

OCTOBER 2022

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in your kitchen*



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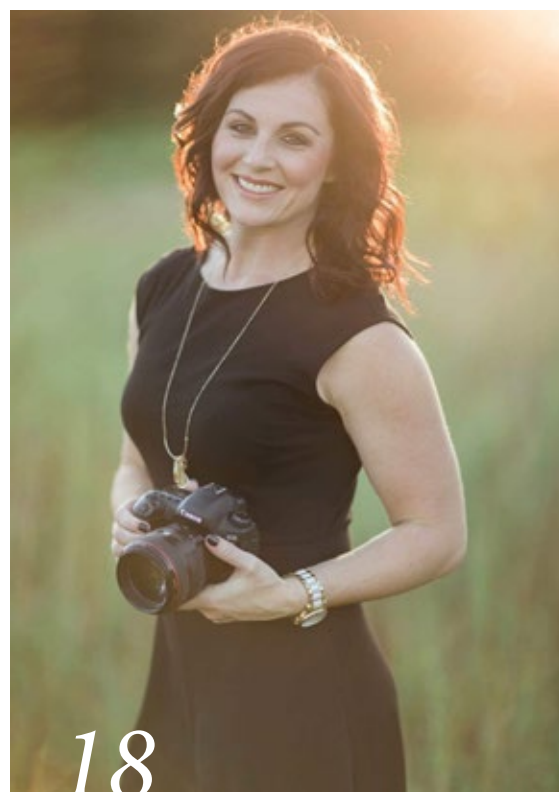


Battle of the Recipes!

Angie Donald and Sarah Anne Hoyt share their special recipes to bring some sweetness and spice to your kitchen!

Cover: Sarah Anne Hoyt poses with her Apple Cider Donuts (Photo by: Erin Costa Photo)

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Creating Our Digital Footprint

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United ON THE ROK

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United on the RoK is a civilian magazine distributed monthly at all USFK installations. We publish real stories, experiences, and information about resources, organizations, initiatives, home-based businesses, health, cooking, fashion, entertainment, recreation, and more! We're here to help you get connected.

If you're interested in writing for *United on the RoK*, reach out to unitedontherok@gmail.com

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Korean Folk Museum and Tea House
(Photo by Camila Claycomb)

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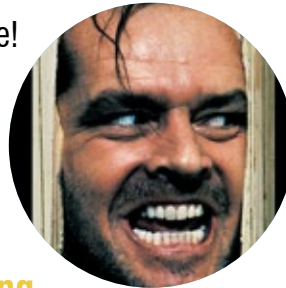
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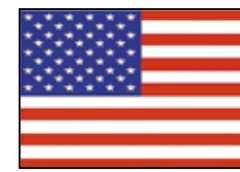


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LIVE

MUSIC&ART CALENDAR



SEP14
Alan Walker Live in Seoul

Jamsil Indoor Stadium
www.globalinterpark.com



OCT08-09
Seoul Forest Jazz Festival 2022

Seoul Forest Park
www.globalinterpark.com



OCT15
Al Di Meola Jazz Trio

LG Art Center (Signature Hall)
ticket.yes24.com



SEP17
2022 Kenny G World Tour Concert in SEOUL

Sejong University Daeyang Hall
www.globalinterpark.com



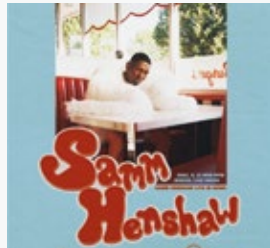
OCT10
Myung Whun Chung & One Korea Orchestra

Lotte Concert Hall
www.lotteconcerthall.com/eng



OCT15-16
Blackpink World Tour [Born Pink] Seoul

KSPO DOME (Olympic Gymnastics Arena)
www.globalinterpark.com



SEP21
Samm Henshaw Live in Seoul

Seoul Nodeul Island Live House
ticket.yes24.com



OCT12
Klaus Mäkelä & Orchestre de Paris

Lotte Concert Hall
www.lotteconcerthall.com/eng



OCT19
The Zurich Youth Symphony Orchestra

Lotte Concert Hall
www.lotteconcerthall.com/eng



ONGOING-OCT01
Olimpia Zagnoli Special Exhibition : LIFE IS COLOR

Sejong Museum of Art
www.sac.or.kr



OCT14
Sir Simon Rattle & London Symphony Orchestra

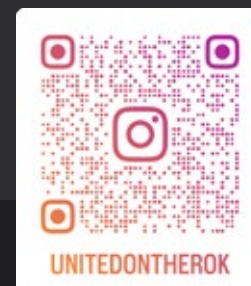
Lotte Concert Hall
www.lotteconcerthall.com/eng



OCT27
Years&Years Live in Seoul

Yes24 Live Hall
ticket.yes24.com

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United
ON THE ROK



EDITOR'S NOTE

“FASHION IS NOT BEAUTIFUL, NEITHER
IS IT UGLY. WHY SHOULD IT BE EITHER?
FASHION IS FASHION”

— ANNA WINTOUR

This month's Autumn Vibes issue includes a number of articles that focus one way or another on fashion and style. Many of us redefine our looks, haircuts, wardrobe, and the organizations we are active in, but who we are and how we fit into the world always shines through.

I invited a pair of friends to share Autumn recipes that reflected what they love about Autumn. The recipes became a gateway for revealing themselves – their values, their personalities, their priorities, and their origins. Their Autumn fashion tastes were reflected in their chosen outfits and foods prepared, and the theme they selected mirrored their styles. As Yves Saint Laurent said, “Fashions fade, style is eternal.”

Another stand out article in this issue is by United on the RoK's Social Media Manager Erin Henderson. Erin shares the journey of how she and her husband met, her initial resistance to a relationship with a service member, and the ultimate surrender to her feelings. Erin takes chances, allows herself to be vulnerable, and shares herself - it's her style.

The home-based business owners featured in this issue are transparent and open about their respective passions for their crafts. Their love for what they do and the reasons they have built their businesses are heartwarming and inspiring. In sharing their creations, the owners are offering ideas for us to consider as we design our living spaces to reflect ourselves, and begin imagining gifts we will get for loved ones.



Kristine Provins shares her recommendations on places to capture Autumn colors when the leaves change, and provides a brief overview of upcoming festivals. This is her third time in Korea, so her advice is invaluable and backed by experience. She also provides a subtle reminder in her contribution to the Community Chat, that often the best part of our adventures in Korea are not the places we visit, rather the people we share the experiences with.

In another featured article, University of Maryland Global Campus Professor Hak Sun Kim presents the history of Korean hero, King Sejong, the man who created the Korean alphabet to make language accessible.

Luke Kim, the POC for Bloom in South Korea, shares information about himself and the incredible, impactful platform where military kids can share information and support each other.

There is so much more to this issue, including information about recommended museums on the peninsula, travel tips outside the peninsula, book recommendations, cultural basics, and our monthly STE(A)M article by Maritzalyn Mercado-Santiago.

As always, the strength of each issue and the magazine as a whole is a reflection of the strength of our community. The more we share, the more ground we have to connect on.

Caitlin Ward

United on the RoK Editor in Chief

“My favorite Autumn memory of Korea was when we first moved here in September of 2019 and John and I would walk with the kids from the towers to quite literally everywhere on and off post just to explore. You could tell it was autumn because the row of trees on Pennsylvania street were now a fire red with some hints of orange and beginning to fall off.”



Alyssa Bambacigno

Very quickly upon arriving at Walker, we realized just how cool Daegu is! Pre-Covid, we left out of gate 6 and started walking down the street. We ran into an outdoor music festival themed for Halloween. People were in costumes, a Korean band was on stage and all ages were welcome. Best of all, it was free. The kids and I started dancing when an older lady came up to me and we began a dance off. The security ended up coming over to the lady and I and invited us on stage to dance for everyone. My husband, John, stayed off stage with the kids cheering me on along with the crowd. After 15-20 minutes of consistent dancing I was wiped out and ready to get off stage! I was way out of shape. By far it was the coolest Daegu Autumn memory.”

COMMUNITY CHAT

What are
your favorite Autumn
memories in Korea?



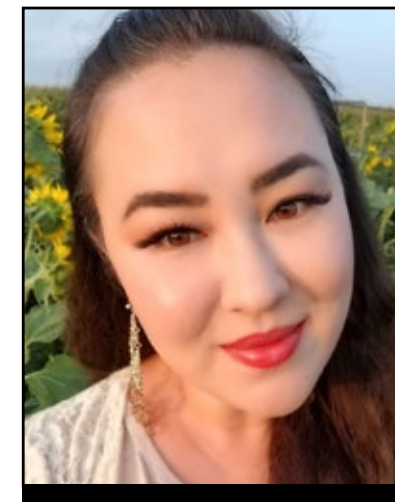
Jason Kalinowski

“I am currently deployed through the Red Cross in Poland. I will not see Autumn in Korea this year. Here in Mielec, Poland, I live on an open air field. I am not looking forward to Autumn. It is cold and rainy in Poland now; it has rained for the last five days and its all mud! Additionally, this will be a hard season to get through because I will miss both my daughters’ birthdays, again. Presently I live and work in fest-tents, which can get cold even with heaters pumping in the warm air. I am lucky my daughters understand why I won’t be home. I will get thru this Autumn knowing my family is okay in Humphreys as I bundle up to stay warm.”



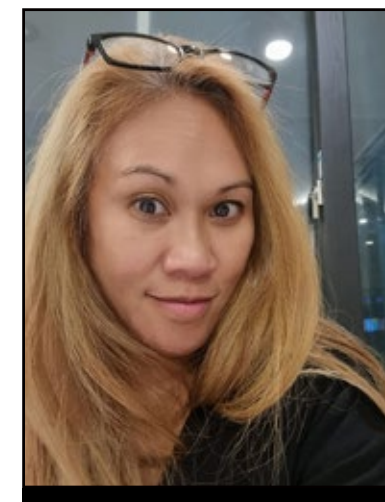
Sarah Piper

“My favorite Autumn memory in Korea has to be when Korean families come together during Chuseok. Family has always been important to me, and when we first arrived in Korea and heard about this yearly tradition, I was so excited to learn more about it. I wanted to take part in their tradition of gathering, giving thanks to ancestors, and learn about the different foods they have out to enjoy during this Holiday. It definitely feels close to how America celebrates Thanksgiving. It brings you a little comfort of feeling at home when you’re so far away from your home.”



Rosa Lindsay

“My favorite Autumn memory in Korea would be last year, 2021. As we all know, the military makes our vast world smaller. Our friends around Korea wasted no time making travel plans. Though COVID restrictions impacted our plans, it did not stop us. We traveled to Sokcho to the east, to Daegu and Busan to the south, and all around Pyeongtaek. What made it memorable and special for me and thus making it my favorite Autumn memory in Korea, was being able to spend it with several of our closest friends”

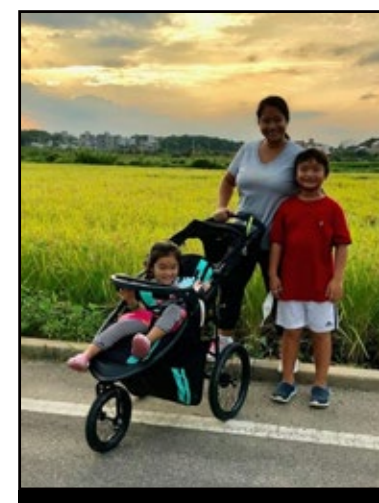
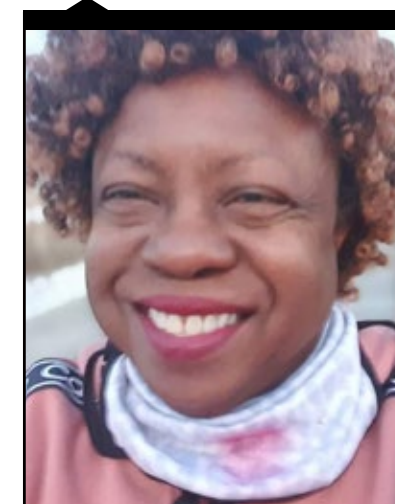


Kristine Provins

“My favorite Autumn memory in Korea was when my cousins, my dad and one or two of my uncles hiked up the mountain by my grandmother’s house to fill up jugs of fresh mountain water. Another fond Autumn memory is our Chuseok get-togethers.”

“My favorite things about Autumn in Korea are the buzz of energy as organizations start their activities, build their membership, and plan for the adventures we will share together in the months ahead. I particularly love the new friendships that are built among different people who are brought together by a shared interest.”

Juanita Goldman



Socheat Sang

“Living in Korea with all four seasons is always full of excitement! During the summer heat and monsoons, I look forward to the Autumn breeze that breaks during September. Fall is one of my favorite seasons, but especially in Korea, with all the beautiful mountains and parks to enjoy. Around Humphreys, I know fall is officially here when the rice fields are slightly turning yellow on the tips and the farmers are just about to harvest the rice. My favorite memory is walking around the rice fields with my kids and talking about how the farmers sow the rice then wait for the harvest.”

BLOOM

EMPOWERING THE MILITARY TEEN: YOUR COMMUNITY IN SOUTH KOREA

By Luke Kim



Hello! My name is Luke Kim, I am a Junior at Humphreys High School and the Senior Graphic Designer for Bloom. This is my first time overseas. I am so grateful my family was able to come to Korea; not only because of the fact that Camp Humphreys has been such a wonderful installation, but also because my family is Korean, which helped us greatly when we first PCSed here.

In an OCONUS move, especially if it is the first time moving overseas, families often face language barriers, cultural differences, the typical PCS

their life due to being a part of a military family. People wrote about all kinds of things, such as the struggles of OCONUS moves, deployments, moving to new schools constantly, and so much more. The site was so inspiring and motivational that eventually, I applied to help with the website as a graphic designer.

Bloom is the place where you can find comfort and advice about everything military-kid related: from moving tips to the top things to do at your duty station. You can also read posts from



struggles, and so much more. As a Korean family, we did not struggle with language barriers and cultural differences, however, we did face a lot of struggles as inexperienced OCONUS movers, such as housing and car shipment, which caused a lot of stress and panic at the time. After a while though, we were able to settle in comfortably and forget about the PCS struggles.

Shortly after arriving at Camp Humphreys, I came across a website run by military teens, for military teens, called Bloom. On this website, I found that military teens, like me, shared stories about their struggles in military life, just like the struggles my family faced when we first came to South Korea. After reading many of the blog posts on the website, I could see that everyone had some struggles in

featured authors, often other military kids who want to share their stories and connect with their community. They each offer a different perspective on military life. Bloom also highlights all the cool things military brats are doing around the world, like writing songs about their life and winning awards. To learn more about Bloom, visit www.bloommilitaryteens.org.

If you would like to get connected with the Bloom community here in South Korea, check out <https://www.bloommilitaryteens.org/get-involved>, where you can contribute an article as a guest, submit artwork, or even apply to join the team! Though I am based at Camp Humphreys, I am the Bloom POC in South Korea so feel free to reach out from whichever USFK installation you are located.

Letting Go and Finding Happiness in the Present

By Erin Henderson

Overwhelmed, homesick, and feeling like I had just lost a huge part of who I am were just a few of the emotions running through me as we landed in South Korea. I was desperately trying to keep an open mind to the adventure ahead, but also holding on, perhaps too tight, to what I had walked away from to get here, losing sight of the good that would surely come by keeping my family together over the next two years.

When Caitlin asked me to write an article about being a Marine spouse, I felt completely inadequate to write on that topic since technically I have only been a Marine spouse for a short period of time. What I can do is share my experience so far and my journey of learning to be vulnerable, present and positive.

As military spouses, we quickly learn to wear many hats and perhaps get accustomed to doing many of life's activities without our spouse or significant other around. After all, it's what we signed up for, right?

In 2019, after a few years of healing from a rough divorce, I found myself ready to start dating again. I was 33 and living in a predominantly military suburb near Camp LeJeune, North Carolina. Running my own business and spending a lot of time traveling on the weekends for work left little time to go out and meet people the old-fashioned way. So, I bit the bullet and reluctantly joined Bumble, a social network app for dating, making friends, or building your professional connections. In the first few weeks, each time I opened the app, I immediately felt overwhelmed and closed the app.

With my proximity to the base, I saw many military men on the app and said to myself "Nope, no way, not putting myself through that." Some relationships thrive and some survive through the challenges, opportunities, and adventures that come up in military life. My father was in the Army for twenty-two years and for a variety of reasons, it took a toll on our family - my parents ended up splitting when I was



Erin Henderson is the Social Media Manager for United on the RoK. Erin is building our digital footprint to better reach our readers, support our writers, and spotlight our advertising sponsors - check us out @unitedontherok on Instagram, and Facebook.

In this article, Erin introduces herself and spotlights the benefits of being vulnerable, networking, and taking chances. Erin recounts experiences many of us can relate to, sharing her thoughts and feelings along the way. She is vulnerable and encourages us to do the same.



about ten years old. My bias was also influenced by the hardships I witnessed firsthand among my friends in North Carolina who were Marine Corps spouses. I had a front row seat to the good times and the bad times that come with being a military family.

This was certainly a selfish notion and I fully admit it. I was 33, I had a thriving photography business that I had worked for years to build, I had great friends, a great gym community, and my sister and her family lived nearby. Did I want to be ready to give that all up if required?

So back to Bumble. Eventually, I came across an potential candidate. He was cute and our profile interests were so similar for example, we both loved to travel and workout, but in the

non-meathead sense. I couldn't wait to swipe, until I scrolled down and saw his location — SNEADS FERRY!! No way, I thought, he's most certainly in the Marine Corps, it was too good to be true. Instead of swiping any direction, I simply closed out the app.

A few days later, I decided to try my luck again. Up to that point, my experience with Bumble had not been going well and I reached the point where I was scrolling more for entertainment than to find my future soulmate. After a few minutes of scrolling, guess who popped up into my feed again? I decided to give it a shot.

Fast forward, our first date went very well. On the third date, the hammer dropped and my reservations about dating someone in the military were realized when

he casually said, "So, I am not sure if I mentioned it or not, but I am deploying for nine months in January." I assure you, if he had mentioned that before, I certainly would have remembered!

It was late September, so I wrestled with what to do. I spoke to my therapist, family, and friends — was waiting around for this guy I barely knew the right decision?

We continued to see each other and went on several weekend trips to meet his friends. A few weeks before he deployed, we traveled together to South America, then immediately back to the States for a cross country road trip from NC to Idaho to leave his car and things at his dad's house while he was gone. It was also an opportunity for me to meet his family. Before I knew it, the time had come to

drop him off on base and say goodbye.

I kept it together when I dropped him off, but on the way home at 4AM, I fell apart. Was I strong enough to do this for nine months, and was I prepared to do it again in the future? I was independent and could be on my own, but this felt different. My plan was to spend the nine months we were separated traveling as much as I could to stay busy, but the year was 2020, and you know what happened next. I managed to take two trips to visit friends before the world shut down that March due to Covid.

I had been running the media for my gym, so with the mandate to shut down fitness facilities, we worked on coming up with alternatives to keep people moving throughout the closures. Two of my Marine spouse friends who also worked at the gym became part of my “bubble” and we filmed workouts for our gym to stream online a few times a week. As you can imagine, this helped keep me busy and sane.

Meanwhile, overseas, the man who is now my husband had the brilliant idea that we should buy a house. We had not even discussed moving in together at that point so initially I brushed him off and thought he was just bored overseas. After a few weeks of receiving listings from him, I finally asked if he was serious and if he understood we would be living together when he got home (I had to make sure!). He assured me he understood so I proceeded with his crazy plan and by mid-April I was closing on our first home together while he was still deployed.

With the troop draw down occurring at this time, we found



out that his deployment would be cut short, which was very welcome news. He would be coming home mid-May, and then would be required to quarantine for two weeks before we could be reunited. I think those last two weeks were the longest of my life.

Memorial Day came and he was released from quarantine (and he stealthily surprised me). We started our life together in NC.

We found out later that summer we were expecting our first child (SURPRISE) and slowly settled into our life and routines. At that point, we were both coaching for fun at our CrossFit gym. My sister and her family had bought a house and moved in on the same street as us, and we had the best neighbors. I was so happy and content.

With his three-year tour at Le-

Jeune coming to an end, we knew the chances of relocating were possible. We both love to travel so Germany was the top choice if we couldn't stay in the area. Germany was quickly ruled out and his supervisor told us we would be staying in NC. No sooner did I do my happy dance then once again, the ball dropped.

I was grocery shopping and will never forget the text message that popped up. It simply said “Sooooo, Korea?” I looked at my phone, thought NOPE and threw my phone back in my purse. Not even three minutes later it started ringing and the feeling of dread set in. We were moving to Korea. This was not a part of the plan. However, the orders had already been written and we had decided before all of this that if one moves, we all move, if possible, since our son was so young.

Now pregnant with our second child, my hormones were raging. I cried, I knew this was a possibility, I just didn't think Korea would be where we ended up. I had friends in Germany, VA, and other bases — why weren't we going somewhere where I had at least a few familiar faces around and that wasn't as far away from my family as we could be? Commence the pity party, and the slow realization that not only were we

relocating across the world, but I was also about to walk away from my business, my baby that I had worked extremely hard on over the years to build. It wasn't a side hustle, it was my full-time job that allowed me the freedom to create my own schedule, the ability to travel the world, and of course, paid my bills.

The more I dwelled on these thoughts, the more I felt my independence was about to be ripped out from underneath me. Instead of looking at this move as an adventure and chance to perhaps pivot my experiences into something new, I continued to be sullen and mourn for what I was losing. On top of the defeat-

not overly emotional, so I did not recognize or feel comfortable with myself in this state.

As the week came to say goodbye, I think I was numb, but slowly coming to terms with our move and trying to get excited for what was to come. We started our journey with a cross country trip, stopping at places like Buffalo Trace Distillery, The Badlands, and Yellowstone National Park. We spent time with his family from the west coast and when we boarded the flight from Seattle, I was feeling a little better and hopeful.

On the trip from Seattle to Incheon, I was almost 30 weeks pregnant with a 1-year-old — the trip was long and stressful.



ist internal monologue, we found out that we would have to put my almost 15-year-old dog Zeke down right before our move as he was rapidly declining health-wise. I just couldn't seem to shake the sadness or the tears. I am typically

Everything from the bus shuttle from the airport to checking in to lodging on base seemed endless, and our son was in full blown tears and meltdown mode. It was also insanely humid when we got to base that evening and we had

to wait outside for over an hour before we could check in. When we finally got into the lodge around 8:30 PM that evening, I got my son to bed, locked myself in the bathroom, and just cried and cried.

We found housing as quickly as we could and moved out of Army lodging. We slept on two twin mattresses from the PX on the floor and furnished our new abode with a borrowed couch and table from housing. Our unaccompanied baggage arrived a few weeks later with our kitchen items and a few other things, but of course we were (and still are) missing at least one box and other small baby items. At the time of writing this article, we are still awaiting our household goods; the last time I slept in my own bed was late May.

My husband checked into his unit, and we found out he would be in a training event during the week of my due date — read unavailable. We knew no one here, we live off base and have a 16-month-old. What in the world was I going to do if I went into labor while he was away? I reached out to some of the Marine spouses online and found out the steps to take if I went into labor and had to call the local ambulance to get to base to deliver. One problem solved, but what about our son?

Now 37 weeks and some change pregnant, my husband decided to book us a room at a nice hotel in Seoul the weekend before his exercise was to begin. We had a nice short weekend, and while we were at lunch in Seoul on Sunday, I realized I was starting to have contractions. I brushed them off since I was only 37 weeks along, but by the time we got back to the Humphreys

area, they were coming in quicker and starting to intensify. We had just put our son down to nap but quickly woke him, loaded the car up, and made our way to the hospital on base.

By the time we arrived, my contractions were about 5 minutes apart and I was immediately moved into a delivery room — our baby was coming tonight. My son was with us for a while in the room and I think he could sense I was in pain so he would not settle. Thankfully, a colleague of my husband's offered to stay overnight with him, so my husband ran our son home to get him ready for bed and then made his way back to the hospital.

Our daughter arrived shortly after midnight, healthy and with a full head of hair. Now that the frenzy had settled, an immense feeling of relief just washed over me. Her timing could not have been more perfect and one more thing that I had been stressed about for weeks had been taken off my plate.

The week prior to having my daughter, I sat in the HBB training and was chatting with a lady who had written some articles for United on the Rok. She told me about the publication and the Editor-in-Chief. I flipped through the magazine after our training and on a whim, I reached out to Caitlin and shared my prior experiences. We set up a time to meet for coffee the following week and I had an unshakable feeling of excitement.

That whim has turned into a new journey for me, which includes sharing my written words here. I have been a visual artist for years, so now getting the opportunity to pair that experience

with writing truly feels like it was meant to be. I had been mourning what I lost back in the states, but in the blink of an eye, the loss has turned into something better than I could have even imagined. I am excited to grow in new ways through this opportunity that would not have happened if I had stayed in NC.

I still am far from figuring everything out. What I have learned is the importance of putting myself out there and making an effort where I am at to build a community and to not be afraid to try new things. I have met a few spouses who I am slowly getting to know and day by day the sadness and feeling of loneliness is dissipating. When I see my husband hold my daughter or my son laughing uncontrollably at his dad's antics, I know we made the right decision in moving here to stay together.



Being vulnerable is raw, it's uncomfortable. I'm learning it's in the uncomfortable moments that we grow the most. To the spouses who have given up incredible jobs, and, or moved away from family and friends to keep your family together, I see you, I am you. The best advice I can give you is reach out, take those first steps to get involved and leave yourself open to new possibilities. You never know what is waiting for you around the corner. This experience in Korea is what you are willing to make of it.



WE WANT TO HEAR FROM YOU!

#unitedontherok

WHAT YOU GIVE

Share information about your organization, initiative, resource, upcoming or past events, experiences, adventures, favorite recipes, home-based business, or lifestyle tips!

CONTACT US

Articles, flyers, and high resolution images may be submitted to
unitedontherok@gmail.com

WHAT YOU GET

This is a great opportunity to build your resume and volunteer! United on the RoK is registered with VMIS so contributors can log volunteer hours!





"Samsooni" Myeong Sook Cho, founder and CEO

Are there any snacks in South Korea that can satisfy taste and health at the same time?

YES!

Samsooni Yeot

A KOREAN SWEET THAT YOU'LL STICK WITH



As part of an effort to promote Korean culture through United on the RoK, here is the story of the Korean yeot (엿). Yeot is a traditional confectionary that comes in different shapes and colors, made with ingredients rich in starch such as rice, sweet rice, corn, or different types of potatoes. To make yeot, the main ingredient is steamed, lightly fermented with malt, then squeezed to separate the liquid. The liquid is simmered in a large pot until the liquid is thick like syrup. The syrup is spread on a large surface and left to harden. Just before the syrup hardens, it is stretched multiple times for a taffy-like texture.

Samsooni Yeot (삼순이 엿) is produced by agricultural corporation Samsooni, Inc., named after founder and CEO "Samsooni" Myeong Sook Cho.

Another popular product is Samsooni Jja Yeot (삼순이 짜엿); Jja Yeot means "squeeze taffy" and just as you might imagine, the treat is put in a stick-type plastic sachet that is 15 cm long. It is a great treat to satisfy your appetite especially when you are working long hours, studying for an exam, working on a project, or on a long car ride.

Not only will this confectionery sweet satisfy your appetite, it's also healthy! For example, one of the most popular treats is Samsooni Yeot Glehnia Littoralis. Glehnia Littoralis is a perennial herb that grounds on the sandy beaches and coastal cliffs on the sunny coastal areas in South Korea. It is known that Glehnia Littoralis is good for preventing strokes, particularly those caused by hypertension. Glehnia Littoralis is also helpful for those with respiratory diseases caused by yellow sand and fine dust, which is a global issue. Glehnia Littoralis also contains saponin, which cleanses the human body.

Each stick of Samsooni Yeot Glehnia Littoralis contains 1% of Glehnia Littoralis (Korea Food & Drug Administration approved), 98% rice, and 1% malt. No artificial sweetener is added.

The factory of Samsooni Yeot was built at a village on the East Coast at Jumunjin-eup, Gangneung city, Gangwon Province, which is the cleanest area in South Korea. All the raw materials of Glehnia Littoralis added in Samsooni Yeot Glehnia Littoralis come from this area.

"Yeot was the most popular product everywhere I went," said Samsooni founder and CEO Myeong Sook Cho. "Almost everyone liked it. And since the price burden is not large, it is a popular product. That's also why the product has been widely used for over a thousand years."

In the near future, Samsooni will produce new products, which are mixed with coffee, red ginseng, pine mushroom, squid ink, strawberry, pumpkin, and other healthy ingredients. The goal is for Samsooni Yeot to achieve status comparable to kimchi as a representative product of K-foods.



SUPPORT NETWORKS ON THE ROK

Support for Exceptional Children

By Jetta Allen, Founder
Humphreys Diverse Abilities Support Group

Ever since I was a little girl with a babydoll, I always wanted to be a mom! I loved being around children, the joy they bring, the laughter, the fun, and the thought of having our own was something my husband and I discussed thoroughly when we were engaged. We both wanted kids, we didn't want to wait. We knew life as an Active Duty Army family, living in Alaska at the time, could be hard, but it didn't matter, our dream was creating a family!

In the fall of 2010, a few months after my husband's return from Afghanistan, we found out the life changing news, we were going to have a baby! We were so excited and we had no idea how our lives would be changed forever in the best of ways! June of 2011 brought a new duty station and the birth of our son Joshua! From day



The Allen's welcome Joshua!

two, the doctors said he was very observant for a baby and as he grew we would find out how independent he really wanted to be, or so we thought.

As Joshua grew, he wasn't hitting important milestones for fine and gross motor development, speech, and social areas. New to Fort Bragg, North Carolina amid a huge baby boom, we struggled to get in to see specialists. We did not know what was wrong or how we could help. Soon we would be on orders for another place, this time to Fort Carson, Colorado Springs.

Fort Carson brought the answers we needed! On September 26, 2014, our world shifted. We had a diagnosis, we had answers, and we now knew how to help him in all aspects of his life. His diagnosis gave us the perspective we needed to find solutions. What we thought was him wanting independence from us was actually an official diagnosis of Autism Spectrum Disorder with a Speech Impairment. A diagnosis did not minimize our love for him, but it did give us what we needed as a family!

It has been eight years since his official diagnosis. Originally we thought Joshua would have limitations. I had anxiety. I felt insanely alone at times, but the diagnosis turned the tables. Joshua went

from being unsupported to instantly having a whole team of specialists to support him. Not only did they help him, but us as parents too! Our family has learned so much during this time, and just like many of you, we are living a military life with lots of changes.

I want to share my experiences with you on how to support YOUR exceptional child and how to support YOUR FAMILY TOO! This journey is a lifelong experience and we are never done learning. My hope is that this month's article contains some bit of new information for you to learn so you can connect to support and begin thriving as a family!

Being Your Child's BEST Advocate

Along this road I have learned a few things. Being your child's best advocate is not only a must do, it is an art form that must be perfected. You can spend all day and night reading but what were the things that "clicked"? For me these three books changed our lives and became a constant resource. These books can be your tools for success for that lifetime journey! Mine are highlighted, tabbed, and have notes all in them.

All About IEP's focuses on all the things in an Individualized Education

Program, but the gem is the indexing of content with Federal laws supporting those with disabilities! ADD IT TO YOUR TOOL BOX TODAY!

In Wrightslaw: From Emotions to Advocacy I learned how to write a "letter to stranger" which is a letter especially designed to get readers thinking from your perspective and invested in creating solutions for you and your child!

My last book recommendation was a personal, eye-opening book that is for those with sensory needs. There is a whole series that could be recommended but The Out-of-Sync Child really highlights strategies for all parts of life: home, school, and community. It was one of the first books that I read that met my child where they were and created environments around their needs, not what society wanted from my

child. THAT WAS HUGE FOR US!

• Wrightslaw: All About IEP's by Peter W. D. Wright and Pamela Darr Wright (Author), Sandra Webb O'Connor

• Wrightslaw: From Emotions to Advocacy: The Special Education Survival Guide by Peter W. D. Wright and Pamela Darr Wright

• The Out-of-Sync Child, Third Edition: Recognizing and Coping with Sensory Processing Differences (The Out-of-Sync Child Series) by Carol Stock Kranowitz

Another way we become our child's best advocate is being connected to the support that matters for us! Here on the RoK, the Humphreys Diverse Abilities Support Group does just that for us! We are connected to information, resources, community programming, and educational material. We are supported by the



Kelly living his best summer life at Humphreys Outdoor Pool

wealth of knowledge from other military connected families enrolled in the Exceptional Family Member Program. Members advocate for each other as a group and help each other with questions in the online Facebook group. In 2020, I founded this support group to help families but to also build what I needed! Now I have a support network of close friends, educational experts, and ones I can run ideas by at any time! There is an immense comfort in finding family in your friends overseas!

The Military Kids-Special Education Alliance (MKSEA) is run by active duty and retired veteran families who are united in advocacy for your military connected children with special needs. Ever wish there was a resource that understood military life and special education? Well there is! MKSEA's goal is "to create a united voice in advocacy for our military children with special needs and create true change for our children in public education so they will be able to achieve their highest educational potential. Josephine Amato, MKSEA founder, shared that her family's personal experience of advocacy drove her and her daughter to establish MKSEA because they knew if

they needed resources and help, so did other military families. She went on to give me more insight to how important military children's needs are saying that "Federal funding for public education in America began with the military child." Our students' access to educational opportunities help them achieve their highest potential as students now and adults in the future, Josephine shared. The MKSEA organization is focused on partnering with leaders to



create systemic change to empower families with advocacy skills for success throughout our highly mobile lifestyle.

I can tell you from personal experience, you will have the tools for success if you follow this group on

Facebook and read what is put out by Josephine Amato and her team. It is content relevant to our success as military parents advocating for our exceptional children and their medical and educational needs!

Another online community I love is A Day in Our Shoes. While not military specific, there is a ton of support for families on special education advocacy, IEP advice, disability parenting, disability rights, and other resources for assisting you!

I personally love some of their free downloadable content such as how to organize your IEP binder, behavior supports, and they even have a whole list of IEP goals for various areas that can be just what you need to support

your child's needs!

My last bit of advice on how to be your child's best advocate is to know your rights and when in doubt ASK WHAT THEY ARE!

If your exceptional child has a medical need, familiarize yourself with patient rights, all your medical options, and constantly ask a respectful "Why?" Knowing the "whys" behind choices can be powerful and gives parents and guardians insight to how doctors are supporting our exceptional child. It also gives us the opportunity to give feedback on our own perspective and discuss alternative options if applicable.

If your exceptional child has an educational need, again familiarize yourself with rights such as the Individuals with Disabilities Education Act, Every Student Succeeds Act, the state's procedural safeguards, and any state and federal rights that apply to your family. Ask for the parent education from your school team. Connect with the Exceptional Family Member Program Coordinator and System Navigator at your local military installation for educational tools and information too! I have discovered through connecting with our Exceptional Family Member Program team

the Direct Step Program for free parent education on a variety of topics, so please reach out!

PCSing with Purpose

PCS preparedness for exceptional children is quite different for our families. Our family has PCS'ed five times now and each time we have learned something new! Here are a few constants that don't change of us:

Update all medical and educational records before leaving, that reflects your family's current needs

Have two hard copies on your person, one for the school or hospital, and one for you

Have 90 days worth of prescription on your person

Complete the Family Needs Assessment with your EFMP Coordinator

Connect online with support groups in your next duty location

Research schools before arriving; live in a school district that can meet your needs

Reach out to the military installation's School Liaison Officer; get connected

Remember during any change in life to give yourself grace and your child grace too! Change is hard for everyone. Bring those board

games to stay connected during the moving stress. Pack the comfort items and don't forget the value of self-care

you heard it here, plan for the move, practice self-care, and have what we call our "hobbit" days of adventuring!



during high stress times!

Carolyn Pickering, mother of two exceptional children, said that "planning and coordination of a move can be very taxing" and recommended to "focus on the positive possibilities of your move." In her own personal experiences of two international moves, she said "moves can be tough but researching where you are going and what it offers helps you find things to look forward to by making plans for your adventures!" So

A Council Just for You

Meeting the needs of exceptional children takes specialized people and here at Humphreys we have a whole council of specialized people to help you! The Local Interagency Coordinating Council for Area 3 is for parents and caregivers of exceptional children ages 0-21 in the Humphreys and Osan Community. It is for anyone providing services for them! This council is amazing! It is

open to the public and focuses on interagency and parent collaboration. Through this collaborative experience we have had sensory friendly trunk or treat events, individual meet and greets with Santa, private space for Humphreys Tree Lighting for exceptional families, Special Olympics, and even coordination with Child and Youth Services for a fun non-competitive Summer Fit Kids Camp! This council is your untapped resource for shaping the community that fits your needs! Best part, we are ready for you! We need your engagement and participation to find solutions to concerns, to give feedback on ideas, and to assist in creating an inclusive community with a foundation built on family success!

If you are at another USFK installation outside of Area 3, reach out to your Exceptional Family Member Program Coordinator and the staff at the Educational and Developmental Intervention Services (EDIS). Parents at Humphreys advocated for the start of our Local Interagency Coordinating Council in 2020. MEDCOM Regulation 40-53 states, "Each CONUS and OCONUS Army Community or installation service area will establish and Inter-



Andrew competing in the Special Olympics at Humphreys.

agency Coordinating Council and it can be a subcommittee of existing

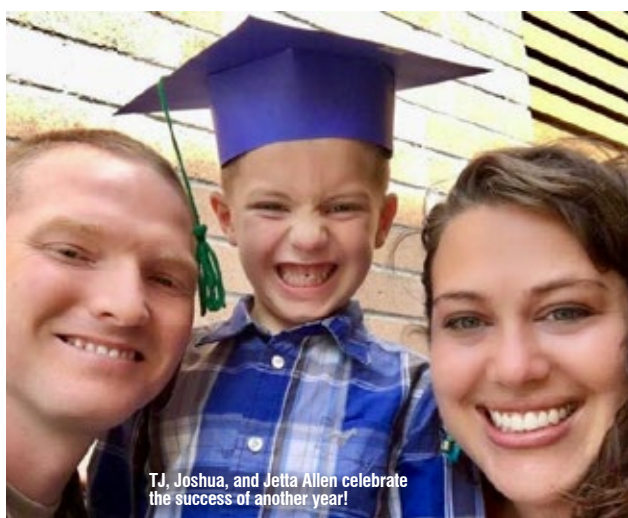
councils." This regulation shines a light on the value of parent member-

ship and engagement. If your installation does not have one yet, feel free to come to Humphreys and visit ours! We would love to share what we do with anyone interested. Members of the council also have the minutes of the meetings too that can be shared. I encourage those interested to contact me. We can talk about the inner workings of our council, how to advocate for your installation's exceptional families, and how to build your collaborative space for positive change.

When In Doubt

When in doubt about what you need, reach out to your installation's supports! Army Community Services is a great one stop shop for getting connected to things like Exceptional Family Member Programming, Family

Advocacy, New Parent Support, and even Financial Readiness has material tailored for our exceptional families. Here at Humphreys I have participated in so many amazing opportunities through these programs. My son loves having his sensory needs met in the EFMP Hoot and Holler! Other parents of exceptional children and adults with exceptional needs love our painting sessions with EFMP to help decrease our stress. And Family Advocacy has helped teach us so much with their variety of materials for Scream Free Parenting, increasing self confidence in teens, and decreasing stress in adults. All of these programs are here to benefit you and your family's unique needs, so please reach out, get connected, feel supported, and start thriving!!



TJ, Joshua, and Jetta Allen celebrate the success of another year!



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



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AUTUMN ACTIVITIES — MUST-VISIT MUSEUMS IN KOREA

By Camila Claycomb

Enjoy spending time outdoors and taking in the natural beauty of Korea, however, as the seasons change and the temperature cools down, it's a great time to start looking for things to do indoors. One of my favorite places to spend time indoors are museums. Korea has many interesting, beautiful, and educational museums. As a mother of two, I particularly appreciate that museums are often kid friendly and may even have a section devoted to children. I am happy to share my recommendations with you and hope you enjoy exploring!

National Museum of Korea

This large and impressive museum provides a fascinating look at Korea's history dating back to prehistoric times. If visiting with young children, be sure to make a reservation at the accompanying children's museum. Admission is free, and the surrounding area provides a lovely spot to picnic with food from one of the shops or cafes close by. You can also walk to the nearby National Hangeul Museum to learn about the Korean alphabet.

Leeum Samsung Museum of Art

The layout and design of this art museum alone makes it worth a visit. It has a wide collection of traditional Korean pieces along with art by Nam June Paik and Andy Warhol. It is located in a vibrant neighborhood that is also a delight to explore. If you do not have youngsters with you, I highly recommend popping into the Borntostandout shop across the street to check out some of the NSFW art. Also within walking distance are the Comme de Garçons flagship shop, the Yongsan Craft Museum, and Passion5 café, which has a variety of beautiful pastries, tasty sandwiches, and salads.



National Museum of Modern and Contemporary Art (MMCA)

This museum is well worth a visit. Some displays may not be appropriate for young children but feature warnings outside of them. I highly recommend taking a stroll through the Bukchon Hanok Village after visiting to stop by the traditional teahouse, Cha Masineun Tteul for delicious tea and bingsu. Be prepared to remove your shoes before entering the relaxing courtyard.

The National Folk Museum of Korea

Located across the street from the MMCA, this museum is another fun place to visit. I loved the replica historic villages where you can see how homes, schools, and shops used to be set up in Korea. Be sure to stop by the replica photo studio complete with costumes and props to take free black and white photos. There is also a little children's museum that my family enjoyed. If you find yourself craving some traditional Korean fare more hearty than what the Cha Masineun Tteul has to offer, be sure to walk over to Chosun Gimhap for a meal.

Gyeongju National Museum

If you are visiting the Gyeongju area, this museum is a must visit with its impressive collection of artifacts dating back to the Silla dynasty.

Daegu National Museum

We have made multiple visits to this museum. My children always love the interactive displays in the children's museum, and there is plenty to enjoy for adults as well. The multimedia art is beautiful.

Mr Toilet House

If quirky museums are your thing, don't miss this toilet-themed museum located in Suwon.

Early Printing Museum

Fellow bibliophiles will enjoy this little museum where you can see the oldest printed document in Korea along with the wooden blocks that were used to make it. You can also check out a collection of books dating back to AD 751 and learn about the history of



printing. There are also little forested areas and trails around the museum if you fancy a walk.

Bucheon Robo Park

Geared towards children, this robot museum might be a hit with your kids!

War Memorial of Korea

This huge museum really has something for everyone, including a great children’s museum. We spent hours walking around the grounds and exploring the vast interior. Be sure to check out the small section upstairs dedicated to Mexican and Mexican American soldiers who fought in the Korean War. The neighborhood of Itaewon is full of great places to eat. Our favorite is Plant, a cozy vegan restaurant with hearty meals and desserts that leaves everyone satisfied, carnivores and vegans alike.

The Seoul Children’s Museum

If you are looking for a museum specifically for children, this one is amazing. Be sure to make a reservation ahead of time, as they often sell out of tickets.

Gyeonggi Provincial Museum and Gyeonggi Children’s Museum

Located right next to one another, these museums provide a day of fun for adults and children.

IPark Museum of Art


This contemporary art museum in Suwon is another worth visiting.

Samsung Transportation Museum

Getting to see classic cars and motorcycles is a special treat. This museum also has some interactive experiences for children along with a Lego room for play.


This is just a short list of some of the museums that I have had the pleasure of visiting during my time in Korea. I look forward to visiting many more in the coming year. If you have any other recommendations of museums to visit or would like to follow our adventures, please look me up on Instagram @camila_elise





Fire Prevention Week 2022

Fire won't wait. Plan your escape




(9-14 Oct 2022)

Schedule
30 Sep 1500-1630
Fire Prevention Week Proclamation Signing
by the Garrison Commander

Oct 7 & 11 0745-COB
Humphreys Central Elementary School
Bouncy House
Fire Truck Static Display
Fire Safety Trailer
Sparky
Sparky visits Public Assemblies, Gates

Oct 12-13 0800-COB
Humphreys West Elementary School
Bouncy House
Fire Truck Static Display
Fire Safety Trailer
Sparky
Ops/Sparky visit AFH Towers

14-Oct 0915-1500
Hourly Fire Trucks Drive-by featuring
Sparky, McGruff and Darrin
Bouncy House
Fire Truck Static Display
Fire Safety Training for AAFES employee
Sparky




Oct. 14th :0900-1500
Humphreys Downtown Plaza

Bouncy House
Fire Truck Static Display

Annual Fire Prevention Week Poster Contest
Theme: Fire Safety
Turn-In Deadline to be judged
14-Oct-22

Fire won't wait.
Plan your escape
at fpw.org.



NFPA FIRE PREVENTION WEEK™

Maple Walnut Protein Muffins

You'll Fall in Love With

By Erin Henderson

Crispy on the outside and moist on the inside, these yummy maple walnut protein muffins are a great way to start your day!

Ingredients:

3/4 cup almond flour
3/4 cup vanilla protein powder
1 tsp baking powder
2 tsp cinnamon
1 banana, mashed
1 egg
3/4 cup oat milk
(or any plant milk)
1 tsp vanilla
1/4 cup maple syrup
1/2 cup chopped walnuts

Steps:

- Combine almond flour, protein powder, baking powder, and cinnamon together.
 - In a separate bowl, mash the banana and then mix in the egg, oat milk, vanilla, and maple syrup.
 - Combine dry ingredients into the wet and stir in the walnuts.
 - Bake at 350 for about 20 minutes in greased muffin tin; mini tin yields 24, regular muffin tin yields 12.
- *Optional to add a little extra, cinnamon, maple syrup, and/or walnuts on top before baking



King Sejong the Great

By Dr. Kim, Hak-sun

When you ask any Korean which political leader they admire most in Korean history, you can expect to hear the name King Sejong the Great. King Sejong is regarded as one of the greatest political leaders in Korean history. He was the fourth monarch of the Chosun Kingdom (1392-1897), the last dynasty of Korea. He was born in 1397, and ascended to the throne in 1418. During his reign (1418-1450), King Sejong displayed his unmatched, outstanding political skills and innovative creativity through his many unique achievements.

First and foremost, King Sejong created Hangeul in 1443, the Korean phonetic writing system for the Korean language, which was promulgated in 1446. Initially, the alphabet numbered 28 letters, but later it numbered 24 (14 consonants and 10 vowels) when four letters became obsolete. Consonants are based on diagrams of the patterns made by the human speech organs like the mouth, tongue, and teeth when articulating the sounds. Vowels were formed by combinations of horizontal and vertical lines and dots depicting heaven, earth, and Man, representing the lines of Neo-Confucian philosophy. The letters are grouped together to form syllables.

Before the creation of the Korean alphabet, Koreans used the Chinese writing system and Chinese writing system phonetically, a system called "Idu." However, due to fundamental differences between the two languages, not to mention the vast number of Chinese characters, the majority of common Korean people could not express themselves freely in writing. King Se-

jong invented Hangeul to promote literacy among the ordinary Koreans, as depicted in the manual "Hunminjeongeum Haerye." Many linguists consider Hangeul the most scientific, logical, efficient, and easy to learn language and writing system that exists. Koreans celebrate Hangeul Day, which falls on October 9.

During his reign, in addition to the invention of the alphabet, King Sejong spearheaded tremendous achievements in governance, foreign policy, religion, arts, literature, public welfare, science, technology, medicine, and agriculture. He reinforced Korean Confu-

cian and Neo-Confucian policies, enacted major legal amendments including a law that granted lower class women 100 days of maternity leave after childbirth, established the civil service examination system, and advanced science and technology to help farmers and the military. King Sejong sponsored the creation of the sundial and rain gauge, introduced measures to stimulate economic growth, dispatched military campaigns to the north, instituted the Peasants Relocation policy to attract new settlers to the region and subjugate Japanese pirates to the south, and developed the system of medical knowledge. All of these accomplishments were supported by the devoted team of highly competent scholars and officials King Sejong built and led.

King Sejong died of diabetes complications in 1450. He was buried at Yeongneung alongside his wife, Queen Soheon. The tomb is located in Yeosu, Gyeonggi Province, South Korea.



About the Author

Kim, Hak-sun (haksun.kim@faculty.umgc.edu) holds a Ph.D. in international studies and is an adjunct professor of Korean studies at the University of Maryland Global Campus (UMGC). She has been a language instructor for many universities and the Peace Corps, and she has held a professorship with UMGC since 1981.

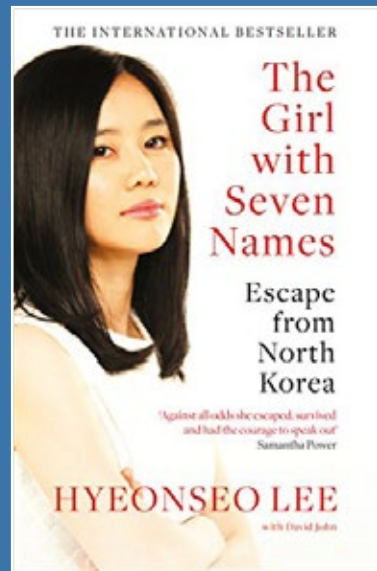
Professor Kim completed her education at Ewha University, where she attained her Bachelors and Masters degrees in English Education. She continued her education and got her Ph.D. at Sogang University in International Studies (Korea and East Asia).

To learn more from Professor Kim, check out your local UMGC office and ask about the upcoming accredited Korean and culture classes. To contact UMGC please email Humphreys-asia@umgc.edu.

Meet Your Next Favorite Book!

Wondering what to read next?

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



THE GIRL WITH SEVEN NAMES, HYEONSEO LEE

North Korean defector and activist Lee Hyeonseo shares her escape from North Korea to China and then to South Korea, and her daring return to North Korea to help her family escape.

CONTEMPORARY KOREAN ART: TANSAEKHWHA AND THE URGENCY OF METHOD, JOAN KEE

The author provides a rich analysis of the crucial artistic movement of twentieth century Korea, called Tan-saekhwa (monochromatic painting) and its leading artists.



K-POP - THE INTERNATIONAL RISE OF THE KOREAN MUSIC INDUSTRY, JUNGBONG CHOI AND ROALD MALIANGKAY

The book examines the globalization of the K-Pop phenomenon.



KOREAN ART FROM 1953: COLLISION, INNOVATION AND INTERACTION, YEON SHIM CHUNG

This book spotlights contemporary Korean art starting with the avant-garde of the 1950s, to feminist art of the 1970s, through the debut of Korea's Gwangju Biennale in 1995.

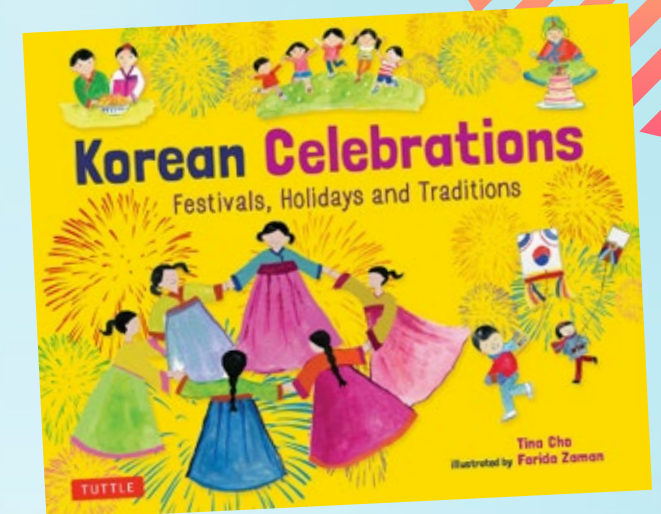


CHILDRENS BOOKS

HANGEUL DAY



King Sejong Invents an Alphabet by Carol Kim



Korean Celebrations: Festivals, Holidays and Traditions by Tina Cho



Kyäni's Targeted Nutritionals

The Company

In 2005, the Hansen and Taylor families founded Kyäni with a vision of helping people achieve both financial success and physical health. In over 60 countries and 20 languages, Kyäni offers world-class health products, a supportive community, and a rewarding compensation plan to help you achieve hope – the promise of a better life through wellness and opportunity. Connect with us on social media to keep up with all things Kyäni.

Me

I have always been devoted to health and nutrition, but suffering from insomnia, depression and anxiety for over twenty years made it difficult to develop and maintain healthy eating and exercise habits. Then, after moving to Korea, I exercised even less, and ate all the good Korean food in order to comfort myself in the loneliness of being away from home and the USA. I had little energy, not much muscle tone and it became difficult to concentrate.

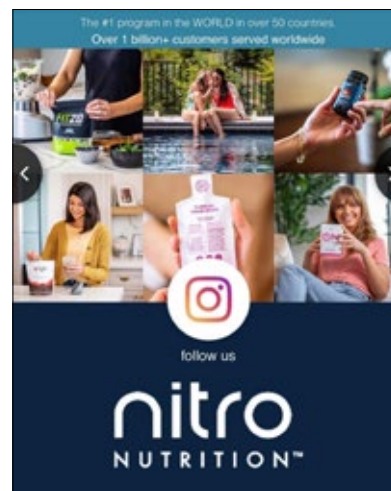
A friend came to visit me here, and left some samples of the Sunrise supplement for me to try. After one day, I could feel a difference in my focus and energy level. I knew I had to make it part of my daily routine. I learned of the Nitro Nutrition 21 Day Reset Program, and I thought it could help me get back on track with my health. I became a business partner because I wanted to help others too.

The Products

Kyäni's Targeted Nutritionals are made up of several products designed to make it easy for you to get what your body needs most. Whether you're looking for collagen support, post-workout performance protein, digestive support, a smart energy shot or even wanting to rehydrate, our nature-based products help you look and feel better.

When you need protein and collagen support, we've got you covered. Optimize fat metabolism, support healthy joints, skin & hair with our delicious Kyäni HL5 protein gel shot. If you want the highest quality, most powerful protein for building lean muscle, optimizing metabolism, supporting bone and joint health, and supporting long-term Nitric Oxide production, then new FIT20 is for you! Begin your day with a mouthwatering blend of wild blueberry, pomegranate, acai berry, and a total of 22 antioxidant superfoods, 10 essential vitamins, and 60+ minerals with Kyäni Sunrise. Formulated with bioavailable ingredients for optimal nutrient absorption, Sunrise provides antioxidant support to help your body fight oxidative stress and maintain cellular health.

Website: Kerynne.kyani.com
Phone number: 010 2867 9385



Harper's Giftshop Boutique



my name is Ashley and I am a business owner here in Daegu of Harper's Giftshop Boutique.

About Me

I am a mother of four and the wife of an Active Duty service member. I have been married for sixteen years this December. My husband has been a service member for almost twenty years. Having my own business allows me to stay at home with my kids and watch them grow and not miss a thing. Life is so precious and I want to be there for my kids whenever they need me and for them to know that mom will be there to see them off to school and greet them at the door when they return. This business allows me to do that and more.

About Harper's Giftshop Boutique

I absolutely love crafting. It is my happy place in a world full of uncertainty. If I can help just one person create something magical I'd feel that I have made at least one person smile. My business offers something for everyone and every budget. Anything and everything from Home Decor to gifts for special occasions. Every gift is tailored to the receiver. If you don't see anything you like or that speaks to you, please don't hesitate to contact me with your gift idea and I will try my best to make it the way you envision.

New products are featured at least once a month. Sales and discounts are also available and will be mentioned. Referral bonuses are also given to those who refer my business to their friends and family. Just have them mention your name when they place their order and you will receive a discount on your future order. There is no limit to the number of discounts you can earn.

Please give Harper's Giftshop Boutique the opportunity to help you give the perfect gift to friends and family as well as to help make your house a home with my personal creations. Shopping will never be the same again.

Please visit shopashleysboutique.com to place your order and view the various products available to you and your friends and family.



Meaningful Ladybug Photography

Hi,

My name is Monica Valdivia, I am the photographer behind the lens of Meaningful Ladybug Photography. I have a Bachelor of Arts in Photography (2006) and a Bachelor of Science in Graphic Design (2009) from California State University, Sacramento.

My hometown is Sacramento, California. My husband joined the military 13 years ago and we currently call Camp Humphreys home. We have been here for a little over a year and I love it!

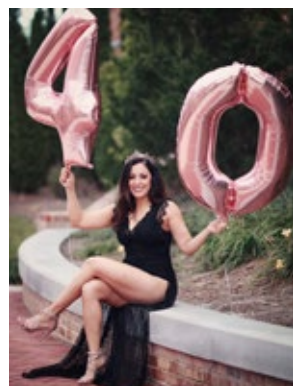
I offer a wide range of photography services and prioritize professionalism, creativity, energy, and originality. I am here to capture meaningful moments in your life. I offer newborn, maternity, couples, family, kids, birthday, cake smash, military promotions, and senior graduation photos, inside the photo box, and much more. I absolutely love

my job. I appreciate the people I meet, the places I go and the creative opportunities in every session.

I'm excited to tell you about the Fall and Holiday specials that I'm offering:

- Ginkgo Tree Trail (yellow trees)
- Korea Autumn Foliage
- Milk & Cookies
- Cozy Fireplace
- Christmas Inside the Photo Box

Head over and hit me with a like at my FB page at Meaningful Ladybug Photography! Check out my recent work and connect with me to talk about what you would like for me to capture. To see more of my overall work go to www.meaningfulladybug.com. Don't wait, book your spot!



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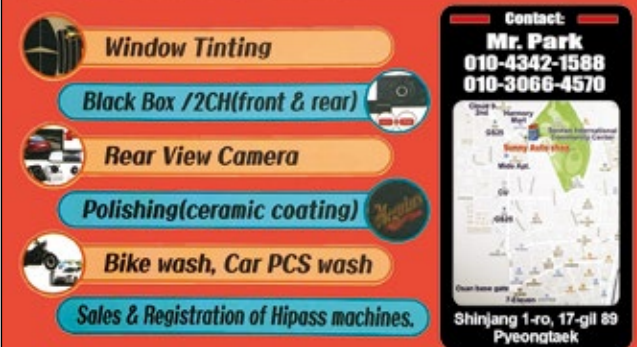


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CAPTURING AUTUMN IN KOREA

Recommended Sites for Photographs

By Kristine Provins

Are you looking for a magical sweet spot for individual, couple, or family pictures? Look no further! In Korea, Autumn occurs between the months of September and November in Korea. The weather is crisp and cool, and the foliage is amazing — “dan poong” (단풍) as Koreans call it.

Whether it's a hike up a mountain, a visit to an arboretum or even a quick stroll down a neighboring park, Korea will not fail when it comes to finding the picture-perfect location.

To get you started, here are some places to consider.

- The Garden of Morning Calm (Gapyeong)
- Pinnacle 4 Trail, “Goyongsan Mountain” (Asan, ~10 km from Humphreys) (Asan, ~28km from Osan)
- Anseong Farmland “Anseong Pamnaedeu” (Anseong, ~18 km from Humphreys) (Anseong, ~24km from Osan)
- Buraksan Hiking and Forest Park “Buraksan Fountain Park” (Pyeongtaek, ~6km from Osan) (Pyeongtaek, ~20 km from Humphreys)
- Pinnacle Arboretum “Pinnacle Arboretum” (Asan, ~21 km from Humphreys) (Asan, ~32km from Osan)
- Yeonginsan Mountain (Asan, ~28 km from Humphreys) (Asan, ~37km from Osan)
- Farm Kamille “Farm Kamille” (Taeon, ~97 km from Humphreys) (Taeon, ~105km from Osan) (Taeon, ~125km from Kunsan)
- Herb Island “Herb Island” (Pocheon, ~17km from Casey) (Pocheon, ~80km from Yongsan) (Pocheon, ~154 km from Humphreys)

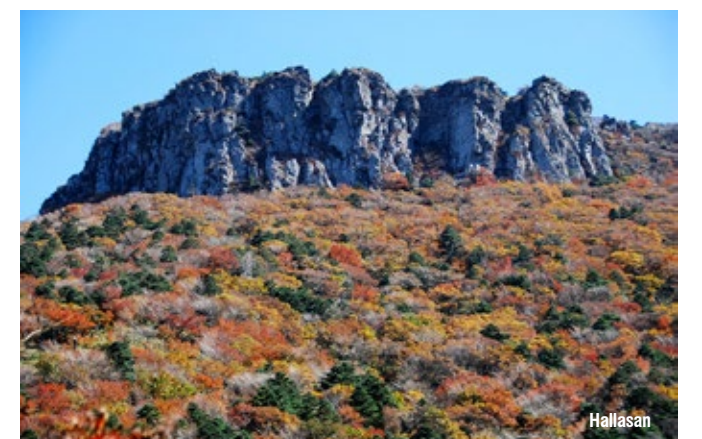


- Palgongsan Mountain (Daegu, ~28km from Walker, Daegu) (Daegu, ~92km from Mujuk) (Daegu, ~126km from Chinhae)
- Daegu Stadium (Daegu, ~12km from Walker, Daegu)
- Apsan (Daegu, ~2km from Walker, Daegu) (Daegu, ~100km from Mujuk) (Daegu, ~100km from Chinhae)
- Naejangsan National Park (Jeongeup, ~87km from Kunsan) (Jeongeup, ~238km from Chinhae)
- Jiri Mountain (Namweon, ~180km from Chinhae)
- Hallasan (Jeju Island)

Don't forget, there are Buddhist Temples all around, which often have great hiking paths, magnificent temple buildings, and well-manicured gardens.

** When using Naver, type in the wording between the quotations to get directions.

If there are other locations you are interested in, just type the phone number. **



Autumn Festivals and Lantern Festivals in Korea

By Kristine Provins

Yesan Apple Festival (예산사과축제)

Are you getting homesick and yearning for some traditions or quite possibly just need something familiar? Living overseas can be a challenge at times. You might just get the Autumn fix you need if you make a trip to Yesan Apple Orchard.

I would venture to say this is as close as you'll get to the US tradition of apple picking. In addition to strolling through the apple trees, Yesan Apple Orchard offers free apple wine tasting for adults and various games and activities for kids. They also offer an apple pie making class, an apple jam making class and an opportunity to buy your own apple tree, though you can't take it home! Yesan Apple Orchard also offers the opportunity to bottle your own wine! Come enjoy the entertainment, taste the food, experience the atmosphere, and bring home the memories!

Yesan Apple Orchard opens: October 1 through November 15 (closing date may vary)

Festival: 1st Saturday of November

- Address: 107-25 Daemong-ro, Godeok-myeon, Yesan-gun, Chungcheongnam-do (충남 예산군 고덕면 대몽로 107-25)
- Inquiry: 041-337-9584

Cheongsong Apple Festival (청송사과축제)

You can also check out the city of Cheongsong, where an Apple Festival is held yearly to promote and celebrate the great quality of apples grown in the area. The celebration is elaborate and extravagant, to say the least. Festivities include an apple parade, a flower rope weaving contest, an "Apple



Apple wine tasting



Cheongsong Apple Festival

Tree Giving Lavishly" musical performance, an Apple Mask Ball, the Cheongsong Golden Bell, the Cheongsong Apple surprise auction, various talent performances, an Apple King selection contest, an apple cuisine exhibition, and a "Light up the World" with Cheongsong Apples in Geumjin. If it's apple-themed fall activities you are after, Cheongsong has almost every opportunity.

The Celebration runs November 2 (wed) through November 6 (Sun), 2022.

- Address: 269, Geumwol-ro, Cheongsong-gun, Gyeongsangbuk-do (경상북도 청송군 청송읍 월막리)
- Inquiry: +82-54-873-3686 (Korean, English, Japanese, Chinese)

City of Damyang (담양군)

The 2022 Damyang Bamboo Festival was cancelled to prevent the spread of COVID-19 but its a great place to check out for a hike and some exploring. The city is a family picture worthy location. Hike the various trails and soak in the beauty of the fall foliage — "dan poong" as Koreans call it.

In addition to its picturesque landscapes that surround the city, Damyang is also known for their rice, which is cooked in bamboo. Check out the Bamboo Forest and the Bamboo Museum to learn more! I have included both spots in a list of places you can visit in Damyang!

1. Bamboo Forest (Juknokwon 죽녹원)
2. Korea Bamboo Museum – How could you not, considering you're surrounded by bamboo!
3. The Metasequoia Path - A beautiful tree-lined road to capture dan poong. (메타세쿼이아 가로수길) *best to visit late Oct – early Nov
4. Meta Provence – A French-inspired little village with numerous shops, cafés, eateries and interesting photo spots. Don't forget to try some bamboo ice cream!
5. Myeongokheon Garden – A colorful garden in a small residential neighborhood. A bit out of walking distance, but well worth it if you come at the right time of the year.
6. Yongheungsa Temple River Protection Woods (Gwanbangjerim 관방제림)



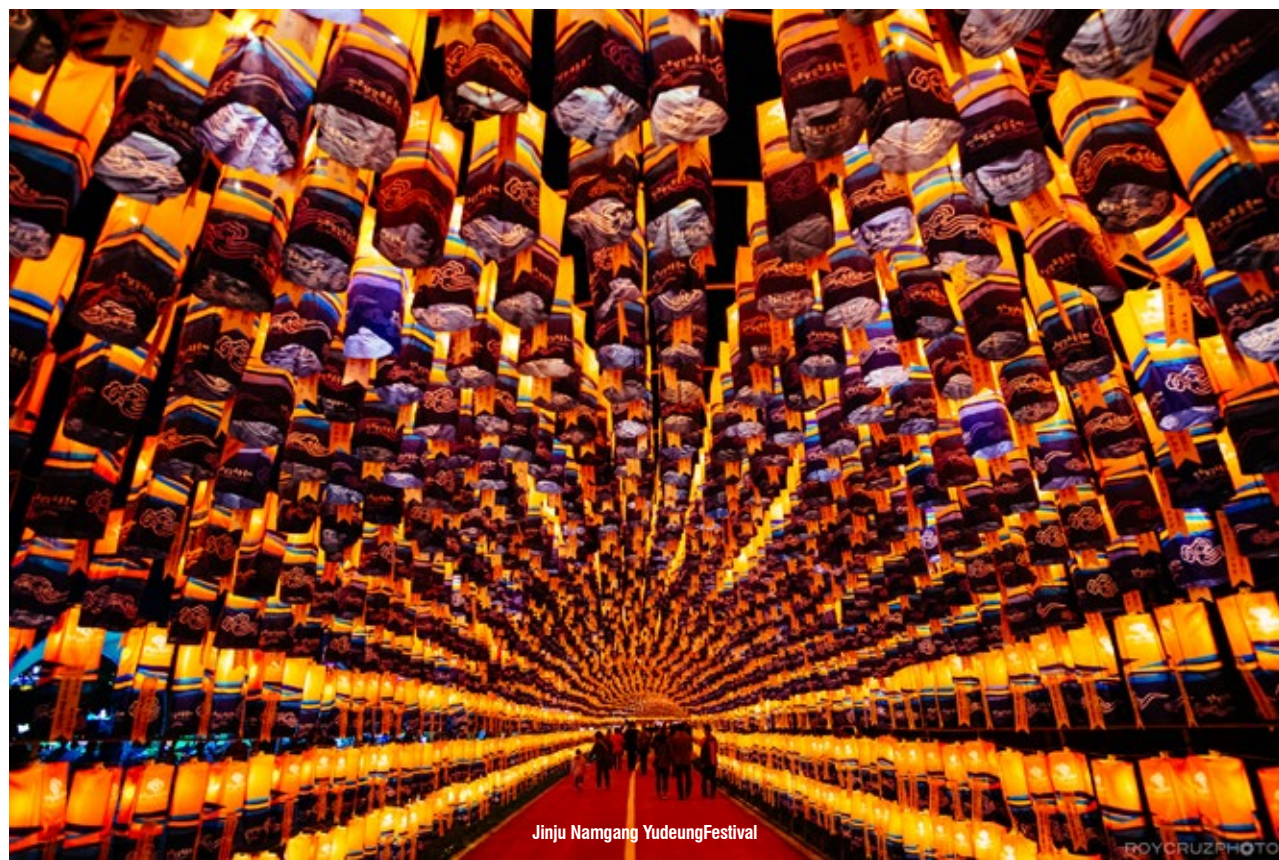
Juknokwon



The Metasequoia Path



Myeongokheon Garden



7. And if you're one for watching Korean Dramas, Damyang Bamboo Forest is well known for Filming.

- Address: 119, Jungnongwon-ro, Damyang-gun, Jeollanam-do
(전라남도 담양군 담양읍 죽녹원로 119)
- Inquiry: +82.61.380.3150 / 3152
- Distance: ~203 km from Camp Carroll
~220 km from Humphreys

Lantern Festivals

There are several lantern festivals throughout Korea. The two most famous lantern festivals are the Jinju Namgang Yudeung Festival, held in Jinju City in the Jinju Namgang area, and the Seoul Lantern Festival, held throughout Cheonggyecheon in Seoul. The festival takes place about 126 km from Camp Carroll.

Jinju Namgang Yudeung (Lantern) Festival (진주 남강유등축제)

The Jinju Lantern Festival is a celebration to re-

member the Jinjuseong Fortress Battle in October, 1592 during the Imjin War (1592-1598). Lanterns were placed on the Namgang River as a military tactic to stop the Japanese forces from crossing. The lanterns were also used by soldiers to communicate to their families outside the castle.

Seoul Lantern Festival (서울빛초롱축제)

The Seoul Lantern Festival has a different theme each year, which integrates and showcases Korea's rich history and culture. The festival takes place about 6.2 km from Yongsan.

Although paper lanterns symbolize enlightenment in Buddhism, for most Koreans the lanterns are just festive ornaments. It provides an opportunity to forget about life's troubles for a short while and indulge in fun activities. As with any festival in Korea, expect various entertainment, performances, and food.

You're definitely not in the US! Take friends, take your SFRG, or enjoy with your family. Whichever you choose – make it a memorable one!

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Sweet & Spirited AUTUMN VIBES IN THE KITCHEN

Story by Caitlin Ward
Photos by Erin Hendersen



S

ome friendships are built, some just happen. The magical phenomenon of clicking with a stranger happened to Angie Donald and Sarah Anne Hoyt.

They met as volunteers, helping set up decorations for the Humphreys United Club Alice in Wonderland-themed 2022 Spring fundraising event. They loved each other's outfits and that was that. They later discovered they had more in common such as their shared love of all things autumn, Halloween, horror films, food, fashion, and crafting.

While the friends share interests so remarkably similar, you might think they cultivated them together, they are also nearly opposites. Coincidentally, when the pair were invited to have a battle of recipes for the Autumn-themed issue, they came up with "Sweet and Spirited" as their guiding motif.

Sarah chose the sweet dish, Apple Cider Donuts and has shared her recipe here with you. The dish is sweet, easier to make than you might think, and a treat loved by many. Sarah's Autumn-themed outfit came from the thrift store at Fort Knox, which like many of the thrift stores on USFK installations, is supported by the Spouse Club.

"Thrifting has been a longtime 'thing' for me, originally out of necessity, now out of concern for the environment."

— Sarah Anne Hoyt

Angie is the spice to Sarah's sweet. She loves Halloween because there is something for everyone — trick or treat, sugar and spice, a little Halloween spirit. Angie chose the spirited dish, Boozy Berry Brain Cupcakes. "I love all things Halloween, the scarier and creepier, the better. So what is creepier than biting into a brain cupcake and hitting a blood clot?" She has also shared her recipe and the end result is

delicious! Angie's dramatic, vintage duster came from www.Unique-Vintage.com.

Sarah loves Autumn for the cooler weather. She said, "I am not built for the heat, and it's hard to enjoy crocheting a blanket in summer." Sarah also loves Autumn for the many baking opportunities.

"Both of my children were born in the fall (hello, birthday cakes!) and nothing beats a fresh batch of



bread out of the oven on a cool fall day with some chicken noodle soup or some kimchi-jiggae."

Angie loves the colors and smells of Autumn — burnt oranges, dark reds, and in particular, the smell of apples and cinnamon gets her feeling cozy and festive.

Sarah and Angie both hope you will go out and enjoy the cooler weather. "Take on what Korea has to



offer," Angie encourages. "Wander, try new things, get in the spirit of embracing a new season and new sites and smells, you just might be surprised by what you see and taste."

"The duster is a dramatic, eye-catching piece that features one of my favorite aspects of Halloween... skulls."

— Angie Donald

Sarah encourages you to go out and enjoy some hiking. She recalls "Last year, while a lot of things were still locked down, our family did a lot of hiking during the Autumn months and I was delighted to see the leaves change color. I'm from Nebraska, where we have almost no trees, and the ones we have are mostly evergreens. So to see the magic of reds, oranges, and yellows for myself, especially from atop a mountain (which again, not a thing in Nebraska!) was truly an experience."

One of Angie's favorite Autumn memories is of her mom making everyone's Halloween costumes. "We didn't have a lot of money growing up but my mom never let us see that. She could sew with the

best of them and would always do her best to make us an amazing costume no matter what it was."

Another favorite memory came when Angie became a mom herself. "My son was probably about two. He was dressed in the cutest Fall outfit, doing a Volksmarch in Germany. At all the little stops, he would taste the pumpkin treats and play in the leaves, just laughing and giggling as only a truly happy toddler can."

For Sarah, one of the most memorable Autumn experiences was the Halloween Blizzard of 1991. "It was a Category 5 blizzard that not only canceled school for us for several days, it also postponed Halloween. While Nebraskans are not strangers to snow in October, the ten inches of snow was preceded by nearly an inch of rainfall, which turned to ice underneath the snow. Communities across the state postponed Halloween by a week so schoolchildren could still get their candy without getting frostbite at the same time."

Autumn also comes with challenges. Angie faced a particularly challenging Autumn when she and her husband were stationed overseas, and her husband deployed six weeks before their son was due. Angie went into labor on Labor Day, and spent 72 hours in labor before having an emergency C-section.

"I was in a foreign country, with a newborn, two dogs, no husband, and headed into being a board member for the spouses club," said Sarah. "I was so thankful for the wonderful community who became family during the holidays when I was alone with a new baby. I don't think I would have been able to survive it without them. My husband didn't get to come home on leave until kiddo was almost six months old."

Sarah had a similar challenge. Her husband went to Korea for an unaccompanied tour when their first daughter, Isabel, was barely over a month old.

"We put everything that wouldn't fit into my Jeep into a PODS storage, and Isabel and I moved in with



my mother-in-law, my sister-in-law, her husband, and their two boys, who were both under three years old. It was a tight squeeze in her small house! I focused on improving the things that I could. I set up a budget to build up our savings account, I went back to the gym thanks to my mother-in-law generously watching Isabel during the day for a bit, and I helped my mother-in-law with whatever she needed to do as well."

Both women pulled through the challenges because of the family and friends who were present for them. Sometimes however, we are in tough situations when we simultaneously need to build a new support

network. Sarah recalls experiencing this often.

"I am used to saying goodbye to my friends at one duty station and going into another not knowing anyone, every other Autumn. Getting involved through volunteering has been a fantastic way for me to alleviate the loneliness of moving. It helps me get out of my own head and gets me focused on something besides the mountain of boxes in my new home, or worse, waiting for boxes to arrive! Volunteering is not only a great way to help others, it's also a super way to meet like-minded friends."

We hope you enjoy the recipes and the Autumn vibes are warming up your home!



How to Make *Apple Cider Donuts*

by Sarah Anne Hoyt

Ingredients

2 cups apple cider
3 1/2 cups flour
2/3 cups packed brown sugar
2 tsp baking powder
3/4 tsp salt
1/2 tsp baking soda
1/4 tsp each nutmeg, cinnamon, allspice, cardamom
2 eggs, room temp
6 T. butter, melted and cooled
Oil for deep frying

Cinnamon sugar topping

1/2 cup sugar
1 T cinnamon

Directions

- In a medium saucepan, over high heat, bring cider to a rapid boil. Cook until reduced by half, cool completely.
- Whisk together flour, brown sugar, baking powder, salt, baking soda, nutmeg, cinnamon, allspice, and cardamom.
- In a separate bowl, mix together eggs, melted and cooled butter, and reduced cider.
- Create a 'well' in the center of the flour mixture. Pour wet ingredients into center of well. Mix from outside the well to inside until a sticky dough forms. Cover dough and chill for an hour.
- Place dough on floured surface, roll out to 1/2 inch thickness. Cut with floured donut cutter.
- In a fryer or deep pot, heat 3 inches of oil to 325 degrees. Fry donuts until golden brown, about 2-3 minutes per side. Fry donut holes about 1 minute per side.
- Drain on paper towels and roll in cinnamon sugar mixture. Eat warm for best taste.



How to Make

Boozy Berry Brain Cupcakes

by Angie Donald

Boozy Berry Compote

Ingredients

- 3 cups mixed berries
(can be fresh or frozen)
- 4 tablespoons pomegranate juice
- 1 tablespoon granulated sugar
- 2 teaspoons fresh lime juice
- 1 teaspoon cornstarch
- 2 tablespoons Grand Marnier

Directions

- Place all of the ingredients in a medium saucepan and bring to a simmer for 15 to 20 minutes.
- Stirring occasionally, smashing berries as they continue cooking until thickened. If not thickening as you like add more cornstarch mixed with cold water a little at a time

Cream Cheese Frosting

Ingredients

- 8 ounces cream cheese(1 brick, 226 grams), softened to room temperature
- ½ cup unsalted butter(1 stick, 113 grams), softened to room temperature
- 4 cups powdered sugar(455 grams), sifted
- ½ teaspoon salt
- 2 teaspoons vanilla extract

Directions

- Beat the cream cheese, butter, powdered sugar, vanilla, and salt with an electric mixer on low until combined. (Add food coloring: a little red and little brown make a nice gray pink)
- Turn speed up to high and beat for 4-5 minutes until smooth, light, and creamy. Stop and scrape down the bowl 1-2 times to make sure it mixes well.



Vanilla Cake

Ingredients

- 2 cups plain / all purpose flour
- 2 1/2 teaspoons baking powder
- 1/4 tsp salt
- 4 large eggs
- 1 1/2 cups caster / superfine sugar
- 1/2 cup unsalted butter
- 1 cup milk
- 3 tsp vanilla extract
- 3 tsp vegetable or canola oil

Directions

- Preheat the oven to 350°F for 20 minutes before starting the batter. Place a rack in the middle of the oven.
- Line cupcake pan with cupcake liners
- Combine dry ingredients: Whisk flour, baking powder and salt in a large bowl. Set aside.
- Beat eggs for 30 seconds on speed 6 of a Stand Mixer fitted with a whisk attachment, or hand beater. With the beater still going, pour the sugar in over 45 seconds. Then beat for 7 minutes on speed 8, or until tripled in volume and white.
- Heat Milk-Butter: While beating the egg, place butter and milk in a heatproof jug and microwave 2 minutes on high to melt butter (or use the stove). Do not let milk bubble and boil (foam ok). Don't do this ahead and let the milk cool (this affects rise).
- Gently add flour: When the egg is whipped, scatter 1/3 flour across the surface, then beat on Speed 1 for 5 seconds. Add half remaining flour, then mix on Speed 1 for 5 sec. Add remaining flour, then mix on Speed 1 for 5 – 10 sec until the flour is just mixed in. Once you can't see flour, stop straight away.
- Lighten hot milk with some Egg Batter: Pour hot milk, vanilla and oil into the now empty flour bowl. Add about 1 1/2 cups (2 ladles or so) of the Egg Batter into the Milk-Butter (don't need to be 100% accurate with the amount). Use a whisk to mix until smooth – you can be vigorous here. Will look foamy.
- Slowly add milk: Turn the beater back on Speed 1 then pour the Milk mixture into the Egg Batter over 15 seconds, then turn the beater off.
- Scrape and final mix: Scrape down sides and base of bowl. Beat on Speed 1 for 10 seconds – batter should now be smooth and pourable.
- Pour batter into cupcake liners.
- Knock out bubbles: Bang each cake pan on the counter 3 times to knock out big bubbles.
- Bake for 19 minutes or until golden and toothpick inserted into the center comes out clean.

Cool and Frost

- Remove from the oven. Let cool. Cut out a small hole in the center of each cupcake and fill with a scoop of compote.
- Pipe frosting on top.. prepare for ooze and screams



Scuba Diving in Pohang

By MAJ Drew Holder



MAJ Drew Holder and other active duty and retired service members from Area IV are pictured SCUBA diving off the coast of Pohang. (Photo by MAJ Drew Holder, 20 AUG 2022).

I am stationed at Camp Walker/Henry in Daegu. There are many dive shops within Daegu that will work with anyone to complete their SCUBA Open Water training. They also will assist with doing SCUBA tours within the area, the most popular coastal location being in Pohang.

Some of the dive shops in Daegu that I have typically gone through are Kang's Scuba and Yellow Submarine with the latter being more flexible with English. Most shops will either meet you at the pier with rental equipment or conduct a quick inspection of personally owned equipment and then board the boat for the first dive offshore.

Divers will be guided by an instructor or divemaster at the dive site with dives lasting around 40 minutes each. Typically there will be two dives per tour with an hour rest in between.

The collage pictures some of the various marine life that can be seen such as nudibranchs, anemones, octopus, and vividly colored starfish. The marina in Pohang is located only a couple hundred meters north of the Pohang International Container Terminal and is about an hour and a half drive from Daegu.

It Takes a Village!

By Ashley Martin

On October 22nd, there will be an information fair at the Mustang Community Center on Osan AB. The Baby Expo: Information Fair will feature information for pregnancy and newborns, as well as information for families with children up to pre-k. From 1100-1400, there will be information booths hosted by a wide variety of organizations, groups, and businesses that provide support and resources for families. Some hosts will also be offering giveaways and discounts. Light refreshments will also be provided.

We often hear "it takes a village" when it comes to raising kids. With military families, it can be hard to know who the "village" is, as many are displaced from their hometowns, away from the loved ones they've come to rely on. For the families stationed overseas, it can become an even bigger challenge to know the resources and support that are available within the community. The information fair is an opportunity for the families to meet their "village," ask questions, and get answers from base organizations and spouse-owned businesses.

MUSTANG COMMUNITY CENTER

Baby Expo

INFORMATION FAIR

22 October

1100-1400

We will have different organizations, groups and businesses that offer services to families of all stages: pregnant, postpartum, and parents of toddlers. Come learn about doulas, lactation and much more.

For More Information, Call | 784-3123 or visit 51fss.com
Check out our Facebook group @ Mustang Community Center

HALLOWEEN MOVIE GUIDE

SCARY CINEMA 10 CLASSICS

Now it's time to watch a scary movie! It can be difficult to decide on what to watch, however, since there are so many horror films to choose from. Here's the short list of 10 scary cinema classics that have frightened viewers all the time. *Turn out the light and be ready to scream!*



Nosferatu

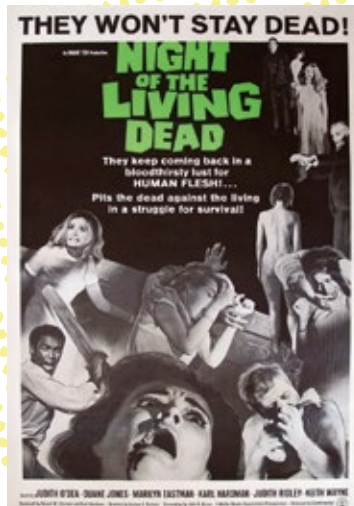
Directed By: F. W. Murnau
Starring: Max Schreck, Gustav von Wangenheim, Greta Schröder
Release Date: March 4, 1922

While it may not be the first film to depict supernatural activities, Murnau's unauthorized adaptation of *Bram Stoker's Dracula* is viewed by many as the grandfather of the horror genre. Using a film noir style featuring uniquely scary lighting and one significantly creepy vampire, this dark tale dragged its feet into the history books.

Frankenstein

Directed By: James Whale
Starring: Colin Clive, Mae Clarke, John Boles, Boris Karloff
Release Date: November 21st, 1931

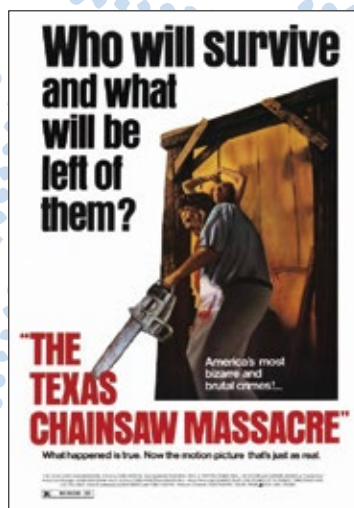
Not only did this vision of Mary Shelley's novel by the same name bring us one of the most memorable movie monsters, but it also introduced us to legend of horror Boris Karloff. His classic depiction of Frankenstein's Monster has cemented his place in the catacombs of horror lore as one of the genre's finest actors.



Night of the Living Dead

Directed By: George A Romero
Starring: Duane Jones, Judith O'Dea, Karl Hardman, Marilyn Eastman
Release Date: October 1st, 1968

While it is not the first "zombie" movie (1932's *White Zombie* holds that title), it is the first that depicts the walking dead in its modern incarnation. The film has inspired many other zombie films including five subsequent *Living Dead* films also directed by Romero.



The Texas Chainsaw Massacre

Directed By: Tobe Hooper
Starring: Marilyn Burns, Paul A. Partain, Edwin Neal, Jim Siedow
Release Date: October 1st, 1974

Featuring a large hulking cannibal named Leatherface, *The Texas Chainsaw Massacre* was pitched as a film "inspired by a true story" despite the fact that its plot is entirely fictional. It is credited with originating several elements common in the slasher genre, as it was one of the first films to depict the use of power tools as murder weapons.

Halloween

Directed By: John Carpenter
Starring: Donald Pleasance & Jamie Lee Curtis
Release Date: October 25th, 1978

The first of three major slasher films that would completely reshape the horror genre, *Halloween* showed audiences that what you can't see is often scarier than what you can. While it did feature an escaped psychopath hidden behind a lifeless mask hell bent on killing, it contains very little graphic violence and gore, unlike many of its imitators.



The Shining

Directed By: Stanley Kubrick
Starring: Jack Nicholson, Shelley Duvall, Danny Lloyd, Scatman Crothers
Release Date: May 23rd, 1980

Stephen King could have a couple of his novel adaptation films on this list, but of them all, Stanley Kubrick's masterpiece stands apart. Not only did *The Shining* freak people out during the viewings, but its terrifying visuals also lingered on well after audiences had left the theatre.

Scream

Directed By: Wes Craven
Starring: David Arquette, Neve Campbell, Courtney Cox, Matthew Lillard
Release Date: December 20th, 1996

Who else but Wes Craven would be brave enough to turn the lens inward? This satire simultaneously poked fun at and embraced all the clichés of the slasher and horror genres making it both biting and frightening.



Friday The 13th

Directed By: Sean S. Cunningham
Starring: Besty Palmer, Adrienne King, Harry Crosby, Laurie Bartram, Kevin Bacon
Release Date: May 9th, 1980

Coming off the success of *Halloween*, *Friday the 13th* introduced us to another masked madman-Jason Voorhees. With hockey mask in tow, Jason slashes his way through victim after victim in a much gorier film often seen as the first true "slasher film."



The Evil Dead

Directed By: Sam Raimi
Starring: Bruce Campbell, Ellen Sandweiss, Hal Delrich, Betsy Baker
Release Date: October 15th, 1981

Sprinkling in bits of slapstick comedy and an unending wave of blood, Sam Raimi's classic take on the "zombie flick" offers up a bit of relief from full on horror. With Bruce Campbell's chiseled features and a bit of H.P. Lovecraft inspiration, Raimi reminded audiences why it was fun to be scared at the theater.

Let Me In

Directed By: Matt Reeves
Starring: Kodi Smit-McPhee, Chloe Grace Moretz, Elias Koteas, Richard Jenkins
Release Date: October 1st, 2010

While this isn't the first movie to mix horror and romance *Let Me In* moves through its narrative with a quiet precision and some stellar scenes that make it both scary and endearing. You can't help but root for the monster in this one making for a very difficult yet interesting existential conversation on the ride home from the theater.



STE(A)M: Celebrating Communication - Hangul (한글) Day

By Maritzalyn Mercado-Santiago

On

October 9, Koreans celebrate Hangul day to commemorate the invention of the Korean alphabet (Hangul).

Korea's alphabet is one of the youngest in the world! Hangul was invented in the 15th century by the fourth King of the Joseon Dynasty, King Sejong the Great (세종대왕) to improve literacy. Prior to the invention of Hangul, Koreans used Chinese characters for written communication, which limited basic literacy to nobles and scholars who had access to years of education and training.

With his scholars at the academic research institute at Chiphyonjpn, King Sejong created the Korean alphabet in 1443 and after three years of testing and perfecting, the alphabet was made public in 1446. The Korean alphabet was originally referred to as "Hunminjeongeum" (훈민정음); it also refers to the name of a book published in 1446 to record the circumstance of the creation of the Korean language, the principle of its invention, and the academic background of the language.

Hangul faced opposition from those who feared they would lose power with the simple writing system being available to everyone. Nevertheless, Hangul was eventually designated as the official writing system of Korea. The expert linguist Ju Si-gyeong coined the term Hangul in 1913 and that name was soon adopted as the official name.

The language is written in morphosyllabic blocks and each block consists of at least one consonant letter and one vowel letter. The blocks were traditionally written in vertical columns from top to bottom, although they are now commonly written horizontally from left to right.

Places to Go

You can visit the Statue of King Sejong located at the Sejongno, Gwanghwamun Plaza in central Seoul, which is located across from the U.S. Embassy. The statue is considered one of Seoul's major landmarks.

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Communication - A Tool and a Gift

Communication helps us connect to others, express complex meanings, and build meaningful relationships by sharing our experiences and our needs. In our personal lives and our professional lives, we use communication to share our feelings, work as a team, pass on instructions, share thoughts, and everything in between.



Miscommunication happens all the time. Someone may misinterpret what you say, or you may not understand what someone else says in the way they intended. Some communication mishaps are minor, but others can have larger negative impacts.

Try it at home!

These communication skills activities for children are great opportunities to have fun with your kids while fine-tuning their communication skills.

Activity 1 Pre-K-Elementary: Guess the Thing

Materials:

- Blindfold (if your child isn't comfortable with a blindfold you can also use an empty cardboard box, put items inside the box and cut a hole for their hand

to reach inside)

- Random objects from around the house. Try to find objects of different sizes, textures, and shapes. Fun ideas include a sponge, stuffed animal, sneaker, blanket, etc.

Directions:

Blindfold your child. Choose an object in the room. Other kids/parents should describe the features and characteristics of the item to the blindfolded child without saying what it is.

If you're using the box, have an adult cut a hole into the box for the child's hand to reach into. Have the child close their eyes and the adult will place an object in the box. Close the box. Ask the child to reach in and describe what they're feeling and guess the object after describing it.



Activity 2 Youth+ : Back to Back Drawing

Materials:

- Blank paper
- Few papers prepared by adult with simple drawings/shapes
- Pencils

Instructions:

Sit back to back with your child (or pair up children). Give one person "the listener" a blank piece of paper and a pencil. Give the other person "the speaker" a picture page.

Ask the Speaker to describe the image in detail. The Listener will attempt to recreate the image on their blank piece of paper based solely on the instruction given by the speaker. Neither person can see the others' paper and the Listener may not communicate with the Speaker. Allow 5-10 minutes for this portion of the exercise.

Discussion:

Speaker:

- What steps did you take to make sure your instructions would be clear? How can these steps be translated to real-life conversations?
- What was it like not having feedback from the listener during the exercise?
- What we mean to say, and how it's interpreted, are often not the same. What can you do to reduce the risk of miscommunication in real-life conversations?

Listener:

- What did you like about the Speakers' instructions?
- Did you find the Speakers' instructions difficult to follow?
- How do you think your results would have been different if you had been able to communicate with the speaker?
- Communication is as much about being a good listener as being a good speaker. What steps can you take while listening to reduce misunderstanding in real-life situations?



1ST

National Homemade Cookies Day. There is a ton of learning that can happen in the kitchen. Bust out the measuring cups and whip up a batch of your favorite cookies.

26TH

National Make a Difference Day. What can you and your family do today to make a difference? Go out and change the world.

(Photos: Last year's Make a Difference Day Activities)

31ST

National Knock-Knock Joke Day. Laugh all day by sharing knock-knock jokes. Having trouble coming up with some? Find some online or check out a knock-knock book from your library in preparation.

An Eye on Vietnam

A Look at Two Major Cities, Ideal Travel Destinations

By Nguyen Thi Bich Loan



Da Nang - The Most Livable City in Vietnam

Da Nang is known as a green, clean, beautiful, civilized, friendly, and livable city. Da Nang is also known for the poetic Han River, that runs through the heart of the city, and the unique bridges that stretch across the river.

The Han River Swing Bridge, which is still the only turning bridge in Vietnam, draws many visitors to Da Nang. The central span of the bridge detaches from the main deck, rotating 90 degrees parallel with the river bank, to let large boats pass through (and entertain tourists). The newer Tran Thi Ly Bridge has sail-shaped cables that





are lit with unique color-changing LED lights. Not far away is the Dragon Bridge, which is designed like a dragon, winding in the middle of the Han River. The six-lane, 666-meter long, multi-arch structure holds 2,500 LED lights that illuminate the bridge at night. The bridge is equipped with a function that makes it appear the dragon is breathing fire and spraying water; this performance takes place at 9PM every Saturday, Sunday, and holidays. The Thuan Phuoc Bridge is the largest suspension bridge in Vietnam with a total length of 1,850 meters (6,070 feet).

Da Nang is a coastal city with a 60-km shoreline of beautiful beaches stretching



from the foot of Hai Van pass to Non-Nuoc, known by tourists from all over the world as one of the most ideal resting, relaxing, and bathing spots in Asia.

It would be remiss not to mention Da Nang cuisine. Maybe Da Nang cuisine is not as sophisticated as Hanoi, not as diverse as Saigon, but it has its own unique features of Central Vietnam cuisine. The typical dishes of the sunny and windy Central region are available in Da Nang including fish vermicelli, vermicelli, spring rolls, Binh Dinh tre, Phu Yen stone wine, Quang noodles, Cao Lau, and Hoi An chicken rice dishes. You can easily find sophisticated cakes from Hue on the streets of Da Nang. And if you have the opportunity, you should visit Con market or Han market, to discover the world of snacks hidden inside. At night, go to My Khe beach to mingle with fresh seafood parties at the restaurants there.

Da Nang is the center of three world cultural heritage sites: Hue Ancient Town, Hoi An Ancient Town, and My Son Sanctuary. Only 30 km from Da Nang, Hoi An Ancient Town is ready to welcome visitors from everywhere. From Hoi An, you can make your way to the quiet, mysterious My Son Sanctuary. About 100 km to the North, is Hue, known for its





iconic pagodas, imperial citadel, and royal mausoleums. You can venture from Hue to explore the mysterious and majestic Phong Nha caves.

In addition to the beautiful landscapes, the charming beauty of Da Nang, the relaxed atmosphere of the country, and the idyllic life, tourists are impressed by the friendly people of Da Nang. City residents are patient, hard-working, radiant, friendly, genuine, gentle, and straightforward. In Da Nang, your social status is unimportant, the residents of Da Nang will gladly lend a hand to anyone in need. Da Nang is a beautiful tourist destination and will leave impressions on your heart.



Ha Long Bay - Vietnam's Treasure

Located in the Gulf of Tonkin, Ha Long Bay includes approximately 1,600 islands and islets that are generally uninhabited and unaffected by humans. Ha Long Bay was designated a World Heritage Site in 1994 for its outstanding level of naturalness and for being one of the world's most important areas of Fengcong and Fenglin karst.

The beautiful landscapes, rich flora, and fauna of great archeological and geological significance, Ha Long Bay is a great travel destination for anyone, and especially for students of geology, geomorphology, and geoclimatic history.





Ha Long means “descending dragon” – the name originates from a Vietnamese legend. According to the legend, when the Vietnamese were facing an invasion from another country coming by sea from the North, the people prayed for a miracle to help them fight off the invaders. Emperor Jade responded to the prayers by sending a mother dragon with her children to protect Vietnam. The dragons spat fire, jewels, and jade, which turned into the islands and islets. The legend tells that when the invaders were defeated, the mother dragon decided to stay in the bay and it has been named Ha Long Bay since the late XIX century.

Ha Long Bay is home to a vast number of different species and complex ecosystems, sustained by the climate and geography of the region. There are many rare plants, animals, and marine creatures. Ha Long Bay hosts a number of ecosystems including tropical, marine, and coastal rainforest; coastal mangroves, coral reefs, and seagrass habitats are typical features of these types of ecosystems. It is estimated that there are more than 1,000 species of plants in the forest and on the islands, and more than 1,150 species of animals in Ha Long Bay alone.

The best way to explore the entire Ha Long Bay is by boat. On a wooden boat or cruise ship, you can enjoy the enchanting natural scenery, admire the rising sun and sunset that coats the bay with an impressive pink and orange, and enjoy the fresh air that will clear your mind.

Ha Long Bay is a beautiful destination where you can swim freely on the beautiful pristine beaches, kayak on the blue sea, explore towering rocky mountains, and enjoy fresh local seafood dishes while watching the beautiful sunset or sunrise. Come visit, experience, and enjoy the holiday at Halong Bay.

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The Republic of Korea Alumnae Chapter of Delta Sigma Theta Sorority, Inc. was chartered on May 14, 1988 on Yongsan Army Base in Seoul, South Korea by 15 dynamic women. Since that time, we have dedicated ourselves to upholding the vision of these women to serve the military communities throughout South Korea.

For additional information on The Republic of Korea Alumnae Chapter of Delta Sigma Theta Sorority, please refer to our website at rokalumnaedst.org.



Delta Sigma Theta Sorority, Incorporated was founded on January 13, 1913 by 22 collegiate women at Howard University to promote academic excellence and provide assistance to those in need. The Founders of Delta Sigma Theta envisioned an organization committed to sisterhood, scholarship, service, and addressing the social issues of the time. Since its founding, Delta Sigma Theta has become one of the preeminent service-based sororities with more than 300,000 members and over 1,000 chartered chapters worldwide.

The sorority seriously considers the issues impacting the community and boldly confronts the challenges of all Americans. The major programs are based upon the sorority's



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Humphreys Car Wash



About

From a young age, Gyu Hwang Oh surrounded himself with friends who shared his interest in cars. In addition to supporting a racing team, Oh runs Humphreys Car Wash, a mobile car wash inside Camp Humphreys, which he launched in 2020.

Oh is passionate about his work. Cleaning cars is not easy; he is happy to help his customers through the service he provides and he enjoys seeing the results of his work. Oh runs his business on base for the opportunity to see different car makes and models. Oh enjoys what he does and is excited every day to wash different cars. He explained, Only car lovers can understand what I feel."

What we do

Humphreys Car Wash uses steam to clean the interior and wash the exterior. The mobile car wash moves around post to clean cars at our customers' preferred locations.

What we offer

- Premium Steam Wash: It is a full steam, interior and exterior clean with wax coating and dressing.
- VPC-PCS Shipping Clean: it is also a full-steam, interior and exterior clean. This package includes the Premium Steam Wash plus cleaning of the engine compartment, wheel wells and spare tire storage.
- Basic steam wash is a full steam clean interior and exterior without wax and dressing.

More information

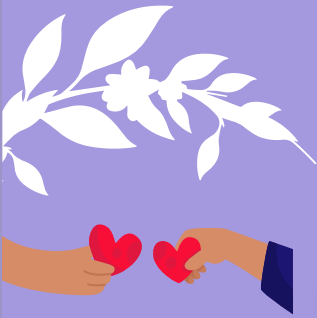
For more information, give us a call, send a text message, or connect with us on social media. Our price depends on the type and size of your vehicle.

Contact

Phone: 010-2851-2874
Instagram and Facebook:
Humphrey's Car Wash

Volunteering is a great way to engage with your local community, give back, and develop your skills. Volunteering is also good for your health and emotional well-being, and it's fun! If your group or organization has volunteer opportunities to share with the community, please send a write up or flyer to unitedontherok@gmail.com!

.....



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Facebook and Waze Pin: Morning Calm Ministries
(Just down the street from the Brownstones)

Welcome to the Republic of Korea!
Here is some basic information to help you get around in the Land of the Morning Calm.

Emergency Numbers

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

Holidays - 4 Month Outlook

Korean Holidays

- 9 October – Hangeul Day (한글날 or Hangeulnal)
- 25 December – Christmas (기독탄신일 or Gidoktansinil)
- 1 January – New Year's Day (신정 or Shinjeong)
- 22 January – Korean New Year (설날 or Seollal)

US Holidays

- 5 October – Yom Kippur
- 10 October – Indigenous Peoples' Day
- 24 October – Diwali
- 31 October – Halloween
- 1 November – First Day of Native American Heritage Month
- 6 November – Daylight Savings Time Ends
- 8 November – Election Day
- 11 November – Veterans Day
- 24 November – Thanksgiving
- 25 November – Native American Heritage Day
- 19 December – First Day of Hanukkah
- 25 December – Christmas
- 26 December – Kwanzaa
- 1 January – New Year's Day
- 7 January – Orthodox Christmas
- 13 January – Korean American Day
- 16 January – Martin Luther King Jr. Day

Main Airports

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

Other airports include:

Jeju International Airport
Gimpo International Airport
Muan International Airport
Yeosu Airport

This Month's Cultural Spotlight

In South Korea, it is customary to take your shoes off in someone's home and don't be surprised if your Korean host offers, or insists, that you put on indoor slippers. It is considered rude to put your feet up on furniture or on a chair in public; you should avoid sitting cross-legged in public areas. You should not point or gesture with your feet either. Speaking of gestures, pointing is also considered taboo; it is more acceptable to gesture toward an object or person by reaching your hand in the direction with your palm up. While you're out and about exploring, it's also good to know that eating or drinking while you're walking is another taboo!

Is there information you think is important to include to make life easier? Share your ideas and suggestions at unitedontherok@gmail.com!

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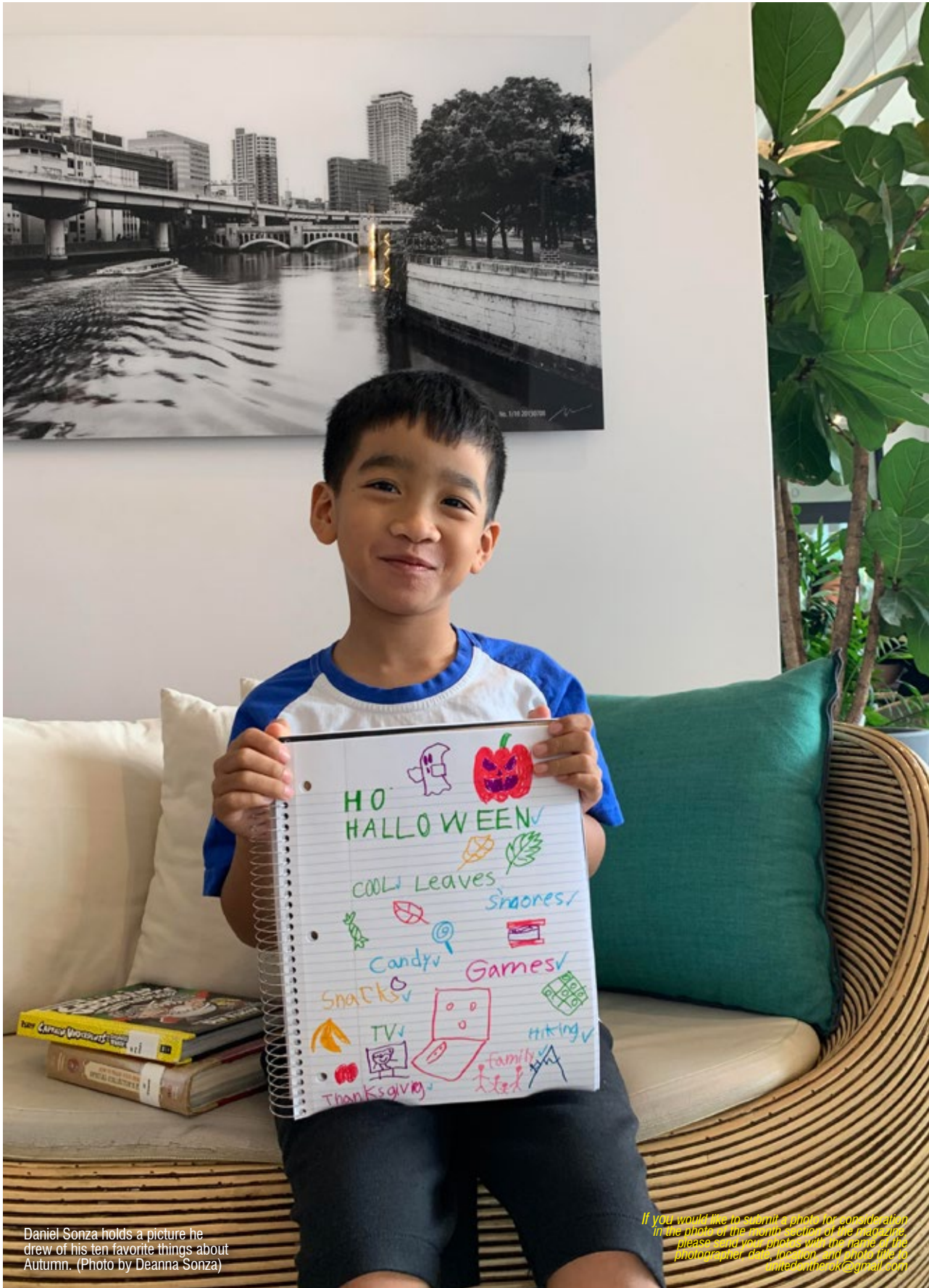
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Best Fast Food Business in Partnership with AAFES



Daniel Sonza holds a picture he drew of his ten favorite things about Autumn. (Photo by Deanna Sonza)

If you would like to submit a photo for consideration in the Photo of the Month contest, please email your photo to: photocontest@dragonhill.com. Please include your name and address with the photo.



OCTOBER

OKTOBERFEST 7TH TO 9TH

The Dragon has the best Oktoberfest tent in Korea! Come for authentic Bavarian cuisine, our very own crafted Märzen beer, German yodeling bands, bouncy castles, and games.



NOVEMBER

THANKSGIVING BUFFET

Bring your family and friends to join the Dragon family for huge Thanksgiving buffet spread.



HOLIDAY MEALS TO GO

Looking for ways to share the the holiday spirit? Order our holiday meals to go and enjoy them with loved ones in the comfort of your home.

DECEMBER

CHRISTMAS AT THE DRAGON

The week of Christmas is full of gingerbread houses, cookies & egg nog, storytelling w/ Santa, and a hearty Christmas Day buffet.



NEW YEAR EVE PARTY

Don't miss out on the Greatest Party of the YEAR!

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