

NOVEMBER 2022

United ON THE ROK



Celebrating Our Veterans

**Spotlighting Community
Organizations**

**A FAMILY'S
JOURNEY TO
FREEDOM**

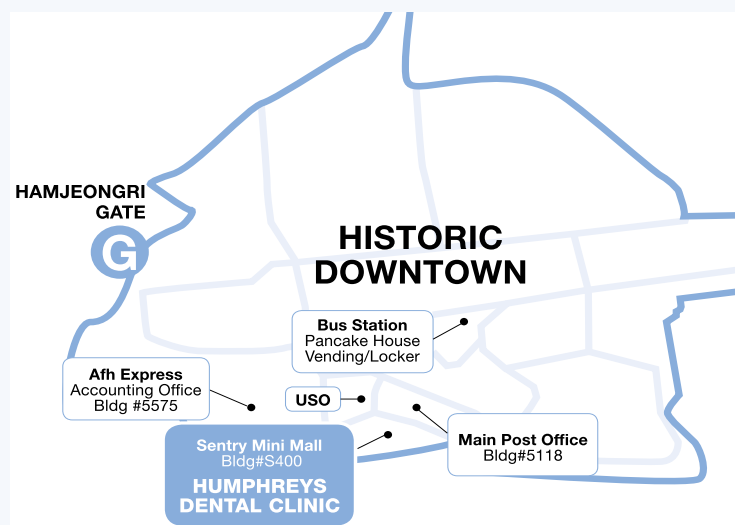
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Celebrating Our Veterans

This month we are celebrating our Veterans! Hear the voices of Veterans interviewed and learn about some of the organizations you can join on the Penn to get connected. Check out the interview with US Marine Chris Gonzalez who explains why joining organizations is critical for our health.

Cover: In September 2022, representatives from community-based organizations turned out for the United on the RoK cover photo shoot, to demonstrate their support for communities at USFK installations. (Photo by Erin Henderson)



From Communism to Freedom

Five years after the end of Japanese occupation, Mr. Park and his family left North Korea to build a better life in South Korea.



Celebrating Native American Heritage

Hear from Native American Veteran Maritzalyn Mercado-Santiago and Native American Nina Warner about their Nations, the Pride they are passing on to their children, and how you can celebrate Native American Heritage any day of the year.



E-C INTERNATIONAL LAW OFFICE



Ms. Annette M. Eddie-Callagrain Esq.

Professional Experience

Attorney-at-Law

E-C International Law Office (1995-2019)
General practice, private law practice.

Judge Advocate (Major)

United States Air Force Reserves (1995-2006)
Served as a Judge Advocate in the Air Force Reserves, retiring in October 2006.

Judge Advocate

United States Air Force (1983-1995)
Active Duty Judge Advocate, practicing all areas of military law

Law School Professor

University of the Ryukyus Law School
Okinawa, Japan

Practice Areas

- Collections
- Criminal Law
- Divorce
- Domestic Violence
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E-C INTERNATIONAL LAW OFFICE

E-C LAW CENTER BUILDING, 1F
2-4-2, GINOWAN CITY
OKINAWA, JAPAN 901-2221
TEL: (+81) 98-898-0162
FAX: (+81) 98-899-2142

United ON THE ROK

Published by
Oriental Press

Editor in Chief
Caitlin Ward

Art Director
Eric Young-Seok Park

Media Manager
Erin Henderson

Writers

John F. Behrend, MGYSgt,
US Marine Corps (Ret.)

Brandon Bledsoe
Hannah Butler
Stella Cho

SFC Danny Blasco Cuello III

Tatiaunne Duffy
Yammy Eells

Michael Harrison
Erin Henderson

Sarah Anne Hoyt
Erik Leal

Lee Sun Ho

Dymen McCoy

Patrick McGee, USAF CMSgt (Ret.)

Jean Miller

Maritzalyn Mercado-Santiago

Philip Price, SGM (Ret.)

Dr. Cord A. Scott

Nina Warner

Contributors

LTC William Alexander (Ret.)

Richard Neal Carter

Sangjin Jeong

Brandon Mason

Betsey Mercado

Park Bong Gil

Park Young sik

Sarah Piper

Kate Ramirez

L. Tyrone Randall

Derrick Robinson

Assoc. Prof. Ron Roman/UMGC (Ret.)

John Ward, US Marine Corps (Ret.)

Nicola Waisome-Crooks

Sukey Wood

Charles Woods

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

Oriental Press

Chief Executive Officer
Charles Chong

Chief Operating Officer
Chong N. Cho

Senior Adviser
Hyun Jong Shin
Myung Chan Choi

Marketing Director
Joseph Shim
Kye-Hwan Pak

Commercial Advertising

Phone: DSN (315)738-2222 ext. 6815 / 02-6903-6815

E-mail: oriental.press.eric@gmail.com

Mailing address: PSC 450, Box 758, APO AP 96206-0758



Marvin 'Joe' Curry Powwow
(Photo courtesy of Seneca Media & Communications Dept.)

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LIVE MUSIC&ART CALENDAR



NOV12
Joe Hisaishi Film Music
Concert: Seoul Final

Lotte Concert Hall
www.lotteconcerthall.com/eng



NOV17-18
The German Legacy: From
Beethoven to Brahms

Lotte Concert Hall
www.lotteconcerthall.com/eng



NOV17-20
2022 Game Show & Trade,
All-Round

Busan BEXCO
ticket.yes24.com



NOV24
Augustin Dumay violin
recital

Lotte Concert Hall
www.lotteconcerthall.com/eng



NOV30
Maroon 5 Live in Seoul

Gocheok Sky Dome
ticket.yes24.com



DEC03
Ian Bostridge & Julius Drake
<Winterreise>

Lotte Concert Hall
www.lotteconcerthall.com/eng



DEC03
Sarah Brightman Live in Seoul

KBS Sports World, Seoul
www.globalinterpark.com



DEC15-16
Vänskä's Ode to Joy: Beetho-
ven's Ninth

Lotte Concert Hall
www.lotteconcerthall.com/eng



DEC22
Sumi Jo & Thomas Hampson
Duo Concer

Lotte Concert Hall
www.lotteconcerthall.com/eng



DEC22-25
CATS The Musical -
GIMHAE

Gimhae Arts and Sports Cente
ticket.yes24.com



DEC23-25
2022 KIM BUM SOO CONCERT

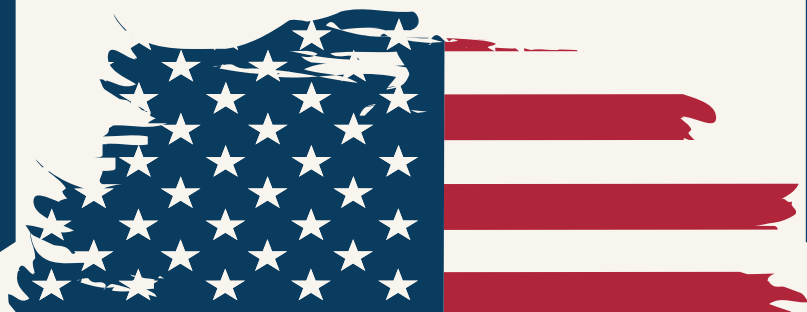
Jangchung Arena
www.globalinterpark.com



DEC26
Jim Jefferies - Stand-up
Live Show [The Moist Tour]

Kwanglim Arts Center
ticket.yes24.com

11
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VFW
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USFK Headquarters, Camp Humphreys, South Korea

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EDITOR'S NOTE

“EVERYONE DESERVES NOT JUST TO SURVIVE, BUT TO LIVE.”

— Steve McQueen

The theme of the November issue of *United on the RoK* is “Celebrating Our Veterans.” I am grateful to Veterans John F. Behrend, Brandon Bledsoe, Hannah Butler, Richard Neal Carter, SFC Danny Blasco Cuello III, Chris Gonzalez, Michael Harrison, Daniel Kuehl, Dennis C. McCallum, Pat McGee, Erik Leal, Lee Sun Ho, Maritzalyn Mercado-Santiago, Philip Price, L. Tyrone Randall, Derrick Robinson, and Charles Woods for sharing their experiences and insights. Across my interviews of service members for this issue, the common thread was the importance of community — whether it be a support network of friends, an organization, or a group — to provide a sense of identity, purpose, and belonging.

November is a month full of celebrations including Native American Heritage, Alaska Native Heritage, All Saints Day, Dios de Los Muertos, US Marine Corps Day, Veterans Day, Thanksgiving, and other observances. The variety of celebrations can serve as a reminder of our responsibility to constantly get after and advance diversity, equity, and inclusion, and to be grateful. Gratitude is central to community building, and building community is central to our well-being.

This concept that community is at the core of our well-being is explained by US Marine Chris Gonzalez. In his interview, Chris encourages veterans, and everyone, to join groups of like-minded people who provide you with a sense of purpose, a sense of belonging, and volunteer opportunities, because service is part of who we are.

To celebrate diversity and the role of organizations in our communities, we invited organizations to send representatives to the Morning Calm Conference Center at



Camp Humphreys to be featured in the cover photo. The turnout was heartening and is only a microcosm of the support networks available on the peninsula and across the world to support service members, civilians, family members, widows, and retirees in our unique military communities.

I am grateful to the Owner of the Halna Katusa Snack Bar Mr. Park Bong Gil, and his son Mr. Park Young-sik for sharing the account of their family's journey from North Korea to South Korea in 1950. The story provides a humbling reminder of why we are here.

I am grateful to Maritzalyn Mercado-Santiago who highlights Native American Heritage Month. In her powerful article, Maritzalyn reminds us of the abuses that have been endured by Native Americans in the United States and encourages us to celebrate and learn about the Native American culture. She provides us a window into her tribe, the Snipe clan of the Seneca nation, and reminds us of the contributions, past and present, from Native American Veterans.

This issue also includes information about the Wall of Remembrance that was added in July 2022 to the Korean War Veterans Memorial in Washington, DC, a recap of an Indigenous People's Day celebration with a recipe for fry bread, book recommendations, financial tips, a calendar of acts of kindness you can use this month, and much more.

In this magazine, your voice matters. Thank you for your readership, thank you for your support, thank you for sharing your voice.

Caitlin Ward

United on the RoK Editor in Chief



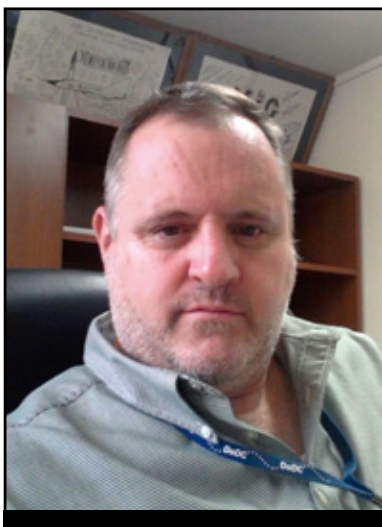
John Behrend

"Retiree Support Online Korea (RSO Korea) is an outstanding organization. I am a Veteran and a member of the RSO Korea; they help Veterans in the Daegu area."

COMMUNITY CHAT



What resource, support network, or organization would you recommend to other Veterans on the RoK?



Pat McGee

"There are several resources, support groups, and organizations in Korea where US military veterans and retirees can get information and support. Some are official government organizations, some are of a volunteer nature, and others are information sharing resources.

Official organizations include — and as you knowledgeable readers read this I have no doubt some will say "hey, you forgot..." — apologies — the Retirement

Service Offices and Transition Centers on USAG Humphreys, Daegu and Casey; the Veterans of Foreign Wars (VFW), which has numerous posts around the peninsula, with a plug here for my own VFW Post 8180 outside Osan AB (<https://www.vfw8180.org/>); and Eight USA Retiree Councils who you can reach out to by email and who put out newsletters. There is a resource page at <https://www.rsokorea.org/resources.html> with contact information.

A major volunteer of importance, with years of experience and knowledge in just about all areas of retirement, is our recently retired Retirement Service Officer Mr. Carl Reed who we now refer to as the Retiree Assistance Volunteer, who has remained in Korea since his retirement. Carl volunteers his time to assist retirees, widows, and others in the areas that official Retirement Service Offices can only "refer" people to. In contrast, Carl takes those [many] extra steps on his own to ensure those in need get what is needed. His contact info is also found at <https://www.rsokorea.org/resources.html>.

As for information sharing, there are numerous resources, Facebook of course being one,

where you can find the Facebook group named 'RSO Korea - Retiree Support Online Korea' which allows for information sharing between all its members (<https://www.facebook.com/groups/rsokorea>). Information is also posted on the Facebook page named 'Retirement Services Office Korea' (<https://www.facebook.com/profile.php?id=100064661260974>).

The latest resource that tries to be a one-stop-shop to tie all things retirement in Korea together, is a website I built called 'Retiree Support Online of Korea' at <https://www.rsokorea.org>. With the assistance of Carl Reed, who I picked the brain of before his retirement, the Retiree Councils, my own 21 years of civil service GS experience (all here in Korea) with the Defense Manpower Data Center (DMDC), as well as continuous feedback from our military Veteran and retiree community here in Korea, who have valuable first-hand experience of processes and procedures — as they change — I have consolidated as much as I can into a website to help retirees in Korea. While it is indeed geared towards military Veteran retirement in Korea, much of the information applies globally."



Erik Leal

"I would recommend Veterans to engage with the spouse club on their installation because they have a knowledge base and resources that we might not know about. Spouses or service members could reach out to the spouse club for assistance and possibly be pointed in the right direction. I think it's also a great resource for networking opportunities. Broadening your community can open doors, show you different perspectives, and inform you of different resources that you can test and try out. I think this is a great resource for information, getting settled at a new base and for networking."

"I was born and raised in Korea. The Internet is the best resource you can utilize. You won't always get the right answers but you can find information. You can watch videos or dramas to learn more and get an idea of Korean culture and what is expected from each other.

You can also get to know a local. Lots of my friends who are soldiers ask me questions because I am Korean but I don't always have the answers so I encourage my friends to get to know locals. You can meet people through volunteering off base, attending events, or if there is a KATUSA, a Korean spouse, or a ROK Army service member in your unit or organization, engage with them and express your interest in learn-

ing about Korean culture.

If you get to know Koreans, you can learn more about the culture and you will better understand our cultural etiquette. In Korea, the number one priority is respecting others.

It's all about getting to know people. I understand the language barrier might give you reservations about going out. When I lived in California for almost ten years, I only hung out with Koreans so I didn't learn about US culture. When I was 29, I joined the Army, and at boot camp I met people and was exposed to different cultures. Guess what? I learned that people from the US are really cool. That's why I'm saying get to know people. Don't be afraid."



Lee Sun Ho



Daniel Kuehl

"The biggest thing that I struggled with after getting out of the Army was having a sense of purpose. It was difficult to go from being a leader of Soldiers while deployed to suddenly finding myself looking for a job. I separated from the Army in 2008 right as the recession was hitting, which made my situation even more challenging. With unemployment soaring, I was only offered entry-level positions that I did not feel were commensurate with my education and experience.

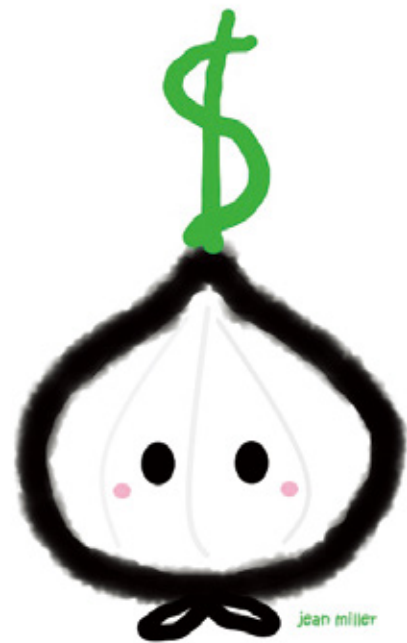
As I struggled to find employment, I made use of online training offered through the Army at <https://usarmy.skillport.com/skillport/custom/login/us-army/login.action>. Soldiers are able to use this resource for six months after separation. Through

Skillport, I took the training for my Project Management Professional (PMP) certification. This training can cost several hundred dollars through other online options, and several thousand for the in-person course.

This certification made me more marketable, and helped me secure my first post-Army employment. Two years after separating from the Army, I made use of my GI Bill and earned my Master's in Business Administration. The U.S. Military affords many benefits to Soldiers and Veterans, with free education being perhaps the most valuable. I'd encourage everyone to take advantage and continue to improve themselves! Learn more here: <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>

An Introduction to Getting Your Finances in Order: Financial Tips From a Pro

By Jean Miller



Veteran's Day is here! This is a time to celebrate Veterans, remember the hardships they faced and honor them. What better way to say Thank You to Veterans than making sure they are taken care of? Also, who better for military families to learn from than Veterans, who have themselves walked this path before?

M

any Veterans and their families have wonderful stories of successes, and also some of regret. The majority have one lesson in common to share – regardless of

how high ranking or how long they served, it is important to pay attention to finances. For military families, it is especially important to be aware of and know how to protect your family financially. With the risky nature of the job and the constant moves, service members and their families have to take extra care to not become short sighted with their family's finances.

Balance is key. We need to learn how to plan for the future and protect our family in case of tragedy, while at the same time making sure we enjoy the present. Hence, when it comes to finances, it is not surprising or unusual to hear Veterans say: "I wish somebody would have told me this earlier" or "I wish I had started earlier".

For financial fun, here is an 'onionology' – finances are like an onion. At first glance, it is something you think you can handle all by yourself. When you start taking a deeper look, you realize that it has many different parts, which need to be organized and used for different things. Then you get into the meat of it and it starts to sting, it makes you cry and maybe even want to give up. Even worse, if you forgot about your onion or procrastinated too long and did not tend to it, you would end up with a smelly rotten one.

However, if you had persevered even when it stung, you would have a delicious onion dish afterward. Additionally, you may also learn that the on-

ion can not only be enjoyed now, but the part that you would otherwise have thrown out can be planted and grown to give you more in future.

The key takeaway in this 'onionology' is that at the end of the day, your finances are what you make of it. Put in the time and effort to make sure your family's finances are squared away. You will reap the reward in the end and not be someone who later says, "I wish".

So how do you know what to do? The first step to becoming financially squared away is to arm yourself with knowledge. There are many resources out there to help you make informed decisions about your finances. Army Community Service (ACS) has classes that help educate you and give you great basics. However, be sure to follow it up with more personalized financial advice that caters specifically to you, your family and your situation. Do not ever forget that no one else in this world has exactly the same situation, mindset and goals as you.

The second step is to say the "I wish" statement now. The best financial advice is always specific to you, and only given after reviewing all your finances and asking what your goals are in life. There are financial advisors out there who can and will walk you through managing your finances and planning for the future. Your financial advisor should understand where you are at and where you want to be. Make sure to discuss your long-term goals and dreams, even if it is hard to think about something so far down the road. A good financial advisor would help you look for the best, plan for the realistic, and prepare for the worst.

But wait! There is still one more step that is usually the hardest to take. After you have worked out a plan, it is essential that you take action and implement it! Yes, it will be scary – change usually is, but this step is the most important because no matter how good a plan is, it will not come to fruition (or in this case, vegetation) if it is not acted on.

So when you see our Veterans, celebrate and thank them, also take note of the lessons they share. One of these days, sooner rather than later, go and find a financial advisor who will help guide you through making the best of your onion.



Jean Miller is a military spouse and a Licensed Professional in the Financial industry.

If you have any questions or would like to share your financial story, please write to helpingmilfams@gmail.com.





Save the Date:

Humphreys Pear Blossom Market November 19, 2022

By Caitlin Ward

Mark your calendar and save the date for November 19, 2022 when the annual Humphreys Pear Blossom Farm to Table Market will be held in the Ville outside Camp Humphreys.

The event is hosted by the city of Pyeongtaek with support from Humphreys United Club and local organizations who have the opportunity to share their work in the community.

For those who are new to the Humphreys community, here is a brief history of the Humphreys Pear Blossom Market (HPBM):

The story began with a small

food culture movement on October 31st, 2020 in Anjeongri Art Square. The Humphreys Pear Blossom Market (HPBM) was initiated by visionary, local farmers and brought to fruition with the help of U.S. Military spouses looking to better the lives of the military community stationed in Pyeongtaek, Korea.

The goals are to foster the new generation of farmers in creating a modern farm-to-table movement that reflects Paengseong's demographics and the corresponding needs of our diverse and evolving community. We hope to achieve these goals by introducing the

military families, serving on Camp Humphreys, to the vast array of naturally grown produce "right outside their doors." The HPBM is the venue where it all comes together!

The success of HPBM gave local farmers hope as they realized the possibilities of sharing a "Taste of Pyeongtaek" with military families residing in the area while also strengthening the bonds between the military and the local community.

This year, the Humphreys High School, Humphreys Middle School, Girl Scout Troops, and young Soldiers will participate in the HPBM.

The kimchi-making event, which in past years has involved leaders from the US military and Pyeongtaek, represents the strong, friendly, and cooperative alliance between the US and South Korea.

This year, the culinary arts program students from the Humphreys High School and Middle School will participate in the Thanksgiving side-dish making contest (culinary students only), utilizing locally grown seasonal vegetables, as well as the famous pie making contest (open to all interested students).

In addition, a special Hanbok fashion show will be showcased with military and civilian personnel from 2ID, 8A, and the USFK.

US and Korean Girl Scout Troops will collaborate to support this event with a surprise appearance.

Thanksgiving vegetables will be sold at the market including the seasonal butternut squash, pumpkins, apples, sweet potatoes, pies, Christmas candles, and more.

The Humphreys United Club and dedicated Spouses in the Humphreys community have supported the event over the years. This year, Humphreys United Club volunteers will be helping out at the event and hosting a table where you can connect with members and learn more about the nonprofit organization.

Camp Humphreys community member Sukey Wood has been a driving force behind this event since its inception.

"As a member of the Humphreys Community, I am happy to continue supporting this Farm-to-Table movement," said Sukey. "The town where Humphreys is located is called 'Paengseong' — it is a farmland of many generations producing the best quality rice, pears, blueberries, tomatoes and more. Sharing 'Jeong' (kind heart) with food is a part of traditional Korean culture. The HPBM is a great opportunity for the Humphreys community to learn about this unique aspect of Korean culture. Please come celebrate this wonderful holiday market with your family and friends!"



The Annual Pear Blossom Market features a Hanbok fashion show. Camp Humphreys participant Kelly Lesperance is pictured center right.



COL Michael Konczey and COL Ray Wood pictured during the kimchi making contest with MC Brian Joo. The featured activity at the event includes participation of local leaders and US military leaders (Photo by Sukey Wood)



The Annual Pear Blossom Market is an event that brings our community together to volunteer, to support local farmers, and to enjoy healthy produce.

Halna Katusa Snack Bar

By Caitlin Ward



When I arrived at Camp Humphreys in 2019, one of the first places I tasted Korean food was at the Katusa Snack Bar. At the time, the Park family ran their snack bar at the building near the fire station. Though modest in size and design, the restaurant provided an incredible degree of reassurance for me as a newcomer. The pictures hung on the walls spoke to the sense of community here. The team that ran the snack bar exuded a warmth that made me want to strike up a conversation. The menu offered a variety of popular Korean dishes that provided a gentle introduction to Korea. Not long after that day, the restaurant owners relocated to a new, larger establishment near 8th Army Headquarters. The pictures were rehung and the inviting atmosphere recreated at the new location.

While the restaurant is often packed, the line to place orders moves efficiently and tables are just as quickly cleared, cleaned, and reoccupied. The menu the owner and his family built is made up of unique, special, and popular dishes for all to enjoy. Mr. Park Bong Gil and his son regularly modify dishes upon request, such as adding spicy pork or bulgogi to Hot Bibimbap. They gladly support requests that they receive three or four times a week for part of the restaurant to be reserved for small functions as well as frequent reservations for the whole restaurant for larger events.

Newcomers eager to taste Korean dishes are recommended to order the Hot Spicy Squid,

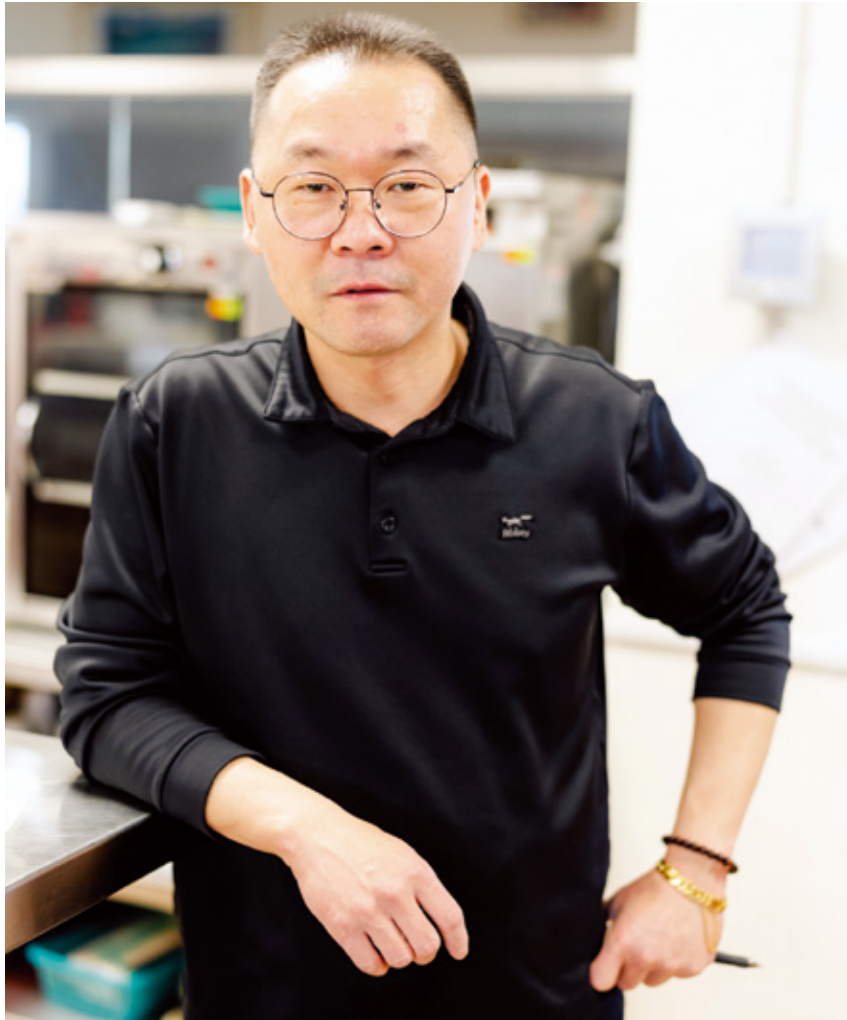


Bean Paste Soup (Doenjang-jjigae), or Hot Bibimbap with spicy pork or bulgogi added. Newcomers who are sensitive to spicy foods or want a more gentle introduction to Korean cuisine are encouraged to order Mandu Soup, Pork or Chicken Cutlet (this is also a great dish for kids); the Combo Fried Rice with beef, chicken, and shrimp; or any fried rice with any meat on top.

When I launched United on the RoK, the Katusa Snack Bar was one of the first topics I intended to write an article about – a restaurant review, to explain the conceptual origin of the Katusa Snack Bar and to encourage you to visit a snack bar in your community if you haven't already. However, at the start of the interview, Mr. Park's son, Park Young-sik shared the story of his father's journey as a child, from North Korea to South Korea, just before the Korean War began. The family's story is a sharp reminder of why we are here.

The Park Family Journey From North Korea

The owner, Mr. Park Bong Gil was born in 1942 in North Korea. At the end of World War II, just three years after his birth, the brutal 35-year long Japanese occupation ended when the United States and the USSR captured the peninsula and divided the peninsula into two occupation zones. For a generation prior, Korean culture, language and history had nearly been erased by the Japanese occupiers and the country's land and labor had been plundered. When the new countries were formed in 1945, the citizens were destitute and struggling to come into their own.



Park Family, Mr Park Bong-gil pictured front right, Mr. Park Young-sik pictured back row, right



2ID Museum Director LTC William Alexander (Ret.) explained, "There was internal unrest in the north and south. The vast majority of freedom was in the South. The North, led by Kim Il Sun, embraced communism and began cracking down on people who didn't believe in communism."

Mr. Park recalled, "North Korea was dangerous. They killed civilians and kids. They plundered and set fire to all properties."

When he was eight years old, Mr. Park and his family walked secretly with a small group from Shin Uiju, North Korea along the Western Corridor to South Korea. The family walked through a combination of low hills and rice fields. While the group discreetly made their way through this exposed, sometimes swampy land in cold weather, they had to carry clothing and food in packs on their backs, ration their food, ask for help from residents they passed along the way, and wash themselves in streams and rivers.

As they made their way, a North Korean plane flew overhead and dropped a bomb that killed Mr. Park's older brother. Determined to continue on to South Korea, Mr. Park's mother, who is Buddhist, picked up her son's lifeless body and carried him to Bogwangsa Temple, on the foothills of Goryeongsan Mountain in Paju where she buried him. Mrs. Park led her family back to visit the grave annually, through her grandson's childhood, and until she passed away.

Mr. Park's father and mother took the family to Seoul where they found residence. Not long after arriving, Mr. Park's father

made his way back to North Korea to retrieve his mother and bring her to Seoul. However, soon after his departure, the Korean War began and Mr. Park's father was never able to make his way back to South Korea. Mr. Park, his mother, and siblings made ends meet on their own in Seoul.

At age 19, Mr. Park began working as a bartender at a base in Munsan, a town of Paju. He later was promoted to manager. Between 1968 and 1970, Mr. Park left Paju and moved to Anjeong-ri area in Pyeongtaek where he met his wife and worked for two decades.

Having seen success serving Korean dishes to soldiers off base, Mr. Park opened a Katusa Snack Bar on Camp Humphreys near Army lodging, which formerly was the main downtown on base. He ran the restaurant there for two years before the establishment was terminated as part of the evolution of the base. Mr. Park was assured that he would be provided with a new building for his restaurant



and during the intervening years, he returned to the Anjeongri-ri area.

Two years after shutting the doors to his restaurant on base, Mr. Park reopened his snack bar at the new building next to the Fire Station near the Pedestrian Gate, which is now occupied by different owners. Mr. Park ran his Katusa Snack Bar there for thirteen years. In 2019, Mr. Park moved his Katusa Snack Bar to its current location, a large one-story building adjacent to 8th Army Headquarters.

Owner Mr. Park Bong Gil and his son Park Young-sik enjoy supporting the community through their restaurant. In the spirit of Kapshi Kapshida, they relish the opportunity to introduce Korean food and culture to US soldiers and to support the development of relationships between US soldiers, civilians, ROK soldiers, and Katusas.



Grand opening day of Halna Katusa Snack Bar at current location, October 16, 2019. (Photo by Park Young-sik)



Remembering Lives Lost During the Korean War

By Caitlin Ward
All photos by John Ward, Former US Marine



In 2016, then-Representatives Sam Johnson, Charles Rangel and John Conyers — all Korean War veterans — proposed a bill to authorize construction of a Wall of Remembrance at the Korean War Veterans Memorial in Washington, DC. The bill was passed and signed into law by former President Barack Obama.

On July 27, 2022, the 69th anniversary of the signing of the armistice that ended combat in the Korean War, the Wall of Remembrance was ceremonially dedicated

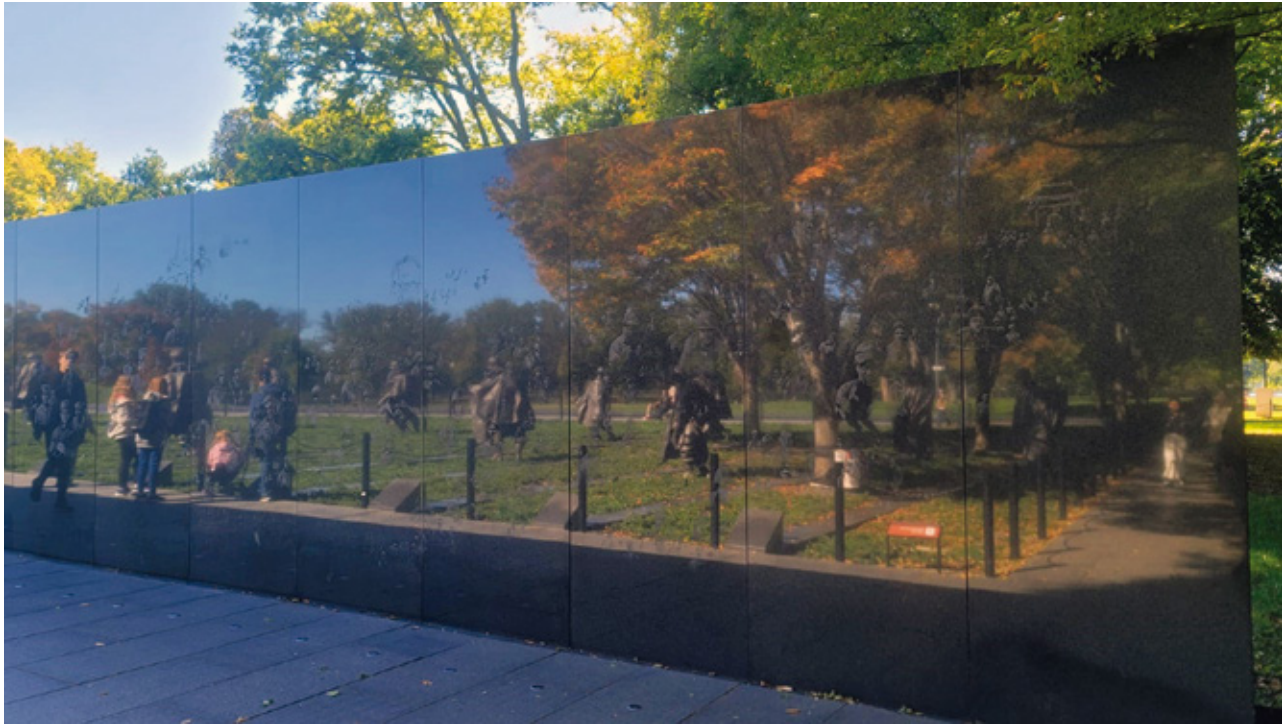
to the families of the fallen and Korean War Veterans. The Wall of Remembrance lists the names of the 43,808 US soldiers and 7,174 KATUSA soldiers who lost their lives during the Korean War (1950-1953).

Cho Tae-yong, the Republic of Korea's ambassador to the US said:

"This wall reminds us of the depths of their sacrifice that instills in us the call of duty to carry on their fight."

Field of Service

Adjacent to the United Nations wall is a triangular "field of service," where 19 stainless steel statues depict a patrol of US ground troops in Korea. When reflected in the polished granite wall, the 19 soldiers become 38, representing the parallel that demarcates North and South Korea and the 38 months of war. The statues represent members of the Army, Navy, Air Force, and Marines and portrays servicemen from a variety of ethnic backgrounds. The soldiers are wearing ponchos which recalls the harsh weather. The vegetation around the statues represents the rough terrain the soldiers trekked through.

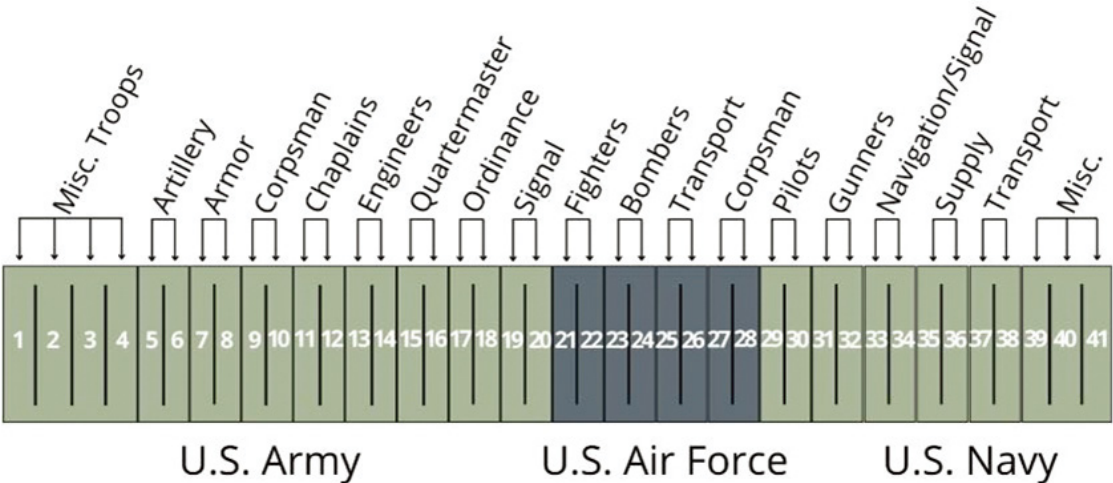


The Korean War Veterans Memorial Foundation designed and dedicated the memorial to honor those who fought in the war to ensure a free and democratic South Korea; to inform visitors of the lives lost during the 3-year conflict; and to demonstrate the strength of the US-ROK Alliance.

The Dedication Ceremony can be viewed at: <https://koreanwarvetsememorial.org/wor-dedication/?amp=1>

Mural Wall

The black granite wall along the south side of the memorial to the west contains a mural of etchings of over 2,400 period photographs of Korean War service-members, obtained from the National Archives. The etched images are devoid of insignia or name tapes, making them representative of all who served and draw attention to the unity of effort demonstrated by all who served. Viewed from a distance, the etchings create the appearance of the rugged Korean mountain ranges. The wall is organized by military branch and specialty fields as shown below:





United Nations Wall

At the entrance to the memorials, there is a granite curb that lists the 22 countries that battled the North Korean and Chinese Communist forces or gave medical support to the UN effort. These nations sent air, naval, and ground troops — nearly 150,000 foreign service members — to join US troops on the Korean peninsula. Over 3,300 of them died in the effort, and over 1,800 are still not accounted for.



Wall of Remembrance

Dedicated on July 27, 2022, the Korean War Veterans Memorial's Wall of Remembrance includes the names of 36,574 American servicemen and 7,114 members of the Korean Augmentation to the United States Army (KATUSA) who gave their lives defending the people of South Korea. The names are arranged alphabetically by rank by branch of service:

United States Army 29,857
United States Marine Corps 4,522

United States Navy 688
United States Air Force 1,587
Total US Deaths 36,634
Total KATUSA Deaths 7,174
Combined Deaths 43,808

At the end of the field of service, the point of the triangle enclosing the statues juts into a 128-foot diameter circular pool, just as the Korean Peninsula protrudes into the Korean Strait and the East China Sea. A record of those killed, wounded, missing in action, and prisoners of war are etched into the curb at the water's edge:

US: Dead 54,246
Missing 8,177
Captured 7,140
Wounded 103,284

United Nations:
Dead 628,833
Missing 420,267
Captured 92,970
Wounded 1,064,453

Opposite this accounting of the war's cost rests the powerful inscription: Freedom is Not Free.

Give global Change the world

IN THE WORKPLACE

Support global causes by giving to these charities through the Combined Federal Campaign (CFC):



Episcopal Relief & Development
CFC #80416



Prison Fellowship International
CFC #10991



HEIFER INTERNATIONAL
CFC #12079



SCAN ME





GLOBAL IMPACT
CFC #10187



James Akana / Heifer International

Give global Change the world

IN THE WORKPLACE

Support global causes by giving to these charities through the Combined Federal Campaign (CFC):



americares
CFC #10735



ISLAMIC RELIEF USA
CFC #10194



INTERNATIONAL RELIEF TEAMS
CFC #11680



SCAN ME





GLOBAL IMPACT
CFC #10187



International Relief Teams



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ORGANIZATIONS

United on the RoK invited organizations across the peninsula to submit information about what they do, how to get involved, and where you can find more information. If you would like your organization to be featured in United on the RoK, reach out to the Editor in Chief Caitlin Ward at unitedontherok@gmail.com.

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II Corinthians Lodge No. 96 MWPHGL of WA

Mission Statement/History

Under the hand of the Honorable Victor S. Baxter Sr., Grand Master of Masons for the Most Worshipful Prince Hall Grand Lodge of the State of Washington and Jurisdiction, II Corinthians Lodge was chartered on the 14th day of July 1993.

II Corinthians Lodge, Free and Accepted Masons, located in Pyeongtaek, South Korea was designated Number 96 on the registry of the Prince Hall Grand Lodge of the state of Washington. Worshipful Brother Kenneth Jones was appointed, authorized, and empowered as the first Worshipful Master; Worthy Brother Donald Brown was appointed the first Senior Warden; and Worthy Brother Larry Petersen was appointed the first Junior Warden. The above photograph is the original leadership and brotherhood comprising the lodge in 1993.

Since its inception more than 29 years ago, II Corinthians Lodge #96 has been a pillar in the United States Army Garrison - Yongsan community. With the final drawdown and repositioning of personnel at the Yongsan Garrison to the new USAG Humphreys near Pyeongtaek South Korea at the end of 2019, this also caused the move of the lodge down to the Pyeongtaek area as well. However, this move will not deter the lodge's participation in numerous community service events, which has made II Corinthians Lodge #96 one of the premier private organizations throughout the Korean peninsula.

Lodge Regular Communications are held every

3rd Tuesday of the Month. The gavel sounds at 1900. Lodge Degree Word are held every 1st Saturday of the Month. The gavel sounds at 0900. Study Hall is held every 4th Tuesday of the Month at 1900.

Contact Information:

Bro. Darryl R. Veal Sr
Worshipful Master
II Corinthians Lodge# 96 (D10)
MWPHGL WA and Jurisdiction
Website: <http://mwphglwa.org/>
Cell: 010-8344-7239
Email: wmiicorinthianslodgeno96@gmail.com

Alpha Phi Alpha Fraternity Inc. Mu Phi Lambda Chapter

Mission Statement

Alpha Phi Alpha Fraternity, Inc., develops leaders, promotes brotherhood and academic excellence while providing service and advocacy for our communities.



Mu Phi Lambda History

Alpha Phi Alpha Fraternity Inc., Mu Phi Lambda Chapter was established in the Republic of Korea on December 31, 1977.

For almost 45 years, the chapter has supplied a voice and perspective to families and communities throughout the Korean Peninsula. Since our inception, the chapter has provided over \$225,000 in scholarships for outstanding college-bound graduating seniors of the Seoul, Osan, and Daegu American High Schools.

With their various programs and functions, Mu Phi Lambda strives to continue in the Alpha Phi Alpha tradition of leadership, scholarship, and achievement, continuing to be a positive institution on the Korean Peninsula.

Contact Information:

Website: <https://www.muphilambda1906.com/>
Facebook: Alpha Phi Alpha - Mu Phi Lambda
Instagram: Muphilambda_korea (instagram)

The American Legion PFC Paul E. Finn Memorial Post 37

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. "As long as there is a 'Veteran', The American Legion will never forget, and will always be here" The American Legion PFC Paul E. Finn Memorial Post 37 supports life-changing assistance and guidance for veterans, military personnel, and their families in thousands of ways every day around our military community. Help comes in the form of personal assistance, cash grants, donated goods, disaster relief, labor, networking, volunteerism and advocacy.

Contact Information:

Commander Charles Woods
post37cdr@gmail.com

Cobra Kai Striking and Brazilian Jiu Jitsu at USAG Humphreys

If you are interested in martial arts or are looking to sharpen your skills, the classes are led by Coach Brandon Mason and Coach Danny Cuello. Kickboxing classes are held on Tuesdays and Thursdays from 17:30-18:30 at Zoekler Gym. Brazilian Jiu Jitsu classes are held on Tuesdays and Thursdays from 18:30-19:30



at Zoekler Gym. The classes are free and open to beginners, intermediate and experienced strikers.

Daegu International Women's Association

The Daegu International Women's Association (DIWA) is a social and philanthropic organization founded in Daegu in 1973. Members meet monthly for luncheons, outings, activities, and classes. At the heart we are a social club of women who want to get out and explore this beautiful city and its culture. We truly want our ladies to get together and form lasting relationships that also continue outside of DIWA. It's much more fascinating to explore Korea with new friends who happen to know the language and are just as interested in learning about you. From 1973 looking on to next year as we approach our 50th Anniversary, DIWA continues to operate with the same hope and goals of fostering friendship between all the women, foreign and local here in Daegu. Whether they be foreign, expats, military, or local here in Daegu, all are welcome to join us.

Contact information:

Facebook Page - DIWA Daegu International Women's Association
Email: diwamembership@gmail.com

Iota Phi Theta Fraternity, Inc.

Iota Phi Theta Fraternity, Inc. (I Φ Θ) is a historical-ly African American fraternity, founded on September 19, 1963, at Morgan State University (then Morgan State College) in Baltimore, Maryland, and is currently the 5th largest Black Greek Lettered Fraternity.

Iota Phi Theta was established with the following purpose: "The development and perpetuation of Scholarship, Leadership, Citizenship, Fidelity, and Brotherhood among men.

As Iota Phi Theta continues to grow and strengthen, so will its commitment to make meaningful contributions to society in general, with particular emphasis in the African-American community. Throughout America, Iota Phi Theta has come to represent excellence in all areas. The Fraternity is, and shall forever remain dedicated to our founders vision of Building a Tradition, Not Resting Upon One.

Kappa Alpha Psi Fraternity, Incorporated
Republic of Korea Alumni Chapter (W)

Summary

Kappa Alpha Psi Fraternity, Incorporated is the beautiful realization of a vision shared commonly by the late Revered Founders Elder Watson Diggs, John Milton Lee, Byron Kenneth Armstrong, Guy Levis Grant, Ezra Dee Alexander, Henry Turner Asher, Marcus Peter Blakemore, Paul Waymond Caine, Edward Giles Irvin, and George Wesley Edmonds.

It was the vision of these astute men that enabled them on Jan. 5, 1911, on the campus of Indiana University at Bloomington, Indiana, to sow the seed of a fraternal tree whose fruit is available to, and now enjoyed by, college men everywhere, regardless of their color, religion, or national origin. It is a fact of which Kappa Alpha Psi is justly proud that the constitution has never contained any clause that either excluded or suggested the exclusion of a man from membership merely because of his color, creed, or national origin. The constitution of Kappa Alpha Psi is predicated upon, and dedicated to, the principles of achievement through a truly democratic fraternity.

Mission Statement

To encourage honorable achievement in every field of human endeavor; To promote the spiritual, social, intellectual, and moral welfare of its members; To assist the aims and purposes of colleges and universities; To inspire service in the public's interest.

Contact Information:

Shane D. Devera-Waden
Polemarch
Republic of Korea Alumni Chapter (W)
Kappa Alpha Psi Fraternity, Inc.
Phone: 010-7396-4434
Email: koreapolemarch@gmail.com
Website: https://business.facebook.com/roknupes

No Excuse Mom Camp Humphreys, South Korea

No Excuse Moms of Camp Humphreys, South Korea is a non profit organization, workout group and one of the over 350+ locations of the No Excuse Moms communities globally. The No Excuse Moms was founded in 2014 by Maria Kang and our community was established in 2020. The No Excuse Moms mission is to prioritize health and fitness through encouragement, friendship, community and support. We have many moms who volunteer their time to lead free



weekly workout meetups on Camp Humphreys as well as opportunities to explore South Korea by organizing outings to parks, playgrounds, kids cafes and more. Children are always welcome at the workouts and participation is encouraged. Currently the No Excuse Moms of Camp Humphreys, South Korea has over 675+ members and growing!

Contact Information:

Facebook: No Excuse Mom Camp Humphreys, South Korea
Email: noexcusemomsch@gmail.com

Objective Zero Foundation

Objective Zero Foundation is a US-based nonprofit that supports US service members and veterans across the globe, including Korea. Our mission is to connect the military and veteran community to mental health and wellness resources and to a network of peer support to prevent suicide through the Objective Zero App. The Executive Director can be reached by email: betsey@objectivezero.org or cell: 010-5801-5845

Social media handles:

Facebook: @ObjectiveZeroApp
Twitter: @ObjectiveZeroFd
Instagram: @ObjectiveZeroApp
LinkedIn: www.linkedin.com/company/objective-zero

OH Roller Derby - South Korea

OH Roller Derby is a Private Organization, primarily based on Camp Humphreys. OH, which stands for Osan/Humphreys, includes skaters, referees, coaches, and team support members from both bases. Presently, we are a Woman's Flat Track Derby Association style recreation Team. This means we do not compete against WFTDA certified teams, however we teach WFTDA skills. We have aspirations to become WFTDA certified, but we are limited until we have enough team members and meet eligibility requirements. We practice 2 times a week, Thursday at 1830-2000 and Saturday at 0830-1030.

Don't have gear? No worries. We have gear to borrow your first time and rent if you choose to continue. Feel free to come to any practice, just email/message us ahead of time to make sure we bring all the paper-



work and gear.

We accept skaters of all skill levels, over the age of 18, with base access. Don't skate but want to help? There are Referee and Non-Skating official (NSOs) jobs as well. Referees and NSOs, there's an extra perk for you! All of the time you spend helping out OH! counts towards your volunteer hours! All you have to do is log it online and you're set.

Contact Information

Instagram: OhDerby

Facebook: OH Roller Derby Team - South Korea

Email: ohderbyrecruiting@gmail.com

Please message us with any questions anytime and we hope to see you around!

Phi Beta Sigma Fraternity, Inc. Alpha Omega Sigma Chapter

Summary

Phi Beta Sigma Fraternity, Inc. is an international organization of collegiate and graduate, professional

men. The fraternity was founded on January 9, 1914, by three courageous young black students at Howard University in Washington, D.C. The founders, the Most Honorable A. Langston Taylor, Leonard F. Morse, and Charles I. Brown, desired to establish a Greek-letter fraternity that embodied the ideals of brotherhood, scholarship, and service. The founders were adamant about establishing an organization that saw itself as "integrated into" rather than "separate from" the larger community. They believed that people should be evaluated on their own merits.

The Alpha Omega Sigma chapter of Phi Beta Sigma Fraternity, Inc., was chartered on October 23, 1982, by six fraternity members stationed in Seoul, South Korea. The charter members, Bro. Leslie E. Williams, Bro. Albert Smith, Bro. Clifton L. Miller, Bro. Kevin P. Congo, Bro. Harold Burris, and Bro. Cedric Garner wanted to establish a new chapter to support the fraternity members assigned to tours in South Korea; the chapter is Asia's first graduate chapter of Phi Beta Sigma Fraternity, Inc. In 2018 the chapter relocated to Pyeongtaek (Camp Humphreys) from Seoul (Yongsan).

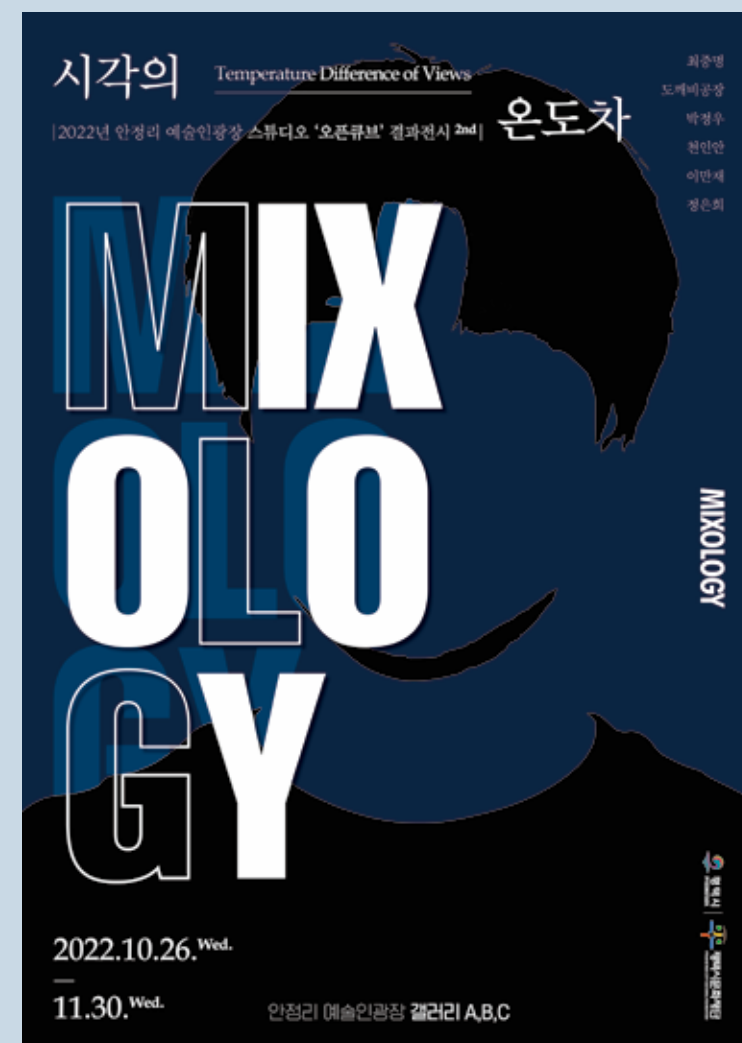
MIXOLOGY: Temperature Difference of Vision

By Sangjin Jeong, Art Director

From October 26, 2022 through November 30, 2022 the Pyeongtaek City Cultural Foundation is hosting an art exhibition titled "Mixology: Temperature Difference of Vision." Participating artists include Goblin Factory, Park Jung-woo, Lee Man-jae, Jung Eun-hee, Cheon In-an, and Choi Jung-myung. The Exhibition Venue is A, B, C Gallery at Anjeong-ri Artists Square (11, Anjeong Shopping-ro, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do). The featured art ranges from traditional silk painting to caricatures to sewed art. Admission is free and visiting hours are Tuesday-Saturday from 10:00-18:00.

We invite everyone From the USFK communities to come visit, celebrate the featured local artists, and learn more about Korean art, culture, and forms of expression.

For inquiries, please call 070-8874-3037 or visit our website <https://www.pccf.or.kr/main.do>.



Since its inception, it has recruited hundreds of new men of distinction (DA Civilians, Local Nationals, and Military) into the great band of Phi Beta Sigma.

Mission Statement

Men of the Alpha Omega Sigma Chapter of Phi Beta Sigma Fraternity, Incorporated will forever strive to: Maintain a strong commitment to brotherhood, scholarship, and service. Ensure that the Fraternity programs are focused and committed to serving humanity. Create an environment where the dignity and worth of all individuals are respected. Exhibit moral and ethical conduct; serve as a positive role model for others to emulate. Foster and nurture our constitutional bond with Zeta Phi Beta Sorority, Inc. Promote a closer, mutually beneficial working connection with other Greek-letter organizations, community service organizations, corporations, and local government. Be men of action with an established culture committed to advancing our communities through service.

Contact Information:

Email address: alphaomegasigmakorea@gmail.com
Facebook: Phi Beta Sigma Fraternity, Inc. Alpha Omega Sigma Chapter

The Republic of Korea Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated

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 Five-Point Programmatic Thrusts: Economic Development, Educational Development, International Awareness and Involvement, Physical and Mental Health and Political Awareness and Involvement.

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.

Team Osan Spouses' Club

Team Osan Spouses' Club exists to support the spouses and community of Osan. Our club is so much more than just socials. It is building a network of friends while in an overseas location oftentimes for a short while. We urge our members to make the most out of the short time here with learning the culture, traveling around the peninsula, exploring new surrounding coun-

tries, and meeting their neighbors around the Songtan and Pyeongtaek areas. Through our Thrift Shop we give back to Osan AB with community grants and scholarships. We hope that our members make lasting friendships and find a fulfilling way to spend their time while on the pen.

University of Maryland Global Campus

University of Maryland Global Campus is located here on the ROK and has representatives at most bases. The Humphreys office has program coordinators ready and happy to help Monday-Friday 0800-1700 located in BLDG 657.

Our Mission

The mission of University of Maryland Global Campus Asia is improving the lives of adult learners. We will accomplish this by:

Operating as Maryland's open university, serving working adults, military servicemen and servicewomen and their families, and veterans who reside in Maryland, across the United States, and around the world

Providing our students with affordable, open access to valued, quality higher education

Serving as a recognized leader in career-relevant education, embracing innovation and change aligned with our purpose and sharing our perspectives and expertise

Zeta Phi Beta Sorority, Incorporated

Zeta Phi Beta Sorority, Incorporated was founded January 16, 1920, at Howard University, Washington, D.C. by five coeds – Myrtle Tyler Faithful, Arizona Cleaver, Fannie Pettie Watts, Pearl Anna Neal and Viola Tyler Goings.

These five ladies envisioned a Sorority which would directly affect positive change, chart a course of action for the 1920s and beyond, raise consciousness of their people, encourage the highest standards of scholastic achievement, and foster a greater sense of unity among its members.

Since its inception, Zeta has continued its steady climb into the national spotlight with programs designed to demonstrate concern for the human condition both nationally and internationally. The Sorority takes pride in its continued participation in transforming communities through volunteer services



from members and its auxiliaries. Zeta's national and local programs include the endowment of its National Educational Foundation community outreach services and support of multiple affiliate organizations. Zeta chapters and auxiliaries have given countless hours of voluntary service to educate the public, assist youth, provide scholarships, support organized charities, and promote legislation for social and civic change.

Zeta Phi Beta has chartered hundreds of chapters worldwide and has a membership of over 100,000 members to include a chapter in the Republic of Korea.

The Pi Eta Zeta Chapter of the Republic of Korea was chartered on September 30, 1995 in Yongsan, South Korea and has been exemplifying the principles of Zeta Phi Beta Sorority, Inc., throughout the Korean Peninsula for over 25 years!

For more information about our organization, please follow our Social media platforms below.

Facebook: Pi Eta Zeta Chapter - Korea Zetas
Instagram: Korea_Zetas
Official Website: ZPhiB1920.org



By Sarah Anne Hoyt

This recipe is a very special one for fall for my family — Grandma's Turkey Cookies. My grandma on my dad's side was a central figure in my life as a child. My younger brother and I lived very close to her and my grandfather, and we spent much of our childhood in Grandma's kitchen or around her table playing card games. These turkey cookies were a staple at Thanksgiving and at Christmas especially, but she would make them on request for any of her twenty-one grandkids.

Ingredients:

4 1/2 cups sifted flour
1 tsp baking soda
1 tsp salt
2 tsp cinnamon
1 tsp ginger
1/2 tsp cloves
1/2 tsp nutmeg
1 cup vegetable shortening
1 cup sugar
1 cup molasses
1 egg
1 tsp vanilla

Steps:

1. Mix together flour, baking soda, salt, and spices.
2. Beat shortening and sugar until fluffy.
3. Add molasses, egg, and vanilla.
4. Stir in flour mixture 1/3 at a time, blending well; makes a soft dough.
5. Cover and chill for 4 hours or overnight.
6. Roll out to 1/8 inch thickness on lightly floured countertop.
7. Cut with cookie cutter and bake on ungreased cookie sheet at 375 degrees for 8 minutes.

Frosting:

2 egg whites
1 tsp lemon juice
Flavoring if desired
3 1/2 cups powdered sugar

Mix together and spread on cookies when cooled.



Meet Your Next Favorite Book!

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



K-POP NOW! THE KOREAN MUSIC REVOLUTION, Mark James Russell

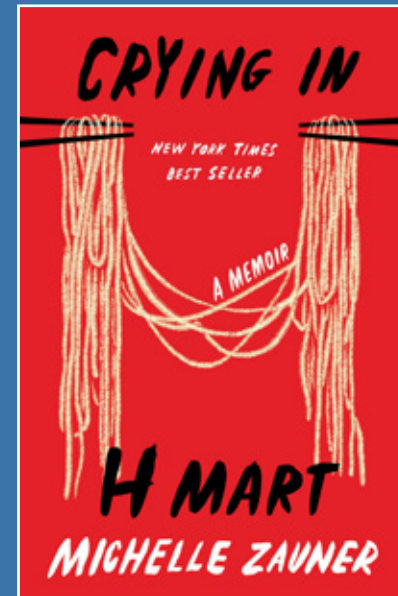
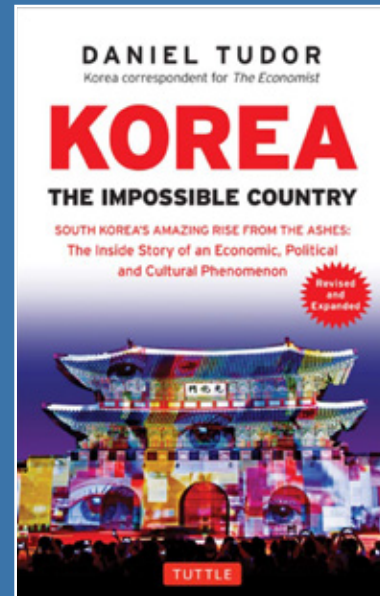
A book that provides profiles of current K-Pop artists, interviews with top artists, a peek at the K-Pop idols of tomorrow, and an overview of trendy hangout spots in Seoul.

KOREA: THE IMPOSSIBLE COUNTRY, Daniel Tudor

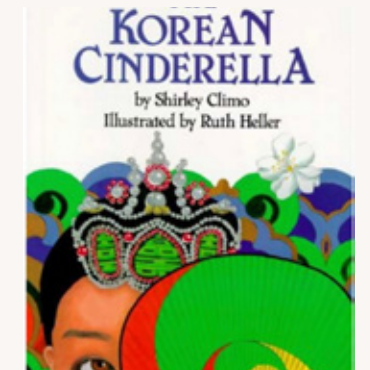
A book that traces Korea's transformation over fifty years from a tradition of authoritarian rule to an economic powerhouse.

CRYING IN H MART, Michelle Zauner

Indie rock sensation known as Japanese Breakfast shares her experience growing up as one of the few Asian American kids at her school in Eugene, Oregon and the reckoning with her identity that she experienced following her mother's diagnosis of terminal cancer.



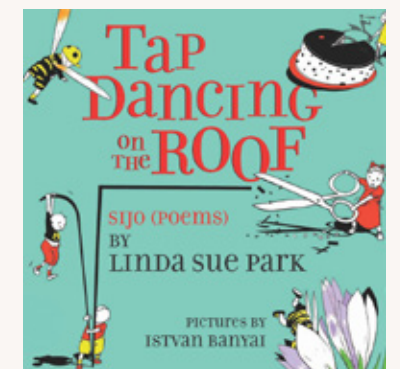
Chronicle of a little boy in America writing to his grandmother in Korea



The Cinderella story retold, incorporating Korean customs



Positive affirmations and cultural pride



A compilation of poems, called sijo.

Do you have a suggestion or book review?
Contact unitedontherok@gmail.com

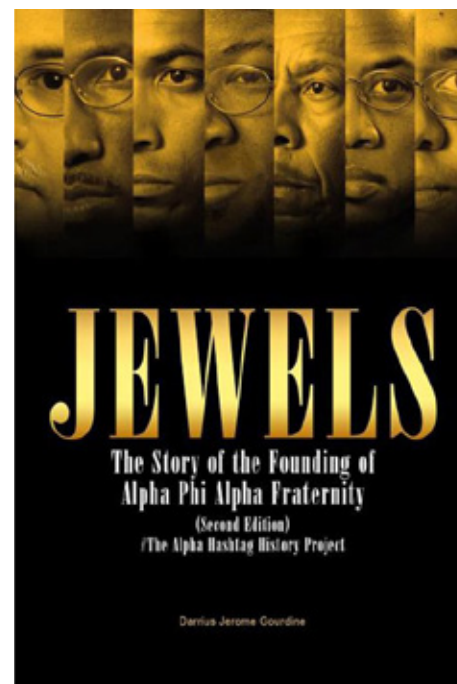
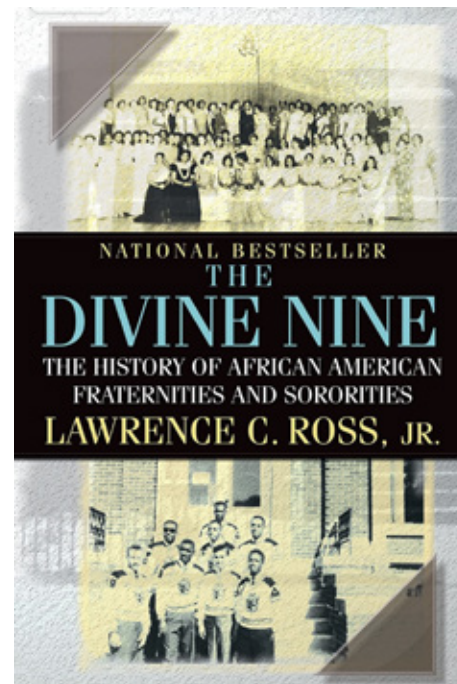
Recommended Reading to Learn About African American Fraternities and Sororities

On Saturday, September 24, representatives from groups and organizations were invited to a photo shoot for the November issue cover photo. The majority of individuals who showed up that morning represented sororities and fraternities present across Korea. When asked about a book he would recommend on leadership, Alpha Phi Alpha Fraternity Inc., Mu Phi Lambda Chapter member L. Tyrone Randall brought up *The Divine Nine: The History of African American Fraternities and Sororities* by Lawrence C. Ross Jr.

The Divine Nine is a historical analysis of the nine historically African American fraternities and sororities that make up the National Pan-Hellenic Council. The book reviews the history and achievements of the divine Greek organizations. The book also includes interviews with famous members of these organizations such as Langston Hughes, Ella Fitzgerald, Toni Morrison, Colin Powell, John H. Johnson, and Shaquille O'Neal.

Black fraternities and sororities in the US have provided critical and meaningful opportunities for young black achievers to support each other while serving their communities and the nation. The fraternity and sorority chapters at USFK installations in the Republic of Korea are continuing the history of brotherhood, sisterhood, and service by supporting the community on base, supporting welfare organizations off base, providing scholarships, and providing a community for its members. This book is a great read for anyone interested in learning more about the divine nine and anyone looking to develop an understanding of the importance of organizations as support networks for its members and as avenues to engage with the community.

Alpha Phi Alpha Fraternity Inc., Mu Phi Lambda Chapter member Dennis C. McCallum recommended reading *Jewels: The Story of the Founding of Alpha Phi Alpha Fraternity* (Second Edition) by Darrius Jerome Gourdine. The novel is based on the founding of Alpha Phi Alpha as told by each of the 7 Jewels. They meet one another for the first time. They plan, argue, laugh, and recount all that they went through in 1905 and 1906. This book also contains The Alpha Hashtag History Project. At the top of each page, there is a hashtag, which you can search for on Facebook, Instagram and Twitter. The hashtags are facts about individual chapters of Alpha Phi Alpha Fraternity that most people probably don't know.



A Look at *Of Ashes and Dust* by Ron Roman



In Ron Roman's debut novel, the protagonist, Professor Will Watson, is a Vietnam War veteran who is struggling to fit into American society around the Millennium after his war days are long over. He is a complex character that the reader cannot take at face value.

Ron Roman is a thoughtful, insightful, emotionally driven, and an inspired writer. He writes with vivid interplay among characters, using the characters' personal interactions to illuminate social and cultural divisions in the United States.

Of Ashes and Dust will be published by Histria Books on November 22, 2022 and is available for purchase on Amazon, Barnes & Noble, and other retail outlets. Check out his website www.writerron.com.

[writerron.com](http://www.writerron.com).

Author Ron Roman served in the U.S. Army from 1975-1978 in Texas and later in the Republic of Korea

for a year. Most recently he taught English and the Humanities for the University of Maryland Global Campus (UMGC) from 1996 until May 2020 all over the Indo-Pacific Command as associate professor. His academic, travel, op-ed, and miscellaneous articles have appeared in regional, national, and international publications. *Of Ashes and Dust* is his debut novel.





Scouting My Way to the Philippines with Lemonade

By Tatiaunne Duffy



My parents have always taught me that hard work pays off. When I found out about an opportunity to go camping in the Philippines, I knew I had to start fundraising as soon as possible. I sat down with my mom and dad, and we brainstormed different ideas of things that I could do to earn money. A lemonade stand was one of the first ideas that came to mind.

After asking permission from our realtor and management company for our community, I had to pick a date and time. That was the hard part. I didn't know what day and time would be most successful. As a homeschool student my schedule is flexible. The day I chose happened to be a day off for the soldiers. I originally planned for the stand to be open from 12-3 but I reminded my mom that the bus with the older kids didn't arrive until 4 so she let me keep the stand open until 5.

After the plans were set, it was time to prepare for the lemonade stand. I worked to make my banner and dug out a few left-over decorations from my birthday party to spruce up my table. My mom took me shopping for lemons. I think we bought over 100 of them.

The day of my lemonade stand, my mom and I woke up at 6am to start getting everything ready. I hand squeezed every single lemon. I baked two dozen lemon cupcakes as well. I got many compliments on my lemonade, and I sold out of cupcakes within an hour. I am so grateful to everyone who donated and bought some lemonade or cupcakes from me. I love how my small community of Forest Heights really came together to make my stand successful.

I plan on doing more fundraising soon. School has

started back up, so I have been a little busy. This trip is important to me. It's a once in a lifetime opportunity that is available because a troop in the Philippines invited my troop here at Humphreys. If I was still scouting in Ohio, I would never have got the chance to go to the Philippines.

It is important for me to pay for this trip myself because I want to show myself and others that I am responsible. I don't want to always ask my family to pay for my trips or gear. My mom works hard running

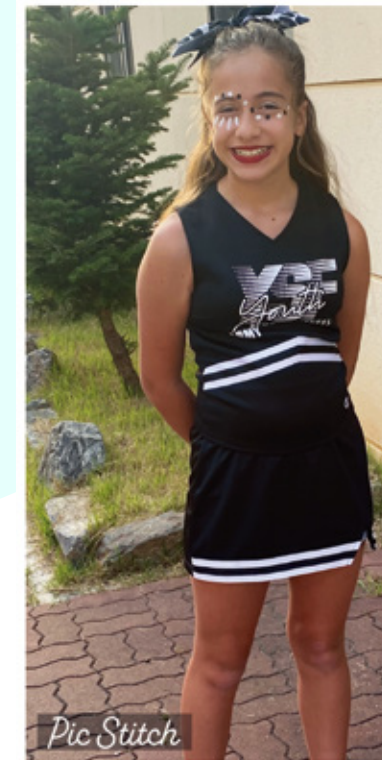
her home based business and of course my dad works hard at his job in the Army. I see their work ethic and I want to be just like them. I never want to feel that things were just handed to me.

I want to be a role model and leader for other scouts. I think it is important for scouts to take charge of their scouting adventures. Soon I hope to do more fundraising with friends who are also planning to

attend this camping trip. I know our troop is hoping to fundraise as well.

I can't wait to see what other opportunities we get with scouting, and I hope that I can be an inspiration to young scouts everywhere here in South Korea. Dream big and never stop trying to achieve your goals.

Scouts has been great for me and my family. We've learned so much and I have made lifelong friends. Scouts gives you the tools to become great leaders one day. It's not all hard work though, we have a lot of fun at our meetings and campouts. If you are a child or have a child ages 5-10, please check out your local cub scout pack and children 11 and up should check out your local Boy Scout troops.



Places Across the RoK to Celebrate Veterans Day

Panmunjeom (Joint Security Area)

Panmunjeom is located in the Demilitarized Zone (DMZ), north of Seoul, where the Armistice Agreement was signed on July 27, 1953. Panmunjeom is within the Joint Security Area, within the Civilian Control Zone. Visitors can tour the area through tour agencies. For more information, call 1330 or visit the website www.panmuntour.go.kr.

- Address: 148-40, Imjingak-ro, Paju-si, Gyeonggi-do (경기도 파주시 문산읍 임진각로 148-40)



The Seoul National Cemetery

The Seoul National Cemetery is located in Seoul near Gwanaksan Mountain, overlooking the Hangang River. 165,000 martyrs, soldiers, police officers, and reserve forces have been laid to rest here, and the Memorial Tower holds memorial tablets of about 104,000 soldiers who died during the Korean War but whose bodies were not found, as well as the remains of roughly 7,000 unknown soldiers. Here you can visit the Memorial Gate, Memorial Tower, Chungseong Fountain Tower, Holy Ground, Photographic Exhibition House, Educational Movie Theater, and Relics Exhibition House.

- Address: 210, Hyeonchung-ro, Dongjak-gu, Seoul (서울특별시 동작구 현충로 210)



The United Nations Memorial Cemetery in Korea

The United Nations Memorial Cemetery in Korea is a UN-designated cemetery in the world, on land volunteered by the Parliament of Korea in August 1955, to honor the service sacrifice by UN forces during the Korean War. This is a place where you can pay your respects to all those who fought in the Pusan Perimeter, a large-scale offensive by UN forces that lasted for six weeks, from August 4 to September 18, 1950.

- Address: 93, UN Pyeonghwa-ro, Nam-gu, Busan (부산시 남구 UN평화로 93)



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LeahCole's Delights

Hi,

everyone! My name is Dymen McCoy and I am the woman behind the batter. I got started in January 2020 as a mere hobby back in Co-

lumbia, SC while being a new mom to our daughter and that quickly bloomed into a business! My husband and daughter are my driving force behind everything that I do. We decided to name the business after her, LeahCole's Delights (Dyleah Nacole).

I have enjoyed baking for as long as I can remember and never thought I'd be able to share my love of hospitality & comfort mixed in with a little sugar but here I am and I am so happy to be here! Every cookie and every cake that leaves my hands, I skillfully and carefully craft to create a memorable feeling and experience for you. I am somewhat of a perfectionist (but who isn't) so I bake and design with precision and love!

We are still in somewhat of the beginning stages of our new journey here in the ROK, but we cannot wait to see what it has in store for us!

The holidays are my absolute favorite time of year starting in October. From celebrating everything Fall, to our daughter's birthday, thanksgiving, my birthday and Christmas... It's honestly the best time of year for me. Since starting my business, I love to spread my joy for the holidays by being able to offer desserts that go along with all those holiday cheerful feelings! This year, I'll have a range of fun and memory filled desserts to include Hot Cocoa Bombs because who doesn't love a good cup of hot chocolate right?! Hopefully, you'll get to enjoy some this Christmas!



Facebook: LeahCole's Delights LLC
Instagram: leahcoles_delights
Website: www.leahcdelights.com

Ruthyarn



I

am a macramé artist in South Korea. I am the owner and designer of Ruthyarn and have been creating products for

almost six years.

I love new creative challenges and lately I've added handmade 'object' candles, and plaster arts such as trinket trays to my product line. I love creating home decorations for your comfort, as well as for romantic days and evenings.

These are the motivations that keep me going. It's my wish that you enjoy my work and productions, and that you invite my creations into your home.

I primarily sell my products through instagram @ruthyarn. If you are planning for the upcoming holiday season, please visit my page and enjoy seeing my products.

Eunhye Cho, CEO of Ruthyarn
TEL: +821090992301
E-mail: ruthyarn@naver.com
Instagram: ruthyarn



Nuttin'but Yummy



My name is Yammy Eells, I was born and raised in Bangkok, Thailand. I have been a military spouse since 2009 and I am the proud owner of Nuttin'but Yummy (Humphreys Home-Based Business approved).

I learned to cook from my father growing up in Bangkok. Cooking was his passion. After getting married, I moved to Germany where I was able to experience authentic European food. I fell in love with the pastries and baked goods. I started learning how to make these new foods by going through cookbooks and with the help of my German friends who allowed me to have some of their recipes. I tested many variations of each recipe until they were perfected, with my husband being the test mule to get honest feedback. He grew up in Germany as well as Japan, so he was able to give me honest feedback on European foods as well as Japanese foods once I went down the path of learning those.

After Germany, we were stationed at Fort Campbell for eight years and that's where I got my feet wet with cooking as a business and learned the ins and outs of cooking for larger groups.

In 2019, we came to Korea. I immediately went through the Home-Based Business training and food handler's course on post and received my Home-Based Business certification. I am at nearly every large event on Camp Humphreys and have just started to attend events at Osan Air Base.

Services/Products: Authentic, made from scratch Thai food. Asian & European cakes, baked goods and pastries. Individual orders and small to medium scale catering services.

Everything is made to order with fresh ingredients from start to finish down to dumpling wraps and noodles. I offer big trays for small events such as a gathering, birthday party, ceremony, baby shower, etc. Delivery is available anywhere at Camp Humphreys with a small delivery fee. Slightly higher fee for delivery at Osan Air Base.

My Facebook business page is: Nuttin'but yummy

I ask people who would like to order to visit my Facebook business page Nuttin'but Yummy. As I am a one woman business, please schedule at least 24 hours in advance for regular order and a week in advance for catering service as I have many orders on any given day.



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Honoring a Veteran of the US-RoK Alliance

Richard Neal Carter

By Caitlin Ward

Since the Korean War ended in July 1953, the US has maintained a force presence in South Korea to serve as a deterrent to the nuclear-armed North Korea. The presence of US forces has provided security and stability for the country, which has supported corresponding economic benefits. In less than a century, South Korea has built a stable democracy, rapidly transformed its economy from low-income to high income, and become a global leader in technology and innovation.

This article highlights US Army Veteran Richard Neal Carter, who served in Korea from 1973-1974. Richard is the Uncle of United on the RoK's regular contributor Jetta Allen.

Richard Neal Carter describes military service as a tradition in the Carter family. Richard's uncles served in

World War II, the Korean War, and the Vietnam War. In his immediate family, six of the nine brothers, including himself, joined the military. Richard and one of his brothers served in South Korea, two brothers served in Vietnam, one brother served in Okinawa, and one served in Germany. The family tradition has continued. Richard's son served as a Black Hawk Helicopter crew chief in the US Army for six years, in Afghanistan, Iraq, and Germany, and his four nephews served in Afghanistan.

Joining the military gave Richard, a young man from the small agrarian town of Dale, Oklahoma, the opportunity to live and work alongside people from other cultures, to see other parts of the world, and to further his education through the GI Bill, eventually attaining a Graduate Degree from Oklahoma State University.

Richard joined the US Army in April of 1972. After finishing his basic training at Fort Leonard Wood,



MO, Richard started his Military Occupation Specialty training as an Engineer Missile Equipment Specialist (MOSC 62C20 and 62C30). His training with the Nike-Hercules missile system overlapped training with the Chaparral missile weapon system. Upon completing his training in 1973, Richard received orders to serve in the Republic of Korea for thirteen months; he was excited for the adventure ahead.

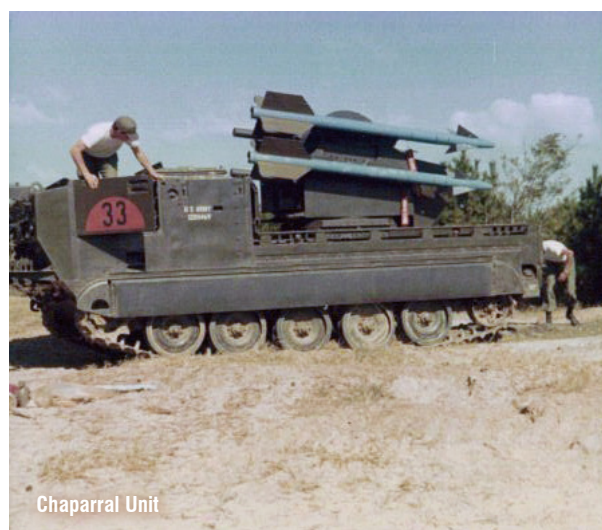
Richard was detached to the 2nd Infantry Divi-

sion as a Chaparral Systems Engineer in the 90th Ordnance Detachment at Camp Casey, located just outside the small village of Tongducheon. As a systems engineer for the Chaparral Air Defense, Richard and his unit maintained the hydraulic system, power plant, generators, heaters, air conditioners, and testing of the missiles and control systems for that unit.

Richard was immediately enthralled by the resourcefulness of the Koreans and the kindness they showed to service members. He described them as "wonderful and gracious, with a beautiful country and culture."

Soon after arriving, Richard became friends with the motor pool helper Kang Un-Muen, who Richard called "Chingo," the word for "friend" in Korean (친구). Chingo spoke English at a very high level and taught Richard some basic Korean. He served the US service members as their tour guide and interpreter on occasional trips to Seoul and around the Korean countryside.





Chaparral Unit

“
The MIM-72A/M48 Chaparral was an American self-propelled surface to air missile system based on the AIM 9 sidewinder air to air missiles. The launcher was based on the M113 family of vehicles. It entered service with the US Army in 1969 and was phased out between 1990 and 1998. It was designed to be used alongside the M163 Vulcan which covered short range targets and the Chaparrals covered the long range targets.”

– Richard Neal Carter



Camp Casey Billboard

“Mr. Kang was a good man and most revered by all of us in the 90th Ordnance Detachment,” said Richard.

During his tour in Korea, Richard enjoyed seeing the sites of Seoul, exploring other cities in Korea, and watching soccer with his buddies at the tea houses in the Ville on weekends.

Richard also enjoyed his work. He recalled that one of the most exciting experiences he had was going down to the sea and setting up the Chaparrals to fire. He remembered “watching them shoot down bats,” the term for fake aircraft. “The Chaps were amazingly accurate.”

While there was much to enjoy, his tour also came with some challenges, such as the very cold weather in 1973.

“We worked in an old tin barn at the motor pool so staying warm was difficult, but I had a box van assigned to me to do my testing and repair in, so naturally, I used my engineering skills and jazzed up the heater. My van was a popular place with my buddies to gather and they would bring hot coffee and donuts for us to enjoy.”

Another challenge was the boredom during monsoon season. “Rain, rain and more rain for a few weeks,” Richard vividly recalled. “Too wet to travel, too wet to enjoy work, so most of the time, my buddies and I would play cards and listen to music and play pool.”

“One of the most difficult challenges at Camp Casey was when the North Koreans were rattling their sabers on a cold month and we were called up on ‘alert.’ It was a very cold night and everything had to be loaded and lined up. The motor pool was now empty and all the vehicles lined up and ready to move out. The only problem was we were static for several hours, which required generators for light and heaters to operate properly in the officers’ jeeps. Many Jeep heaters were not working. I repaired many of them and kept the generators running all night with help from my squad.”

The alert was eventually called off. “The North Koreans did nothing but growl...me and my buddies only thought we missed kicking some North Korean tails at the time.” Richard and some other members of his unit later received Army Commendation Medals (ARCOM) for their efforts under the stressful situation that night.

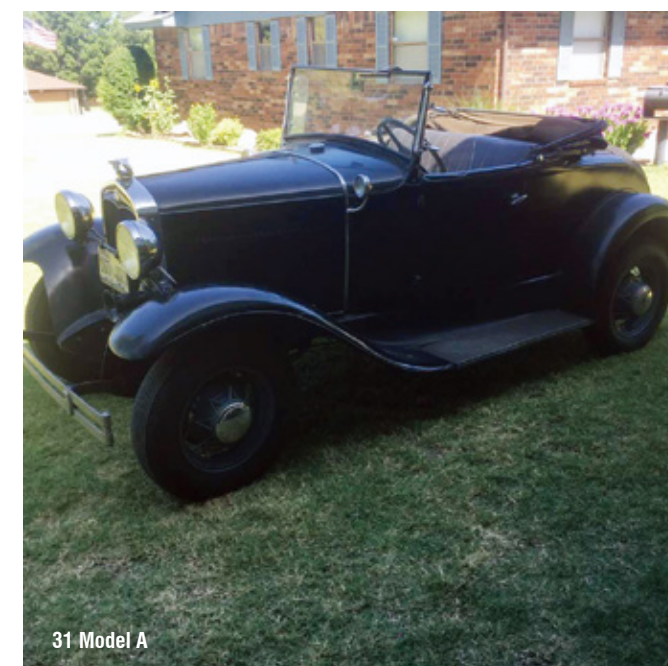
Richard enjoyed working as a Chaparral Systems Engineer for the remainder of his military service, which ended in April 1975.

Upon his discharge from active duty, Richard went into the automotive repair business, specializing in high performance street rods and speed boats, and learned the repair trade from the man who owned the shop. On top of his day job, Richard had a small shop at home where he repaired smaller engines on motorcycle and outboard boat engines and pursued his degree at the local community college on the G.I. bill.

After about twelve months of working and studying at the community college, Richard was encouraged to apply for a Power Equipment Technology Instructor position at the local Technical School. In that role, he would teach students how to handle air cooled gas engines such as motorcycles, small outboards, and lawn-garden equipment. He credits his military training for helping him get the position and recalled that his service was brought up in the interview. Richard had a 21-year career at the Technical School as an Instructor and Administrator of Summer programs, all the while completing his Bachelor and Masters degrees in Trade and Industrial Education/Administration from Oklahoma State University in Stillwater, OK

Following retirement from the Technical School, Richard worked for the State of Oklahoma as a Senior Interviewer and Claims Technician for unemployed persons, placing them in areas of occupation that fit their abilities and training. Richard subsequently worked for ten years in the Unemployment Claims Department, processing claims. In total, Richard had dedicated 36 years to public service, to include his military service.

Today, Richard enjoys working with and driving his 1931 Ford Roadster and working in his shop with small projects. He attends Veteran programs in his local area and showcases his car at Veterans parades and gatherings. Richard and his wife Kathleen (RN-ret) also enjoy visiting Presidential museums while traveling in their RV. He says, “Life and God have been good to this ole GI!”



31 Model A



Word From the Wise: A Conversation with Veteran Charles Woods

By Caitlin Ward

We sat across from each other with our coffees like old friends. It reminded me of the group of men I would see outside a coffee shop every morning on my way to school. Every morning they got together in brotherhood and friendship, and always had something to discuss. Charles and I have only known each other for a few years and this was the first time we had sat for coffee together. The nostalgia and sense of familiarity that I felt was a feeling he brought into the cafe with his calm and warm presence.

Charles served in the Army for twenty years. From 1974, two years after joining the service, to 1977, Charles was sent to South Korea where he served at Camp Casey, Humphreys, and Yongsan. He recalled working at the post office in Yongsan processing money orders. In one year, he processed over \$10,000 and he vividly recalled the fear and pressure he felt during his first audit. Charles was sent to Korea again from 1984 to 1986 to serve in the Field Artillery Unit at Camp Stanley in Uijeongbu. His third tour in South Korea was from 1987 to 1991 in 2ID at Camp Humphreys.

Between his assignments in Korea, Charles served in Germany, Fort Knox, and Fort Sam Houston. After completing his third tour to South Korea, Charles went to Aberdeen Proving Ground in Maryland where he served from 1991 to 1993 and then retired from service. From there, he went to Tennessee where he took a job as a Dishwasher because at the time, military admin jobs didn't translate to civilian admin jobs. In 1994, Charles returned to Camp Humphreys as a civilian to work in the Transition Center. He worked there until 1999.

Charles is very empathetic. He understands this assignment is hard for some. The very first thing Charles remarked on when we sat down together was his opinion on command sponsored families



being separated, for example the family being based at Camp Humphreys but the service member being stationed at K16 or Yongsan. "The families used to be together," he said. "Since units have been downgraded, some families are separated and it's hard on them. Once you're here, it's too late to say, 'I don't want to be here.'"

His tours were not hard, he said, because he's versatile and likes to make the best of any situation. He's also had support, sense of purpose, and sense of belonging from the organizations he has engaged with.

The first organization he joined was the Masonic Organization in 1987. He explained that the purpose of the Masonic Organization is to make life easier for each other. It is a fraternal organization that supports and hosts events, drives, and in Charles' words, "makes good men better men, for the community." In 1994, Charles joined Veterans of Foreign Wars; in 2001, he joined Morning Calm Ministries; in 2015, he joined the American Legion; and in 2022, he committed to volunteering with the USO.

When asked how he initially got connected to the Masonic Organization, he pointed to networking.

"If you don't talk to people, if you don't go to events, you are never going to meet anybody and you won't know what the community has for you."

He continued, "You're not going to be in the military service forever. You're going to need to get connected to organizations for help dealing with VA claims, issues with Congress...regardless of how you have separated from service, these organizations can help you navigate hospitals and other resources. You can find friends. In organizations, everybody has a job, every month we give updates and talk about issues."

His point is clear: organizations give you a support network and a purpose in the community that is greater than yourself. Having a responsibility to your community is a way to stay focused and make the best of any situation. That being said, the core of the advice from Charles Woods is simple: "Put down your phone, look around, and talk to people."



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A Message From Marine Corps Reservist Chris Gonzalez: *Find Your Community*

By Caitlin Ward

Years ago. I was working for a nonprofit in the state of Maryland based in Burtonsville with an extension office in Columbia. One day, a new company moved into the building where our extension offices were located and I, as the Community Outreach Director, took the opportunity to introduce myself and propose the opportunity to collaborate. It has been a long time but I will always remember that cold call was greeted with a warm welcome by Chris Gonzalez who invited to formally present our organization in a meeting to the business owners. No small talk, right down to business.

He made me feel welcome in the way that people used to the military lifestyle can: skipping the small talk and going straight into conversations about how to make the community a better place for everyone.

We have kept in touch over the years; sometimes I reach out to ask his advice on something, he relays his support for projects I am working on, and frequently I see posts on his LinkedIn feed about great things he is doing for traumatized youth on the East Coast or for veterans. He is a wholesome person.

At the launch of this magazine, I set the themes for the monthly issues. As I began working on the August issue, I started thinking about who I would reach out to for the veteran-focused November issue. Chris's name kept popping up in my head and it was random because he and I hadn't spoken at length about his service experience and he is not serving in Korea currently. As I began to meet with Veterans and recognized the recurring theme of community, I felt a stronger pull to reach out to him. Just as he had done years before, Chris was immediately responsive to me and he set up



a meeting. We connected and he shared the article he had written on "The Importance of Veterans' Community Health" and the work his organization had done to develop the Veteran Wellness Model. This work and research reinforces the message that we need to do more than build a support network or join a group, we need to insert ourselves and engage,

I interviewed Chris to provide a snapshot for you of the experiences that led to the development of the Veterans Wellness Model.

Joining the Marine Corps

Chris Gonzalez enlisted in the Marine Corps in Spring of 1999. He was in college at Frostburg State University, it was spring break, and he decided to do it. His parents weren't thrilled. He was excited. That summer he went to boot camp.

The idea of joining had been brewing in his mind for years. In high school, he had played as an offensive lineman and had the build for it. A few years later, he had grown lean and considered himself a fighting weight.

There was some influence from his extended family that had been there since he was young. His cousin is a Marine, his uncle was a soldier in the Army, and both of his grandfathers served during WWII; one played baseball for the Army. He also described himself at that time of his life as "going through the motions" — he didn't know what he wanted to do and he felt like enlisting was a calling.

When asked why he joined the Marines, the "cheesy answer" is that he joined the Marines because it presented the "biggest challenge, it's the branch that offers the biggest risk and reward, and Marines are the most tight knit group of all the services." The honest answer is that Chris joined the Marines because "I've been kind of a meathead my whole life so it just kind of fit."

Chris said, "My perception of what military life would be was based on what people told me and what I saw in movies and media. Full Metal Jacket is one all marines have watched. Heartbreak Ridge. You think it's a hard core lifestyle. It's not all the time. I understood what Marine Corps boot camp would be, hard core training, but I didn't know what the rest of my career would be."

"I went into infantry light armored reconnaissance. I learned to shoot and fight and survive, but I didn't know what to expect on the ground. This was before 2001, I was just joining to accept a challenge and see if I could hack it."

Chris enlisted in 1999 and served in the Reserves until 2005. He transitioned out of the Marine Corps Reserves in 2005 after one deployment to Iraq, because he was in a serious relationship at the time.

Transitioning out of the service wasn't hard because as a Reservist, he had been transitioning for his entire Marine Corps career — weekend reserve training, back to civilian life, deployment, back to civilian life. Also, he described transitioning out of the Reserves as more informal than the Active Duty process.

In 2010, Chris reenlisted in the Marine Corps

Reserves. A combination of influences drew him back to service, though he had some reservations. First and foremost, his parents and wife at the time were hesitant. He knew that reenlisting would put a huge strain on his marriage and he was also the father of a newborn daughter. The pull was strong but the external factors made the decision difficult.

Chris would not describe his family as pro or anti military, but they were extremely apprehensive about his decision to reenlist because they, and others, thought he should stay home with his daughter. He wrote emails to friends and mentors seeking advice



because he felt a calling. Some people thought he was joining for selfish reasons. They said, you're just one person, what difference is it going to make if you go?

Chris recalls that at the time, he was working with a nonprofit in Salisbury, Maryland that brought in homeless veterans, cleaned them up, gave them vocational training, and got them off substances. The nonprofit needed a big group home. They were working on fundraising to buy a group home when it was unexpectedly donated by a man.

Chris went to the grand opening and remembers the donor was a short, soft spoken Haitian man. When he was asked to explain why he donated the property, the man recounted that as a young boy in Haiti, it was very dangerous. The man said he would never forget how the Marines kept him and his family safe. He swore that one day that he would repay them.

Chris was affected by the man's gratitude to the US

Marines and all that he had been able to accomplish; the man had become a wealthy property owner in Maryland, an example of the American dream. Chris also saw the ripple effect, how the efforts of Marines affected the man's life and he in turn affected others.

Around this time, Chris had attended a funeral where someone brought up the Civil Affairs Unit. In 2010, US forces were active in Afghanistan and drawing down in Iraq. Chris understood that the success of the Civil Affairs Unit meant more Marines could come home; if Chris joined the Civil Affairs Unit and did a good job, other Marines could come home to their families.

He also thought about the impact he could have for civilians. What if the work he did created opportunities for little girls in Afghanistan? Chris felt torn between being home with his daughter and setting an example for her.

Ultimately, the pull to the Civil Affairs Unit was the strongest because it combined his experience as an infantryman and his civilian work doing community stakeholder engagement. Chris reenlisted in 2010 and recalled the reenlistment process involved a lot of administrative paperwork, like his initial experience enlisting, but he stuck through it.

Chris has been serving in the US Marine Corps Reserves Civil Affairs Unit since 2010. The position involves going out to a foreign country and looking at stability from a holistic view, versus a security view. In his role, Chris engages the community in a smart way, interacting with community stakeholders to impact public health, governance, education, and equal opportunity. Soon after reenlisting, Chris deployed to Afghanistan.

When asked if there is a service member he has a fond memory of, Chris explained that there have been many eras of his Marine Corps career.

"In Boot Camp, you have such a memorable experience with people from different walks of life. Then in 2003, I deployed to Iraq and I was in a light armored vehicle, which is a cross between a tank and an armored car. I lived there with seven people for eight months. Then in 2010 and 2011 I went to Afghanistan. I was a team chief. Still in touch with the groups I deployed with."

"You love and you hate the people you live with and deploy with, but you never forget them."

Another thing people never forget is good leadership. Chris described good leaders as those who live what they want their people to be; exemplify what they are looking for.

"If you want your people to go above and beyond, then you must do twice as much and drive twice as hard. If you want them at work early, get there before them."

The Veteran Wellness Model

Chris is part of the team that developed the Veteran Wellness Model. The model is grounded in both research and first-hand experience and the purpose is to enable Veterans (and family members) to evaluate whether their health and wellness needs are being met. Using this model, veterans and their families can identify which areas are strong within their support system, and where additional resources may be needed.

In his article published on the A-G Associates website, Chris explains:

When individuals leave home to attend basic training, they are asked to strip elements of their individuality. In exchange, they are issued pay, uniforms, and a new community. Within this new community, service members learn the importance of rank, leadership traits, and the benefits of working as a team. This new community provides a sense of belonging and purpose, which grows as service members progress in their military careers.

When service members arrive at their first duty station, they become part of a new community where they will work, live, exercise, and in some cases, leave their loved ones and deploy together. They will also have their medical needs met and are given clear instruc-



tions on how to access assistance. As service members accumulate years of service and attain higher rank, their stature within their communities becomes more significant. Through each stage of their career, service members have connections with mentors who help them cope with career progression, medical needs, leadership challenges, family life, and many other issues profession-

al and personal issues.

Upon leaving active duty, many veterans look to the VA to provide the physical and behavioral health resources that were previously provided while in the military. Unfortunately, community health resources are not part of the VA's list of services. Community health refers to the veteran's ability to find a new community, develop healthy relationships, and adjust to the culture. The new challenge for veterans becomes finding that same sense of belonging and purpose that was part of the military community.

As a civilian, Chris does most of his work in the substance abuse and mental health community, which allows him to help veterans dealing with these issues. His work as a Reservist also allows Chris to provide advice to those transitioning out of the Marines. His chief advice for veterans is to get involved with a community.

"Do not just focus on career and money. Some people thought they had things planned out. They went into a career where they were making great money, and were miserable. Being in the military is your job and lifestyle. When you transition out, service is still part of your personality. People don't plan for the void of the community

that they've had in the military. You feel the void when you're not around people like you. The void can be filled by joining a group that makes you feel valued and part of something. Join a community with like-minded people who make you feel valued by others and where you play a role and can contribute to the group."

Studies have shown that individuals with a support network are better equipped to deal with stress and trauma. So get out there and join a workout program, be active in church, volunteer for a nonprofit, join a social club, or any activity that enhances your connections with others in a community.

Chris Gonzalez is the President of A-G Associates, a Service-Disabled Veteran-Owned Small Business. Chris is a combat veteran with tours in Iraq and Afghanistan as a U.S. Marine. Chris currently serves in the Reserves as an instructor at the Marine Corps Security Cooperation Group and previously served at the Marine Corps Civil Military Operations School. For more information about the Veteran Wellness Model or Team RBMC, please contact Chris Gonzalez or visit <http://rbmanagement-consultants.com>. You may reach him by email at cgonza-lez@a-gassociates.com.

NOVEMBER ACTS OF KINDNESS CALENDAR

FOR HOME, SCHOOL & THE COMMUNITY

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

Hug a Family Member

Start a gratitude journal

Let someone go ahead of you in line

Hold the door for a stranger

Smile at everyone you see!

06

07

08

09

10

11

12

Tell a funny joke

Recycle

Make a craft to give

Read a book to a family member

Color a picture for someone

Use your manners

Write a Thank You note

13

14

15

16

17

18

19

Donate old toys

Give out compliments

Stick up for a friend

Help clean up after dinner

Pick up litter

Help clean a mess you didn't make

Play a game with friend, sibling, or family member

20

21

22

23

24

25

26

Bring someone flowers (or a draw a picture of flowers)

Tell someone the reasons you like them

Make a list of 5-10 things you're thankful for

Bake yummy goodies for someone

Help make dinner

Donate old clothes

Leave a nice note in a library book

27

28

29

30

Call someone you haven't spoken to in awhile

Paint a kindness rock and put in your neighborhood

Make your bed

Tell your family you love them

Derrick Robinson

on Coming Full Circle

By Caitlin Ward

North Memphis is located along the Mississippi River and for a period of time was the hub of a vibrant manufacturing industry. However, by the end of the 20th century, manufacturing jobs had disappeared due to deindustrialization. As companies closed their operations, a transition was taking place; young people who formerly would have gone straight into an industrial job, were instead pursuing higher education. A young man at the time, Derrick Robinson saw talented people who weren't interested in school, take whatever job was available. He knew that wouldn't work for him but he also knew he was not in the mindset to pursue education.

Derrick joined the Army to get away from his neighborhood. He joined in 1996 and found other young people like himself, who liked sports and weren't interested in school. Derrick served for four years and then got out. Looking back, he said, he "wasn't mature enough to realize the opportunities."

When he joined, Derrick didn't know anything about the Army; the key was to get away. However, not having an understanding of the Army, how to navigate resources, and the cultural change that would come down the road, Derrick did not fight the racism and bullying he faced. That being said, Derrick also acknowledges that the Army has a lot more resources now to address racism and bullying.

"Back then, if a soldier was punished, he or she may have feared the consequences of fighting back," he said. "The Army has improved a lot, making legal



and other resources for service members to address their concerns more accessible and more visible. There is more community awareness."

Derrick understands that soldiers still have fear of retaliation. He explained, "it won't always work out like you expect so you should be prepared for disappointment. However, there are a number of resources you can and should reach out to for support."

After leaving the service, Derrick went to college and studied Criminal Justice and Criminology. He picked up well paid jobs and then from 2009

to 2011, studied for a Masters in Conflict Management and Dispute Resolution. With his degrees and experience, Derrick started a mediation company, PDFC Corp of Texas, which handled family court cases, family divorce, and other court appointed mediations in the City of Dallas.

Derrick also worked for the IRS as a Tax Representative and was in Washington DC working for the EPA when he saw the job opening at the Equal Employment Opportunity (EEO) office at USAG Humphreys in Korea. The EEO office is dedicated to creating a workplace free of discrimination, but full of diversity; where all employees are appreciated, respected, and free to cultivate their talent and perform to their fullest potential.

In the EEO office, Derrick has the opportunity to address conflicts and complaints, and help maintain a healthy culture. He sees people where he was as a young soldier and he is able to help them with his experience. His message to you: "Twenty years comes fast."



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- Sponge mops
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The Bond of Military Service

By Philip Price, SGM (R)
US Army Special Forces Just Cause,
Desert Storm, Operation Just Cause

There exists an unwritten bond of service that brings uniquely different

people together who on the surface often would appear to have little in common. This "common bond" brings together men and women of various generations, different ethnicities, socioeconomic statuses, and even religious and political affiliations. This bond is not limited to a commonality of service branch, time served, or peacetime/wartime experiences as it transcends all these. It is not of the intensity of a Band of Brothers relationship that results from a shared combat experience but it is a lifetime membership into a club of unknown friends called Veterans, waiting to be met.

The bonding experience between Veterans often manifests itself as they go about their daily activities at stores, gas stations, gyms, a Veterans facility, or a community service event. It is commonly initiated by a hat, t-shirt, bumper sticker, or perhaps a tattoo that speaks to one's service. The bonding experience can be a short exchange of essentials like service branch, where stationed, service length, or it could be a detailed history of service and youth lost. The conversation is almost always shared with a sense of pride and a smile regardless of the circumstances surrounding their service.

What makes the common bond between Veterans so unique? Is it a call to duty, honor, or country? A common sacrifice? A common purpose? Yes, and of course more. Often the call to service happens at a time of



transition from youth to adulthood, and the transition from service to self, to service to something greater than self. The service experience leaves an indelible mark on a person's life that lasts for a lifetime.

In my experience, I have yet to meet a Veteran who has ever regretted their service to our country. However, I have met many who wished they could have served longer. I am indebted to my great country for allowing me the privilege to defend our freedom and make sure future generations have the same opportunities that were afforded to me and my generation. As fewer people are accepting the challenge to serve their country, I am afraid the Veteran club will grow smaller and my conversations with others will dwindle to only a select few. I am eternally grateful that I chose this path and was able to serve my country and uphold the freedom that so many people take for granted.

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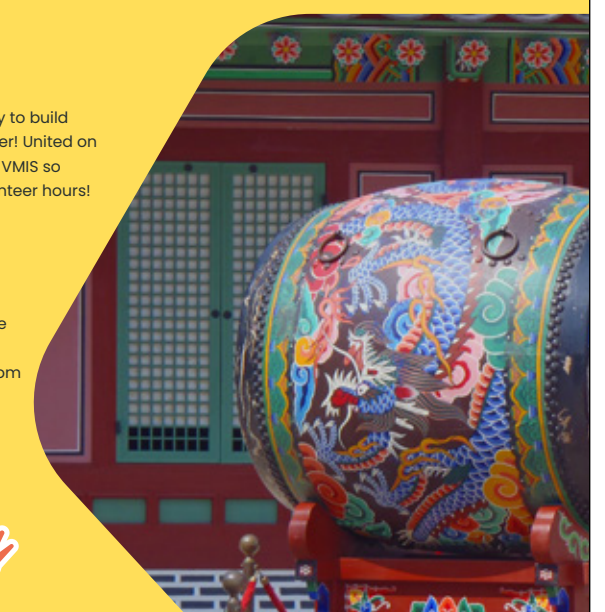
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ON THE RoK**



An Interview With Retired Master Sergeant Michael Harrison

By Caitlin Ward

1. Which branch did you serve in and when?

I served in the US Army from June 1987 until Aug 2011, a total of 24 Yrs.

2. Why did you join the service?

For some reason or another, I always had a deep passion for the military when I was young. I knew at some time in my life I would like to serve my country, as well as to do some traveling. My intention was to serve just for a few years, no more than 3, but that didn't happen. As I stated earlier, I served over 24 yrs. It was a great time for me as I grew as a man, a husband, and a father. Not to mention, all the traveling I got a chance to do as well.

3. What were some of the jobs you held?

I've always been a Logistician throughout my military career. I was a supply clerk when I first came in, and as the years passed, I gained rank and finished my career as a Master Sergeant Supply Technician.

4. What were your top priorities, day to day?

Of course, physical training has always been one of my top priorities throughout the time I spent in the military, and so was completing the mission. As a young Soldier, I did what was asked of me: type forms, file supporting documents, turn-in equipment, pickup equipment, and whatever else the 1SG required of me. As the years passed, I became more experienced at my job and became a Non-Commissioned Officer (NCO). It was then that taking care of Soldiers became one of my top priorities. My other work-related priorities were when I



became a supply sergeant and was assigned to manage a supply room. Accountability in this field is a must! At one point in my career, I was responsible for managing over \$22 million of government property.

5. Did you join any organizations before, during or after service? Why?

I became a member of the Free and Accepted Masons, joining Deary Vaughn Military Lodge #147 in Schinnen, Netherlands. I saw how this organization worked within the community. They helped to feed the homeless,

gather clothes for the needy, and they would even purchase movie tickets for children and hand them out so they could enjoy a free movie. I later became a member of The Men of Phi Beta Sigma Fraternity, Inc. These men are dedicated to enhancing and promoting fellowship, ensuring justice, securing equal rights, and servicing communities. The guiding principles are displayed in Phi Beta Sigma Fraternity, Inc.'s motto, "Culture for Service and Service for Humanity."

6. Who or what experience had a great impact on your military career?

My wife had the greatest impact on my military career. We had been dating just a few months, when she started telling me what I needed to do to advance in the military. When I met my wife, she was already an NCO and I was trying to get there; so, I listened to her advice

and moved forward in my career. That's when it started; her telling me what to do (smiling). She was the motivation I needed to start my career moving forward. Before I knew it, she had me studying for company Soldier of the Month Boards, and on to promotion boards. She led by example, making sure whatever the mission was, it was done with care, respect, and pride. She made me what I became in the military; a Soldier that others can rely on and respect.

7. What are you passionate about, personally or professionally?

I have a passion for coaching and mentoring youth in basketball and softball. I take joy in coaching our youth! I especially enjoy coaching children that have the skills required for these games, but may find it difficult understanding or showcasing their talents. I enjoy seeing growth! It all started when my daughters were playing youth basketball, and one of the coaches seemed to need a little help, so I volunteered to help out and it stuck with me. I became the assistant coach for the next few years. When my family and I first arrived in Seoul, South Korea and were stationed on Yongsan Army base, I changed roles and became a head basketball coach for a Child and Youth Services (CYS) girls' team. In our first season, we fell just shy of the championship title. It was a joy watching the girls play and learn as the season went on. Some of the young ladies I coached went on to play varsity-level basketball at the high school. I coached until my two daughters were in high school. I thought at this point, I just wanted to watch them play. Well, that didn't last for long. Before I knew it, I was back volunteering again and coaching the girls high school basketball, and softball programs. In the five to six years, I coached at Seoul American High School, both the girls JV, and Varsity programs were nearly unbeatable.

8. What is something a leader did that inspired you and motivated you?

The biggest motivation I took away from a leader when I was coming through the ranks was how she truly cared for the well-being of her Soldiers. This leader knew her Soldiers, their families, and could see on their faces when something was wrong. The military has different leadership styles, some leaders have a direct style of leadership. Some with this leadership style, tell subordinates what to do and they are expected to execute without question. For me, it's best that Soldiers know how important their role is in the accomplishment

of the mission. I was inspired by her participative leadership style. When a leader shows the Soldiers that they can "get their hands dirty," then the Soldiers have no excuse not to as well. It was the caring about Soldiers and teamwork that inspired and motivated me.

9. What do you think is the best thing being done right now, at Garrison level or big Army level, to improve the workplace culture?

Acknowledging when problems exist is one of the best things being done now at big Army level to improve workplace culture. Creating "safe spaces" for difficult conversations is important to improve workplace culture. However, it is important to note, if big Army initiatives do not trickle down or are not taken as seriously at brigade, battalion or company-level, it could jeopardize the very culture in need of repair. Taking ownership is important.

10. What do you think is the most important thing couples must do to maintain a healthy, supportive relationship, to withstand the challenges of military life? What about for their kids?

I'm 57 yrs. of age, I've known my wife for over 33 years, and on December 12th, we will have been married for 30 yrs. I never like to give advice on relationships or marriages, so I can only speak for myself. Being dual military, it was not easy getting on the same time schedule. There were times that either my wife or I had to be at work on days before the rest of the family woke up. Not being home in the evening to share in dinner chats was difficult for me. We both served 24 years; we raised our kids in several different places, states and countries, throughout our military journey. The saving grace for us was going to church, and having the ability to communicate with each other. From a young age, our kids were involved in church programs. The kids saw that God was the head of our household. Bringing them up in church made life easier for myself and my wife. We were truly blessed in knowing that we had GOD on our side. In addition, the ability to talk with one another was key. Even when words weren't easy to come by, my family knew what they meant to me. It became routine as I always kissed my wife and children when I left. I could have only been going to the store, or leaving for work, or on my return home; kisses were given, to let them know that daddy loves them. You see, tomorrow is not promised, so it is important to treat today as the special day it is. I communicate with my loved ones. I tell them and I show them how much I love them!

My Time in Korea and Why I Decided to Stay

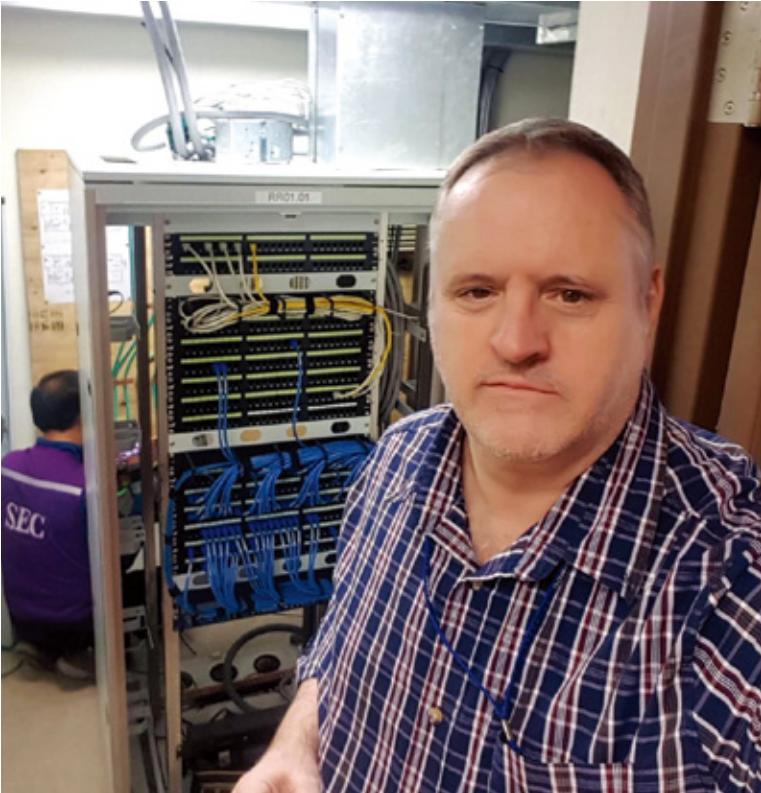
By Retired USAF CMSgt Patrick McGee

I returned to Osan AB Korea for my 4th tour in 1993. Previously, I had tours at Kunsan and Suwon while still in the aircraft maintenance career. I was a Crew Chief by trade, and was assigned Superintendent of the 51st Fighter Wing Maintenance Operations Center for the 25th and 36th Fighter Squadrons. I later left the aircraft maintenance field and took a special duty assignment as the Deputy Director of the Osan AB Family Support Center, which is now called the Airmen and Family Readiness Center. I remained there until my active-duty retirement in 1998 when I was recruited as a GS civil service employee by the DOD organization Defense Manpower Data Center (DMDC) as their Asia-Pacific Director of Operations.

I was initially tasked to create an actual DMDC Asia-Pacific office with its headquarters here in Korea, which I was successful at doing at Yongsan Garrison. I was fortunate enough to remain in Korea for the next 21 years managing the office and programs for the entire Asia-Pacific area, even as we moved the office from Yongsan to USAG Humphreys. Upon retirement from civil service, I found a contract job, where I remain today, as a DEERS/RAPIDS Verifying Official in the USAG Yongsan ID Card Office.

Without question some of my best assignments in my 27 year USAF career were right here in Korea. The culture, the people, the food, the country itself resonate with me in a way that is hard to put into words, and this is true for all the bases I was stationed at, each having their own uniqueness that made them wonderful to be at.

After retiring, I decided to stay in Korea. The years I



spent here with the USAF at three different bases, which totaled 13 years, put the hook in me. As I said, the people, the culture, the foods, and the sense of safety and security – yes I know that sounds crazy with the political issues we’ve dealt with for years here, but it’s true – have truly made this my assignment of choice, and gave me the desire to remain. Because I wanted to stay here and because DMDC knew that about me, is one of the many reasons they reached out to recruit me as a GS employee, and why they were happy to allow me to stay for many years. Can’t beat continuity. So, at this point in my life, this is home. I absolutely love being in Korea, around its people, surrounded by the history of its culture, and of course as a big eater, I love the food.

Reindeer Relay!



Are you ready to deck the halls?
Check out these places to get your Christmas decor!



Seoul

- The Seoul Express Bus Terminal
- Dongdaemun Market
- Namdaemun Market
- Insadong
- Myeongdong
- Daiso
- Artbox

Osan

- Osan Thrift Shop
- Osan Main Exchange

Pyeongtaek

- Humphreys Thrift Shop
- Humphreys PX
- Home Plus
- Daiso
- Emart
- Lotte Mart
- Costco

Daegu

- Apple Tree Thrift Shop
- Camp Walker PX
- Daiso
- SDot
- Costco
- Flower Land
- Daegu Flower Department Store



Starting Off On the Right Foot

By Hannah Butler

N For a broad introduction, my name is Hannah Butler, and I am nineteen years old. I am overjoyed to join the community of volunteers who write for United on the RoK.

I was born in Guangzhou, China and moved to the U.S. when I was around the age of two; I became a U.S. citizen when I was twelve. I grew up in the Rocky Mountains of Montana, in a small town called Clyde Park (population: 238). I lived there until I was in my junior year of high school, when I moved to Prescott, Arizona for a fresh start.

I absolutely love Arizona, and what it has to offer – the weather, the culture, the people, everything. I graduated as a Prescott High School Badger.

Two weeks after my eighteenth birthday, I decided to join the U.S. Army. When I first joined the Army, my friends and family were surprised but also proud and supportive. I chose to join the Army as a 25B (Information Technology Specialist) because I wanted to make an even better life for myself and extraordinary memories along the way. In the past year alone, I have made many great memories, and friendships in a variety of places.

Since January 2022, I have been exploring South Korea, and making the most of my time here. I have kept myself busy running around, and volunteering — I am a volunteer cheer coach, volunteer at the Humphreys Middle School, volunteer writer for United on the RoK, and a volunteer at Humphreys West Elementary School. I also am a guidon for my unit, and my detachment's BOSS representative. I am sharing this to encourage you to try out the incredible variety of opportunities there are to



get involved in the community on your base. Volunteering is a great way to meet people, get active, engage with the community, and develop your leadership and professional skills.

What I wish my peers who are not in the military understood about the military, is that this is a completely different world from theirs. We work at a fast pace, and don't slow down for anything. Your job as a soldier – whether in the office, or on the battlefield – is important, and should always be treated like so. I don't feel that many of my non-military friends back home understand how we operate, and how much we value our

time when off-duty. It's also hard to be away from home, mentally and emotionally. I wish that more of my peers understood that no one in the military is emotionless, and that we are not robots. We're humans at the end of the day.

One of the challenges I have faced in Korea is motivation. When I am tired or hurting, I tend to lose motivation. In return, it has hurt others and been a bad example for the unit. I try to re-motivate myself, by thinking of the long-term effects of my actions. I reflect on what is important, and how I can be a better person.

The people in my life who have helped me persevere are my military family. I have such an excellent unit, and I have had an awesome Army family this past year. The people that I have looked up to since being in the Army, are my drill sergeant from Basic Combat Training, SSG Lee, Anuhea and my former platoon leader, SGT Rudolph, Rianna. They are great leaders, and inspiring women.

REPUBLIC OF KOREA ALUMNAE CHAPTER
**DELTA SIGMA THETA
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FAIR

2022

November 19th

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Remembering the Vet Who Started a Cult

By Brandon Bledsoe



November 2014, my wife and I joined Carry The Fallen, a ruck

march-style event; we are symbolically carrying the weight of our fallen brothers and sisters. The walk is 22 miles long, which as we've heard, symbolizes the number of veterans who take their lives every day.

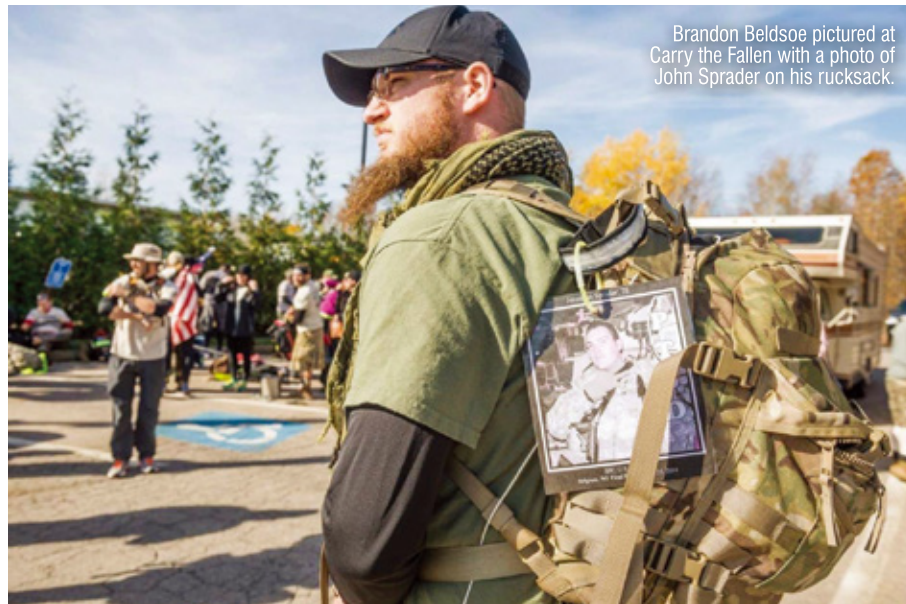
A purpose of the ruck is to fundraise for the nonprofit organization Active Heroes, which supports all U.S. military service members, veterans and their families through physical, educational, and emotional programs in an effort to eliminate suicide.

On our ruck march, we did the full 26.2 Boston marathon route and I carried the picture of a comrade who we lost to suicide. Now, let me introduce you to the man.

I was recently asked who inspired me most during my time in the army. I would have thought that I would have a ready answer for this question, but when I went to speak, I came up short. During my time in service and everyday since, I have encountered new people. They all bring something into the story, but inspiration? Maybe I am a cynic, but I am very rarely inspired by a person.

Plenty of people have inspired feelings, for better or for worse, but actual inspiration? The process of being stimulated into action or feelings? That is an uncommon gift. Just as quickly as the cynic in me said this, the answer came to mind, John Sprader.

I was born with a temper. The kind of anger issues that normally cause people to mutter about a person's



Brandon Bledsoe pictured at Carry the Fallen with a photo of John Sprader on his rucksack.

parentage and upbringing. To say I was born with it is a lie, but by the time I met John when I was nineteen years old (2006), nature and nurture had conspired to leave me with anger management issues.

John was a medic, like myself, but when I met him I was as green as could be and he was experienced, returning from a deployment to the unit where I had come in and stayed as rear detachment.

In a time of war and perpetual deployments, John was laid back, a Modest Mouse song in human form. When everyone else was going to be the best of the best, be all they could be, and fight the war single-handedly, John Sprader did not want to be anyone's hero. Trying to describe him always ends up with a quote from The Shawshank Redemption, when Morgan Freeman's character tries to describe Andy Dufresne:

"He had a quiet way about him, a walk and a talk that just wasn't normal around here. He strolled like a man in the park without a care or worry in the world, like he had on an invisible coat that would shield him from this place."

My first clear memory of John was on a day I was trying to close my duffel bag, and it was too full to close. I do not know where I was going, or why there was so much gear on that packing list, but I do know that it all had to be in there. I also know that as I was struggling with it, my adolescent temper was getting higher and higher, and that I would sooner have flung the bag across the room before asking for help.

A specialist who had been sitting on a desk hopped off and gave me a light backhanded tap on the chest to get me to stop. He moved me off the bag and told me, "Man, you are trying to bleed a rock and I cannot watch it any more."

He pulled a length of 550 cord from his pocket and used it to perform a trick for closing duffel bags that seemed like magic to me. No stress, no anger, and no talking down to me. He taught me something, made me show him I could do it, and then patted me on the back and walked off. That was my first encounter with my friend and I think of him every time I teach someone that duffel bag trick, often young soldiers who I encounter in my wife's units, or when I say that someone is trying to bleed a rock.

In contrast to my anger, John was calm. In a time when I was full of rage, John had compassion. As said in Fight Club: "He had the ability to let that which did not matter, truly slide."

That is my first story of John Sprader. My favorite story was when we were on a night shift together at JRTC. I wasn't on shift. I was just hanging out with him for his company. We were sitting in a clinic late at night in the waste that is Fort Polk, passing time by telling stories, and talking about what we would do after the Army. John always said the same thing. He had not wanted to be in the Army in the first place, and he was going to get out, wave to us over his soldier, and cut all ties. That always struck me as funny, because he was the world's most loyal guy, he'd walk into a fight with you if he needed to, no questions asked.

The conversation wandered onto the subject of one of his many jokes: the three things that could kill him. This time he said only three things could kill him: missiles, geese, and falling off the sun. He went on to say that he was going to start a cult, about himself.

"About you?" I asked.

"Yea, about me. I'm the center of this cult."

"What does your cult do?"

"I dunno. Gotta have followers first. You will be my

high priest."

I was as excited to be included in the joke as a kid going to the carnival. He made me his high priest and said that there were only five things that could kill me: lawnmowers, goblins, Katie (who later agreed to marry me and we will celebrate fifteen years this year), bees (an actual allergy of mine), and the little tan army men. I was ecstatic. It was a fantastic list!

Just after he told me my list, the clock went off saying his shift had ended. John got up and started heading out of the clinic tent. Childishly giddy, I asked him who else I should get to be in the cult now that I was high priest. He did not stop, did not turn around, he just waved back to me over his shoulder and said "Nah man, I'm shutting it down. It got too big too fast."

The cult had lasted about ten minutes.

Everyone who knew John has a story like that about him. He was the very best of us. As he predated, he did get out and he really did cut ties with most of us. That combined with the fact that we thought of him as the best of us made it all that much more of a shock when we were informed that John had committed suicide.

I want you to stop and reread this article. The man who seemed immune to the Army, the war, the entire culture, who we called the best of us, who was calm and compassionate, took his own life in the end.

I'm telling you about this for two reasons. At the time of writing this story it is Suicide Prevention Awareness month, and I want to say that thing you always hear, that it could be anyone, even the one you least expect. At the same time, I was given the opportunity to talk about my friend without it being in the context of suicide, and I told the story I just told to all of you. I wanted to tell it again, and celebrate my friend again. I still say that John may have been the best of us. I do not beat myself up or hold myself responsible, but I beg you to talk to your friends. Ask them if you suspect something is wrong. Listen to them when they talk, and be present when you listen.

I am not sure what story John would tell if he was here today and asked him to tell a Brandon Bledsoe story, I hope it would be a good one, but it would probably just be how I tried to wrestle him into the mud the day he left the Army, and ended up in the mud myself for the trouble. Whatever it would have been...I wish he was here to tell it.

Sharing My Experience (True North)

By SFC Danny Blasco Cuello III

I'm SFC Danny Blasco Cuello III and this is an article for young adults

and soldiers who are contemplating joining the military or reenlisting. I am passionate about mentoring and helping to guide young soldiers and I hope my story can help some of you who are struggling with decisions in your careers. The experiences from my youth and the variables that have led to nearly two decades of "selfless service" inevitably come with ups and down. However, my experiences have also taught me that I am always exactly where I need to be.

My values—as cliché as they may sound—are very similar to the Army values. These are Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity, and Personal Courage, and these are what called me to serve. I'm very family-oriented and rooted in our religious values. It's my north star, per se. I preach to my kids constantly that all we have is each other and that it's okay to ask for help and advice. Humility as well as knowing the value of teamwork are key because we can't always do everything alone. People aren't designed to be isolated and alone.

So here's my story. I was born in Okinawa, Japan, in October 1980. My parents are from the Philippines and my father is a retired 1SGT in the US Marine Corps (USMC). His father served as a Filipino Guerrilla Soldier and aided in the resistance against the Japanese occupation in WWII. It's safe to say that the warrior DNA runs in my family.

I'm the youngest of four siblings — two boys and two girls — so I was blessed to be able to observe life



SFC Danny Blasco Cuello III

growing up from the "hand-me-down" point of view. I witnessed all the good, the bad, and the ups and downs from the safety of the back row. It was a happy and sad childhood and I learned at a very young age that life would be difficult.

I moved back-n-forth to Okinawa twice, Hawaii twice, and lastly, California twice. I graduated from Ocean Shores High School in the city of Oceanside in 1999 where getting frisked and passing security guards with metal detectors before entering school was the norm. I grew up in a rough neighborhood and I got into countless fights. It was just that way in the area I grew

up in. It was plain survival, so I was no stranger to hand-to-hand combat.

The importance of a person's ability to handle a real life-or-death situation was learned at a very young age for me. I tell my kids that if they ever get into a fight or physical confrontation, "be prepared to either die or take a life because that's what a fight is and it can happen in a split second. The best thing to do is be the better person and do your best to walk away." At that time, however, my biggest fight was within. I had my own demons to overcome and I didn't realize I was in a very, very bad place back then. Violence was the norm and it didn't stop at home either. To be honest, it wasn't until I met my wife, Arlen, that these fights stopped. When we were first dating, she took me to the church she grew up in, prayed with me, and I haven't laid a hand on a soul ever since.

I met my wife, Arlen Abella, in Long Beach, California through mutual friends at a BBQ. Though there

was clearly a spark (at least from my end), neither of us was looking to get into a relationship. I was recently separated and enjoying being drama free. I knew she was special the moment I met her, but it wasn't quite right to interfere in her life then. I had so many issues going on and she was a recently single mother. We met briefly and that was that. I didn't see her again for what seemed like a lifetime. But the impression she left lingered in my mind and I secretly obtained a photo of her from a friend that I held onto for a couple of years. Little did I know that I had met "the one!"

Two years later, I managed to get a hold of her phone number, and had a friend line up a way for me to bump into her. The universe could not deny the magnetic force we had towards each other. That's all she wrote about meeting my real-life guardian angel.

Together, we have four smart, lovely children. Tristan is our eldest and recently joined the Air Force this year—smart move. Although he's my stepson, he's been MY SON since he was three and is the one who takes after me the most! We also have two middle boys. Damien is 16 and Caedon is 15 (they are only 10 months apart, but are as different as night and day). Our youngest is our one and only girl, Sevhyun, who is 8. Needless to say, we're a loud household.

I enlisted in the US Army Reserves in September of 2000, a little over a year after graduating high school. At the time, I had already moved out of my parent's house and was working as a Computer Numerical Control (CNC) Operator. I completed basic combat training at Fort Benning, GA, and was awarded the MOS 88M (Motor Transport Operator) at Fort Bliss, TX in 2001. I was stationed at Camp Pendleton Marine Corps Base, CA as the 320th Corps Support Battalion 478th Transportation Company (TC) Palletized Loading System Instructor in 2002.

In 2004, I quit working as a CNC Machinist Supervisor to help my family with their restaurant. In 2005 I was called to active duty from the Inactive Ready Reserves (IRR), to deploy to Ramadi, Iraq with the 28th Infantry Division attached to the 2nd Marine Division Military Transition Teams (MiTT). Unfortunately, my mother passed away halfway through this deployment and this made me think twice about going back to Iraq after emergency leave. Arlen was also having a very difficult pregnancy and dealing with some health issues. My brother spiraled down the drug street and got incarcerated. We lost the restaurant and my family fell apart,

my father was barely holding it together. But one thing my mom taught me was to always follow through and finish what you start. I flew back to Iraq, doubtful, but attached to the 109th Infantry as a Sergeant of the Guard, Al Asad, Iraq finishing the deployment at the end of 2005.

At the end of the deployment, I could not wait to get back to my wife, newborn, and son to begin the next chapter of our lives together. But then I was interviewed during demobilization by the 1st Army 72nd FA, and they selected me to stay on active duty reserve status to be a Counter Insurgency Contact Team Instructor/Trainer teaching deploying units the latest warfare tactics at Fort Dix, NJ in 2006.



Cuello pictured with his wife and kids

After completing this Activated Reserve obligation, I was released back into the private sector. I ended up unemployed and we barely made ends meet. We struggled with the decision to reenlist because it was pretty much a guarantee that I would have to leave my family again to deploy to Iraq for 18 months. After six months of back and forth and having to depend on my mother-in-law, I knew that taking this leap would bring stability to my newly started family. I received orders to Fort Bliss, TX with the 1st Cavalry Division 47th TC. As a Platoon Counter Radio Electronic Warfare (CREW) Specialist and Assistant Convoy Commander and within four short months of relocating, I went on my second deployment to Tallil, Iraq in 2009, leaving my wife and

young kids alone.

Upon returning from deployment, I reclassified to 25P (Microwave Communication Systems Operator and Maintainer) at Fort Gordon, GA in 2010 for the same reasons, to bring stability and security to my family — I had too many close calls on the last deployment being a transporter. My first Signal assignment was with the 516th Signal Brigade 78th Signal Battalion (BN) at Camp Zama, Japan serving as the Circuit OPS and S3 NCO. I then became a BN Volunteer Management Information System (VMIS) Organization Point of Contact (OPOC) in 2011. I was again stationed under the 516th, but went to the 307th Expeditionary Signal Battalion and served



as a Platoon Sergeant and Communications Electronics Maintenance Shop (CEMS) NCOIC at Schofield Barracks, HI, in 2014. In 2017, my follow-on assignment was under the U.S. Army Cyber Command (ARCYBER) and Network Enterprise Technology Command (NETCOM) as the Plans and Exercises NCOIC for the Regional Cyber Center-CONUS (RCC-C). There I had the pleasure of working directly with the U.S. Customs and Border Protection at Fort Huachuca, AZ. And now, I'm currently serving as a 25S Senior Communications Engineer for the Defense Information Systems Agency (DISA) Korea Field Office, as a Quality Assurance (QA) evaluator and engineer technician. I'm also the U.S. Forces Korea (USFK)/U.S. ROK Status of Forces Agreement (SOFA) Responsible Officer (RO), dealing with the USFK Assistant Chief of Staff, Ac-

quisition Management Office (FKAQ) as a liaison for DISA overseeing the Invited Contractor Program.

Deploying had a very big impact on my military career. However, the experience that impacted me the most was the very first time I was given command of a convoy as a young "E-5" — not Sergeant — meaning I was a buck-sergeant at that time, basically a Private mentally with E-5 pay. I think I seriously heard my own voice in my head louder than any IED I've ever heard, tell myself "This is where you leave that BOY behind and don't look back, at least until you get all 80 vehicles and all passengers back behind the green zone, unscathed!" That voice somehow carried over, past every mission on that deployment, and the one after that. I have not heard that voice since and I believe it was left behind somewhere in that vast war-torn desert.

For the young soldiers and everyone who is reading this, I hope you take away the importance of knowing your worth and always keeping your compass pointing at "True North" no matter where or how high your career takes you. Remember to stay humble without exception and never be afraid to make mistakes because mistakes are a part of our growth and a part of our past. Also, most importantly, take full responsibility for making those (inevitable) mistakes. This is where you earn the most respect and are truly humbled.

If you can, try to reclass or change jobs within the department at least once in your career. It will cause you to delve deeper into

the importance of military service as well as paint a bigger, clearer picture of how you fit into the world as a civilian and as a service member. But most importantly, attack every situation with Love! If you get tasked to clean toilets, then whistle while you work! If a subordinate or leader gives you attitude, kill them with kindness and grace! And if you get orders to deploy, try your best to love your job and love your brothers and sisters in arms. This way your time-in-service (TIS) will fly.

Strive to understand the deeper importance of government service and how you fit into it. There is tradition and meaning behind having the surname and service on "both sides of the chest" for everyone to see. Last, but most definitely not least, always remember the civilians and family members who are always supporti

A Brief History of Camp Red Cloud

By Dr. Cord A. Scott, UMGC-Okinawa



orporal Mitchell Red Cloud Jr. was born on July 2, 1925 in Hatfield, Wisconsin. He and his family were members of the Native American Ho-Chunk Tribe, also known as the Winnebago. With his father's permission, he joined the Marine Corps on August 11, 1941 and was deployed to the Pacific during World War II. Red Cloud left the Marines in November 1945 and returned to civilian life, got married, and had a daughter. Three years later, in October 1948, Red Cloud enlisted as a soldier in the US Army. Red Cloud served in the 19th Infantry Regiment, 24th Infantry Division in Kyushu, Japan. He was deployed to Korea when the war began in the summer of 1950.

On November 5, 1950, Red Cloud's Company E was in position on Hill 123 near Chonghyon, North Korea. Red Cloud was manning a listening post at the hill's ridge when he saw Chinese Communist forces approaching. He immediately sounded the alarm with his automatic rifle, firing toward the enemy. He was knocked down by gunfire but used a tree to pull himself back to standing position so he could continue firing. He was killed in the gunfire but according to the company commander, Red Cloud's efforts delayed the front-facing attack, enabling the unit to reorganize and tighten their defenses. Red Cloud was posthumously awarded the Medal of Honor on April 3, 1951, which was presented to his mother by World War II General Omar Bradley. In 1957, the Army renamed an installation in Korea in his honor.

Camp Red Cloud, formerly named Camp Jackson, was located in Uijeongbu, alongside one of the major highways (Dongbu Expressway) heading into Seoul. On the camp's physical location, there were all amenities that one would expect from an Army facility,

including a golf course. The camp served as the Headquarters for the Second Infantry Division and provided a forward posture that enabled the alliance to remain vigilant during the Korean War.

The area of Uijeongbu was integral to the UN effort during the latter part of the war. After the first year of the war from June 1950 to approximately March 1951, the front was relatively fluid, with fighting moving to both ends of the Korean peninsula. By March 1951, the "front" at approximately the 38th parallel, where the war began, was essentially right back where it started. The UN forces staged several significant campaigns in the area, and some of the markers that note significant UN battles or UN units are in the area. Uijeongbu was also home to the mobile army surgical hospital that inspired the fictional M.A.S.H. 4077 of TV fame, based on the real M.A.S.H. 8055 doctor's experiences.

Following the war, the camp was one of many which served as a staging area should the North Koreans attempt to invade again. However, in 1998, heavy rains flooded much of the area. In 2004, plans were set to return the land to the Korean government and for 2ID headquarters to be relocated to USAG Humphreys. This move included the relocation of the 2ID museum which was a laborious process. Since 2019, the renamed 2nd Infantry Division/Eighth Army/Korean Theater of Operations museum has been operational at the building that formerly served as the USAG Humphreys Commissary. Camp Red Cloud was decommissioned in 2018.

Feel free to swing by your local UMGC office or email Humphreys-asia@umgc.edu to learn more about UMGC Asia, degree programs, and classes taught by Dr. Scott.

NOVEMBER WORKOUTS

By Erin Henderson
All photos are of Air Force service member
Victoria Kolb, by Erin Henderson

Working out from an early age, I have found movement is both therapeutic and necessary for your body and mind to thrive. As the old saying goes "A body in motion stays in motion. A body at rest stays at rest". I don't know about you, but I plan on staying moving for as long as this body will allow.

For this month, I have put together some workouts that you can do with no equipment from your home or outdoors, and a few workouts that require minimal equipment such as a kettlebell or pair of dumbbells. They are all 30 minutes or less, designed to get your heart rate up quickly and enable you get in some movement during your busy day. Before each workout, make sure you are properly stretching and getting your heart rate slightly elevated before jumping right into the workouts.



No Equipment Workouts

Workout 1

Every Minute on the Minute for 20 Minutes ("EMOM")

Once you have completed the reps in the minute, rest until the next minute

Minute 1: 10-12 burpees or up downs

Minute 2: 20 Air Squats

Minute 3: 20 Sit Ups

Minute 4: 10-12 Push ups

Minute 5: Rest

Repeat 4 times



*If you are not getting any rest in the minute, reduce reps by 1-2. If you are getting a lot of rest each minute and want more of a challenge, increase reps by 1-2

Burpee (Image 1 & 2): Start in the standing position, then jump down to the push up position, chest and thighs touch the ground. Jump your feet to your hands (for an easier version you can step your feet to your hands) then jump vertically towards the sky until hips reach full extension.

Up Down (Image 3 & 4): Starting in the same position, place hands in an extended plank position and jump your feet backwards. Again, either jump your feet forward towards your hands or step your feet up and finish with the vertical jump.

Air Squat (Image 5): Start in the standing position, feet hip width apart. Keeping your chest tall and weight back on your heels, squat towards the ground then stand back up.

Workout 2

3 Rounds for Time

Complete all reps before moving on to the next movement

100 Jumping Jacks

100 Mountain Climbers

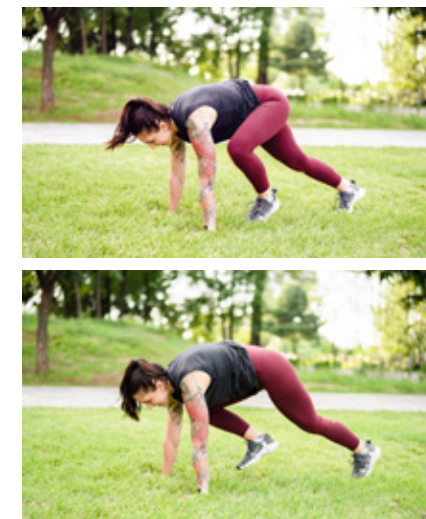
100 ft shuttle run (25 ft down, touch ground, 25ft back, touch ground- twice)

100 ft walking lunge

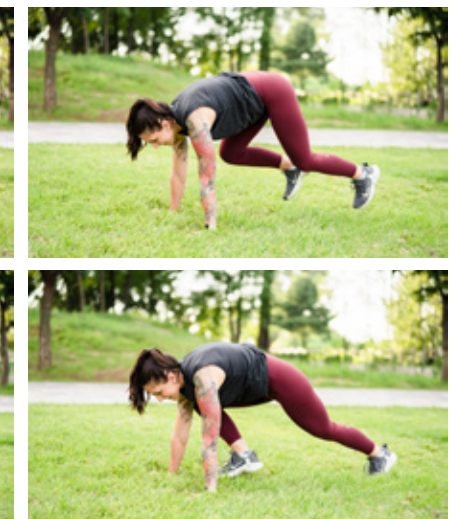
Repeat everything 3 times in order



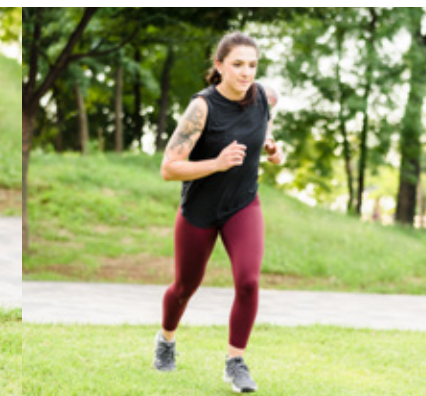
Jumping Jack



Mountain Climbers



Shuttle Run



Walking Lunge

Place hands in extended plank position, then jump one knee towards your chest and quickly back to the plank position, switching legs back and forth mimicking running on the ground. For this workout, each time your knee comes to your chest, that is considered a rep.

Workout 3

200m sprint
Rest 1 minute
200m sprint
Rest 1 minute
400m sprint
Rest 90 seconds
400m sprint
Rest 2 minutes
(Repeat 3 times)
200m walk cooldown

Light Equipment Workouts

(If you have a kettlebell/dumbbell or set of dumbbells)

Workout 1

(KB or DB required, moderate weight or recommend 35# female, 53# male)
5 Rounds for Time
(Complete all 25 reps of each movement before moving on to the next)
25 Kettlebell Swings
25 Goblet Squats
25 KB Deadlifts
25 Russian Twists (no weight)
(Repeat everything in order 5 times)



American Kettlebell Swings (Image 1 & 2): With your kettlebell in your hands, deadlift it to the standing position. Swing the kettlebell back between your legs, then using that momentum, squeeze your glutes, use your hips to drive the kettlebell up and over your head. Finish at the top with your head through the window, arms locked out. Be careful not to overextend at the top.

Russian Kettlebell Swings (Image 3): If you have mobility or shoulder issues, modify the swing and bring the kettlebell to chest or eye level.

Goblet Squat: The set up for the goblet squat is the same as your air squat. Using a kettlebell or dumbbell, hold it with both hands, bracing at your chest and descend into your squat. Remember to keep your weight back on your heels and chest up. If you feel yourself tipping forward and coming off your heels, gently lift your toes or decrease your weight.



Kettlebell Deadlifts

Russian Twist

Kettlebell Deadlifts: Start with the kettlebell on the ground between your feet. Squat down to pick up the kettlebell, maintaining a neutral spine (flat back). Squeeze your glutes and brace your core then stand all the way up, driving with your feet to the top-do not use your arms to pull the kettlebell up, your legs/glutes should be doing the work. Bend your knees, lower the kettlebell back to the ground keeping your arms extended at all times while maintaining a neutral spine.

Russian Twist: Lean back, lift your feet slightly off the ground and twist your torso from side to side touching your knuckles to the ground on each side. If you need to modify, leave your feet on the ground for more stability. If you want to make this movement harder, add a light weight.

Workout 2

Dumbbells Required-light to moderate weight
On a 16-minute clock, complete as many rounds as possible of the 4 movements:
8 Renegade Rows (no push up)
10 Alt V Ups
12 Seated Strict Press
14 Alt Jumping Lunges (bodyweight)
-Start back at the top with Renegade Rows once you complete the lunges and repeat everything until the 16-minute clock is complete. You may end in the middle of a movement and that is ok.

Renegade Rows: For beginners, grab a lighter set of dumbbells and get into an extended plank position with the dumbbells in hand. Tuck your pelvis down, brace your core then row one arm upward until your arm is higher than your torso and return it to the ground. Switch arms and repeat. Avoid twisting your body while you row-if you find yourself twisting and contorting to lift the dumbbell, lower your weight.

Alternating V Up: Lay flat on the ground, squeeze your glutes while pressing your back into the ground, then lift one leg into the air. Lay back down on the ground and alternate back and forth between legs. Your leg can go in between your arms or you can reach and touch your toes.



Renegade Rows



Alternating V Up



Seated Strict Press



Alternating Jumping Lunges

Workout 3

Every 3 minutes for 5 rounds

10 DB Front Squats (heavier weight for you)

12 burpees over dumbbells

Rest once burpees are complete until the 3-minute mark then start again, your workout is complete at the 15-minute mark. Your goal should be to move very quickly through these two movements so you can rest until the next three-minute window begins



Dumbbell Front Squat



Burpee over dumbbells

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Celebrating Native American History Month

By Martizalyn Mercado-Santiago

My

name is Maritzalyn Mercado-Santiago. I am from Buffalo, NY. I enlisted in the Army National Guard in 2005 and then after a few years I transferred into the Army. I joined

because I saw a pamphlet in the Post Office of soldiers doing obstacle courses and I thought, "I'd like to do that" and literally joined the next day. The majority of my family didn't know for a while that I had joined and the ones who did find out thought I was bananas for joining for such a bizarre reason. Originally, I was a 63B (mechanic) because I had civilian schooling in that field and I wanted to be just like my father. While I enjoyed fixing things, I later discovered my love for science, primarily Atmospheric Space Science, and enrolled into college and then re-classed to 13W (which eventually included 13S, and even later became 13T). I was stationed in several places but I completed my service with the 82ND AIRBORNE 18th FIRES Brigade in 2013.



I am an enrolled member of the Seneca Nation of the Snipe Clan. Our native language is called Onöndowa'ga: 'Gawëno.' In our Seneca language we are known as Onöndowa'ga: (pronounced: Oh-n'own-dough-wahgah) or "Great Hill People." The Snipe Clan is named for the snipe bird that is always energetic and alert. Despite its small size the Indigenous people

regard this bird as being strong, clever, and a survivor.

"Snipe clan people are quick to learn and highly resourceful. They adapt to survive harsh conditions. The snipe clan will take nothing from nature that in good conscience they can never somehow replace. It allows them to maintain a close relationship with the natural world. They understand the delicate balance Mother Nature must maintain to assure life for all living things upon the earth. That is why they tread carefully upon the land, for they know it is a part of them." -Seneca Nation

My family still lives throughout the Western New York Area (more commonly known as the Buffalo area) and many still reside on the nearby Cattaraugus Indian Reservation.

With a proud and rich history, the Seneca were the largest of six Native American nations that comprised the Iroquois Confederacy (also known as the Six Nations and the Haudenosaunee), a democratic government that pre-dates the United States Constitution. The Seneca are also known as the "Keeper of the Western Door," for the Seneca are the westernmost of the Six Nations. At the time of the formation, the Haudenosaunee consisted of the Seneca, Cayuga, Oneida, Onondaga and Mohawk, who occupied large areas of land in the Northeast USA and Southeast Canada. The Tuscarora joined in the early 18th century, forming the Six Nations.

The people relied heavily on agriculture for food, growing the Three Sisters: corn, beans, and squash, which were known as Deohako, (pronounced: Jo-hay-ko) "the life supporters." In addition to raising crops, the early Seneca were also hunters and fishers. The Seneca's were also highly skilled at warfare and were considered fierce adversaries. But the Seneca were also renowned for their sophisticated skills in diplomacy and their willingness to unite with the other original five nations to form the Iroquois Confederacy of Nations.

Today the Seneca Nation supports its people and benefits surrounding communities with a variety of

cultural, educational, and economic efforts. Our nation is comprised of clans. Clans are Seneca's traditional social unit. Clans are groups of families that share a common female ancestry and are named after animals that provided special assistance to the Seneca. They are divided into two categories, birds and animals: Snipe, Heron, Hawk, Deer, Turtle, Beaver, Wolf, and Bear. Long ago, members of the same clan were considered relatives, and marriage within the same clan was forbidden.

Children's lineage, including clan and tribe, descends from their mother. Today, clanship identity is still very important to the Seneca. Within Seneca's matrilineal society, women have historically been held with high regard, possessing power and responsibility to their clan and tribe. Traditionally the oldest woman of a clan, the Clan Mother, was responsible for nominating, installing, and removing chiefs. They also named all members of their clans. Clan mothers had the right to command a war party to avenge the death of a loved one or to find a suitable person to adopt. We lived in longhouses; whole extended families would reside in one longhouse, hence the name, and that generational style of living remains a priority to this day.

Our family attends powwows across North America every year. We have traveled from New York to California and everywhere in between — North Dakota, South Dakota, Colorado, New Mexico, just to name a few. While many of these are not for the general public, they do hold a few that are and I am most proud to say that my home nation is home to one of the Top Ten Powwows in North America and deservedly named after my Great-Uncle Joe: "Marvin 'Joe' Curry Veterans Powwow."

During the COVID pandemic, accommodations were made to carry on this powwow on and keep those who couldn't attend connected. We were very happy to see that they had livestreamed the event and that we could take part even while being here in South Korea. I was so proud seeing my children dance in the living room and talk excitedly about the new regalia they wanted me to make for when they could attend a powwow in person. They excitedly talked about how their youngest sister could now participate and how they'd teach her how to dance and how cute she'd look. They were so happy, and you could feel a sense of belonging that weekend that they really needed after a few hiccups with other kids about their Indigenous status. At the powwows we feel most at home, most comfortable, and less like a zoo animal as many haven't seen or known Indigenous people before.

Native American Heritage Month

It is important to celebrate Native American Heritage Month because we Indigenous are still here to share it. The sharing of our history makes people uncomfortable, but the truth needs to be told so we may learn and grow from it. We as a people have endured, historically and presently, genocide and injustice. Our culture has survived despite the attempts to forcibly take it away from us; the slogan "Kill the Indian, Save the Man" was used by the government during the forced assimilation era. It is important to know the people and the families that are still here with us and those who have gone before us. Many of our family members were forced to cut our long hair and forced to stop speaking our language and learn English. We were told that we couldn't wear our traditional clothing, couldn't sing or dance, or simply be who we were. Our culture was slowly being lost by generations of those who simply couldn't be.



To this day Indigenous language fluency has decreased by 99%. I remember being a kid and being warned about the residential schools and if I was ever taken away to one that I needed to escape and run away. The last residential school closed in 1996. There was a time you couldn't be Indigenous. Every single Indigenous person you know is either a residential "school" survivor, a survivor's child, grandchild, or great grandchild. We are survivors of genocide, generations of survivors. The reason the celebration of Native American Heritage Month is so important is because we survived, we are still here. Our regalia, dances, songs, stories, language, and our culture has survived against all odds and that's worth celebrating. I tell my children every time they face adversity "be unapologetically Indigenous, be unapologetically you, because no one can take that from you."

For Native American heritage month, I gift my children new regalia every year. From medallions to moccasins, they get something every year. We participate in 'Rock your Mocs' Day and learn the truth about the first Thanksgiving. I have bought several books by Indigenous authors that we read and when we are in America, we take trips to important sites. Just last year we visited the Crazy Horse Memorial, the site of the Six Grandfathers (more commonly known as Mt. Rushmore), and the lesser known Dignity Statue in South Dakota.

Native American Veterans

The Native American Veterans I admire most are always going to be my family members, even though there are many better-known Native contributions. We have strong ties in every branch of service and every generation has served or is still serving. No ethnic segment of the U.S. population has a higher proportion of military service than Native Americans, and the Seneca Nation is no exception.

A U.S. Department of the Navy study estimates total participation by Native Americans since World War I tops 200,000, a count that includes over 1,000 Seneca men and women. It is estimated that some 30 Seneca's have served or are serving tours of duty in the continuing U.S. operations in Iraq and Afghanistan. Fifteen Seneca members have earned the prestigious Purple Heart medal for their valor.

My Great-Uncle Marvin "Joe" Curry, a retired Naval Chief Warrant Officer, who served on the USS Little Rock, often shared that many Seneca's fought and died bravely to protect the values and freedom of the United States and the Nation.

"The Seneca people have a long history of warrior heroes. Many people may think we have been hiding away in the woods, but we haven't. We have defended Mother Earth since before the United States was even in existence. We fended her with war clubs, then bows and arrows, then tomahawks, and now with guns," he said.

My Uncle Joe served in the Korean and Vietnam wars, joined by two of his siblings; sadly Great-Uncle Wilbur was killed in Vietnam. Uncle Joe had strong ties to the Buffalo and Erie County Naval & Military Park where the USS Little Rock is on permanent display, and he felt privileged to help keep her in good shape for those who wanted to visit and learn. He pushed for the establishment of the Seneca Nation of Indians Veterans

Memorial that was completed in 2005, located outside the Seneca Office Building in Niagara Falls. It bears the names of 61 members of the Six Nations who lost their lives in U.S. military service. I was lucky enough to be called home for the initial ceremony there and serve as a member of the honor guard.

In dedicating the memorial, our previous Seneca President Barry E. Snyder Sr. honored past and current Seneca veterans saying, "This memorial stands as a reminder for all of us of the courage, dedication, and sacrifice that our veterans have shown throughout history and continue to show today."

There are so many members of our family who have served and are serving. My Uncle Command Sgt Major (recently Retired) Ronald Cook Jr. designed a boot camp program for indigenous youth to help instill our core values and give them a place to go. He runs this through the Native-run American Legion Post on our reservation. My sister SGT Rachel Mercado is a reservist who has been called on twice during the pandemic to assist with Covid centers throughout the country. She's a combat medic, EMT, and dental hygienist. We are proud of our family members' continued commitment to our community and families.

Looking Forward With Pride

I teach my children everything I know. I share stories that have been told to me and make sure they know the importance of the heritage. I make much of their regalia myself and what I don't make, we source from friends and others of our nation to further support Native artists and ensure they have pieces specific to their own nation. We travel across North America visiting other nations and learning about their tribes because we are all Indigenous, but we are all unique. This is so they may see that not everyone is the same and learn acceptance.

The only thing I hope my children will carry moving forward and after I am gone is Pride. Pride in who they are and not be ashamed as many of us were taught to be. I once sat in my bathroom at home and used an entire bar of soap trying to "clean myself." When my father discovered what I was doing he was initially upset, probably for wasting so much soap when our family was so big, but I told him that I was "trying to clean myself because the kids at the new school said I looked dirty."

I hope my children and their children can learn from our families' stories and know that they shouldn't be

ashamed and being Native American is something to be proud of. We are a strong people and I hope they share the stories and their culture with pride in their soul and hope in their hearts that the adversity we face will become a thing of the past. I hope that even if they falter a little, as we all do, they'll hold their heads high and remain "unapologetically Indigenous."

Celebrating Native American Heritage Month in Korea

Here in Korea, it is hard to find something specifically Native American to go see but you can learn from anywhere. You can always research and learn about other Native Americans online or in libraries. You can support indigenous artists online and buy directly from them rather than through mass-produced sites. I've included a picture of books for children that our family currently owns; these books can help you and your family understand and learn about our culture. More importantly, understand that our culture is not a costume, a gimmick, or something to joke about. Very real people, family members, died and continue to endure injustice.

As parents and leaders, it is our job to teach our children and peers, so I ask you to teach your children and peers acceptance and not to tease that little indigenous boy with long hair — this has been an issue for not just my own children but almost every indigenous boy who dared to grow their hair long. Bullying may make

them want to cut their hair but their hair is a symbol of strength, wisdom, and something that reflects their identity. For indigenous boys their hair is something to be proud of; for the generations before them that didn't have a choice, their hair was the first thing taken from them. The three strands of the braid represent the mind, body, and spirit.

I ask you to teach your children and peers not to tease that little indigenous girl by calling her Pocahontas; the story of Pocahontas is much darker than many know, and it is not kind. So anywhere in the world you are, research us, remember us, respect us, and know that while we may be few, we are still here.



A little fun fact about the Haudenosaunee flag; if you were to overlap this flag across the state of New York it roughly marks the territories of the Five Iroquois Nations from west to east.



My Great Uncle Joe is the person who inspired me to become the person that I am. I think of him often and how his teachings helped me realize who I was and what I wanted to become.

One of my fondest memories with him took place on a day when I was feeling particularly blue and driving aimlessly around the reservation. I found myself near my Uncle Joe's house and decided to stop in. He was in his workshop (a shed behind the house where he carved wood and crafted beautiful pieces). I could smell the fresh cut wood and the surrounding woods. I don't remember what I was feeling down about, but I recall he offered to take a walk with me on the trails behind his house.

I remember the fresh air, the crisp breeze, and meandering so slowly it barely counted as walking. We didn't speak of my issue but he spoke about every plant we passed and their importance, he spoke of every insect and animal and how we are all connected and are meant for specific tasks and therefore all important and intertwined. He spoke of the seasons and the ground we walked on and the family who walked those grounds before us and how we are all connected to the land.

I remember feeling at peace, feeling connected, and feeling like my worries were fading and I realized they were not as big as I had originally thought. I wanted to stay in that point in time forever, in nature, understanding and learning from the natural world.

He taught me perspective, appreciation, and culture all in that one walk and I hoped one day I could share his stories and be as wise and kind as he was. That is what led me to my studies in the natural world.

Celebrating Our Native American Heritage

By Nina Warner

I dedicate this article to my Aunt Ruby, who traveled far from her tribal home only to build a community around the traditions and food of our people. She has inspired me through the years to create the same for my family, no matter where we are.



rowing up, understanding and appreciating my Native American heritage was always a top priority for my parents. Even as a military child to two army soldiers, often living half a world away from our tribe, my mother frequently exposed me to the traditions of our people no matter where we happened to land on the map. As a result, I've had the fortunate opportunity to attend pow-wows worldwide and catch up with some of my incredibly talented cousins dancing in distant cities. But even in my travels, nothing ever felt as good as attending our tribe's pow-wow grounds and being in community with my family.

Fast forward years later, I am now the wife to an upstanding army soldier and mother to three vibrant young girls, once again living halfway across the planet from my family and tribe. Over the years, I have often wondered how to contribute to my heritage while living what feels like a whole other life away. The many members of my family who have stayed connected to our tribe have always inspired me. Some share our traditions with dance. Others bead what can only be described as masterpieces to adorn regalia. Some tribal members stay close with continued guidance in how we as a tribe move forward in an ever-changing world.

Again, I asked myself, where do I fit? How do I share a culture and people who have inspired me with my own skills and voice? How do I carry on a tradition and impart the knowledge of my people to my own family? If I've learned anything in my thirty-odd years, what you look for is often right in front of you. So when looking to try something new, check in with the resources already around you, and that's what I did.

When my oldest was about six, I started learning

how to make fry bread. Something I was familiar with eating at our tribe's pow-wow and a comfort food within the Native American Community. Most may not know the history behind this dish—created out of survival when ancestors were forced from their lands and into camps where they were rationed ingredients that were utterly foreign to their palettes. That is where fry bread was born and where I started my journey—the food of our people's will to survive and the strength to carry on for future generations.

In our first year, my oldest and I made a large batch of fry bread and shared it with the family living next door to us in New Jersey. I can still remember the surprised looks on my friend's face when I greeted her with "Happy Indigenous Peoples' Day!" She had no idea what I was talking about other than the possible correlation to the holiday we had all learned in grade school. A seemingly simple treat sparked an entire conversation around the holiday, and I was able to educate her on our people and culture. It was incredible what had transpired between us that day, and I thought, I'll try it again next year. This time living in South Korea, Amelie and I again made a big batch of fry bread, sharing our bounty with friends at the park. Imparting little pieces of our culture with the other parents as the children played. What started as a means to educate my family has now grown into a tradition of three years. My two youngest joined in the festivities this season as we prepared and delivered our fry bread door to door, sharing with neighbor friends and fellow families. Again, we were creating sparks of conversation along the way.

It's been an incredible experience to share with my family and our military community over these last few years. Something I hope to expand on beyond just a single holiday or month. I feel recipes have a way of transcending time and distance. Sharing our story and this recipe will hopefully allow others to feel confident in their ability to create new traditions in their homes and impart a truthful knowledge of those who came before us.

FRY BREAD RECIPE

Ingredients

- 2 cups bread flour
- 2 cups all-purpose flour
- 2 cups warm water
- 1 tbsp baking powder
- 2 tsp salt
- Neutral flavored oil (with high heat point) for frying

Sweet Toppings

- Honey
- Powdered sugar

Savory Toppings (Fry Bread Taco)

- Ground bison (or beef)
- Pinto beans
- Shredded lettuce
- Pico de Gallo
- Shredded cheese
- Sliced avocado
- Sour cream
- Cilantro

Instructions

1. In a large mixing bowl (or stand mixer), combine all flour, baking powder, and salt.
2. Slowly add water to the flour mixture until the dough is sticky.
3. Knead dough by hand on a lightly floured surface (or in a stand mixer with a dough hook) for 5 minutes.
4. Cover the dough bowl and set aside for 30 minutes.
5. In a deep cast iron skillet (or heavy bottom pan of your choosing), heat about 3 cups of the neutral oil to about 350F.
6. While the oil heats, pinch off portions of dough with floured hands and form 4 to 6-inch disks. Lay out disks on a lightly floured piece of parchment paper in a single layer to prevent the dough from sticking together.
7. Line a large plate or dish with paper towels.
8. Working in batches, place prepped dough disks into the hot oil, frying on each side until golden (about 20 seconds on each side). Place on the paper towel-lined plate to absorb any excess oil.
9. Serve sweet with honey and a dusting of powdered sugar or as a savory fry bread taco.

Notes and Modifications

1. While this recipe calls for 2 cups of water, you may need less (or more) depending on the dough. The key is to get that perfect sticky texture, so add the water a little bit at a time.
2. In the case you decide to go savory with your fry bread, simply make a batch of your ideal seasoned meat and top it with preferred toppings, like a taco. I've listed some of our favorites above!



Serving Jamaican Street Food and Comfort at Humphreys

By Caitlin Ward



Nicola Waisome-Crooks and her husband are the owners and operators of Pepper Shrimp Jamaican Food. She runs the kitchen and her supportive husband SGT Delon Crooks, is the main delivery driver. He uses his lunch break to run delivery between 1-2p and he runs dinner delivery between 5-6p when he gets off work. He also makes the daily menu each day. The pair met in high school in Jamaica. They reunited in 2014 and got married in 2015. SGT Crooks joined the military in February 2016 after their son Carter was born.

Nicola degrees in Social Science and Psychology, and a Masters in Science in Clinical Mental Health counseling. She is a member of the American Counseling American (ACA) and Grand Canyon University Alpha Chi. SGT Crooks enlisted at Fort Hood where Nicola had a job working as a jailer for the Killeen Police Department. It was there that Pepper Shrimp Jamaican Food was launched as a side gig. they brought the business with them to SGT Crook's first duty station, Fort Campbell, Tennessee, where Nicola worked as Deputy Sheriff at the Montgomery County Sheriff

Department. At Fort Campbell, the business took off and Nicola loved it for the flexibility, the opportunity to spend a lot of time with her husband and son, good money, and the opportunity to share her culture. Nicola's favorite dish to share is Pepper Shrimp. She learned how to cook the dish from her dad when she was 11. "Pepper Shrimp is an authentic dish that tastes like Jamaica," said Nicola. "It's street food." From Fort Campbell, the family came to Camp Humphreys. Nicola started out as a Substitute Teacher at the Middle School but the work

schedule wasn't a good fit, especially with her five year old son, so she stepped away. Fellow home based business owners familiar with Nicola's prior business encouraged her to start her Jamaican restaurant and walked her through how to get set up OCONUS. By March 2021, four months after arriving, Nicola and her husband were running Pepper Shrimp Jamaican Food. In March 2021, we were still deep in the pandemic with soldiers and families in quarantine. The Crooks stayed open during pandemic, because Nicola said, "she would have felt guilty if she hadn't." Nicola recalled that she lost twenty pounds in quarantine because she couldn't eat some of the food. She wanted the soldiers to have another option. She recalls it was scary sometimes like when soldiers only had cash — she did not want to risk taking anything from quarantine rooms. Nevertheless,

she stayed open, cooking and delivering the tasty Jamaican dishes. Nicola has enjoyed her time in Korea. She especially loves the markets. Nicola explained, "the markets are comfortable, it's my zone, just like back home." This assignment does not come without challenges. One of the biggest challenges she pointed to is missing your extended family. Another challenge for military families in Korea that Nicola raised, is getting information they need: "People say, I can't find a job — there are jobs everywhere. The information is there but people don't know how to get it." Nicola has two pieces of advice. First, if you need information, don't stop looking. Second, if you're a helper, share information. Some people need an extra hand. "Maybe we feel vulnerable or insecure to ask for help or to ask if someone's needs help," she said. "But we need to ask. We're all here on camp Humphreys on a similar

journey; we need to be there for each other because we understand each other best." Nicola and her family will be leaving Camp Humphreys in December, but you can stay connected with her through her Facebook and YouTube pages. "My Counseling degree will be used to honor the military population: soldiers, families, and children," she said. "That is my mission for this lifetime. I created several platforms to teach, advocate, and help the Army community, as I see myself as a helper. My love for the community has not only driven me to be a better individual, but also a good mother, wife, and neighbor."

Connect With & Follow Nicola
Facebook: Nicola Waisome Crooks
Facebook: Pepper Shrimp Restaurant and Bar
Facebook: Army Wives Mental Health
YouTube: https://youtube.com/channel/UCnAQvO7-oXXZsLZISYAQj_A



Retiree Support Online Korea

By Patrick J. McGee, CMSgt, U.S. Air Force (Ret) and
John F. Behrend MGYSgt, US Marine Corps (Ret.)



Patrick J. McGee is a retired CMSgt of the U.S. Air Force. He has lived in South Korea for the past 29 years consecutively, and a total of 34 years.

John F. Behrend is a retired MGYSgt of the US Marine Corps. He has lived in Korea for the past 27 years consecutively, and a total of 31 years.

1. What is Retiree Support Online Korea?

- The Retiree Support Online Korea (RSO Korea) is a nonprofit, non-DOD affiliated, online information resource and extension of the Korea Retiree Councils within USFK and Eighth Army.

2. When was it founded and by whom?

- RSO Korea (<https://rsokorea.org>) was founded in 2021 by Patrick McGee, Carl Reed and Rich Deppe in partnership with the Korea Retiree Councils and the US Army's Retirement Services Office.

3. Why was it founded?

- RSO Korea was founded to become a one-stop shop of consolidated information for retirees, those planning to retire, widows and other military dependents living in Korea. Consolidated information comes from the Korea Retiree Council, U.S. military support agencies, local Korean agencies, and military retirees and veterans living in Korea, all to help make transitions and living in Korea easier.

4. Who is welcome to participate in the Retiree Support Online Korea?

- RSO Korea is open to all U.S. military, retirees, veterans, widows, and dependents of all service branches.

5. How often does the Retiree Support Online Korea meet?

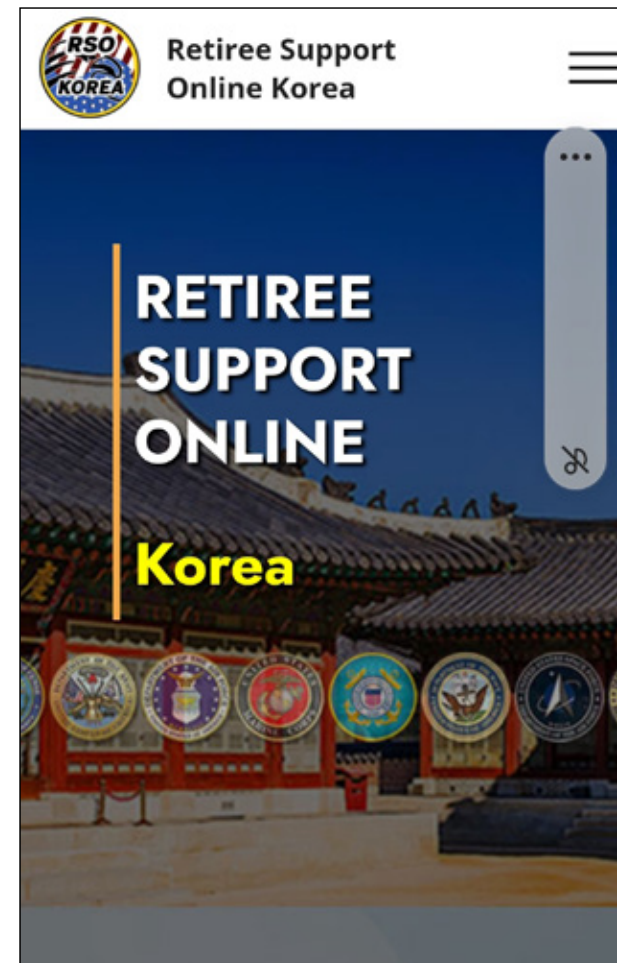
- As an entity that assists the Korea Retiree Council, the Retiree Council holds monthly meetings, primarily via telecom, of retiree council members from around the peninsula, military organization representatives, several key military leadership representatives, and any

guest speakers who wish to discuss new issues. Meeting minutes result in a monthly newsletter that is emailed out to all retirees and veterans who are on the council's email distribution list, and the newsletter is also posted on the RSO Korea website at <https://www.rsokorea.org/newsletter.html>. There is a Newsletter Subscription submission form on the website for anyone not yet on the email list who wishes to be.

6. What is the scope of the organization?

- As a non-profit, non-membership, non-DOD organization, we help provide clarity for a variety of services and support functions to the U.S. military retiree community in Korea. Our goal is to provide assistance to Retirees, widows and all veterans. While not officially affiliated with any DOD organization, we coordinate with many to ensure accurate information dissemination. Some of the military agencies and organizations we coordinate with include, but not limited to:

- US Army Retirement Services Offices
- Osan AB Retirement Activities Office
- EUSA Retiree Council
- USAG Yongsan-Casey Military Retiree Council
- USAG Humphreys Military Retiree Council
- USAG Daegu Military Retiree Council
- Casualty Assistance and Mortuary Affairs
- Brian D. Allgood Army Community Hospital
- TRICARE Representatives
- USFK Provost Marshall Physical Security
- VFW, Veterans of Foreign Wars
- DMDC DEERS/RAPIDS ID Card Offices
- TRICARE Representatives



7. What are the range of topics discussed?

- A big question with a lot of answers. Basically, any organization, issue or process that affects a military retiree. The website covers just about all of them, and as new ones pop up, or are seen to be missing, they are researched and added. Assistance covers DEERS/RAPIDS ID Cards especially those areas that affect retirees, TRICARE, Medicare, About Turning 65 Years Old, Casualty Assistance and Mortuary Affairs, Survivor Benefits Plan, Base Access with DBIDS, Ration Control, Visa's, Passports, Veterans Affairs, Social Security, DFAS Finance, and a lot more.

8. What is the issue most often raised by widows? By retirees?

- Questions most often asked throughout the retiree community are about Tricare, Medicare parts A & B, Social Security, Commissary access, and the new ID Cards. - Specific to widows, is probably issues with communication with U.S. government organizations such as Social Security Administration (SSA) and Internal Rev-

Our Mission Statement

To provide information and assistance to all retirees, their beneficiaries and surviving spouses living in Korea, and to assist where appropriate, the Retirement Services Offices and Retiree Council in dispensing information to the U.S. military retiree community in Korea.

Our Purpose

As a non-profit, non-membership, non-DOD organization, we help provide clarity for a variety of services and support functions to the U.S. military retiree community in Korea. While not officially affiliated with any DOD organization, we do coordinate with many to ensure accurate information dissemination. Units, agencies and organizations we communicate and coordinate work with include:

- US Army Retirement Services Offices
- Korea Retiree Councils:
- Osan AB Retirement Activities Office
- EUSA Retiree Council
- USAG Yongsan-Casey Military Retiree Council
- USAG Humphreys Military Retiree Council
- USAG Daegu Military Retiree Council

enue Service (IRS). A lot of this is due to the fact their deceased spouse usually took care of these things and they are unaware of processes and procedures. Also, at times, the language barrier is the issue.

- For retirees themselves, a big issue is often problems with online access to some U.S. government websites such as VA, SSA, TRICARE and DFAS due to account issues and U.S. telephone requirements.

9. What are some of the Retiree Support Online Korea's accomplishments?

- Hands-on assistance to many widows who relied 100% on their deceased veteran spouse to communicate with other government agencies.

- Helping retirees who are unaware of Medicare enrollment requirements when turning 65 and working through the issues of requirements, penalties and at times just plain-talk opinions.

- As a public facing outlet, successfully got the word out about the recent last-minute bombshell notification from the Military Postal System about retiree mailbox

elimination. While this is still an on-going issue being worked at the highest government levels, the fact we 'raised the alarm' was key, resulting in a Pacific-wide letter writing campaign to Senators plus an online petition to Senators, of the negative aspects of such a plan.

10. How has the Retiree Support Online Korea improved your life?

- Patrick McGee: I can honestly say the improvement to my life is the satisfaction, that warm fuzzy feeling it gives me to successfully help someone else with information that solves a problem. I cannot count the number of times I have seen that light bulb go off in someone's head because of a piece of information we provided, that may have been available all along, but never put down on paper quite in the way we do. As a 27-year USAF veteran, a 21-year civil service GS veteran, and still working as a contractor at a DEERS/RAPIDS ID Card site (USAG Yongsan), it is a joy to share my experience and knowledge to get folks to that point.
- John Behrend: Information that is put out by the RSO and then passed down to other retirees throughout Korea has improved my life and made everything easier. As a 26-year USMC veteran, a 19-year NAF employee (all in Korea), and still serving as a retiree in Area IV, helping Veteran retirees and spouses and widows who need help. It is a joy to share my experiences and knowledge to help those in need or get them to that point.

11. How has the Retiree Support Online Korea impacted the lives of others?

- Patrick McGee: Based on the numerous emails and in-person 'thank you' comments received, it appears that RSO Korea has become a valuable resource for many. Seasoned Korea retirees comment often on learning something new, specifically those at the age of 65 and older. Newly arriving veterans and retirees to Korea, even those who have been assigned here in the past who think they know enough, routinely comment on what great information they receive. Even retiring Active Duty members planning to remain in Korea have said they had not found a better one-stop source during their separation period. All this is a reflection on how well RSO Korea gets out information from the Korea Retiree Council and its sources to the public.
- John Behrend: Many seasoned retirees in Korea comment often on learning something new and it's a

Before You Retire

- ✓ Get and start using a **DS Logon Account!** Your CAC will be gone!
- ✓ Get and start using a **DFAS MyPay Profile Logon Account.** Your CAC will be gone!
- ✓ Apply for **ARC card.** You can update it later for Visa status changes etc.
- ✓ Obtain a **Korean Drivers License**
- ✓ Create **SSA.gov** login account for future use.
- ✓ Plan for schooling for kids
- ✓ Determine what **Visa** you will have
- ✓ Ensure you have copies or originals of all yours & your families important documents
- ✓ Check with the **Post Office** about keeping your USPS Mail Box
- ✓ Check Pass&ID about **Vehicle Registration**

good feeling to have them ask questions about things that they don't know or ask where to find out the information. They appreciate the great resources that they're given and direction on where to find it. The RSO is the first resource that I point them to, as well as Tricare Around the World, especially those specifically who are at or close to age 65 and older. Even new retirees to Korea or those who have been here for a while routinely comment on what great information they receive. I'm proud to be a part of it

12. What are some additional resources for retirees?

- Retirement Service at USAG Humphreys and USAG Daegu
- Transition Centers on USAG Humphreys, Daegu and Casey
- Veterans of Foreign Wars (VFW) with posts across the peninsula, a plug for my VFW Post 8180 near Osan AB <https://www.vfw8180.org/>
- Korea Retiree Councils who have contact emails and newsletters (<https://www.rsokorea.org/resources.html>)
- Retiree Assistance Volunteer Mr. Carl Reed with

years of experience and knowledge and is a retired Retirement Service Officer. Contact info on <https://www.rsokorea.org/resources.html>.

- Facebook group 'RSO Korea - Retiree Support Online Korea' <https://www.facebook.com/groups/rsokorea>
- Facebook page 'Retirement Services Office Korea' <https://www.facebook.com/profile.php?id=100064661260974>
- Facebook group 'Tricare Around the World' <https://www.facebook.com/groups/tricareatw>
- Veterans of Foreign Wars (VFW) many posts on the Peninsula, VFW Post 10033
- Tricare Around the World <https://www.facebook.com/groups/tricare>.

13. What are some additional resources for widows?

- Pretty much the same as above with retirees. There isn't really a separation or difference between the benefits and needs of either group.
- Knowing retirees who they can contact for help, advice, or to be taken to the right source to get help

14. What advice do you have for someone approaching retirement?

- When an active duty member retires, it all begins with the official on-base Retirement Service Officers, especially when the retiree knows they will remain in Korea.
- Start early and if you know a retiree, pick his/her brain, don't be afraid to ask questions, and do some research.
- Attend a pre-retiree briefing - the earlier the better!
- Visit <http://rsokorea.org> website.
- Reach out to the Korea Retiree Council, register for their newsletter
- Visit a local VFW
- Talk with TRICARE about the differences between Active Duty and Retired plans.

15. What advice do you have for those considering retiring and staying in Korea?

- There are things about 'living' in Korea that are quite different from being 'stationed' in Korea. Unfortunately, many of these differences you will not experience until actually faced with them as a retiree after active duty, such as the need to have a Korean Driver's License and Alien Registration Card, the reduced Postal Service privileges, Vehicle Registration taxes, and more.

Information on all these things is, and has always been out there somewhere, but visiting a place where it is all consolidated like RSO Korea makes life easier, so please do not hesitate to reach out and get connected.

- Another consideration to keep in mind is that living as a retiree in Korea, or any foreign country, is quite different than living at home in the U.S. As such, processes, procedures, laws and governing practices we are afforded in the U.S. rarely apply to us here in Korea. Frustration at times can set in because of this, but keep in mind while we are indeed treated as military retirees on base, we are just another foreigner expat living in Korea when downtown, so it's important to always remember that distinction and act accordingly. Simple things we expect to have such as personal space, not blocking my parking spot, even having my own parking spot, simple things we expect are not a thing in Korea... learn about them and how to live with it. We are guests in someone else's country, even after 34 years being here.
- Check out the RSO webpage - it has a lot of great information. Ask people who have done it about their experience, and where they ran into issues.
- Get your Korean Driver's License before you retire.

Mindfulness & Gratitude

Focus as you breathe in and out

'Tis the season of gratitude and there is no better time than the present to practice mindfulness and gratitude.

Take care of yourself, reach out when you need someone to listen, and be there for each other.

We are stronger together.

Smile and take a deep breath

Release your tension

Think about the good things in life

Accept & appreciate your thoughts & feelings

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

- 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

- 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
- 2 February – Groundhog Day
- 14 February – Valentines Day
- 20 February – Presidents 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

It's bad luck to write someone's name in red ink. To abide by proper Korean etiquette, write in blue or black ink.

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



HUMPHREYS
PEAR BLOSSOM MARKET
험프리스 페어블로섬마켓



SHARING **LOVE** THROUGH **KOREAN FOOD**
한국 음식을 통한 사랑나누기

FARM-TO-TABLE

HOPE FOR YOUNG FARMERS & HEALTH FOR MILITARY FAMILIES
청년농부에게는 희망을 미군가족에게는 건강을

2022. 11. 19. SAT. 1100 - 1600

VENUE: ANJEONGRI ART SQUARE (BY PEDESTRIAN GATE)

LOVE FOR K-FOOD 먹거리

- Farmer's Market
- Taste of Korea:
World Kimchi Day & Kimchi Making
- Thanksgiving Food Contest

LOVE FOR K-CULTURE 볼거리

- Hanbok Fashion Show
- Concert: Kim Da-Hyeon, Baritone
Han Kyu-Won & Humphreys Girl
Scout Troops

LOVE FOR K-HISTORY 배울거리

- Opportunity Drawings with Old
Korean Coin Game
- Korean Buncheong Pottery
Exhibition

Please come join the families of Peangseong and the
Humphreys community experience the Korean culture!
한국 전통 체험을 통한 팽성과 험프리스 미군가족 간 교류의 장에 참여하세요!

주최 Hosted by Pyeongtaek City

주관 Organized by Pear Blossom Agriculture Corp.

후원 Supported by Humphreys United Club, Pyeongtaek Women's Association, HHS Culinary Arts Program

협찬 Sponsored by NH NongHyup Pyeongtaek City Bureau, Korea Agro-Fisheries & Food Trade

**DISCOVER
PYEONGTAEK**
디 스 커 버 평 택



* Please note that this event is subject to change.



Photo taken on Jeju island on the way down from Sunrise Peak as part of a Cultural Immersion Trip. (Photo by Kate Ramirez)

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Seoul Main Office:
153 Itaewon-ro, Suite #501, Yongsan-gu, Seoul
02-795-7555
sam.lee@hrblock.com

Camp Walker:
070-7725-9887
hyejung.kang@hrblock.com

For any questions, please contact:
sam.lee@hrblock.com

Humphreys:
Humphreys Bldg. #P-6400 (One Stop) Pyeongtaek, Gyeonggi-do
070-7727-6100
ahreum.x.im@tax.hrblock.com

Osan Air Force Base (K-55):
Exchange Mall (Unit 2038, Bldg. #965) Pyongtaek, Gyeonggi-do
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