couple chain stores where you can find hanji paper, such as Alpha and Dream Depot. There is a Dream Depot above the Domino's Pizza a couple miles outside the main gate. Also, in Seoul there is a small street in Namdaemun Market where you can find both stores in addition to several smaller stalls that have a large assortment of paper. The Alpha store there even has packaged hanji paper projects at reasonable prices that include everything necessary to complete a project. The way some of the paper is made, when you walk into some stores you will think it is fabric (see picture). The fibers poking out make for a glorious sight!

I think once you've turned a cardboard shape into a magical piece of art, you'll fall in love with hanji paper. The only question then will be, what do you want to make next?



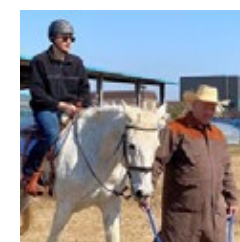
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UNIT PROGRAMS

Team Building

2-6 Participants for 1.5hrs
30min Basic Riding & Safety Instruction
30min Unmounted Instruction
30min Games/Team Building

USAG Humphreys Unit

Family Days

Up to 20 Participants, 1.5hrs
Pony Rides
Unmounted Instruction
Bounce House
Arts & Crafts
Games

OPPORTUNITIES FOR EVERYONE

Unaccompanied Soldiers, Contractors, Civilians, Expats, Children, Families, & Groups



- Private or Semi-Private Horsemanship Lessons
- Pony Rides/Birthday Parties
- Team Building Events
- Promotion/Recognition Events
- Group Outings
- Horse Shows/Competitions
- Adult Horsemanship Camps
- Children's Half Day Camps
- Volunteer Opportunities



FAMILY AND CHILDREN PROGRAMS

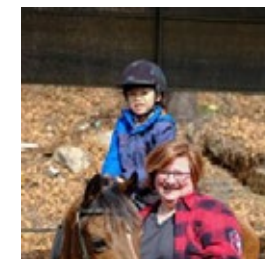


Scouts and Clubs

One Group for 1.5hrs
Unmounted Instruction
Mounted Instruction
Focus on basic horsemanship and understanding the horsemanship skills associated with the knowledge requested within any specific badge(s)

Family Days

2-6 Participants for 1.5hrs
Pony Rides for children 3-6yrs old
Riding Lesson for 6yrs old - Adult
Unmounted Instruction
Arts & Crafts
Games



Recognized Benefits of Equestrian Programs

- Increased Physical Activity & Coordination
- Sensory Awareness & Control
- Spatial Evaluation Empathy Awareness
- Verbal & Non-Verbal Communication Development
- Risk/Benefit Evaluation
- Emotional Control
- Situational Awareness
- Patience Development
- Holistic Care
- Cultural Interaction & Exchange

ADDITIONAL PROGRAMS, CAMPS, & CLINICS

Three Month Program for Unaccompanied Soldiers

2-6 Participants, 1x/ 1.5Hrs/Week for 3 months
30min Mounted Instruction
30min Unmounted Instruction
30min Riding Log)

Equine Health Clinics Assistant Instructor Clinics

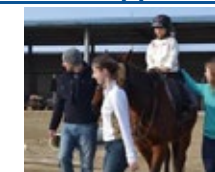
Horse Ownership Clinics

Course Designing Clinics

Half Day Summer Camps

Adult Camps

Volunteer Opportunities



Ricotta Gnocchi

By Angie Donald



Ingredients:

- 1 1/2 cups (one 15-ounce container) whole milk ricotta cheese
- 3 egg yolks
- 1 cup (about 4 ounces) '00' flour or all-purpose flour*
- 3/4 cup (about 1 ounce) freshly-grated Parmesan
- 3/4 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper

Instructions:

1. Prep the water: Bring a large stockpot of generously-salted water to a boil over high heat.

2. Drain the ricotta: While your water is heating, place 3-4 paper towels on a large plate and spread the ricotta on the paper towels in an even layer. Place another layer of 3-4 paper towels on top of the ricotta. Then press down gently to let the excess moisture soak into the paper towels, trying to soak up as much of the excess liquid as possible. Transfer the ricotta to a large mixing bowl. If it sticks to the paper towels, use a rubber spatula to scrape it off. The drained ricotta should now weigh about 12 ounces.

3. Mix your dough ingredients. Add the egg yolks to the ricotta and stir briefly to combine. Add in the flour, Parmesan, salt and pepper, and stir until evenly combined. Avoid over-mixing. The dough will be a bit moist and maybe a bit sticky, but it should be holding together well. If it feels too wet, just add in another few tablespoons of flour.

4. Roll out and cut the dough. Shape the dough into a round disk with your hands, then transfer it to a lightly-floured cutting board and sprinkle the dough with lightly with flour. Using a knife or a bench scraper, cut the dough into eight even pie wedges. Using your hands, gently roll out each wedge out into an even log, approximately 3/4-inch wide. Cut each log into individual bite-sized little gnocchi squares. Lightly dust the gnocchi with flour once more and give them a quick toss so that they are all lightly coated with flour. (This will help prevent them from sticking together.)

5. Boil the gnocchi. Carefully transfer the gnocchi to the boiling water to cook. Then once they float — usually after 30 seconds or so — drain the gnocchi.

6. Serve immediately, tossed with your favorite sauce and whatever other ingredients sound good!



The Legend of *Molly Pitcher* Memorialized Through Volunteers

A Conversation with Becky Coffield,
2014 Artillery Order of Molly Pitcher Recipient



The battlefield of the Revolutionary War is littered with little known heroic acts by courageous women. As the war broke out, many women followed the Continental Army campaign under a group organized by Martha Washington performing essential tasks like caring for the wounded, making meals and doing the washing. One woman, known as Molly Pitcher, became legendary on the battlefield in the summer of 1778, at the battle of Monmouth.

Mary Ludwig Hays, an Artillery wife would bring water to refresh the exhausted and thirsty men fighting against the British in Valley Forge. However, she would

Becky Coffield, the Humphreys United Spouse Club Historian of 2021-2022, and spouse of a Field Artillery Officer, received her Artillery Order of Molly Pitcher in 2014.

also need to bring water to the men on the cannon line in order to cool the cannon so the barrel would not crack or misfire and it could fire properly. "Molly" a nickname for a girl named Mary and "Pitcher" for the pitchers of water she would shuttle all over the battlefield, saw her husband William Hays, fall wounded and collapse as she was returning.

The men and cannon of the 4th Continental Artillery Regiment had the mission to hold a critical causeway, but with the crew depleted, it would be with-

drawn from firing. Without hesitation, Molly stepped forward and took the rammer staff from her fallen husband's hands. For the second time on an American battlefield, a woman manned a gun. (The first was Margaret Corbin during the defense of

Soldier and diarist, Joseph Plumb Martin, attested to her valor. Her legend grew in the aftermath of the Battle of Monmouth as men and women retold Mary's heroism. For her heroic role, General Washington himself issued her a warrant as a noncommissioned



Fort Washington in 1776.) Standing firm, she stayed at her post in the face of heavy enemy fire, ably acting as a matross (gunner). With bullets and cannonballs flying, one cannonball went right between her legs, ripping her striped skirt, but leaving her unharmed.

officer. Thereafter, she was widely hailed as "Sergeant Molly." In 1822, Pennsylvania finally awarded her a veteran's pension of \$40 per year. She died in 1832; a flagstaff and cannon stand at her gravesite at Carlisle, Pennsylvania. A sculpture on the battle monument commemorates her courageous

deed. Her grave-stone reads, Molly McCauly, renowned in history as Mollie Pitcher, the Heroine of Monmouth, died 1833, aged 79 years, erected by the citizens of Cumberland County July 4, 1876.

Two awards are named in Molly Pitcher's honor and are eligible to all spouses, civilians, and military personnel in recognition of their volunteer service. The Field Artillery Association at Fort Sill awards the Esteemed Artillery Order of Molly Pitcher to those individuals who have mentored other spouses

and volunteers. The individuals demonstrated a life-long commitment to the support of the Field Artillery Community. The Artillery Order of Molly Pitcher recognizes those individuals who have voluntarily contributed in significant and meaningful ways to the improvement of the Field Artillery Community.

Becky Coffield, the Humphreys United Spouse Club Historian of 2021-2022, and spouse of a Field Artillery Officer, received her Artillery Order of Molly Pitcher in 2014. She had recently transitioned out of active duty Army service as a Chemical Officer and began volunteering while



her husband attended the Field Artillery Captain's Career Course at Fort Sill, OK. Becky gravitated to the Field Artillery Museum since she just graduated with her master's degree in Museum Studies. What she thought was going to be a few docent tours a week turned into volunteering 266 hours from January to July, becoming a proficient educational docent, doing collections care, writing standard operating procedures, developing exhibits and editing articles for the director of the museum. Her greatest achievement however, was becoming a certified docent for the museum, learning US Army Artillery history in three days and

giving 38 tours to basic trainees, AIT Soldiers and Marines, NCOs, Officers, and veterans over a six month period.

Becky embodies the Molly Pitcher spirit by dedicating her time, efforts, and enthusiasm to the Field Artillery community. She wears her Molly Pitcher pin with joy and honor. Nearly a decade later, Becky continues to research, write articles, and edit exhibit placards when the director of the Fort Sill Field Artillery Museum requests her help. She will never forget the people and experiences during that time at the museum, nor the recognition she received being honored with the Order of Molly Pitcher.

Overseas Naturalization for Spouses of Service Members

By Ivelina Branch



ello dear fellow foreign military spouses,

After many years of postponing applying for my U.S. citizenship, I finally decided to proceed while we were stationed overseas. I was at Camp Humphreys at the time, and I am writing to share my experience with you.

Taking into account the ongoing impact of the Covid pandemic and the cost of travel, I was relieved to learn that a lawful permanent resident who is married to a U.S. service member can naturalize outside the United States without travelling to the U.S. Furthermore, spouses of U.S. service members stationed outside of the U.S. may be eligible for expedited naturalization. To be eligible for naturalization abroad, under section 319(e)(2) of the INA and 8 U.S.C. section 1443a, you must:

- Be the spouse of a U.S. service member who is stationed outside the U.S. in that capacity;
- Be authorized to accompany your spouse outside the U.S. by your spouse's official orders;

- Reside outside the U.S. in marital union with your spouse; and

- Meet the requirements of either section 316(a) or 310(a) of the INA at the time you file your naturalization application.

You can find more information at <https://www.uscis.gov/military> and click on the tab that reads "Citizen and Adjustment of Status for Family Members" – when you scroll down on the page, you will find more information about the Naturalization process for spouses and children of service members, expedited naturalization and processing, adjusting status, and additional information.

Additional great resources available at Camp Humphreys are ACS on the first floor in Maude Hall and USAG Humphreys Legal Services, also at Maude Hall. Legal assistance is available to all active duty service members and their dependents, military retirees and their dependents, DoD/DoDDS civilian employees and their dependents, and U.S. civilian contractors.

So back to my story. I ap-

plied for my citizenship online via the USCIS website. After my paperwork was processed and approved, I went through the biometrics appointment at ACS in Maude Hall. This is also where I had my virtual interview and was naturalized in a virtual ceremony.

Overall the process was smooth and easy. I encourage you to apply as soon as possible because the waiting process could go quickly or could take longer than you expect. Also, make sure you meet all the requirements before you start the application – this is an instance where you can connect with Legal Services for advice – because the application is costly. Also, be sure to attach a letter explaining your situation to your application, including your DEROS, location, and marital status. I found a lot of support through the USCIS military support team, you can reach them at guamoverseasmilnat@uscis.dhs.gov

Best wishes on your naturalization journey and reach out to all the resources available to you at Camp Humphreys!

Military Spouses Across the Globe Rally Support for Ukrainians

By Kat Williamson



Russia's war against Ukraine has touched hearts around the world. Many people feel helpless and frustrated - they want to help but don't know how. I was one of those people, especially being stationed in South Korea, I did not know what I could do. I started looking around to see if there were any local initiatives and I came across a donation drive started by Brittany Gettis, Meg Bonham, and Stefanie Melton from Osan Air Base. "This all started when I posted on our local spouses' page asking if anyone was collecting donations to send to Ukrainian families," said Brittany. "I quickly discovered that nothing had been established yet. Shortly

after, I came across a post on the Ramstein Spouses page where a military spouse who is also a Ukrainian citizen was collecting donations." Brittany, Meg, and Stefanie launched a drive to collect items that would be shipped to the military spouse at Ramstein Air Base. They shared information about the drive on social media pages and reached out for donations and volunteers from Camp Humphreys. This was the opportunity I had been looking for to get involved. I contacted Meg and offered all the help I could give. On various Facebook pages, we publicized the donation drive and recruited volunteers. We quickly noticed that many people at Camp Humphreys who wanted to support the cause, were not

able to travel to Osan AB to drop off donations on that specific day. To make it easier for people at Humphreys to support the effort, Humphreys United Spouses Club's Volunteer Coordinator Molly Chivers and I coordinated a donation drop-off at Camp Humphreys. An incredible number of people came together on March 21, 2022, and donated items - it was amazing! All of the items donated by the Humphreys community were brought to Osan, where thousands of articles of clothing, diapers, shoes, hygiene items, medical items, and many other basic necessities were brought together. Volunteers packed the items into boxes and mailed them via the post office to Ramstein AB where they were received by the

Ukrainian military spouse, loaded onto trucks, and sent to refugees at the Ukrainian border.

This incredible aid effort was the result of one woman's good intentions, that brought two communities together to support the Ukrainian relief effort.

"I figured I could send my donations or make the most of it and collect donations from other spouses on Osan AB, so I made another post," said Brittany. "I wasn't surprised by how many people wanted to help, but my post asking for donations generated a lot of interest and it got bigger than I could manage personally. And this is how military spouses shine so bright. Our ability to network is unparalleled. We can take a plan, assemble a team of spouses with specialized skill sets, put our love and hearts out there, and respond the only way we can here in South Korea. That's the nature of who we are."

Military spouses all over the world are coming together to help wherever they can. In Germany, the organization Hearts for Ukraine was born through a simple donation drive to help Ukrainian refugees. The founders Sarah Wellman, Marina Roman, Michelle Smith and Elly Martin, also called the four musketeers, were already notable volunteers for their efforts to help Afghan Refugees in August and September 2021. It was no surprise when Russia's war against Ukraine started, that their hearts were called into action again. They looked for likeminded individuals, and went from four musketeers to six: Marina S., Sarah W., Michelle S., Elly M., Andrea S., and Katie T.

Hearts for Ukraine began as a donation drive in two locations,

Globus and Vogelweh and over 50,000€ worth of items were collected. In collaboration with the Deutsch-Ukrainischen Gesellschaft Rhein Necker e.V., the donations were loaded on trucks and sent directly to Kyiv using the green-line authorization route.

The group obtained a 500 sq m warehouse in Eckenbach-Alsenborn with great access for truck loading in support of their effort. This warehouse is primarily used for accepting donations. A sec-

Hearts for Ukraine is deeply touched by all the donations, love, help, and support they are receiving. "As we grow, we will find ways and means to continue to help the needy even after this chapter is over" stated the organization's founders.

If you would like to support Hearts for Ukraine, they have created an Amazon.de Wishlist with the most needed items. Items can be purchased and will be sent directly to one of the six



ond location in Kaiserslautern, which was donated specifically for Hearts for Ukraine and secured by the Deutsch-Ukrainische Gesellschaft Rhein Necker e.V., is a site where Ukrainian refugees can go to get basic necessities for free. Both locations work hand in hand and function simultaneously. More volunteers come to the sites and join the effort every day, Ukrainians, and local nationals, all working hand in hand.

musketeers.

https://www.amazon.de/hz/wishlist/ls/YBQWE73ESN-VR?ref_=wl_share

If you would like to follow the efforts of Hearts for Ukraine, visit their group page on Facebook.

Another effort was initiated by a military couple in Poland trying to raise money over the first weekend of war, to buy some basic necessities for Ukrainians. Kelley Herrman Kagele's goal was

to raise 5,000 zloty but as word got out, the donation drive took off. Within twelve hours she had reached her goal and within one month, she had raised more than ten times the original goal. With those donations, she was able to help the Ukrainians as well as local refugees. She bought clothing drying racks to support a shelter as well as freezers and sewing machines to help women earn income for their families. You can see updates about how the funds donated are supporting the cause on her personal Facebook page. In addition to providing needed items, she has also been sponsoring a Ukrainian family - a mother and her three children - while the father is serving in the Ukrainian army.

To support her ongoing efforts, Kelley has started an online Facebook auction "We Are One for Ukraine Auction" where beautiful items that have been donated by stores or home-based businesses are sold. All of the money earned through this auction is used to buy supplies for refugees in Poland and to send to Ukraine.

These are just three communities of military spouses that have come together in different parts of the world - The Republic of Korea, Germany, and Poland - to aid Ukrainians. There are many more instances of spouses all over the globe coming together, and doing whatever they can to make a difference.

Stefanie Melton from our local donation relief drive said, "I am still frustrated with the situation unfolding, but I don't feel helpless anymore. I feel like the waves we are making can be so far reaching that our small Osan AB community can be proud of the work we are doing to help the citizens of Ukraine."

The waves we are creating are far reaching and gaining momentum as more spouses around the globe get involved. I'm proud to be a part of this community and I'm proud of every single person who stood up and decided to make a difference.



South Korea Hiring Our Heroes Military Spouse Professional Network (SK HOH MSPN)



The Military Spouse Professional Network (MSPN), a U.S. Chamber of Commerce Foundation program, provides military spouses with career development, networking opportunities, and connections to employment in military communities around the world. With over 65 locations each lead by volunteers, networks provide online communities where career-minded spouses remain connected to current practices in career development and employment opportunities.

SK HOH MSPN hold both in person and virtual network events/workshops as well as maintains an extensive catalog of resources and videos to include Employment and SOFA, Careers in IT, Careers in Social Work While Overseas, Navigating USA Jobs, Volunteer Experience on your Resume, and Self Marketing.

"Network of the Year" 2021 and 2019

<https://www.facebook.com/groups/MSPNSKorea>

<https://www.hiringourheroes.org>



Rebels With a Cause

You may have heard of a rebel without a cause, but have you heard of the Rebels with a cause? If not, then you've come to the right place. Introducing... Rebel Rescue South Korea.

About Rebel Rescue South Korea

Rebel Rescue South Korea, also known as RRSK, is a dog rescue located in Cheonan-Asan, South Korea. Formed in February of 2020 by a group of U.S. military spouses, the organization has grown over time to include a wonderful team of expats in Korea and Korean national volunteers. Our dogs are rescued primarily from high-kill shelters, meat farms, puppy mills, and hoarding situations. The physical rescue itself has also

expanded with the construction of 3 indoor shelters in the past year: Joy House - home to the rescue's larger dogs, Summer House - home to the smaller adult dogs, and the nursery - where mothers and their newborn puppies call home. In 2021, the organization also established itself as an official 501(c)(3) nonprofit with a mission of changing the lives of dogs in South Korea.

What We Do at Rebel Rescue

At RRSK, volunteers complete a variety of tasks daily to care for the dogs at the shelter. A main priority at RRSK is creating a clean and safe environment for the animals. Donations have helped to provide the rescue with a water purifier, new easy-to-clean kennel spaces, a drainage system, a shower/washroom, air conditioning, heat, and much more! Aside from cleaning, volunteers make sure the dogs get their daily food and water, access to veterinary care and medication, as well as the most important aspect... love! At Rebel Rescue, the volunteers spend a ton of time

making sure the dogs get plenty of affection and socialization while in our care. The overall goal is to ensure the dogs are well-cared for in the shelter but also find each and every rescued dog a forever home! We work hard to get our pups fostered and adopted with families that understand their needs and want to give them unconditional love for the rest of their lives.

Ways to get involved

At RRSK, there are tons of ways you can get involved! If you are

looking for hands-on involvement with the dogs, then reach out to the rescue to ask about volunteering opportunities! Volunteers help clean the facilities, bathe or walk the dogs, give food and water, transport dogs to their vet appointments, and much more. If you are not able to work on-site but might be interested in fostering, please reach out. All on-site volunteers and fosters earn volunteer hours that can be tracked in the Volunteer Management Information System (VMIS) to help you earn your Volunteer Service Medal.

If you aren't looking for a volunteer position, don't worry there are plenty of other ways to get involved! Since RRSK is donation-based, we regularly hold fundraising events and have opportunities to donate toward medical care or physical improvements to the shelter. Participating in these events and donating is a great way to support the dogs at the rescue!

Another amazing and simple way to support Rebel Rescue South Korea is to follow us on social media. By liking, sharing, and commenting on our posts you can help spread awareness about the organization, our dogs, and our cause!

So, if you're a rebel looking for a cause, come and join the amazing volunteers at Rebel Rescue South Korea!

Rebel Rescue is 100% volunteer-run and donation-funded. As a non-profit organization, this rescue is dedicated to helping improve the lives of dogs in South Korea.

Instagram: @rebelrescuesk
Facebook: Rebel Rescue South Korea
Email: rebelrescuesk@gmail.com

STEM



In S.Korea

Written by Maritzalyn
MercadoSantiago



Yi So-yeon

First Korean in Space

Image by Taylorannemordoh.com

Introduction

STEM activities for kids mix elements of science, technology, art, engineering, and math in seamless activities to create the critical thinkers, problem solvers, and innovators of the future.

My name is Maritzalyn and it is my goal to make STEM activities accessible for all school aged children residing in South Korea. These topics will shed light on Korean

history/achievements, recommend museums or other sites to visit during your stay, and walk you through experiments you can conduct at home after a quick stop at your local shops. Join me and my family monthly as we work to make STEM a part of our South Korean adventure!

Celebrate International Space Day in May!

In 1997, American aerospace company Lockheed Martin dedicated a day to celebrate all things space. The goal of Space Day was to interest students in a potential career in the aerospace industry.

In 2001, thanks to former astronaut and US Senator John Glenn, the day was renamed International Space Day and is celebrated across the world on the first Friday in May. In addition to promoting the use and exploration of space, the one-day event also promotes STEM!

Korean Astronaut Yi So-Yeon

Yi So-Yeon is a South Korean Astronaut and biotechnologist who was raised in Gwangju. She became the first Korean to fly in space.¹ While in space she monitored the way changes in gravity and other environmental conditions alter the behavior of flies, the growth of plants in space, and the behavior of her heart. She also observed the Earth, and the movement of dust storms from China to Korea. In all, she carried out eighteen experiments for Korean Aerospace Research Institute (KARI). Yi was listed as one of the fifteen Asian Scientists to Watch by Asian Scientist Magazine in May 2011.²

In 2014, Yi resigned her position at the agency and went on to pursue an MBA

¹ "S. Korea names woman as first astronaut". *CNN.com*. Associated Press. March 10, 2008. Archived from the original on March 15, 2008. Retrieved March 10, 2008.

² "The Ultimate List Of 15 Asian Scientists To Watch – Yi So-Yeon (이소연)". *AsianScientist.com*. May 15, 2011. Retrieved May 21, 2011.

at the University of California, Berkeley Haas School of Business and joined the Association of Spaceflight Professionals, a commercial astronaut corps.

Presently, South Korean Scientists have been allowed to participate in NASA's development of a payload system for lunar landers that would be used for a program to send humans on the moon by 2024.³

Take a Visit:

Naro Space Center, Space Science Museum
(나로우주센터 우주과학관)

490, Haban-ro,
Bongnae-myeon,
Goheung-gun,
Jeollanam-do

전라남도 고흥군 봉래면
하반로 490

³ "S.Korea presents action plan to develop lunar probe for space mission." *ajunews.com*. March 22, 2022. Retrieved April 17, 2022.

What is Gravity?

Gravity is the force that pulls objects towards the earth. It's the reason we walk on the ground rather than float. Gravity also holds Earth and other planets in their orbits around the Sun.

Galileo was a famous scientist born in the 16th century. He is famous for his observation that two same-sized objects of different weights hit the ground at the same time when dropped from the same height. You can test this by dropping two identical water bottles from the same height.

What you will need:

*1 - Empty bottle

*1 - Half full bottle

*A location that is high enough to observe (e.g. top of a slide, patio, from a window {with adult supervision})

You should find that if you drop them from the same height they hit the ground at the same time.

About the Author

I am originally from Buffalo, NY and have called many different places home. I served over eight years in the Army, completing my term with the 82nd Airborne. Now I am continuing my military experience as a military spouse. I currently hold a Masters in Environmental Science and am a freelance researcher for several entities. Traveling with my five kids to far off places and "going on adventures" brings me the most joy. My free time is spent volunteering with the STEM in Scouting Program as a NOVA Counselor as well as for various other charities.



Blooming Where We're Planted: Getting to know Bloom: Empowering the Military Teen



By Matthew Oh

Humphreys High School students pictured at Humphreys United Spouses Club Summer Bash Membership Drive on Downtown Plaza at Camp Humphreys, promoting Bloom, a safe, nonpartisan platform for military kids to share their stories, and be empowered.

Hey, parents of teens! Did you know that there's a global organization specifically for military kids ages 13-19? That's right! And many of its members are right here in South Korea! Keep reading to find out more about Bloom: Empowering the Military Teen, its mission, its projects, and how your teens can get involved!

What is Bloom?

Bloom is an organization dedicated to empowering, inspiring, and connecting military teens around the world. On our website, you can find comfort and advice about everything military-kid related: from moving tips to the top things to do at your duty station. You can also read posts from our featured authors, often other military kids who want to share their stories and connect with their community. They all offer a different perspective on military life. Bloom also highlights all the cool things military brats are doing around the world, like writing

What is Bloom up to?

In May 2020, Bloom teamed up with the National Military Family Association (NMFA) to survey over 2000 military teens! Our joint report discusses what we learned, and we are currently earing up to release the results of our 2021 survey! Thanks to our friends at NMFA, Bloom is embarking on a new journey of advocacy for our fellow military teens.

To find out more, visit www.militaryfamily.org/the-military-teen-experience/.

Bloom is also working with NMFA to launch teen-focused programming throughout the next few years.



songs about their life and winning awards. Unlike other platforms, we are entirely founded by, run by, and dedicated to serving military teens.

Why Military TEENS?

Military life is an adventure, but it comes with its fair share of challenges. Moving, deployments, and school transfers each offer their own hardships. Add on the added stress of the teenage years (high school, hormones, and those dreaded college applications), and kids can end up in a pretty tough spot. Many organizations cater to "military kids," but often older military kids are left out of the narrative.

What is Bloom's connection to Korea?

Although Bloom is a world-wide organization, several members of its founding team were stationed in Korea when the site launched in April 2020! As we still have members on-peninsula, Korea will always be a special place in Bloom's history!

Additionally, we still release a steady stream of blog content on our website and social media pages, and when we have the time, we love to create videos and memes that document the MilTeen experience.

Where can I find out more about Bloom?

Visit our website at www.bloommilitaryteens.org/!

You can also follow our social media:

Instagram: @bloommilitaryteens

Facebook: @bloommilitaryteens

TikTok: @bloommilitaryteens

Twitter: @bloommilteens

How can my teen get involved?

We are always looking for new teens to join our team! Visit www.bloommilitaryteens.org/join to view available volunteer positions.

We also accept submissions of writing and artwork from any military teens who want to share their stories, advice, or talent! Check out our website for more information.

K-Beauty Make-up Tutorial

Courtesy of Korea Tourism Organization



Hallyu, or the Korean Wave, has expanded into all areas of life, with one of the newest branches of hallyu being K-beauty, the use of Korean cosmetics and Korean make-up styles. K-beauty really started to blossom in 2015, with Korean products being praised for their healthy composition, powerful effect, and affordable price. Of course, K-beauty isn't just related to consumerism; it also encompasses the use of Korean make-up styles, such as mul-gwang or water-light, which can easily be done at home. If you want to look just like your favorite hallyu idol, then follow along with our helpful tutorial!

Step 1. Base make-up

As the saying goes, "well begun is half done," and in terms of K-beauty, that means laying a solid foundation to apply the cosmetics. Most Koreans implement an extensive skin care regime, which is the secret to their youthful appearance. If you want a beautiful K-beauty look, you have to start with moisturizing your face.



- **Skin care:** Korean skin care is more than just washing your face; after washing, you should also apply toner, lotion, and a watery cream for extra hydration. Depending on your skin type and condition, you may also want to apply essence, nourishing cream, or eye cream. Before applying any cosmetics, be sure to read their instructions for use, as the order may vary by brand and product.
- **Base make-up:** After properly moisturizing your skin, we can start on applying make-up. For mul-gwang make-up, it is best to use a base with a high moisture content or a pearl base. This will give your whole face a bit of a shine and tone-up. Next, apply a foundation or BB cream suited to your skin type. Selecting the proper color can seem overwhelming, with numbers varying by brand and product line. Generally, those with a pinker skin tone use colors 13 and 21, while people with a more yellow skin tone use numbers 22 and 23.



Step 2. Eye make-up

The next step is applying eye make-up, designed to draw attention to the eyes while remaining clean and clear. You can achieve this effect with the use of products such as eyeliner, eye shadow, and glitter. Eye make-up can largely be divided into products for brow, lid, and lash.

- **Eye shadow:** Select a color that isn't too vibrant or flashy. K-beauty trends aim for a natural look, so aim for a pink or coral color. Using three to four similar colors for blending is normal; eye shadow palettes offering similar colors are great options. Use the lightest color on the prominent part of your eyelid, and the deeper colors for accent.

- **Eyeliner & lashes:** Filling in the eyelashes at the waterline creates a clean, full-lashed look. For lasting effect, choose a waterproof product. For more naturally curling lashes, press the eyelash curler in three spots, moving outward as you go. When you have a curl you like, apply mascara to the lashes.

- **Eyebrow:** After you have your eye make-up to your liking, it's time to fill in the brows. K-beauty trends favor a straight brow that is thick and short, which creates a more youthful image. Using an eyebrow kit, fill in your brows with a color that matches your natural eyebrows. For a natural look, be sure to fill in the brows with multiple strokes. If you have thin eyebrows, you can make them appear fuller by also applying eyebrow mascara or using an eyebrow pencil.



Step 3. Blush & Shading

At this point, your make-up is nearly finished. However, your face might have lost a bit of its glow, looking the same shade all around. To fix this, you can contour with blush and shading; K-beauty trends tend to favor highlighting for a brighter look.



- **Blush:** Blush, a necessary step in K-beauty make-up, is used to apply color to the cheeks for a healthy, lively look. For a daily look, pink or coral colored blushers are best. In addition to a rainbow of colors, blushers also come in a multitude of types, although cushion types are recommended for mul-gwang make-up. To apply the blush, pat the cushion on the cheekbone, blending naturally outward.

- **Shading:** Shading make-up products are great for creating the face shape you want. The artful use of shading can create the illusion of a more defined nose or jawline. If you want to make your face appear smaller, apply shading to the hairline. If you want a more oval shaped face, apply shading all along the jawline.



Step 4. Lip make-up

The final step in our tutorial is applying lip make-up! Most K-beauty aficionados swear by lip tint for its lasting power. A quick sweep of lip gloss over the tint for some shine and your K-beauty look is complete!

- **Lip tint:** Lip tints are one of the most popular K-beauty cosmetics around. In comparison with lipstick, tints have a heavier moisture base, allowing the color to sink into the lip and stay longer. Use two colors for a gradation, or simply use less tint on the outer edges for a similar look.



- **Lip gloss:** While lip gloss is not required, adding it over the lip tint will give shine to your lips, an important aspect of mul-gwang make-up. As an added bonus, it also provides a boost of moisture! Lip glosses come in many colors, but we recommend one with a bit of sparkle for that extra edge.



Tip: Products used in this tutorial

1. Base make-up:
MISSHA Strobeam Starter Pink Light 12,000 won / Mamonde High Cover Cushion Perfect Liquid 25,000 won
2. Eye make-up:
Innisfree Two-tone Eyebrow Kit 7,500 won / Etude Play Color Eyes #Cherry Blossom 18,000 won / Etude Dr. Mascara Fixer For Perfect Lash 6,000 won / Etude My Beauty Tool Curler 1,500 won / CLIO Waterproof Brush Liner 18,000 won / CLIO Kill Lash Superproof Mascara 18,000 won
3. Blush & Shading:
3CE Blush Cushion 17,000 won / Too Cool for School By Rodin Shading 16,000 won / Innisfree No Sebum Setting Spray 11,000 won
4. Lip make-up:
Holika Holika Heart Crush Velvet 9,500 won / Peripera Ink Airy Velvet AD 9,000 won / Etude Cherry Moisture Lip Glow 6,000 won
5. Additional products:
Fillimilli Cloud Cotton Swaps (140p) 2,600 won / Fillimilli make-up sponge 1,500 won / WAKEMAKE Defining Cover Concealer 15,000 won



- * Products used in the creation of this content were selected at random; products can be switched out with those available at cosmetics brands and health & beauty shops
- * All product names and prices subject to change
- * Effect of all cosmetics and make-up styles will vary by personal skin type and condition

Korean Foods Loved by Foreigners

By Hocheol Shin



usually marinated to enhance its flavor and tenderness with a mixture of soy sauce, sugar, sesame oil, garlic, ground black pepper, and other ingredients such as scallions, ginger, onions or mushrooms, especially white button mushrooms or matsutake. However, the ingredients used to marinate the meat can vary from chef to chef and even from family to family depending on one's preferences and traditions. Pureed pears, pineapple, kiwi, and onions are often used as tenderizers. Generally, bulgogi meat is left to marinate for about an hour but many top chefs would even leave it overnight for the best taste.

Sometimes, cellophane noodles are added to the dish, which varies by the region and specific recipe.

BULGOGI

Bulgogi is a traditional Korean meat dish in which thinly shaved meat is marinated in a sweet and savory sauce, and grilled on a barbecue or on a stove-top griddle.

The word 'bul' literally means "fire" and 'gogi' means "meat," bulgogi has been in existence for nearly over a thousand years.

Bulgogi is made from thin slices of sirloin or other prime cuts of beef. Ribeye is also commonly used due to its tenderness and easily cuttable texture.

Before cooking, the meat is

ul (sautéed and seasoned vegetables) and gochujang (chili pepper paste), soy sauce, or doenjang (a fermented soybean paste). A fried egg and grilled meat (usually beef) are common additions to them.

The vegetables used in bibimbap vary greatly by region, although the most common toppings remain the same no matter where you go. These toppings include julienned oi (cucumber), aehobak (courgette), mu (radish), mushrooms, and doraji (bellflower root), as well as spinach, soybean sprouts, and gosari (bracken fern stems). Dubu (tofu), either plain or sautéed, or a leaf of lettuce may be added.

The meal provides unique nutrients and flavors fused with its rich ingredients, which have low calories, hence offer a healthy diet. The combination of vegetables, rice, fermented sauces and meat provide adequate fiber, carbohydrates and protein.

SAMGYETANG

In Korea, people like to eat Samgye-tang, ginseng chicken



soup, during hot summer days in order to replenish the nutrients that were lost through the sweating and physical activities.

Thanks to healthy ingredients that are easy to get, samgyetang is the most commonly enjoyed food as one of the best foods to keep up your energy.

To make this dish, a small chicken is stuffed with rice, garlic, ginseng, and medicinal herbs and

boiled, creating a flavorful broth. This broth is also great at warming up your insides, revitalizing your body.

A standard recipe for samgyetang is to put glutinous rice, garlic and jujube wrapped in clean cloth in the stomach of the gutted chicken, and boil it in a pot with plenty of water to get it out when the meat is fully cooked. Ginseng is wrapped in a cloth, put in soup, and the ingredients of ginseng are thickened, so it is seasoned with salt to drink only the soup, or seasoned meat in the soup.

Although it is typical to cook with young chicken and six-year-old ginseng, many use four-year-old ginseng instead.

Another similar chicken dish is *nurungji baeksuk*, whole chicken soup with scorched rice. While samgyetang comes in single serving sizes, *nurungji baeksuk* uses a much larger chicken that is shared with others. Be sure to add these to your must-eat list while you're in Korea.



Among many different kinds of Korean dishes, bulgogi, bibimbap, and samgyetang were selected to be the most favorites by foreigners.

As a result of conducting an internet survey on Korean food, 70% of foreign respondents chose bulgogi as their top favorite food. Next to bulgogi, bibimbap (60%) and samgyetang (46.7% each) were chosen.

Read on to learn more about how these three dishes became to capture the hearts of so many.

Hanbok: Brief History and Royal Hanbok Attire

By Hoyeon Shin

Hanbok is the traditional attire of the Korean people. While the traditional hanbok was beautiful in its own right, the design has changed slowly but surely over the generations. Although hanbok have become the ritual dress of choice worn only on traditional holidays, Koreans' love for hanbok is tremendous.

The basic form of hanbok is the Scythian costume of the ancient northern peoples, but the origin of hanbok can be found in the clothing of the people of the Korean Peninsula during the Three Kingdoms period (57 BC - 668 AD).

Most commoners liked to wear white clothes, and the basic components of hanbok, such as skirts, jacket, and trousers, remained unchanged for a long time. There are several characteristics that appear in hanbok. Basically, it emphasizes activity and is not a tight fit. In addition, although the fabric itself looks straight, there is also an aesthetic feature.

Modern hanbok is usually very similar to the hanbok worn in the Joseon Dynasty and is often worn on holidays or formal occasions.

According to the flow of the times and the needs of the public, new modernized hanboks are being tried by hanbok designers. The colors, materials, and features have been newly designed so that people can wear it comfortably and beautifully in their daily life.



Jeogui

To understand the history of hanbok better, it's important to know three types of upper garment for women in hanbok: Jeogui, Wonsam, and Dangui.

Jeogui

Jeogui is a ceremonial robe worn by the queen and crown prince during the Joseon Dynasty for large events such as the coronation ceremony and weddings.

It was a condensed garment that symbolized the highest rank of women in the Joseon Dynasty (1392-1897).

The deep blue edge is surrounded by red lines, pheasant and floral patterns are embroidered. During the Joseon Dynasty, they wore red robes,

but after the establishment of the Korean Empire, they wore the blue robes worn by the empress.

Wonsam

The wonsam is a female ceremonial top-coat in hanbok. It originated from China, and it was worn by queens, high-ranking court ladies, and royalty during the Joseon dynasty of Korea (1392-1897). The queen, princess consort, and consort to the first son of the crown prince wore it as a soryebok, a robe for small ceremonies, while wives of high officers and sanggung (court matrons) wore it as daeryebok, a robe for major ceremonies. It was also worn by commoners on their wedding ceremony.

The color and decorations of the garment around the chest, shoulders and back represent the wearer's rank. For example, the color yellow was used for the wonsam of empresses, red for queens, jajeok (magenta) for concubines and princess consorts, and green for princesses and women of the noble yangban class. After being popularized by royalty, commoners were granted permission to wear wonsam at weddings only,[8] only the green wonsam.

The wonsam was based on women's half-sleeve



Wonsam

round collar robe that was worn in 15th century. As an adaptation from the original model, the wonsam gradually evolved into a distinctive form characteristic of traditional Korean clothing.

Dangui

It is theorized that dangui dates back to the Korean Three Kingdoms period when a clothing system of China was introduced to Korea.

The dangui, long upper garment, represented minor ceremonial clothes for the queen, princess, or wife of a high ranking government official. Among the noble class, wives wore it for major ceremonies. Court ladies wore it as a daily garment. Royal families had gold trim, while others had plain ones.

The dangui is longer than the common upper garment (or jacket) called jeogori and has a rounded hem with open sides. The sleeve ends are trimmed with white bands that indicate it is a ceremonial garment.

All women with titles inside the palace, including the queen, crown princess, concubines, and princesses, and senior court ladies and other women living and working inside the palace had many occasions to make formal greetings and hence the dangui was part of their everyday attire.

The colors, material, and decoration of dangui differed according to social status, the occasion concerned, or the season. In the palace, an official rank badge (hyungbae) or royal badge (bu) was sewn onto the chest of the dangui according to the wearer's position. Moreover, gold woven fabric was used or decoration added with gold leaf.



Dangui

Sukey Wood, Humphreys United Spouses Club

By Caitlin Ward
HUSC President 2021-2022

Since 2020, the Humphreys United Spouses Club (HUSC) Host Nation Liaison Sukey Wood has been leading efforts to build relationships with the community outside the gates. Sukey joined the HUSC General Board as the Korean Welfare Chair and immediately dedicated herself to identifying and building relationships with Korean Welfare organizations such as Joy Sun House, New Days Home, Sungyook Orphanage, Hawsung Arum Village for disabilities, Dongbahng Town comprised with an orphanage a.k.a Jacob's House, Dongbahng Rehab Center for disabilities, Rebel Rescue, Paengseong Elderly Citizens, Gyeseong Elementary, Paengseong Town Center and



Sukey Wood, left, pictured with fellow Board Members Caitlin Ward and Tamra Konczey in 2021 at the HUSC May Monthly Social Event



Pyeongtaek Women's Association. Due to the COVID-19 pandemic, the Korean Welfare Committee was unable to visit more orphanages and organizations in need, but under Sukey's leadership,

HUSC provided non-monetary support to positively impact the organizations' welfare. Sukey has built relationships with Korean Welfare organizations and community leaders, led vol-



unteer opportunities, and coordinated HUSC's participation in the Annual Anjeong-ri Pear Blossom Market for two consecutive years to mutually support US military families and local farmers. In Spring 2021, Sukey also organized HUSC and Humphreys Elementary School participation in the "Purple Up!" Art Contest



in celebration of the month of the Military Child and the Korean Children's Day. Art produced by students at elementary schools on base and by Korean students from Pyeongtaek was shared for the US and Korean communities via exhibitions at Pyeongtaek City Hall and at the HUSC hosted Spring Market at Downtown Plaza, which

featured home-based businesses. In November 2021, during the 2nd Annual Pear Blossom Market, Sukey coordinated a Pie Making Contest, a collaborative effort between the young generation local farmers and Humphreys High School Culinary Arts students, to inspire the students and to support the "Farm-to-Table" movement so US military families on Humphreys can enjoy fresh, locally grown produce from the Pyeongtaek area at reasonable prices while supporting the local farmers. During the Humphreys United Spouses Club 2021-2022 Membership year, Sukey Wood served on the Executive Board as Host Nation Liaison. In that role, Sukey acted as a bridge in all communications between HUSC, USAG Humphreys, and our host nation surrounding communities.

Usborne Books & More (UBAM)

My

name is Molly Buyer and I am an independent consultant and team leader with Usborne Books & More (UBAM).

UBAM is a division of Educational Development Corporation (EDC), a well-established company that has twice been recognized by Forbes Magazine as one of The 200 Best Small Companies in America and three times by Fortune Magazine as one of America's 100 Fastest Growing Small Companies, and has been in existence for over 20 years.

Distributing books through thousands of independent consultants, UBAM sells directly to the consumer via home shows, direct sales, book fairs, and web sites. Also, when registered as an Educational Service Representative, consultants may sell to schools and libraries.

In late 2008, EDC acquired Kane Miller Publishing, an internationally known publisher of children's books with over 20 years in the industry. Kane Miller picture books and fiction series come from all over the world to bring a different feel, culture, or just a silly story that kids everywhere can enjoy.

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Rise & Shine - Valentina Ruiz



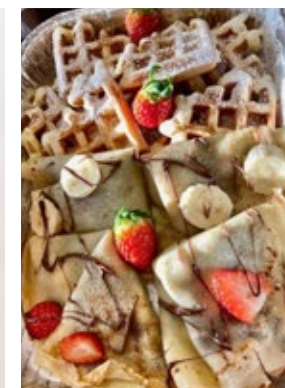
I

started my business almost a year ago with the idea of providing homemade breakfast to those in quarantine.

Knowing that 14 days spent in quarantine can be very long and that homemade food can provide comfort was something that I came to realize firsthand after my college daughter visited and spent her time in the quarantine barracks herself.

Shortly after, the business expanded to caterings, birthday and anniversary surprises and many more events.

I am thankful for the amazing support I've received from the community since beginning. I've loved every second of it! My favorite moments are when I see customers' face light up when I deliver the food. Please find me on Facebook if you are interested in learning more and to place an order!



Joyous Treats

Sammie "JOY" Delaney the North Carolina native has two passions serving her community as the United States Army Garrison Daegu HHC Commander and bringing Joy to the Area IV community with her variety of Treats and Treasures.

Joyous Treats & Treasures LLC was established in FEB 2021, like many she had to find a new hobby due to the pandemic. Joy has a passion for Blessing others and making her popular Homemade Banana Pudding, her specialized themed Chocolate Covered Strawberries and her unique baskets for any occasion.

Her favorite part about having a small business in South Korea is ensuring no matter how far her clients are from home she can still bring joy to others.

Choose from almost 2000 bright colorful and fun titles covering a wide variety of subjects!



Andrea Aguirre's Art

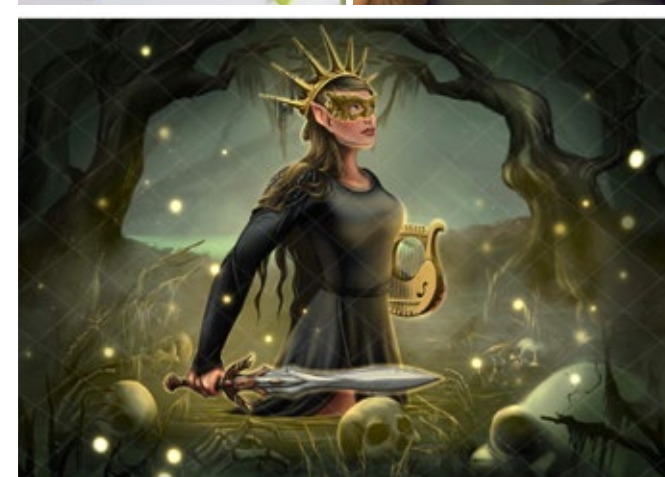
I have been interested in art my entire life. My grandmother taught me how to paint with oils; My mother taught me how to shade with colored pencils; and my sister inspired my admiration for watercolors. Three years ago, my husband gifted me an iPad and my passion for digital art has completely taken over my free time!

I am a freelance artist with a focus on literary related commissions such as book covers, dust jackets and fanart. However, over the last few years I have created pet portraits, landscapes, cartoonish family portraits, fan art, and even classical art reconstructions. I also have an ongoing digital art commission for an interactive comic that teaches the viewer different strategies for overcoming depression.

Each commission has left its mark on my soul. I learn a little bit more about myself and working with different mediums helps fuel my passion for art. Ultimately, my goal is to spread a little happiness with each piece I create.

Lets connect! For commission inquiries email me at andreaaguirresart@gmail.com

Follow me on social media (Instagram & Facebook) to see what I'm working now. @andreaaguirresart





Building Community Theater at Camp Humphreys

A Conversation with Freyja Eccles,
65th Medical Brigade SHARP Victim Advocate

Freyja Eccles is on a mission to re-establish the Camp Humphreys Community Theater. When she was previously stationed at Camp Humphreys in 2014, she actively volunteered with the community theater. The volunteer opportunity gave her and many other soldiers, spouses, and children, a safe place to spend time, reprieve after a long day of work or school, an opportunity to embrace a shared interest, and a way to make friends.

Freyja recalls, "The last time I was stationed at Camp Humphreys, I had so much fun volunteering time to the theater. I made friends and shared so much time with people who I am still connected with today. I got involved because I love costume design and construction. I had an opportunity to design and make costumes for shows like Wizard of Oz, A Christmas Story, and It's a Wonderful Life. We were able to bring together people with years of theater experience, and people with no theater experience. We

were all able to learn and grow and share our passion with all the children that were part of the group."

Freyja and other community members are working on developing a Community Theater. As part of the program, they hope to develop a Summer Children's Theater Workshop, which would allow school-age children with an interest in theater, the opportunity to learn about all the different aspects of theater. The group also imagines providing workshops on acting, lighting, sound design,

theater management, costume design, and prop and set construction.

Community Theater is a great place for children to learn and grow, a healthy activity for soldiers off duty, and a safe space for the entire Camp Humphreys community to share artistic talents. If you are interested in joining and helping get the program off the ground, reach out to Freyja at Freyja_ee@yahoo.com.

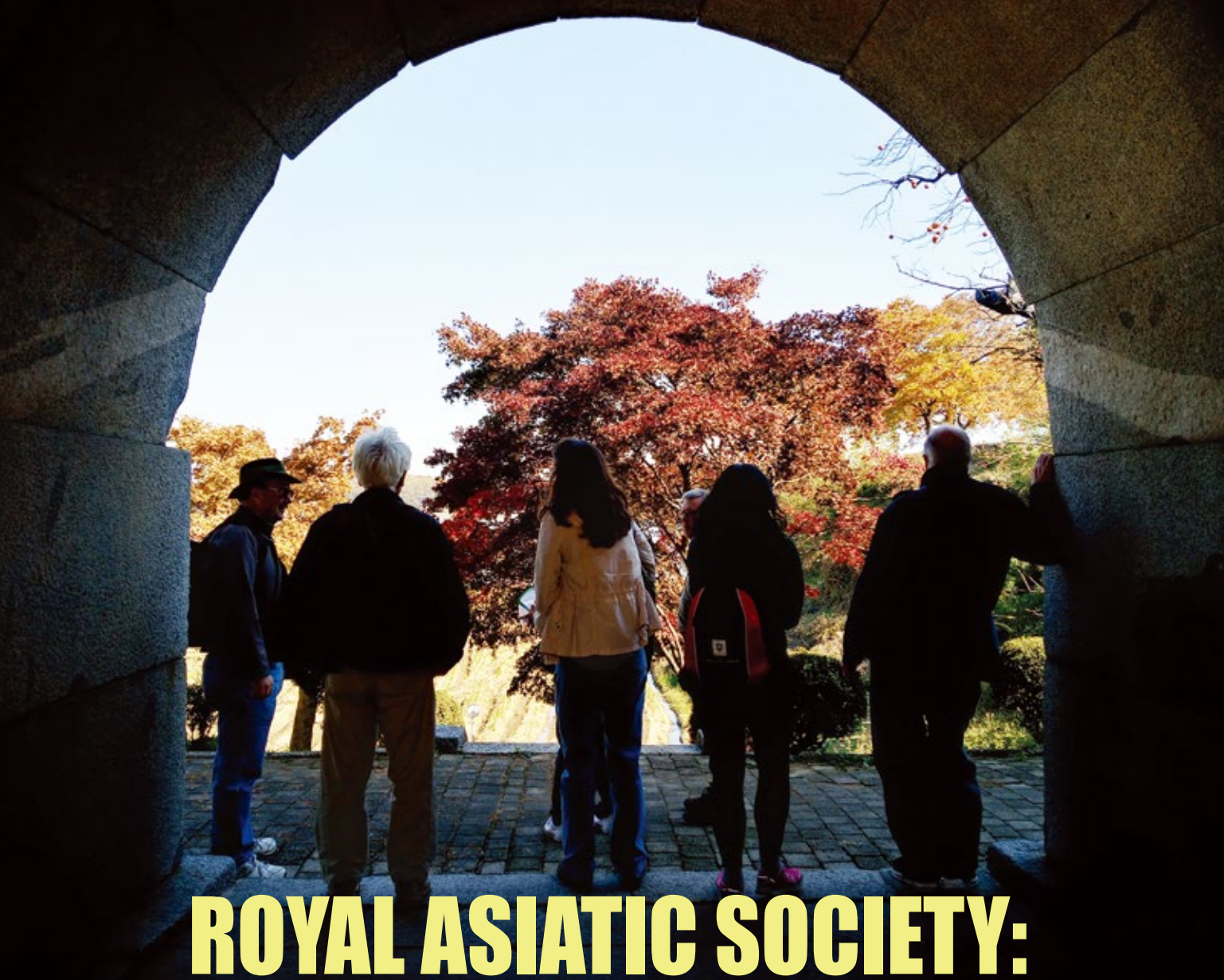
Freyja Eccles is currently serving as the 65th Medical Brigade SHARP Victim Advocate. She is passionate about social work, and working to better the community.



Did You Know?

The dish pictured here, prepared by MK Catering & Cafe in Pyeongtaek, is called Osaekjeon, or "the five color pancake." Osaekjeon consists of pickled radish, crab, mushroom, green onion, and ham or sausage, held together with egg. Osaekjeon is a side dish that requires a lot of work, and it is a great dish to enjoy when celebrating Korean holidays and special occasions such as birthdays, weddings, Chuseok and New Year's Day. The cultural significance of Osaekjeon is comparable to having mashed potatoes or sweet yams on Thanksgiving Day in the U.S.





ROYAL ASIATIC SOCIETY: OPENING WINDOWS ON KOREA FOR 122 YEARS

By Steven L. Shields, Royal Asiatic Society Korea, President
Photos courtesy of RAS Korea



Organized in Seoul in 1900, during the Great Korean Empire, when Emperor Gojong was on the throne, the Royal Asiatic Society Korea was given a charter by the “mother” organization, the Royal Asiatic Society of Great Britain and Ireland. The esteemed

scholarly Society in London had its beginnings in the late 1700s in India, where British military and government officials pursued studies of Indian history and culture and, more broadly, into all of Asia. When the Korea branch was organized, only two Asiatic societies were not part of the British Empire (the other being a society in Japan

that pre-dates Korea’s branch by a few decades).

In the early years, RAS Korea’s members were typically western missionaries, diplomats, and business people. The Japanese colonial era saw a few Japanese members join, perhaps to keep an eye on what those westerners were talking about. After the



Korean War ended, the Society regrouped, and membership surged with the heavy influx of American military, dependents, and newly emerging business interests.

In those early decades after the war, RAS Korea filled an essential need by offering cultural excursions to far-flung places in the ROK, which were not easily accessed by the expatriate community. Monthly lectures grew into at least twice monthly, with added presentations throughout the year. Because RAS Korea used English as its primary language, tourism and learning about Korean history, arts, music, and culture met many needs. The Society also published dozens of books about Korea, some of the first major English-language publications ever. RAS Korea’s annual journal, “Transactions,” first published in





1900, is a first-place-ever published medium for recent papers by both scholars and armchair enthusiasts.

Times have changed, population demographics have changed, and now the significant American presence is at Camp Humphreys, seemingly far away from Seoul and the old Yongsan Garrison. Then, too, Korean tourism has boomed, with city, provincial, and national government organizations providing opportunities for non-Korean-speaking members of the huge expatriate community. RAS Korea has put more of its efforts into twice-monthly lectures. The monthly literature club reads and discusses English-language translations of Korean novels and short stories, a monthly scholarly colloquium with Korea University's



Ecole Francaise d'Extreme-Orient (using English medium), and a quarterly lecture with Yonsei University's Underwood International College. All of these events, since the pandemic, are offered by way of internet connection. Many will soon be offered in-person (for those in

Korea down two years ago, RAS Korea had organized what was hoped to become a regular on-site, in-person lecture in Pyeongtaek, just outside the Camp Humphrey's main gate on Rodeo Street. Many in the Humphreys community would be interested

organization, but for US military community members (active duty, dependent, contractor), who have an APO/FPO address, we offer a two-year "overseas" membership at a reduced rate. The RAS Korea website, raskb.com, has all the information (and more) that you



Seoul and environs), which used to be our only format. Currently, RAS Korea has restarted its bi-weekly walking tours in the Seoul metropolitan area (places accessible by public transport).

Just as the pandemic shut

in and enjoy meeting local and regional scholars and enthusiasts. Our hope is to offer other opportunities for engagement, as interest dictates. We are all keeping our fingers crossed.

RAS Korea is a membership

need. Please join us, get on our mailing list, Facebook page.

Steven L. Shields has lived in Korea for many years, beginning in the 1970s. He is president of the Royal Asiatic Society Korea (raskb.com).

Intro to Korea — Finding Your Way Around

By Joanna Denny
HUSC Publicity Chair and Reservations Chair, 2021-2022



Joanna Denny, pictured far right, leading Korea for Beginners Sub-Club as they explore Namdaemun Shopping area in Seoul.

When you first find out your spouse has received orders for South Korea, it generally leads to endless questions, Google researching, or reaching out to friends who are currently or who have been stationed there to get some type of idea of what to expect and how to prepare. It can seem overwhelming with applying for passports, scheduling household goods, shipping vehicles, deciding what to do with pets or what the schools are like....the list is endless! While Internet searches, social media chat groups and

friends perspectives are helpful, another great resource is the PCS reference guide, *DMZ to the Sea* published and updated annually by Humphreys United Spouses Club.

The guidebook was formerly known as *Seoul Survivor* until the rights were transferred to the Humphreys United Spouses Club from the Yongsan Armed Forces Spouses Club as they were winding down their operations with the eventual closure of Yongsan Garrison. The guide covers topics on what to do to get ready to PCS to or from South Korea and so much

more. You can also find out more about what services are offered on the various US bases around the peninsula.

My favorite part of the guide is the useful information you will need while you are living here. Getting off the installation you or your spouse is assigned to during your time here is essential. There is so much to do and see and experience. You can learn about T-money, booking train tickets, how to find a taxi, ride a bus, exchange money and where to go for basic day trips and more!

This is the second time my

family and I have been stationed in Korea. Our first time living in Korea, we spent most of our time in and around Seoul. Our transport mostly consisted of taking the subway to avoid getting stuck in traffic. I quickly became familiar with navigating the subway system in Seoul and all the fun places to sightsee and shop for myself and for gifts to send home!

Fast forward a few years, when we found out we were returning to Korea but getting sent to Camp Humphreys, it was a whole new ballgame. I was unfamiliar with the area and hadn't had much experience with taking trains or driving far distances. When a group on

Humphreys advertised a basic 'get to know the area' outing shortly after we arrived, I signed up!

I discovered how to make train reservations (fast fact- it's very easy and convenient to download the KORAILtalk app on your phone and buy tickets that way!). I learned what type of shopping was around the area surrounding Humphreys and I learned that I can hop on a train to Seoul (takes 45 minutes), transfer to a subway, and do some fun shopping in time to hop on the train back and be home in time for my kids to get back from school! (As long as USFK restrictions do not prohibit travel to Seoul).

Now that I know my way around I have started my own sub-club group within the Humphreys United Spouses Club. I try to schedule an outing at least once a month to introduce the basics of Korea and how to get around to other spouses who are interested in learning more. It is really rewarding to hear how confident they feel in sharing their new knowledge with their families as they prepare to discover all that Korea has to offer!

To pick up your own copy of *DMZ to the Sea*, please stop by the Humphreys Thrift Store Bldg 550 during open hours or download your free digital copy at www.humphreysunitedspouses.com



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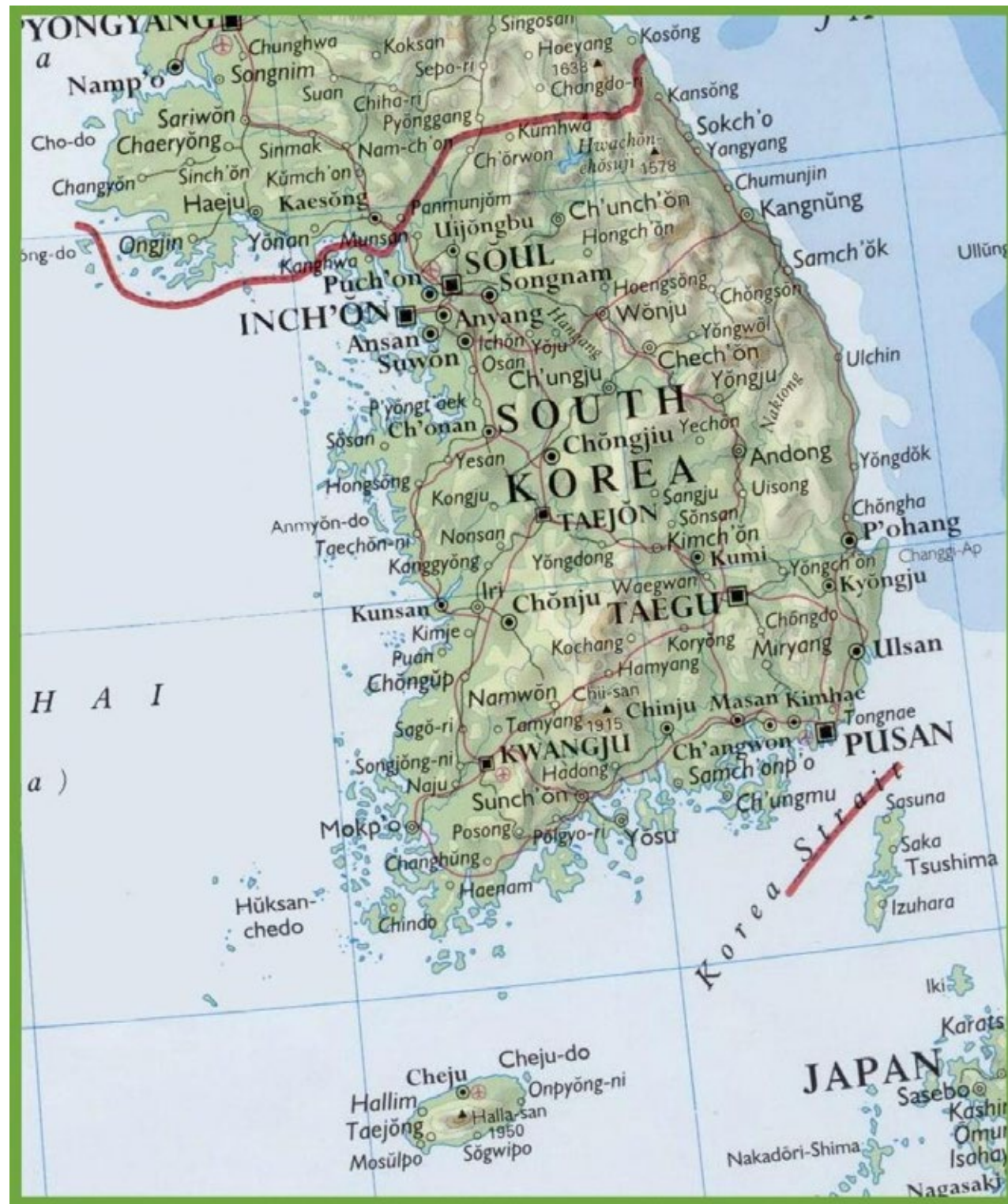
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Asian American Native Hawaiian Pacific Islanders Heritage Month Celebration

By Major Romelo L. Delos Santos



The Asians and Pacific Islanders on Peninsula (APIOP) is a volunteer group of Department of Defense civilians and U.S. service members based out of Camp Humphreys that focuses on creating a forum and opportunities for networking, professional development, mentorship and fellowship activities.

On May 20, APIOP hosted an Asian American Native Hawaiian Pacific Islanders (AANHPI) Heritage Month Celebration and Conference at the Camp Humphreys River Bend Golf Course Ballroom. APIOP adopted the Federal Asian Pacific American Council's 2022 theme, "Advancing Leaders Through Collaboration" for this year's event, which promotes that effective collaboration throughout an organization fosters an environment of trust, diversity and inclusion.

Many speakers graciously volunteered to share their experiences, and expertise. Following these discussions, attendees were treated to cultural performances as a way to honor the rich historical and cultural heritage of the AANHPI community and its contributions to our Nation.

APIOP hoped that the event not only demonstrated the U.S. Government's commitment of diversity, equality and inclusion, and was an enjoyable experience and exchange of ideas that inspired leaders and enhanced Total Force readiness. The intent was to create irreversible momentum and establish a foundation for future AANHPI heritage celebrations for years to come!



You can find information on future APIOP events by checking out their Facebook Group: Asians & Pacific Islanders on Peninsula or by contacting Captain Cathy Reyes at mariacatherine.g.reyes-goins.mil@army.mil or Colonel Daryl Gwen Devera-Waden at daryl.g.devera-waden.mil@army.mil.

Join in on the fun and be a part of history – "Our diversity is our strength!"

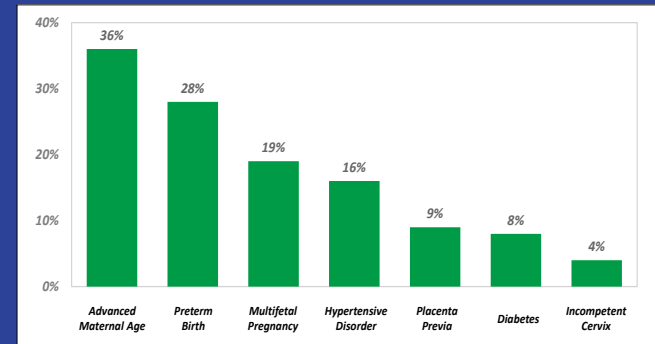
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The proportions of patients visiting the center for high risk pregnancy (2015)

- **Faculties**
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 - Fellows: 2 in Obstetrics, 2 in Neonatology

Birth Weight (g)	Total	Survival	Death	Survival Rate (%)
<750	32	20	12	62.5
750-999	63	56	7	88.8
1000-1499	168	163	5	97
1500-2499	501	494	7	98.6

Survival rate from NICU in SNUBH (2013-2015)

- **Specialized in:**
 - Antenatal diagnosis: amniocentesis, chorionic villus sampling for fetal chromosome tests, level II ultrasound for structural anomalies, thorough counseling system
 - Preterm birth: preterm labor, premature rupture of membranes, cervical insufficiency, cerclage operation
 - Multifetal pregnancy: vaginal delivery of twins, risk management of twins & triplets
 - Postpartum hemorrhage: uterine embolization team available for 24 hours, readily capacity for massive transfusion, prompt hysterectomy if needed with cooperation of experienced gynecologists
 - Proficient experts in care for preemies: high survival rate of preemies and low birth-weight newborns, systematic consultation system between obstetricians and neonatologists

- **“All-in-one” center: following facilities are all in one unit and on the same floor**
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 - Ultrasound and physical examination room
 - Nursery
 - NICU (Neonatal Intensive Care Unit)



NICU (Neonatal Intensive Care Unit)



MFICU (Maternal-Fetal Intensive Care Unit)



Delivery Unit: All in one place



SNUBH multidisciplinary team for high risk pregnancy and neonates



Geogje Island
Photo by Tina Dougher

If you would like to submit a photo for consideration in the photo of the month section of the magazine, please send your photos with the name of the photographer, date, location, and photo title to unitedontherok@gmail.com

MEET OUR
DOCTORS

Getting pregnant and preparing to welcome a new baby into the world is a life-changing experience. Choosing a healthcare provider to help care for you during this time is a big decision. We can best help you from prenatal care, labor, birth to postpartum.



Kyo Hoon Park, Professor
Dr. Park is unquestionably a promising maternal-fetal medicine specialist and has definitive international expertise in preterm birth and fetal ultrasound.

- Seoul National University College Of Medicine, PhD (1998)
- Seoul National University College Of Medicine, Master (1996)
- Seoul National University College Of Medicine, MD (1987)



Kyung Joon Oh, Professor
Dr. Oh, a chief director of high risk pregnancy and neonates center, has diverse clinical experiences in premature births. He is well known for his calm and friendly demeanor and patient-focused care.

- Seoul National University Obstetrics and Gynecology, PhD (2016)
- Seoul National University College Of Medicine, Master (2008)
- Seoul National University College Of Medicine, MD (1999)



Jee Yoon Park, Assistant Professor
Dr. Jee Yoon Park specializes in maternal-fetal medicine. She has much experience in high-risk pregnancy such as twin pregnancy, hypertensive diseases in pregnancy, placental abnormalities with risk of massive bleeding, and preterm birth.

- Seoul National University Maternal-Fetal Medicine, PhD (2018)
- Seoul National University Maternal-Fetal Medicine, Master (2016)
- Ewha Womans University College Of Medicine, MD (2008)



Hyeonji Kim, Clinical Instructor
Dr. Kim specializes in congenital anomaly, genetic counseling and routine prenatal care. Also, Dr. Kim has been participating in diverse studies on high-risk pregnancy, recently presented a successful case of pregnancy and childbirth for patient with cervical atresia due to cervical cancer.

- Chung-Ang University College Of Medicine, Master (2016)
- Chung-Ang University College Of Medicine, MD (2013)

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