

MARCH / APRIL 2024

# UNITED ON THE ROK

**Blossoms of  
Spring in  
South Korea**

***Chef's Garden  
in Kenya***

***A Passion for  
BEADING***

**BIRDS OF  
KOREA**



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## Blossoms of Spring in South Korea

Spring in South Korea is a vibrant season filled with stunning blossoms, colorful festivals, and inspired art. Jetta Allen invites us to the spring scenes with beautiful photos taken by herself.

Cover: Cherry blossoms, 벚꽃 or beotkkot at Gakwonsa Temple in Cheonan. Photo by Jetta Allen.



## A Passion for Beading



## Chef's Garden: Sharing Kenya's Culinary Heritage



## Birds of Korea

20

72

42

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# UNITED ON THE RoK

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A shot from the Tae'an Tulip Festival (Photo by Jetta Allen). For a captivating story about the blossoms of spring in Korea, please refer to pages 20-27.



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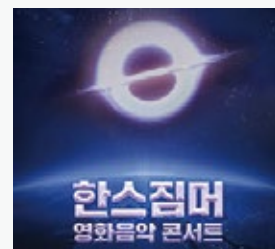
# LIVE MUSIC&ART CALENDAR



**APR02-14**

**Musical School Of Rock - Busan**

Busan Dream Theater  
globalinterpark.com



**APR06**

**Hans Zimmer Film Music Concert**

Lotte Concert Hall  
lotteconcerthall.com/eng



**APR09**

**Maxim Vengerov Violin Recital**

Lotte Concert Hall  
lotteconcerthall.com/eng



**APR13-14**

**Loud Bridge Festival Seoul 2024**

YES24 Live Hall  
ticket.yes24.com



**APR20**

**2024 Don't Let Daddy Know Korea**

Seoul Land  
globalinterpark.com



**ONGOING - APR21**

**Victor Vasarely: The Responsive Eye**

Hangaram Art Museum Gallery  
sac.or.kr/site/eng



**MAY01-04**

**2024 World of Coffee & World Barista Championship Busan**

BEXCO, Busan  
globalinterpark.com



**MAY04-05**

**HIPHOPPLAYA FESTIVAL 2024**

Nanji Han River Park  
globalinterpark.com



**MAY11**

**Hilary Hahn & Andreas Haefliger Duo Recital**

Seoul Arts Center, Opera Theater  
sac.or.kr/site/eng/



**ONGOING - MAY26**

**Yoon Hyup: Nocturne City**

Lotte Museum  
globalinterpark.com



**JUN15-16**

**Tone & Music Festival 2024**

88 Garden, Olympic Park, Seoul  
globalinterpark.com



**JUN29-30**

**2024 Seoul Park Music Festival**

88 Garden, Olympic Park, Seoul  
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# Boy Scout Troop 88 Thrives at Camp Humphreys, Korea: *A Scouting Adventure in the Heart of Asia*

By Troop 88 Committee Members



**Boy** Scout Troop 88, located at Camp Humphreys in South Korea, offers a unique and exciting opportunity for young men to experience the outdoors, develop valuable life skills, and connect with their community. The troop conducts a variety of adventurous activities, fostering a positive impact on young Scouts in the Humphreys community.

## Troop 88 in Action

Troop 88 is a vibrant and active group. Scouts can expect regular meetings that cover Scout skills, merit badge work, and preparations for upcoming adventures. The troop frequently embarks on camping trips, fostering teamwork and outdoor proficiency. Locations include Camp Morse, offering a scenic experience. They also participate in special events throughout the year, such as district camporees and summer camps. Last year Troop 88 joined the Council Summer Camp in Nepal and this summer will travel to Mongolia. This exposure to different cultures provides opportunities for the Scouts to give back to the community. Troop 88 prioritizes family involvement, making Court of Honor events celebrating Scout achievements open to the entire family.

## Highlights of Troop 88's Achievements

Here are some of Troop 88's accomplishments since September 2023:

- Overall Merit Badge Awarded: 47 (Including Geocaching, Disabilities Awareness, Automotive Maintenance, Healthcare Professionals, and more!)
- Overall Rank Advancements: 12
- Special Awards: 5 Special Outdoor Awards (Scouts) and 3 Training Knot Awards (Leaders)

## Troop 88's Memorable Events

- Six leaders and six scouts attended a week-long Far East Council Trilogy Camp in the Himalayas (approximately 2 hours outside of Kathmandu). Scouts hiked, camped, attended Merit Badge classes, and earned a total of thirty Merit Badges. Adults hiked, camped, and taught the Merit Badge classes.
- Beach Campout - Ten Scouts and Five Leaders headed to the



AFN Visit (Jan. 2024)



Lodge Camp out and Hike (Jan. 2024)



Gift Wrapping (Dec. 2024)





Group Activity in Nepal

- Incheon beaches for a weekend campout.
- Paragliding in Danyang - Although not an official BSA Troop 88 event, this was a family and recruitment event. Four Troop 88 Families ventured to Danyang to enjoy a beautiful morning of paragliding off a mountain over a river and into the valley.
- Camp Out at the Troop 88 Boy Scout Hut
- Archery Merit Badge Outing - Three Scouts participated in qualifying for the Boy Scout Archery Merit Badge at an Archery Center in Osan
- Camp out at the Lodge Harry S Truman just outside of Camp Humphreys. Scouts participated in orienteering while hiking to and from the Honey Bee Cafe on the other side of the river.
- Three Scouts and two leaders participated in a multi-troop Journalism Merit Badge event to include a tour of AFN
- 10-Mike Hike from Lodge Harry S Truman to Naeri Park to the Walk-In Gate

### Looking Ahead with Troop 88

Here are some of Troop 88's upcoming events:

- Scouting Activity with Troop 82 in Seoul: This promises to be an exciting opportunity for Scouts to bond with peers from another troop and potentially earn their Sailing Merit Badge.
- Cycling Merit Badge: The troop plans to embark on a cycling merit badge program this spring.
- A Sister Troop from Guam: A Boy Scout Troop from Guam is meeting Troop 88 at Camp Morse for a glimpse



Beach Campout (Sept. 2023)



at Boy Scouting in Korea and Seoul. The itinerary includes hiking the Seoul Wall, exploring Namsan Tower, camping at Camp Morse, enjoying Korean BBQ, and visiting the National Museum.

- Summer Camp: Six Scouts and three leaders are attending the Far East Council Trilogy Camp in Mongolia

### Building Character Through Scouting

Troop 88 goes beyond outdoor adventures. The program instills essential values in young Scouts, such as leadership, self-reliance, and community service.

- Leadership: Scouts learn to take initiative and responsibility through various activities and leadership roles. Patrol leaders, for example, organize tasks within their patrol, delegate duties, and motivate their fellow Scouts. This fosters confidence, public speaking skills, and the ability to make sound decisions.
- Self-Reliance: Camping trips and merit badge work cultivate resourcefulness and problem-solving skills. Scouts on camping adventures may be tasked with pitching tents,

If you're interested in learning more about Boy Scout Troop 88 at Camp Humphreys, Korea, reach out to [troop88humphreys@gmail.com](mailto:troop88humphreys@gmail.com). Troop 88 provides a fantastic opportunity for young men to embark on a rewarding Scouting journey in the heart of Asia.





# Afternoon Tea, Strawberry's Style!

By Robyn Connell



Strawberry season in Korea is unlike anywhere I've seen. The season is opposite from the United States, with the most delicious berries being produced between December and April. Many of the bigger hotels in Seoul take advantage of the berry season and host a myriad of different events with the beautiful strawberry as their shining star. A few weeks ago, I grabbed a couple of friends and we headed to the Grand Walkerhill Hotel in Seoul to experience their "Lovely Strawberry" event.

The event suggested reservations, so we called ahead and made them for the 6 of us. We decided that since it was a Girls Day Out, we'd all wear pink, even though it was St. Patrick's Day. We looked cute! Since it was a small group, we decided to just drive instead of taking the train. It was a relatively easy drive and took just under an hour. There was a nice big parking garage, with plenty of space. We learned that because we had a reservation for the Strawberry event, that the parking was free! (Be sure to stop by the desk on the way out and give them the last 4 of your license plate, if you drive, so they can code your car for easy departure.) There were plenty of handicap parking spaces, elevators and escalators, and ramps/stairs for access for all. When we first entered, we realized we were



on the wrong floor, as the Paradise Casino was beckoning us. None of us had our passports, so we were unable to do any gambling – at least with money. I'd say we gambled with our waistlines at the event, though!

We headed back upstairs and were seated at a nice table, and the Korean waitress brought over an English-speaking waitress to assist us. That was very helpful, obviously. She explained that we could have tea or coffee, as part of our reservation, and that anything other than that would be an upcharge. The tea was served in beautiful little teapots that sat on top of the cup and saucer, and the coffee was served in a basic white

mug, but had a cute little foam design on top.

We had made reservations for the Strawberry Dessert Set for Two, and there were six of us, so we had three sets brought out. They first brought a golden 3-tiered stand, and then presented us with 3 plates of beautifully crafted petite strawberry desserts, and fresh strawberries. There were two of each dessert, so everyone got to try each item. Typically, there is a good mix of savory and sweet items, but this presentation was definitely more sweet. Although the theme was strawberry, I personally did not feel like it was strawberry overload, as there were other flavors presented to help

balance the flavor. For example, a vanilla cake with a white mousse filling, with a sliced strawberry and a little chocolate sprig on top. There was a little pastry puff basket with a butter pretzel handle filled with a cream cheese base and a grape slice, strawberry slice and a blueberry, with a Walkerhill nameplate made of chocolate. The savory items were a breaded mozzarella and red sauce ball with parmesan cheese and what looked like a little sub sandwich, that had a little shrimp with lettuce and strawberry slices. Cute as could be, but I don't eat seafood, so I passed that to my friend. She enjoyed it. As we neared the end, the waitress came around and offered coffee.





It was a wonderful and relaxing experience to try new things and just have some time together visiting and not feeling rushed.

The strawberry season is almost over, but there are still a couple of hotels running their events through the end of April. I would recommend calling and making a reservation before you make the trip.

I hope you're able to get out and experience the delicious strawberries for yourself, even if it's purchasing some from the street markets or even N-Mart or your favorite produce store. My favorite way to experience strawberry season is by having Strawberry Bingsu. If you don't know what that is, it's basically shaved ice milk with flavor added, such as strawberries, blueberries, chocolate (think Oreos), green matcha, or other more traditional Korean flavors. It's a cross between snow and ice cream. So delicious. Here in the Humphreys area, my favorite place to have Bingsu is the Road 63 coffee shop, and the Sul-Bing restaurant near Pyeongtaek University. At the latter, they provide you with a packet of condensed milk to pour over your dessert, and it makes it that much sweeter. You can also order little cheesecake bites to add into the mix. One order of Bingsu is enough for 2 (or maybe even 3) to share.

Another opportunity for Strawberries is the Nonsan Strawberry Festival. Discover Seoul is running a trip to this festival, but I believe the trip will be over by the time this goes to print. But that doesn't mean you can't find a way to get there on your own. Additionally, Osan Air Base ITT is doing a tour called "Strawberry Harvest Experience and Gakwon Temple" on Saturday, 20 April. You can find more info on their Facebook page of the same name. As I said, I hope you will get out and experience the delicious strawberries before they're gone for the season.

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# Blossoms of Spring in South Korea

By Jetta Allen

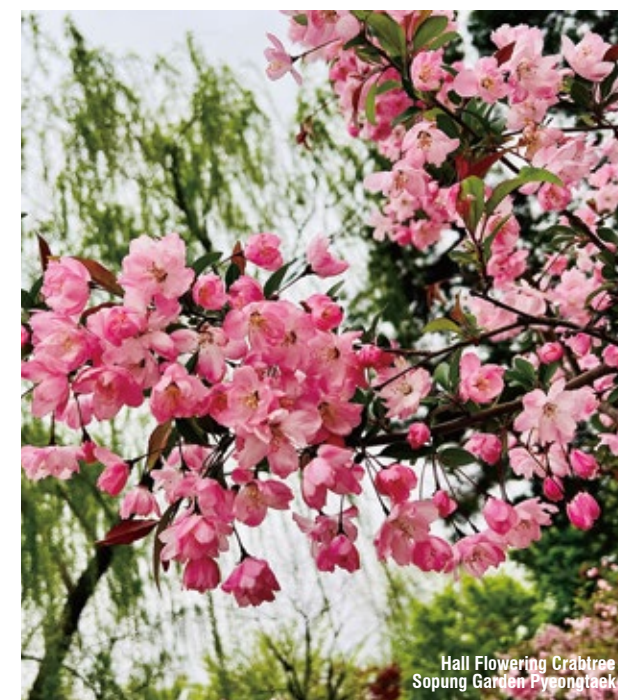


Magnolias at USAG Yongsan, Seoul

## Spring

in South Korea is my favorite time of year! Out of the gray, wet, cold of winter comes these amazingly stunning pops of color and pillowy bunches of petals. Delicate flowers full of beauty and inspiration spread across the country. The blossoms feel like a new beginning filled with hope as they open up and remind us that everything is only for a season. Looking out on the gorgeous landscape it feels like a wonderland from a movie. You don't want to miss the country wide event that is *SPRING* in South Korea!

The flowers of spring are often all categorized as "cherry blossoms" by people unfamiliar with all the flowers of the season because they all happen within the same few weeks. In South Korea you will see a variety of flowering trees such as cherry plum trees, plums trees, flowering quinces, pear blossoms, hall



Hall Flowering Crabtree  
Sopung Garden Pyeongtaek



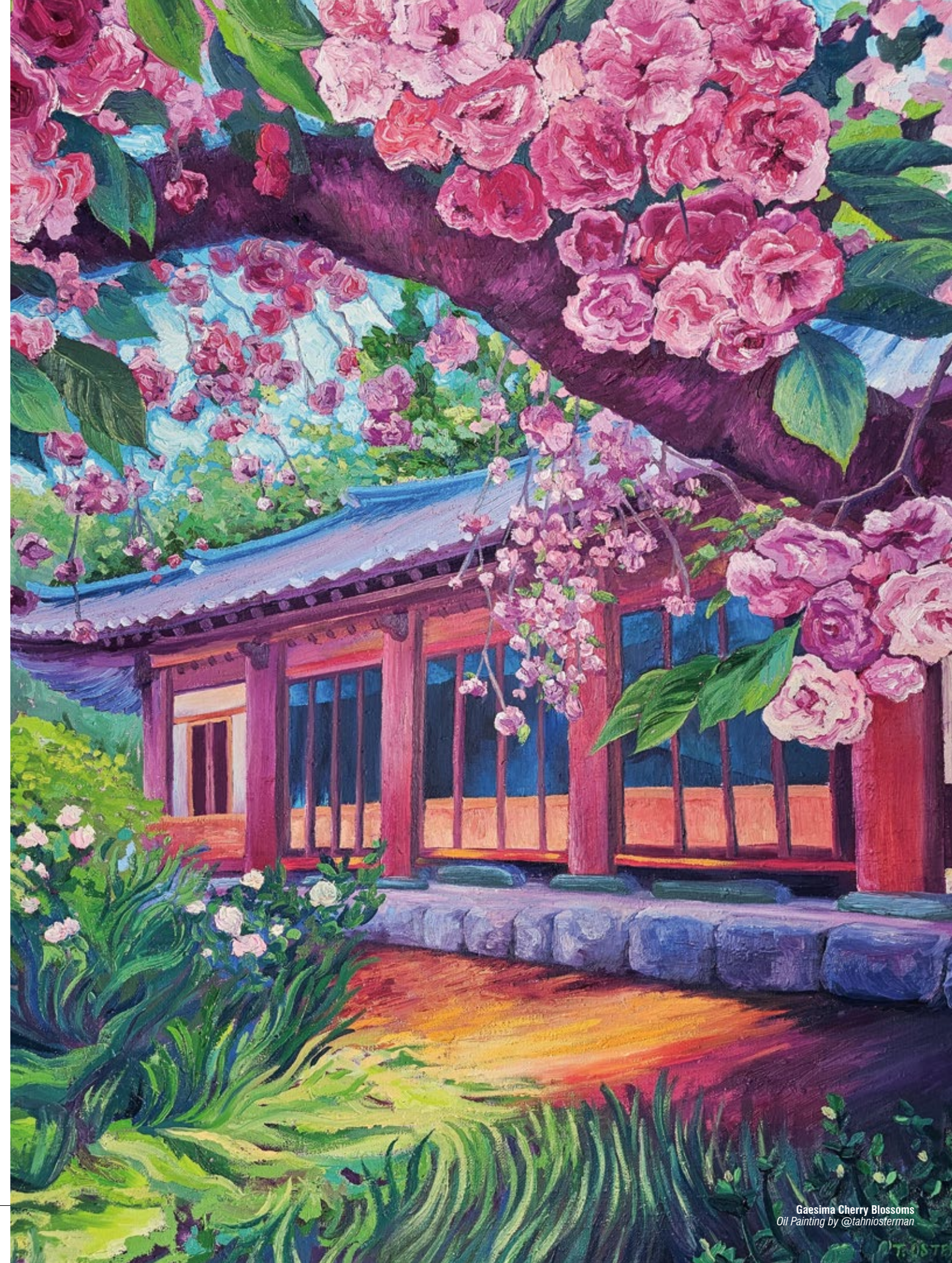


crabapple trees, apricot blossoms, flowering almond trees, and even peach blossoms. White magnolias and purple saucer magnolias can be found all over Korea. Be sure to look for these high up in the trees. On the Humphreys Garrison you can find these by the lodge! At Yongsan Garrison you can find these on the main road across from the Dragon Hill Lodge. Down low and on retaining walls azalea bushes add even more colors of purple, reds, and pink to scenery. There are so many flowers adorning our landscapes, you just have to look!

Korea celebrates spring with festivals all around the peninsula. Planning these trips in advance is highly recommended, especially if travel and a hotel stay is required to visit the destination. Accommodations for overnight stays fill up quickly around festival dates and cherry blossom season. If you have vacation days, consider visiting some of the locations in this article during the week as many can be quite busy on the weekend. As always, arrive early for the best photos and experiences. Visitors to these cities might also be surprised to find that many cafes will have a completely different season, spring inspired menu! Seasonal

teas are also popular this time of year. Be sure to try the amazing Osulloc Cherry Blossom Tea from Jeju Island. It has a bright vibrant scent and when steeped, a sweet and almost citrus taste as well. You can find some of the tea varieties at the commissary, in the Osulloc store in Insadong, in Jeju, and they also have an online store front as well!

Art in South Korea is also heavily inspired by nature. In Yeosu, the pottery capital of the country, you can see how spring blossoms inspire a variety of designs. My favorite of course being the cherry blossom kimchi pots! Other artists around the world trek to South Korea for stunning landscape photos, portraits, and artists love to depict the colors of South Korea with the influence of spring. Tahni Osterman is an experienced painter based in Seoul who specializes in landscape paintings using oil based paint. Through Tahni's art, not only does history, culture, and national pride resonate, but the love for the seasons and all its vibrant colors shines through! Her work has been featured in exhibitions across the country and her work can be found on Facebook, Instagram, and purchased on her website. Don't miss your chance







to participate in Tahni's Sip and Paint classes in Seoul too if you have the opportunity! Photographers are amazed every year too. When we look through our lenses to capture what we see around us, it leaves us speechless. My favorite shots are flower clusters against a blue sky or with a culturally inspired backdrop like a temple, stone wall, or mountains.

When it comes to the blossom season, many of the dates given are estimated forecasts, so make sure to enjoy them while they are here. A rain or wind storm can shorten the season, and your chances of seeing blooms again may be limited! Follow In My Korea on social media to see up to date Cherry Blossom Forecasts and more! So clear your calendars, take some vacation days, and let me share with you the best spots!

**Jinhae Festival - March 22-April 5**

- Visit the trees along the Gyeonghwa Station and Yeojwacheon Stream for Instagram worthy shots.
- Jehwangsang Park will give you city wide views from above in the observatory.

**Gyeongju - March 23-March 30**

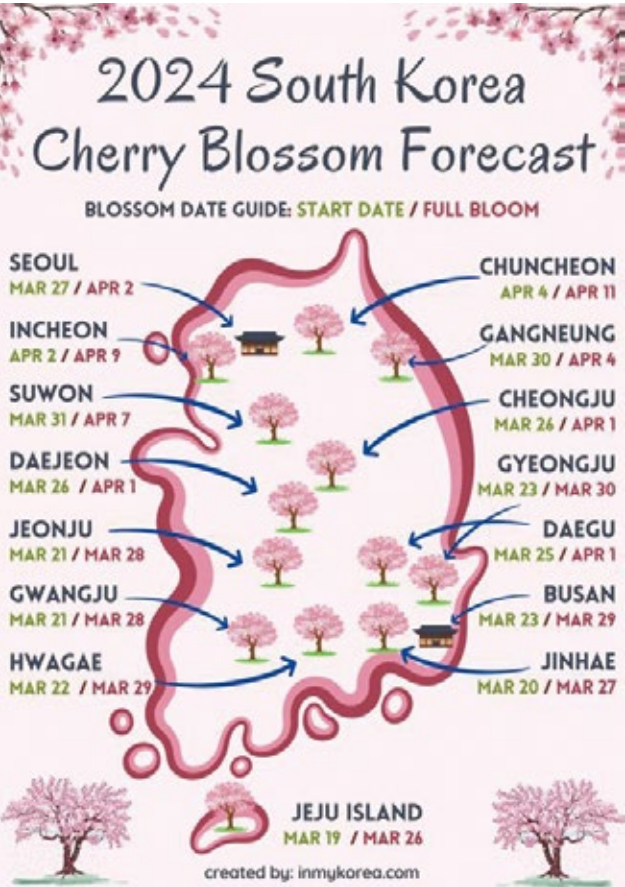
- Visit the capital of the Silla Dynasty for history and cultural beauty in abundance.
- Stay in a hanok overnight and explore one of the oldest towns on the peninsula.
- The ancient stone walls draped with cherry blossoms will make any photographer happy!
- Wolseong Palace has its very own cherry blossom forest and grounds being restored.
- Can't forget Bulguksa and the Seokguram Grotto while in Gyeongju for the world famous views and heritage sites.

**Jeonju - March 21-March 28**

- Rent a hanbok and take stunning pictures in a traditional hanok village filled with other cultural sights
- Visit the Jeonjucheon stream for jaw dropping backdrops of flower draped stone fences.

**Daejeon - March 26-April 1**

- Korea Institute of Science and Technology brightens university life with roads filled with blossoming trees.
- Donghaksa Temple will have a mix of nature for-



Saucer Magnolias at USAG Humphreys, Pyeongtaek





King Cherry Blossoms Tree  
Boseong Tea Field Daehan Dawon



Hanok Azaleas, Jeonju

est with blossoming trees. Located in the east valley of Gyeryongsan Mountain, you are guaranteed to be surrounded by beautiful scenes!

#### Seoul - March 27-April 2

- See the Seokchon Lake lined with Cherry Blossom trees and petals sprinkled like confetti all around.
- Rent a hanbok and head to the Gyeongbokgung Palace for show stopping pictures
- Everland is a spring destination for more than just cherry blossoms but all kinds of flowers.

#### Pyeongtaek and Nearby- March 31-April 2

- Sopung Garden has a unique feel and you can experience nature with a deck along the waterside with blossoms everywhere. Visit at night too for a unique garden experience with lighted features.
- Gakwonsa in Cheonan is my favorite place in South Korea year round. Stunning views, peaceful nature, and cherry blossoms from a

variety of trees including King Blossoms and a weeping variety!

#### Suwon Gyeonggi Provincial Government Complex Cherry Blossom Festival - End of March to April

- Follow the walls around the Suwon Fortress and feel like you have stepped back in time.
- Don't forget the beautiful streets lined with trees that create flower tunnels at Paldalsan Mountain and the Gyeonggi Provincial Government Complex.

#### Taeon - April 12-May 7

- Korea Flower Parks Hosts the Taeon Tulip Festival annually on the property spanning over 30 acres!
- The fields are turned into flower mosaics, garden beds are expertly curated, and scattered around the property are giant plant sculptures of giant animals and buildings!
- Come with comfortable walking shoes, lots of water, and umbrellas to block the sun.
- Make it an overnight trip and enjoy a pension by one of Taeon's many beaches nearby!

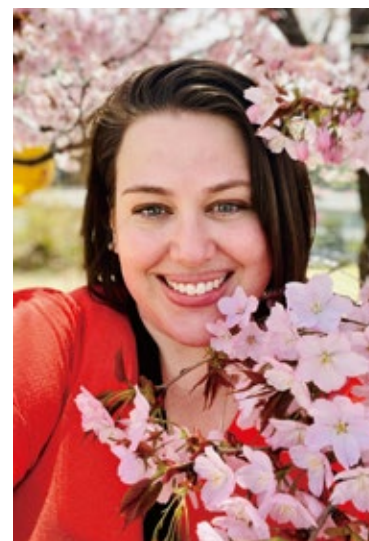


Peach Prunus, Sopung  
Garden, Pyeongtaek



Pear Blossoms, Dandae  
Lake Park, Cheonan

#### About the Author



Jetta Allen is an author and photographer living at USAG Humphreys. She has a spouse in the Army and a son. Together her family enjoys South Korea while memorializing their great adventures in pictures and travel tips for others. Her photography shows

her love of nature with a stylized perspective. Jetta is also an Education Consultant and Special Education Advocate who pursues the civil rights of those in her community through advocacy and community improvement efforts.



Holland in Taeon



# Unleash Your Inner Leader:

## Join Pacific Sunrise Toastmasters at Camp Humphreys!

By Pacific Sunrise Toastmasters Club

**Do** you ever feel tongue-tied during presentations? Long to be a more confident communicator? Want to take your career to the next level? If so, then Pacific Sunrise Toastmasters at Camp Humphreys is the perfect fit for you!

### What is Toastmasters?

Toastmasters International is a non-profit organization that provides a supportive and encouraging environment to develop public speaking and leadership skills. Through a proven program, you'll gain the confidence to express yourself clearly and effectively in any situation.

### How Can Toastmasters Benefit You?

As a soldier or civilian at Camp Humphreys, strong communication and leadership skills are essential for success. Here's how Toastmasters can help you:

- **Boost Your Communication Skills:** Learn to structure clear and concise presentations, overcome stage fright, and captivate your audience.
- **Sharpen Your Leadership Abilities:** Take on leadership roles within the club, hone your delegation skills, and inspire others.
- **Advance Your Career:** Effective communication is key to promotions and professional development. Stand out from the crowd with the confidence Toastmasters provides.

### Unlock Your Potential with Pathways

Toastmasters offers a dynamic program called Pathways, which allows you to personalize your learning



At the award ceremony for the first club speech competition, Jsun McDowell (4th from the right) was announced as the 1st winner.

journey. Choose from a variety of speech projects and leadership development assignments that align with your specific goals. Whether you're looking to become a motivational speaker, a persuasive negotiator, or a confident team leader, Pathways has something for everyone.

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Ready to take the first step? Pacific Sunrise Toastmasters meets every Thursday at the Camp Humphreys Duke Memorial Library from 11:45 AM to 12:45 PM during lunch hour. It's a convenient and fun way to invest in yourself and your future.

Don't wait any longer! Come experience the supportive atmosphere of Sunrise Toastmasters and unlock your full potential as a communicator and leader. We look forward to meeting you!



**Pacific Sunrise  
Toastmasters Club**

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## West Point Founders Day 2024



**Date: 27 April 2024**

**Location: Dragon Hill Lodge, Yongsan, Seoul, ROK**

**Time: 6:00 pm – 7:00 pm: Benny Haven's Hour**

**7:00 pm – 9:00 pm: Founders Day Agenda**

**\*\*\* Buffet-style Dinner \*\*\*  
\*\*\* Cash Bar \*\*\***

**Event Details to Follow Soon!!!**

**\*\*\* Please Contact Below Individuals With Your Questions: \*\*\***

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# Echoes of Tradition: Exploring Korea's Cultural Performances

By Seung-Kook Kim,  
Culture columnist

Korea's traditional performance is an integrated totality art of singing, dancing, music, and drama (歌, 舞, 樂, 劇). All the entertainment acts of professional artists targeting viewers are called "Yeonhee (演戲)," representing Korea's traditional performance. None of Korea's traditional arts lack excellence in artistry; among them, Korea's tradi-

tional performance stands out as a remarkable cultural heritage. It can be described as an art created by the fusion of social and cultural elements. The concept of "traditional performance" refers to plays that were formed and performed in the traditional society before modern times. This traditional society refers roughly to the period of the late Joseon Dynasty, although in some

cases, the lower limit may extend before the liberation in 1945.

Korean traditional performance serves to satirize and humor the absurdities of contemporary society. It encompasses a comprehensive art form that includes all elements of music, dance, and theater. This art has the characteristic of artistically highlighting the absurd social problems of



traditional society, particularly those concerning the ruling class, through satire and humor. Moreover, it thrives on active communication, completed only when the audience actively participates, showing sympathy or expressing disapproval through boos.

In addition to its entertainment value, Korean traditional performance holds significant cultural heritage. Traditional performances encompass various forms, including tightrope walking, Sotdae riding, ground dexterity, masquerade, pansori, changgeuk, jadamsori, and puppet shows, performed by professional artists for profit. Gyobang Gamuhee (Gungjungjeongjae), introduced from China during the Goryeo Dynasty, is one such example that has been handed down







through the Joseon Dynasty to the present day.

Traditional performances cover a wide spectrum, from martial arts (巫劇: Mudanggutnori) performed in shamanic rituals and Buddhist rituals to Buddhist dance and Namsadang-pae, as well as Nongak performed in pungmul and dure of professional nomadic groups. There are instances where non-professional individuals, such as farmers and fishermen, learned and performed traditional performances passed down by professional performers. Some of these performances had a semi-professional character due to instances of performing for the audience.

Representative examples of traditional performances include Byeolandae Nori in Gyeonggi-do, Haeseo Mask Dance in Hwanghae-do, and Yaryu and Ogwangdae in Gyeongnam. Many of these



performances have been handed down through generations, with residents of various regions learning and establishing their own versions. However, performances passed down by villagers, such as farmers and fishermen, are better categorized as folk performances or folk games rather than early-year customs like tug-of-war, high-fight, kite flying, and fire fighting.

In Korea, Yeonhee is known by various names such as Baekhee, Baekhee-jacket, Jobhee, and Sandaehee. In China, it was referred to as vulgar music or Baekhee, and in modern times, it is called miscellaneous skills (雜技). Traditional plays in China, such as Gongek and Peking Opera, are referred to as plays (戲



曲), encompassing both miscellaneous skills and play. Similarly, in Japan, performances corresponding to vulgar music and white-hee were called sangaku

or sarugaku (猿), while in modern times, they are termed as entertainment (藝能), including theatrical branches like Noh, Bunraku, and Kabuki.





Korean traditional performance has been mostly registered as an intangible cultural heritage of the world, reflecting its universal characteristic. It is an artistic tradition where music, dance, and theater do not differentiate across regions, including China, Korea, Japan, and Hindu civilizations such as East Asian civilization, India, and Indonesia. This universality reflects the anthropological environment of Asian civilization as a whole, chosen intentionally to represent the specificity of Korean civilization.

While fully appreciating Korean traditional performances may pose challenges, both the

state and metropolitan cities are actively designating most traditional performance and entertainment events as national intangible cultural properties. Preservation associations and entertainment holders receive administrative and financial support to ensure the transmission of these cultural elements. Annual presentations are organized for the general public to appreciate traditional performances, and detailed viewing information is readily accessible through the Cultural Heritage Administration website (<https://english.cha.go.kr/>) and the Intangible Cultural Heritage of Humanity guide menu.

### About the author

Seung-Kook Kim is currently Head of the Traditional Cultural Contents Research Center and a contributing cultural columnist to Monthly Guest and other publications. Formerly, he was Chairman of the Nowon Foundation for Arts and Culture, CEO of Suwon Cultural Foundation, President of Korea Cultural Arts Center Association and he has served as Chairman of the Seoul Cultural Heritage Committee.



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# Cambodian Cooking: Cambodian Red Chicken Curry

By Socheat Sang

*Good*

Day Humphreys cooking society! What's cooking up in your kitchen today? Well, at the United Club sub club kitchen, we are making Cambodian food! Wait, did you mean Thai food? No, young chef, Cambodian food. Cambodia is a country in Southeast Asia that borders with Thailand, Vietnam and Laos. Have you been? Email us your favorite meal or story! I arrived in Korea 7 years ago (yes, a bit long). I guess I really like the food. Korean food is delicious, but I started to crave other types of food. I ventured out and found friends that could cook world cuisine for me from their kitchen. You never know, maybe your neighbor is a chef! Go find out. Well, somehow, I started meeting friends that are Cambodian-American. How amazing is that? We have created a little village of Cambodian Friends at Humphreys. This is how I met Sokha Chann. She is the owner of Chann Foods. When I asked her to do a Cambodian cooking class she graciously accepted.

Let us get to know our Home Chef and CEO!

**Please introduce yourself and tell us where you are from?** My name is Sokha Chann. My ethnicity is Cambodian, but I was born in Thailand. My family moved to Canada when I was younger. I am now an American Canadian.

**Where did your passion for food come from?** When I married my husband, who is Cambodian American, and we had a family of our own, I wanted to ensure that my kids and husband were not just well fed but had delicious food to enjoy. Maybe my daughters will grow to have a similar passion for food as I do.

**How did you learn how to cook?** I learned how to cook with my mom. I remember that she taught me how to make eggs, sausage and white rice topped with soya (soy sauce). This is a common dish in Cambodian (Khmer) cuisine.

**What were your first mistakes in the kitchen? Funniest?** One of my first mistakes was when I added way too much water to a broth, and it did



Sokha Chann, the owner of Chann Foods.





not have much flavor. Another common first-time mistake was not understanding my ingredients and correct measurements.

**What is your signature dish? Your kids favorite? Your husband's?** My kid's favorite foods is pho, spam with soy sauce and spicy noodles. My husband can eat anything I cook. He never complains about my food.

**How do you describe your overall cooking philosophy?** I enjoy making food full of different flavors and uniqueness. If I could have people who eat my food smile and comment on how delicious it is then I am content. I hope that I can influence my surroundings and daughters to enjoy food as much as I do.

**Cambodian Red Chicken Curry**

**Ingredients**

**Protein**

8 Chicken Thighs - thawed

**Vegetables for Curry**

1 Red Pepper (sliced)  
 1 yellow pepper (sliced)  
 3 medium size onions (thick sliced)  
 3 medium size sweet potatoes (peeled, cubed & cut)  
 1 to 2 medium carrots (cubed & cut)  
 3 Japanese (Asian) eggplant (quartered & cut)

**Herbs, spices and roots**

5 cloves of chopped Garlic  
 1-2 dried Chili Pepper(s) (example Anaheim Peppers)  
 2 Star Anise  
 Store bought Red Curry paste (1 pkg)  
 Fish Sauce  
 Chicken Bullion (cubes or powder)  
 Sugar -about ¼ cup  
 Salt - tsp  
 Store bought peanut butter – Creamy  
 Heavy Cream - 1 cup

**Cambodian lemongrass paste (Kroeung)**

2 stalks of lemongrass (Asian grocery stores)  
 1 knob of ginger

**How do you enjoy eating your Cambodian red curry?** Noodles, rice or bread? My preference is definitely with lots of vegetables and chili. Sometimes I like my curry with noodles, bread or rice. Maybe all the above?!

**What are you doing here in Korea?** I PCS'd here with my family. My husband is a soldier in the US Army. We will be here for 2 years and there is always a possibility of extension. We have loved our time in Korea so far!

Well, thank you Home Chef Sokha Chann for guiding us through Cambodia's flavors and cuisine. We hope that you will give this recipe a try and send in pictures to Chann Foods. You can find her on Facebook at Chann Foods (Chann Catering Food).



1 knob of galangal (Asian grocery stores)  
 5 Cloves of garlic (in addition to garlic above)  
 6 to 8 kafir lime leaf (Asian grocery stores)  
 1 tbsp. turmeric

**Garnish**

1 carrot  
 1 cucumber  
 ¼ of a head of cabbage  
 Bean sprouts (bag)  
 Thai Basil or Perilla Leaf – thinly sliced  
 Lemon/lime wedges (1 each)

**Red curry can be enjoyed with:**

Soba noodles (Asian grocery stores)  
 White rice  
 Bread

**Directions**

- Prepare chicken Thighs. Cut into half inch chunks. Set aside.
- Prepare all the vegetables for stock. Peppers, onions, sweet potatoes, carrots and eggplants.
- Soak dried peppers in warm water. After 30 mins take out seeds and blend until smooth.
- Chop lemongrass, garlic, galangal and lime leaves. Throw everything into the food processor and add a tablespoon of Turmeric. Proceed until there is a smooth consistency. (\*Please note that the Tumeric may stain your food processor.)
- Take 2 tbsp of oil and sauté garlic, add red pepper paste, using as much as you want for color, then add the lemon grass paste, using about ¼- ½ cup.
- Stir constantly for about 30 seconds. Don't let lemon grass paste burn or you will have a very bitter taste. Add chopped chicken thigh and salt to taste approx. 1tsp. Then add sugar to taste approx. ¼ a cup or a giant serving spoon worth. Next, add ½ a packet of chicken powder.
- Next, add 2 or 3 tbsp of fish sauce, and cook for about 10 minutes until it thickens. Add red curry paste and reduce heat. Cook for about 10 minutes, then add 10 cups of water and 2 star anise, and boil for another 10 minutes and then add a handful of kafir lime leaf. (\*Please do not eat star anise. Remove before serving.)
- Meanwhile in a separate pot, simmer a can of coconut milk to bring out natural oils and flavor. You do not want to overcook or burn the milk. Then, add toasted coconut milk to curry pot, and add 1 cup of heavy cream and 1 cup of peanut butter and let it boil. Allow curry to simmer for 30 to 45 minutes.
- Towards the last 15 minutes add the vegetables. Do not overcook vegetables. Allow to simmer for an additional 15 minutes. Skim fat from the top of the pot. As the broth is cooking, start preparing the soba noodles.
- Soba noodles- bring to a boil check if it soft with pinch test (just like regular angel hair pasta), drain and rinse in cold water, then group in small bundles, squeezing out water. Plate noodles and set them aside so they firm up and get sticky.
- To serve, place noodles in a bowl, followed by vegetables, and pour Curry soup on top and enjoy. Eat left over broth with bread or rice.





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Do you ever feel like your hair is so dry it resembles straw? Hard water and chlorine in your tap water can be the culprits. The harsh minerals in hard water contribute to dryness, while chlorine can strip away your hair's natural oils, leaving it brittle and dull.

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- Why Vitamin C Filtration Benefits Your Hair: Chlorine, a disinfectant commonly found in tap water, can strip your hair of its natural oils. These oils are essential for keeping it hydrated, shiny, and manageable. Vitamin C filtration in shower filters helps neutralize chlorine, reducing its drying and damaging effects. Additionally, vitamin C's antioxidant properties promote scalp health, potentially reducing dandruff and encouraging healthier hair growth.

## Experience the Difference

HYYGIA shower filters provide a refreshing shower experience with warm, soft, clean water. This can leave your dry hair feeling noticeably silkier and healthier.



## USER TESTIMONIAL

### My Personal Experience with HYYGIA:

*After 3 yrs of living in Korea and trying multiple different hair products to make my hair feel softer and shiny but to no avail. I was recommended to try a shower filter. Within 1 wash of my hair, I already noticed a difference to my hair and skin. The filter was working magic on the harsh water here and I am absolutely amazed! The filter has a lovely scent to it to, reminds me of a spa treatment! Thank you for solving my dry hair and skin issues!!!*

— A Mom from Asan



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# A Passion for BEADING

By Guzalia Reed

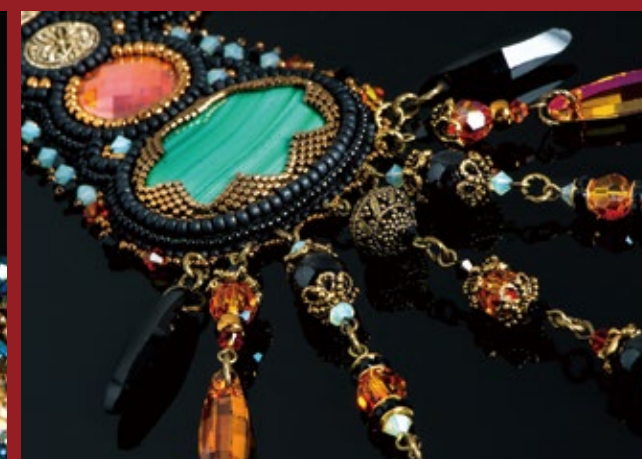


I was born in the post-Soviet Union country of Kyrgyzstan, 46 years ago, and moved to Kazakhstan to continue my education. I ultimately received a bachelor's degree in political science and a master's degree in English as a foreign language. I then met and married my husband and earned an MBA with Indiana Wesleyan University while living in Kentucky.

So far, I have moved multiple times. I have lived in Japan, the U.S. states of Kentucky, Tennessee and Alaska, and Kwajalein Atoll, a tiny island in a Pacific Ocean, in the Marshall Islands, and now I live in Korea. I have a beautiful family – two children, Max (12) and Layla (10), and an amazing husband, who works as an air traffic controller for the U.S. government on military

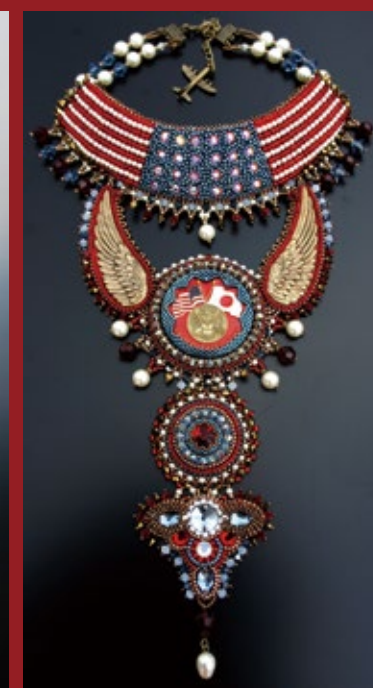
bases. He always believes in me and supports me in everything. I am honored to have a great chance to live in so many places through his amazing career.

I started beading 16 years ago as an innocent hobby to keep myself busy, as I always was a knitter, but I was always looking for new hobbies. Beading was quite an expensive hobby, so I started to



participate in different competitions to win some "bead money" as a gift certificate. In just 15 years of beading, I earned over 25 awards in jewelry challenges, including acceptance in the famous world competitions, and my designs have been published in many different magazines, including Fire Mountain Gems catalog covers and Bead & Button.

I love working with many types of beads, including shells, polymer clay, Swarovski crystals, and many other interesting things including chains, buttons, and buckles. I love finding stuff everywhere – hardware stores, secondhand stores, mostly anywhere where I can find something eye catching, something extraordinary, something unique.







I am a big perfectionist, I try to make my pieces impeccable, trying to reach the most professional look. Each of my pieces takes from a week to 3 months to finish (competition pieces). These days, my inspiration comes from everywhere – people I meet, places I visit. Beading became my piece of mind where I want to get out of my busy everyday routine. I have seen how it is important for a person to have a hobby. It gives you another life, like a breath of fresh air, and helps you to survive sometimes.

Thanks to beading I met so many amazing people. 10 years ago, while living in Japan I started teaching classes. For a decade I have taught and met so many beautiful ladies! I've helped them to find happiness and to believe that creativity is a part of us. Here in Korea, I teach occasional small classes in my home, when I have availability. For the last two years, I have worked as a substitute teacher at Humphreys Central Elementary, where the best part of the population (our precious children) keeps teaching me lessons of creativity, kindness, and compassion.

Beaded create marvelous designs at my jewelry, when finding its own owner, becomes one single part, reflecting women's beauty, their inner strength, power, and confidence.



You can find Guzialia's creations at the following locations:

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- Etsy: GuzialiaReedJewelry
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## Who Invented the Piano and When?



Grand piano, crafted by Bartolomeo Cristofori around 1720.



Bartolomeo Cristofori

Bartolomeo Cristofori (1655-1731), an Italian inventor, is credited with the invention of the piano. Dissatisfied with the limited control musicians had over the volume of the harpsichord, Cristofori replaced its plucking mechanism with a hammer, thus pioneering the creation of the modern piano around the year 1700.

The piano is a beloved instrument that has captivated musicians and audiences for centuries with its rich tones and versatility, allowing a player to perform nearly any piece that an orchestra can execute.

The term "pianoforte" was originally used to describe the piano because it aptly conveyed the instrument's ability to produce both soft (piano) and loud (forte) sounds. Over time, as the instrument gained popularity, the term was gradually shortened to "piano," becoming the preferred name for it.

While the modern piano as we know it today may have emerged in the 18th century, its roots can be traced back to ancient civilizations. Instruments like the dulcimer, harpsichord, and clavichord laid the groundwork for the development of keyboard instruments. These early precursors utilized strings and keys to produce sound, serving as inspiration for the piano's eventual design.

During the Renaissance and Baroque periods, keyboard instruments like the harpsichord and clavichord were prevalent in European music. The harpsichord, with its plucked strings and quill mechanism, provided a dynamic range of tones. Meanwhile, the clavichord, known for its expressive capabilities, allowed musicians to control the volume and articulation of each note through subtle finger movements.

The pivotal moment in piano history came with the invention of the forte-piano by Bartolomeo Cristofori, an Italian instrument maker. In the early 18th century, around 1700, Cristofori introduced his groundbreaking



Harpsichord (circa 1644)



Clavichord



DID YOU KNOW?

design, which incorporated hammers that struck the strings, allowing for varying levels of volume and expression. This innovation gave birth to the modern piano, known at the time as the "gravicembalo col piano e forte" (harpsichord with soft and loud). Capable of sustaining pitches in a lyrical manner, the piano can evoke various musical styles and moods, producing enough volume to cut through almost any musical ensemble. Defined broadly as a keyboard instrument with strings and a hammer action (unlike the jack and quill action of the harpsichord), the piano gained prominence as the primary instrument for music education and amateur practice.

Following Cristofori's invention, the piano underwent significant developments throughout the 18th and 19th centuries. Piano makers across Europe refined the instrument's design, improving its sound quality, keyboard mechanism, and structural stability. By the mid-19th century, the piano had become a staple in households and concert halls worldwide, thanks to advancements by renowned builders like Broadwood, Steinway, and Erard.

The invention of the piano by Bartolomeo Cristofori marked a transformative moment in the history of music. His pioneering design laid the foundation for the modern piano, revolutionizing the way musicians composed, performed, and experienced music. Today, the piano remains one of the most beloved and enduring instruments, cherished for its expressive capabilities and timeless appeal.



Cristofori's piano mechanism



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## INVISIBLE TIES:

# THE ESSENCE OF COMMUNITY IN FOSTERING HEALING AND RENEWED HOPE

By Heather MacLeod

In the wake of my experience, published last month as "Navigating Medical Emergencies Abroad: A Cautionary Tale from South Korea," I've come to realize the critical importance of preparedness, advocacy, and community support on a broader scale. Reflecting on my journey—from the initial injury, through the challenges of receiving adequate care, to the significant life change of losing my leg—I am reminded of the resilience of the human spirit and the essential role of patient advocates and leadership in navigating such crises.

This ordeal has not only tested my resilience but also deepened my appreciation for the bonds of com-

munity and the unseen ties that sustain us through our darkest times. My path to recovery was far from solitary. Beyond the clinical precision of surgeries and the sterile ambiance of hospital settings, there unfolds a story rich with communal warmth.

This narrative goes beyond personal experience, becoming a collective tale of mutual support and an ode to the invisible ties that uphold us in our moments of profound vulnerability. The incident that led to the loss of my leg ignited a wave of support from the broader community that was nothing short of extraordinary.

This powerful demonstration showed that com-

passion knows no boundaries, easily bridging cultural and linguistic divides. The generosity ranged from prepared meals and financial assistance to household chores and prayers, wrapping me in a cocoon of empathy.

Acts of kindness, such as my landlords installing a wheelchair ramp, a friend fostering my cats, and another coordinating the avalanche of support, spotlighted the remarkable efficacy of communal solidarity. Amid this journey, the paramount importance of a supportive community shone brightly.

The many faces of assistance, some unfamiliar, were united by a common thread of empathy and altruism. This embrace provided more than mere physical aid—it imbued me with a profound sense of belonging and an unshakeable optimism for the future.

At a time when isolation could have overwhelmed me, I found myself surrounded by an unexpected family. Faced with the dual challenge of relocation and recuperation, the nurturing ethos of my broader network was unmistakably supportive.

In the midst of adversity, I adopted a stance of "why not me?" rather than "why me?", embracing the ordeal not as a burden but as a testament to human endurance and peace that truly does surpass understanding. This perspective acknowledges a universal truth—that adversity is indiscriminate.

My story stands as a beacon of the strength found in vulnerability and the value of a positive spirit, poised to inspire and uplift many. Choosing to return to the environment of my ordeal, rather than relocating, was a deeply intentional decision aimed at healing both physically and emotionally, and seeking closure not just for myself but for the community that rallied around me.

This decision to return allowed me to focus on my rehabilitation, including learning to walk with a prosthetic leg, and working towards emotional closure. It also represented a refusal to let the circumstances of my departure define my relationship with a place that had become significant in my life.

Moreover, this journey brought unexpected reconciliation and strengthening of familial





bonds. The events in this foreign setting acted as a catalyst for healing between myself and my mother, bridging years of distance and silence. Her support during my recovery was instrumental, providing not just practical assistance but also emotional comfort.

As I continued to navigate recovery, the themes of community support, pursuit of closure, and deepening familial bonds intertwined to create a tapestry of resilience and hope. This journey underscored the belief that healing occurs in the presence of those who support us in our darkest moments, and sometimes, closure means returning to where our lives took an unexpected turn.

This experience highlights the importance of preparedness and informed decision-making in crises, especially abroad, and the profound impact of a supportive community in overcoming life's challenges. Looking forward, I am faced with the journey of adapting to a prosthetic leg and relearning to walk. This physical loss is counterbalanced by deepened familial bonds and new friendships.

As I continue on this path, the lessons learned from my community remain my guiding light. Their empathy and support have not only aided my healing but have also revealed the powerful force of unity and collective hope. May this story serve as a beacon for others navigating the difficult waters of recovery and adjustment, reminding them that no one is ever truly alone.

If you find yourself in a moment of despair, feeling isolated or contemplating the unimaginable, remember the story of a community's limitless capacity for compassion and the transformative power of shared hope. Even in the darkest moments, when all seems lost, there are unseen hands ready to support us, hearts willing to listen, and spirits eager to help.

Your journey, like mine, is significant, and your presence is invaluable to this collective tapestry we call life. You are not alone; there is a world of kindness and understanding waiting. Let's reach out, connect, and find solace in the collective embrace that surrounds us, allowing the light of shared hope to guide us through the darkness.



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# How does INVISALIGN work?

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



Invisalign works through a series of custom-made clear aligners that are designed to gradually shift teeth into the desired position. Here's how the process generally works:

## 1. Consultation and Treatment Planning:

The process begins with a consultation with an orthodontist or dentist trained in Invisalign treatment. During this visit, the provider will evaluate your teeth and bite to determine if Invisalign is suitable for your case. If so, they will take digital impressions, photos, and X-rays of your teeth to create a 3D digital model of your mouth.

## 2. Custom Treatment Plan:

Using the digital model of your mouth, the orthodontist will create a custom treatment plan that maps out the precise movements of your teeth from their current position to the final desired position. This plan will also determine the number of aligners needed and the duration of treatment.

## 3. Fabrication of Aligners:

Based on the treatment plan, a series of clear plastic aligners will be custom-made for you using advanced computer-aided design and manufacturing (CAD/CAM) technology. Each set of aligners is slightly different from the previous one, gradually applying gentle pressure to move your teeth into the desired alignment.

## 4. Wearing the Aligners:

Once the aligners are ready, you will begin wearing them as instructed by your orthodontist. You'll typically wear each set of aligners for about one week before switching to the next set in the series. The aligners should be worn for at

least 18 to 20 hours a day, only removing them for eating, drinking (except water), brushing, and flossing.

## 5. Monitoring Progress:

Throughout the treatment process, you'll have periodic check-up appointments with your orthodontist to ensure that your teeth are progressing as planned. Your orthodontist may make adjustments to your treatment plan as needed.

## 6. Completing Treatment:

Once you've worn all the aligners in your series, your teeth should have shifted into their final positions according to the treatment plan. However, some patients may require additional refinement with additional aligners to fine-tune the results.

## 7. Retention:

After completing the active phase of treatment, your orthodontist may recommend wearing retainers to prevent your teeth from shifting back to their original positions. Retainers are typically worn at night.

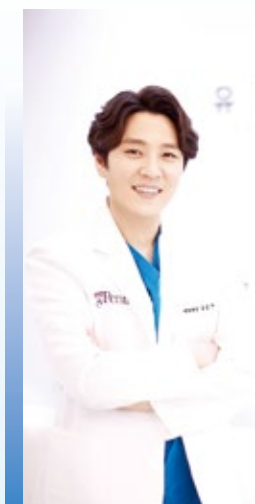
Overall, Invisalign offers a discreet and convenient alternative to traditional braces for many patients seeking orthodontic treatment. However, it's essential to follow your orthodontist's instructions carefully and wear the aligners as directed to achieve the best results.

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- Specialty in Orthodontics, Montefiore Medical Center, Albert Einstein College of Medicine, NY, USA
- Speaker for Invisalign in Korea
- Invisalign Provider Since 2008
- TRICARE Preferred Dentist of US Armed Forces in Korea
- Dentist License Both in the US and Korea
- Member, American Association of Orthodontists



## DR. AN, JINSEON (PEDIATRIC SPECIALIST)

- Pediatric Specialist, Certified by the Ministry of Health and Welfare
- Member, Korean Academy of Pediatric Dentistry
- Member, Korean Dental Society of Anesthesiology
- Child Psychological Counselor Level 1 Certificate
- Youth Psychological Counselor Level 1 Certificate
- Pediatric Director, Children's Forest Dental Clinic (2016-2017)
- Pediatric Director, Twinkle Pediatric Dental Clinic (2018-2021)



## DR. LEE, MINKYUNG (ENDODONTIST)

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- DDS, School of Dentistry, Seoul National University, Seoul, Korea
- Specialty in Endodontics, School of Dentistry, Seoul National University, Seoul, Korea
- BS, Chemistry, Korea Advanced Institute of Science & Technology (KAIST), Daejeon, Korea
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# Chef's Garden: *Sharing Kenya's Culinary Heritage*

By Amy Millican



Having Fun in Chef's Garden  
©Flyga Twiga™ LLC



Mara Triangle  
©Flyga Twiga™ LLC

**N**estled in Kenya's Olololo Escarpment, facing the Mara Triangle, sits the Kenyatta Family Camp, Mara Elatia. Opened to the public in December 2022, Mara Elatia Camp's location was made famous for its breathtaking views of the Mara Triangle appearing in the movie "Out of Africa".

Mara Elatia has been in the Kenyatta family for generations. With the main part of the camp newly renovated, Mara Elitia Camp currently has 12 new Deluxe Tents

and 2 new Family Villa Tents. The Family Villa Tents have two bedrooms, which can each sleep two adults and two children, with a Sitting Room and a Kitchenette in the middle. All of the tents have spectacular views of the Mara Triangle.

The Safari Camp has maintained its relaxing, time away from the city, friendly family vacation feel. The focus on the attention to each guest's interests and comfort, exceeds some of the most exclusive properties in Kenya. One such example was when we stepped out

of our tent, for just a few minutes, Alex Mutie, our Personal Butler, replaced the towels and straightened the bedroom within moments. This type of service was shown throughout Mara Elatia.

My husband and I were at Mara Elatia in November, a "Green Season", when rains are possible in Kenya. We had experienced surprising flooding and shifts to our Safari itinerary prior to arriving at Mara Elatia. We were in need of some pampering and special attention. Mara Elatia went above and beyond.





Our Head Butler, Collins Mwale, quickly realized we were enamored with the Safari Camp. Collins, like most of the Senior Staff, came from Heritage Hotels, the collection of properties which Mara Elatia was to become a part. Collins had worked at various Heritage Hotels properties and with his gregarious nature, was clearly chosen to help launch this unique property.

Collins went out of his way to give us exceptional experiences, including numerous private tours. One unique creation Collins came up with, when he caught on we are “foodies”, was giving us a Private Tour of Mara Elatia’s Kitchen, the exquisitely designed Chef’s Garden, and time to talk personally with the Chef about Kenya’s Culinary Heritage.

With the public opening of such an important and historic Safari Camp, came the need for an exceptional Chef. Here they tapped experienced Chef Donasian Mshangi. Chef Donasian had also worked for the previous 10 years at other properties within the Heritage Hotels’ collection.

Chef Donasian says, “I became a Chef because I am

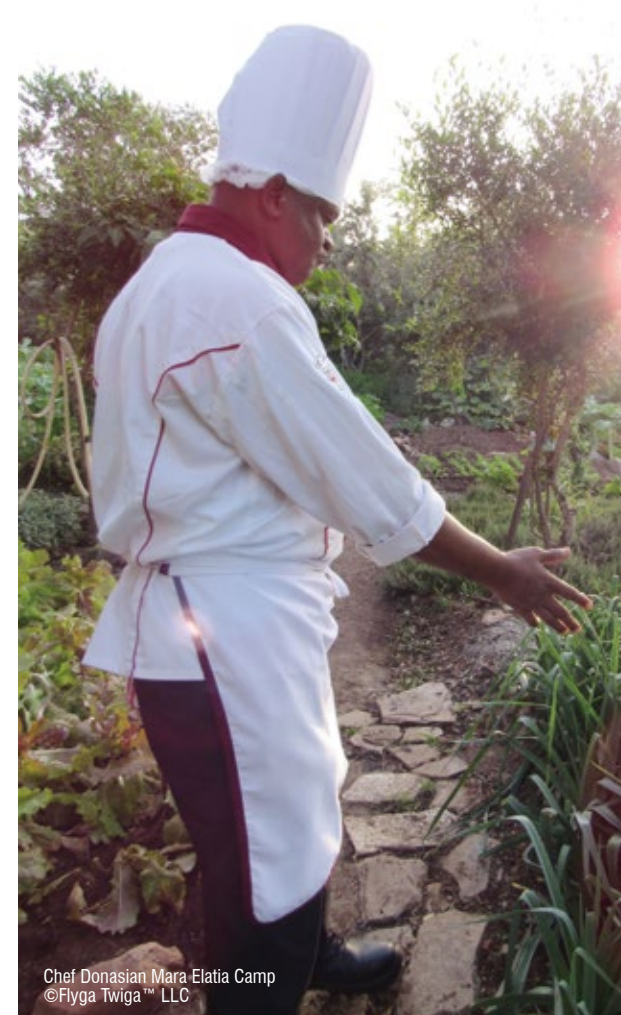


passionate about food. I liked to cook since I was a very young boy, with my Mom. When my mother would cook, I would stay with her. I would challenge myself and try to cook with her. The foods were our local foods.”

He continues, “I came from the Coast region. My tribe is the Taita Tribe. I have stayed in Mombasa and Lamu Island most of my life. I went to school there and so I did a lot of Seafood. My homeplace is Lamu.”

Arriving at Camp Mara Elatia, Chef’s first order of business was to begin creating his own Chef’s Garden. On his motivation, Chef Donasian offers, “I was inspired to get fresh food for my Clients, because getting them fresh from Nairobi is a big challenge. So, when the vegetables come here, they just wither. I need them fresh when they go to my Clients. On their plate, to see the freshness of their food. That’s what inspired me. To get that freshness and to have a continual supply of food.”

“I started planting the Chef’s Garden in late December 2022. I saw the land was good, I tried to extend. This year, in 2023, I extended it. You can see the courgettes, baby marrow, and spinach.







Mara Elatia  
©Flyga Twiga™ LLC



Dining at Mara Elatia with  
Vegetables from Chef's Garden  
©Flyga Twiga™ LLC

That is an extension of this year. That has taken just 3 months. I have about 12 types of vegetables, but I am making space to get some more."

Chef also knew from the beginning that he would need help tending his garden. "Since I had the charge of maintaining the kitchen and cooking, I had to look for someone who would take care of the garden. So, at the garden I do have someone who takes care of the vegetables, salad lettuces, and herbs, because I cannot do all the work. So, I planned and started the garden, and have someone who I can direct what to do at the garden and what to plant. What I require to be in the garden



Herbs from Chef's Garden  
©Flyga Twiga™ LLC





and how it is to be maintained."

"I hired a local person, John Kobia. I taught him what to do and he has knowledge of the Mara, where he comes from. We maintain, using different ideas, with him. For example, it can be cold weather here and cause freezer burn, when we have a lot of fog. So, we have to check the vegetables. When they are not doing well, we remove them, and plant another one. We work together for what is best here."

Chef continues, "We hire local people. We call it CSR, Corporate Social Responsibility. Yes, it helps the local people. And, it helps us with what has be done at the Camp." I can certainly attest to the fact that during my tour of the Chef's Garden, John seemed as proud of the Chef's Garden as the Chef himself. A true testament to Mara Elatia's CSR success.

When asked what his favorite dish to cook, Chef Donasian does not hesitate. He replies,

"All the vegetables. I love cooking all the vegetables. Plus, making them into fresh salads. Because that is what inspired me to have that garden, fresh salads from the garden. That is what I enjoy seeing. Fresh foods on my Clients' plates. That is what always makes me think about extending that garden." He finishes, looking thoughtfully at the garden, nodding and saying "yes", as if he had just thought of another idea for his Chef's Garden.

The evening prior to our discussion and private tour, I offered to go ahead and take some photographs of the Chef's Garden. Chef Donasian looked shocked and emphatically said "No! You must see the garden at her best. In the morning light, with the morning dew and in the morning air." Indeed, the next morning the Mara Elatia Chef's Garden shown bright and magnificent. The latest, beautiful culinary addition to this most historical part of magical Kenya.





# When Making Traditional Paper Flowers (Jihwa), Our Minds Become Beautiful

By Harry Shin



**M**aking beautiful paper flowers makes us feel happy! On March 14, 2024, at the Humphreys United Club, Ven. Jung Myeong sunim, the most prestigious master in the paper flower craft, was invited to teach the art of making traditional paper flowers using 'hanji' (traditional handmade Korean paper), named the "Traditional Paper Flower (Jihwa) Making Event," with the help of

members of the International Dharma Instructors Association (IDIA) of the Jogye Order of Korean Buddhism. The participants had a fulfilling time making three kinds of beautiful and colorful flowers with hanji.

Members of the Humphrey United Club participated in the event, making peony, dahlias, and chrysanthemum flowers. While making Jihwa with sincerity, they smiled as beautifully as the flowers, deepened



friendships, and concentrated joyfully, as if experiencing a form of 'flower meditation'.

Ven. Jung Myeong's dignified demeanor and grace left a deep impression on the participants and brought a sense of tranquility to their hearts. She serves as the chairperson of the Korean Traditional Paper Flower Arrangement Preservation Society, continuing the noble lineage of traditional paper flower art. In August 2023, she was appointed as the first master of traditional paper flower art in the Jogye Order of Korean Buddhism. She has promoted traditional paper flower art both domestically and internationally through various activities related to flowers, including the publication of books and exhibitions.

In Korea, there has been a long-standing tradition of making paper flowers and offering them ceremoniously. This tradition, rooted in the belief that even a single flower is a living entity, embodies the spirit of non-violence and reverence, often observed when offering alms to the Buddha or performing Buddhist rituals. It is considered a traditional culture of practice, seen as a means to alleviate worldly worries and delusions, leading to enlightenment. Jihwa, as an intricate work







of art, embodies the cherished values of our unique national sentiment, which also pursues beauty. It holds precious value as a representation of our cultural heritage. Produced through the skilled hands of artisans who have mastered various techniques and abilities over long periods of training, including understanding traditional hanji, methods of dyeing, implementing colors, and different techniques for each flower, Jihwa is an artistic creation that blooms.

The production process of Jihwa can be divided into five stages:

1. Cutting: Using paper, hanji (traditional Korean paper), a knife, and scissors
2. Dyeing: Using dyestuffs (natural dyes such as gardenia, Brazil Wood, and alum), gas burner, stainless steel bowl, and water
3. Shaping wrinkles: Creating flower petals, folding, shaping, and cutting with scissors.
4. Drawing leaf veins for leaves
5. Assembly: Putting together petals, stems, bases, and tying them with string
6. NandeungChigi (Arrangement): Placing the



finished Jihwa in baskets, vases, or flower pots for display or offering.

Jihwa goes through a series of processes from material selection, dyeing, crafting, and arranging flowers, to presenting them on an altar. Paper selection is crucial, and typically hanji (traditional Korean paper) and plain paper are chosen and used according to their purposes.

These days, Jihwa production involves various methods such as directly using natural dyes, purchasing pre-dyed paper, or even using synthetic dyes. The process of making Jihwa, also known as "flower making," includes steps such as smoothing out wrinkles, shaping petals, leaves, and bases, and creating buds through a process called "Jakbong(作峯)." The next step after that is flower arrangement, which is called "NandeungChigi." After the flower arrangement, the completed flowers are offered on the altar.

Members who participated in these traditional cultural events, sharing them with families of the U.S. military stationed in Korea, found it to be a rewarding time deepening friendship and camaraderie.

I sincerely thank the Humphreys United Club for their assistance in organizing the event. Through activities sharing Korean culture with the families of U.S. service members in Korea, we would like to promote cultural exchange between both countries and strengthen the bonds of friendship.

If there is any event you would like to know about Korean culture, please contact us at any time. We are very excited to share it with you.

"We go together! 같이 갑시다!"

#### About the author

Harry Shin graduated from the Graduate School of Interpretation and Translation and is working as a freelance interpreter and translator. He is also currently working at Camp Humphreys in Korea. He enjoys introducing Korean culture to U.S. service members and their families and promoting cultural exchanges as a member of the International Dharma Instructors Association (IDIA) of the Jogye Order of Korean Buddhism.







# ENHANCED HUMAN THROUGH STEM CELL PLASTIC SURGERY

By Dr. Eunyoung Baek, DEKABI Clinic

*It* feels like half a century has passed since the inception of plastic surgery, and it's been two decades since I began stem cell therapy. Now, we stand at the threshold of a new era in plastic surgery, leaving behind antiquated methods of cutting and sewing. Stem cells have proven to be transformative, not only healing wounds but rejuvenating the body as well.

The upcoming era heralds the dawn of quantum stem cell technology, enhancing the cellular energy within our bodies. Reflecting on patients who have undergone stem cell plastic surgery, it's evident that they defy the aging process. If achieving a youthful appearance once took 20 years, the impact of stem cell therapy would go unrecognized. However, if this transformation can be accomplished in just three months, its efficacy will undoubtedly be acknowledged.

Time is the ultimate factor. Our clinic's ambition is to reverse aging by 20 years in just three weeks. Considering that a doctor's consultation lasts an hour and occurs weekly, totaling approximately 40 hours per year, a five-week inpatient program is condensed into three weeks. This accelerated pace is made possible through the convergence of energy medicine, personalized medicine, and stem cell therapy.



Imagine the possibility of regaining youthfulness. It's the pinnacle of plastic surgery—a narrative that elicits positivity and hope. While some individuals may appear 30 or 40 years younger, the most significant benefit lies in the alleviation of diseases that accompany aging.

Health bestows a newfound level of youthfulness. Conventional plastic surgery, involving cutting and suturing, can impede lymphatic flow, leading to health complications over time. This explains why beauty fades or

becomes distorted post-surgery. Complications such as calcification, tissue hardening, and nerve damage can arise, diminishing overall health.

Stem cell plastic surgery and treatment offer a beacon of hope for those grappling with the aftermath of conventional procedures. Stem cells provide unparalleled healing potential, addressing not only physical ailments but also restoring subtle electromagnetic fields within the body. This is crucial in mitigating the invisible damages incurred during surgery.



As time progresses, the potency of genuine genetic restoration becomes increasingly apparent. Reverting the body's cells to a younger state introduces the concept of the 'Enhanced Human' in this era. Pain and swelling become relics of the past, replaced by perpetual youthfulness. In this age, the reversal of aging is as simple as a choice—one that can be made with the blink of an eye.

The prospect of witnessing one's transformed self, merely a year after undergoing stem cell injections, is exhilarating.



About the writer

Dr. Eunyoung Baek, DEKABI Clinic



Professional Background

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

Work Experience

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

Book List

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

DEKABI Clinic

- 1st Fl., Nonhyeon Royal Palace, 249-6 Nonhyeon-dong, Gangnam-gu, Seoul
- dekabclinic@gmail.com
- 010-9535-0870 / 02-569-2541

RESOURCE INFO

Emergency Numbers

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

National Suicide Prevention Crisis Line

Commercial: 1-800-273-8255/080-855-5118  
DSN: (315)263-8255/118  
Chat: [www.veteranscrisisline.net/get-help/chat](http://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](http://www.focusproject.org) or call +1-703-784-0189 or email at [TeleFOCUS@focusproject.org](mailto: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

- 5 April – Arbor Day
- 10 April – Election Day
- 1 May – Labor Day
- 5 May – Children's Day (어린이날 or Eorininal)
- 8 May – Parents' Day
- 15 May – Buddha's Birthday / Teachers' Day
- 6 June – Memorial Day

US Holidays

- 31 March – Easter
- 8 April – End of Ramadan, Eid al-Fitr
- 22 April – Earth Day
- 5 May – Cinco de Mayo
- 12 May – Mother's Day
- 27 May – Memorial Day
- 14 June – Flag Day
- 16 June – Father's Day
- 19 June – Juneteenth National Independence Day
- 4 July – Independence 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



# BIRDS OF KOREA

By Dan Romano

## About the Author

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

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



Beyond the neon lights of Seoul, the bars, and temples; and beyond K-pop and cosmetics there is a lesser-known interesting fact about Korea. It is home to over 500 species of birds. Many are resident, and some are seasonal migratory birds that come from thousands of miles away. What makes Korea a convenient location in this region of the world for seeing many species of birds, is the amount of diversity within a

small area. Korea is about the size of Indiana or Portugal and about a five-hour drive from the DMZ to Busan and three hours between the Yellow Sea and the Sea of Japan (East Sea). There are many websites and books about birds in Korea and this article will touch on a few of the residents and migratory birds.

What makes Korea a good place for migratory birds? Location! Korea is one of about 20 countries in a region called the East Asia-Australasia Flyway (EAAF). The

EAAF contains a set of flight paths used by many birds that migrate between their breeding grounds and wintering locations. Annually, upwards of 250 species totally about 50 million birds fly the EAAF that extends as far north as the Russian Arctic, and as far south as New Zealand. Since Korea is nicely positioned near the middle of the EAAF, and offers wetlands and fertile fields, it is a popular wintering location or stop-over to rest and feed for







many migratory birds. One can find birds everywhere, in urban areas, wetlands, and open fields throughout Korea.

There are about 7,000 distinct species of perching birds around the world that have adapted to living among the population in metropolitan areas, bases, and surrounding suburbs. They use the

infrastructure, water, and nature it provides to thrive amongst people. Birds have taken refuge in urban areas due to the sources of food from discarded trash around waste dumps and in the streets. Also, urban areas are brightly lit, attracting many insects, another source of food. Another benefit that urban areas provide are the many

small spaces in buildings and traffic infra-structure that create great nesting locations, not to mention in the trees and other natural areas. Using various debris and natural materials, birds construct proper nests in many places among us. Urban areas also offer relief from the weather such as a source of heat when compared to open areas

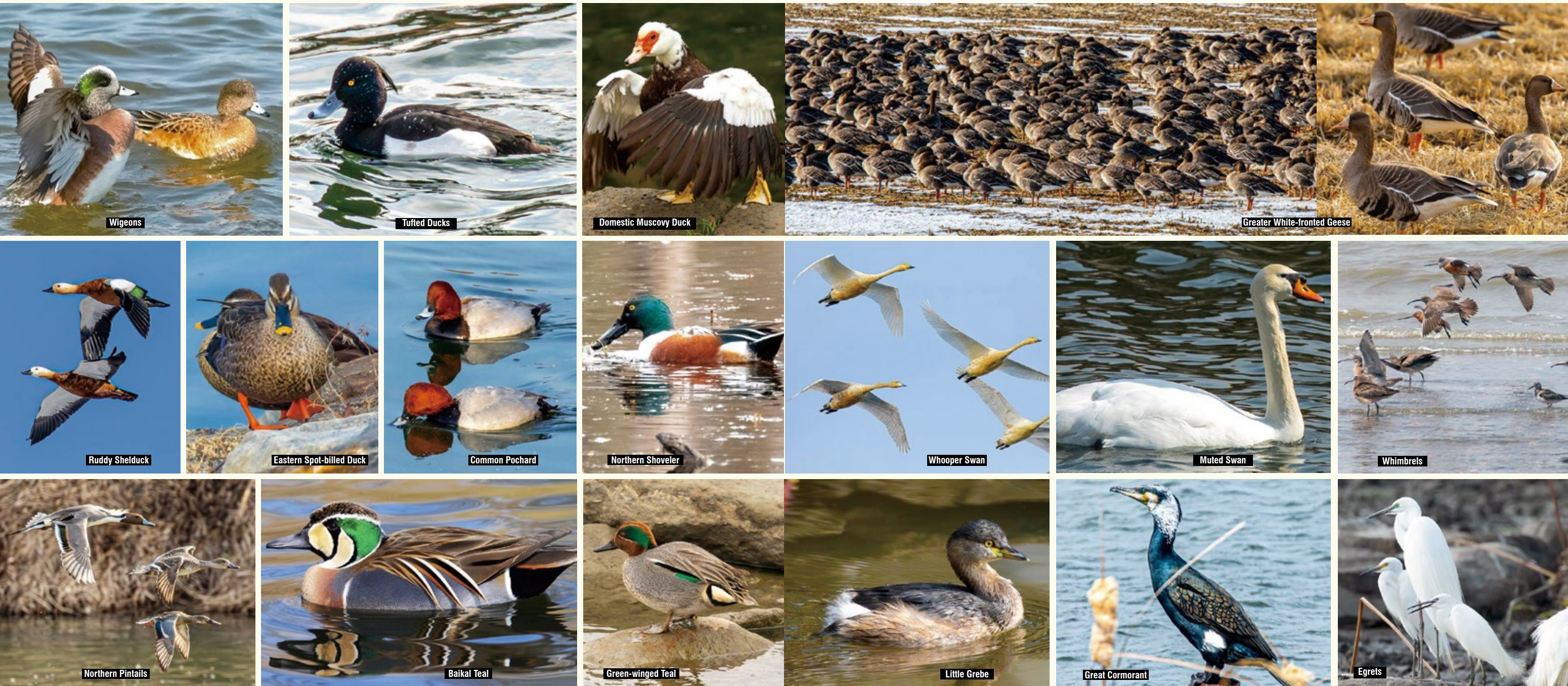
in the frigid winter months and a source of cooling in the shade in the scorching summer months. The infrastructure also offers hiding locations from many dangers, luckily however, there are few birds of prey and ground predators living among them in urban areas, making life more manageable.

The above collages of mostly

perching birds can often be found in and around urban areas, some species much more prevalent than others. The wetlands, rivers and ocean shores offer a habitat for many more types of birds, and ducks dominate the population. There are about 130 different duck species around the world and Korea is not short on the number

of distinct species of ducks in a small area. Built for the water with webbed feet, oily waterproof feathers and a bill, the water is important to them because it is the source of food, protection from predators, and bathing. They can regularly dive underwater to find food or escape predators. Ducks nest close to the water and shortly





after their ducklings hatch, Mom leads them directly to the water where she protects and feeds them until they can take care of themselves.

An honorable mention among ducks is the Baikal Teal<sup>1</sup>, that arrives in Korea in the fall with many wintering along the east coast from Seosan to Mokpo. While, estimates vary, some suggest about a half

million Baikal Teals winter on the Guen River close to Gunsan AB. Also, in the winter months, it is common to see flocks of Greater White-fronted Geese in rice fields where they feed and are often close to a water source.

There are still many other birds found in the wetlands, and near bodies of water. Some of the more popular species that everyone has

most likely seen include types of Swans, Geese, Egret, Heron, and Cormorant, among others. A couple of favorites among the water birds are the Great Cormorant and Little Grebe. The Great Cormorant has blue eyes, white head, and bluish tone with beautiful brown and black feathers that almost seem like they are painted on and can make them appear like a reptile. Since their

wings are not waterproof, they often sit on rocks and open their wings to the sun to dry. The Grebe is a small, unassuming bird, that delicately navigates its way around the larger birds and predators. It is a miniature diver that hunts underwater for insects, shellfish, and fish but will not pass up a frog and some plants on the surface. It is a small, rugged fighter among larger birds.

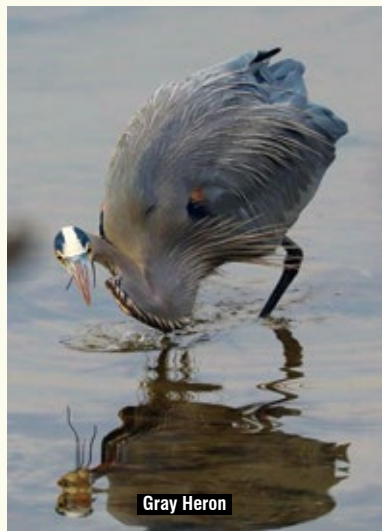
Egrets are a sub-group of Heron, and both are also plentiful in Korea. They appear delicate and graceful with long legs, neck, and beak but are quiet stalkers of their prey. They may slowly move about the water or stand still for hours waiting for an unfortunate fish to pause within range and then plunge at it with its dagger beak. Once stabbed, it will work the fish down its throat whole.

A general category of silent predators are birds of prey, which can be seen in any habitat. On any given day, it is common for them to soar high above cities and bases hunting or perched on a structure for a look around. While they may eat whatever is available fish, rodents, and smaller birds are on the top of the menu. The smaller birds of prey will eat insects too and the





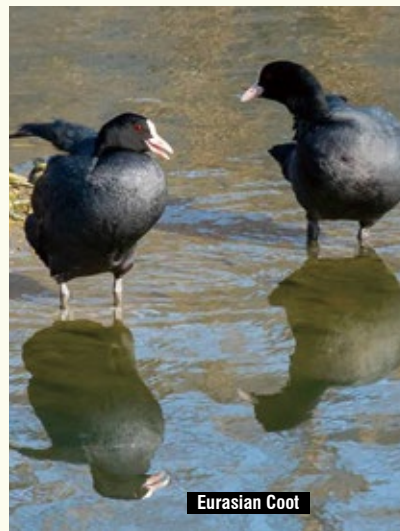
Kentish Plover



Gray Heron



Smew



Eurasian Coot



Chinese Sparrow Hawk



Osprey



Cinereous Vulture



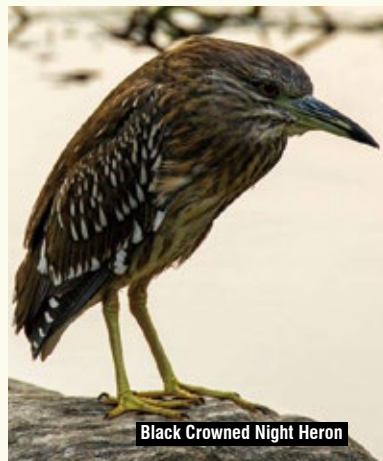
Peregrine Falcon



Pacific Reef Heron



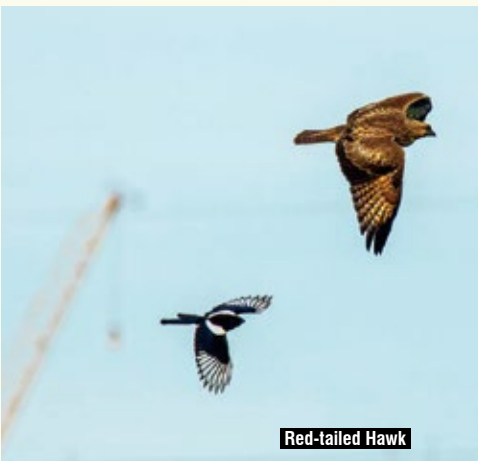
Great Crested Grebe



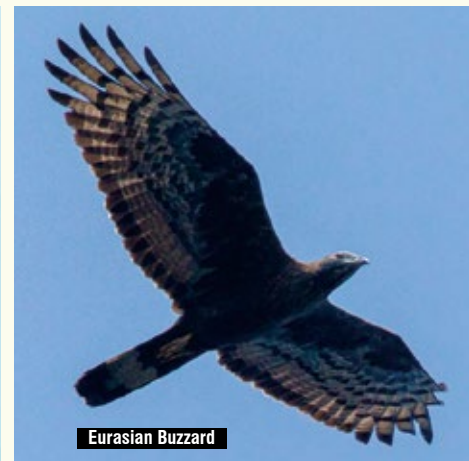
Black Crowned Night Heron



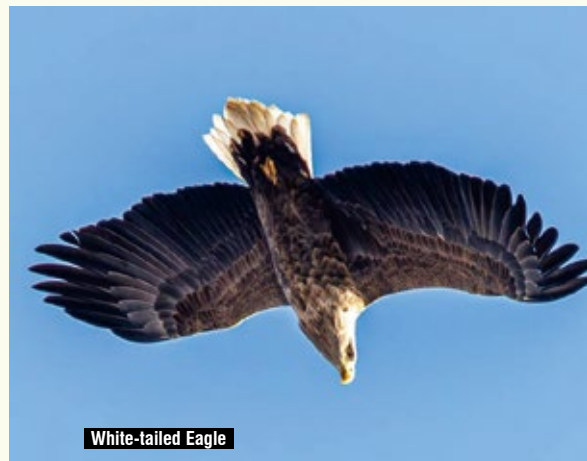
Black-headed Gull



Red-tailed Hawk



Eurasian Buzzard



White-tailed Eagle

vultures and buzzards eat carrion, but buzzards hunt as well. While the birds in this category are different in many ways, one thing they have in common is a set of sharp talons, hooked beaks, and exceptional eyesight and many are experts at snatching an unexpected fish from the water!

Among others, the Red-crowned Crane and White-napped Crane are migratory birds. In the winter months, a portion of them migrate to fields near the DMZ, with many wintering around Cheorwon, among other locations. In Korea, the Red-crowned Crane is a symbol of longevity, purity, and peace and

is depicted on the 500 won coin. Finally, an iconic migratory bird of prey, and a highlight for anyone, is the Steller's Sea Eagle. This eagle inhabits the Northeast Asia region (with an occasional stray that makes it to the U.S) and is often considered the largest eagle in the world, weighing upwards of 20 pounds and

an eight-foot wingspan. In the summer, they breed primarily along the far eastern Russian coastline and during the winter, migrate south to Japan and a few here in Korea or other distant locations. They live near waterways, such as along the Han River near the Paldang Dam, to catch fish in the milder winter months.

This article shows a fraction of the 500+ species of birds that reside in or migrate to Korea. Like many countries, birds can be found throughout, but a difference is due to its prime location within the EAAF, and landscape, it is a suitable location for birds in this part of the world. Also, Korea is relatively small compared to the distances one might have to travel

in the United States, for example, to see a similar amount of diversity. This hobby can take you into nature and requires walking miles through fields and forests, or along rivers and coastlines. The drives often go through small towns and beautiful regions of Korea that are wonderful to experience. If you were not a 'bird nerd' already, this article will not make you one, but it should help explain the bird diversity in Korea. To know more about birding hotspots in Korea (and around the world) the Cornell Lab of Ornithology's eBird website South Korea - eBird is a great resource.

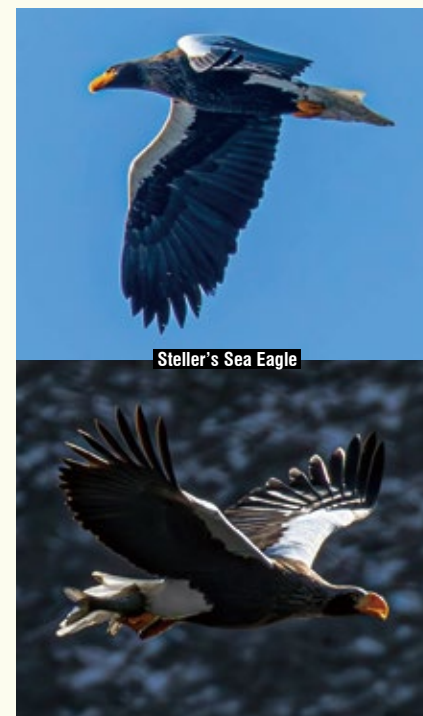
<sup>1</sup><https://www.youtube.com/watch?v=eB9M57SdR6w>. A one-minute video taken in January 2023 shows what seems like hundreds of thousands of Baikal Teals taking flight from the Guem river.



Red-crowned Cranes



White-napped Cranes



Steller's Sea Eagle





# NATIONAL CELEBRATIONS OF THE UNITED STATES

01MON	April Fool's Day	01MON	National Sourdough Bread Day
01MON	International Fun At Work Day	02TUE	Autism Awareness Day
02TUE	International Children's Book Day	02TUE	National Peanut Butter and Jelly Day
02TUE	National Reconciliation Day	03WED	National Walking Day
03WED	World Party Day	03WED	National Find a Rainbow Day
03WED	Don't Go to Work Unless it's Fun Day	03WED	National Tweed Day
03WED	National Rainbow Day	04THU	National Burrito Day
04THU	National School Librarian Day	04THU	International Carrot Day
04THU	Qingming Festival	04THU	National Hug a Newsman Day
04THU	Walk Around Things Day	04THU	World Rat Day
05FRI	Gold Star Spouses Day	05FRI	National Dandelion Day
05FRI	National Deep Dish Pizza Day	06SAT	International Day of Sport for Development and Peace
06SAT	National Tartan Day	06SAT	National Student-Athlete Day
06SAT	National Handmade Day	06SAT	National Love Our Children Day
06SAT	International Pillow Fight Day	06SAT	Plan Your Epitaph Day
06SAT	National Caramel Popcorn Day	07SUN	National Beer Day
07SUN	World Health Day	07SUN	National No Housework Day
09TUE	Eid al-Fitr	09TUE	National Former Prisoner of War Recognition Day
09TUE	National Name Yourself Day	09TUE	Last Day of Ramadan
10WED	World Homeopathy Day	10WED	National Siblings Day
11THU	National Pet Day	11THU	National Submarine Day
11THU	National Alcohol Screening Day	12FRI	Day of Silence
12FRI	American Civil War	12FRI	National Grilled Cheese Sandwich Day
12FRI	National Licorice Day	12FRI	Cosmonautics Day
13SAT	Thomas Jefferson's Birthday	13SAT	National Scrabble Day
13SAT	National Make Lunch Count Day	13SAT	International plant appreciation day
13SAT	National Peach Cobbler Day	14SUN	Ambedkar Jayanti
14SUN	International Moment of Laughter Day	14SUN	RAINN Day
14SUN	National Ex-Spouse Day	14SUN	National Gardening Day
14SUN	National Pan American Day	14SUN	National Dolphin Day
14SUN	National Pecan Day	15MON	Patriots' Day
15MON	Bengali New Year (Poila Baisakh)	15MON	Assassination of Abraham Lincoln
15MON	Father Damien Day	15MON	National Laundry Day
15MON	World Art Day	15MON	Jackie Robinson Day
16TUE	Emancipation Day	16TUE	Selena Day
16TUE	World Voice Day	17WED	Administrative Professionals Day
17WED	World Hemophilia Day	17WED	International Bat Appreciation Day
17WED	Blah Blah Blah Day	17WED	National Cheeseball Day
18THU	International Day for Monuments and Sites	18THU	Tax Day
18THU	National High Five Day	18THU	National Haiku Poetry Day
18THU	National Lineman Appreciation Day	18THU	National Columnists' Day
18THU	World Amateur Radio Day	20SAT	National Look Alike Day

20SAT	Husband Appreciation Day	20SAT	Chinese Language Day
21SUN	San Jacinto Day	21SUN	Spanish American War
21SUN	International Creativity and Innovation Day	21SUN	National Kindergarten Day
22MON	Earth Day	22MON	Oklahoma Day
22MON	International Mother Earth Day	22MON	National Jelly Bean Day
22MON	Lesbian Visibility Week	23TUE	National Picnic Day
23TUE	National Take a Chance Day	23TUE	Lover's Day
23TUE	World Book Day	23TUE	National Talk Like Shakespeare Day
23TUE	English Language Day	23TUE	Spanish Language Day
23TUE	Saint George's Day	23TUE	Hanuman Jayanti
24WED	International Guide Dog Day	24WED	World Immunization Week
24WED	National Pig in a Blanket Day	25THU	National DNA Day
25THU	World Penguin Day	25THU	Take our Daughters and Sons to Work Day
25THU	National Telephone Day	25THU	World Malaria Day
25THU	Parental Alienation Awareness Day (PAAD)	26FRI	Arbor Day
26FRI	Pretzel Day	26FRI	World Intellectual Property Day
26FRI	International Chernobyl Disaster Remembrance Day	26FRI	National Pretzel Day
26FRI	Hug An Australian Day	27SAT	Confederate Memorial Day
27SAT	National Rebuilding Day	27SAT	International Sculpture Day
28SUN	National Superhero Day	28SUN	National Great Poetry Reading Day
28SUN	Workers' Memorial Day	28SUN	World Day for Safety and Health at Work
29MON	International Dance Day	29MON	National Shrimp Scampi Day
30TUE	International Jazz Day	30TUE	Honesty Day

*You can be a writer, too!*

*United on the RoK magazine is to enhance connectedness within and across our diverse communities.*

*Your story can be unique and helpful for community members adapting to life in Korea.*

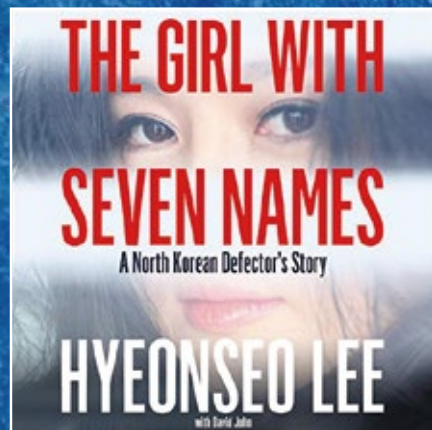
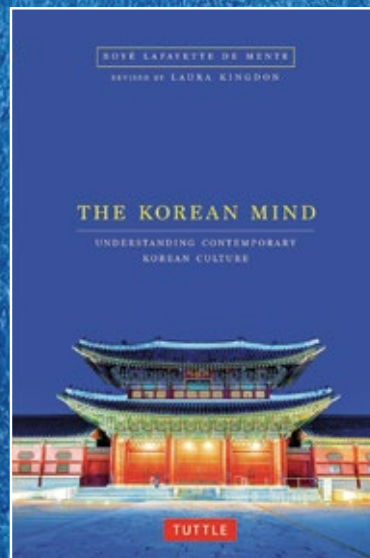
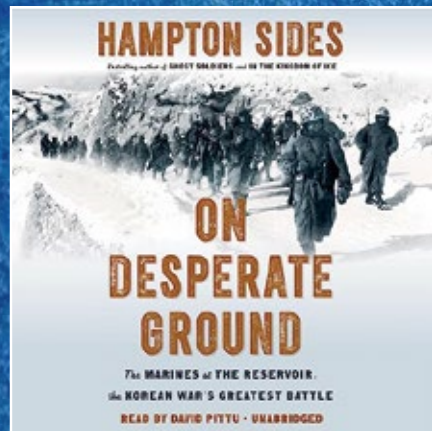
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# Meet Your Next Favorite Book!

*Wondering what to read next?*

*Check out these books about Korean history, society, culture, and more!*



## **On Desperate Ground: The Marines at the Reservoir, the Korean War's Greatest Battle - Hampton Sides**

Hampton Sides' exceptional narrative of the Korean War's historic confrontation draws extensively from years of archival research, unpublished correspondence, declassified documents, and interviews with numerous marines and Koreans who endured the siege. Delving expertly into the missteps of American leadership, *"On Desperate Ground"* offers an immediate, ground-level perspective of history, captivating with its storytelling momentum and compelling portrayal of the extraordinary actions ordinary men can undertake in the direst of situations.

## **The Korean Mind: Understanding Contemporary Korean Culture - Boye Lafayette De Mente**

In his insightful guide, De Mente presents a comprehensive exploration of Korean cultural nuances, organized alphabetically by topic. By deciphering the crucial cultural code words that shape Korean society, he unveils the essence of what defines the country today. Readers, whether traveling or working in Korea, will uncover that these code words transcend mere surface-level English translations, offering profound insights into Korean etiquette and social dynamics. De Mente's approach provides readers with a deeper understanding of Korean culture, allowing them to navigate interactions with greater sensitivity and insight.

## **The Name Jar - Sara Jimenez, Yangsook Choi**

In this heartwarming tale, we follow the journey of a new girl in school who grapples with the challenge of embracing her Korean identity in a new environment. Written by acclaimed author Yangsook Choi, this bestselling classic resonates with readers of all ages, celebrating the beauty of diversity and the empowerment that comes from embracing one's cultural roots. It serves as a poignant reminder that true acceptance and belonging stem from embracing one's authentic self and being proud of one's background.

## **The Girl with Seven Names: A North Korean Defector's Story - Hyeonseo Lee**

This gripping narrative offers a rare glimpse into the oppressive and secretive regime of one of the world's most ruthless dictatorships, as well as the harrowing tale of one woman's courageous struggle for freedom. Through Hyeonseo's remarkable story, readers are offered an intimate portrait of life under tyranny and the extraordinary courage it takes to defy it. Her tale serves as a powerful reminder of the indomitable human spirit and the enduring quest for freedom and dignity.

## **How to Speak KPOP: Mastering the Most Popular Korean Words from K-POP and Talking Like a Real Fan - Jungho Park**

*How to Speak KPOP* is the essential handbook for mastering Korean slang and trendy phrases inspired by dramas, movies, and pop culture. Unlike conventional textbooks, it delves into the cultural context behind each word, providing a deeper understanding of its usage. With this guide, you'll not only learn the language but also gain valuable insights into contemporary Korean culture.

## **Special Lecture on Korean Paintings - Ju-seok Oh**

*Special Lecture on Korean Paintings* offers a comprehensive and easily accessible introduction to various facets of traditional Korean art. This volume delves into the extensive legacy of Korean paintings, presenting a diverse array of information that spans the entire spectrum of this artistic tradition. It is sure to captivate a broad audience, particularly art enthusiasts and students of Korean Studies, with its rich and illuminating exploration of Korean artistic heritage.



# UMGC How-To: Apply for College

By Ada Muffoletto, UMG

In the modern world, obtaining a college degree is considered an essential first step for dozens of career fields. But with so many options, just applying to a university is a daunting process, especially if you are the first in your family to pursue higher education. We here at the University of Maryland Global Campus pride ourselves on maintaining a student body that is 40% first-generation college students, so we understand the importance of a helping hand. So allow us to walk you through the process of applying for university!

The first step in submitting an application is deciding which schools you'd like to apply for. This is the research stage of the process, where you consider your personal goals, financial situation, and availability. To start, think about what field you'd like to study and which degree you'd like to obtain. A 120 credit hour Bachelor's Degree is among the most popular, but your desired career field may require more or less education. Find which schools have the degree plan you're searching for, and look into what previous and current students think about that department. Review sites like Rate My Professor can give you a good in-

dication of the style of education you'd receive at each potential school.

Your potential universities may have entry requirements beyond a high school diploma. These can include things such as a minimum standardized test score or GPA. Some universities also ask you to submit some additional documentation alongside your application, such as a record of your high school extracurriculars, a letter of recommendation, a writing sample, and more. Be sure to check each of your potential colleges' admissions requirements before applying so you're prepared for the process!

It's also important to consider the financial cost of your potential universities. Things to look into include each school's cost per credit, and any scholarships, loans, discounts, or financial aid you may qualify for. Many universities value diversity and academic excellence, and offer aid for students with underprivileged backgrounds and/or standout grades in high school. Universities also try to incentivise students to stay within their home state for higher education, and often offer lower rates to these students versus out-of-state applicants. Additionally, the federal government pro-

vides need-based financial aid through the FAFSA program, and the US military provides tuition assistance to active duty service members.

For some students, the time demands of a traditional university are incompatible with their life situation. Some have family members to take care of, jobs to work, and other obligations. For these students, alternative options may be more attractive. Research non-traditional higher education options, such as online school, night school, and hybrid learning.

Once you've picked a few schools you're interested in, check to see if they have any application deadlines. It's best to know well ahead of time when your deadlines are so you can prepare accordingly.

Now that you've selected which universities you're going to apply to, it's time to start submitting applications! Every school has a different process, so be sure to check their website for specific instructions. While we can't speak for every school, here are a few tricks to make sure your application process goes as smooth as possible and put you on the path to success.

1. Include your name as it is written on your Birth Certificate

and/or Social Security Card. Any misspellings or omissions can cause issues in verifying your identity against your Social Security Number.

2. If you have changed your last name, include your previous last names on the relevant line. This is especially important if you changed your name after finishing high school, as the school will need your former last name to match your official transcript to your student record.

3. Include all documentation required by the university in your application. Many schools will throw out incompleting applications. Don't let all that hard work go to waste because you forgot to upload a writing sample.

4. Send in your official high

school transcripts as soon as possible. To do so, you'll need to contact your high school and get instructions from them on how to submit your transcripts. Some still send in an official copy by mail, but many are moving to 3rd party electronic delivery services such as Parchment.

Attending university is a big step for anyone to take. We hope this article provided you with some helpful tips and tricks to make the application process easier to understand. If you'd like to learn more about your college options, your local Education Center is ready to help you explore all your options! Education Centers in Korea can be found on post at Camp Humphreys, Camp Casey, Osan AB, Kunsan AB,

Camp Carroll, Camp Henry, and K-16.

Author Blurb: Ada Muffoletto is a Program and National Test Center Coordinator with the University of Maryland Global Campus' Camp Humphreys Field Office. They completed their education at the University of Louisiana at Lafayette with a Bachelor of Arts in English Creative Writing, and has been employed with UMG since November 2023.

To learn more about UMG and their educational offerings, please email: [Humphreys-asia@umgc.edu](mailto:Humphreys-asia@umgc.edu) or call 031-691-6190.





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Location: In front of Morin Gate, cross from the Sam's Garage





Photo taken by Dan Romano at Juknokwon, bamboo forest, in Damyang. The forest is about 2.5 hours or 140 miles south of Camp Humphreys and if you happen to be touring southern Korea, consider adding this serene forest to your list. There are plenty of paths to walk through dense, very tall, and verdant bamboo. Great stop for family and friends!

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