

AUGUST 2023

UNITED ON THE ROK



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**Grace Stables:
The Horse &
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17

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By Example - Committed to Excellence

Check out the photo essay of individuals at the Noncommissioned Officer Academy (NCO Academy) completing the Conduct Individual Assessment. The NCO Academy is the gateway for professional development and leads by example.

Cover: Photo by Erin Henderson



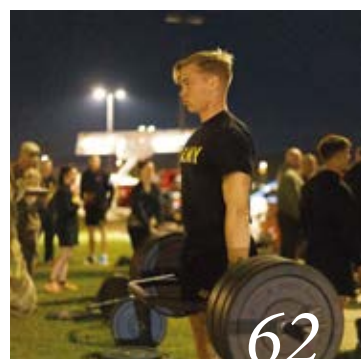
Back to School - Tips & Resources

Back to School! Check out tips and resources for students and parents, such as this article by Tess Sterling about Digital Citizenship.



Grace Stables: The Horse & Human Bond

Grace Stables is a place where you can heal, grow, learn and volunteer. Read more about this special place and the horse-human bond.



ArmyIgnitED - CrossFit, LLC

ArmyIgnitED Program allows eligible soldiers to attend continuing-education courses at no cost to the soldier. Check out the article by CrossFit, LLC to learn more.

20회
광주 추억의 충장축제
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UNITED ON THE RoK

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LACTO CLEAN

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

United on the RoK is monthly publication for members of the United States Forces Korea Community. Editorial content is the responsibility of *United on the RoK*. Contents of the publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Oriental Press.

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EcoTraining is helping to create a new generation of Safari Guides who are committed to Sustainable Tourism. Check out the article on pages 80-85 to learn more.

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LIVE MUSIC&ART CALENDAR



AUG22-27
2023 SAC Summer Music Festival
Concert Hall, IBK Chamber Hall
sac.or.kr/site/eng



AUG26
Summer Jazzbreak 2023
Mapo Arts Center
ticket.yes24.com



SEP01-02
Thunder From Down Under In Seoul
Yes24 Live Hall
ticket.yes24.com



SEP02-03
RESFEET Festival 2023
88 Garden, Olympic Park
globalinterpark.com



SEP10
Mikhail Pletnev Piano Recital
Concert Hall
sac.or.kr/site/eng



SEP16-17
Joy Olpark Festival
88 Garden, Olympic Park
globalinterpark.com



SEP23-24
Han-Na Chang & Mischa Maisky with DITTO Orchestra
Concert Hall
sac.or.kr/site/eng



SEP23-24
Seoul Forest Jazz Festival 2023
Seoul forest park
ticket.yes24.com




OCT07-08
2023 Busan International Rock Festival
Sammak Ecological Park, Sa-sang-gu, Busan
ticket.yes24.com



OCT13-15
Musical MAMMA MIA! - Suwon
Gyeonggi Arts Center Grand Theater
globalinterpark.com



OCT17
2023 Sam Smith Gloria The Tour - Korea
KSPO DOME
globalinterpark.com



OCT20-22
Charlie Puth Live in Seoul
KSPO Dome
ticket.yes24.com



UPCOMING EVENTS

AT DRAGON HILL LODGE



SEP 23

WINE FEST

Indulge in the finest wines from around the world and expand your palate. Join us for a leisurely afternoon of wine tasting and a variety of finger foods right in our hotel lobby.

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EDITOR'S NOTE

*“I’ve learned that people will forget what you said,
people will forget what you did, but people will never
forget how you made them feel.”*

— Maya Angelou

Let’s get back to school and put our best foot forward!

To support you, this issue features many articles with tips and resources for students and parents, such as an article by Tess Sterling about Digital Citizenship and an article by Jetta Allen and Kimberly Day who share tips for parents on how to get involved in schools.

Another interesting article comes from Jennifer Henderson, the Founder and CEO of B.R.A.T.

Virtual Academy. Launched in 2023, B.R.A.T. is a U.S.-based virtual private school for military connected children grades K-12. Children overseas who are homeschooled can enroll in B.R.A.T. Virtual Academy. If you are interested in an alternative accredited curriculum, this is a great one to read about and get connected with.

For service members, this issue features an article about the ArmyIgnitED Program by CrossFit, LLC which allows eligible soldiers to attend continuing-education courses at no cost to the soldier. Alison Kukla from the Epilepsy Alliance writes what service members need to know about epilepsy. Command Sergeant Major Andrew N. Rehedul, Commandant of the Noncommissioned Officer Academy (NCO Academy) shares a short summary of the NCO Academy which complements a short photo essay of the Conduct Individual Assessment by Erin Henderson.



Veronica Gomez shares her experience adjusting to living in Korea, namely, giving up her dream job and discovering a new one. If you are interested in volunteering, check out the article about Grace Stables, a horse stable where you can heal, grow, learn and volunteer on your own or with friends, family, and coworkers. Another great organization highlighted in this issue is the Humphreys United Club (HUC). Check out the introductory articles by HUC President Rosa Lindsay and Vice President Jennifer Knight to learn more about this welcoming, community-centered organization doing great things, bringing people together and leading fun events!

Noah Poe writes about the Humphreys TCG Pokémon Club. Based at USAG Humphreys, the newly launched group is already bringing families together and creating a supportive environment for kids that nurtures their social skills and leadership skills. If you are interested in getting involved or launching a similar club at your installation, check out this article!

Master Nam Su Kim teaches us about Taekwondo as an aspect of Korean culture, and a great sport for kids, teens, adults and families. You also don’t want to miss the articles from HireMilitary and Seoul International Women’s Association.

Paul R. Lawrence, Ph.D., former Under Secretary for Benefits in the Department of Veterans Affairs, the author of the new book, *Veteran Benefits for You: Get What You Deserve*, provides information about Veteran benefits and issues. If you are on LinkedIn, he is a great person to follow online to keep up-to-date on various issues and advice.

As part of her series on Sustainable Tourism, Amy Millican provides us with a fascinating article about Eco-Training, an opportunity for anyone interested as well as for students who are considering a gap year and are looking for a resume-building opportunity.

As always, there is so much more to this issue. I hope you enjoy it! If you want to see more features about your installation, organization, unit, events and activities, please write to editor@unitedontherok.com.

Caitlin Ward
Editor in Chief

Photo: Charles Chong, Caitlin Ward, Eric Park and Erin Henderson, pictured at Humphreys.

HUC pictured at the USAG Humphreys Juneteenth event. From left to right: Tyra Barnes (Secretary), Joan Magno Page, Devian Young, Mr. Moore, Rosalinda Lindsay (President)



Importance of Community in a Foreign Country

By Rosalinda Lindsay, Humphreys United Club President

Moving to a foreign country can be both exciting and challenging. It is during times like these that the significance of a supportive community plays an intricate part of one's overall perspective. The Humphreys United Club (HUC) is dedicated to creating an environment

where individuals from all walks of life can come together, forge friendships and establish a sense of belonging in our community. However, we offer so much more!

We recognize the challenges faced by newcomers and our club endeavors to alleviate them by providing an inclusive and empathetic community: through

informative and exciting events not only for our club members but also open to our community as well. We strive to promote cross-cultural understanding and integration by engaging in activities to assist individuals in adapting to our host nation and to celebrate the rich diversity that each member brings to our community.

Empowering and Inspiring Positive Change

Humphreys United Club is a place where we embrace differences and unique experiences shared. We provide an avenue for those who are patiently waiting and pursuing a career to build their resume through volunteer opportunities, exercise and uphold or enhance their skill sets, broaden their professional network, explore new opportunities and skill sets, and to also provide mentorship. Our goal is to create a network of support and friendship that transcends nationalities and enriches the lives of all stationed at Camp Humphreys, South Korea.

Additionally, HUC is committed to community service and philanthropy. We organize volunteer initiatives, fundraising events and support our community through community grants and supporting Korean welfare with non-monetary items. Moreover, the club provides activities such as exclusive trips to our members and a unique variety of sub-clubs such as lunch brunch, wine and stitch, cooking, writing, theater, photography and more as volunteers step up to spearhead a sub-club. These activities not only provide a much-needed break from daily routines but also fosters a sense of unity and belonging.

You Are Invited to Join US

On behalf of HUC, I invited you to attend every upcoming, community event we have! Yes, some have missed out on the opportunity to partake in the Seoul Scavenger Hunt, led by our Publicity chairperson, Joanna Denny, and our



Maji Schneider-Jones (Event Rental Chair) and winner of the Seoul Sleuth Scavenger Hunt Joby Denny accepting the winning prize for his team - Team Titans at the HUC Open House event.



The 4th of July event at the Humphreys Thrift Shop. Left to right: Jamie Lee (Web Manager), Maritzalyn Mercado-Santiago (2nd Vice President), Jennifer Knight (1st Vice President), and Poppy Plowman.

Open House event on the 27th of June hosted by our 1st Vice President, Jennifer Knight. And not to mention the STEM Convention Event on July 14th coordinated by our 2nd Vice President Maritzalyn Mercado-Santiago.

Fret not, we have much more in store for you! Join us at our Super Signup event on the 12th of August, in the Downtown Plaza area. We welcome you to be part of a monumental team. We hope to meet you soon.

Embracing WOO — Joining Humphreys United Club

By Jennifer Knight

*“There are no strangers here;
Only friends you haven't yet met.”*
— William Butler Yeats

Leaving a thriving career, a solid social circle, and the people we call family is the prologue of far too many military spouses. As a military spouse, finding employment and even advancing your profession might be difficult due to frequent moves, licensing issues, and logistical hurdles. After six months at Camp Humphreys, the employment barriers were insurmountable and my social network was rapidly declining. As a 25-year veteran spouse, I found myself struggling to reinvent myself as I did at numerous bases prior to Camp Humphreys.

One of the things that brings me comfort is connecting with people. I call this my super power! According to CliftonStrengths assessment, my superpower is WOO, Winning Others Over. My energy comes from meeting new people. I am rarely at a loss for words; I enjoy initiating with strangers and it brings me great satisfaction to break the ice and make a connection with new people. My family, my husband and two adultish children often comment on how many new people I meet in a single day



Jennifer Knight pictures during HUC Seoul Survival Scavenger Hunt outside of Dongdaemum Design Plaza

or how it's impossible for me to go anywhere without multiple conversations and six-degrees-of-separation-type experiences, no matter the time, or the place!

Humphreys United Club provided an avenue for my WOO spirit to shine. Joining the United Club fills a void of connecting with individuals feeling the similar woes of isolation and perhaps failure to launch. Humphreys United Club serves as a personal catalyst for me to not only give back to my community but to connect with those individuals experiencing many of the same challenges of existing at The Hump (Camp Humphreys). In the acknowl-

edgement of my own challenges, I see the same struggles mirrored in my fellow spouses and others.

My passion for meaningful conversations, and forging relationships is fueled by my desire to help others recognize they are not alone and there is an entire community ready and willing to connect with them.

In my quest to reinvent myself, have relevance, and WOO, the Humphreys United Club has provided an outlet for me to reclaim my relevance, be a champion for other spouses (community members), and to be comfortable contributing to the community with voluntary involvement.

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Don't Forget Veteran Benefits

By Paul R. Lawrence, Ph.D.

Serving in the military has many rewards, including leadership opportunities, training, and an attractive salary. After completing service, there are a series of Veteran benefits available for those who served honorably. Many are unaware of these benefits and miss opportunities to use them to improve their journey as Veterans.

Here is a brief description of the top benefits available from the U.S. Department of Veterans Affairs and tips on accessing them. These and more are presented in my book, *Veterans Benefits for You: Get What You Deserve*, available on Amazon.

Disability Compensation

If you are injured or disabled during service, you may be eligible for disability compensation. This is a tax-free monthly payment to help cover expenses and other items related to your injury/disability. A key requirement is to demonstrate the injury/disability occurred during your service. If something happens to you, make sure it is recorded in your military medical record, which will be reviewed when you apply for this benefit.

It's also important to remember that many leave the service and feel fine, but later, as we age, conditions worsen. Keep track of exposure to loud noise, as later you may experience reduced hearing.

Or stress on your back, knees, and other joints, as the effects of your service may only be realized years later.

Education

Often called the GI Bill, eligible Veterans can have their tuition and fees covered for a four-year college degree. This also comes with a Monthly Housing Allowance for living expenses. There are many other ways to use this benefit, including technical and vocational



Paul R. Lawrence, Ph.D., former Under Secretary for Benefits in the Department of Veterans Affairs, is the author of the new book, *Veteran Benefits for You: Get What You Deserve*. Follow him on LinkedIn for his discussion of Veteran benefits and issues.

training. To supplement existing skills, it can also be used for shorter professional credentials and certificates. Many Veterans are currently using this benefit to get ahead in the job market by obtaining a certificate in Cybersecurity.

No Money Down Home Loan

Veterans can purchase a home with no money down using the Home Loan Guaranty. Without having to save for a down payment, Veterans can purchase a home earlier than many of their civilian counterparts. This can also be used to purchase a Farm or Mobile home. Traditionally, a home has been one of the most valued items owned by a Veteran. Often Veterans used their home equity to start a business.

Protection

Two other benefits provide protection for Veterans. The first is called a Pension, but the name is misleading. A Pension, in the context of VA benefits, is a monthly payment to Veterans who have met certain conditions, mostly importantly, their income and assets are below a certain level. This is envisioned as a safety net for those who served.

The second is Insurance. VA administers several insurance policies that can help a family and loved ones if something should happen to the Veteran. These are particularly relevant if the Veteran is disabled and unable to get insurance elsewhere.

Survivor Benefits

VA benefits are available to survivors of a Veteran including spouses, children, and, under certain conditions, parents. Of particular importance is the benefit known as Dependency Indemnity Compensation (DIC), which provides a tax-free monthly payment for daily living. Other survivor benefits cover education and use of the Home Loan Guaranty.

Not satisfied with a decision?

A Veteran or family member must apply to access VA benefits. Occasionally, applicants are not satisfied with a decision; they are denied or they think the benefit awarded is too low. All VA decisions can be appealed and there is a new, streamlined appeals process to handle these. Do not be discouraged if your first attempt does not hit the mark. Many Veterans ultimately obtain what they believe they earned through an appeal.

Getting started and getting help

Information about VA benefits and how to apply can be found online at VA.gov. Often, however, it can be

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- Hidden benefits you didn't know about
- Full information on insurance, appeals, and much more

PAUL R. LAWRENCE, Ph.D.
Former Under Secretary for Benefits,
U.S. Department of Veterans Affairs (2018–2021)

confusing to apply. If that's the case, you can get no-cost assistance from a trained Veteran Service Officer. These are available through Veteran organizations such as Wounded Warrior Project, The American Legion, Disabled American Veterans (DAV) and the Veterans of Foreign Wars (VFW).

Many states and counties also provide service officers to help their Veterans.

State benefits

In addition to benefits from the U.S. Department of Veterans Affairs, each state also offers benefits to their Veterans. This is done through the individual state Department of Veteran Affairs or Services.

Key state benefits include property tax relief, assistance with purchasing a home, and education benefits for family members. As you consider where you want to live next, check out the benefits offered by the states.

Digital Citizenship

By Tess Sterling



Tess Sterling has been a teacher for 21 years, the past 13 years at USAG Humphreys. Previously she has taught health and physical education. Currently, she works as an Educational Technologist, which means she partners and collaborates with teachers to seamlessly integrate digital resources into the classroom, plans and delivers professional learning on digital resources, practices, and strategies, and advocates for and models the use of digital resources in support of the school's continuous improvement goals. Here, she tells us about our Digital Citizenship.

Students have and are using all the necessary tools to survive in the digital world and as such need to understand how to use these tools more responsibly. Digital citizenship is important for students and teachers (actually for everyone) since it's important to understand that what we do digitally can affect us in the long run. It makes me think of the meme, "Think before you Tweet" as well as the THINK meme: Before you post, is it true, is it helpful, is it inspiring, is it necessary, is it kind?

I would also tell my students to put themselves on the other side of the lens and stop and think about if they would want themselves to be portrayed in a negative light for all to see forever, especially in a situation

where there is a momentary lapse of judgment. We also need to remember that just because something has been deleted on the internet or app, it doesn't mean it's gone forever.

It's also important to acknowledge those who are upstanders - those who support and protect others who are being attacked or bullied. It takes courage to be an upstander and not just be a bystander who ignores others being bullied or attacked, because upstanders face the genuine concern of being attacked themselves. So, as educators, we need to empower our students to have the courage to speak up against digital misconduct, and we need to support those students so they feel safe when they do speak up.

LACTO CLEAN



Standard filter	VS	LACTO CLEAN FILTER
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Alkaline	pH Balance	Weak acid
Vitamin C	Main Ingredients	Vitamin C, Lactobacillus
None or Low content	Skin Repair	High concentration of tea tree extract
None or Low content	Skin Care	Premium skin care : High concentration of 3 unique ingredients
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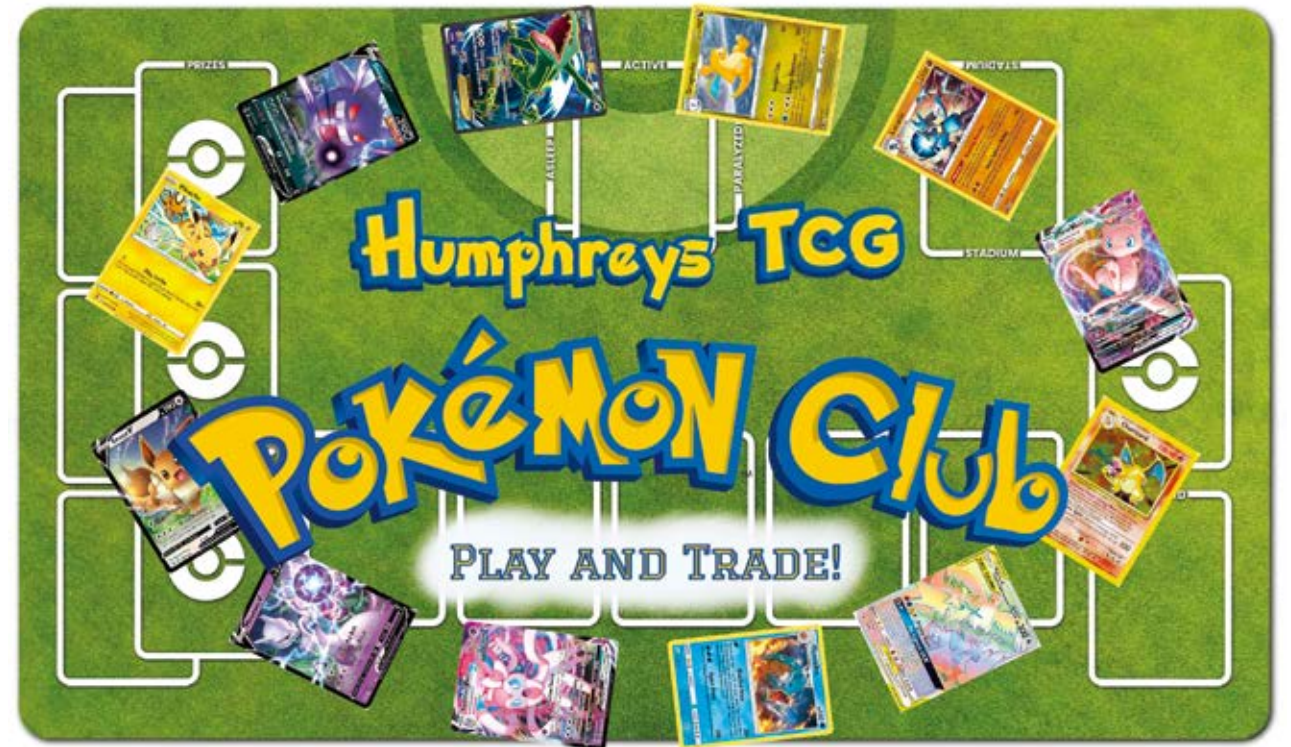


Catchin' Them All and Getting New Friends

By Noah Poe

What is The Humphreys TCG Pokémon Club? When was it started and what was the purpose?

"Taking Care of Our Military Children" was the theme of this year's Month of the Military Child campaign. It gave us the opportunity to focus on the lives of military children, youth and teens. From this the Humphreys TCG Pokémon Club was started and inspired in the month of April. Supporting military children who transition to new assignments every two to three years on average, who follow their parents around the world - is something near and dear to my heart. Connecting children, and ensuring strong family bonds, is something I have always been looking for in a club. The Humphreys TCG Pokémon Club was created to build a community for new military families who are on assignment to



Korea. It was something I started with my homeschooling children to practice probability and mathematics and develop introductory understanding of rational decision-making. The club focuses on teaching kids and parents to play the Pokémon card game and build stronger relationships within their family.

Where and when do you meet?

We meet every Friday for Downtown Pokémon Night at the Camp Humphrey Downtown Recreation Center at 6 pm. This meeting is for casual trading and a time for the children to socially engage with their peers.

We also have a Saturday 11:00 am to 12:30 pm meeting every week at the Camp Humphreys SFC Ray E. Duke Library. This meeting is more structured and kids can learn how to play the standard 60 card game. We have competitive matches and fun creative alternative Pokémon formats, which help the kids and their parents to build new strategies and ways to play.

Who is welcome to join?

Anyone looking to join the Club on Facebook is welcomed. The main target group is kids ages 5 to

13. Pokémon is for all ages and any support from older collectors or players is welcomed and we encourage you to join the Club to teach and support the community.

How does the Humphreys TCG Pokémon Club build community? What impact has the group had on families?

All sorts of kids gather for the Humphreys TCG Pokémon Club. The result is lively trading chatter and the opportunity to learn to play competitively with each other. Kids express themselves through the cards they trade and collect. They gain experience learning how to negotiate a good trade and find new friends. They also build stronger relationships with their parents, who are also involved and learning to play the card game with their kids.

It's been very satisfying for me to see how the parents and especially the dads have been able to connect with their children and bond over a shared enthusiasm for the Pokémon card game. Not only are the kids enjoying making a collection of cards, many of the dads are also collecting and teaching their kids how to properly care for some of the more valuable playing cards. It can be challenging as parents to find



forward to joining the club once they arrive here. These incoming families are looking for an opportunity to connect with a likeminded community. The Humphreys TCG Pokémon Club gives them hope that their assignment here in Korea will not only be a little easier but that it may be their best assignment yet.

In a world where it is normal for kids to play video games and stare at an iPhone or tablet and not interact with physical games, the Pokémon TCG club is an incredible form of entertainment that is accessible to children and adults alike. Parents can bond with their children by learning to play together or just listen to their kids make some interesting trades amongst other kids.

I love to see kids who are a little shy or who have just moved to Humphreys, get together at the Pokémon Club and bond over what they have in common with other kids, which usually ends up being more than just Pokémon! The Pokémon cards give kids an easy conversation starter, even if they don't know anyone else in the club. Being able to talk to other kids they don't know is a

time to stop and teach, support or play with our kids. This club is one of the few that help facilitate that and I wish there were more opportunities like this in our military community on base.

I have been surprised by how much the Humphreys TCG Pokémon Club has grown in popularity in just the first two months. By Father's Day, we had already reached 60 members. In June, we had a Father's Day Event, which was a huge success. It was awesome to see all the dads support, learn, teach and have fun playing together with their kids!

I have been contacted by several parents who have seen the club on Facebook who are planning for their PCS to Camp Humphreys. Their kids are already excited about their move because they are looking

skill that every kid needs to master, and this club is the perfect opportunity for kids to practice.

Playing against other competitors in our weekly tournaments at the library has boosted many kids' self-esteem, along with their understanding of how to be a good sport when losing or winning a match. My son has even told me he wants to teach other kids how to play and referee some matches, which I encourage him to do.

One mother came up to me during the club and said her child usually doesn't feel comfortable interacting with other kids, but when he came to the Pokémon club, he jumped right into talking with children he had never met before and had no trouble asking other kids, "Will you trade with me?" Partici-

pating parents agree that it has been a relief to find a place where their kids can connect with other children, make new friends and learn valuable life skills.

Are there other chapters in the USFK Community?

No

Can people at other bases join?

Yes

Do you maintain a virtual community?

Yes on Facebook.

Do you have advice for people thinking of starting a group at their location?

Find a good time and location to meet and just create an opportunity for others to join and support other clubs to build connections.



Comments From Club Members:

Sonnet Murray: "There are many Pokémon fans (and other pop culture fans in general) on Camp Humphreys and this is a great club for getting us together for in-person socialization. The pokémon trading card game is much more fun when you can trade and play with a friendly group of others with similar interests. My family, especially my two kids (ages 7 and 8) have really enjoyed attending the club's trade and play events. And if there are those who collect the cards but don't play, this is a place where you can learn and be coached on how to play, or just attend the trade meetups. Pokémon has a big fan base in Korea but it is challenging for us who don't speak the native language to join in many of Korea's pokémon-themed events and opportunities. So I'm happy this club provides a more comfortable environment for us to interact with each other, and we can talk about and/or join up and attend some of Korea's pokémon fandom events together."

Cody Kordsmeier: "The Humphreys TCG Pokémon Club has helped my son find new friends to meet who have similar interests as him and has eased a lot of tension and homesickness from our time here since this is his first PCS. My son looks forward to the days we go to the Pokémon Club, it is the time where he truly can just be himself and play a game he loves."

Jurate Alaseviciene: "We joined the Pokémon club, because my son in the last three months started to show more interest in pokémon cards. He is still not interested in the game (we have board and game at home too), but he is more interested in cards and really going with a big smile in the trading events. For that reason, we only do trading meetings for now. It is nice to see when he meets the same kids somewhere in town or in other classes, and he knows them from Pokémon club. It helps them make more connections with kids and have friends all around the city. To be honest, I'm starting to be interested in these cards too. It's like a different world, but super interesting and difficult at the same time. The more I look at it, the more it's getting clear why so many people are into these cards. Since our trip in Japan and adventure to find the Japanese cards, I appreciate this group more and more every single day for what they give for our kids and families."

Tips for Parents & Kids on How to Get the Most from School and Life on the ROK

By Coach K (Krista Lynn Fagala)



To help you get a healthy start to the new school year and adventures in Korea ahead of you, I am sharing five tips. The message between the lines is that a good experience in this country starts with a positive perspective. Embrace your experience!

Get to know your Teachers. Their stories are amazing—many of our teachers are currently spouses of Active Duty service members, previously served Active Duty, and some were military kids

themselves and can empathize with you and your experience. Some teachers have moved to Korea on their own or with their children, and others, like me, have been here for a little bit.

Get to know Korea. Korean culture is beautiful. You can find a fast paced lifestyle and culture in the big cities of Seoul and Busan, or slow paced on many mountains and beaches of Korea. My favorite place to hike is Seoraksan and then hangout at Sokcho Beach.

Experience the food. Korean food is delicious and you can also try other cuisines! From Thai to Turkish to Korean BBQ, there are a variety of cuisines available to try and what better time than now!

Experience sports/activities on and off base. Youth Sports, Fitness Center, Outdoor Rec, ITT and USO on base all offer a variety of programs, sports, clubs and adventures. Off base there are opportunities to join sports leagues or classes such as Taekwondo, baseball, soccer, golf, and much more! There is much to explore and experience at the local markets, kids cafes, amusement parks, galleries, and museums. One of my favorite things our school has done in the past was a field trip to Job World. It's a fun opportunity for kids and teenagers to try out different careers/jobs.

Be present and live in the moment. Most of the time we only get a small window of time to live and experience different countries—take advantage of this time and opportunity to explore this part of the world, one that most people won't get. Truly get to know the people around you and their culture. It has changed my life and I hope it will change yours as well.

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Get to Know Our Teachers; Coach K

By Coach K (Krista Lynn Fagala)

*"To the world you may
be one person, but to
one person you may
be the world."*
- Krista Lynn Fagala



My students and I in
Mauritius Africa ▶

My name is Krista Fagala but my students call me Coach K. At Osan I am in my eighth year of teaching health and physical education to Pre-K through 5th Grade. I have been teaching for twelve years in health, physical education, safety, and exercise science. My passion in life is teaching everyone how to be healthy for a lifetime. I have lived and taught all around the world and I would love to share some of my experiences with you so you can get a glimpse of why I love teaching.

Living overseas comes with challenges and also with opportunities to impact others and see growth in yourself. I was in high school the first time I went overseas. My mom was a nurse and went with a group to work with the gypsies in Romania. Our group included a Doctor, Dentist, Nurse, Hairdresser, and a few volunteers just willing to go and serve people. It was a busy two weeks and I was in charge of playing with the kids

while they waited on their parents who were seeing the doctors. It was the first time I saw true poverty.

Nothing changes your perspective like experiences. I remember returning from the trip and I walked into Walmart to get shampoo and turning around, not getting anything, because I didn't understand why I was so blessed with everything while a little girl on the other side of the world lived in a shack without running water or electricity.

After my undergraduate studies, I was given the opportunity to go to Mauritius, Africa and teach at Lighthouse Primary School. My friend knew the Principal there, introduced us and next thing you know, I was on a plane to live the next two years overseas. I was the Health & PE Teacher and I did community development work. The community development work was a partnership between the nearby village and our school with the goal to build up the community. We coordinated local football (soccer) tournaments,

I taught English language classes for adults in the community and we organized other fun events that brought the community together.

I have kept in touch with the school and with some of the students. At the time I was teaching, we had students from 22 different countries and the average five-year-old spoke between two and four languages fluently. I taught an eight-year-old who could speak, read and write eight languages fluently. They have now opened up a Secondary School (Middle/High School). I hope to go back there one day and teach again. The school was absolutely beautiful and rich in culture and languages.

The Oil & Gas Experience Before Africa

My family has worked in the Oil & Gas industry since before I was born. Before I went and taught in Africa, I lived for two years in the Dallas-Fort Worth area in Texas and was a landman. I went and searched titles from when Texas became a State to current day to see who owned the oil and mineral rights. I loved my time in the industry. I worked alongside some of the hardest working people I know.

Working for Air Force One with Boeing in Oklahoma

Long story short, I had just finished my Masters and I knew I wanted to eventually work with the Department of Defense Education Activity (DoDEA). I was offered a Professorship at Emporia State University and turned it down because I knew if I signed a contract that I was in it for a year and couldn't accept an offer with DoDEA.

One day, I was driving home one day and as I passed the golf course, I felt God telling me, go work there at the golf course. I thought, why not. I had finished my Masters and wanted to do something for fun while I was applying for other jobs. So I went, applied and was hired for a beer cart position on the golf course.

I know what you are thinking, Krista you have a Masters and you are going to sell beer at a golf course!?! Yes I did, and I had a blast. It was so nice to show up, talk to people on the course and go home. I didn't have to worry about anything and was always able to leave work at work.

One day, Boeing came and played a round with their interns. I happened to be wearing my Team USA Polo on that day and a guy in the group asked me



about my shirt. I told him I had previously interned for Team USA, had recently finished my Masters and was applying for jobs. He said, send me your resume, so I did and next thing I knew, I had an interview with Boeing. I was hired to work on the 747 but on my first day of work I was told I would not be working on the 747 but on AirForce One. My mouth dropped and I was like, The AirForce One? Best first day of work ever! I can't say much about my work other than I was one of the people handling data and configuration management on the aircraft. I absolutely loved Boeing and the people there; they would bring a smile to my face daily.

Following my time with Boeing, I finally heard back from DoDEA and was offered a position here in Korea. So I broke the news to my parents that I was once again heading overseas to teach our military kids on our military base at Osan.

Coming Full Circle From Africa to Korea

I fell in love with teaching while I was overseas in Africa and knew I wanted to do it again. When I was working on my Masters, a professor told me about DoDEA. At another time in her life, she had been a teacher at a base in Germany. After hearing her stories, I knew I wanted to work with our military kids overseas. My nephews are military kids and most of my family have served in the military in all branches. I love the opportunity to support those who are serving our Country.

Get Involved in School

A Message for Parents from School Advisory Committee Leaders

By Jetta Allen and Kimberly Day

1. **Volunteer!** Get in the school to see and understand the general needs and the specific needs of your kid(s) and to help your school community.
2. **Get involved** in the School Advisory Committee. Join to advocate for changes in policy and programs, address concerns, advise the principal and installation commander, and to create opportunities for kids.
3. **Join** the Parent Teacher Student Organization (PTSO) to get to know other parents, teachers, and the principal and to fundraise for the school.
4. **Connect** with your School Liaison Officer and Exceptional Family Member Program to understand resources including transitional support when you arrive and when you PCS!
5. **Ask questions.** Ask your friends. Ask your community. Ask your school leadership—they want to engage with parents!
6. **Familiarize** yourself with parent and student rights.
7. **Document** communication with emails.
8. **Build** relationships and assume the best intentions.
9. **Be open** to every conversation that could impact your student—the good and the difficult conversations!
10. **Don't quit.** We cannot make up these years for our kids.



Jetta Allen and Kimberly Day are parents based at USAG Humphreys who were nominated for the Armed Forces Insurance Military Spouse of the Year in 2023. Here they share some tips for parents as the school year kicks off!

Resources for Kids

Military Kids Connect (MKC) — MKC is an online community for military children ages 6-17, and provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life. MKC offers informative activities, helpful videos, and an online community that can build and reinforce understanding, resilience, and coping skills in military children and their peers. Through videos, activities, and participation in MKC's monitored online forums, children can share their own ideas, experiences, and suggestions with other military children, helping them to know they are not alone in dealing with the stresses of military life. MKC's parent and educator tracks provide information to help adults understand what it takes to support military children at home and school.

Military Parent Resource Center — Military parents can find support, tips and information in this resource center that facilitates positive parenting for all military families. <https://www.militaryonesource.mil/parenting/family-life/military-parent-resource-center/>

Installation youth centers — Available on almost every installation where families PCS, youth centers offer continuity of programming to help make the transition to a new installation smoother for military youth and teens.

School Liaison Program — Education and transition support is available anytime it's needed to ensure a smooth transition for military children to new schools and new communities.

Sesame Street for Military Families — Find education and activities for preschool-aged children to help them cope with the challenges of military life.

4-H Military Partnership — Explore opportunities for youth to join 4-H clubs in their communities and participate in summer camps.

Boys & Girls Clubs of America Military Youth Programs — Children of active-duty, National Guard and reserve families may be eligible for free membership to their local Boys & Girls Club.

EFMP & Me — Available through Military OneSource, the EFMP & Me online tool provides 24/7 access to resources for families with special needs and the providers and leaders who support them.



Adaira

GRACE STABLES KOREA

By Sarah Shechner



Claire and Genevieve

*Healing hearts of humans.
Healing hearts of horses.
All by Grace.*

Welcome to Grace Stables Korea! Grace Stables Korea is South Korea's first and largest equestrian organization for expats. Launched by Sarah Shechner in 2013, Grace Stables offers a variety of opportunities to interact with horses near Osan Air Force Base and U.S. Army Garrison Humphreys. We offer riding lessons, equine therapeutic programs (EAA/T based), an Expat Jumping/Dressage team, participation in Fédération Equestre Internationale (FEI) based competitions,

weekly opportunities to volunteer, numerous orphanage outreach events, events for active duty/veterans, and group activities, from earning badges for Girl Scouts/Boy Scouts groups, to having fun birthday parties and small club outings.

We have been expanding our services and programs since we opened our stables, to reach more people and support our community. Please reach out to us for more information and to get involved.

Currently, Grace Stables is an outreach branch of Morning Calm Ministries, a registered missionary/community outreach center in Pyeongtaek City, as well as a subsidiary division of the Non-Commissioned Officers Association (NCOA) Korean Chapter 1507.

At Grace Stables, we realize the desperate need for healing and joy, and understand the power of the horse-human bond. We aim to have a positive impact on individual lives as well as the broader community. Our services are focused on healing,



Emily



Rayna



Sarah

educating, integrating, enriching, and supporting a better future for Koreans, expats, service members, spouses, family members, contractors, civilians, and retirees. Grace Stables represents honest and true concern for the well-being and value of both human life and animal life.

Healing

Healing is at the heart of what we do at Grace Stables Korea. Healing is a gift for everyone involved: there are many ways our hooved friends can help us, and many ways that we can help them.

Focusing on the horse helps people clear their minds, as they have to put their problems and worries behind them and fully concentrate on their interaction with the animal. Seeing the trainer work and explain how to communicate with the horse can give people, especially those who have suffered through difficult and traumatic times, a sense of trust and respect, and also leads to rebuilding their trust towards others in general. Horseback riding gives the rider confidence, as well as a beautiful experience of looking out over the world, and keeping their problems beneath them.

I encourage my clients and riders to try and form

their own special and respectful relationship with their horse. When these relationships are cultivated, healing of many forms is evident.

Our therapeutic activities help people who have been traumatized to speak about what they experienced. They find a safe and supportive environment to help release, work through, and leave their trauma behind them. They become renewed body, mind and spirit.

Our volunteers also receive healing through their volunteer time and efforts; knowing they are bringing joy to others brings them joy. Volunteers are always eager to return, often drawn by the synergy of people coming together to help each other and celebrate life.

Finally, the human-horse relationship is an extraordinary bond. Horses depend solely on humans for quality of life. When horses are neglected and abused, this bond breaks with terrible consequences for both the physical and emotional parts of the horse. Grace Stables Korea has a team of terrific volunteers who work with rescue horses to get them healthy again, in spirit, mind and body.

Together we create a perfect circle of healing!

Humans

Grace Stables reaches out to South Korea's community of "those in need," which includes, but is not restricted to under-privileged or low-income children/teens, orphans, children/women/victims of any abuse, high-risk adolescence and of course, our brave soldiers.

We offer fun riding and non-riding activities with horses, as well as activities separate from horses such as horseshoe painting and decorating, English Horse Prep Classes, stretching classes, agriculture, games, and more. We work with children and adult groups. We have also initiated a "Family Day" for our local community to come and enjoy fellowship, BBQ and simple riding.

Here at Grace Stables Korea, we aim to cultivate a relationship between the rider and the horse, between the volunteers and the community and we can only achieve that with your help. We want to create an environment where our animals receive love and support, and where our humans feel equally cared for. It is



MacKenzie Gonzales

our greatest hope that our volunteers and clients leave our programs with a lighter heart and satisfied soul.

Why not see what we do and join our cause? We can only achieve our goals when you help us. Get involved! Come and see the great joy and positive changes in horses' and humans' lives!

Reach out to Grace Stables Korea:

Sarah Shechner
010-9299-2070
gracestableskorea@gmail.com

VOLUNTEER'S Voices

Emily Abington, Active Duty, Riding Instructor

I arrived in South Korea in August 2022 and immediately started researching places to continue doing what I love - riding horses. I actually found Grace Stables through an internet search but quickly fell in love with the community. Everyone is so friendly and the horses are truly special. I have extensive background with lesson horses and Hoben, Agnes, and Chewbee are truly some of the best I've ever worked with. They are so sweet and are awesome for any range of rider. They can take care of our youngest beginners but can also step up to help our most advanced students.

I knew immediately that Grace Stables was a program I wanted to stay involved with and so I started as a volunteer instructor for other students, which also led to helping with other awesome outreach events they do with the community. Being there helps me stay involved with the horses and what I love, and being able to be at the barn all weekend is like a little piece of home. I'm so grateful to have found Grace Stables!

Claire Warren, Spouse, Riding Instructor

My name is Claire Warren. I am a military wife, veteran and homeschool mom to three kids. I have always had horses in my life and feel very happy to volunteer at Grace Stables. I have been volunteering teaching lessons at Grace Stables for about two years. This has been a great opportunity for myself and my family while being stationed in South Korea.

For as long as I can remember I have tried to continue learning more about horses and riding. I consider myself a lifelong learner. I grew up riding a stubborn Appaloosa pony that tried his best to take care of me. I went to local shows and showed in barrel racing, hunter under saddle, and various other classes. As a teenager and college student, I continued to broaden my horizons by learning driving, dressage, and eventing with my own horses. I had



many hats while going to college and also managed an Arabian barn.

After marriage and having children, I had to focus more on teaching safety and try to still make it enjoyable for my kids. I studied natural horsemanship for several years as well and the natural horsemanship tied right into safety. We were lucky enough to have horses that we were able to show as a family for several years. Now that we are in Korea, we are able to ride and work with the horses at Grace Stables and feel very lucky to have the opportunity to continue learning more about horses together.

Rayna Herbst, Assistant Instructor

Hello, my name is Rayna Herbst and I am a student at Humphreys High School (HHS). When I first moved to Korea I struggled a lot with my mental health. I have always loved riding and working with horses. It's one of my many hobbies, besides swimming. When we moved here I found out that there would be no swim team at HHS. That shocked me, as I knew there would be nothing for me to do here in Korea. Then I found Grace Stables! Grace Stables immediately brought me back to my



love for horses, which I had completely forgotten about. They welcomed me with open arms and re-taught me everything I know. I became an Assistant Instructor and have volunteered every weekend. I absolutely love the horses at Grace Stables (especially Chewbee) and the amazing people that I have grown very close to. If it wasn't for Grace Stables and the horses, I don't know if I would still be here today to write this out. Horseback riding is now one of the things that makes me happy to wake up in the mornings and I cannot thank the horses and Grace Stables enough!

Adaira Rose-Browning, Horse Care

I'm a volunteer at Grace Stables. I used to take horseback riding lessons there and helped as a junior instructor but now I primarily help take care of Hoben. Hoben is a big white horse that I and many others learned how to ride on, but unfortunately in his old age he's probably not going to be ridden again. But he's

such a kind horse and I'm glad I can make his life just a little more comfortable. My mom and I come to the barn twice a week to groom, feed, and walk him. We also feed the other horses, Chewbee and Agnes. I've always enjoyed the company of animals and that's why I love being in the barn, there are cats, a few dogs, and horses of course. Volunteering just makes me happy, and that's why I do it.

Tereza Caicedo, Assistant Instructor and Horse Care

I have always been a lover of horses and being around them has always brought me a sense of calm and tranquility. When I discovered Grace Stables, I knew that it was the perfect place for me to reconnect with these majestic animals and find my inner peace.

At Grace Stables, the people are incredibly friendly and they are passionate about the care of their horses. They take great care in ensuring that each horse is

healthy and happy, which in turn creates a peaceful and welcoming environment for both the horses and the visitors.

I have been spending all of my free time at Grace Stables, grooming and caring for the horses, especially Hoben, an old horse that became my best friend. He makes me smile when I'm sad and always makes me feel better when I'm having a bad day. In return, I'm helping him with his recovery.

There is something so therapeutic about being around animals, and the horses at Grace Stables have a way of soothing my soul and helping me to forget about the stresses of everyday life.

I feel incredibly grateful to have found Grace Stables, and I know that I will continue to visit this place for many years to come.

The Hall Family: Volunteer Coordinators and Horse Care

Clifton Hall, Active Duty, and Kerrie-Ann Hall, Spouse

Grace Stables has held a special place in our hearts since our initial experience in 2020. We have since been extremely impacted by the care exhibited by the staff and volunteers. My three daughters take riding lessons and it has opened up a reservoir of learning on their part. They have made independent discoveries of their own. Grace Stables has become a safe haven for learning and developing for our entire family.

Nia'Mauri Hall

I enjoy going to Grace Stables, because I like helping with the horses. Also, knowing they work with the local community by having the orphans come to the stables is exciting for me as it gives me an opportunity to get to know people of a different culture.

Alyana Hall

Every time I go to Grace Stables I am excited because it gives me an opportunity to learn new things. I love the different animals that are there and I enjoy caring for them.

Joellah Hall

When I go to Grace Stables, I am happy to get to see the horses and I enjoy learning to ride.



Trebel Iman

Jeremiah Hall

It makes me happy to pet the horses.

Trebel Iman, Active Duty, Horse Care

I have been volunteering at Grace Stables for about six months now. It has been very enjoyable. I started coming because I wanted to get over my fear of horses and Ho-Ben helped me to quickly get over it. He is such a gentle giant that now going to help on Saturday is something that I look forward to.

MacKenzie Gonzales, Spouse, Assistant Instructor

As a spouse who is out here for two years and no job. Sarah has given me not only something to do but also helped me with feeling alone. I can come out here and feel like I have a little family and also enjoy what I love, which is horses. I have learned so much since I started coming here and can't wait to keep learning and loving these horses.

Grace Stables Korea

DON'T MISS OUR SUMMER MINI-CAMPS FOR KIDS SCHEDULED THROUGHOUT THIS SUMMER!

Discover Grace Stables, a licensed non-profit equestrian outreach center near Camp Humphreys in Asan.

As an outreach branch of Morning Calm Ministries and most recently merged under NCOA Korea Chapter, our goal is to provide education, character development, and leadership skills to various groups that can benefit from our services.

Join us in making a difference and experiencing the joy of horses in a safe and nurturing environment.

WE OFFER

- Assistant Instructor Training
- Community Welfare Events (Korean child welfare homes, diverse abilities, community in need)
- EAA/T (Equine Assisted Activities/ Therapy) based sessions
- Horse Leasing
- Mini Camps
- Parties/BBQs
- Riding and Horsemanship Lessons
- USFK Humphreys Suicide Prevention Program/ (EAA/T) based
- Volunteering (USFK VMIS registered)

Scan the QR code for directions to Grace Stables

010 9299 2070

GRACESTABLESKOREA@GMAIL.COM

Gwangju Busking World Cup Leaping Forward as a World Music Festival

By Kim Jeong-Chul



Canadian Buskers and Korean Dancers in front of the Chungjang Post Office

Every October, Gwangju Dong-gu proudly holds another festival called the Gwangju Busking World Cup, one of the world's exciting busking music competitions. The Busking

World Cup is a street festival for musicians around the world to play with music. Any musician who is 19-years-old or older, and loves music, regardless of music genre, race, or nationality, can participate.

This year's Busking World Cup will select 64 teams for the finals in June, and the recruitment of participants starts on April 7th. The first round of the finals (64 teams' competition) will be held



Borja Catanesi from Spain on the Chungjang-ro Street



La Sambusa from Argentina at the Asia Culture Center



Aancod from multiple countries, the 1st Prize Winner of the 1st Busking World Cup

on October 3rd and 4th, the second round of the finals (round of 32) on October 5th and the third round of the finals (round of 16) will be held on October 6th. The final round will be held on October 7th, and 8 teams will compete in a one-on-one tournament.

The venues for the performance include the May 18 Democratic Square and the Haniel Madang and Sangsang madang of the Asian Culture Center (ACC). Various exciting performances by Korean street artists will also be held to further enhance the festive atmosphere of the Busking World Cup. In addition, famous Korean and foreign musicians will be invited to perform at the final stage on October 7th, and at the celebratory performance stage on October 9th.

By cultivating busking musicians at home and abroad and providing citizens with a rich street culture, Gwangju Dong-gu aims to be the center of fostering the city's festival culture, the music industry, and the performing arts. In the festival, tradition and modernity coexist, and freedom and mutual respect, reconciliation, peace, love, and other values are permeated without race and nationality discrimination.

For more information, refer to the Gwangju Busking World Cup website: <https://www.buskingworldcup.com/eng>

My Journey with Taekwondo & Hapkido

By Master Nam Su Kim



I am Master Nam Su Kim, currently instructing Taekwondo and Hapkido classes at the USAG Humphreys CYS SKIES. First of all, I wanted to extend my deepest gratitude to all the parents for their unending support, interest and trust in my martial arts classes.

I started training Taekwondo when I was very young and have continued down the path of a martial artist for nearly forty years. During this period, I have met many great instructors and have been able to share blood, sweat and tears with many other martial artists, training to be the best that we can. I have also practiced several different styles of martial arts in order to further improve my skills and implement the best practices.

With the techniques, skills, and experiences I have gained over the years, I have instructed many martial artists from a variety of countries and have been working with great pride and responsibility as the Camp Humphreys CYS SKIES Martial arts Instructor, hoping to impart my knowledge and provide the children with a positive impact and view as a martial artist, through fun and memorable training classes. I am honored and appreciative of this opportunity to be able to work with the professionals at CYS, and our highly qualified instructors,

and hope to provide everyone with the best quality of training and memorable experiences.

Taekwondo in Korean Education Culture

Training Taekwondo at a young age is a big part of Korean education culture; most Taekwondo academies in Korea offer classes and training tailored to children. During my time training at the YongIn Martial Arts University in 2001, I recognized that expat adults in Korea with an interest in Taekwondo often have difficulty finding a professional academy for adults. With this knowledge and my background as a martial artist, I wanted to introduce professional training specifically for the expats, starting with the English teachers in Korea, by implementing a weekend Taekwondo class.

Still a student at that time and lacking the financial capabilities to open my own gym, I rented spots at whatever gyms would allow. Through this experience I was able to meet people from various cultures and countries, further improving my abilities as an instructor capable of specifically teaching foreigners. This eventually led to an opportunity to teach military personnel on base in YongIn in 2003, which was the start of my valued relationship with the U.S. military.



I had operated Korea's first expat-only martial arts gym, Total Martial Arts System (TMAS), in Itaewon from 2008 to 2019 and professionally trained many people from all over the world, visiting or residing in Korea. In addition to the TMAS academy, I instructed Taekwondo in the U.S. Embassy Community Center at U.S. Army Garrison Yongsan and in two of the largest international schools established in Korea for many years.

Before moving to Pyeongtaek four years ago, I closed TMAS near USAG Yongsan and re-opened my studio here, Humphreys Taekwondo. I am continuing teaching on post but felt the necessity of opening another gym off base, mainly due to the regulation of needing to have a registered Korean business in order to award black belts to the students.

According to the Korean laws and regulations of the Taekwondo Federation, a fully-licensed and certified instructor must have a fitness facility that has passed the safety inspection, prior to going to the district office to get a permit to operate a Taekwondo gym. With their own license and approved facility, the certified instructor may apply to the Taekwondo Federation to be able to award black belts. Because the facility I am teaching



on base is considered extraterritoriality, I was unable to register as a business and get certified from the federation for black belt testing.

Now that my gym off base is completed with all legal steps taken and approved, we will be able to conduct black belt testing for the students that have been training hard and diligently on post. Aside from the black belt testing, I am also conducting free of charge Friday personally instructed extra classes in hopes to further encourage children participating.

I believe that through Taekwondo training, everyone, especially children, improve their positive self-development and social skills. In order to conduct such training, it is important to have specific technical methods, a step-by-step training program and a variety of educational content. But most important of all, the right mindset and spirit of the instructor is vital.

Martial arts is an educational experience transferred along through mind and body. Meaning that there must be constant respect and bond between instructor and student. To show the student that the instructor is also training and sweating, working hard together while showing interest in each and every technique and stance, with



practical demonstrations for understanding. Through this training method, a heart-to-heart bond may be established and with constant encouragement and trust from the instructor, this positive synergy results in the most efficient training.

This is the practice I have been implementing for the past twenty years. After every class, the children and I shout, "strong spirit, strong mind, strong body!" I believe all three can be the same thing. By developing one, the others follow. Through rigorous Taekwondo training, physical strength, self-control, integrity and respect will all improve, meaning you will be able to implement this stance into everyday life, with comfort and understanding. This is the great value that I believe to be the most important thing to share.

Korean culture perceives Taekwondo education as an important step during childhood for development of social skills and physical capabilities. Because of this mindset, there are many people who consider Taekwondo a youth stage activity.

Taekwondo is a martial art that men, women, and children of all ages train, with professional and sys-

temic programs tailored to age groups available. There is great meaning in training Taekwondo in Korea, as it is not only the birthplace of the art and the national sport, but also where the international headquarters is stationed. To be able to train Taekwondo in its origin country with the instructors who have been continuing the legacy for generations is a fantastic and meaningful opportunity. I have trained with children, adults and even groups for over twenty years, teaching not only Taekwondo but also other traditional Korean martial arts such as Hapkido and Yongmudo. It is a great honor and pleasure to have done this thus far and I hope to continue for as long as I can.

The classes on Humphreys CYS SKIES are for students between ages 4 to 18, and I conduct adult and family classes in my gym off base.

It is my goal to train with many people and share my knowledge and experience with them and be remembered as a great instructor to everyone that I have and may train with. Each day spent training is a gift that I will always cherish.

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Application



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Villa



Sauna



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Plant



Hospital

Descale Top water pipe(Φ3")



Before



After(60 Days later)



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E-mail : ktiklm@naver.com

Eighth Army Wightman Non-commissioned Officer Academy — “BY EXAMPLE”

Written by Andrew N. Rehedul, Command Sergeant Major, U.S. Army, Commandant
Photographed by Erin Henderson



The Eighth Army Wightman Non-commissioned Officer Academy is the premier institution driving innovative development for enlisted leaders; constantly focused on readiness. The 8A NCO Academy will deliver Professional Military Education to Junior Leaders in order to develop fit, disciplined, and well-educated NCOs capable of leading tomorrow's Army. Additionally, we prepare Korean Augmentation to the United States Army (KATUSA) Soldiers to be fully integrated in the Eighth Army mission to strengthen the ROK/US alliance during all operations. Concurrently, the academy is prepared to conduct RSOI operations in support of contingency operations on the peninsula.

At Wightman NCOA, I expect you to be physically tough, disciplined, motivated, and mentally and emotionally resilient. You must possess the ability to instill confidence in your students and peers, while inspiring them to meet and exceed the standard. The future of our Army depends on you; the Army cannot accomplish its mission without your drive and commitment.

Your time at the 8A NCOA will be both challenging and fulfilling. You must arrive both mentally and physically prepared to take on one of the most demanding challenges you have ever faced. You are joining a team of professional warriors; experts in our craft who conduct hard, realistic training to better prepare future leaders for when our nation calls upon us to do our duty.

I am honored to be the Commandant of the Eighth Army Wightman Non-commissioned Officer Academy and take great pride in the sacrifice and service of every Soldier, Civilian, and Family member within this organization. We are excited to have you on our team as we lead “By Example”.







My Office Wall

By Candace Walton



There they were again - all of the awards and certificates and plaques and mementos that my husband Jeff had racked up during his eight years in the armed forces as an Army Engineer. They stared back at me from his side of our shared office. My wall next to my desk was opposite his, and my wall was blank. The office looked almost lopsided with one wall so full and the other an ocean of white.

Don't get me wrong, I am immensely proud of my husband, and he earned every single item plus more on that wall. He should be proud of all the things he has accomplished. But as we are unpacking our 7th home in our 12 years of marriage, I look at my blank wall on my side of the office. What had I done during all those years of military service? As a homemaker, wife, and Mom, it felt impossible to quantify what I had accomplished during that time. Yet I sat there feeling completely inadequate, and somehow,

very left behind.

As I sat in the tension, I tried to process all I was thinking and feeling. The tension was the simultaneous feeling of pride for my husband and yet still feeling upset. Why was I upset?

Well, my husband has done some incredible things in his Army career. Then again, so had I. But I don't have the shining gold lined certificates in impeccable black frames that declare any of my outstanding achievements as a wife, mother, military spouse, chauffeur, homeschool teacher, cook, nurse, counselor, partner, teammate, and cheerleader. Those things...those things don't get you paper certificates. Even if you have your first baby when your husband is deployed. Even if you support your spouse during his rough transition back home. Even if you are the one that tirelessly makes every house a home no matter how many times you have moved. Even if you comfort your child as their

Daddy misses yet another milestone while hiding how hurt you feel that he cannot be present. Even if you bust butt to make that one familiar supper for your family when you live overseas because you are all dying for some authentic Mexican food.

I stared and stared at my blank wall. It would sure be nice to be seen and heard. For the commander who gave out the awards to my husband to truly understand exactly how much he or she asked not only of my husband, but our entire family as well. Of me.

For a few days, I could no longer look at my side of the office but kept myself busy organizing the rest of my home. Hopefully, I would feel better if I just didn't think about it. Thankfully, Jeff knew me, and he knew better.

A few days later, Jeff picked up a hammer and asked me while pointing to my wall, "So, what do you want up here?"

One by one, I dug things out from amongst the half-unpacked boxes to put up on the wall. Things that meant a lot to me that came with us along the way on our military journey and now missionary journey. That blank wall had started to fill up a lot quicker and easier than I thought it would. And somehow, I began to feel better. As we hung things up, Jeff and I started to talk about the items I chose. The postcards from the Eagle and Child from Oxford, the drawing of rabbits from my garden in Virginia, a painting from one of my favorite artists of a campfire in dark woods, pictures of my husband and children, a flag Jeff flew for me while he was in Afghanistan, my Nursing diploma, a map of my favorite European city, inspirational quotes, and more. I started to see the pieces of me on my wall. Although, I still felt a little intimidated by all the stuff on Jeff's wall, and I even told him how I'd been feeling for the past few days.

"What?" He said and then gestured to his side, "I would not have been able to get all this stuff if I was alone. You made this possible."

It was a very sweet thing for him to say. I only half believed him even though he is sincere. Actually, I think I only slightly believed him at first.

But as I looked from his wall to mine - back and

forth - I realize something. The two walls are two sides of the same coin. Two perspectives of the one life that we are both building together. His side reflecting his journey from Engineer Army Captain, to divinity school student, to missionary to the military. And mine, from a nurse, to a wife and military spouse, to a Mom, and now also a writer, missionary, and teacher.

Both walls are so full now, and I started to feel so full. Even though I felt as if being a military spouse would swallow me whole at times, my husband never saw me disappear into it. He saw the person that was on my wall even when I could not see it myself.

I realize that there are many things on my wall that would not be there if I didn't have Jeff in my life cheering me on. I look at Jeff's wall differently, and I start to believe him. Just as he had pushed me to become better and better, I had pushed him to do the same. He had a hand in my success, and I had a hand in his. God has used us in each other's lives to work towards the calling He had for us with our own unique gifts, jobs, and identities. Together we have done so much and have gone so far on the strength God has empowered us with.

It hasn't all been easy. There are many memories on these walls of long seasons where we just barely survived in our marriage, parenting, military life, transitions, bitter depressions, unending sickness, and family crises. But that is the bittersweet preciousness of a life that God has called us to. We can look back not only when times were good and we thrived, but also when times were downright awful, and we survived anyway. Together. Two different people living one life together. In a place where God wants us to be. God didn't waste a single moment of the good or the bad. He sees and uses every aspect of our different jobs and personalities and identities that make up our shared life. We are both working towards the same goals even if it looks completely different. The comfort of that is a warm blanket around me.

I no longer feel intimidated by Jeff's wall.

Another thought occurs to me. We are going to need a bigger office soon.

From Helping Toddlers With Communication Challenges, To Selling Well Loved Treasures

By Veronica Lopez Gomez

Building a career means the investment of a couple or many years of studies; multiples nights awake reading, facing anxiety every time a test comes, gathering all required licenses and certifications to practice a profession, and much more to finally get that dream job, or at least the first of many to build a successful career.

Well, after almost ten years at college getting a Bachelor, Master, studying English as a Second Language, and getting licenses and certifications, I got that dream job. I was hired as a Bilingual (Spanish) Speech and Language Pathologist, providing home-based services to children from 0 to 3 years old with communication delays. At the same time, I started from scratch in Long Island, NY, looking for a new place to live, buying a first car, finding new friends who became family, and enjoying my new and unique life in the suburbs.

After five years of a super rewarding career, working with a primarily low income and immigrant population, I decided to quit that treasured job, and leave behind what by that time was my perfect life, to live with my husband at his (our) first duty station.

A couple of years ago in New York, I found myself addicted to exploring second hand stores (something new for me). Weekly, I would get lots of materials, toys, and books to use with my pediatric patients. Many dollars were saved buying second hand products such as Melissa and Doug, Learning Resources, and Fisher Price. I never imagined that one day, I would work at one of those stores.

I moved to South Korea one month before COVID started, with the conviction I would find a job as a Speech Therapist in one of the schools on base. There was only one Speech Therapy position and it was not available at that time, or for the next two years.

It was a drastic change. Coming from working twelve hours a day, visiting around ten or twelve children per day, spending many hours after work and during weekends writing daily notes, and progress reports, to

suddenly having 24 hours free and an unknown life as a military wife, thousands of miles from home. It was emotionally awful.

I had a lot of time to overthink, endless hours at home telling my mind to calm down, fighting with depression and anxiety, and having second thoughts about quitting my job in the States. Then one day, I found a volunteer opportunity posted on Facebook, at The Painted Door Thrift Store (currently Humphreys Thrift Store), three blocks away from my new home.

What started as volunteering a few hours a day turned into being hired to my new dream job. Unrelated to what I studied for ten years, but the experience allowed me to express my passion to help and give the best of myself. And, I became a paid employee. Lifting heavy boxes, bags and furniture; sorting clothes, shoes, books, accessories, house items and more; fixing and cleaning dirty and sometimes awful donations to put on sale, and thus giving them a new opportunity to live in a new home...it was overwhelmingly satisfactory. The experience of sorting through abundant donations from military families whose precious and valuable belongings could not be part of their journey anymore, made me realize how generous our community is, and it was heartening to learn and understand how the Thrift Store profits benefit the same community.

Giving a chance to volunteering provided me with a wonderful way to spend each day doing something productive and keeping my mind busy, and also to contribute to people and the planet. Reinventing myself, by facing new and challenging circumstances, was a survival instinct. What I initially thought I was doing—donating my time, abilities and physical effort—turned out to be one of the best experiences of my life in Korea.

The Thrift Store was more than a place to volunteer, and then a job and a way to earn some money. It became an outlet to my emotional struggles; my coworkers became family, going through donations became my new favorite hobby, and shopping became an addiction (a good one from my point of view).

One year and six months later, I got into my next dream job; I became a mother of a gorgeous, smart girl. Unfortunately I had to quit, for the second time, a dream job. I returned as a volunteer after three months of giving birth and for the following five months. Due to circumstances beyond my control, I stopped volunteering at the Humphreys Thrift Store, but my heart is filled with the best memories, unique anecdotes, new friends, and new ideas about how to spend money smartly and how to give our not desired articles a second chance of living in a new home.

De Ayudar a Niños Con Desafíos En La Comunicación, a Vender Preciados Tesoros

Por Verónica López Gómez

Construir una carrera, significa la inversión de un par o muchos años de estudios; múltiples noches despierta leyendo, enfrentando ansiedad cada vez que un examen se acerca, reuniendo todas las licencias y certificaciones requeridas para ejercer una profesión, y mucho más para finalmente obtener ese trabajo soñado, o al menos el primero de muchos para construir una carrera exitosa.

Bueno, después de casi diez años en la universidad estudiando la licenciatura, la maestría, Inglés como segunda lengua y sacando todas las licencias y certificaciones, obtuve ese trabajo soñado. Fui contratada como Patóloga Bilingüe (Español) del Habla y Lenguaje, proveyendo servicios en casa a niños entre 0 a 3 años de edad con retrasos en la comunicación. A la misma vez, empecé desde cero en Long Island, Nueva York, buscando un nuevo lugar donde vivir, comprando mi primer carro, encontrando nuevos amigos quienes se convirtieron en familia, y disfrutando mi nueva y única vida en los suburbios.

Después de cinco años de una carrera súper gratificante, trabajando con población de inmigrantes y bajos ingresos primariamente, decidí dejar ese atesorado trabajo, y dejar atrás lo que para ese tiempo era mi vida perfecta, para vivir con mi esposo en su (nuestra) primera estación de servicio.

Un par de años atrás en Nueva York, me encontré adicta a explorar tiendas de segunda mano (algo nuevo para mí). Semanalmente, yo podía comprar muchos materiales, juguetes, y libros para usar con mis pacientes pediátricos. Muchos dólares fueron ahorrados comprando productos de segunda mano de marcas como Melissa and Doug, Learning Resources, y Fisher Price. Nunca imagine que un día yo podría trabajar en una de esas tiendas.

Me mude a Corea del Sur un mes antes de que el COVID empezara, con la convicción de que podría encontrar un trabajo como Terapeuta de lenguaje en una de las escuelas de la base. Hay solo una posición y esta no estuvo disponible en ese momento, o por los próximos dos años.

Fue un cambio drástico. Viniendo de trabajar doce horas al día, visitando alrededor de diez o doce niños por día, dedicando muchas horas después del trabajo y durante los fines de semana escribiendo notas diarias y reportes de progreso, para de repente tener 24 horas libres y una vida incier-

ta como esposa militar, cientos de millas lejos de casa. Fue emocionalmente terrible.

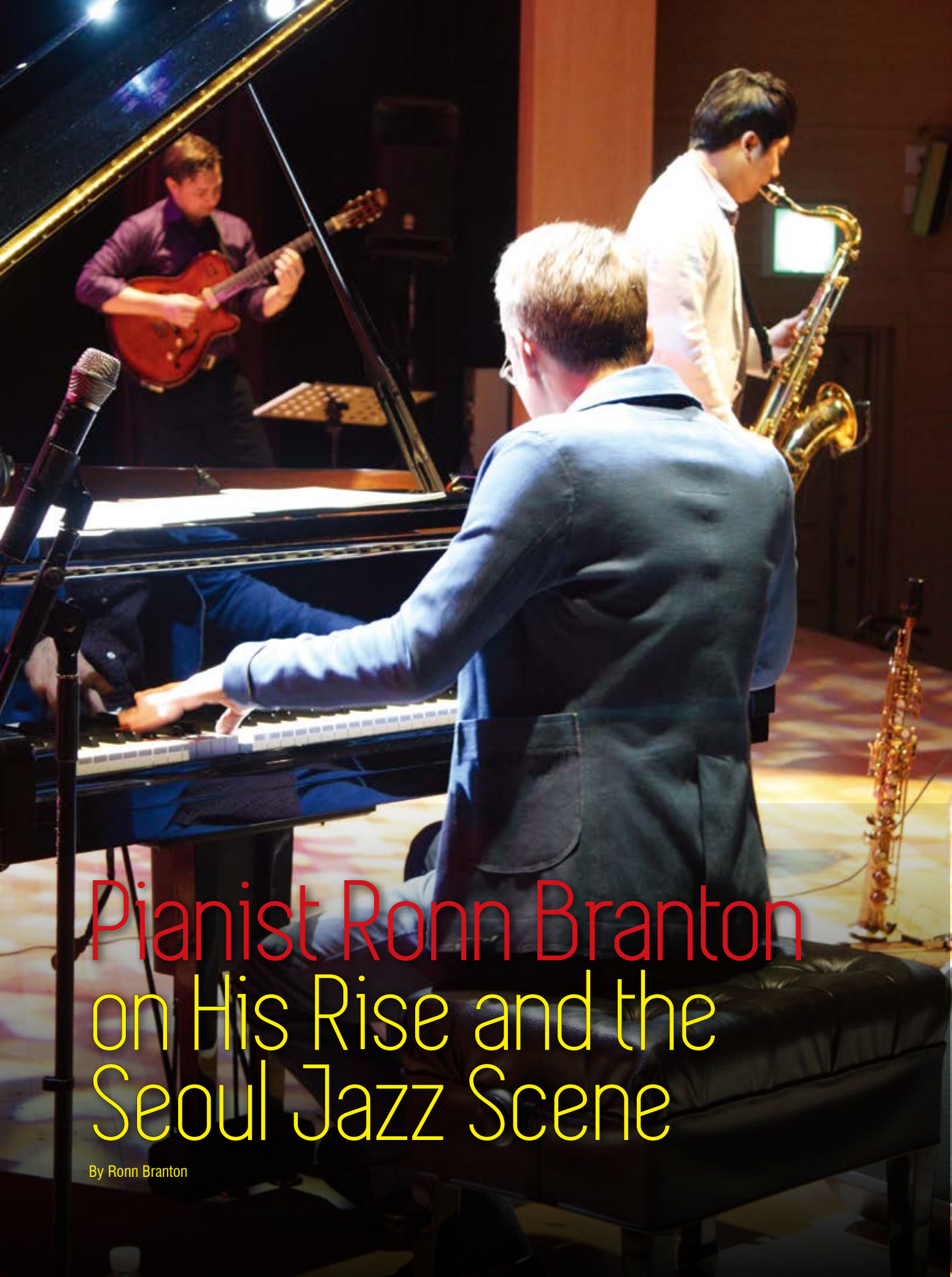
Tuve mucho tiempo para pensar demasiado, interminables horas en casa diciéndole a mi mente que se calmara, luchando con depresión y ansiedad, y teniendo dudas sobre si debí haber dejado mi trabajo en los Estados Unidos. Luego un día, encontré en Facebook una oportunidad para voluntariar en el Thrift Store The Painted Door (actualmente tienda de segunda mano en Humphreys), tres bloques a distancia de mi nuevo hogar.

Lo que empezó como voluntariando un par de horas al día, se convirtió en ser contratada en mi nuevo trabajo soñado. No relacionado con lo que estudie por diez años, pero la experiencia me permitió expresar mi pasión por ayudar y dar lo mejor de mí. Y, me convertí en una empujada. Levantando cajas pesadas, bolsas y muebles; separando ropa, zapatos, libros, accesorios, objetos del hogar y más; arreglando y limpiando suciedad y algunas veces terribles donaciones para poner a la venta, y así darle a los artículos una nueva oportunidad de vivir en un nuevo hogar fue abrumadoramente satisfactorio. La experiencia de clasificar a través de abundantes donaciones de familias militares cuyas preciadas y valiosas pertenencias no podían ser más parte de su camino, me hizo darme cuenta de cuán generosa nuestra comunidad es, y fue alentador aprender y entender como las ganancias de la tienda de segunda mano benefician a la misma comunidad.

Darle una oportunidad al voluntariado, me produjo una maravillosa manera de pasar cada día haciendo algo productivo y mantener mi mente ocupada, y también contribuir con las personas y el planeta. Reinventarme a mí misma, enfrentando nuevas y desafiantes circunstancias, fue un instinto de sobrevivencia. Lo que inicialmente pensé que estaba haciendo al donar mi tiempo, habilidades y esfuerzo físico, se convirtió en ser una de las mejores experiencias de mi vida en Corea.

La Tienda de Segunda mano fue más que un lugar para voluntariar, y luego, tener un trabajo y una manera de ganar algo de dinero. Se convirtió en una a mis luchas emocionales; mis compañeras de trabajo se convirtieron en familia, yendo a través de las donaciones se convirtió en mi nuevo y favorito pasatiempo, y comprar se convirtió en adicción (una buena desde mi punto de vista).

Un año y seis meses después, entre en mi nuevo trabajo soñado, me convertí en madre de una preciosa e inteligente niña. Desafortunadamente, tuve que renunciar, por segunda vez, a un trabajo soñado. Regrese como voluntaria al mismo después de tres meses de haber dado a luz y por los próximos cinco meses. Debido a circunstancias fuera de mi control, pare el voluntariado en la tienda de segunda mano de Humphreys, pero mi corazón está ahora lleno de los mejores recuerdos, anécdotas únicas, nuevas amistades y nuevos pensamientos sobre cómo gastar el dinero inteligentemente y cómo darle una segunda oportunidad a los artículos que no necesito en un nuevo hogar.



Pianist Ronn Branton on His Rise and the Seoul Jazz Scene

By Ronn Branton

I was born in Tallahassee, Florida and from an early age, music always seemed to hold my attention, such as when my mother played Bizet, Korsakoff and Chopin records. I really didn't commit to making music until later in middle school when I was visiting a friend's house and his step father had a piano which he played and one day he proceeded to play Chopin's E-flat Nocturne and Liszt's Liebestraum no.3. It was such a remarkable experience for me that I remember to this day exactly what he played. I went home and decided that I wanted to write music like that and started teaching myself how to read music and how to play. I was really interested in learning how to write music and this really became a direction for me when I read a book by the English medium Rosemary Brown, who claimed to talk to Liszt and Chopin, who in turn dictated music to her to write down. I realize this sounds pretty odd but I thought at the time, hey, if these guys are still trying to write music after all this time, why not me?

I took band in junior and high school, which allowed me to immerse myself in music transcriptions for wind band and we even had a chance to do older Broadway musicals like Irving Berlin's "Anne Get your Gun" and "The Music Man" which contain songs often played by Jazz musicians such as John Coltrane and others. During this time, I spent hours listening to Chopin, Liszt, Brahms and anything that I found interesting such as John MacLaughlin, Robin Trower and various Blues guitarists. I was able to connect with other local musicians who wanted to play as well, thus I started learning how to play Rock and Blues tunes in a local band we formed.

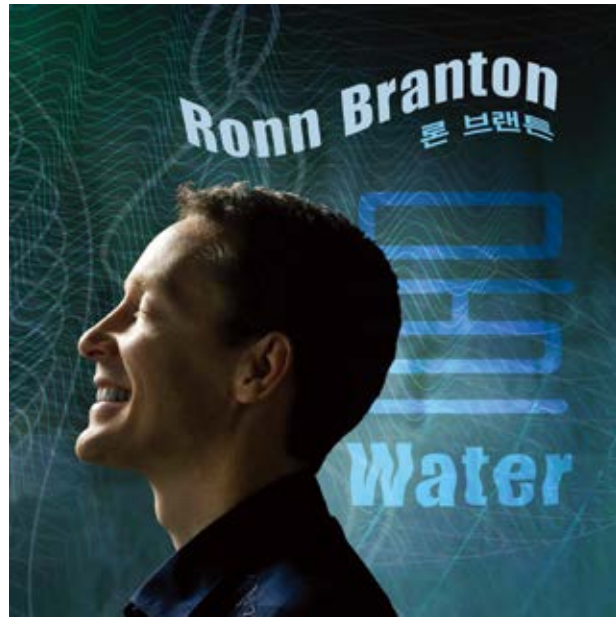
I had also started piano lessons and developed a technical foundation upon which I could use to explore music more. I studied classical composers such as Beethoven, Schumann, etc. at first. Though I started college in Chattanooga, Tennessee, I realized that I couldn't grow nearly enough staying there, so I left and went north to Washington D.C. and eventually enrolled in the University of Maryland at College Park which has a larger music program. During this time at Maryland, I came across some musicians who were playing "Four" by Miles Davis and they invited me to join them to work on playing Jazz as well, which was a challenge since I had only performed "Classical" music. After spending time listening and transcribing, I was hooked on playing Jazz and thus began years of working on learning the craft and language that is Jazz. The most important part of learning music is developing an ear since most everything one can learn must be transcribed from a recording. I spent many an hour doing just that and still do to this day.

After I graduated from Maryland I did work in related



graphics fields and ended up working for a graphic design firm. During that time, I decided to try an online dating service wherein I came across a certain young woman from South Korea who turned out to be my wife. We connected during a trip she took on business to New York and at some point decided that we could make a couple so we got married and had to decide if she would join me in Washington, DC or if I would relocate to Seoul. After some thought, I decided that it would be more interesting for me to move to Seoul and try something completely different thus I moved there in 1998. South Korea has turned out to be a really nice place to live because the people are very nice and it was easier for me to get back into performance, writing and arranging here since my wife has excellent business contacts which are far more difficult to attain in the US.

I started performing here in Seoul when Jazz was just starting to really pick up in popularity. Since that time, there are better musicians available and many of the younger Korean musicians really apply themselves to learn how to play better. Some have gone abroad to learn and have returned to live and perform here. I've found it to be easy to work with Korean musicians since



our common language is music. Korean musicians as a whole are still growing and acquiring new ideas. I've even heard one guitarist who has the most interesting combination between Samul Nori and Jazz in the context of a musical show. I can't say I've heard anything like this anywhere else.

Being here and especially since the advent of the Internet, I've been able to develop a more eclectic style and have written a collection of works which make use of Korean instrumentation and ideas such as what is found in Sanjo – a style of traditional Korean music, involving an instrumental solo accompanied by drumming on the janggu, an hourglass-shaped drum.

Another thing I have done in the past is to have started a concert series originally called "Jazz is . . ." which was a trio format and consisted of standards, originals and always at least one Duke Ellington or Billy Strayhorn tune. I've found one really good way to reach a Korean audience is to take a well known Korean song – even one that is considered over performed – and to rearrange this in my own Jazz style. The result is interesting because the music is so well known that when the audience hears this in a new and totally different context that brings out the inner quality of the song, they reach an understanding of just what Jazz can be like. The moment the audience makes this connection between what they know and something new and different is a very special place that I enjoy sharing with an audience. This sort of approach can be done with an American audience or European audience but it is a bit more tricky.

I recorded one album of Korean Children's Songs as

a cross-over project with the Korean soprano Wonjung Kim. Children's Songs is an actual genre of music here in Korea where mature Korean composers would write music with children in mind who would then sing these songs. The songs I arranged for a Jazz quartet and a classical soprano were written between 1936 (the oldest) and 1971 and include some of the better known Korean composers such as Hong Nan-pa. This album gained me more awareness among ordinary Koreans than anything I had done before since these songs are so well known and are well written. I have recorded several albums with Wonjung Kim as well which include originals and classical pieces.

I recorded one album called "Water" here which is all original music written as a kind of portrait of my life here in Korea, all centered around the theme of "water". This project was the culmination of my work in writing both formal and Jazz music since I combined techniques from both idioms into these works. I used all Korean musicians except for the bassist who is American too.

I've even written a stage musical called "Tiger" which was performed several years ago and is based upon an original concept and story which I and my wife developed together about a Korean scientist who goes on a search for what might be the last tiger in all of Korea. This was one of the few times I've gotten to stretch out and orchestrate for a full orchestra and singers. I used a digitally sampled orchestra to create the score, through I wrote out the complete parts as if I were writing for a real flesh-and-blood orchestra, complete with a rhythm section (guitar, drums, electric bass). We put together a performance run for this show using Korean lyrics and some really fine Korean musical show singers who did a smashing job of performing this challenging score. I really learned a lot about writing for the stage through this work. Before this, I have done arrangements for other musical shows such as "Looking for Kim Jun Oak" where I did arrangements for string quartet and rhythm section plus saxophone.

I have been doing special concert performances for Summer and Christmas time as of late but I am beginning to get back out into special performances in a club setting, doing a trio or duo (with bass). Currently I am preparing to perform a Thelonious Monk Concert which, of course, is dedicated to some of the lesser performed works for the Jazz composer and pianist Thelonious Monk. I'm also looking forward to doing a concert in Paju this coming September and I believe tickets will be sold through Interpark or another ticketing agency here in Korea.

ESSENTIAL SHOPS

Welcome to Korea! To help you get settled, here are some recommendations from people in your community on the best shops for essentials, the top apps in Korea, and tips to find great deals.

Reach out to *United on the RoK* if you have more suggestions!

TOP RECOMMENDATIONS

- Daiso - for household goods
- NMart - for fresh produce
- Modern House - for home goods
- Costco - for stuff in bulk
- Olive Young - for skin care products
- Panda Mart - for household goods
- EMart - for groceries & household goods
- No Brand - for groceries
- Happy Quilt - for fabrics

RECOMMENDED APPS

- KakaoTalk - for messaging
- Naver Map - for directions
- KORAILTALK - for train tickets
- Kakao T - for taxi hailing
- Coupang - for online shopping
- Naver - search engine
- WAUG - for booking activities
- 1330 Korean Travel Hotline - for questions
- Papago - for translations
- Shuttle Delivery - for ordering food
- AirVisual - for air quality report

FOR GREAT DEALS

- Check out the thrift shop at the post nearest you: Osan Thrift Shop, Humphreys Thrift Shop, Daegu Apple Tree Gift & Thrift Shop, Second Hand Rose Thrift Shop (Yongsan)
- Ask about support organizations off base, such as Morning Calm Ministries outside Yoon Gate at Humphreys, which has clothing, kitchen items, and household goods. Contact Bobby McKnight @ 010-8015-2027 to arrange a time to pick up what you need.
- While you're there, Chris' Furniture is across the street. He has a wide inventory of household and office furniture at a reasonable price, with delivery service. Check him out on Facebook @chrisfurnituregallery
- Facebook is another great resource. Check out the Buy/Sell page for your area or the Giving page.
- Also check out thrift shops, street markets and farmers markets off base for great finds!



ArmyIgnitED - CrossFit, LLC

By CrossFit, LLC

For years, CrossFit has been an ardent supporter of the U.S. armed forces in the mission critical task of physically and mentally preparing soldiers for the unknown and unknowable challenges that exist down range. The wide variety of movement patterns, rep schemes, and time domains used in CrossFit creates a broad, general, and inclusive fitness. Our workouts incorporate functional movement patterns that transfer to real-world application. While the high-intensity level of our workouts drives the results, we can adapt our curriculum to produce successful outcomes for any fitness level. CrossFit understands

the unique needs of our soldiers, and we are excited to offer in-person and online courses to eligible soldiers through Army Credentialing Assistance.

The ArmyIgnitED Program allows eligible soldiers to attend continuing-education courses at no cost to the soldier up to \$4,000 per year. Additional information about the program is available through the soldier's ArmyIgnitED portal and the CrossFit page. The program is available to enlisted service members, warrant officers, and officers. Eligible soldiers include those who are: active Army, active Guard/Reserve (AGR) pursuant to Title 10 and Title 32, U.S. Army Reserve (USAR),

and Army National Guard (ARNG) in an active drilling status with a designation as satisfactory.

The ArmyIgnitED landing page and registration process is as follows:

- Soldier visits our ArmyIgnitED page and selects "Request a Quote."
- They complete their Credentialing Assistance Request in the ArmyIgnitED portal and submit their quote for payment.
- Once approved, the soldier will receive additional registration instructions as applicable for their course selection after CrossFit has received payment from the Army Finance team.

Available courses include:

- In-person and online CrossFit Level 1 Course.
- CrossFit Level 2 Certificate Course (CrossFit Level 1 is a prerequisite).
- Certified CrossFit Trainer (CCFT) - through Army COOL (CrossFit Level 1 and Level 2 certificates are prerequisites).

- Select online courses: Scaling, Lesson Planning, and Spot the Flaw.

Course Descriptions:

- Level 1 Certificate Course: Improve as a soldier and leader, enhance your fitness and nutrition knowledge, and elevate the fitness of your unit at the in-person Level 1 Certificate Course. Since 2008, over 300,000 people have experienced the life-changing magic of this course. Whether your goal is to open a CrossFit affiliate, become a coach, or pass the Army Combat Fitness Test, this course (or the Online Level 1) is your starting point.
- Online Level 1 Course: Ideal for soldiers away on deployment, the Online Level 1 Course includes a self-paced course followed by a live webinar where you can engage in Q&A and receive coaching and feedback from CrossFit's top trainers. This course is a convenient option for those who don't want to take leave or pay for travel.



- CrossFit Level 2 Certificate Course: Advance your coaching, leadership, and public-speaking skills while receiving one-on-one feedback and training from the best CrossFit coaches in the world at the Level 2 Course.
- Certified CrossFit Trainer: The Certified CrossFit Trainer (CCFT) credential is for an experienced trainer who wants to demonstrate a higher level of CrossFit coaching knowledge and become a subject-matter expert. This path is available through Army COOL.
- Online Training Courses: Our Scaling, Lesson Planning, and Spot the Flaw online courses provide avenues for exploring specific topics in more detail. Similar to attending a specialty school, these courses will set you apart and increase your expertise in a range of topics.
- Private Seminars: Unit commanders interested in improving the fitness of their soldiers can reach out to seminars@crossfit.com to inquire about private seminars.

For more information, please contact : seminars@crossfit.com.



SIWA's Global Philanthropic Initiative: "Coming Together"

Uniting Communities through a Collaborative Volunteering & Community-Building



On June 6th, the Seoul International Women's Association (SIWA) launched "Coming Together," a global philanthropic initiative to foster positive change among youth, uniting communities through volunteering and community-building. The success of SIWA's kickoff event at the Heyground Seongsu Branch relied on the collective endeavor of SIWA and its collaborators: Soyang Rainbow Home, a nurturing home for orphaned and abandoned children, members from Harvard University's Radcliffe Choral Society, Seoul Foreign School (SFS), and the foreign diplomatic community. SIWA brought together orphaned children, aged-out youth, and diverse volunteers from local and international communities to encourage cultural conversations and foster bonds through fun games and music sharing. Ms. Surabhi Kumar will host the second "Coming Together" event with the support of the Embassy of India to benefit at-risk youth cared for by the Seongnam Youth Support Center. Through philanthropic partnerships and collaborative efforts, SIWA aims to give marginalized youth a unique opportunity to meet people from various cultural backgrounds, learn about different cultures, and build self-esteem.

SIWA was established in 1962 by a group of visionary women passionate about bringing together

women from various cultural backgrounds where they can connect and build friendships, exchange unique experiences and perspectives, and make a difference in the communities by sharing talents and skills. SIWA's celebration of diversity and inclusion and its dedication to building a vibrant, dynamic, and inclusive community has resulted in a strong and thriving organization.

Something exciting always happens at SIWA, including arts and cultural exploration, interest group gatherings, SIWA socials, volunteering and fundraisers, and community impact events. Its unwavering commitment to empowering women and positively impacting communities through creativity and collaboration has remained steadfast for over five decades. SIWA strives to make a positive impact on both local and global communities through its collaborative efforts, and its core missions are empowering women, serving disadvantaged communities, promoting environmental sustainability, and uniting people through shared experiences and appreciation for arts and culture.

We invite you to connect with Seoul's local and international communities through SIWA. To learn more about the organization's enriching platform, please visit SIWA's website at www.siwakorea.com or connect with them on social media platforms @siwakorea.

Samgyetang

By Kim Jung-kook



There are many types of chicken dishes in Korea, and in the summer, a healthy food called Samgyetang is made and eaten. It is a food that replenishes energy to the body, which tends to be weak in summer.

Ingredients:

- Chicken for Samgyetang (500g)
- 1g ginger
- 10 garlic
- 10 jujube
- 1 green onion
- 2 ginseng roots
- 3L water
- 2 spoons of glutinous rice

TIP: If you go to a market or a mart, they sell chicken for samgyetang after it is trimmed.



Directions:

- Wash the chicken inside and out with salt. Remove fat from chicken tail to remove odor and oil at the same time.
- For glutinous rice, soak glutinous rice in water with 2 tablespoons per chicken.
- Wash garlic (about 10 grains per head) and about 10 jujube grains thoroughly.
- Put glutinous rice, 3 eggs of garlic, 1 root of ginseng, and 3 eggs of jujube inside the chicken and twist the chicken legs.
- Add green onion, garlic jujube, ginseng, and chicken to 3L of water and boil over high heat for 40 minutes. If you would like, you can add abalone and octopus.
- Season with salt and pepper.



Maple Top

An American-Southern Brunch Spot in Seoul

By Caitlin Ward

Maple Top is a great way to start your day. Located on the second floor of a building in Seongsu-dong, Maple Top offers a variety of American-style breakfast items and tasty, strong drinks.

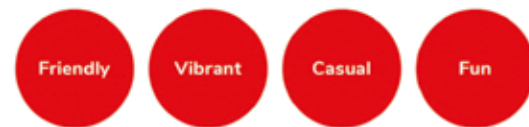
Our group ordered the Breakfast Charcuterie (French toast, pancakes, bacon, ham, eggs, sausage, whipped cream and fruits), the Southern Charcuterie (chicken, waffles, biscuits, pulled pork, sausage and gravy, and creamed corn), candied bacon, bottomless mimosas, seasonal lattes and coffee. The boozy brunch was delicious, fun, and a nice slice of home.

The owner, James, built the restaurant with that vision.

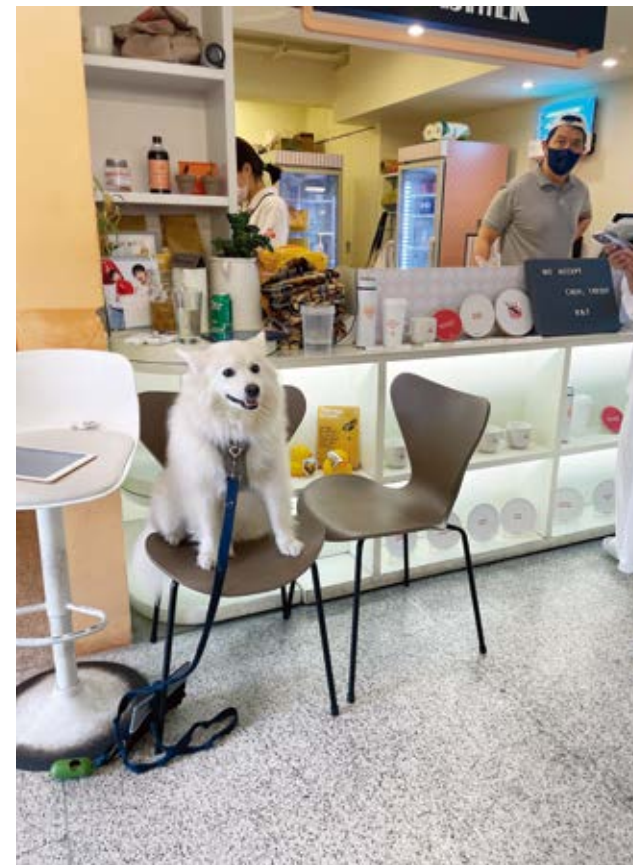
"I grew up in California where my breakfast and late night meals were always at Denny's, IHOP, and Roscoe's," said James. "I felt nostalgia for those American diner meals, especially the American-Southern inspired brunch choices that are hard to find in Korea."

Maple Top was established in the summer of 2021 with the mission to provide good food, good vibes, and a good location for families and friends to get together.

Reservations are required—the restaurant seats about 100 people and is visited by 1000 customers each weekend. The terrace just outside overlooks a central garden inside the



have a
MAPLE TOP
day!



building. The restaurant offers vegan options and plant-based milk.

James has been a restaurateur in Korea for the past ten years, operating restaurants such as Coreanos Kitchen (Mexican), Nori Table (California-style Sushi), and Xiao Zhan (Taiwanese Noodles).

"I was running as many as ten restaurants before Covid hit," James explained. "During the pandemic, I had to close nine directly owned and operated restaurants due to Covid-related business restrictions—that's also when I opened Maple Top."

"Established when Covid tried to destroy us," Maple Top is a restaurant that aims to provide creative brunch flavors while supporting local businesses."

Maple Top is open Mon-Fri 10:00am-7:00pm, Sat-Sun 10:00am-8:00pm. To make a reservation, call 02-3789-4427



**work hard,
brunch harder**

If Seongsu (Seoul) is too far for you, a second location recently opened in Dongtan, near Osan and Pyeongtaek. Whether you're going for the aesthetics, the food, or the drinks, Maple Top delivers!

Find us on Naver

Seongsu: <https://naver.me/xrP3mNCz>

Dongtan: <https://naver.me/xKWMcm2N>

What Service Members Need to Know about Epilepsy

By Alison Kukla

Traumatic Brain Injury (TBI) is the leading and common cause of injury or head trauma for service men and women. TBI happens when a person's brain is physically injured, usually by sudden force. With military members, this injury is usually because of a concussive blast or explosion and, because the damage is internal, there may be no visible head wound.

Depending on the type and severity of trauma a person experiences, TBI may cause bruising of the brain, bleeding inside the brain, bleeding between the coverings of the brain, bleeding between the skull, and coverings of the brain. Even if bleeding occurs outside of the brain, it can have an impact on brain tissue by compressing the brain and disrupting normal brain anatomy and function. TBI can also cause mild to severe swelling of the brain.

According to the Department of Defense, more than 350,000 U.S. military service members have been diagnosed with TBI since 2000, and the number continues to grow. In addition to memory problems, depression, and post-traumatic stress disorder (PTSD), U.S. service members and veterans with TBI are at greater risk for epilepsy and seizures. It is estimated that between 30-50% of military personnel living with TBI will develop epilepsy.

Epilepsy is a brain disorder that causes seizures. There are many types of epilepsy and different kinds of seizures. When a person has two or more unprovoked seizures, they are considered to have epilepsy. Post-Traumatic Epilepsy (PTE) is a seizure

disorder that is caused by TBI.

TBIs can cause a seizure right after the injury happens or even months or years later. Approximately 1 in 10 people will experience an early seizure after TBI. A person is at higher risk for developing PTE if they experience early seizures after the TBI, or if they had bleeding into brain tissue or bruising of the brain at time of injury. Early diagnosis and treatment are important but, oftentimes, military members tend to under-report mild TBI to avoid removal from combat situations or active duty, so they go undiagnosed.

A 2015 VA study found that 16 percent of all veterans diagnosed with seizures and treated with antiepileptic drugs had been diagnosed with a TBI, and 24% had been diagnosed with PTSD. In comparison, veterans who deployed after 9/11 and who were treated for seizures, 53% had been diagnosed with a TBI and 70% with PTSD.

According to a 2010 study funded by the U.S. Army and published in *Neurology*, 44% of Vietnam War veterans, most of whom had penetrating head injuries, developed epilepsy after their injuries.

In 2008, the Epilepsy Foundation supported the VA Epilepsy Centers of Excellence Act that became law. The law established a network of centers funded by the Veterans Administration that help bring specialized epilepsy care to the overall VA health network. Today, the Epilepsy Centers of Excellence are a national network of 17 sites that provide comprehensive, high-quality treatment and support to veterans with epilepsy or other seizure disorders, including those living in rural communities or far from VA hos-



pitals. In addition, the Centers of Excellence conduct research that may lead to the prevention of epilepsy as an outcome of TBI, as well as research for better seizure control and treatments.

For years, the Epilepsy Foundation has partnered with the Centers for Disease Control & Prevention to build nationwide programs to ensure everyone is better trained to recognize seizures and administer first aid. The Foundation provides seizure first aid trainings and resources for veterans and their families affected by epilepsy.

The Foundation's Seizure Recognition and First Aid Certification program incorporates the Epilepsy Foundation's approach to seizure first aid — #Stay-SafeSide — which is tailored to seizures with change in consciousness, awareness, movements, behaviors and setting. The Stay Safe Side poster is available in multiple languages, including Korean.

The Seizure Recognition and First Aid certification training is available On Demand to educate everyone

on procedures for recognizing seizures and responding safely to someone having a seizure. Providing accurate training for recognizing seizures and safely administering seizure first aid is part of the Epilepsy Foundation's efforts to ensure the safety and well-being of people with epilepsy.

If you have suffered a traumatic brain injury and think you could be experiencing seizures, you are encouraged to see a medical professional to get a diagnosis.

For more information, visit epilepsy.com.

About the Author

Alison Kukla is the senior manager of Programs & Partnerships at the Epilepsy Foundation.



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박문서 변호사 (MUN SU PARK, Attorney-at-Law, JD/Ph. D.)

P.O. Box 10749, Tamuning Guam 96931, USA
Tel:(671) 647-1200, (670) 287-1255
lawyerpark@hotmail.com / Kaokao Talk ID: attorneypark

Seizure First Aid

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure.

- ✓ Time the seizure
- ✓ Remain **calm**
- ✓ Check for **medical ID**



2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head



Call **911** if...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

Do **NOT**

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
- ✓ **Rescue medicines can be given** if prescribed by a health care professional

Learn more: epilepsy.com/firstaid



epilepsy.com

24/7 Helpline: 1-800-332-1000

Seizure First Aid

뇌전증 발작이 발생했을 때의 응급수칙

1

함께 발작이 멈추고 완전히 깨어날 때까지 곁에 머무른다

- 침착함을 유지하며 발작 시간을 재세요
- Medical ID를 확인하세요



2

안전하게 주변에 위험한 물건을 멀리 치워줍니다



3

옆으로 의식이 없을 경우 옆으로 돌아눕혀줍니다

- 기도가 막히지 않게 하고, 부드러운 것으로 머리를 받쳐주며 꼭 끼는 옷은 목 주변을 헐겁게 해주세요



Call **911** if...

- ▶ 발작이 5분 이상, 혹은 반복 될 때
- ▶ 평소 상태로 회복되지 않을 때
- ▶ 부상을 당했거나, 임신 중 또는 병에 걸렸을 때
- ▶ 생전 처음의 발작일 경우
- ▶ 호흡곤란이 있을 때
- ▶ 물 속에서 발작이 일어났을 때

Do **NOT**

- ✗ 압박하지 마세요
- ✗ 입안에 아무것도 넣지 마세요
- 의사의 처방에 따른 응급약을 줄 수 있습니다



Learn more: epilepsy.com/firstaid



END EPILEPSY





Want to Go Back to School with Elephants, Lions & Giraffes?

TRY ECOTRAINING!

By Amy Millican

This article, the fourth in a *United on the RoK* exclusive Sustainable Tourism Series, looks at the history and purpose of EcoTraining. An exceptional education and training-based learning experience, EcoTraining prepares Guides for the Safari, Wildlife, and the Conservation Industry in Africa. From an interview with Cornè Schalkwyk, EcoTraining Sales & Product Manager, find out how you can become a Wildlife Warrior!

In the early 1990's, South Africa was undergoing the most significant political change in its modern history. With the release of Nelson Mandela, the Republic of South Africa was reborn as a true, modern democracy. Prior to this, local EcoTourism was largely boycotted and restricted. Only a few stalwart quality operations existed. The political climate suppressed the commercial tourism market.

During this exciting time of change and growth, a few forward-thinking Guides, working at Londolozi Private Game Reserve, came up with the visionary concept of EcoTraining. Established in 1926, Londolozi is located on the banks of the Sand River, in the heart of the Sabi Sand Game Reserve, within the Greater Kru-

clearly, it was a time when opportunities were extremely limited. The "Bush," as the Game Reserves and Wildlife areas are affectionately called, had not yet been developed or romanticized to the extent that it has today.

The Guides and type of people drawn to the Bush were very committed, passionate, and realistic about what they were getting involved in. Their hearts and minds were steered by real interest, not tainted by short-term gratification. The Bush and its Wildlife had, at the time, often been misrepresented in movies and documentaries. The true reality was people were willing to work for years before having the privilege of Guiding, filming, or working on research projects. They took time to understand the environment, their equipment, and people in order to get the job done right. There was



ger National Park. The Zulu word "Londolozi" means "Protector of all things".

It was realized that, as the new South Africa was emancipated into the global community, there was an opportunity and responsibility to pollinate good guiding standards into the industry. The Sustainable Tourism Industry on a path to grow exponentially in this new environment. It is important to understand this next point

not an excuse, or back up around every corner. These are cornerstones of EcoTraining. It was in this era and in this mindset that EcoTraining was born. Over the last 30 years, EcoTraining has grown to be the oldest and largest - and most accredited - Guide Training company in Africa.

Today, EcoTraining plays a significant role in Sustainable Tourism in a number of ways. First, the training



programs teach students about the importance of Conservation and Sustainable practices. This helps to ensure that future Safari Guides will be knowledgeable about, and committed to, protecting the environment.

“We understand and place a huge value on the importance of Sustainable Development,” Cornè offers. “And, more precisely, development of Sustainable Tourism and its economic value to communities. EcoTraining’s courses emphasize the importance of community engagement. Students learn about the role that tourism can play in supporting local communities. They are encouraged to develop strong relationships with local people. This helps to ensure that tourism benefits the local community, rather than exploiting it.

“EcoTraining’s courses are designed to be immersive

and experiential. Students learn by doing, and they spend a significant amount of time in the field. This helps them to develop a deep understanding of the natural environment and the importance of Sustainable Tourism.

“Overall, EcoTraining’s training programs play a vital role in Sustainable Tourism. They help to ensure that future Safari Guides will be knowledgeable about conservation, committed to sustainable practices, and engaged with local communities. This helps to ensure that tourism can be a force for good in Africa, rather than a threat to the environment.”

Specific examples of how EcoTraining’s education supports Sustainable Tourism, provided by Cornè, include that the students learn:

- The impact of tourism on the environment, and

how to minimize that impact.

- The importance of community engagement, and how to work with local communities, to ensure that tourism benefits everyone.
- What are sustainable practices, such as using renewable energy and reducing waste.
- How to become Ambassadors for Sustainable Tourism, and to share their knowledge with others.

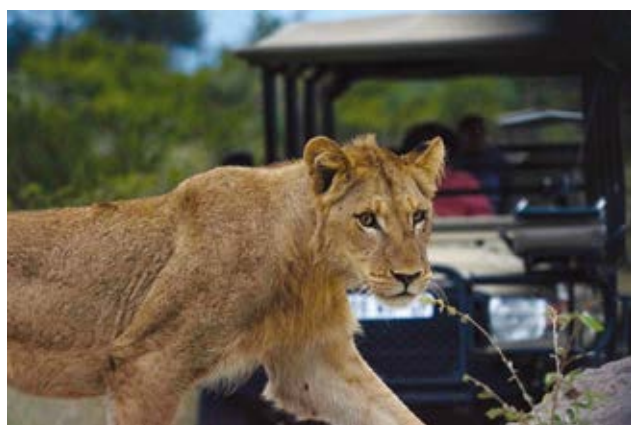
Today EcoTraining’s education is helping to create a new generation of Safari Guides who are committed to Sustainable Tourism. These Guides are playing a vital role in protecting the environment and ensuring that tourism benefits local communities.

One of the programs offered is a “Gap Year”—a year between high school and college, the Gap Year with EcoTraining offers many benefits. Cornè suggests the following are gained by Gap Year EcoTraining:

- EcoTraining’s courses teach students about the importance of Conservation and Sustainable practices. This helps to ensure that future Safari Guides will be knowledgeable about, and committed to, protecting the environment.
- Gaining practical experience in the field.

Students on EcoTraining’s courses spend a significant amount of time in the field, learning by doing. This helps them to develop a deep understanding of the natural environment and the importance of Sustainable Tourism.

- Developing new skills. EcoTraining’s courses cover a wide range of topics, including Wildlife Tracking, Bushcraft, and First Aid. This gives students the skills they need to work in the Safari industry or other outdoor-related fields.
- Making a difference in the world. EcoTraining’s courses are designed to help students make a positive impact on the environment and assist in contributing to local communities. This gives students a sense of purpose and satisfaction, and it helps them to develop into well-rounded individuals.
- Experiencing new cultures and meeting new people. EcoTraining’s courses take place in some of the most beautiful and diverse parts of true wilderness areas in Africa. This gives students the opportunity to experience new cultures and meet new people from across the globe in a shared experience.



- Gaining a competitive edge in the job market. A Gap Year with EcoTraining can give students a competitive edge in the job market. Employers are increasingly looking for candidates with experience in Conservation and Sustainable Tourism. EcoTraining's links with the lodge industry is well established as the leader in its field.
- Improved self-confidence and self-awareness. Taking a Gap Year can be a challenging, but rewarding experience. It can help individuals develop independence, learn how to deal

- with difficult situations, and overcome fears. This can lead to increased self-confidence and self-awareness.
- Enhanced interpersonal skills. A Gap Year with EcoTraining provides the opportunity to interact with people from all walks of life. This can help develop interpersonal skills, such as communication, teamwork, and conflict resolution.
- Broadened horizons and a new perspective on life. A Gap Year can help broaden horizons and gain a new perspective on life. Gap Year

students will learn about different cultures, see different parts of the world, and meet new people. This can help to develop a more open mind and a greater appreciation for the world around us.

A gap year with EcoTraining can be a rewarding and enriching experience. It can help students learn about conservation, gain practical experience, develop new skills, make a difference in the world, and experience new cultures. EcoTraining is a great option for those looking for a way to make the most of their Gap Year.

EcoTraining offers programs and courses in six pristine wildlife reserves located in four African countries. Although the courses offered by EcoTraining vary in length and content, they all focus on providing participants with the knowledge and skills they need to work in the safari industry or other outdoor-related fields.

Some of the most popular courses offered by EcoTraining include:

Professional Field Guide Course: the most comprehensive course offered by EcoTraining, designed to prepare students for a career as a Safari Guide.

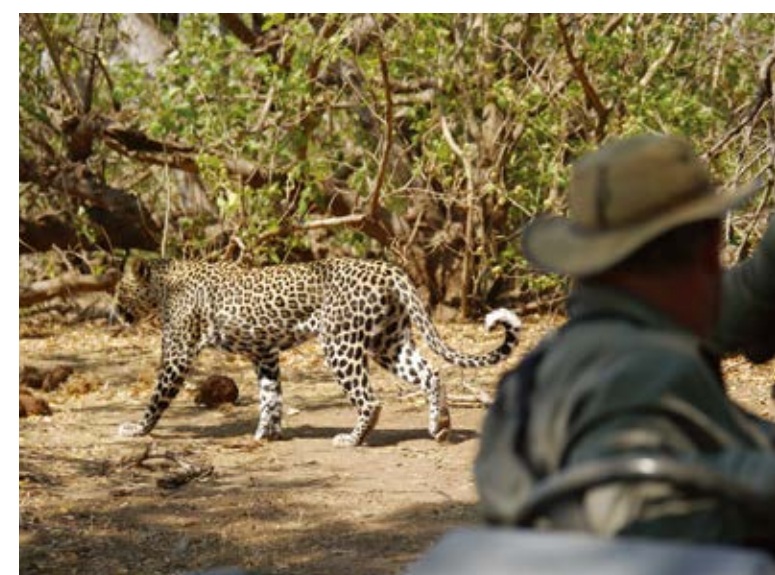
Trails Guide Course: designed to teach students the skills they need to lead walking and hiking Safaris.

EcoQuest: a shorter course that is designed to introduce participants to the world of Safari Guiding, in a fun and adventurous format. EcoQuest offers experiences of being a Safari Guide. There is also a Junior Ranger, or family format, which is a popular trip for multigenerational groups, who want more than the average Safari, through learning what it is like to be a Guide.

EcoTraining courses are open to people of all ages and nationalities, and open to people from all over the world. There are some minimum age requirements for certain courses. For example, the Professional Field Guide Course requires participants to be at least 18 years old. Younger ages may attend Family or EcoQuest, accompanied by a parent or minder.

For the Gap Year, or longer programs, EcoTraining assists with obtaining a Student Visa from the South African Department of Home Affairs. EcoTraining is Higher Education Accredited, ensuring you can get the necessary student visa.

If you are ready to become a Wildlife Warrior, grow personally, change the world, and fully participate in Sustainable Tourism, EcoTraining is the place to start. Become a "Londolozzi" - "Protector of all things."



B.R.A.T. Virtual Academy

By Jennifer Henderson, CEO, B.R.A.T. Virtual Academy

Launched in 2023, B.R.A.T. Virtual Academy is a U.S.-based virtual private school for military connected children grades K-8, with plans to expand to high school next year. The mission of B.R.A.T. Virtual Academy is to create strong, positive connections with each military-connected child by providing them with high-quality instruction in a consistent, supportive and respectful environment.

Every day, between 1.2 and 4 million school-aged military-connected children in the U.S. have their education disrupted, are constrained by rigid schedules and attendance, and feel like no one understands. B.R.A.T. Virtual Academy is available to all school-aged children K-8, who would benefit from having uninterrupted education and support. The school offers military families, and others who have a nomadic lifestyle, a high-quality education that is consistent and flexible.

My passion for improving education and igniting the love of learning in others has been evident throughout my life. My professional background is rooted in education as an experienced educator in both brick-and-mortar and virtual schools, and as part of the military community. While serving in the U.S. Air Force in Cyber and working on my M.Ed. in Learning and Technology, I recognized the need for consistent and supportive education for military-connected children as they are often faced with inconsistent education and support. I realized I had all the necessary skills to create a safe online school which would allow these children to learn from anywhere, at their own pace, with personalized support within an understanding community.

The military-friendly staff at B.R.A.T. Virtual Academy, many of whom are part of the military community, understand how frequent moves, changes to



a student's support system, and difficulty staying connected with friends negatively affects student learning. The school provides personal advisors to help guide families throughout the school year and connect regularly with families so whether they are at home or on deployment, they can remain involved in their child's education. The school also offers free tutoring, a variety of social experiences for students and parents, full course schedules, individual courses, summer school, and discounts on top of the already low tuition of \$100 per week.

If your child is changing schools soon, if you would like to add supplemental courses, or if you believe your child would benefit from a consistent, distraction-free school, this is a great fit.

Families who are interested in learning more or enrolling can visit <https://www.bratacademy.com>. I can be reached at jhenderson@bratacademy.com.

We look forward to the expansion of your virtual academy in the coming years to best support military youth. Best wishes for a great school year!

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HireMilitary: Helping Veterans and Military Spouses Find Meaningful Jobs

By Olivia Perez-Breland

Access DoD SkillBridge/CSP Internships

The DoD SkillBridge/Career Skills Program is an opportunity for Service Members to gain valuable civilian work experience through internships and industry training during their last 180 days of active duty. With command authorization, separating Service Members can be granted up to 180 days of permissive duty to focus on full-time training with approved partners — all while receiving their full military pay and allowances.

As an authorized DoD SkillBridge/CSP provider, HireMilitary can help kickstart your civilian career by connecting you with Veteran-friendly companies and potential employment opportunities upon your transition from active duty.

Expand Your Job Search

HireMilitary has a vast network of employer partners, from small businesses to Fortune 500 global brands looking to hire Veterans and Military Spouses. Let them give your job search a boost by joining the talent pool for FREE. Once you've joined, the recruiting team will go to work for you, matching your skillset and interests to jobs or internship opportunities nationwide.

When you join the talent pool, you'll receive the following benefits:

- FREE job placement services for everyone in the military community with military-friendly employers.
- DoD SkillBridge/CSP internships for Transitioning Service Members.

- Nationwide job opportunities for Veterans and Military Spouses.
- Email alerts on new jobs and internship opportunities.
- Transparency about salary and benefits for every job listed on their website.
- Advocacy throughout the application, interview, and salary negotiation process.
- Recruiters who understand the challenges of military transition — because they've been there.

Take Ownership of Your Transition

The earlier you start planning for your transition out of the military, the smoother it will go. Even if you're still a few years out, there are several things you can do right now to prepare yourself for the future.

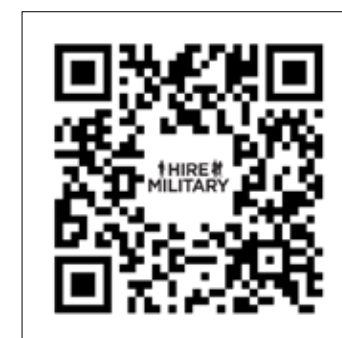
- Assess your skills and interests. What are you good at? What do you enjoy doing? What are your transferable skills? Once you figure this out, you can start to identify the kind of work you want to do in your next career. (Remember, you can always do something different than the job you did in the military!)
- Network with people in your desired field. Attend industry events, join online forums, and connect with people on LinkedIn. Talk to

as many people as possible that are currently working in the fields that interest you. These conversations will help you narrow down the types of jobs you might want to pursue after the military.

- Follow HireMilitary on LinkedIn. HireMilitary provides valuable insights, advice, and opportunities for military-affiliated job seekers. Tune in for "Hot Jobs" every Tuesday at 2:00 pm Eastern Time — broadcast live on LinkedIn, Facebook, and YouTube. Each week, the HireMilitary recruiting team shares their hottest jobs and internship opportunities for the military community.

Start Your Next Chapter Today

If you're a Transitioning Service Member, Veteran, or Military Spouse, HireMilitary can help you find your next great job. Visit www.hiremilitary.us to search for current opportunities and join the talent pool!



An Overview and Invitation to Join Victory Christian Fellowship (VCF)

By Andrew Y. Hirata, Pastor



I am the Pastor at Victory Christian Fellowship in Seoul and in Pyeongtaek. After experiencing a “Road to Damascus” experience, I was suddenly Called into the ministry where I have continually served as Pastor for the past twenty-five years in Korea.

Victory Christian Fellowship (VCF) originated from South Post Chapel (SPC) at the Yong-san Army Garrison and was later invited by the Korean Itaewon Methodist Church to conduct Worship Services in English.

The first VCF-Seoul Worship Service began 1 October 2000 and continues to the present. In

2005, we made an attempt to start a ministry at VCF-Pyeongtaek but were initially unsuccessful. Later, we made an effort again to start VCF-Pyeongtaek and I assigned two successive pastors to lead this ministry. After they left to return to the U.S. I assumed the pastorship of both VCF-Seoul and VCF-Pyeongtaek and have been pastor at both locations for the past eight years.

Like VCF-Seoul, VCF-Pyeongtaek is an international, Spirit-filled, non-denominational Christian ministry. Anyone and everyone is welcome to join. We are located at 11-7 Anjeong-ro 45 beon-gil on the second floor,

located near the Howard Hotel outside the USAG Humphreys Anjeong-ri Gate.

VCF-Pyeongtaek has not hosted community building activities yet and presently all volunteer work is focused on supporting the Worship Services.

The Sunday Worship Service begins at 1:00 p.m. We also offer Bible Studies in-person every Friday at 7:00 pm with simultaneous Facebook Live Streaming Bible Studies.

For more information, please type “VCF Seoul” on Facebook or call me, Pastor Andrew @ 010-2706-7418.



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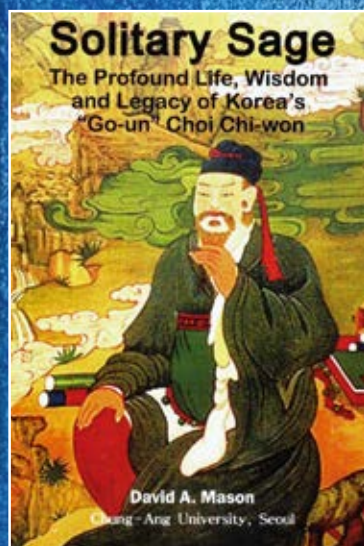
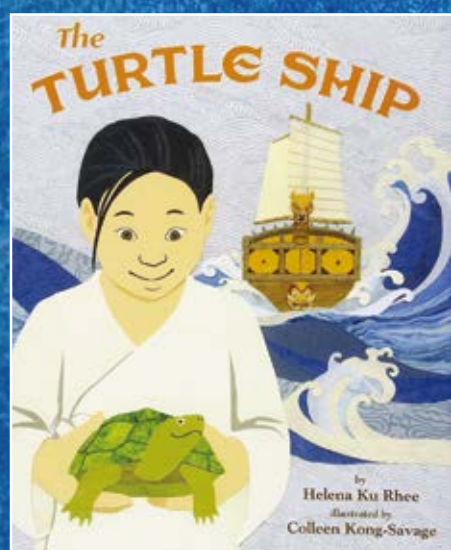
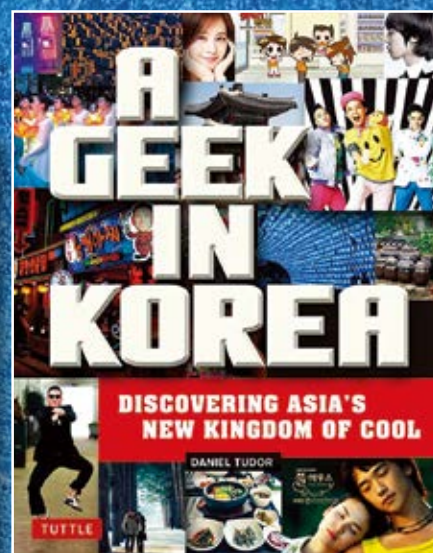
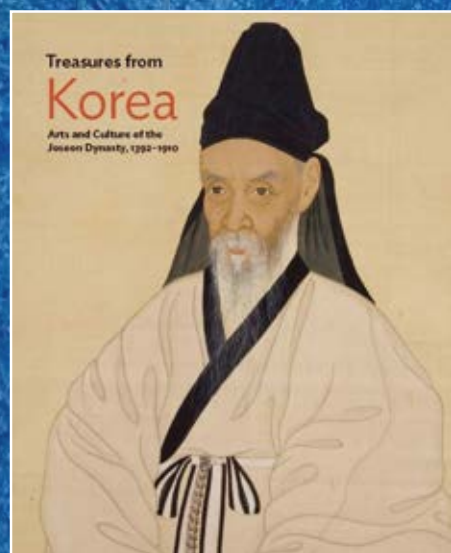
We welcome donations of new or gently used clothing, shoes, toys, books, and household goods.

Contact us today to learn more about this rewarding volunteer opportunity or to schedule a donation drop off.

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Meet Your Next Favorite Book!

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



Treasures from Korea: Arts and Culture of the Joseon Dynasty, 1392–1910, Hyunsoo Woo

A survey of the artistic production of the world’s longest-ruling Confucian dynasty. The book includes color images of 200 masterworks from major Korean public and private collections, offering a detailed look at the fascinating art of the Joseon, from the exquisitely crafted pieces used by the court to scholarly implements, ritual items, and Buddhist arts.

Split Screen Korea: Shin Sang-ok and Postwar Cinema, Steven Chung

An in-depth account of the career of Shin Sang-ok (1926–2006), arguably the most important Korean filmmaker of the postwar era, directed or produced nearly 200 films, including *A Flower in Hell* (1958) and *Pulgasari* (1985).

A Geek in Korea: Discovering Asia's New Kingdom of Cool, Daniel Tudor

This book is a culture guide for the Internet age, with articles and photographs, covering Korean culture--from Buddhism and Confucianism to traditional arts and disciplines like Tae-kwondo, cultural code words and norms, personal relationships, business and technology, and symbols and practices that are peculiarly Korean.

The Turtle Ship, Helena Ku Rhee

Loosely based on the true story of Admiral Yi Sun-sin and his Turtle Ship, this story is about a young boy named Sun-sin who spent his days playing with his pet turtle, Gobugi and dreaming of sailing around the world. One day, the king's court announces a contest to find the best design for a new battleship to defend the land from invaders. Sun-sin attempts to build an indestructible battleship and finds inspiration in his pet turtle.

Solitary Sage: The Profound Life, Wisdom and Legacy of Korea's "Go-un" Choi Chi-won, David A. Mason

A biography of Go-un Choi Chi-won, one of Korea's most interesting and iconic historical figures. Considered a hero of traditional Korean Daoist, Buddhist and Confucian culture, he had a remarkably successful career as a Confucian government official in Tang China and then back in his native Gyeongju, he was one of few Koreans who achieved the highest level of Daoist sage-hood, achieving Shinseon (spirit-immortal) status.

Chef Roy Choi and the Street Food Remix (Food Heroes, 3), Jacqueline Briggs Martin and June Jo Lee

This story celebrates street food and street art, centered on Chef Roy Choi who grew up in South Korea, and serves it from a food truck in the streets of Los Angeles.

Emergency Numbers

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

National Suicide Prevention Crisis Line

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

Osan Emergency Room (ER)

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

Domestic Abuse Victim Advocate (DAVA)

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

Sexual Assault Response Program (SAPR)

This is a 24/7 resource for those in need of Sexual Assault Response support.

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

Non-Emergency Resources

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

Military & Family Readiness Center

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

Osan Chaplains

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

Osan Mental Health Clinic

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

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

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

Military OneSource: 1-800-342-9647

Families OverComing Under Stress (FOCUS)

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

Spouse Resilience Toolkit:

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

Holidays - 4 Month Outlook

Korean Holidays

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

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

US Holidays

- 4 September – Labor Day
- 11 September – Patriot Day

Main Airports

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

Other airports include:

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

Engraving Shop

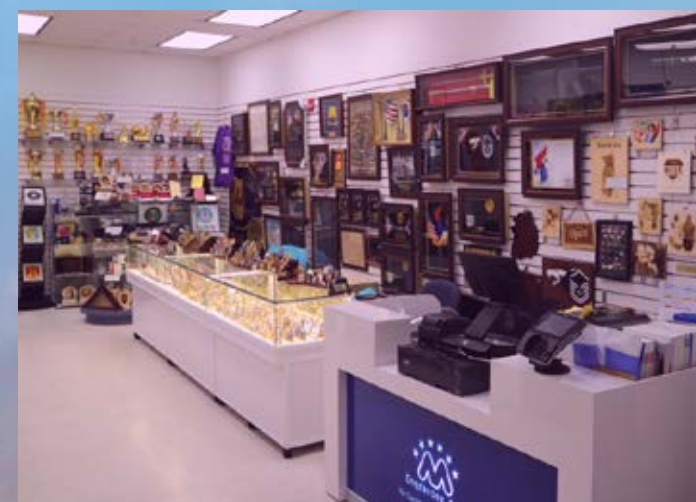
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Yedangho Suspension Bridge, spanning 402 meters, is the longest suspension bridge in the Republic of Korea. (Photo by Nicole Alas)

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