

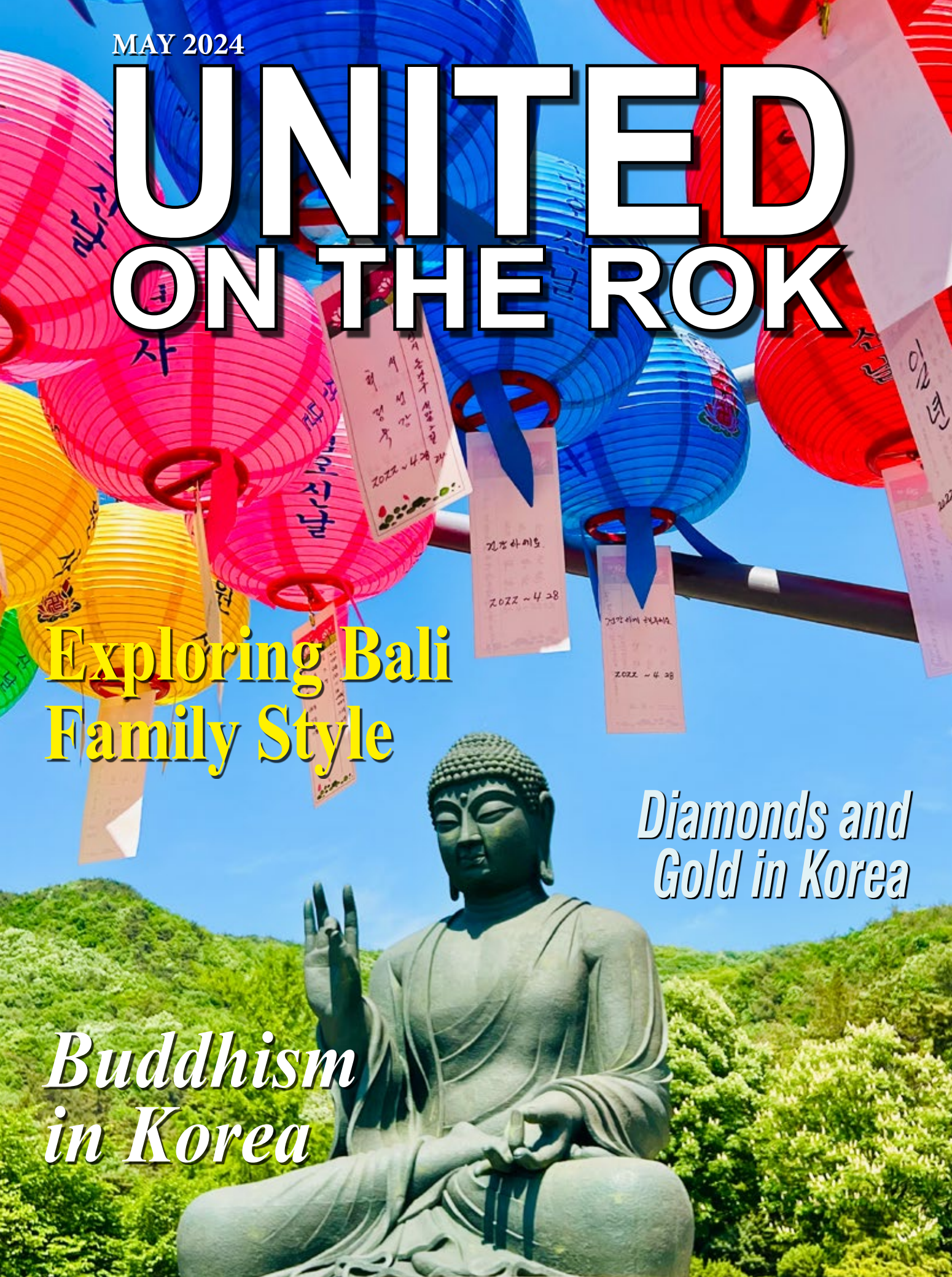
MAY 2024

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Exploring Bali
Family Style

*Diamonds and
Gold in Korea*

*Buddhism
in Korea*



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Exploring Bali: Family Style

Jetta Allen and her family embarked on a memorable trip to Bali, enticed by its reputation as a captivating destination. She shares her exciting story along with beautiful photos that she captured herself.

Cover: Waves crashing at Uluwatu Temple, Bali.
Photo by Jetta Allen.



Understanding Buddhism in Korea

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All That Glitters: Diamonds and Gold in Korea

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UNITED ON THE ROK

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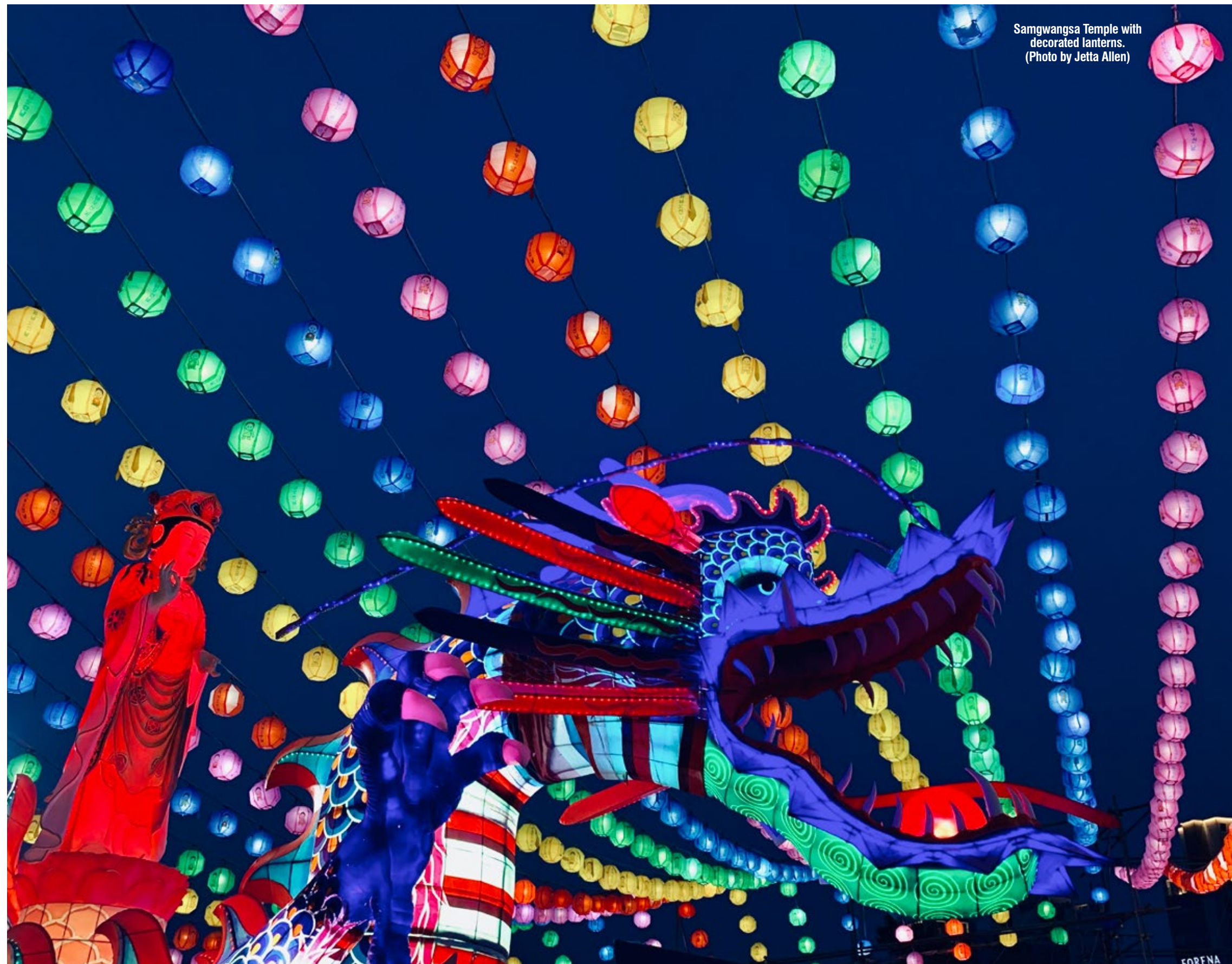
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Samgwangsa Temple with
decorated lanterns.
(Photo by Jetta Allen)

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Events & Festivals

MAY03

Ghibli & Disney OST Festa

Lotte Concert Hall
lotteconcerthall.com/eng

MAY04-05

HIPHOPPLAYA FESTIVAL 2024

Nanji Han River Park
globalinterpark.com

MAY10-11

Pokemon Animation Concert

Lotte Concert Hall
lotteconcerthall.com/eng

MAY11

Hilary Hahn & Andreas Haefliger Duo Recital

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

MAY18-19

PITTA Concert: New Normal Life - Seoul

Olympic Hall, Olympic Park
m.ticketlink.co.kr/global/en/

MAY21-22

The Tchaikovsky with Vadim Repin, Sergey Tarasov

Lotte Concert Hall
lotteconcerthall.com/eng

ONGOING -MAY26

Yoon Hyup: Nocturne City

Lotte Museum
globalinterpark.com

MAY27

Jesse Barrera + Albert Posis: The "Hold On Tight" Tour

Musinsa Garage, Seoul
globalinterpark.com

JUN15-16

Tone & Music Festival 2024

88 Garden, Olympic Park, Seoul
globalinterpark.com

JUN19-20

Metropolitan Opera Orchestra

Lotte Concert Hall
lotteconcerthall.com/eng

JUN29-30

2024 Seoul Park Music Festival

88 Garden, Olympic Park, Seoul
globalinterpark.com

JUL20

LiSA LIVE is Smile Always Asia Tour 2024 in Seoul

Korea University Tiger Dome
ticketlink.co.kr/global/en

MAY10-12

Yeon Deung Hoe (Lotus Lantern Festival)

288 Jong-ro, Jongno-gu, Seoul
www.연등회.kr

Started approximately 1,200 years ago during the Silla dynasty and continued through the Goryeo Yeon Deung Hoe and Joseon lantern festival, the Yeon Deung Hoe Festival is a traditional festival registered as an Intangible Cultural Heritage and UNESCO Masterpiece of the Oral and Intangible Heritage of Humanity. The lanterns at Yeon Deung Hoe Festival brighten the heart and the world!

- Inquiries: +82-2-2011-1744~7
- Admission Fees: Free

MAY10-19

Hangang Seoraeseom Canola Festival

40, Sinbanpo-ro 11-gil, Seocho-gu, Seoul
www.seoul.go.kr/main/index.jsp

MAY02-22

Seoul Rose Festival

375, Jungnangcheon-ro, Jungnang-gu, Seoul
seoulrose.jnfac.or.kr

MAY08-12

Daegu Yangnyeongsi Herbal Medicine Festival

51-1 Namseong-ro, Jung-gu, Daegu
www.herbfestival.org

The Daegu Yangnyeongsi Herbal Medicine Festival celebrates the herb medicine market in Daegu which has been operating since the Joseon dynasty. The festival takes place every year in May and gives visitors an opportunity to experience a wide range of relaxing and curative traditional medicinal procedures.

- Inquiries: +82-53-253-4729
- Admission / Fee Refer to the official website
- Host: Daegu Metropolitan City, Daegu Jung-gu District Office

MAY10-16

Chunhyang Festival

1447 Yocheon-ro, Namwon-si, Jeonbuk-do
www.chunhyang.org

Taking place in Namwon, Chunhyang Festival celebrates the love between Chunhyang and Lee Mongryong, based on the famous Korean love story, Chunhyangjeon. Held since 1931, the festival aims to spread the story not only around Korea but to international visitors as well through hands-on experiences and moving performances. The highlight of the festival is the beauty pageant that attracts many people.

- Inquiries: +82-63-620-5770
- Admission / Fee Refer to the official website
- Host: Namwon-si

MAY22-26

Eumseong Pumba Festival

28 Seolseonggongwon-gil, Eumseong-gun, Chungcheongbuk-do
pumba.kr

MAY17-JUN23

Gochangcheong Farm Lavender Garden Festival

177, Namjigangbyeon-ro, Changnyeong-gun, Gyeongsangnam-do
www.cng.go.kr/tour/festival

Children's Day in Korea

By Cat Son



In America, when we mention May 5th and Cinco de Mayo, our thoughts (and taste buds) immediately turn to Mexican culture and heritage. However, here in South Korea, May 5th is an official holiday dedicated to celebrating children. As Korean Americans, my children are thrilled to finally celebrate Children's Day here in South Korea.

Children's day (어린이날: eorininal) is a public holiday. The majority of people (adults and children alike) will have the day off of work and school. This year May 5th falls on a Sunday so May 6th will be the official day of celebration. Children's day is set aside for families to take a break and spend time with one another. The holiday was formulated by the Korean activist Bang Jeong-Hwan (



Bang Jeong-Hwan



방정환) in 1923. At the time, Japan had an occupation over Korea. Bang Jeong-Hwan wanted to create a day fully dedicated to children. He believed that it was through the future generations that Korea would once again become independent. He had already started children's literacy programs, organized theater festivals and would go on to earn the title of 'The Father of Children's Literature in Korea'.

Through Bang Jeong-Hwan's literature he reached out to children with stories of how the good guys always overcome their obstacles. In early 1922 Bang Jeong-Hwan wrote his proclamation "Decla-

ration of Children's Day". It was with that manifesto that Children's day was first celebrated on May 1, 1922. As it coincided with labor day it was eventually moved to the 5th of May and became an official holiday in the 1970's.

As you probably have heard, Korea is in the midst of what some are calling a national crisis. South Korea currently has the lowest birth rate in the entire world. In 2023 the country ranked the lowest for the sixth consecutive year. Its effects are widespread and have citizens worried about the country's sparsely populated future. Children in Korea are now valued more than ever before.

Even so, children will still enjoy being spoiled on their special day. With Children's Day being on a Monday, many Korean families will travel to visit their relatives. It is custom for children to receive money from their relatives on Children's day (and other holidays such as Chuseok and Seollal). My children in particular enjoy this custom.

Children's Day is almost always celebrated with an outdoor activity. Very common outings include: Lego world, Everland, the Zoo and Lotte World. If you are like me and prefer to skip the crowds, a good option might be a nice ride on the bike path followed by treats at one



of the many cafe's.

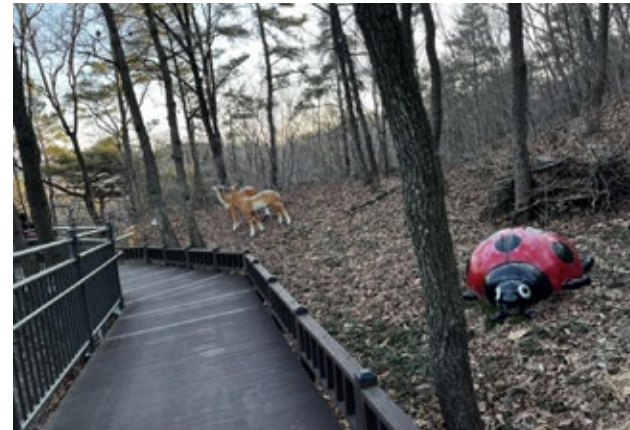
Yeonginsan Recreational Forest is a kid-friendly hike with lots of fun photo opportunities along the way. Take a drive to the beach. One of our favorite spots is Waemok Beach. Families congregate there to dig for clams. We prefer to look for conch shells. It is a great spot to look for endangered birds as well. Or take a peaceful jaunt into the mountains to see the Buddhist temple on Mount Taehaksa. Taehaksa,

a mountain temple, is also home to the national treasure Cheonan Samtaeri (The Rock-carved Buddha Statue).

If you are looking for places to learn more about Korea and Korean history, spend a day at The Independence Hall of Korea. There are several museums and cultural exhibitions in this area packed with relics, art and historical documents. Once you walk up the iconic steps make sure you visit the first muse-

um on your right. There a futuristic robot will teach you and later you can have your kids meet and greet with her.

Even if you are short on time and are unable to take your kids out for an adventure, spend a few minutes to celebrate and enjoy this Korean holiday with your family. Tell them what you appreciate and love about them. A little ice cream and cookies might not hurt either!



Addresses:

Yeonginsan Mountain
충청남도 아산시 영인면
<https://naver.me/FoHKPCHR>

Taehaksa Temple (태학사)
충남 천안시 동남구 풍세면 휴양림길 159
<https://naver.me/FcuJGHJJ>

Independence Hall of Korea (독립기념관)
충남 천안시 동남구 목천읍 독립기념관로 1
<https://naver.me/F1eu2zW3>



About the Author

Cat Son is a Colorado Native who calls Hawaii home. She enjoys spending as much time outdoors as she can. She loves exploring Korea with her family.

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

Resonating Traditions

Exploring the Healing Melodies of Korean Vocal Music

By Seung-Kook Kim,
Culture Columnist



As we suddenly stop while walking on the street and observe the busy passersby, it becomes clear that everyone appears preoccupied. This state of busyness, perhaps driven by survival instincts, leaves us feeling desolate and devoid of mental space. Personalities have become urgent, fixated solely on fast-track decisions.

In the past, it took a month to write, erase, and perfect a letter confessing love to a beloved. There was a time when another month was spent waiting anxiously for a reply. Nowadays, we live in an era where we exchange thoughts with a few lines of text messages on our smartphones within minutes.

In some cases, people risk their lives over trivial matters with neighbors. Many adopt a combative demeanor when behind the wheel. It is an era that calls for spiritual purification.

Amidst these circumstances, traditional Korean vocal music has begun to garner attention as healing and slow music. This includes forms like Gagok (가곡), Lyrics, and Sijo (시조).

Korean traditional music is not widely integrated into everyday life currently, but many Koreans can distinguish between Pansori, Namdo folk songs, and Gyeonggi folk songs. However, not many accurately differentiate between traditional vocal music Gagok, lyrics, Sijo, and Chang (창: Korean traditional narrative song).

Collectively referred to as "Jeongga (정가)" throughout the songs, lyrics, Sijo, and Chang, Jeongga signifies "songs of high character, correctness, and confidence." Korean traditional music is broadly categorized into court music (Jeong-ak) and folk music. Jeongga refers to vocal music in Jeong-ak.

Gagok is likened to the deep and profound beauty of Goryeo celadon. It shares similarities with Sijo but comprises five chapters. While Sijo was enjoyed by commoners, Gagok was favored by scholars in refined settings. Gagok is sung with small-scale orchestral accompaniments featuring instruments like Gayageum, Geomungo, Daegeum, Janggu, Haegeum, and Sepiri.

Currently, 41 Gagoks are preserved, including 26 by Namchang (male performers) and 15 by Yeochang (female performers). Designated as national intangible cultural properties in 1969, these songs were listed on the "UNESCO Representative List of Human Intangible Heritage" in 2010. Gagok is often compared to the deep and deeply jade Goryeo celadon.

Let me introduce the lyrics of a female singer's song "Ilgak":

(초장) 일각(一刻)이 삼추(三秋)라 하니
(2장) 열흘이면 몇 삼추요
(3장) 제 마음 즐겁거니 남의 시름 생각하라
(4장) 천리(千里)에
(5장) 임 이별하고 잠 못 일워 하노라.

Translated meaning:

(Chapter 1) A quarter of an hour feels like three autumns
(Chapter 2) How many autumns pass in ten days
(Chapter 3) Why worry about others' troubles when you're happy
(Chapter 4) Separated by a thousand miles
(Chapter 5) Sleep eludes me after our goodbye

These lyrics are compared to simple and pure Joseon porcelain. They represent an intermediate form between Sijo and traditional songs, incorporating colorful and delicate expressions of folk songs. The rhythmic and melodic elements are diverse, akin to Joseon Baekja's simplicity and purity.

In principle, Lyrics are sung alone without accompaniment, though sometimes with a small orchestra. Designated as a national intangible cultural property in 1971, there are 12 known Lyrics, including "Baekgusa," "Jukjisa," "Chunmyeongok," "Eobusa," "Gilgunak," "Byeolgok," "Gwonjuga," "Suyangsanga," "Cheosaga," "Yangyangga," "Maehwataryeong," and "Hwanggyesa."



Let me introduce the first verse of "Baekgusa":

백구야 펄펄 나지 마라 너 잡을 내 아니로다
성상(聖上)이 버리시니 너를 좇아 예 왔노라
오류춘광(五柳春光) 경(景) 좋은데 백마금편화류(白馬金鞭花遊) 가자

Translated meaning:

White seagull, don't fly fast
I wouldn't catch you
I came here after you because the king abandoned me
The willow's spring light is good, so dress up well and let's go see flowers.

Sijo, also known as Sichang, refers to vocal songs easily sung and enjoyed by simplifying traditional songs. Comprising three Chapters (Cho Jang, Joong Jang, Jong Jang) with three scales, Sijo has four or five melodies like Pyeong Sijo, Tongdyeong Sijo, and Private Sijo, handed down over generations. Often accompanied by a double-headed drum or knee rhythm without instruments, Sijo is the daily and practical music of the general public.

Let me introduce a Sijo by the Jo Seon Dynasty scholar Seo Kyung-deok:

마음이 어린후이니 하는 일이 다 어리다
만중운산에 어내 님 오리마는
지는 잎 부는 바람에 행여 가 하노라

Translated meaning:

Because my heart is childish, everything I do seems childish
How would you ascend the mountains cloaked in myriad clouds
I wonder if you'll come with the sound of leaves rustling in the wind.

Korean traditional vocal music, including Gagok, Lyrics, and Sijo, serves to restore lost egos and heal wounded souls.



Sichang (Song of Poetry) refers to reciting Chinese poems like Chilonyulsi (seven-word poem) with added yin. Accompanied by daegeum, notable Sichang pieces include "Gyeongpodae," "Mankyeongdae," "Chok-seokru," "Manyu Moomin," "Yeongpung," and "Gwansan Yongma."

In an era of advanced science and technology, aesthetics of waiting and slowness are crucial. Similar to Goeun's poem "I saw it when I went down / The flower I didn't see when I went up," traditional Korean Gagok, Lyrics, and Sijo are ideal for restoring lost egos and healing wounded souls.

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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Beautiful view inside Dongnyeongsa Temple

Understanding Buddhism in Korea

The Three Jewel Temples, Buddha's Birthday and More

By Mack Rock

Today, I had the opportunity to meet and talk with Monk Boeun at Dongnyeongsa Temple (동녕사). We sat together and enjoyed some tea. She told me that there are about 5,000 Buddhist temples in South Korea. Among them, the most important and largest temples that should be visited are the Three Jewel Temples: Tongdosa Temple (located in Yangsan, Gyeongnam), Haeinsa Temple (located in Hapcheon, Gyeongnam), and Songgwangsa Temple (located in Hapcheon, Gyeongnam).

I have lived in South Korea since I was six years old

and I have visited many temples. However, since I am not Buddhist, I had a lot of questions. Monk Boeun (보은 스님) explained to me that like all world religions, Buddhism is both a religion and a part of the culture for many people in certain regions and countries. Mahayana Buddhism has become the mainstream branch here in South Korea. Mahayana Buddhism is an evolved Buddhism and the primary purpose is to spread happiness and compassion to everyone in the world. Buddhism has a history of being deeply integrated into the social, cultural, and political systems

even today in Korea.

As one walks into a temple in Korea, they will typically see four large guards. I have always wondered what they represent. Monk Boeun said they are actually four Heavenly Kings that have intimidating stares, bulging eyes and gnashing teeth. The Four Heavenly Kings are responsible for protecting temples, the monks and people who believe in Buddhism. The names of the heavenly kings are '持國 Cheonwang (East)', '增長 Cheonwang (South)', '廣目 Cheonwang (West)', and '多聞 Cheonwang (North)'. In Korea, they wear helmets, magnificent armor, and carry weapons. They hold a lute (similar to a ukulele), a sword, a dragon, a yeouiju (a wishing stone), a spear, and a pagoda. They are stepping on demons, punishing evil in the world, and they make vows to protect the Buddhist law and Buddhists. The Four Heavenly Kings were originally heavenly gods, but they were reborn as guardians of the Buddha's teachings after being impressed by the teachings of Buddha. If you visit temples often, you will find the exaggerated facial expressions and postures humorous and friendly.

Also, I was curious about the bead bracelets that monks wear. They are called "danju (短珠)" or "hapjangju" and are used for prayer. Traditionally the beads are made by carving small, round pieces from the fruit of the Bodhi tree, Lotus seed, Jujube tree, or Juniper tree. In modern times, jade beads and artificial materials are also used. These beads are used to practice chanting. The method involves holding prayer beads in one's hand and chanting the name of Buddha while turning each bead one time.

I knew that monks in Korea are vegetarians, but I did not know why. She explained that temple food is food eaten by ascetic monks and their attitude towards food is expressed well in the poetry they recite every time they eat. In accordance with this, temple food is prepared frugally. It usually consists of rice, soup, and 3-4 side dishes. The reason that meat and fish are prohibited and Korean monks adhere to the principle of strictly vegetarian food is in accordance with the spirit of mercy and animal-friendly culture which is especially emphasized in Mahayana Buddhism. Ordinary believers are not held to this strict vegetarian standard.



Dongnyeongsa Temple



A Heavenly King, Cheongwang (East), holding a lute



Monk Boeun serving Tea



Mack inside Dongnyeongsa Temple with monk Boeun

I've also noticed that the Buddhist temples in Korea look different than temples in other Asian countries. Monk Boeun explained to me that she felt the external appearance of temples is due to cultural differences between countries and that the variances in temple architecture may be related to everything from the natural environment, climate, geographical characteristics, and political, social, and economic restrictions. More than anything, she felt it was influenced by the differences in Buddhist doctrines accepted by each country. Additionally, she assumes that the colors and patterns are different in each country depending on their ethnic preferences. In Korea they use beautiful colors and special patterns so that the murals are arranged to achieve a balance between beauty and religious nature. In addition the buildings and gardens naturally communicate and connect to create balanced beauty.

If you are interested in participating in a templestay, there are about 150 temples in Korea that operate templestays. You can have tea, conversation and consultation with monks, you can also experience Zen meditation and challenge yourself to practice 108 bows. There are many fun activities that you can do like making prayer beads or paper lotus flowers. It is also nice to take a walk along a beautiful forest path while breath-

ing in the clean air, and enjoying Buddhist cultural heritage. Templestays definitely help make your Korean tour an unforgettable memory. If you are interested in a temple stay you can find more information at: <https://www.templestay.com>.

I was also curious about what happens on Buddha's Birthday in Korea. When asked, Monk Boeun expounded that Buddha's Birthday is celebrated mid-May according to the solar calendar. This year Buddha's birthday falls on May 15th. This is a season of beautiful flowers and fresh greenery. Buddha's Birthday, as the name suggests, is a day to celebrate Buddha and commemorate his teachings and achievements. This day is a public holiday in South Korea. Korean citizens who are deeply committed to Buddhism visit nearby temples to rest, burn incense and pray for the happiness of their families. Above all, the highlight of Buddha's Birthday is lighting up beautiful lotus lanterns in the temple hall and temple grounds. You will start to see lotus lanterns of various colors a month in advance of Buddha's birthday. "The lighting of lotus lanterns on Buddha's birthday is a Korean tradition that has been around for about 1,500 years, and is now a Korean intangible cultural asset called 'Yeondeunghoe' and an 'Intangible Cultural Heritage of Humanity' registered by

UNESCO" Monk Boeun shared.

Finally, I asked Monk Boeun what she would want the average person to know about monks in Korea. She said,

"The most important things to know about monks in Korea are that we live in a society where science is extremely developed. In such a situation, each country does not cooperate and create a harmonious human society, but each country, region, race and ethnicity maximizes its own interests and engages in endless competition and war. Korean society cannot be free from this situation and is deeply intertwined, leading a life of competition amidst tension and suffering. As a disciple of Buddha, I would like to speak to Koreans and all people around the world about Buddhist teachings. Retribution in other words, it is a basic Buddhist teaching that the effect follows the cause. This means that results follow depending on the efforts we make. Arousing the mind like this, or words and actions done with intention, is called karma. If taking care of one's own interests and causing harm to others is called bad karma. Always considering the interests of others and acting so that we and others can be happy together is called good karma. Seeds sown in spring bear fruit in fall. It does not bear any other fruit than you planted. We must act and strive to make ourselves and others happy together. Temperance, cooperation, and consideration come from the compassion called for in Buddhism. This will not only benefit the other person, but will help each other like each piece of a large network, ultimately benefiting the whole and producing a result that leads to peaceful development."

Consider celebrating Buddha's birthday this year with your friends and family and enjoy the light the lotus lanterns bring, maybe even visit one of Korea's Three Jewel Temples!

About the Author

Mack Rock is a 15-year-old residing in Pyeongtaek, South Korea. He is fluent in both English and Korean and is a co-author of the Korean/English education book, '진짜 미국 영단어 그림 사전' (Real American English Picture Dictionary).

Mack gained popularity in Korea as the youngest cast member on '대한외국인' (True Foreigners) and has appeared in numerous Korean movies, dramas, and reality TV shows. He also gained attention through several viral videos, accumulating over 150 million views. Asian Boss names Mack the "Most Famous American Boy in Korea".

In addition to his work in entertainment and education, Mack enjoys hobbies such as coin collecting, metal detecting, unicycling, performing magic tricks, and playing video games.



Bell to wake spirits at Dongnyeongsa Temple



Mack with monk Boeun outside the new temple being built Dongnyeongsa Temple

Federal Employment for Military Spouses

A Friendly Guide for Military Spouses

By Heather MacLeod

Landing a federal job might seem a bit like trying to solve a puzzle, especially for those of us living the military life in South Korea. But don't worry, it's far from impossible! Whether you're a military spouse used to the nomadic lifestyle or already working here, there's a spot for you in the federal workforce. Let's break down how to get started on USAJobs and make your job hunt a bit easier.

Getting to Know USAJobs

Think of USAJobs as the main gate to all things federal employment. It's where you'll find job listings that fit the ever changing lifestyle military families often lead. So, yes, there's a way to build a career without having to start over at every new posting, let me show you how!

What You Need to Shine

- **Being Adaptable:** Military spouses are pros at handling change. This is a superpower in the federal world, where being flexible is a big plus. Showcase that in your profile, resume, and interviews.
- **Cultural Awareness:** Living in South Korea gives you a unique perspective on working with different cultures, a big plus for federal jobs that look beyond borders.
- **Your Special Skills:** Got a knack for logistics, communication, or anything else? Federal jobs often look for specific skills, so yours could be just what they need, so share it.
- **Networking:** Knowing people who know people can be your golden ticket. Connections can open doors you didn't even know existed. Consider volunteering somewhere you'd want to work.

How to Apply on USAJobs - Simplified

- **Build a Killer Profile:** Your USAJobs profile is your digital handshake. Make it count by adding all your skills and experiences.
- **Customize Your Resume for the Position:**

Federal resumes are a breed of their own. They should be more detailed and tailored to the job you're eyeing. Make sure yours matches up with what the job listing asks for including education necessary, duties, and responsibilities.

- **Really Read the Job Listing:** It's tempting to skim, but take the time to understand what the job is all about. Your application needs to hit all the right keywords.
- **Use Your Military Spouse Status:** Being a military spouse can actually give you an edge. Make sure you mention it and use it to your advantage.
- **Patience is Key:** Federal jobs can take a while to land. Hang in there and keep at it.

Keep Learning

The federal world loves people who never stop learning. Look for ways to beef up your skills, whether through courses, certifications, workshops, volunteering, and networking.

Finding Your Tribe

Lean on support groups and online communities of people in the same boat. They're great for advice, job tips, and a bit of morale boosting when you need it. Contact your installation's employment readiness program and understand what they have to offer. Follow these groups and pages on social media: South Korea - HOH Military Spouse Professional Network, Hiring Our Heroes Military Spouse Program, Employment Opportunities | ERP | Humphreys, Daegu Army Community Service,

Wrapping Up

Starting a federal career from South Korea is totally doable. It might take some patience and a bit of strategy, but your unique life experiences in the military life, mixed with your adaptability as a military spouse, makes you a standout candidate. Dive in with a positive outlook, and you'll find opportunities that fit both your career goals and your adventurous lifestyle.

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Haearam Cafe

A Must-Visit Gem in South Korea

By Heather MacLeod

In the heart of South Korea, there's a special place that brings together military families, locals, and visitors from around the world. It's Haearam Cafe (해어람), a cozy spot where every cup of coffee tells a story, and the welcome is as warm as the brew. Let's dive into why this cafe has won our hearts and earned an impressive 8 out of 10 stars in this month's spotlight.



From tea to table, stories are told at Haearam Cafe.



Inside the Haearam Cafe

Delicious Eats: A Taste of Home and Beyond (9/10 stars)

Food at Haearam Cafe is something to write home about, scoring a delicious 9 out of 10 stars. Whether you're craving a hearty, home-cooked meal or a light snack to go with your coffee, the menu here has it all. It's a mix of comfort food and new tastes, all made with love. Trust us, your taste buds are in for a treat.

Beauty All Around: A Feast for the Eyes (9/10 stars)

With a 9 out of 10 star rating for its stunning surroundings, Haearam Cafe is more than just a place to eat; it's a place to relax and recharge. The gardens are lush and the water features are peaceful, making it the perfect spot to take a breath and enjoy the moment. It's like a little escape into nature, right here in the city.

Fun for the Whole Family: Everyone's Welcome (10/10 stars)

The Monthly Grind is thrilled to give Haeareum Cafe a full 10 out of 10 stars for being so welcoming to families. It's got something for everyone, from the littlest explorers to their grown-up companions. The cafe is a safe and joyful place where families can come together, share a meal, and make lasting memories.

Making Room for Everyone: An Area to Grow (4/10 stars)

In accessibility, Haeareum Cafe scores a 4 out of 10 stars. It's a bit tricky for those with disabilities, as parking is not as close as it could be for those with accessibility needs. One of the buildings isn't accessible to everyone. But, we see this as an opportunity for Haeareum Cafe to grow, making sure everyone can enjoy what this wonderful place has to offer.

Did You Know?

- Haeareum Cafe isn't just about great coffee and food; it's also about caring for our planet. They use local ingredients and eco-friendly packaging.
- The cafe is a lively spot in the community, hosting art shows and music evenings that bring everyone together.
- The cafe has even been a backdrop for movies and TV shows, adding a dash of star power to its charm.

So, why not drop by Haeareum Cafe? Whether you're looking for a quiet corner to unwind, a delicious meal, or a fun day out with the family, this cafe has something special for you. It's a place full of warmth, delicious flavors, and friendly faces, waiting to make your day a little brighter. Let's make some memories together at Haeareum Cafe. See our next edition of "The Monthly Grind" where we show you where to unwind in Korea.

NAVER PIN: Haeaeoreum
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Beautiful Gardens at Haeareum Cafe

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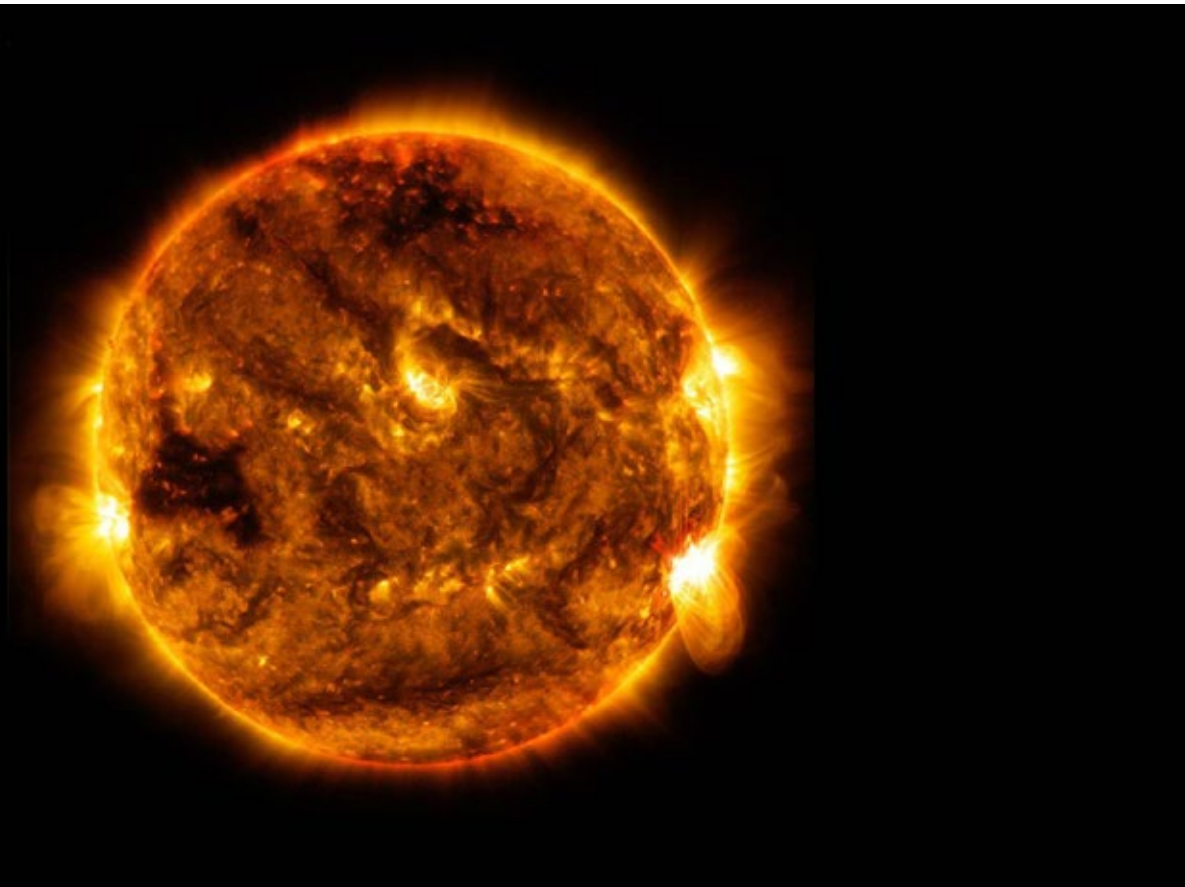


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How Long Will the Sun Continue to Shine?



The Sun possesses an abundant supply of hydrogen, ensuring its luminosity for the next five billion years. Nonetheless, the future holds a peril as the intensity of solar radiation is set to escalate, posing a fatal threat to life on Earth.

The Sun, a vital source of light and energy for Earth, formed nearly five billion years ago from a dense gas and dust cloud undergoing nuclear fusion. Presently, it continues to shine brightly, with its hydrogen supply ensuring another five billion years of luminosity. However, as it ages, the Sun's radiation will intensify, posing a threat to life on Earth within the next two to three billion years as oceans evaporate.

In about five billion years, the Sun will exhaust its hydrogen fuel, leading to its transformation into a red giant star. During this phase, it will expand, engulfing inner planets like Mercury and Venus. As a red giant, the Sun will shed mass, altering planetary orbits. Eventually, helium fusion will occur, causing the Sun to contract and enter a phase of helium fusion in its outer layers. Subsequently, without a source of energy, the Sun will collapse, emitting ultraviolet radiation that forms a planetary nebula. At its core, the Sun will remain as a dense white dwarf, gradually cooling over billions of years into a black dwarf, marking the end of its lifecycle.

What will happen when the sun dies?

As the sun completes its lifecycle, it will transform into a white dwarf, a state marking the end of its stellar activity. In this phase, the sun will become a dormant star, having consumed all of its available nuclear fuel. Over time, the white dwarf will gradually cool and diminish in temperature, ultimately fading away to lower temperatures. This final stage is typical for low-mass stars like the sun.

Despite the sun's immense volume compared to Earth, the resulting white dwarf will be relatively compact, roughly the size of our planet. The majority of its composition will consist of electron degenerate matter, an ultradense state where all electrons occupy their lowest energy states.

The core of the white dwarf will primarily comprise carbon and oxygen remnants from the previous burning of helium. Surrounding this core will be a thin layer of helium residues, leftovers from helium burning.

Additionally, there may be a thin outer layer containing unburnt hydrogen, although some white dwarfs may lack this outer hydrogen layer if their hydrogen burning process has completed during their evolution.

What will happen to Earth when the sun dies?

The fate of Earth upon the sun's demise appears grim. Over the course of about 5 billion years, the sun will undergo a transformation into a red giant as it exhausts its hydrogen fuel. During this phase, the sun will transition from burning hydrogen in its core to burning hydrogen in the surrounding layers, which have been converted into helium through nuclear fusion.

As the sun enters the red giant phase, its energy production will surge dramatically, causing it to expand more than 200 times its current size in order to reach a new equilibrium state. Theoretical models and observations, including those from the Gaia spacecraft, suggest that the sun may engulf Earth when it reaches its maximum size.

Eventually, as the sun reaches the tip of the asymptotic giant branch, helium burning will commence, leading to thermal pulses and significant mass loss. Although the sun has been losing mass throughout its lifetime, the rate of mass loss is currently low, as evidenced by the solar wind.

Even now, Earth is experiencing water loss due to interactions with the solar wind and ultraviolet radiation from the sun, causing water molecules in the upper atmosphere to dissociate and escape into space. Observations from space missions and the Hubble Space Telescope indicate the presence of an expanding hydrogen cloud (exosphere) around Earth. Estimates suggest that Earth may lose most of its water within a billion years, rendering it similar to Mars.

Furthermore, the increased luminosity and strong stellar wind in the sun's later evolutionary phases would strip or boil away any remaining atmosphere or ocean on Earth. If Earth were to survive the sun's transformation into a white dwarf, it would likely become a barren, rocky world orbiting the remnants of the sun.



What will happen to other planets in the solar system when the sun dies?

The fate of the gas giants in the outer solar system, namely Jupiter, Saturn, Uranus, and Neptune, poses a significant question as the sun approaches the end of its life. During the sun's later evolutionary phases, enhanced mass loss will likely strip away the outer atmospheric layers of these gas giants. However, the extent of this stripping is difficult to determine without detailed calculations.

The outcome hinges on the actual mass ejection occurring in the sun's later stages of evolution and during the fast mass loss phase of the hot pre-white dwarfs. These hot pre-white dwarfs, which persist after the ejection of the stellar envelope and the planetary nebulae phase, will have cores with tem-

peratures exceeding 100,000 K and winds surpassing 2000 km/s.

Whether any of the gas giants survive this process remains uncertain. If they do endure, they would likely be mere shadows of their former selves, drastically altered by the loss of their outer atmospheric layers.

Could a new solar system form after the sun dies?

A new solar system could potentially form after the sun dies. The ejected material from the sun's evolution, along with material from other stars, could coalesce into dense clouds within the interstellar medium. Over time, these clouds may collapse under gravitational forces, leading to the formation of new stars and, potentially, new solar systems.



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Daegu Troop 82100 stands in front of 'The Arc' in Daegu during a tour with Korean Girl Scouts.

Instilling Leadership, Confidence, and Kindness

Girl Scouts Daegu Troop 82100

By Ashley Courts, Girl Scouts Overseas Committee Chair Daegu Troop 82100

Are you looking for a safe place for your daughter to gain leadership skills, explore Korean culture, and make new friends along the way in Area IV? It doesn't matter if you're new to the

area or have been here for a while, USA Girl Scouts Overseas Daegu Troop 82100 is always ready to meet new friends. Our troop consists of girls from Camp Walker, Camp Carroll, and Busan. The

ages of our members can range anywhere from Kindergarten all the way through 12th grade. The main goal within our troop is to ensure our Girl Scouts are given opportunities to learn to lead with compas-

sion, kindness, and honesty.

From September to May, our levels of Girl Scouts gather weekly to work on age appropriate life skills, which we call "badge work". We guide our girls through various lessons that expose them to things such as finance, leadership, STEAM, and decision making, just to name a few areas. Over the years, our troop has developed relationships to create a network of community partners. The partners support our Girl Scouts by providing hands-on experiences that align with the lessons we learn through badge work. Daegu Advanced Water Purification Plant Tour, a 3D printing lesson with Camp Walker Community Activities Center, a self defense class with a local TaeKwonDo instructor, and a first aid class with a former flight nurse are just a few of the incredible opportunities our girls have been given through USA Girl Scouts. We aim to teach skills that can be useful to them as they get older. And of course, you can't forget about camping and cookies! We try to camp twice each year and our annual cookie sales run from the beginning of February to the middle of March.

Not only are we striving to build confidence in these girls, we also want to make sure that we are taking advantage of our very special situation of living overseas. Over the past two years, Daegu Troop 82100 has formed a strong relationship with Korean Girl Scouts in Daegu, as well as our sister troop from Daegu International School, Troop 82199. During these two years, we have shared many cultural experiences with each other. Korean Girl Scouts have invited us on multiple trips around Daegu



Girl Scouts Sabrina, Ellie, Madelyn, and Caitlyn learn to pour tea during a traditional tea ceremony.



Daegu Troop 82100 and Korean Girl Scouts enjoy a conga line during our Polar Express Pajama Party.

to get to know our region and host nation a little better. Our troop was able to experience a riverboat ride down the Nakdong River and learn about the unique ecosystem in our area at the Dalseong Ecological Park. Our groups also made a stop at The Arc, which is an iconic symbol of our city. For our next tour with Korean Girl Scouts, we were taken to Otgol Village. Here the troops learned about the history of our area and even tried our hands at making rice cake, using a hammer!

Our troop has also been able to share a few fun American traditions with our sister troops, such as a Polar Express Pajama party and good old fashion BBQs. Our Polar Express party was filled with laughter, minute-to-win-it style games and of course a lot of hot cocoa. This was Korean



Our older Girl Scouts receive a self-defense lesson from local Taekwondo teacher, Master Song.

Girl Scouts', and their leaders, first time at a pajama party. On April 22, 2023, we held an Earth Day Event where we spent the day with our two sister troops learning to make seed bombs, sharing important information about honey bees, as well as learning how to line dance! We dressed up in our best "Wild West" attire and finished our day with hot dogs, baked beans, and potato salad, complete with sweet tea and lemonade. So many great memories were created that day for everyone involved.

Along with fostering leadership skills, community service is one of our top priorities. Our troop participates in many community events, such as Fire and Safety Week. During this time our troop helps the Area IV Fire Department pass out important life-saving fire safety information to the children living on Camp Walker. We end the week selling our famous Girl Scout lemonade at the annual Fire and Safety Community Event. A beautiful rock garden at the Camp Walker Community Activity Center spotlights our creative contributions to our community. This is a great way to share positivity with our friends and community too! If you are in the area, stop by and grab a rock or leave one! Our troop has also formed a friendship with Aehyang Children's Welfare Center in Gumi. We have held donation drives for hygiene products and snacks during our Polar Express Party. And delivered these items right after Christmas. During the dropoff, we were able to read books and make crafts with the children who reside there. So many smiles and laughs were shared that day.

Area IV is an incredible place to



Daegu Troop 82100 and Korean Girl Scouts gather at the Dalseong Eco Park in Daegu.



Junior Scout Sabrina, Jenesis, Reese, and Ryleigh enjoy a river boat ride down the Nakdong River.



Daegu Troop 82100, Daegu International School, and Daegu Korean Girl Scouts smile for a group photo after our Earth Day Round-Up Event.

live and an amazing community to be a part of. We hope that by continuing to encourage our Girl Scouts to lead with confidence and kindness, we can foster a sense of accomplishment in our girls, so that they can feel capable of making a change not only in their community, but the world! If you are interested in joining our troop or learning more about us, please send an email to Daegugirlscouts@usagso.org. We can't wait to meet you!

If you're not in Daegu but want to learn more about USA Girl Scouts Overseas, find your troop on the troop locator at <https://mygs.girlscouts.org/search?type=TROOP>. We want you to join USA Girl Scouts here in Korea to build the connections and skills that last a lifetime!

To see more pictures of Girl Scout Adventures, scan this code:



Girls from Troop 82100, 82199, and Korean Girl Scouts learn how to make 'seed bombs' at our Earth Day Event.

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Connecting Through Language

By Melissa Edwards-Whittington

*M*oving to a new country can be stressful, especially when the language and culture are quite different from your own. It's natural to feel overwhelmed while trying to get settled and make new friends. But remember, language exchange events are not just about learning a new language, they're about building a community. They're designed to be supportive and welcoming, providing a safe space for you to learn more about your environment and connect with others who are going through similar experiences. So, if your PCS has given you anxiety about language, culture, and making friends, why not give a language exchange a try?

South of Seoul Culture and Language Exchange Group

In 2016, Katie Howell and Siegrid Pregartner had personally experienced the challenges of language barriers when they first moved to Pyeongtaek. Together they decided to establish a local language exchange. Both were already volunteering with PIEF (Pyeongtaek International Exchange Foundation) for their Talk Café. They invited the members from the Talk Café and created a Facebook group. In the beginning, those meetings were just Howell and Pregartner, but eventually, they got bigger. During Covid, those meetings naturally stopped, but when restrictions were lifted, Howell was able to get the group started again.

Katie Howell decided to partner with South of Seoul and find and promote similar language exchange meetings in the area outside of Seoul. In collaboration with South of Seoul, this initiative led to the creation of a current list of local language exchanges in the South of Seoul Culture and Language Exchange Facebook group. With a diverse range of weekly and bi-weekly meetings, catering to different interests and learning styles, there are ample opportunities for you to find



About the Author

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

a group that suits your preferences and fits into your schedule. This flexibility puts you in control of your learning journey, empowering you to learn at your own pace and in a way that best suits you.

Howell says; " Too many people have their mental health suffer from isolation and culture shock that can come with moving to a foreign country. These meetings are a perfect low-pressure, no-commitment opportunity to alleviate this stress. In the future, I hope we can assist people in hosting more meeting times, and I really hope more people from the base will take advantage of the meetings."

These weekly meetings, relaxed and casual, provided the perfect platform not only to develop and practice language skills but also to grow personally. They offer a unique opportunity to learn more about the culture, make local friends, and most importantly, to feel empowered in your new environment.

Why Should You Join A Language Exchange

Joining a language exchange program in a foreign country can offer several significant benefits:

- **Language Immersion:** Immersing yourself in a foreign language environment through a language exchange program provides one of the most effective ways to learn a new language. Constant exposure to the language in daily conversations with native speakers helps improve vocabulary, pronunciation, and overall fluency much faster than traditional classroom learning. You'll gain confidence and proficiency by actively using the language in real-life situations.
- **Cultural Understanding:** Language and culture are deeply intertwined. Through a language exchange, you learn the language and gain insights into the local customs, traditions, and way of life. Engaging with native speakers lets you understand their perspectives, values, and beliefs firsthand. This cultural immersion enhances your overall experience abroad and fosters cross-cultural understanding, which is valuable for personal growth and developing global awareness.
- **Social Connections and Networking:** Joining a language exchange opens up opportunities to meet people from diverse backgrounds, both locals and fellow language learners. Building friendships and social connections with native speakers can enrich your experience abroad and create lasting relationships.
- **Increased Confidence and Communication Skills:** Regularly engaging in language exchanges helps boost your confidence in communicating in the local language. Over time, you'll become more comfortable expressing yourself, handling different language challenges, and adapting to various communication styles.
- **Enhanced Integration and Adaptation:** Language exchanges play a crucial role in integration and adaptation to a new country. By actively participating in language activities and interacting with locals, you'll feel more connected to the community and become part of the local fabric. This integration enriches your experience abroad and facilitates smoother transitions into daily life, work, and social interactions in the new environment.

Participating in a language exchange program in a foreign country offers the unique benefits of

accelerated language learning, cultural immersion, and the opportunity to form meaningful social connections, making it a rewarding and enriching experience.

Joining a language exchange has been made easy with social media. Check out South of Seoul Culture and Language Exchange Facebook group to see when and where a group meets next! If you attend a language exchange that does not suit you, I recommend exploring other options until you find your tribe. It is a great opportunity to meet new friends that will help improve your experience in Korea. Since language exchanges are run by volunteers, the leaders and members might change from time to time. Also, new language exchanges pop up and can be started by anyone who is interested in securing a location and promoting the event.

My Language Exchange Experience

I attended my first language exchange after I had been in Korea for over 6 years. I had moved to a new area in Pyeongtaek, and many of my friends had PCS'd out of the country. So when a local café owner invited me to attend their weekly meeting, I decided to see what it was all about. Even though I am an extrovert, I admit I was nervous attending the first time. However, I was warmly welcomed by all of the attendees and enjoyed the camaraderie and kindness I found. I look forward to my weekly meetings and making new friends. Through this community, I have made several local friends with whom I gather regularly to explore the area and learn more about the culture and the country.

Currently, I am helping to lead one of the local language exchanges. It is always wonderful to welcome new members and see people making new connections and improving their skills. I love that it is a relaxed environment for introverts and extroverts to ask questions, learn new skills, or just enjoy meeting new people. Many of the groups have special events like picnics, potlucks, or meetups at local restaurants to continue community building.

I am grateful for the opportunities available to participate in local language exchanges that Katie Howell and Siegrid Pregartner helped to cultivate locally. For local expats, it is a great chance to increase your comfort zone while living in Korea.

Exploring Bali Family Style

By Jetta Allen



All male performers at
Kecak Fire Dance

Bali, the center of the universe, mystifies travelers from all over the world! The verdant valleys full of rice, forest with mischievous monkeys, and ancient temples make Bali a once in a lifetime adventure! Our family decided we just had to experience it last December! Although the wet season is from November to April, and the dry season from May to October, we encountered only light showers one evening and into the night during our trip. December was an absolutely perfect time to visit Bali as a family.

We started our adventure by learning about Balinese cultural sights and must-see places through travel blogs and groups on social media. To sightsee and fully take advantage of our vacation by adding in time to relax, we found out we wanted to be there for about a week. Orbitz, Expedia, and Agoda are great websites to book airfare and accommodations. You can choose to rent a house, apartment, traditional hotel or resort, or a villa which is a private space to yourself. The dates for our flights and our accommodations were set! Aria Villas in Ubud would be our home away from home and Korean Air would take us there!

Our countdown to vacation was filled with necessary preparations. Gathering or purchasing our must have vacation items had begun. The pile grew as the week went on, but we didn't want to forget anything! Getting an e-Visa for Indonesia is an option, but we found the website very tricky. We opted to fill out on arrival. Transportation would also be a need, again to the travel blogs! "Book Bali Driver" worked for us! Communicating through WhatsApp, we shared our must-see places and they created a custom itinerary, shared times for pick-up and how much we would have at each location, and a cost for a driver in an SUV for the 3 days we would sightsee. Transportation is priced very reasonably. It was around \$40-\$45 USD each day for a driver all day. Drivers don't just drive, they are your eyes and ears to the local scenes, best money exchange places, a translator, and they will even book your lunch and dinner reservations for you! Need groceries or a pharmacy, they will take you there too. Travel made easy!

Flight day arrived!

Korean Air boarding was seamless and our late night arrival into Denpasar was magical. The terminal was filled with welcoming Balinese and Indonesian art



Pusering Jagat Temple



Dragon Bridge in the Sacred
Monkey Forest Sanctuary



The Allen Family and Suta from Book Bali Drivers



The view at Aria Villas



Breakfast poolside at Aria Villas



Streets of Ubud

and facts. The line for a visa took about 15 minutes. A 30 day Tourist Visa For Indonesia is IDR 500,000 about \$35 USD per person, if you pay in USD cash, they will give you IDR in return at the daily rate. Customs would not be as quick. Expect about an hour or more in the customs line. Bring snacks for you and your family and something to do. After customs, pick up your bags, fill out your declaration forms, pass the forms off, and WELCOME TO BALI!

Aria Villas staff picked us up and we dozed off on the hour and a half drive to the villa in Ubud from Denpasar. We stepped out of the car, no longer in the big city, but in a tropical jungle with our own room, small backyard, patio for breakfast and meals, and our own private pool overlooking a valley filled with tropical plant life. The outdoor shower was spacious and the tub allowed you to see the stars! The night arrival left us pretty tired, so the comfy beds welcomed us with open arms!

Family Walking Tour

After our late night flight, we slept in for our first day and enjoyed a lazy morning with breakfast on our

villa patio poolside. We video chatted with friends and family showing them the rainforest. Our villa was close to the Ubud Art Market and Ubud Palace, so we took off walking in the afternoon. The streets require a lot of caution for little ones, but the stunning views of traditional Balinese houses and temples take your breath away. I remember telling my husband, it feels like we are walking through a museum.

It was an art lover's dream and a photographer's paradise!

The Ubud Art Market and Arjuna Art Market offer many popular Balinese souvenirs. Here you can find hand carved wooden masks and animals, batik sarongs, religious items, clothes of all kinds, and so much more. Spend time looking first at all the shops, then buy after comparing prices. We made our way to Ubud Palace for pictures and found you can buy tickets to a nighty fire dance. We chose a different venue for this in our trip, but it is still an amazing option! We walked home and used Grab to order some delivery and enjoyed our night as family with a night swim and games.

Silver, Temples, Monkeys and More

Day two was our first day with our driver from "Book Bali Driver". Suta would first take us to Celuk to see how silver jewelry is made and to Artika's Gallery. Silver making is an art form in Balinese culture with a distinct style of dots, swirls, and madalla like motifs. At Artika's we learned about the process of making silver jewelry and a showroom filled with stunning items. Some of the jewelry was a bit pricey so we headed to a wholesale place called SSS Silver. We found amazing pieces for everyone in the family!

Pura Puseh Desa Batuan Temple in Batuan Village, was our next destination. Historical records for this temple go back 1,000 years, with a founding in 1020 AD. Before entering, we rented sarongs and a sash around the waist. This is a requirement for entry, along with a modest shirt. The bright red brick with the contrasting darker brick made this temple stand out. The temples in Bali were nothing like the temples in South Korea, but they had similarities, art, culture, and history was everywhere the eyes could see! The grounds are expansive with ponds, sculptures, offerings, paintings, pictures made from cast concrete, and musical instruments for ceremonies and festivals.



Ubud Traditional Art Market



Pura Puseh Desa Batuan Temple Gate in Batuan Village



Silver making process in Celuk



Joshua A. at Monkey Forest Ubud



Macaque Monkey

The Sacred Monkey Forest Sanctuary or Monkey Forest Ubud left us speechless! The forest looks like a scene from Indian Jones: Temple of Doom. Vines hanging, expansive trees, ancient temples, mossy covered statues, and the main attraction, free roaming monkeys! Entrance fees range in price from weekend to weekdays and for adults and children, but expect to pay no more than \$8 USD per person.

This is a destination where you can easily spend half of your day exploring the trails through the forest, the cafes and museums, the many temples on the grounds, posing with many statues, and of course watching the monkeys!

Monkey Forest Ubud is home to over 1200 macaque monkeys ranging from infants to adults. The staff regularly feed the monkeys at feed areas every few hundred feet as well as monitor for the patron's safety. The rules posted for safety, when followed, will ensure a safe visit. We started going over these rules a few days before to help our child understand the rules and be comfortable around the monkey. On Saturdays there is also a free live performance for visitors called The Story of Lubdaka. Children and adults in costume put on a performance that is interactive and even includes cast members sitting and mingling with the audience. This performance had live music with drums, chimes, xylophones, cymbals, and so many other percussion instruments I've never seen. The most interesting was a hand carved wooden turtle that sat in the ground. On its back, 4-6 cymbals were mounted for the performer to hit to make a sound. It was so intricate and beautiful! The dancers had amazing costumes as well.



The Story of Lubdaka



Tirta Empul Temple in Ubud



Tebasari Resto, Bar & Lounge



Tegallalang Rice Terraces in Ubud

Lunch was in order after and our driver Suta made us a reservation at Tebasari Resto, Bar & Lounge. We sat at a private table by a pond overlooking fields and forests. Their menus consist of Balinese favorites and western food as well. The “health” drink with lime, coconut, basil, and rosemary was so uniquely delicious. The Ayan Goreng which is crispy chicken with rice, Balinese vegetables, and lemongrass was my favorite. As a traveler with stomach issues, Bali treated me well!

Food is mostly organic, fresh, free range, and bought daily at markets, having less preservatives, fillers, and other “junk” ingredients found in western food.

Tegallalang Rice Terraces in Ubud is one of the greenest places I’ve ever seen! The green rice terraces, sprawling forests, walkways, swings, photo opportunities, and cafes make this a must see destination! While we didn’t swing, we took advantage of all the fun photo opportunities and just relaxed and took in the view as the evening rain slowly blew in.

Solo Day for Mom, Father and Son Bonding

Vacations are meant to be a respite from your daily life and provide you with what you need. I needed a day exploring but the boys wanted to chill at the villa and play poolside, that meant, solo day for me on our third day of travel! Suta was a great guide and I felt perfectly safe traveling with him alone.

A Hindu purification water temple called Tirta Empul Temple in Ubud, a temple built in the 10th century would be our morning stop. Located near the town of Tampaksiring, the temple compound consists of a petirtaan or bathing structure, famous for its holy spring water, where Balinese Hindus go to for a ritual purification called Melukat that is said to cleanse the body, spirit, and mind. There was a Hindu holiday the day I went, so lots of people. I absolutely loved seeing the architecture and atmosphere. I don’t fully understand everything about the Hindu religion or the practices, but I did try to be as respectful as possible during the holy day event.

Traditional housing and living was something I wanted to see. Much like Korea’s folk villages, Umah Bali Kuno House spotlights life in Bali without modern technology.

The Umah Bali Kuno compound is a working farm and forest with people still living in traditional communal huts!

On the property the families grow all kinds of fruits, rice, make chocolate from the cocoa plant, and Luwak coffee made from digested coffee cherries from a civet. Many of the items grown are used for their teas as well.

Here you can explore Bali life, culture, and farming without the influence of modern machinery and technology.

A kind lady even taught me about Hindi offerings, the meaning behind each item, and how to make them! When you visit, you have a choice of a coffee or tea tasting, I opted for tea. I tried rosella, turmeric, lemongrass, cocoa, mangosteen, lemon, and ginger teas. The favorite being mangosteen which had fruity, floral notes. The farm sells tea, coffee, and the best chocolate in Bali! Try them all and buy many! The storefront takes paper money or cards, but the guides and farm run purely on paper/cash donations.



Ayan Goreng at Tebasari Resto, Bar & Lounge



Timothy enjoying Tegallalang Rice Terraces



Purification fountains Tirta Empul Temple in Ubud



Processing Lewak coffee



Nulu Petanu Waterfall

Support Bali eco-tourism by visiting here.

Nulu Petanu Waterfall in Kedisan gave me a great cool down after the forest adventure at the farm. This was a great stop on a very humid day, definitely worth the 25,000 IDR or roughly \$1.50 USD! The hike down isn't even really a hike, just a few flights of stairs. Here you can swim, stick your feet in, or walk up and down the river created by this waterfall. The rocks are lush with moss and greenery. Parts of the waterfall area have closed ponds and fountains with koi fish. It's so very beautiful! The sound of the waterfall was so peaceful. Next time I'd definitely bring a lunch to enjoy!

Known not only for its Instagram worthy photo opportunities, Sari Timbul Glass Factory makes hand carved wooden sculptures and items made with blown glass. You can watch artisans make them right in front of you! If you wish to see the garden, it will cost 25,000 IDR, around \$1.50 USD. If you don't want to see the garden but just shop, the shop is on the street to the right of the garden entrance and has amazing items for every budget!

The day's last stop was one I had prepared for in advance. Pusering Jagat Temple is one of the oldest temples in Bali. I found the temple dogs a familiar feeling like in Korea! For many, this temple is considered the center of the universe which is also what the name means! This temple is not like many tourist temples, which is why I desperately wanted to see it. There are no sarongs to rent or gate keeper so you must come prepared with the appropriate attire. I wore a sarong and an elbow length shirt. Since it is not a "tourist attraction" there was no one there but a kind caretaker who gave me the juiciest mangosteen. Neither of us knew each other's language, but a respectful bow and smile go a long way! Pusering Jagat is very old and like many of the articles I read, the architecture is very different. Things seem bigger and more pronounced. I also noticed there weren't as many lush gardens as this nestled in a modern, city community, in a concrete jungle rather than a forest.

It was a great spot to mediate and recenter from all the stress of our daily life. It was the perfect solo day for this Mom! When I returned, it was more family time poolside!

Family Day in Ubud

Ubud had so much to offer, that we went out again



Civet at Umah Bali Kuno Plantation



Coral reefs near Selat Badung, Bali

on our fourth day exploring markets, shops, and food. We found the neatest little shop with intricate wood carvings. I bought our son Joshua a winged dragon to hang from the ceiling that disassembled with expertly carved and painted tongue and groove parts for easy travel! Balinese lunch at Tropical Restaurant in Ubud would have amazing spring rolls, great services, and cold drinks of all kinds! It was a great easy family day!

Headed South: Boats, Snorkeling, Temples, and Fire Dancing

Early rising was needed on day five as we headed south to Kután Selatan with Suta as our driver. Kután Selatan has "beach clubs" that have tons of water sport options along with restrooms and showers for after. A glass bottom boat to check out the fish and go snorkeling was our choice! The bay wasn't as clear as we'd have liked but we did see lots of fish, so many boats, and being near the international airport, Joshua had a blast seeing the planes! This was our first experience snorkeling in deep water, not along a beach. The coral reef was a host to so many little fishes, feeding them



Gardens at Sari Timbul Glass Factory

will be a memory I will never forget. Snorkeling was my husband's favorite part of the trip! Kids can participate or stay in the boat with the captain.

We cleaned up and headed further south to Uluwatu, home of a Pura Luhur Uluwatu Temple, a monkey forest, and location for the sunset Kecak Fire Dance! Entrance to the forest and temple area is 50,000 IDR for adults and 30,000 IDR for children, making it less than \$3.50 USD per person. Tickets for the dance are 100,000 IDR, about \$6.50 USD. The grounds again had free roaming monkeys, not as tame as the Monkey Forest in Ubud. Make sure your children wear shoes that are firmly secured to their feet, monkeys apparently love Crocs and we saw several stolen right from children's feet as parents picked up their child. Here the rules for safe monkey interaction need to really be followed, no eating and drinking in the open, keep your glasses and earrings in bags, and be mindful. There are no caretakers to ensure safety here, so consider paying for a "bodyguard" at the entrance. Your driver can come with you, but consider having them stand in line for tickets for the fire dance while you explore. The ticket book opens in the afternoon and lines start forming



Waves crashing at Uluwatu Temple

at noon with dozens of tour guides buying tickets for their customers.

On the grounds of Uluwatu Temple is an amphitheater for performances that are held every evening at sunset on a cliff that overlooks the temple! No monkeys are allowed in this area. A performance group of men of all ages with no instruments create music by chanting and singing different parts of the chorus.

It is a unique sound that seems to round the amphitheater and resonate through the audience.

Many of the cast wear masks of different characters and interact with the guests. My son shared that it was funny to see the White Monkey King jumping on fences and climbing poles. Highly recommend this experience. Seating starts at 4pm and the show begins at 6pm. Get there early for first come first seating once you have your ticket. Bring an umbrella and water to beat the sun while you wait. Have a few snacks too if



Dancers of the Kecak Fire Dance



Dragon Wood Carving

you want! For young children, sit half-way up to avoid heat or smoke from the fire. My twelve year old smiled the whole dance and gave it a thumbs up. The dance ends when it is dark and many find dinner on the beach at seafood restaurants.

Art, Walks, and Goodbye

Our fast few days were spent relaxing in our villa, taking long walks in Ubud, and discovering local artists. On a random street in Ubud we stopped to buy a cold beverage at a small shop of sorts. From the street it looked like one counter of snacks and one cooler of drinks. We approached hoping for a cooldown.

Instead of a drink, we were given an art tour!

We met an artist named Ni Ketut who lives there in Ubud with a disability. Because of her disability, she can't walk to the local market to sell her art. She lives

with her family, helps run the small, family owned convenience store. Behind the convenience store counter, she welcomed us to her art gallery. We talked about life, where we are from and found she has an amazing outlook on life and international connections through a common media, art. We learned she paints and draws in her spare time and has an amazing talent for recreating traditional art that showcases Indonesian religion and living. I left Bali with a piece from her gallery. A hand carved frame surrounds a draw picture of Barong, a mythological creature of Bali, host of good spirits. Connecting with people from around the world is truly one of the best parts of being a military family. Ni Ketut Rauh can be found on Facebook at Ketut Ubud.

Our trip to Bali was perfect for our family. Families in Korea should put Bali on their list of must-see places. Make Bali what you need it to be, fun, relaxing, or a complete adventure, the possibilities are endless!

Tips for Success

- Join "Bali Indonesia for Travelers" Facebook Group
- Download WhatsApp to communicate with your hotel or villa staff
- Download Grab to order food and a taxi from nearly anywhere
- Complete your E-visa ahead of time
- Request to have the same driver if staying with the same company
- Bali economy runs on tip culture, ensure you tip when you have good service, especially your tour guides

Packing List "Must Haves"

- Bug spray
- Swimsuits, sun hats, sun glasses, reef friendly sunblock, aloe
- Umbrella for rain and sunshade
- Tablets/phones and charging blocks for entertainment
- Snacks for kids (bring their favorites)
- Imodium for stomach issues due to water
- Tabletop games: Uno, Phase 10, Left-Right-Center
- 2-prong appliances and chargers
- Backpack for airport and island travel
- Sandals for rugged wet terrain

Important Notice for Those on With Medical Need

- If taking medication, check customs requirements, some medication for ADHD, other mental health

needs (psychotropics), or pain management medication will need a letter from your doctor, on official letterhead, with your name, name of medication, dosage, frequency, and why you need it. Keep this on your person during flight, entry, and exit of Bali. Take only what you need for your trip, not the whole bottle. The local military treatment facility can help you with this, but prepare for this early!

- Bring allergy medication if you have allergies and throat lozenges. Lozenges aren't really a "thing" in Bali. If you can find them, they are very expensive!

Best Souvenirs

- Wood carved masks, animals, and signs
- Local art
- Batik sarongs
- Shell and ratan purses
- Indonesian grown cashews and granola
- Bali chocolate and teas
- Silver and abalone jewelry



Ni Ketut Rauh and Jetta

About the Author

Jetta Allen is Co-Editor of United on the RoK, a writer, and photographer. She loves nature, travel, and culture, but most of all, making memories with her family.



Italian Cooking

Pumpkin Ravioli

By Socheat Sang

Good day Humphreys cooking society! What's cooking up in your kitchen today? Spring brings breezy afternoons with long sunny days. Good weather seems to always lift my mood in the kitchen which tends to make my taste buds crave for flavorful meals. Well, I can't go wrong with taking a cooking class with the Humphreys United cooking sub club. Today we are here with our Home Chef, Sara Bolzan. Guess where Sara is from? What do you think she will cook up for us today? Can we spell "PASTA?" Well we are making Ravioli today. A type of pasta filled with delicious filling. She is Italian!! Humphreys Cooking Society lets us get to know our Home Chef. Welcome Sara! (Sneak peak into the recipe, it is Vegan Approved!)

Q&A ~~~~~

Please introduce yourself and tell us where you are from.
My name is Sara. I'm 25 years old. I'm from Campo Molino, a little town of 600 people in the north of Italy, 1 hour from Venice.

What are you doing here in Korea?
I'm at Osan AB with my husband, who is in the Air Force. We will be here for only a year.
As soon as he told me that he would come to Korea I couldn't wait to join him on his journey. To live in another country different from mine, with another culture to experience, is a great addition for my personal exploration.

Where did your passion for food come from?
As you know, Italian cuisine is the best known and most loved in the world. So, for us, cooking and eating are daily foundations. It's in our blood. Growing up over the years and since I became vegan, I realized how passionate I was about it.

How did you learn how to cook?
I started cooking at the age of 10. I saw my mom start cooking and I joined in to help her. She had this cookbook written entirely by hand with recipes handed down by her mother, friends and grandmothers that I enjoyed reading.



Obviously the first thing I learned to make was really good pasta with tomato sauce. Then I moved on to pastry making because every birthday we celebrated I tried my hand at making desserts, cakes and biscuits.

I went to my old computer, looked for the recipe, printed it and added it to all the other printed recipes because smartphones didn't yet exist.

Now I open Instagram, I go to the archive, and I have a lot of recipes saved from the profiles of food creators that I follow.

What were your first mistakes in the kitchen? Funniest?

I was preparing a very simple carrot cake. I was very happy with the fact that the dough was really good. I put it in the oven. 45 minutes pass. I take it out of the oven. It was beautiful, golden, with a delicious scent. I let it cool. The moment of cutting arrives and.... In the middle it was raw. From there I understood all the secrets for better cooking.

As for the savory... I was preparing a delicious mushroom risotto in my husband's kitchen when he lived in Italy, and I had used fine salt to salt the broth water. Italians use coarse salt. When the Risotto was ready, we tasted the first bite and... it felt like we were literally eating the crystal of salt. From there I understood the difference between fine and coarse salt.

What is your signature dish? Your husband's?

I don't have a special dish because I always try to make different things every day especially because here in Korea I don't have many vegan options.

My husband eats everything I make so I'd say almost everything I cook can be considered a signature dish.

How do you describe your overall cooking philosophy?

For me cooking is healthy. In my case, being vegan is a philosophy and cooking has a huge impact on it. "You are what you eat!!!".

I think it's important to understand what we're eating and how much good or bad it can do for us.

Cooking saved me from "bad periods" of overthinking because it helped me relax my mind and, obviously, gives me a great sense of satisfaction.

How do you enjoy eating your Ravioli?

The combination of pumpkin ravioli with cashew cheese sauce is perfect but even just a little melted butter or extra virgin olive oil and a sprinkling of



parmesan or nutritional yeast will make it a simple and special dish.

The following is one of my regular vegan dishes. I hope you all will enjoy the recipe as much as I do! Buon appetito!



Thank you to our Home Chef CEO for guiding us through a little part of your culture and Italy. Humphreys Cooking Society, we hope you will take this challenge and make some delicious pumpkin ravioli with fresh pasta!

Pasta

Ingredients

Flour 400 grams (3 cups)
 Water 200 grams (¾ to 1 cup)
 Extra-virgin olive oil (EVOO) 40 grams (4 tablespoon)
 Salt 1 tsp (smooth)

Method

- Place flour on the table in the shape of a volcano.
- Sprinkle with salt. Slowly add (EVOO) and water.
- Knead for about 10 minutes until the dough becomes elastic.
- Let the dough rest for 10 minutes before rolling and stuffing (Hint: Using a pasta roller can make this process easier.)
- Use a ravioli press or cookie cutter to assist with shaping the ravioli

Pumpkin Ravioli

Pumpkin (full small green)
 Potato (1 medium)
 Onion (1 small)
 Soymilk (1 cup as needed)
 Olive Oil (to sauté onion)
 Sage (to taste)

Sauce

Plain Cashews 60 grams
 Soy Milk 100 grams
 Nutritional Yeast 2 big tablespoons
 Lemon juice 1 tablespoon
 1 cup pasta water
 ½ tsp salt

Directions

- Sauté chopped onion until translucent, add Peeled pumpkin and diced potato and sauté until soft. Add Fresh sage, soy milk and mash until soft texture. Then cool before stuffing ravioli.
- Heat soy milk until very hot and let cashews soak for 10 minutes. Then transfer to a food processor. Add salt, nutritional yeast and lemon juice and pulse until thin and well blended.
- Add to pasta and thin with ½-1 cup of pasta water.



Damon Braces: Your Path to a Radiant Smile

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



reaming of a radiant smile? Look no further than Damon Braces! Consult with our U.S. board-certified orthodontist today!



What are Damon Braces?

Damon Braces are an innovative orthodontic treatment utilizing a passive, self-ligating system. Here are 10 key points about Damon Braces and their benefits:

- 1. Self-ligating system:** Damon Braces employ a slide mechanism to secure archwires, eliminating the need for elastic or metal ties. This reduces friction, enabling teeth to move more freely and potentially shortening treatment times.
- 2. Gentle forces:** The Damon System utilizes low-friction, lightweight wires and gentle, continuous force to gradually and comfortably align teeth.
- 3. Reduced discomfort:** Many patients experience less discomfort with Damon Braces due to lighter forces and reduced friction.
- 4. Fewer adjustments:** Damon Braces typically require fewer adjustments than traditional Braces, thanks to their self-ligating system, resulting in fewer orthodontist visits.
- 5. Improved oral hygiene:** Damon Braces are easier to clean than traditional Braces, promoting better oral hygiene by eliminating elastic ties that can trap food particles.
- 6. No need for extractions:** Damon Braces can often widen dental arches and create space for crowded

- 7. Enhanced aesthetics:** Clear brackets are available for Damon Braces, offering a discreet appearance and making them less noticeable than traditional metal Braces.
- 8. Shorter treatment time:** Some studies suggest that treatment with Damon Braces may be faster than with traditional Braces, although individual results may vary.
- 9. Comfortable design:** Damon Braces feature smooth, rounded edges and low-profile brackets to minimize irritation to the lips and cheeks.
- 10. Proven results:** The Damon System has been clinically proven to effectively correct various orthodontic issues, including crowded teeth, spacing issues, overbites, underbites, and crossbites.

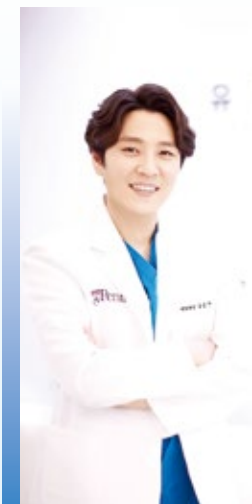
In summary, Damon Braces offer numerous advantages over traditional Braces, including potentially shorter treatment times, greater comfort, improved oral hygiene, and enhanced aesthetics. However, it's essential to consult with our orthodontist to determine the best treatment option for your specific needs.

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Book a consultation today with our U.S. Board Certified Orthodontist, acknowledged as a speaker for Invisalign in Korea!

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Stem Cell Rejuvenation Unlocking Ageless Beauty

By Dr. Eunyoung Baek, DEKABI Clinic

It has been 20 years since I began stem cell plastic surgery. Observing individuals who underwent facial plastic surgery using stem cells, I discovered that they were no longer aging. Among them are individuals who appear 20 or 30

years younger. Despite entering this ageless era two decades ago, it's challenging to notice changes at the cellular level, akin to a child's cells transforming into those of a 20-year-old without realization. Hence, we rely on memory recollection and compar-

ison, or before-and-after photos, to discern changes.

Today, no one waits 20 years. They say that scientific progress is driven by necessity. How could a person appear 20 years younger in just 3 months? We delved into the methods used to achieve this

feat: precise stress relief techniques, avoidance of harmful substances, and lymphatic treatments. Even the bed one sleeps on plays a role, being a plasma energy bed.

Our experiment lasted 3 months. The prospect of looking 20 years younger in such a short time seemed worth trying. Cultural toxins, electromagnetic waves, and radioactive pollution afflict people, leading to premature aging and a diminished quality of life. As a doctor, I felt compelled to save lives and restore faces to their intended purpose.

Stem cell plastic surgery marks the beginning of human enhance-

ment. Stem cells have ushered in the era of energy medicine, transcending traditional medical practices. For two decades, I've practiced medicine tailored to the quantum era, focusing on energy medicine's transformative potential.

To influence material medicine with energy medicine, we've discovered a beacon of hope: the electron cloud of energy medicine, pulsating with infinite energy. By harnessing this energy, we aim to expedite the rejuvenation process.

Our bodies respond to consciousness. To embark on the journey of becoming 20 years

younger in 3 weeks, we must unlock the gate of consciousness and teach ourselves how to wield this power.

Stem cells hold the key to rapid rejuvenation. In just 3 months, individuals can shed 20 years, a process that may soon be condensed to 3 weeks. As our bodies heed the call to repair telomeres with stem cell injections, the aging process slows. A realm of infinite energy unfolds within us, catalyzing scientific endeavors to unveil its potential.

We must aid stem cells in their mission. Preparation involves facilitating the convergence of biominerals, peptides, and ion-



ized calcium water. The serotonin preparation process brings joy, as it restores forgotten happiness.

In the quantum age, nature reveals the secrets of rejuvenation. Stem cells activate through energy medicine, transcending human limitations. While patents elude us, our bodies operate within an energy universe. Stem cells, fueled by this boundless energy, hold the key to reversing aging.

Are you prepared to confront your reflection each morning? To reclaim your face from 20 years ago? No longer will dermatology and plastic surgery dominate the battle against aging. The prospect seems both economical and efficient.

About the writer

Dr. Eunyoung Baek, DEKABI Clinic

- 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)



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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

National Suicide Prevention and Veteran Crisis Line

Commercial: 0808-555-118
DSN: DSN 988, then press 1
Chat: www.veteranscrisisline.net/get-help/chat

Domestic Abuse Victim Advocate (DAVA)

This is a 24/7 resource for those in need of Family Advocacy support.
Osan Commercial: 010-9300-8753 (24/7)
Humphreys Commercial: 0503-337-4101 DSN: 101
Daegu Commercial: 0503-357-8913 Option 4

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
24/7 SHARP Hotline: or 763-5700 DSN 158
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>

Military OneSource: 1-800-342-9647

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.
Humphreys Commercial: 050-3357-2363
Daegu Commercial: 050-3363-4426
Casey Commercial: 050-3322-1578
Yongsan Commercial: 050-3341-6923
*MFLC have short tours and numbers are subject to change, contact your ACS, Airman Family Readiness, Fleet and Family Support for an updated list of contacts.

For RoK Wide Resources: DMZ to the Sea PCS Resource Guide

Find PCS checklists for arrival and departure from Korea, on and off installation supports, information for medical care, Exceptional Family Member support, school resources, Korea and international travel, Army Community Services, Airman Family Readiness, Fleet and Family Support, and more.
<https://www.humphreysunited.org/dmz-to-the-sea>

South of Seoul: Moving to Korea and the US Military Virtual Welcome Packet

The US Military Virtual Welcome Packet contains useful information for getting the most out of the South of Seoul Blogs. The following blog post offers insight into the 'US Military' experience and how South of Seoul volunteers define the 'US Military Lens' in South Korea. Topics include banking, typhoon preparedness, setting up phone service, parks, shopping, food spots, dietary restrictions while in Korea, food delivery, season, cherry blossom viewing, maximizing Instagram, and more!
https://blog.southofseoul.net/us-military-virtual-welcome-packet/?fbclid=I-wAR0aaBFgzliE2j2bW0o2i1jpuM3mZatgq1nKQ-wukCxiJgS5nf-KVD-qxk_aem_AZzFKdlsySEPyc2KnGSW9CC2GoxBwivQOyUTnXeqZ07rkoSu-2W0oRE5mBEKL_VGrr0RJ0ArmKWea0EthriV9xDGq

Transition Assistance Program

Manage your military transition with resources for financial planning, employment, education, mental health, pre-separation, counseling, VA benefits and more.
<https://www.tapevents.mil/resources/documents>

Veterans Living Overseas

If you're a Veteran who lives overseas, you remain entitled to the benefits and services you earned through your military service. Most VA benefits are payable regardless of your place of residence or nationality. VA benefits can include disability compensation, pension, education and training, health care, home loans, insurance, vocational rehabilitation and employment and burial. Contact information for assistance is provided at the website below.
<https://www.benefits.va.gov/persona/veteran-abroad.asp>

Five and Thrive

Five and Thrive provides you with a one-stop shop of consolidated resources and specific tools to navigate military life at home and in your community in the five areas impacting the quality of life for day's Air and Space Force spouses: Childcare, Education, Healthcare, Housing, and Spouse Employment.
<https://www.fiveandthrive.org/home>

U.S. Office of Personnel Management

Core Employee Assistance Program Services are designed to support and uplift the 8 Dimensions of Wellness, which include emotional, physical, occupational, intellectual, financial, social, environmental, and psychological aspects. Prioritizing each dimension based on employees' individualized needs can lead to a healthier and more positive lifestyle and state of mind. Federal EAPs can include a variety of resources, supports, training, and services for individuals, managers, and agencies.
<https://www.opm.gov/policy-data-oversight/worklife/employee-wellness-programs/employee-assistance-programs/>

Spouse Resilience Toolkit:

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

Korea Airports

Incheon International Airport is the main airport on the RoK, located 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. Make sure to check the Inter-Garrison Bus Service to determine what free to low cost travel is available for official and leisure travel to and from the airport to your installation. Arrival time to Incheon International Airport is influenced by local traffic and construction at times, so carefully plan your travel time in relation to airport procedures such as security, customs, terminal navigation, and boarding. Other airports include: Jeju International Airport, Gimpo International Airport, Muan International Airport, and Yeosu Airport.

HOLIDAY INFO - 4 Month Outlook

Korean Holidays

- 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
- 15 August – Liberation Day

US Holidays

- 2 May – National Day of Prayer
- 5 May – Cinco de Mayo
- 10 May – Military Spouse Appreciation Day
- 12 May – Mother's Day
- 18 May – Armed Forces Day
- 27 May – Memorial Day
- 14 June – United States Army Birthday
- 14 June – Flag Day
- 16 June – Father's Day
- 19 June – Juneteenth National Independence Day
- 4 July – Independence Day
- 7 August – Purple Heart Day



Photo courtesy of ALOD

All That Glitters Diamonds and Gold in Korea

By Jetta Allen

Carol Channing’s hit song “Diamonds are a Girl’s Best Friend” set the tone for years of marketing jewelry that is expertly crafted to make women feel beautiful, maybe even as beautiful as Marilyn Monroe herself. 75 years later the jewelry industry is over a 334 billion dollar industry and it is no longer just for women. Now the

market covers so many demographics, targeting ads to diverse populations with a wide range of ages, and offering jewelry tailored to every occasion. Korea is no stranger to the glitz and glam of jewelry made of gold, silver, gemstones, shells, and my favorite diamonds! In downtown Seoul, the Jongno Jewelry District will fulfill all

your jewelry desires. Shops line the streets and alleys for 3 miles tempting people to take a peek through the windows. No matter your preference, yellow or white gold, silver, or platinum, you can find something special for you in the district! The Mirae Jewelry Institute of Korea is also located in the Jongno Jewelry District. Here



KDT Diamond in Seoul



Storefront in Jongno Jewelry District

leaders in the field teach classes for jewelers to become certified through the International Gemological Institute. The complex also has classes for the novice jewelry makers where you can make anything from a simple band to one with a stone in a setting. In the Jongno Jewelry District you can find just about anything. Unknown to many in the military company, there is a unique store in the district, one that is a leader in its field, KDT Diamond. For 37 years KDT Diamond has been leading the way as being Korea’s largest diamond company but also by being the first company in the country to create a lab grown diamond. Lab grown diamonds are more than just a growing trend,

they are an eco-conscious approach to jewelry. By choosing a lab grown diamond, there is less impact on the natural environment including deforestation, pollution to air and ground water, noise, workplace injuries, and the darker side of diamond production. As consumers begin to take a closer look at where their products come from, the focus on exploitation, child labor, terrible working conditions, and poor wages changes the industry. Movies like Leonardo DiCaprio’s “Blood Diamond” made a global impact making consumers consider more eco-conscious practices and sustainable jewelry production. This is the new frontier and KDT Diamonds is leading Korea to a brighter tomorrow, literally!

ALOD

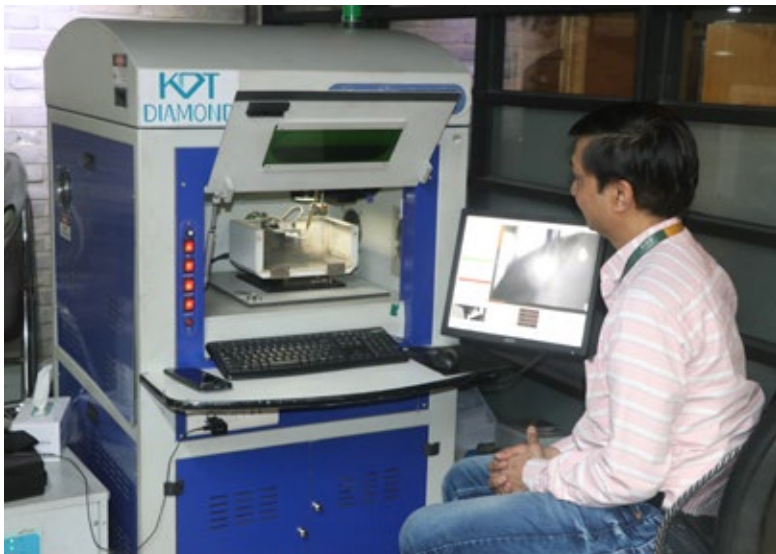
Their lab grown diamonds sparkle like a star! KDT Diamonds knew this and their new branding spoke to the same, ALOD: All Light in One Dot. ALOD is a branch off company of KDT Diamonds. Their goal, create beauty jewelry with an eye for craftsmanship, detail, and high quality lab grown diamonds. In our interview we found that branding is an important part of the future of their market. As other diamond and fashion companies around the world feature lab grown

diamonds, the time is now to make ALOD and KDT Diamonds a household name.

We took a tour of the ALOD facility and learned how diamonds are grown in a lab. A diamond seed is placed into a patented machine called a “CVD Device” with a diamond seed to create diamond synthesis. A one carat diamond can take anywhere from 400-500 hours to grow.

From a diamond seed to a diamond in a setting on someone’s finger, there are 4 to 5 people involved in the process.

The tour took us on a personal journey through production including where artisans handcraft each setting with wax castings and melting metals like gold and silver into rings, earrings, and a variety of settings. These craftsmen go through months of training to learn how to create jewelry with a focus on quality and design. The next area we toured was the planning area. We watched as the planner put a rough diamond into a Gem-Cad. This complicated machine is a computer-aided design machine that shows the different cuts and sizes possible for the rough diamond, finding the most effective way to get as many cuts from the rough. The machine will print a set of numbers and the rough diamond is then moved to a laser cutter. The numbers are scanned and the laser begins the magic of turning a stone to the beginning stages of a piece of jewelry based on the dimensions from the Gem-Cad! Planners are indispensable. These skilled craftsmen from India literally plan each and every cut and facet on the diamonds. They turn a cut stone into a faceted



ALOD facility and craftsmen



jewel by painstakingly cutting each facet by hand. Another machine will measure those hand cut facets and after quite a bit of math later, the planners will know if more precise cuts are needed or if it’s ready for polishing!! Once it is polished, it is ready to be set into a piece of jewelry and look spectacular!

According to ALOD, “the production process of lab diamonds combines cutting-edge technology and cutting-edge science”. There is chemically no difference in a natural diamond versus a lab grown diamond, but there is a price difference. As the size of diamonds increases, the price cap gets wider and wider making lab grown diamonds cost efficient over natural diamonds for those looking to get the most bang for their buck! This

price decrease is partly due to a decreased cost in shipping and export resulting in an increased profit margin as well! Many use diamonds as an investment, as the sliding scale for gold and silver changes quite rapidly, diamonds are a more stable choice. The investment value of lab grown diamonds is still being determined, but I personally feel that with this market knows no bounds!

The online store for ALOD offers consumers an inside look to the beauty of a lab grown diamond. The Korean market prefers to purchase “final product” jewelry, items ready to purchase and leave with the same day. For those wanting to visit ALOD, on the weekdays stores have translators. On the weekend, try coming with a friend

who speaks Korean or contacting the company in advance by email to ensure a translator is present to meet your needs.

The jewelry cases at ALOD are filled with all the jewelry you can imagine. From rings, necklaces, stud and hoop earrings, and brooches, to special pieces shaped like hearts and butterflies, there is something for everyone! The lifestyle section of ALOD offers more than just jewelry too! There are elegant tea spoon sets and even accessories for golfers!

ALOD also offers customization with a unique jewelry design experience for customers wanting something a little more unique! When customizing jewelry with in stock diamonds, jewelry takes an estimated 2 weeks to complete.



Display room showcasing jewelry at KDT Diamond



Classrooms at Mirae Jewelry Institute of Korea

For custom, lab grown diamonds, it can take up to 5-6 weeks depending on the size of the carat, color, cut, clarity, and setting of your custom piece. ALOD creates luxurious diamonds in a variety of colors, so an in person store experience would be best. You have to see the sparkle to really understand how spectacular these diamonds are and why you should own an ALOD!

The field of lab grown diamonds is growing. Creativity in design, craftsmanship, and innovations in technology are daily impacting the jewelry industry. In 10 years ALOD aims to have stores on the east and west coast of the United States and other international locations.

Find ALOD stores here:

- Hyundai Department Store Apgujeong Main Branch, Gangnam, Seoul
- Shinsegae Times Square, Yeongdeungpo, Seoul



Rings that customers can make at Mirae Jewelry Institute of Korea

- Lotte Avenuel Jamsil, Songpa, Seoul
- Shinsegae Main Store, Jung, Seoul
- Shinsegae Hanam, Hanam
- Shinsegae Gyeonggi, Yongin

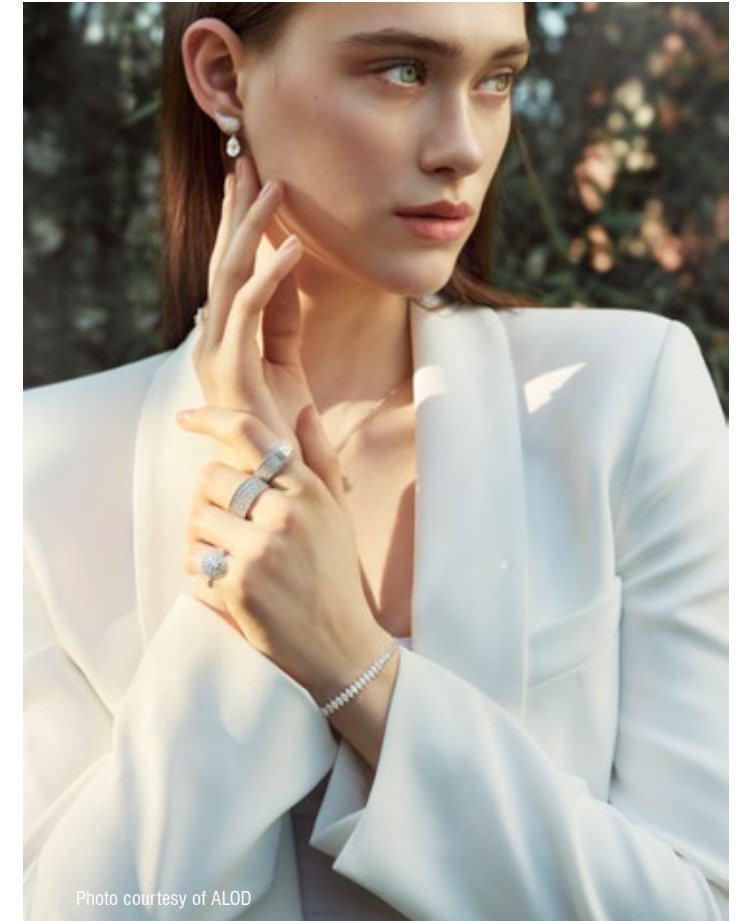


Photo courtesy of ALOD

Find more detailed information here:

<https://alod.co.kr/pages/alod-location>

Mirae Jewelry Appraisal Institute

서울 종로구 수표로 105 육의전빌딩 7층

<https://naver.me/GG8gqx6>

Website: <http://www.gem.or.kr/>

KDT Diamonds / ALOD

서울 종로구 돈화문로5길 20 다이아몬드 빌딩 1층

<https://naver.me/xt5e7pdr>

Website: <http://kdtdiamond.co.kr/default/>

Website: <https://alod.co.kr/>

About the Author

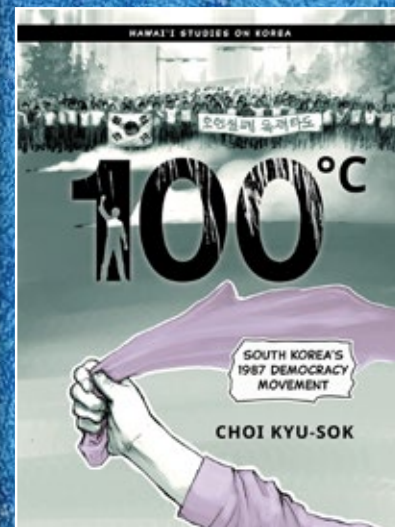
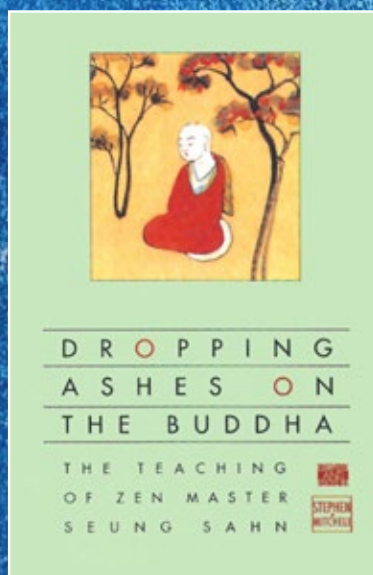
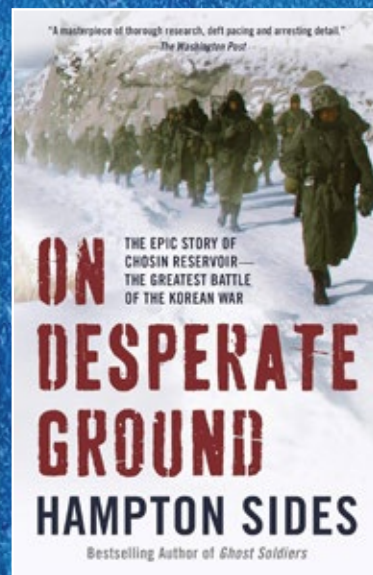
Jetta Allen is Co-Editor of United on the RoK, a writer, and photographer. She loves nature, travel, and culture, but most of all, making memories with her family.



From left: Editors Robyn and Jetta, Seungki Kang (President of KDT), and Seonghyuk Kang (CEO of ALOD)

Meet Your Next Favorite Book!

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



I Love Pink: Bilingual Korean-English Children's Book - Jimin Lee (Author)/Song-i Kim (Illustrator)

Narrated from a child's perspective, "I LOVE PINK" reveals the struggles and happiness of embracing individuality. This touching tale illustrates the exhilarating journey of staying true to oneself, portraying a mix of challenges and affectionate moments that come with embracing one's unique identity.

On Desperate Ground: The Epic Story of Chosin Reservoir--the Greatest Battle of the Korean War - Hampton Sides

On October 15, 1950, General Douglas MacArthur assured President Truman that Communist forces in Korea would be defeated by Thanksgiving, discounting Chinese intervention. Meanwhile, 300,000 Chinese soldiers secretly crossed into Korea. This led to the Battle of Chosin Reservoir, where 20,000 First Marine Division troops faced harsh conditions and overwhelming odds. Hampton Sides' "On Desperate Ground" recounts this historic clash with vivid detail, highlighting the bravery and resilience of ordinary soldiers in extreme circumstances.

The Korean K-Drama Cookbook: Make the Dishes Seen in Your Favorite TV Shows! - Choi Heejae

If you enjoy Korean dramas or have a taste for Korean cuisine, then this book is tailored just for you! Inside, discover 61 mouthwatering recipes featuring beloved Korean dishes, some of which may have appeared in your cherished K-Drama series.

Keep Going: Motivational Korean Writing & Coloring Book - Bora Media

Set out on an empowering voyage with the Motivational Korean Writing & Coloring Book. It's a one-of-a-kind fusion of Korean writing drills and uplifting quotes, crafted for adult learners at the beginner level. This workbook isn't just about mastering Korean basics; it seamlessly weaves together art and wisdom, turning your language learning endeavor into a deeply enriching adventure.

Dropping Ashes on the Buddha: The Teachings of Zen Master Seung Sahn - Seung Sahn

"Dropping Ashes on the Buddha" presents a lively and irreverent exchange between Korean Zen Master Seung Sahn and his American students. This book, filled with dialogues, stories, Zen interviews, speeches, and letters, captures the essence of Zen teaching through spontaneous interactions. Utilizing astonishment and paradox, it offers a fresh approach to understanding ultimate reality through the method of "instant dialogue" between Master and student.

100°C: South Korea's 1987 Democracy Movement - Kyu-sok Choi

In the graphic novel "100°C," artist Choi Kyu-sok explores why ordinary citizens risk everything to protest against oppressive regimes, focusing on one family's experiences during Chun Doo-hwan's rule and the June 1987 Uprising. By highlighting the collaborative efforts of various groups demanding democratic reforms, Choi portrays a crucial moment in Korean history when individuals challenged the status quo and pushed for change.

Promoting US-Korea Friendship Through Golf OGA Golf at Osan AB

By John Yang Jr.



The first steps towards Osan's 2024 Golf League began. The Osan Air Base Golf Association (OGA), a club formed by Korean and American employees at Osan Air Base, held its first league tournament on March 26th. The tournament was a huge success, with 103 participants including both members and guests.

The league will track tournament records every month for a year to determine the final league champion, taking cues from the professional PGA and LPGA competitive format in which individual tournaments are held over the course of four days each.

While this scoring format is uncommon at amateur clubs, another unique aspect of the OGA Golf

League is its use of the "New Period Method," scoring handicaps in a manner similar to the Callaway Method, allowing for anyone to have the chance to become a champion.

OGA founder, President Mr. Pak Kye-Hwan, enacted these regulations and applied this new format upon taking the helm as the first president for the organization.



President Mr. Pak Kye-Hwan (left)

President Pak initially joined the U.S. Forces Korea, Pacific Stars & Stripes (PS&S) at Yongsan in August 1980. He moved into a position with the Army Air Force Exchange Service (AAFES) in 1984, ultimately retiring from the position in February 2022. President Pak takes on this new responsibility at Osan Air Base at the invitation of CEO Charles Chong, a US Invited contractor at the base responsible for the production of the 7th Air Force newspaper, the Crimson Sky.

President Pak's first focus in the first three months since the OGA's founding has been full membership for both Americans and Koreans working at Camp Humphreys and at Osan Air Base, garnering 50 Korean and 17 American members.

"We will have about 100 full-time members within the year," President Pak said. "We will develop into the best Korea-U.S. golf club both in name and in reality. We will promote individual hobbies and physical strength through golf, promote friendship among members, and form a healthy golf club. This small club will also serve as a cornerstone for the promotion of friendship between the two countries."

At the outset of 2024, eight representatives from local promoters gathered to develop an advertising campaign to recruit new members for the OGA, emphasizing the league's principles of openness and fairness, welcoming different playstyles, solo players, and even beginners to participate.

With this philosophy, even members at lower skill levels have a chance to win if they further hone their skills throughout the year, to allow for more overall enjoyment by members.

In the OGA's inaugural monthly competition, Korean-American member Ms. Choi Mijong won first prize with a score of 1 over 72 (Par 71), taking the initial lead in the yearlong competition. The member who maintains the best performance throughout the year will be crowned at year's end with a trophy and prize money collected from monthly club membership fees.

Ms. Yim Chung-Hui, a member of the Board of Directors, remarked that "A really brilliant golf club was born, and everyone was curious

about it; they are very happy to participate.” Mr. Ben Sales, the OGA Vice President representing American members, added that “It has been 15 years since I retired from working as a U.S. soldier in Korea and settled in Korea. I am satisfied with spending time with Koreans through golf, and I will participate more. I think the development of OGA contributes to the development of both Korea and the U.S.”

The OGA will continue its recruitment efforts to gain new



members for the next two months and further expand.

To inquire about applying for membership, President Pak can be contacted at 010-5329-4285 or pakkh55@naver.com. Membership qualification is open not only to Americans but to anyone who has access to Osan Air Base and USAG Humphreys.



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INTERNATIONAL AND NATIONAL CELEBRATION

01 Wed	May Day	09 Thu	National Moscato Day
01 Wed	Mother Goose Day	09 Thu	Lost Sock Memorial Day
01 Wed	International Doodle Dog Day	10 Fri	National Clean Your Room Day
01 Wed	Learn to Ride a Bike Day	10 Fri	National Shrimp Day
01 Wed	Sunflower Guerilla Gardening Day	11 Sat	National Twilight Zone Day
02 Thu	International Harry Potter Day	11 Sat	Eat What You Want Day
02 Thu	National Brothers and Sisters Day	11 Sat	World Fair Trade Day
02 Thu	National Play Your Ukulele Day	11 Sat	World Migratory Bird Day
02 Thu	National Day of Prayer	12 Sun	Mother's Day (2nd Sunday)
02 Thu	World Password Day	12 Sun	National Fibromyalgia Awareness Day
02 Thu	National Day of Reason	12 Sun	Nutty Fudge Day
02 Thu	World Tuna Day	12 Sun	International Day of Plant Health
03 Fri	World Press Freedom Day	13 Mon	National Women's Checkup Day
03 Fri	National Two Different Colored Shoes Day	13 Mon	International Hummus Day
03 Fri	Paranormal Day	13 Mon	Crouton Day
03 Fri	National Chocolate Custard Day	13 Mon	Fruit Cocktail Day
03 Fri	School Lunch Hero Day	13 Mon	National Apple Pie Day
03 Fri	National Space Day	14 Tue	National Underground America Day
03 Fri	National No Pants Day	14 Tue	Buttermilk Biscuit Day
04 Sat	Star Wars Day: May the 4th be with you.	14 Tue	Dance Like a Chicken Day
04 Sat	National Scrapbook Day	15 Wed	Buddha's Birthday
04 Sat	National Fitness Day	15 Wed	International Family Day
04 Sat	Free Comic Book Day	15 Wed	National Chocolate Chip Day
04 Sat	Wildfire Preparedness Day	15 Wed	Peace Officers Memorial Day
04 Sat	Kentucky Derby	16 Thu	National Sea Monkey Day
05 Sun	Children's Day in Korea	16 Thu	National Mimosa Day
05 Sun	Cinco de Mayo	16 Thu	National Celiac Awareness Day
05 Sun	National Astronaut Day	16 Thu	Do Something Good for Your Neighbor Day
05 Sun	National Hoagie Day	16 Thu	Drawing Day
05 Sun	Museum Lover's Day	16 Thu	National Barbecue Day
05 Sun	Hug a Shed and Take a Selfie Day	16 Thu	International Day of Living Together in Peace
05 Sun	Mayday for Mutts	16 Thu	International Day of Light
05 Sun	International Permaculture Day	17 Fri	National Cherry Cobbler Day
06 Mon	International No Diet Day	17 Fri	Walnut Day
06 Mon	National Tourist Appreciation Day	17 Fri	National Endangered Species Day
06 Mon	National Nurses Day	17 Fri	Bike to Work Day
08-09	Time of Remembrance WWII	17 Fri	Pizza Party Day
08 Wed	Coconut Cream Pie Day	17 Fri	World Telecommunication and Information Society Day
08 Wed	Have a Coke Day	18 Sat	National Visit Relatives Day
08 Wed	Receptionists Day	18 Sat	HIV Vaccine Awareness Day

18 Sat	International Astronomy Day	23 Thu	International Day to End Obstetric Fistula
18 Sat	World Whiskey Day	23 Thu	International Day of Vesak
18 Sat	National Armed Forces Day	24 Fri	National Brother's Day
19 Sun	National Devil's Food Cake Day	24 Fri	National Road Trip Day
19 Sun	Barber Mental Health Awareness Day	25 Sat	Revolution Day (Argentina)
20 Mon	World Bee Day	25 Sat	National Wine Day
20 Mon	National Rescue Dog Day	26 Sun	National Blueberry Cheesecake Day
21 Tue	National American Red Cross	26 Sun	Paper Airplane Day
21 Tue	Founder's Day	27 Mon	Sunscreen Day
21 Tue	Talk Like Yoda Day	27 Mon	Memorial Day
21 Tue	National Waitstaff Day	28 Tue	National Brisket Day
21 Tue	World Day for Cultural Diversity for Dialogue and Development	28 Tue	Hamburger Day
21 Tue	International Tea Day	29 Wed	International Day of United Nations Peacekeepers
22 Wed	World Paloma Day	29 Wed	National Paperclip Day
22 Wed	National Maritime Day	30 Thu	National Mint Julep Day
22 Wed	International Day of Biological Diversity	30 Thu	National Creativity Day
22 Wed	Harvey Milk Day	31 Fri	World No-Tobacco Day
23 Thu	National Taffy Day	31 Fri	National Macaroon Day
23 Thu	World Turtle Day	31 Fri	National Smile Day
23 Thu	Lucky Penny Day	31 Fri	National Heat Awareness Day

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

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UMGC Korea Celebrates Largest Commencement Yet!

Ada Muffoletto

On Saturday, April 20th, the University of Maryland Global Campus, Korea Region celebrated its 2024 Commencement ceremony. This special ceremony gave learners finishing their degrees in the Summer 2023, Fall 2023, and Spring 2024 semesters the opportunity to walk across the stage and receive their diploma. This year, UMGC Korea celebrated its largest Commencement ceremony yet, with 63 learners donning regalia and celebrating their voluntary education accomplishments.

Students from all degree plans received their diplomas, including 9 Master's graduates, 34 Bachelor's graduates, and 17 Associate's graduates. While their educational journeys were as different as their individual personalities, on Commencement day their schedules aligned. Graduates began their day bright and early, arriving at Camp Humphreys' Morning Calm Conference Center at 0830. As Commencement celebrates graduates from all over the peninsula, the Morning Calm hosted learners from as far away as Camp Casey, Camp Walker, and even Chinhae Naval Base in Busan.

Once checked in by the UMGC

staff, graduates donned their regalia and took the opportunity to document their special day with three different photo opportunities. Professional photography was provided by MBIZ, but graduates also had the opportunity to take their own photos at the Selfie Stations.

At 0930, the graduates ran through their dress rehearsal and at 1030 guests were seated. Then, at 1100 sharp, the Commencement ceremony began. After the processional, national anthems, and posting of the colors by Humphreys High School's JROTC, Vice President & Director of Asia Jim Cronin gave the opening remarks. He was followed by University President Doctor Gregory Fowler, who travelled all the way from Maryland to preside over the ceremony. The keynote speaker for this commencement was Command Sergeant Major Nicholas M. Curry of 1st Signal Brigade. In his address, CSM Curry spoke on his experience as a UMGC student and the unique challenges of pursuing college education while active duty. He also expressed pride in his alma mater and for all the graduates receiving their diplomas.

Once all the addresses were

completed, graduates one-by-one took the stage and received their diplomas from Dr. Fowler. Master's graduates received the additional honor of being hooded by Jeff Newbern, Associate VP and Associate Dean of Academic Affairs. Each graduate was greeted to cheers and applause from guests and staff, all in celebration of their impressive accomplishments.

After all graduates received their diplomas, the party began! Exiting the ballrooms to cheers and pom-poms waved by the UMGC Korea field staff, graduates and guests were invited to partake in a buffet spread catered by the Morning Calm. The rest of the event was spent in dining and celebration of the fantastic accomplishments of UMGC's most recent graduating class. Everyone at the university, from Dr. Fowler down to each individual field staff, is so proud of everyone who walked. We wish them the best of luck in their future endeavors and hope they will never forget their days as a UMGC student.



SERVICE MEMBER SUPPORT

By SPC Zachary Rogers, 339th Quartermaster

Values based organization improves community.

Inspiring esprit de corps builds comradery.

Confidence and competency to do the right thing makes a difference.

Take care of soldiers & families.

Own your actions and take pride in your decision.

Readiness in personnel, equipment, and training leads to success!

YOU MATTER!

- Stay connected
- Check out your local BOSS
- Get out and explore Korea



Fear None.
Achieve VICTORY every day!

Need to talk to someone, but you do not know how to reach out?

Being in the military, it can be easy to get stuck in a routine of work and home. Maybe for some people alcohol is put into that routine as well. After a while, this routine can and will lead to a feeling of loneliness. It is ok to visit your installation's Behavior Health professionals and express your feelings. They are there to make sure you do not bottle up your emotions and give you the support you need. Sometimes, just looking to have a conversation about completely nothing and something at the same time can help break that routine.

I believe that a simple conversation with someone can make a big difference. Reach out and talk to the people around you. You may come to realize that Behavioral Health is not needed once you begin building promising relationships with your neighbors to the left and right of you.



Buddha at Tapsa Temple
(Photo by Jetta Allen)

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	18 SEOUL NIGHT TRIP \$99 for adult \$79 for child (3-9yrs)	19 DMZ TUNNEL TRIP \$99 for adult \$79 for child (3-9yrs)	
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