

OCTOBER 2024

UNITED ON THE POK

The UN's First Battle in Korea

THE COOK FAMILY:
A Life Without Borders

Knotty Abi

USFK Car Rental

USAG Humphreys / USAG Yongsan / USAG Casey
Kunsan AB / Osan AB / CP Walker / CP Carroll



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DISCOVER SEOUL

LEISURE TRAVEL SERVICE

SAT

OCTOBER 2024

SUN



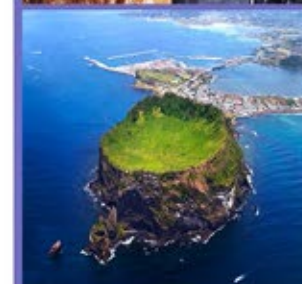
5
DMZ TUNNEL TRIP

\$99 for adult
\$79 for child (3-9yrs)



12
ATV_PAINTBALL

\$99 for adult
\$79 for child (3-9yrs)



12-14 (Sat-Mon)
(Columbus Day)
JEJU 3-DAY PKG

\$889 for single
\$1,449 for couple



19
DMZ TUNNEL TRIP

\$99 for adult
\$79 for child (3-9yrs)



26
DMZ 2-DAY PKG
(SPECIAL DEAL)

\$349 → \$249 for single
\$449 → \$349 for couple



6
DANYANG
CRUISE TRIP

\$109 for adult
\$89 for child (3-9yrs)



13
CHUNGJU
KAYAKING CAVE

\$89 for adult
\$69 for child (3-9yrs)



20
APPLE FARM TRIP

\$99 for adult
\$79 for child (3-9yrs)



27
FALL LEAF
PEEPING TRIP

\$89 for adult
\$69 for child (3-9yrs)

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DISCOVER SEOUL



Bldg 5711, Downtown Plaza
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www.discoverseoultours.com



The UN's First Battle in Korea: Jukmiryeong Hill and Task Force Smith

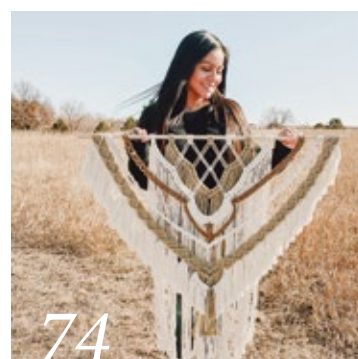
The New United Nations First Battle Memorial stands proudly on a hill at Osan Jukmiryeong Peace Park. The memorial is surrounded by the United Nations flags and a beautiful garden filled with mugunghwa flowers, the national flower of South Korea.

Cover Photo: The New United Nations First Battle Memorial
Photo by Jetta Allen



54

The Cook Family: A Life Without Borders



74

Knotty Abi

JUNG KWAN JANG

World No.1 Ginseng Brand
KoreanGinseng (Since 1899)

"JungKwanJang aims to provide a healthy and vibrant life for people across the globe."

We are expanding from the world of ginseng to become a total healthcare solution provider; from being the No.1 Korean ginseng brand to becoming a global guardian of health. Looking at the bigger picture, we are introducing nature's benefits into everyday well-being. Our vision for a healthy lifestyle is designed to support people in taking back their physical, mental, and social balance, and to enrich their daily lives so they can live comfortably.



KGC 인삼공사



Korean Red Ginseng Extract Capsule

₩141,000

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Contents 600mg x 180 capsules
Dosage 3 capsules, twice a day

Sale of all items at a discount

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₩316,000 | ₩165,000 | ₩102,000

Made simply by adding purified water to 100% Korean Red Ginseng extract to formulate it in a stick pack, this pouch-type product is convenient to carry anywhere, anytime.

Contents 10mL x 100 pouches | 10mL x 50 pouches | 10mL x 30 pouches
Dosage 1 pouch, once a day



EARTH TO HEALTH

FGTO is offering all products from Jung Kwan Jang at special discounts to USFK service members and their families. You can see more products by accessing the QR-code. Your order can be received by courier service anywhere in Korea. please contact FGTO.



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[Branch Office] PYEONGTAEK Cp Humphreys Bldg# S375 DONGDUCHON Cp Casey Bldg# S2032 DAEGU Cp Henry Bldg# S1220

UNITED ON THE RoK

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United on the RoK is a magazine with a military community focus that is distributed to United States Forces Korea installations within the Republic of Korea. The goal of this magazine is to connect readers to the diversity of our communities and showcase what South Korea has to offer from culture and travel, to food and family, and more. Contents of *United on the RoK* are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defence, or Oriental Press.

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Located just inside the AFOC gate at Osan AB, this statue, named "Weguk-Join-Sang (위국조인상)," is a symbol of remembrance of the bravery and dedication of the fighter pilots and airmen who selflessly fought for their nation during the Korean War. The statue also lists the names of ROK pilots who fought during the war along with a quote, "Dedication to the Nation is a Soldier's Duty (헌신은 군인의 의무)," and handprint from An Jung-geun, one of the ROK's most celebrated independence fighters. A flag from each country that fought alongside the ROK soldiers during the war completes the monument. Captured by Sierra Beaton.

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Tower!**

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acknowledged as a speaker for
Invisalign in Korea!*

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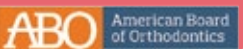
— *Contact us!* —

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- Address: 3rd Floor, 119 Olympic-ro, Songpa-gu, Seoul, Korea
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- Driving: On the navigator, please type in "Upenn Barun Dental."
- Parking: 3 hour FREE PARKING on the basement of the building



OFFICE HOURS

Mon/Wed/Thr/Fri 10am-7pm • Tue (evening hours) 10am-9pm
Sat 10am-3pm • Sun/Holidays Closed

EDITOR'S NOTE

Our family has known both war and peacetime. My husband was deployed to Iraq when we were just friends from our childhood church. After we were married, he deployed to Afghanistan just a few weeks later. Six months after the birth of our son, he deployed to Afghanistan a second time. And like clockwork, two years went by and he was headed to Kuwait for security and sustainment. My goal as a military spouse was to hold down the homefront so he could complete a mission. It often meant lonely nights, him missing celebrations and milestones of our family, and sometimes keeping my hardships to myself, so as not to worry him. It also meant avoiding the news at all costs and just praying for him and his unit to come home safe. Every time the phone rang with an unknown number, I held my breath with my guard each time but was relieved when he called to say hi or a telemarketer. I thought these were the hardest lessons I would learn about war, but I was wrong.

When we moved to this side of the world, I knew very little about WWII and the Korean War. As we learned, took tours of the DMZ, and listened to those who had memories of their childhood during the Korean War, I truly realized how valuable peace is to one's country and cultural identity. Our family has learned that you cannot value peace without understanding the lessons and costs of war. The landscape of Korea today, shows those sacrifices. A country where families have been separated for so long and the prayer for reunification is apparent. Living here would teach us about the formation of the United Nations Command during the Korean War and how its formation was the perfect example of global cooperation in the name of peace. So many countries came to South Korea's aid. Many sent military support, others sent food and first aid. Some countries like Australia opened their borders to refugees and continue to do so to this day for those defecting from North Korea. The world came together during the Korean War with a singular purpose, peace. We hope that Korea, a place that we have called home for nearly 5 years now, will one day be reunified under a banner of peace. From our family to yours, we hope your time on the peninsula is just as life-changing.



The Allen family at the JSA in 2022



Overhead view of the Joint Security Area at the DMZ

This month United on the RoK will celebrate United Nations Day by sharing stories about international cooperation, collaboration, and cultural diversity. Our authors will show you the memorials around the RoK that honor servicemembers from countries like France, South Africa, and Thailand. Read and learn about the various missions of the United Nations including combating world hunger, human trafficking, and how our youth are the voices of the future. See how military families are living a life without borders and using every opportunity possible to teach their children about peace and building international relationships.

As Editor, I leave with this: every day our actions are a reflection of the future we want to see in the world around us. This month, I pray that you pause and have a moment of self-reflection. We can all do our part for global peace and prosperity if only we make a conscious effort to have compassion in our hearts and minds, respect others and their culture, collaborate with those around us, be open-minded to new ideas, and serve for the good of those around us, not of oneself. This is how we embrace United Nations Day and honor those who made the greatest sacrifice for peace.

Jetta Allen
United on the RoK Editor in Chief



The United Nations Command oversees the Joint Security Area in the Demilitarized Zone. Here is the meeting and negotiation table half in South Korea, and half in North Korea. The door in the back heads to North Korea

LIVE MUSIC&ARTS

Events & Festivals



OCT18-19

Boogs, Island State of Mind, Armed Forces Entertainment
(No Cost, No Registration)

Oct 18 Osan AB
Oct 19 Camp Humphreys



OCT18-20

21st. Jarasum Jazz Festival

JARASUM JAZZ FESTIVAL
globalinterpark.com



NOV05

2024 Ga Young Viola Concert

Jangcheon Hall, Kwanglim Arts Center
globalinterpark.com



NOV07-JAN12

Jesus Christ Superstar: The Musical

Kwanglim Arts Center BBCH
ticket.yes24.com



NOV10

Sam Henshaw Live in Seoul


Musinsa Garage
globalinterpark.com



NOV20-21

Sir Simon Rattle & Symphonieorchester des Bayerischen Rundfunks

Lotte Concert Hall
lotteconcerthall.com/eng



NOV23

Inspire Concert Series #2: Westlife


INSPIRE ARENA
globalinterpark.com



DEC02-08

BBC Scottish Symphony Orchestra & Jaemin Han

Lotte Concert Hall
lotteconcerthall.com/eng



DEC04-05

Dua Lipa - Radical Optimism Tour

Gocheok Skydome
globalinterpark.com



JAN18

OneRepublic The Artificial Paradise Tour in Korea

INSPIRE ARENA
globalinterpark.com



FEB28

KYGO Live in Seoul

Inspire Arena
globalinterpark.com



APR16-25

Coldplay : Music of the Spheres Delivered By DHL

Goyang Stadium
globalinterpark.com



OCT05-20

Jinju Namgang Yudeung Festival

- Venue: Area of Jinjuseong Fortress & Namgang River
- Website: yudeung.com
- Inquiries: +82-55-749-5322

Every October, the Namgang River in front of Jinjuseong Fortress gets a bit brighter during the Jinju Namgang Yudeung Festival. Because the focus of the festival is on lanterns, most events take place at night, with lanterns in all shapes, sizes, and themes decorating the festival grounds. In addition to first-hand experiences like making a lantern to float, riding a boat, or crossing the river on a temporary bridge, visitors can also enjoy watching fireworks, a drone light show, and a media art show. With so much to see and do, it's no wonder the Jinju Namgang Yudeung Festival is one of Korea's representative fall festivals.



OCT16-20

Icheon Rice Cultural Festival

- Venue: Icheon Agriculture Theme Park
- Address: 48 Gongwon-ro, Icheon-si, Gyeonggi-do
- Website: www.ricefestival.or.kr
- Inquiries: +82-31-644-4135

Icheon is famous for producing the best rice in Korea. In fact, Icheon rice is so good that it used to be served to the kings of Korea in the past, and is still highly thought of today. The Icheon Rice Culture Festival celebrates its famous rice and local agricultural practices. Various activities and events are prepared for festival-goers of all ages to enjoy.



OCT18-20

Yeoju Ogok Naru Festival

- Venue: Area of Yeoju Silleuksa Temple
- Inquiries: +82-31-881-9692

Located just an hour outside of Seoul, the land in Yeoju-si, Gyeonggi-do is famous for its fertility, great at growing a plethora of produce, including rice, sweet potatoes, and peanuts. Records from the Joseon dynasty state that various local produce were shipped along the river, bound for the royal kitchen. The Yeoju Ogok Naru Festival celebrates this grand history, promoting the region's outstanding produce and traditional culture. At the site of the old quay, a recreation of a marketplace is set up, while produce sales and folk activities are available in another area. The festival is a great way to experience Yeoju's history, culture, nature, and food all at once.



OCT19-25

Seoul Silver Grass Festival

- Venue: Haneul Park
- Address: 95 Haneulgongwon-ro, Mapo-gu, Seoul
- Performance time: 09:00-21:00
- Website: parks.seoul.go.kr
- Inquiries: +82-2-300-5581
- Fees: Free


Seoul Silver Grass Festival takes place at Haneul Park. Originally a garbage dump, the land was reformed and transformed into the vibrant, healthy ecosystem it has today in large part thanks to the planting of silver grass. The park now features the largest colony of silver grass found in Seoul, and hosts the Seoul Silver Grass Festival every year in October when the grass is in bloom.



OCT18-20

Gwangju Kimchi Festival

Sangmu Citizens Park, Gwangju
kimchi.gwangju.go.kr
+82-62-613-3992



OCT23-26

Daegu International Future Auto Expo 2024

EXCO: 10 Exco-ro, Buk-gu, Daegu, 41515
www.difa.or.kr/eng/main.asp



OCT26/NOV02

2024 Seoul Hangang River Light Drone Show

Ttukseom Hangang Park
seouldroneshow.com/en/home



NOV09

2024 Busan Fireworks Festival

Gwangalli Beach, Busan
www.globalinterpark.com/en

Hey You, Daegu!
Here's the news in Area IV

OCTOBER DOMESTIC VIOLENCE AWARENESS

UNITED AGAINST ABUSE 5K RUN

10 OCT CAMP CARROLL 0630-0730 **17 OCT CAMP WALKER 0630-0730**

Join us in honoring and supporting all that have been affected by domestic violence.

USAG Daegu strives to celebrate those who have survived, and connecting those who work to end violence.

For more information call: DSN: 763-5126 COMM: 0503-363-5126

USO

Daytime Volunteers Needed

VOLUNTEER OPPORTUNITIES @ **USO WALKER & CAMP CARROLL LOUNGE**

JOIN OUR TEAM TODAY
Contact us for more information

DSN 763-1431 | Facebook.com/USOCampWalker | @USOWalker_ | Email: xfranco@uso.org

army mwr library

MONSTER CLASS HALLOWEEN

23 OCT WEDNESDAY

MOVIE STARTS AT 1700
CAMP WALKER LIBRARY

MONSTER CLASS HALLOWEEN
Halloween / Moon / Pumpkin / Family

AFTER SCHOOL BOWLING

TUE, WED & THUR 1300 - 1800

TWO (2) GAMES OF BOWLING
BOWLING SHOES
PERSONAL SIZE CHEESE PIZZA

\$10

Daegu Touch Rugby

Anyone can play!
No experience necessary!

We Play Weekly!
7:30 PM - 9:30 PM
Duryu Park
대구광역시 달서구 두류동 560

BOSS

Mentoring Program

EVERY 3RD SATURDAY, 0930-1300
DAEGU SEOGU YOUTH CENTER

SIGN UP AT CAMP CARROLL OR CAMP WALKER CAC
FOR MORE INFORMATION
Camp Carroll BOSS DSN: 763-2258 COMM: 0503-363-2258
Camp Walker BOSS DSN: 763-2219 COMM: 0503-363-2219

BOSS

SENIOR FEEDING VOLUNTEER SERVICE

EVERY 4TH WEDNESDAY 0930-1330

Sign up at the Camp Carroll or Camp Walker CAC

Monday Kids Bowl FREE

1100-1800

KIDS 18 & BELOW
Kids 11 & Under must be accompanied by an adult.
2 games of bowling free
Shoes Fee Not Included

WEG

For more details: **0503-363-2283**

2024 DCSC FALL WELFARE CAMPAIGN

submit your applications

APPLY TO RECEIVE TO A GRANT FOR YOUR ORGANIZATION

1 OCT-15 NOV 2024

ELIGIBLE ORGANIZATIONS MAY APPLY BY SUBMITTING DIGITAL APPLICATION TO DCSC WELFARE CHAIR

For more information contact DCSC Welfare Chair Mrs. Amanda A Lee at welfare@thedcsc.org

EMERGENCY PLACEMENT CORE

Ready to join the Area IV/Daegu EPC Team?

Join us for an Informational Session @
March 7, 1330 hours
Soldier Support Center
Or
April 1, 1330 hours
USO
Camp Walker

Registration:
Contact Ms. Lisa Evergin
ACS Family Advocacy Program Manager
at:
Lisa.Evergin.civ@army.mil
0503-363-4436

REASONS To Join DCSC

- Social Connections**
Attend our Monthly social events where you can make friends, build a supporting network, get involved with Sub Clubs and so much more!
- Support the Community**
Support Area IV community through volunteering at events, Donate items, and/or shop at our Apple Tree Thrift & Gift Store! 70% donated return back to the community through Scholarships and Welfare Grants!
- Experience Korea**
It's a great way to make the most of your time here. Learn ways you can experience the Korean Culture through outings with friends and engage with people from a variety of backgrounds.

JOIN NOW!
\$25 annual membership fee

E-5 & Below Program

Get 20 free clothing items per month per household

Each item must be valued at under \$8

Clothes, shoes, and hats available for all ages. Belts, scarves and other accessories too. Name brands are included!
Exclusions: jewelries and military items.

Humphreys and Osan Update

2024 Korea - US Harmony Festival

We warmly invite you to the "2024 Korea-U.S. Harmony Festival" with U.S. Forces Korea. This autumn, Dongnyeongsa Temple of the Jogye Order of Korean Buddhism is delighted to welcome U.S. service members and their families in Korea. This special event brings together local residents and U.S. personnel for a unique opportunity to experience traditional Korean Buddhist culture in a serene mountain setting. Join us for a meaningful and joyful cultural exchange. Your presence will make this celebration even more special!

Date: 11:30-15:00 on Saturday, 19 October 2024
Venue: Dongnyeongsa Temple (218-9, Jisan-ro 175beon-gil, Pyeongtaek-si)

Programs:

- Lunch 11:30-13:00:**
 - Korean Bibimbap, Tea, and Rice Cakes
- Festival (Performance and Experience Booths) 13:00-15:00**
 - Beompae (Korean Traditional Buddhist Performances)
 - US Service members and Families' Talent Show (Songs and Dances)
 - Youth Buddhist Dharma Team Performances
 - Guest Singers' Performances
 - Hands-on Experience Booths: Beads Making, Lotus Lantern Making, Face Painting, Cotton Candies, Popcorns, etc.
 - Lucky Draw

* Please RSVP via the Google Form: QR Code
 * For any questions, feel free to contact Harry at 010-9082-7955 or harry0017@naver.com

Host: Dongnyeongsa

Sponsors: Ministry of Culture, Sports and Tourism, Gyeonggi-do, Pyeongtaek Buddhist Temple Association, Jogye Order of Korean Buddhism, Japan Order of Korean Buddhism International Dharma Instructors Association, Cheonryongsa (Osan AB)

SAVE THE DATES

upcoming
PTSO meetings

Endurance Bldg
 2nd floor
 Rm: 219
 3:30pm

Weds, Aug 21st	Weds, Sept 18th	Weds, Oct 16th	Weds, Nov 20th
Weds, Dec 18th	Weds, Jan 15th	Weds, Feb 19th	Weds, Mar 19th
Weds, Apr 16th	Weds, May 21st	All are welcome to attend!	

Want to become a member?
 Scan here. **Follow us**

Osan Middle High School PTSO
 OMHS_PTSO

CHRISTMAS SHOPPING EXPRESS BUS TERMINAL IN SEOUL

Join us for a day of shopping for presents, ornaments, tinsel, garlands, and all things Christmas!

Tuesday, December 3
 8:30am-6:00pm
 Arrive at 8:20am Walkout Gate

Members \$10
Guest of member -\$10 (one time)
Non-members \$40

Purchase your ticket at
<https://www.humphreysunited.org/>

Items to Bring
 Bring won (cash) for the best deals, credit cards, and reusable shopping bags. Dress in layers, as it gets quite warm in the shopping areas. Wear comfortable walking shoes. Preferably no children, as it gets very crowded with lots of breakable merchandise everywhere.

Lunch will be at your own expense.

First come, first served. Cut off to register is Tuesday, Nov 26

For more information: activities@humphreysunited.org

IGLESIA CRISTIANA Encuentro DE Paz

PACIFIC VICTORS CHAPEL BLDG 6360
 USAO HUMPHREYS, COREA DEL SUR

DOMINGOS 1:30 PM
 SERVICIO DE ADORACION

MARTES 7:00 PM
 ESTUDIO BIBLICO

MIÉRCOLES 7:30 PM
 UNIDOS EN ORACION
 (WHATSAPP LINK)

YEOJU POTTERY TRIP

Saturday, October 19
 8:00am-7:30pm

Members \$10
Guest of member -\$10 (one time)
Non-members \$40

Purchase your ticket at
<https://www.humphreysunited.org/>

Meet outside of the walk out gate 10 minutes prior to departure.

Items to Bring
 Bring won (cash) for the best deals
 Water bottle
 Comfortable walking shoes

Lunch will be at your own expense. The bus will stop at shopping center with a pork outlet restaurant, bingsoo, bakery, and a Daiso for lunch time activities.

The trip will take place, rain or shine.
 No refunds.

ADULTS ONLY TRIP

For more information: activities@humphreysunited.org

Step and Stroll Osan AB

Meeting weekly starting
Wednesday, Sept 4th
 0840 - 0940

Mustang Track & Field
 Parking available at auto hobby shop

For those that walk from the base towers you can meet in front of Hallasan tower under the fenced cherry trees around 830 AM.

SCOUTING AMERICA

Troop 203 Troop 80 Girls

JOIN TROOP 203 & TROOP 80 (GIRL TROOP) FOR AN AWESOME YEAR OF ADVENTURES

ARE YOU INTERESTED IN CAMPING, HIKING, SWIMMING, AND MANY LIFE SKILLS NOT TAUGHT IN SCHOOLS? COME JOIN US ON TUESDAY EVENINGS AND GET TO KNOW OUR SCOUTS AND LEADERS!

MEETS EVERY TUESDAYS 18:30-20:00

SCOUTING BUILDS LEADERSHIP SKILLS & COLLEGE ENTRANCE OPPORTUNITIES

LOCATION: SCOUT HUT NEXT TO THE SENTRY VILLAGE BURGER KING DRIVE THROUGH

COMMITTEE CHAIR: AMANDA NGUYEN
HUMPHREYSTROOP203@GMAIL.COM
SCOUTMASTERS: LENINA CLARK AND KHA NGUYEN

HUMPHREYS THRIFT STORE

IN NEED OF VOLUNTEERS!

VOLUNTEER BENEFITS:

- ✓ FIRST DIBS ON ITEMS
- ✓ 50% OFF COUPON (UP TO \$10 VALUE) EVERY SHIFT
- ✓ VOLUNTEER HOURS (VMIS)

Want to help make a difference?
 Sign up today!

OSAN CHESS CLUB

TUESDAYS

STARTING AT 4:30PM

MUSTANG CENTER OSAN AB

NO EXPERIENCE NECESSARY

ALL AGES AND SKILL LEVELS WELCOME

Find more info on Facebook at Osan Chess Club

SERVICE MEMBER SUPPORT

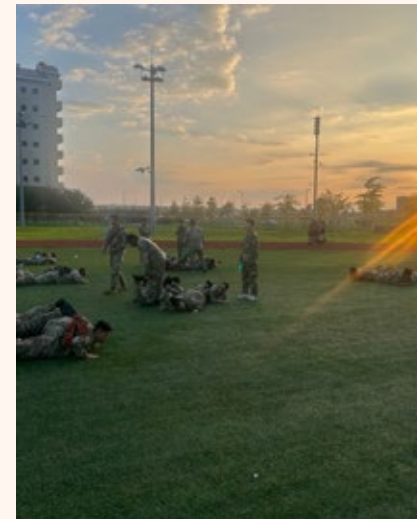
By SPC Zachary Rogers, 339th Quartermaster

As the fall and winter holidays approach, people often find themselves filled with a sense of companionship and togetherness. This feeling stems from shared experiences and traditions that come with celebrating this time of year. Whether it is gathering around a dinner table with loved ones, exchanging gifts, or participating in seasonal activities like decorating the tree or attending holiday events, the essence of companionship is widespread throughout the world.



These moments of connection are not only enjoyable but also serve to strengthen relationships and create lasting memories. In a professional setting, acknowledging and fostering this feeling of companionship can enhance team dynamics and productivity. Encouraging colleagues to engage in holiday festivities together can build camaraderie and a sense of unity within the workplace, ultimately leading to increased collaboration and morale during this special time of year.

For service members, the winter holidays can be especially tough as they may be far from family and friends, facing challenging conditions and potentially dangerous situations. We must reach out to one another in support and solidarity during this time of year. As comrades-in-arms, we understand the sacrifices and struggles that come with serving our country, particularly during the holiday season when homesickness and feelings of isolation can weigh heavily on the spirit.



“The purpose of human life is to serve, and to show compassion and the will to help others.”
~Albert Schweitzer

By extending a helping hand or simply offering a listening ear, we can make a significant difference in ensuring that our comrades feel valued, connected, and supported during this difficult time. Our collective efforts to provide comfort and camaraderie demonstrate the unwavering bond and strength of our military community. During the winter holidays, we cannot forget about the spouses and children of service members who are serving in the military. These families often bear the burden of their loved ones being away during this time of year, leading to feelings of loneliness, anxiety, and isolation. The emotional toll on military families can be immense, especially during a season that is traditionally focused on togetherness and celebration.

Those in leadership positions need to support and acknowledge these families by offering resources, assistance, and compassion. Whether it's connecting families to organizations that provide support services or simply reaching out with a kind gesture or word, recognizing the sacrifices made by military families during the holiday season is crucial in ensuring they feel valued and seen. While leaders do their part, let us remember to also extend our gratitude and support to these unsung heroes who stand behind our brave service members, helping them put the mission first.

SPC Rogers writes monthly about the needs of service members stationed in South Korea. One of his best tips, get to know the lay of the land and find balance in all you do. He wants his readers to remember that resiliency is built on finding strategies that support a positive mental outlook and allow you to destress from life's daily challenges. If you are struggling to find those strategies, he encourages his readers to find him on global and reach out to him or to reach out to your team or battle buddy. SPC Rogers and United on the RoK encourage you to find the resources you need by contacting the Chaplain, Military Family Life Counselors, and Behavioral Health.



New United Nations First Battle Memorial



14.5mm Heavy Anti-aircraft Machine Gun (USSR)



M48A2C Patton Tank (USA)

The UN's First Battle in Korea: Jukmiryeong Hill and Task Force Smith

Written by Jetta Allen
Photographed by Jetta Allen, Maggie Melton,
and Kelsea J. Caballero

While making our family's bucket list for summer activities, the Osan Jukmiryeong Peace Park came to my attention through a travel guide for community members in the Osan area. We have been on the peninsula for over four years and had never heard of this park, but as we researched the park's mission and history we knew we had to visit. This location is more than just a park, it has museums and memorials open to the public, as

well as interactive exhibits and a playground. The park is located on Jukmiryeong Hill where Task Force Smith, part of the 24th United States Division, fought to hold back North Korean forces—history truly in action!!

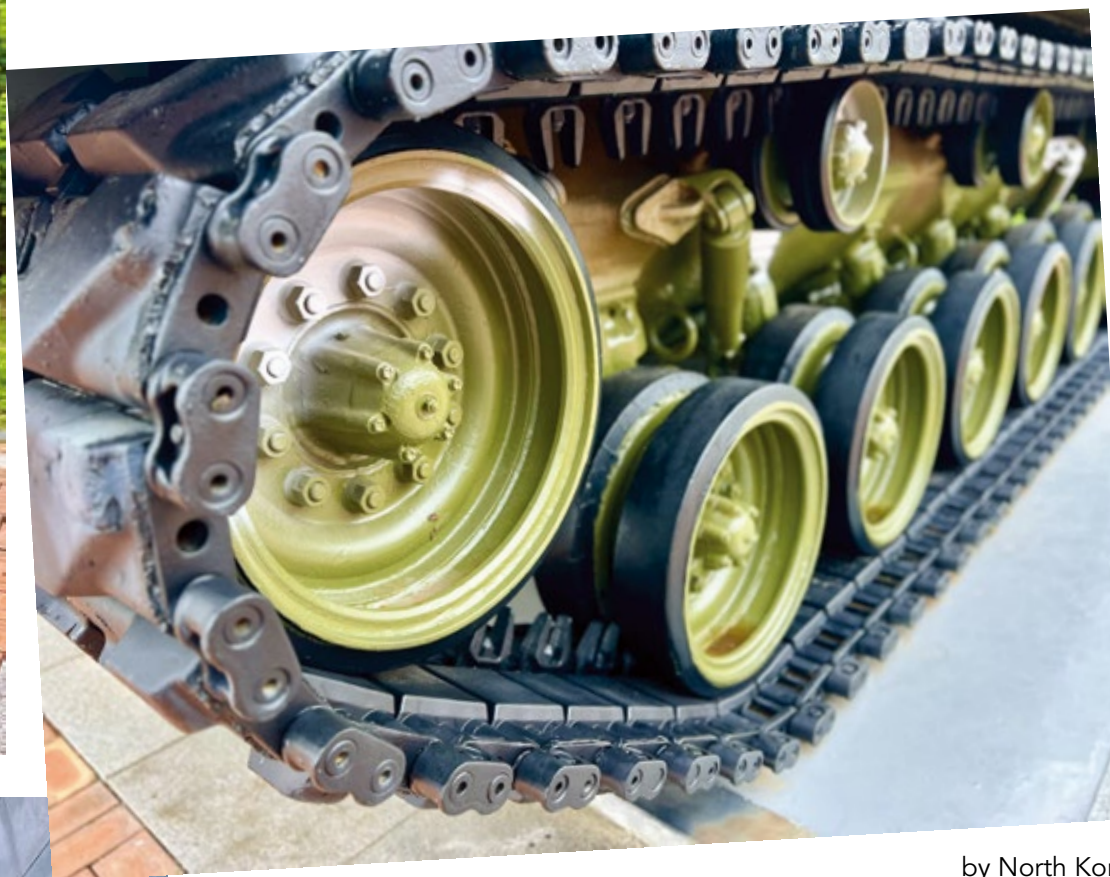
We set out for our destination (located north of Osan) on a sunny day in July. The flags of the United Nations were waving proudly in the wind. The static display of military aircraft, vehicles, and artillery machinery

excitedly welcomed visitors. The Republic of Korea's 1947 F-86F Sabre Fighter Jet and the 1966 United States M48A2C Patton Tank caught our attention immediately. The teeth on the tank along with an unexpected number of wheels on the vehicle, held my fascination for quite a while. Seeing all the military equipment surrounded by the bustling city life and tall buildings was striking. While looking at the vehicles, you can see the United Nations flags surrounding a monument that set the tone for

the entire complex. The New United Nations First Battle Memorial stands proudly on a hill surrounded by the United Nations flags and a beautiful garden filled with mugunghwa flowers, the national flower of South Korea. The blooming gardens evoked a sense of Korean national pride and enhanced the immense feeling of international support and respect. The 64 ft. monument is made of bronze and was completed in 1982 to honor the brave service members who lost their lives fighting



KM900 Light Armored Vehicle (RoK)



Mugunghwa (Rose of Sharon) is the national flower of South Korea.



for peace in Task Force Smith.

On July 5, 1950, at Jukmiryeong Hill, Task Force Smith, led by United States Lieutenant Colonel Smith, would fight the first battle between the United States and North Korea. This became the first joint operation between Korea and the United Nations.

Here history would be made and set a precedence of international cooperation on the peninsulas for years to come.

Outnumbered 10 to 1, the Korean and United Nations forces worked valiantly to protect Korea at the Jukmi Pass, trying to fend off an invasion from the north. The Allied Forces' howitzers were of little use against the armored Soviet-made T-34 tanks operated

by North Korea, and soon our forces were surrounded. Many soldiers were dead, wounded, or missing, while the North Koreans' advance continued for weeks. Although this battle may not be widely known, its lessons and outcomes have often been used in the decades since to inform service members of the importance of preparedness and evaluating the strengths of both sides. The members of Task Force Smith fought courageously, with unwavering vigilance, for the peace they strongly believed everyone should have.. This monument honors their sacrifice, featuring soldiers whose faces reflect focused determination in holding back North Korean forces. Witnessing their sacrifice

through this memorial left a lasting impact on my heart.

Wartime is painful and full of too many lives who make the ultimate sacrifice, making us realize that peace is a priceless endeavor in our world.

As we explored the rest of the complex we found the UN Forces First Battle Memorial Museum. Here there were recordings of live footage from the battle, artifacts, weapons, and uniforms worn by the soldiers of Task Force Smith. The memorial inside honored 540 Veterans of Task Force Smith with a nameplate telling a bit about



each Veteran who served. There were stories from Veterans about their time during the battle. Tears came to our eyes as we listened to the Veterans' stories. Hearing their words made the pain and anguish feel like fresh wounds that time had not yet healed. One Veteran shared that looking upon South Korea flourishing in the present day, made the fight for peace worth it to him, reflecting that peace and prosperity sometimes come at a personal cost, one he was content to have paid.



After an emotional tour through the Veterans exhibit, we continued on to the Charles B. Smith Peace Hall, which features the journey from the beginning of the war to the signing of the Korean Armistice Agreement. You can participate in an interactive exhibit with short films, a simulation of a train ride from Daejeon to Osan, visuals of war-time across the peninsula, virtual reality experiences inside a transport aircraft, and so many more educational exhibits. Each floor

also has specially designed areas for small children. The cafe, kids' rooms, and experience rooms help provide play and education through creativity!

There is also a huge outdoor park behind the complex with outdoor exhibits related to the July 5, 1950 battle. Climb the observatory to look out at Hwaseong-si and Suwon-si. Play on the large playground with slides or in the gate that looks like a Douglas C-45! The Old United Nations Forces Battle



Monument is also located in this park section. Here 540 stones build the monument, symbolizing the 540 soldiers of Task Force Smith.

At the end of our day, we were delighted to discover a special event for visitors where attendees are given a special coin to commemorate the battle. Each year these are given out as part of the Smith Unit's Fallen Soldiers Memorial Project. The heavy coin features the likenesses, names, affiliations, and



2024 Task Force Smith Commemorative Coin.

ranks of Cpl. Jake W. Bailey and Sgt. Harvey N. Bailey, both from 1st Battalion, 21st Infantry Regiment of the United States Army. The opposite side features the New and Old United Nations First Battle Memorial. We left having learned so much and with an amazing gift to help us remember all those who sacrificed their lives in the defense of freedom.

It has been over 74 years since Task Force Smith fought on the Jukmiryeong Hill, but each day since we are grateful for the peace brought to the peninsula. I highly encourage servicemembers and their families to visit the Osan Jukmiryeong Peace Park. There is also a special exhibition of the Korean War and Participating Units now until November 24th. We, as a society, will never

know how important kindness and love are if we don't understand the sacrifices made for peace. Peace is a fragile thing. It depends on people learning about these battles, hearing the stories, and making conscious decisions to practice collaboration, tolerance, positive communication, and respect daily. The Osan Jukmiryeong Peace Park reminds us of these important lessons while encouraging us to continue finding a way forward, together.

Visit Osan Jukmiryeong Peace Park and see what unravels in your heart as you learn about the courageous Task Force Smith troops.



White flowers are placed on a table in front of the Osan Jukmiryeong memorial tower during the 70th anniversary of the Republic of Korea and U.S. alliance and Armistice Agreement.

As you make your plans to go, know there is parking at the location and accessibility features such as ramps and elevators are present throughout the complex. Most of the museum exhibitions are in Hangul. The video exhibits are in English with Korean translations or in Korean with English translations. Admission is free. While the outdoor memorials are a must-see, this location also has much to see and experience indoors, so it can be enjoyed when the weather isn't so great too.



About the Author

Jetta Allen is the Editor in Chief of United on the RoK. Over the past few years, she has worn many hats; writer, poet, photographer, and editor. She loves nature, travel, and culture, but most of all, making memories with her family. As a military spouse, Jetta knows the importance of community and how being connected can help one find the resources and networks that help them thrive.

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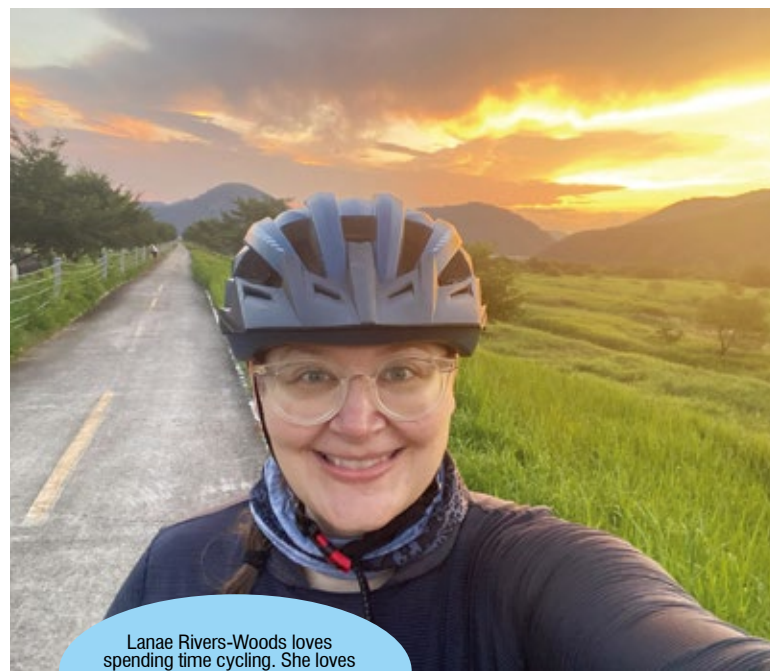
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*The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement

Bridging Cultures:

How Lanae Rivers-Woods is Connecting Communities Through South of Seoul

By Melissa Edwards-Whittington



Lanae Rivers-Woods loves spending time cycling. She loves it so much, she has cycled from Pyeongtaek to Sokcho!



As English Language teachers, Lanae and her husband Harry fill their downtime with volunteering in their community and exploring Korea in all seasons.

Lanae

Rivers-Woods has always been at home in the world abroad. Growing up in Talkeetna, Alaska, she was raised in a community where nearly half the population hailed from international backgrounds. Her family, too, was global, shaping a worldview where cultural exchange and diversity became second nature. Unsurprisingly, her extensive travels—starting as early as age seven—left her feeling that being abroad was more of a home than staying in one place. This unique perspective would one day fuel her mission to foster community and understanding in South Korea, a country she has called home since 2011.

With a Bachelor of Science in Social Work (BSSW)

and a Master of Arts in International Teaching (MAIT), Rivers-Woods has dedicated her life to education and service. But it was in Korea, a place far from her Alaskan roots, that she made her most significant impact. In 2015, she founded South of Seoul, an organization that has since become a lifeline for the international community in South Korea.

The Birth of South of Seoul

When Rivers-Woods first conceived South of Seoul, many told her it would only be possible to create meaningful change with a large budget or a whole staff. However, this did not deter her. “I knew I could do it with



Both Pyeongtaek International Exchange Foundation (PIEF) and Songtan Market have amazing programs for foreigners in the community thanks to the efforts of Lanae, Lisa, Harry, and so many more volunteers. Programs like these maintain international peace and ease transitions as people move to Korea, and through these collaborations, the United Nation’s mission of peace and cultural respect is maintained one day at a time.

what people spend on beer in a weekend,” she recalls. Armed with a passion for community service and research she had already done for her benefit, Rivers-Woods set out to create a resource to help others navigate life in South Korea.

South of Seoul started as a blog and grew organically into a volunteer-driven organization. Its mission? To ease the cultural and logistical challenges many foreigners face while living in Korea. With volunteers from diverse backgrounds and cultures, South of Seoul creates content that resonates with a broad audience, allowing individuals to discover the Korea that speaks to them.



Lanae Rivers-Woods, Lisa Peck, and Harry Woods lead a city tour to help local community members understand their area, including shopping, transportation, and recreational areas.

Empowering Through Knowledge

One of Rivers-Woods’ core beliefs is that knowledge is power. Through South of Seoul’s extensive blog, app, and multiple Facebook groups, the organization offers information to help foreigners feel more empowered daily. Whether finding the best local markets, navigating healthcare, or understanding cultural nuances, the platform is designed to make life in Korea less intimidating and more accessible. Providing information and understanding, South of Seoul empowers individuals to feel confident in their decisions.

Building a Bridge Between Cultures

South of Seoul is about more than just information—it’s about building community. Rivers-Woods has made it her mission to strengthen the bonds between internationals and locals, working tirelessly to create spaces where both groups can interact and learn from each other. South of Seoul partners with various local organizations, including the Pyeongtaek International Exchange Foundation (PIEF), Ministry of Foreign Affairs (MOFA), Songtan Market, Pyeongtaek City, Namseoul Universi-



South of Seoul is changing lives. How can it change yours for the better? Check out South of Seoul on Facebook, Instagram, and their extensive blog for all foreigners in Korea including those affiliated with the military.

ty, *United on the RoK*, and countless other bloggers. These partnerships allow South of Seoul to expand its reach and offer even more valuable content to those navigating life in Korea.

In addition to formal partnerships, South of Seoul is deeply committed to supporting local content creators and individuals sharing useful information with the broader community. This collaborative effort has helped foster a sense of belonging among both Koreans and foreigners.

A Legacy of Connection

Lanae Rivers-Woods' journey from the small town of Talkeetna, Alaska, to South Korea is a testament to the power of vision and determination. What began as a personal passion for serving the community has grown into a dynamic organization that is not just transforming the way foreigners experience Korea, but also making a significant impact on the community. Through South of Seoul, Rivers-Woods has created a space where people from all walks of life can come together, share their stories, and build

lasting connections, inspiring hope and a sense of empowerment.

In a world that often feels divided, South of Seoul reminds us that community knows no borders. With Rivers-Woods at the helm, this organization continues to prove that, with the right amount of heart and dedication, even the most ambitious goals are within reach.

Words of Wisdom from Lanae Rivers-Woods:

"When you move abroad, pride is not your friend. You need to have a sense of humor instead of being angry. Even though you may think that you are right, you are probably wrong. And most importantly, tomorrow is another day."

South of Seoul is changing lives. How can it change yours for the better? Check out South of Seoul on Facebook, Instagram, and their extensive blog for all foreigners in Korea including those affiliated with the military.

Download the South of Seoul App, available on Android and iPhone operating systems.



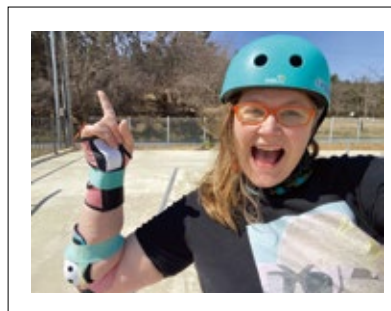
South of Seoul Websites and Blog

- <https://www.southofseoul.net/>
- <https://blog.southofseoul.net/>

South of Seoul Facebook Pages and Groups

- South of Seoul: <https://www.facebook.com/SouthofSeoul>
- SOS Public Health: <https://www.facebook.com/sospublichealth/>
- Pyeongtaek Living: <https://www.facebook.com/groups/pyeongtaekliving/>
- Pyeongtaek Food and Fun: <https://www.facebook.com/groups/PyeongtaekFoodandFun/>
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South of Seoul Instagram

- [south_of_seoul](https://www.instagram.com/south_of_seoul/)
- https://www.instagram.com/south_of_seoul/

South of Seoul Shop

- Postcards, Planners, and Adventure Maps
- <https://www.southofseoul.net/shop>



About the Author

Melissa Edwards-Whittington has been in Korea for 7 years. She and her husband have a YouTube channel, KimchiRednecks, where they share about life in South Korea, places to eat and visit in South Korea, as well as their hobbies like cooking and making whiskey at home. They are also parents to three precocious Shih Tzu daughters, Minion, Sookie, and Mayhem who are featured often in their social media.

In addition to writing articles for *United on the RoK*, Melissa volunteers for a local organization called South of Seoul. She is a blogger, content creator, and online media manager for South of Seoul, supporting expats living in the country. She has volunteered with Pyeongtaek Insight as part of their content creation as well. Melissa is passionate about the community here in Pyeongtaek and seizes opportunities to increase the quality of life for those living in South Korea.

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Freedom Protection Peace Museum,
Dongducheon, South Korea.

THE UN EFFORT IN KOREA

By Cord A. Scott



A Fairchild C-123
Provider is displayed
outside of the
Freedom Protection
Peace Museum.



A M48 A2C Tank
is displayed
outside of the
museum.

While

many people see the Korean War in terms of ROK/US cooperation, the role and significance of United Nations participation can be quickly overlooked. Some of the Korean War museums – and there are several – do mention that input. In addition, there are several historical markers/memorials in S. Korea which visually demonstrate the sacrifices of those countries.

One of the first places to gain both a sense of the war, as well as the contribution is the Freedom Protection Peace Museum in Soyasan, two stops north of the Bosan stop where Camp Casey is located. This final stop on the #1 line is a mere 7 miles from the DMZ. The museum has brochures entirely in Korean, but the signage is in English. Outside the museum is a series of static displays. Unlike some of the museums, all the displays are of Allied equipment.

What is also of significance are the models, with signs and locations, of the sixteen combatant countries fighting on behalf of the UN. The signage explains where the location of the actual monument, when it was dedicated, and the size of the actual monument versus the model size. For immediate reference, if one turns around from the museum and looks down the hill, they will see the actual Belgium/Luxembourg Memorial and monument, which is located less than 500 meters from the museum. For many of the other memorials, they are generally located near where they had their major engagements. The Canadian, Australian, New Zealand, and British Commonwealth monuments are located in the Gapyeong Valley (Kapyong) where those militaries were engaged in the most significant fights. The one exception would be the British monument to the Gloucester Regiment and their defense in early 1951. That monument is located a few miles west of the Soyasan museum.

While the museum does focus on ground forces, there are some significant static aircraft on display including a T-33A, an O-1 A Bird-dog observation plane, and most importantly an RO-



A memorial stands on the first floor of the
Freedom Protection Peace.



Pictures are shown at the Freedom Protection Peace Museum, Dongducheon, South Korea, in a series to show the progress of the Korean War, starting from the liberation of Korea.


KAF C-123J Provider cargo aircraft. The interior of the C-123J is accessible and is a clear demonstration of how cramped any cargo craft may be. This particular craft was retired in the early 1990s.

Inside the museum, there is a section that shows the continued presence of 2ID in the Dongducheon area. Where the museum starts is inside the sets of doors. There is a library (again mostly Korean books) but as one goes to the second floor there is a history of the UN effort. As one walks around the arched exhibit hall, there are uniforms and statistics of every UN country that assisted, including those who sent medical support in lieu of combat troops, such as India and Italy.

As usual, there is also a variety of weaponry on display. The overall theme of a UN effort is also demonstrated visually by the murals and reliefs that are displayed, as well as “parachutes” which hang from the ceiling, and show the total troop commitment and casualties incurred by each participant nation.

The museum is inside a hiking and park area. While it is not the most comprehensive museum, it is again a visual reminder of the sacrifices made by not just the US and the ROK, but for all UN participant nations as well.

Photography by Pfc. SeoWon Lee, 1st Armored Brigade Combat Team, 2nd Infantry Division.
*The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.



About the Author

Cord A. Scott has a Doctorate in American History from Loyola University Chicago and currently serves as a Professor of History for the University of Maryland Global Campus for Asia. He is the author of *Comics and Conflict*, *Four Colour Combat*, and *The Mud and the Mirth: Marine Corps Comics of WWI*. He has written for several encyclopedias, academic journals such as *The International Journal of Comic Art*, *The Journal of Popular Culture*, *The Journal of the Illinois State Historical Society*, and several books on aspects of cultural history. He has lived all over the Pacific and currently resides in Okinawa, Japan.

TIPS: HALLOWEEN IN KOREA

Halloween, or 할로윈 (hallowin), is celebrated a little differently in Korea than in the United States. If you expect trick or treating, haunted houses, or elaborate decorations then you will be slightly disappointed. However, you may still find Halloween-themed parties in your local area. You can also visit local amusement parks for themed events!

Upcoming Events:

Camp Humphreys: Fall Festival (Oct 12th)
Trunk or Treat (Oct 31st)

Camp Walker: “Let’s Glow Crazy” Costume Party (Oct 25th)
Halloween & Tangerine Picking Tour

Everland: Bloody City 8 (Sep 6th-Nov 17th)

Lotte World: Street Horror Show-Marionette (Sep 7th-Nov 17th)

Dark Side of Seoul Ghost Tours (Daily)

E-World: Pumpkin Fest (Sep 7th-Nov 3rd)

SAFETY ISN'T SCARY!

STAY WITH FAMILY OR FRIENDS
AGREE ON A TIME AND ROUTE
MAKE SURE YOU CAN SEE THROUGH YOUR MASK
IF DRIVING, EXERCISE EXTREME CAUTION
CHECK YOUR TREAT WRAPPERS

STAY SAFE AND HAVE FUN!
PARENTS, GET YOUR TAX...

**TALKING
NERD
TALK!**

Thailand's Contribution to the Korean War

By Dan Romano



Trucked away on a small hill just off the main road through Pocheon, the Korean Monument to the Armed Forces of Thailand stands as a reminder to the nation's unwavering commitment to the United Nations (UN) during the Korean War. This tranquil location is surrounded by towering trees and commemorates the 1,296 Thai forces who sacrificed their lives fighting alongside the other 16 UN nations. Located at the site of the last Thai troop garrison, the monument offers a serene escape, inviting visitors to reflect on the courage and sacrifice of the Thai military.

Shaped like a rifle's butt plate, the monument serves as a stark reminder of the war's harsh realities. A statue of a soldier and a civilian, their arms intertwined in a gesture of unity, symbolizes the combined efforts of the Thai people. A few steps away is a small Buddhist temple standing as a testament to the enduring faith of the Thai soldiers and is believed to offer solace to the souls of those who sacrificed their lives far from home. On some days, a calm wind flows through the trees, and visitors can find a moment of quiet reflection, honoring the sacrifices made by the Thai military in support of South Korea.



Thailand is a founding member of the UN, and their swift contributions were pivotal in supporting efforts to restore peace and stability on the Korean Peninsula. Only five days after the war began, the nation sent 4 tons of rice to South Korea and later deployed Royal Thai medical units, warships, transport aircraft, and infantry forces to fight side-by-side with the other UN nations. Approximately 12,000 Royal Thai forces contributed to the Korean War and their support was crucial in various battles and demonstrated strong international solidarity. After the signing of the Armistice Agreement, Thai infantry forces remained in South Korea until June 1972 and part of their air forces until July 1976.

Thai relations with South Korea can be traced as far back as the late 14th century and centuries later in 1949, Thailand was one of the first nations to recognize the newly independent Republic of Korea.

South Korea and Thailand formally established diplomatic relations in October 1958, and they continue to partially cooperate economically; however, the most encouraging development is taking place in tourism. Contributing to the relationship is the Korean pop culture that has taken hold in Thailand. This has attracted more



About the Author

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

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



United Nations Day:

A Buddhist Perspective on Peace, Compassion, and Global Cooperation

By Harry Shin

United

Nations Day, celebrated on October 24th, marks the founding of the UN and its commitment to global peace, human rights, and cooperation. From a Buddhist perspective, this day resonates with teachings on dignity, compassion, and the interdependence of all beings. The UN's Universal Declaration of Human Rights aligns with Buddhist precepts, such as respect for life and ethical conduct. The Buddhist virtues of compassion and loving-kindness are reflected in the UN's work promoting human rights and alleviating poverty.

Buddhism's concept of dependent origination, which highlights the interconnectedness of all things, mirrors the UN's mission of fostering global cooperation. Buddhists are encouraged to reflect mindfully on global issues like poverty and climate change, viewing support for the UN as part of their ethical responsibilities. The Bodhisattva ideal, focused on selfless service, aligns with the UN's efforts to improve global welfare, and Buddhists may see participation in UN initiatives as part of their spiritual path.

In addition to its global mission, the UN plays a crucial role in responding to crises and conflicts through peacekeeping missions. These efforts can be viewed through the Buddhist lens of compassion, as the UN intervenes to protect vulnerable populations and promote harmony among nations. Just as Buddhists are called to alleviate the suffering of others, the UN's peacekeeping forces act as guardians of peace, supporting stability in regions affected by conflict.

Environmental stewardship is another area where Buddhist teachings and the UN's mission intersect. Buddhism emphasizes the importance of living in harmony



The Child Buddha at Botapsa Temple.
Captured by Jetta Allen



Near the Gyeongpo Lake and Gyeongpodae Pavilion is a Memorial Tower designated by the Ministry of Patriots and Veterans Affairs.

with nature, recognizing the interdependence of all life forms. The UN's work in addressing climate change and promoting sustainable development reflects this awareness. By fostering global cooperation to protect the planet, the UN aligns with the Buddhist principle of mindfulness, encouraging individuals and nations to act responsibly for the well-being of future generations.

In South Korea, the United Nations Command (UNC) plays a vital role in maintaining security and stability, supporting the Republic of Korea's defense. This commitment to peace reflects Buddhist values, further strengthening the connection between the UN's mission and our Buddhist teachings, and fostering a spirit of international cooperation between the International Dharma Instructors' Association and UNC forces in Korea.



About the Author

Harry Shin is a Certified Meditation Instructor accredited by the Jogye Order of Korean Buddhism. He enjoys introducing Korean culture to U.S. service members and their families and promoting cultural exchanges by leading a Facebook community called "Enlightenment Community at Osan Airbase and Camp Humphreys."



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Layone performs at a K-Pop concert held on Balboni Field at Camp Humphreys during KATUSA & U.S. Soldier Friendship. U.S. Army Photo by Cpl. Estevan Hidalgo.



Squid Game



Statue commemorating Gangnam Style, located in Gangnam-gu, Seoul.

Experiencing K-Culture While Living in Korea

By Alison Rock

K-Culture or Hallyu, directly translated to mean the “Korean Wave”, is a cultural phenomenon where Korean pop culture and traditional Korean culture are spreading across the globe, shining a beautiful light on all that Korea has to offer. K-pop music has definitely helped accelerate the wave with the help of many artists like Psy when his song “Gangnam Style” went viral and became the first YouTube video to get a billion views. A few other groups like BTS, Black Pink, and Twice, just to name a few, have topped the charts in America spreading Hallyu. In addition, K-dramas have gained a worldwide following with shows like Squid Games or Extraordinary Attorney Woo. Not to mention K-movies like Parasite which was the first non-English film to win Best Picture at the Oscars. Entertainment has definitely helped create curiosity as to what K-Culture is all about, but K-culture is ubiquitous if you’re living in Korea, so how do you embrace it?

The answer is TRAVEL! It is so easy to get around in Korea, so jump in your car, get on the subway, take a train, or participate in a bus tour. A wonderful resource is the Korean Ministry of Culture, Sports, and Tourism. If you go to their website you can find a plethora of information from the history of Korea to must-see tourist attractions and upcoming festivals.

I recently had the pleasure of attending the Senses of K-Culture sponsored by the Korean Ministry of Culture, Sports, and Tourism Tour Arirang. The tour took us to Jeonju, a city known for its Hanoks, an iconic Korean style of architecture with wooden walls and black tiled roofs. This cute little village has over 800 traditional houses and so many other sites to see, like the Confucian temple or the Catholic church. Walking through the streets allows you to embrace the feeling of Korean life but if you’re more hands-on you can find all sorts of activities. You can visit the Jeonju Traditional Hanji Center and participate in Korean paper-making using mulberry tree fibers. When we were there, we learned how to make traditional clay pottery at the Jeonju Hanbyeok Cultural Center.

From Jeonju we traveled to Naju to experience the tradition of natural fabric dyeing. If you visit the Naju Natural Dyeing Culture Center, you can explore a wide range of traditional Korean crafts. The center houses a fabulous museum that shows the history of fabric dyeing, displays clothing worn by kings and commoners on their wedding day, and so much more. In the museum shop you can purchase beautiful handmade clothing, purses, fabrics, crafts, and magnificent works of art. If you want to complete your own projects from home, you can purchase dye in every color under the sun made from natural ingredients. My son and I dyed tote bags from “jjok”. This is the name for the indigo plant in Korean. The plant grows wild around the culture center. Once picked, the leaves are boiled creating a bright green dye that magically turns blue when exposed to oxygen. The indigo dyed fabric has a beautiful blue color that is noncarcinogenic, so this is more environmentally friendly than chemical dyes. Some of the plant’s properties are also passed onto the fabric. For example, the indigo plant has a special component that repels moths, thus moths typically stay away from indigo dyed fabric.

Another great way to experience K-Culture is to get out and take a walk. Korean people love the outdoors, and you never know who you will meet while strolling



Food is another way to experience K-Culture. When traveling in Korea, there is often local food specific to your destination or region, so the best way to experience K-Culture is to try local dishes. If your travels lead you to Naju, please try a restaurant called White House serving Naju Gomtang Hayanjip. They were established in 1910 and is one of the oldest restaurants in Korea serving a local dish called Naju Gomtang. This is the best soup I have had in my ten years of living in Korea. It's not a spicy soup, although you can add pepper or kimchi to it if you'd like. It's a clear beef broth soup that is loaded with sliced beef, rice, egg, and leek. It's a really rich filling broth but it has a crisp clean refreshing flavor as the fat

There are so many different ways to experience K-culture. You can explore K-beauty trends, one of my favorite things to do. Go to the palace and try on hanboks with your friends. Enjoy a Korean restaurant with your family and see which of the famous side dishes are your favorite. There is just so much to do, but the important thing is to get out and experience it firsthand. For ideas on how to experience K-Culture check out these amazing resources. Enjoy your stay in Korea and ride the K-Culture wave.

Naju Natural Dyeing Culture Center:
[NAVER Map] Natural Dyeing Culture Center
전남 나주시 다시면 백호로 379
<https://naver.me/5CWnwKlg>

HANA Express Travel with Daegu FMWR:
<https://daegu.armymwr.com/programs/hana-travel>



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FAST FACTS

UNITED NATIONS EDITION



The logo for the UN was designed by US architect, Oliver Lincoln Lundquist. The color blue was chosen as it represented peace which is the opposite of red – the hue of war. There are 193 countries holding membership to the UN.



UNC enforces the Armistice Agreement, facilitates diplomacy with North Korea and integrates multinational forces during crisis or conflict.



In 2001 the UN was awarded the Nobel Peace Prize for their work toward global peace and security.



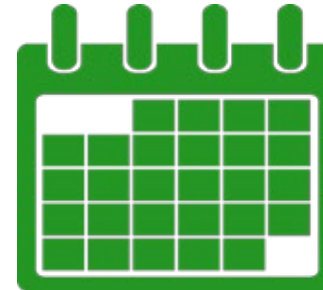
When the Korean War broke out in June 1950, as the Korean War started, the United Nations Command (UNC) was formed under the mission to restore peace and security on the Korean Peninsula. It was the first undertaking of its kind in the history of the UN. Since 1950, 22 nations have participated in the UNC mission: Australia, Belgium, Canada, Colombia, Denmark, Ethiopia, France, Germany, Greece, India, Italy, Luxembourg, Netherlands, New Zealand, Norway, Philippines, South Africa, Sweden, Thailand, Turkey, United Kingdom, and the United States.



The 16 stars on the UNC logo represent the 16 nations that provided combat forces to the Korean War.



The UN's World Food Programme is the world's largest humanitarian organization saving lives in emergencies and using food assistance to build a pathway to peace, stability and prosperity, for people recovering from conflict, disasters and the impact of climate change.



The presidency of the SC is held in turn by the members of the Council in English alphabetical order of Member States for a one-calendar-month period.



UNESCO is the United Nations Educational, Scientific and Cultural Organization. There are 1154 UNESCO World Heritage Sites. It seeks to build peace through international cooperation in Education, the Sciences, and Culture.



Worldwide, 113 countries have never had a woman Head of State, and currently, only 26 countries are led by a woman. Full democracy requires the equal participation of women in all its processes



1 in 3 victims of human trafficking globally is a child. United Nations Office on Drugs and Crime is calling for greater efforts to protect children both online and offline from the risks of exploitation and trafficking.



Young people worldwide are agents of change, playing a key role in the achievement of global goals according to the UN.



The UN uses six official languages for its sessions and publications – Arabic, Chinese, English, French, Russian, and Spanish. Over 120 language specialists work in the UN to cover all its official languages.



476 million indigenous people are living in 90 countries, speaking the majority of the world's 7,000 languages.



Our voices are powered by human rights which are our strongest tools for those who have no power.

Come Hang Out in the Hood

By Mack Rock

Today I had the pleasure of visiting an amazing café in Pyeongtaek called Hood Roasters. The name Hood Roasters came from the word “neighborhood”. The owner wanted a coffee shop that was friendly to everyone so people would want to come and hang out in the “hood”. He wants customers to feel like they belong and can hang out and enjoy coffee comfortably with their friends and family.

Hood Roasters is a very fun café offering some of the most beautiful coffees I have ever seen. In addition to being Instagram-worthy, they taste amazing! Hood Roasters blends and roasts their own coffee beans right in the shop. You can sit and enjoy a freshly brewed cup or you can buy a small bag of beans to take home. They also sell their freshly roasted beans to other cafés and companies. In fact, if your military unit wants to purchase coffee in bulk, they offer large quantity discounts.

I went to Hood Roasters with my mom and we tried the butter coffee and a strawberry latte. My mom expected the butter coffee to be like a Bulletproof coffee but, it was not. It was like a liquid desert. It was a super indulgent drink made with black nut coffee that had undertones of Macadamia, dark chocolate, and muscovado sugar, richly blended with butterscotch cream and cacao powder. Not only was this coffee decadent, but it was also visually stunning.

The strawberry latte is a non-coffee drink. It had diced strawberries on the bottom with a homemade strawberry jam sort of thing swirled through fresh whole milk and topped with freeze-dried strawberries. It looked like there was melting jelly in it but after I mixed it, it looked pink. The taste was incredible, and I would most definitely order it again. This drink is perfect for kids or anyone who doesn't want caffeine since



it's coffee-free. It can also be the perfect treat for anyone who has a sweet tooth.

If you're not a sweet coffee person, we recommend that you try the Ethiopia Rumundamo. It is a specialty filter coffee that has the most unique flavor reminiscent of sweet black sapphire grapes which have a combination of grape and prune essence with lingering floral notes. It's coffee, but almost tastes like a tea. It's brewed black so it's perfect for those who prefer their drink sugar-free.

The owner Mr. Kim Won Gyu and his best friend from elementary school Mr. Kang Beom Soo started Hood



Roasters in 2022. Since they grew up in Pyeongtaek they decided to start a business in their hometown. Mr. Kim has always had a passion for coffee and he started studying about coffee when he was in high school. After he graduated from college, he worked for various roasters and cafés so he could gain as much knowledge as possible about roasting coffee. Mr. Kim said he started drinking coffee during middle school. He says that Korean kids start drinking coffee earlier than American kids because the Korean school system is very hard and they need energy to study until late at night. High school kids pull a lot of all-nighters just to get good grades in school and this is when the coffee culture starts for many in Korea.

His shop is very neat and clean with the giant coffee roaster visible to everyone behind a glass window. He roasts his coffee beans every morning because there are a lot of people and other coffee shops that want his home-roasted beans daily. So if you plan your trip at the right time you can enjoy the sights and smells of freshly roasted beans.

This was a very good café to visit, the staff was super nice, their prices were reasonable, and they have a huge selection of specialty coffee blends and gourmet desserts ranging from 2 dollars to 5 dollars on average. Most items were extremely affordable and very interesting. Some of the desserts I had never even heard of like dojima rolls, tiramisu, and more. Dojima rolls are sweet cream-filled cake rolls that look delicious. Tiramisu is very interesting because it is like a cake with coffee dripped on top of it. Besides desserts, they sell drinks like expresso,



filter coffee, lattes, bagel sandwiches, and more. They don't have the world's most expensive coffees, but the most expensive item on the menu is a very rare coffee called Panama Geisha that sells for \$10 per cup. They have a large parking lot next to the café that can easily accommodate big American cars. They are open from 07:00 to 21:00 on weekdays and on weekends it is open from 10:00 to 21:00. Give it a try and let me know what you think.

About the Author

Mack Rock is 15 years old and has lived in Korea for almost 10 years. Mack is fluent in English and Korean. He is a co-author of Korean/English education book called 진짜 미국 영단어 그림 사전 that translates to Real United States English Word Picture Dictionary.

Mack gained popularity in Korea for his appearance as the youngest cast member on 대한외국인 (Korean Foreigners). He has appeared in many Korean movies, dramas, and reality TV shows. Mack has been in several viral videos that have amassed over 150 million views. Mack was named by Asian Boss as the most popular American boy in Korea. His hobbies include coin collecting, metal detecting, unicycle, magic tricks, and video games.





Highway Havens

Korea's Futuristic Rest Stops Redefine Roadside Relaxation

By Kymbirly Burnett

Korea's highway rest stops have undergone a remarkable transformation into cutting-edge facilities. These stops now feature cutting-edge culinary attractions, shopping malls, museums, pet-friendly parks, and so much more that draw millions of travelers annually. In stark contrast to the often dull and uninviting rest areas found on U.S. highways, Korean service plazas are efficient, sleek, modern, and engaging.

The idea of a rest stop in Korea has evolved into a "multipurpose" venue, offering a range of novel amenities designed to enhance the travel experience. This impressive shift from the 1990s, when rest stops were notorious for their dirty pit toilets and aggressive vendors, didn't happen by accident. Early rest stops were crowded and uncomfortable but have since evolved into multifunctional hubs. The transformation involved integrating new technologies and amenities to meet changing traveler expectations and accommodate tourism.

The Korea Expressway Corporation (KEC) has played a pivotal role in this evolution, overseeing

207 rest stops nationwide. Recent innovations include robot chefs at the Munmak Service Area, which efficiently serves various dishes, and drone deliveries of hot dogs and donuts in North Gyeongsang. Architectural designs have also embraced a futuristic style, with elevated structures and eye-catching exteriors adding to the appeal of these rest stops. Many have hands-on activities and play areas for children, while others have curated gardens for a peaceful ambiance.

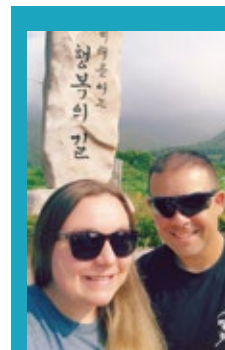
The KEC's strategy includes ensuring high standards of cleanliness and diversifying food options. This approach began with reforms in the late 1990s, such as improved restroom facilities and better dining choices. Over time, these changes have been complemented by private sector involvement, with companies like Pulmuone and SPC Group managing multiple rest stops and enhancing their appeal through branded food offerings and self-serve machines.

Despite occasional challenges, like the controversial transparent restroom at Sudong Rest Area, Korea's rest stops continue to innovate. The focus remains on providing a pleasant and



efficient experience for travelers, reflecting ongoing efforts to adapt to modern needs and expectations. The result is a network of rest stops that not only meet but exceed the needs of today's road travelers, making each pit stop a part of a more enjoyable journey.

For anyone exploring South Korea, these unique rest stops are a must. Each location boasts its own distinct theme and charm, offering a diverse range of experiences and amenities. From futuristic designs to charming pet-friendly parks, these rest stops provide a refreshing break and a memorable addition to your trip. As someone who has visited many of these sites, I highly recommend making time to experience them all—you'll find that each one offers something special and distinctive. So look out for the food, fuel, and rest stop signs on the highway so you can find your own haven while on your adventures across the RoK.



About the Author

Kymbirly Barnett has recently relocated to Daegu in April following her husband's Army assignment. She finds joy in a variety of interests, including metal detecting, motocross, crafting, and maintaining faith in God's plan for her life. Exploring new places and connecting with fellow enthusiasts are some of the things that fuel my sense of adventure and purpose.

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Wokster, Chinese-American Food in Daegu

By Ysamar Gómez

If you're craving Chinese-American food, Wokster is the perfect spot for you!

This franchise opened in February of 2024 by Jung Min Woo and is just a quick 10-minute drive from Camp Walker. The owner and waitress welcome you as soon as you get there and explain how easy the ordering process via QR Barcode is on your table. This place is cozy and perfect for lunch, dinner, a romantic date, or eating out with the family or a group.

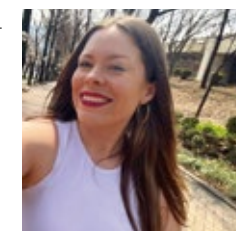
I had the opportunity to observe Jung Min Woo passionately prepare food for his customers. Mr. Woo aspires to bring memories to every person who visits the restaurant not only by bringing delicious plates but also by making the time at the restaurant a memorable one. For Koreans, the taste is unfamiliar and is the main reason they keep returning.



You can appreciate crispy rolls, flower bread with condensed milk, fried rice with chicken, and orange chicken. Everything is exquisite and makes you want more. But, you can find more delicious plates such as fried rice with shrimp, garlic fried rice, chao mien, fork chao mien, chicken chao mien, spicy seafood chao mein, kung pao chicken, Sichuan chicken, and Sichuan pork stir-fried. As mentioned before, my picky kid loves eating fried rice with chicken and devours it in a matter of seconds.

The restaurant is located on a street where you can find two parking lots. Open Monday through Saturday from 11:30am - 9:30pm with a break time from 3:30pm-5pm. They take orders to go or for delivery. You can also use Wokster for your next group gathering! They are the perfect place for group dinners and are kid-friendly as well. Try it out and maybe make some new memories at Wokster!

[NAVER Map]
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About the Author
Ysamar Gómez is a lifestyle photographer based in Daegu. She loves to travel and capture life through her lenses. She owns a photography business and would love to capture your special moments. Find her on Facebook at Ysamar Gómez.

The Cook Family

A Life Without Borders

By Jetta Allen



solutions to issues of concern. A strong work ethic was instilled early on in the Cook family.

Chicago-born Tyrese knew the military style well. She grew up as an Army brat. Her father, Sgt. Tyrus Hudson, was first stationed at Fort Cavazos (formerly Fort Hood) in Texas. She spent her formative years stationed at USAG Heidelberg in Germany. She reminisced about her learning German in kindergarten and other cultural experiences as a child that formed her into the adult she is today. Her father would later move back to Illinois after the Army, and then find other employment in Ohio.

The two would grow up separately and meet in college as adults. Terry had recently followed in his father's footsteps in transportation driving semi-trucks when they were expecting their first set of twins Nailah and Amare. With two children on the way, Terry wanted more. He wanted more from his career and social life, more time with his then fiancée and children, and most of all, more opportunities for his entire family. Terry told me of a dream he had one night. In his dream, he was a drill sergeant and was coaching his younger self when his fiancée, Tyrese at the time, was running around a track. The next morning he asked Tyrese, "What do you think about joining the Army?" She replied that she would support him, with no hesitation. A sense of excitement came over Tyrese as she remembered what the military life offered her as a child.

Together they discussed possible outcomes with the understanding that any decision had to be good for both of them and the family they were building. They spoke to Tyrese's father looking for guidance. Conversations led to his father-in-law sharing the positive experiences the Army brought the Hudson family. Terry knew the military would give him the foundational skills he needed for him to succeed in life, just like it did for his father-in-law. Raising children abroad, growing up with cultural diversity and inclusion, and educational and career-oriented opportunities were benefits they couldn't argue with. They knew it would give their kids more than just a hometown worldview, but one filled with lessons

Military families across the world serve a mission of peace and individual freedom. Each family has a unique story that led them to service and the Cook family is no different. Sgt. Terry Cook Jr., his spouse Tyrese, and their five girls are currently stationed at USAG Humphreys. I had the opportunity to sit down with this wonderful family of seven and listen to their story of love, respect, and adventurous spirit.

In Cincinnati, Terry grew up in a blue-collar family who worked hard in the construction and trucking industries. His family had active members in their local labor unions, further teaching Terry how to advocate for the good of others, problem solve, and come to



to broaden their horizons. And so, the Cook family began their journey of a life without borders, open to every possibility.

In September of 2018, the two became married, and Sgt. Cook joined the Army shortly after in January of 2019. While at AIT, he was able to focus on his duty while Tyrese was supported by her Grandma Sandy. Grandma Sandy would share that a mother's role in a military family is to support the home so the soldier can support the mission distraction-free. Tyrese's mother, Karen has also been a significant source of support for the family, consistently calling her daily since the start of their journey together. Tyrese would keep that close to her heart for years to come.

Their first duty station brought the Cook family to Germany! They were befriended by the Yoon family from Hawaii who took them in and loved their kids like their own. The Yoon family would give Tyrese support with friendship, planning her baby shower and hosting her birthday celebration, and inspiring her to delve into her creativity in her domestic skills. When they headed to Colorado and South Korea, the Yoon family would still be there, mentoring each of them, giving them career advice, treating the kids to care packages, and showing the Cooks exactly how friends in the military really never say goodbye.

This year began another international journey for the Cook family, the one that brought them to South Korea! Now with five children (two sets of twins!), they are still making memories abroad! Their two oldest set

of twins, Nailah and Amare, just started school. Anaiya is an adventurous toddler, learning all about the world. And their youngest set of twins, Cheyenne and Anastasia are just seven months old. Together, they make a beautiful family.

Sgt. Cook believes that living amongst various cultures allows his children to have a worldview that will support them through life with lessons of compassion, cultural respect, ambition, and a sense of adventure that will help them be fearless. The military life will give them depth to their understanding that growing up in one town simply cannot bring. It will bring them a personality that stands out amongst the others he shared passionately as the thought about colleges for them in the future. When asked what he feels is his purpose in the military, he said he aims to be an example to other service members, help them learn to be a person of their word, problem solve, and guide them. We shared a laugh as I commented that he was the Jiminy Cricket soldiers needed, a helping guiding man of conscience.

Tyrese shared her perspective on the importance of military spouses and their integral role in international relations. She highlighted that while military spouses abroad support their service members and raise their families, they also serve as representatives of their home country. Their life choices, interactions, and behaviors are closely observed by others making them influential ambassadors in their host nation. This has led to meaningful cultural exchanges, underscoring the importance of understanding and respecting local cus-



SGT Hudson served in Germany as a cook.



The Cook children at Naeri Culture Park.



SGT Cook at Naeri Culture Park



SGT Cook while stationed in Germany.



Celebrating graduation from AIT.



While in Germany, the Cook family kept growing. Young Nailah and Amare were excited to welcome baby Anaiya.

toms. Both the actions of the spouse and the children can impact other countries' opinions of their native country. She continued to say it is how one interacts with their host nation that can be more impactful than merely reading fear-inducing news articles and FB group posts. In Korea, she shared that so many have approached her family, wanting to share in the joy of their children, treat them to something special, and just share conversations and smiles. Her advice is to embrace the cultural norms of their host nation and seize every opportunity to connect with others, building international relations through the shared value of family.

Together this power couple has achieved so much. Tyrese finished her Master's Degree in Social Work and is a Certified and Licensed Social Worker in Ohio and Kentucky. She did her 600-hour internship with the Chaplaincy and the Family Advocacy Program in Germany in 2022 and now practices therapy for adults and children. Sgt. Cook has completed two degrees while in an active duty capacity since 2019. He has completed an Associate of Arts in General Studies

and a Bachelor of Science Degree in Management Information Systems and Cybersecurity. He shared that soldiers should start their education stating, "Go! Just Go! Do your general education first then pick a major". Through his education, he has learned to prioritize and plan work and school life. Both Tyrese and Sgt. Cook emphasized the importance of communicating with professors and military commands to ensure they met deadlines. Sgt. Cook noted that military leadership is often willing to provide soldiers with the necessary time for their education, especially when informed in advance, such as needing time for a midterm. Tyrese agreed and said even professors can be compassionate too, understanding the service-members' mission always comes first.

With these accomplishments I had to ask, how was this possible? They shared that their Christian faith in God is the guiding principle in their life shaping every decision and experience. They discuss their goals together, as a family. No decision is made alone. This has helped them develop a system of support, each pitching in where needed. Sgt. Cook humbly shared

that he wouldn't be where he is without his dedicated spouse Tyrese. He shared that her ability to understand the challenges of work and school has pulled him through many difficult times, heartfully sharing, that it's all possible because of her... They shared a sweet moment as he said this, and I could see their love could move mountains. As these two raise their children in this loving household, I can only imagine the great things their girls will do!

We all could learn a lesson or two from the Cooks. This family embraces everything the United Nations, United Nations Command, and the US Army stand for by living their life in a deliberate, meaningful way. They work together, respect each other, and value collaboration, sharing that with their children. Every day they contribute to the global mission of peace by serving around the world and being open to a life without borders.

If you want to follow them on their international adventures, follow Tyrese and her family on Instagram, Facebook & YouTube under the handle AuthenticallyRe.

Boiled Eggless Raisin Cake: A GranGran Special

By Sierra Beaton

Let's

talk about the elephant in this article's title before we go any further : People read or hear me say "boiled eggless raisin" and tune out before I even get to the "cake" part. It's okay. I was once you, too. The name could definitely benefit from some workshopping but, though efforts have been made, it was introduced to me as GranGran's Boiled Eggless Raisin Cake and so it shall remain. It's a case of "try it before you knock it."

Odds are that you will become a convert, just as I did.

Anyone living overseas who has attempted to cook anything beyond the extreme basics has, sooner or later, run into the challenge of sourcing the ingredients they need. It's not a new problem, nor is it limited to geographical relocations. Even in the most familiar surroundings, desired ingredients can be hard to come by for a variety of reasons (I'm looking at you, COVID-19). Such is the origin story of this recipe, straight from a creative baker's answer to WWII rations.

Boiled Eggless Raisin Cake has been featured in every birthday, promotion, or special event I've celebrated with my husband. It's a carryover from the days when his GranGran made it for the grandkids' celebrations.



Shortly before she died, I asked her for the recipe so the tradition could carry on. She thought for a moment, handed me a blank recipe card, and proceeded to dictate a rough outline of ingredients and instructions. I was newly married, new-ish to cooking and baking, and didn't know what I didn't know yet. I didn't appreciate in the moment what is so obvious to me now:

Her hands had made that cake so many times that it was less of a recipe and more of a love letter she wrote to her grandchildren over and over—the gist of the letter was the same each time but individual words varied.

Over the next few years, I repeatedly tried to recreate the cake using my interpretation of GranGran's oral recipe, each time falling short of my husband's memory. He was kind towards my efforts but it was clear that I was missing something. As I built up my confidence in the kitchen,

my willingness to adapt, rather than hold the written word as an unerring truth, increased as well. I fine-tuned the general guidance GranGran had given me, amending and adjusting, until one delightful August night my husband took a bite of his birthday cake and declared it exactly as he remembered it. This was also the moment when I became a convert. The cake, made as GranGran did it, is a not-too-sweet, never dry,

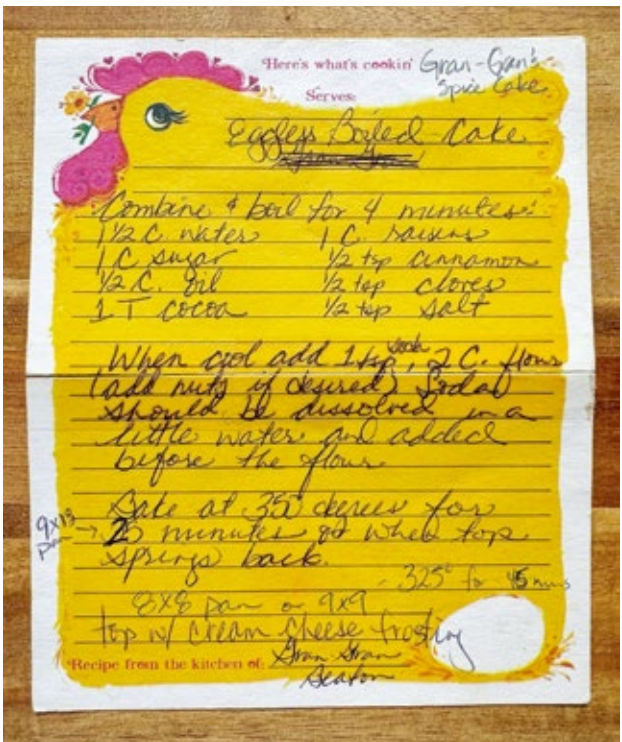
confection reminiscent of spice cake but with chocolate undertones. When you add a lightly sweetened cream cheese frosting on top, well, you can have your cake and eat it for breakfast, too.

The joy in this recipe, besides being delicious, is that it is flexible. Born out of a need to deliver a flavorful cake without a commonly used key ingredient, this recipe also accommodates a variety of food allergies and preferences. Egg allergy? Check. Dairy allergy? Leave off the frosting or swap in your favorite non-dairy substitutes. No gluten? No problem, an alternate flour mix can be subbed in. Raisins aren't your jam (Hello, Oliver!)? Strain them out before adding the dry ingredients. I've made it all the ways listed above and still enjoyed every bite.

Once I mastered the cake, it was time to move on to the frosting. Frosting is a happy add-on, but not a necessity. GranGran provided no guidance on this front, but the internet came to my rescue. After trying and rejecting multiple cream cheese frosting recipes for being too heavy, too sweet, or both, I finally landed upon The Merchant Baker's Whipped Cream Cream Cheese Frosting recipe.

I follow her one-bowl method, using just 1/2 cup of sugar (this is important and counter to most recipes), and it is perfection every time. In fact, it's such a hit with my family that on my twins' most recent birthday they declined cake and asked for bowls of just frosting instead. You could also add 2 teaspoons of lemon rind and 2 tablespoons of freshly-squeezed lemon juice to the frosting recipe, lightly smear it on—or add heaping globs, there's no judgment here—to ginger molasses cookies, and be prepared to do a happy dance.

This cake can be doubled and dressed up, go low-



key and frosting-free, presented as cupcakes (the frosting recipe will pipe if you have a knack for such things), or accidentally halved by way of, er, sampling (health guidelines say you should not consume raw flour but I'd be lying if I said I abided by that rule, well, ever). It's a versatile recipe that also speaks to some broader food truths: Stay flexible. Adjust to the needs of the moment. Be open to different flavors or preparations. New-to-you foods can easily become new traditions too.

For the recipes that bring you comfort, and for the ones you have not yet discovered, may the grocery shopping odds be ever in your favor.

Boiled Eggless Raisin Cake Recipe

Combine ingredients and boil for 4 minutes:
1.5 cups of water
1 cup of sugar
1/2 cup of oil (I use avocado oil)
1 Tbsp cocoa powder
1 cup raisins
1/2 tsp ground cinnamon
1/2 tsp ground cloves
1/2 tsp salt



Preheat the oven to 350 degrees. Allow the batter to cool then mix 1 tsp of baking soda (dissolved in a few teaspoons of water) into the batter followed by 2 cups of flour. Stir until just combined.

Pour batter into a 9x13 baking pan and bake for about 25 minutes, or until the top springs back when touched lightly.

Make the cream cheese frosting while the cake cools. Top the cake with the frosting once it has cooled completely for the prettiest results. I usually use about half of the frosting recipe for the cake and save the rest for topping cookies.

Baking Notes:

- Bake in an 8x8 or 9x9 pan at 325 degrees for about 45 minutes.
- Bake cupcakes at 350 degrees for 20-25 minutes
- If you are planning to remove the cake from the pan before frosting, lightly butter the pan and give it a gentle dusting of cocoa powder before pouring in the batter. Alternatively, you can line the pan with parchment paper cut to size.

The Merchant Baker's Whipped Cream Cream Cheese Frosting, Easy "One Bowl Method" Recipe

Ingredients:

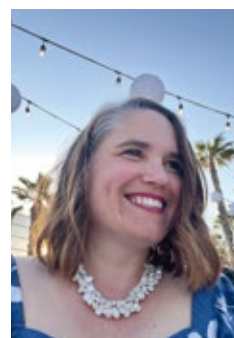
- 1 (8 ounce) package, block cream cheese, cold, you can use Neufchatel if you're not planning to pipe it
- ½ cup granulated white sugar
- ⅛ teaspoon salt
- 1 teaspoon vanilla extract
- 1 ½ cups heavy whipping cream or heavy cream, cold

In a large mixing bowl, beat cream cheese for about 15 seconds or until creamy. Add sugar, salt, and vanilla and whip until fully combined.

Drizzle cold cream down the side of the bowl (to prevent splashing) and beat until stiff peaks form. You'll see your beaters leaving clear trails in the mixture at this stage.

Use immediately for frosting, piping or filling. Store leftovers and whatever you've frosted or filled in the refrigerator. Freezes well for later use.

References: Ramona. (2024, February 22). *Whipped Cream Cream Cheese Frosting with Video!* The Merchant Baker. <https://www.themerchantbaker.com/whipped-cream-cream-cheese-frosting/>



About the Author

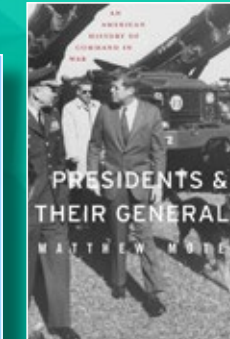
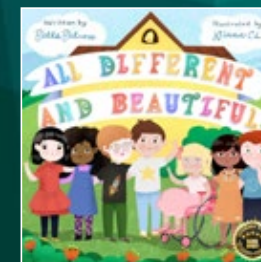
Sierra Beaton is a prolific reader, writer, and memory keeper. She enjoys capturing daily life through photography, regularly subjecting her family to new recipes, making friends out of strangers, and is easily distracted by plants.

As a seasoned military spouse, mom to three kids, and generally curious individual, she's had the opportunity to learn a lot of things she never knew she needed to know. She enjoys sifting through her lived experiences and sharing her observations with others.

BOOK RECOMMENDATIONS

Meet Your Next Favorite Book!

*Wondering what to read next?
Check out these books !*



All Different and Beautiful: A Children's Book about Diversity, Kindness, and Friendships - Belle Belrose

We want our children to grow up kind, confident, happy, and accepting of others. We also want them to look forward to the beginning of school and every school start. Friendship, togetherness, feelings of belonging and acceptance are important topics for all children. Help them understand that true friendships don't know any prejudice, race or nationality. This heartwarming, uplifting story clears the way for important discussions with our children about diversity, disability, and the beauty in each of us. Every child is unique and beautiful.

To Change a Planet - Christina Soontornvat

With serenity, honesty, and beauty, *To Change a Planet* illustrates the significance of nurturing our environment. Vibrant bursts of color on every page craft a captivating visual narrative, inviting readers to connect with the same characters as they navigate their daily lives, culminating in a climate march on Washington where their paths intersect.

Comics and Conflict: Patriotism and Propaganda from WWII through Operation Iraqi Freedom - Cord A. Scott

Illustration has been essential to human history, especially before the rise of photography, film, and the Internet. Comic books, which gained popularity in the 1930s, provided readers—particularly children—with an escape. However, during World War II, they also became tools of propaganda, educating audiences about the war. This book examines how specific war-themed comic books have expressed patriotism and adventure while ultimately revealing the harsh realities of combat, from World War II to the conflicts in Iraq and Afghanistan in the early twenty-first century.

Universal Declaration of Human Rights Paperback - United Nations Publications

The Universal Declaration of Human Rights (UDHR) is the first international agreement outlining the freedoms, rights, and entitlements that all humanity can claim. It highlights the vital link between fundamental freedoms, social justice, peace, and security. Proclaimed by the United Nations General Assembly, the UDHR serves as a common standard for all peoples and nations. It urges individuals and society to promote respect for these rights through education and progressive measures, ensuring their universal recognition and observance both within member states and in territories under their jurisdiction.

Presidents and Their Generals: An American History of Command in War Hardcover - Matthew Moten

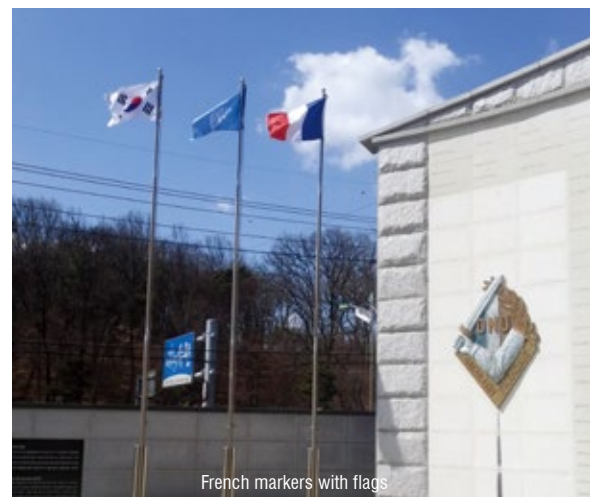
Since World War II, the United States has engaged in almost constant military conflicts abroad, frequently characterized by vague objectives, ineffective strategies, and uncertain outcomes. In this context of limited congressional oversight and "wars of choice," the executive branch and the armed forces have assumed primary responsibility for military action. Consequently, the negotiations between presidents and their generals have become increasingly important, making it crucial to understand this dynamic.

The French Military Memorial, Suwon

By Cord Scott



French marker closeup of statues



French markers with flags

For many of the countries that contributed men and material for the United Nations effort, their numbers were not enough to field independent units. To that end, they were often integrated into larger, American units. For the French, their contributing force of a battalion – named le Battalion de Coree was integrated into the 2nd Infantry Division. Their sacrifices are also memorialized in a monument located 30km north of Osan Air Base, on the border of Suwon and Uiwang.

As with many of the UN memorials, they are in close proximity to the locations where their defining battle was fought. For the French, their trial by combat was near Wonju in January 7-13, 1951. The French put up a formidable defense of the area. Their fighting was also augmented by the fact that the French were also engaged in conflicts in Algeria, and French Indochina (now Vietnam) where many of the battalion had recently been fighting before coming to Korea.

In another fight in the area on January 30, the French and Americans held off a large Chinese attack. This fight was an example of how superior artillery and air support, combined with good defenses and resupply, allowed the Allies to hold onto positions against an attack by superior numbers. For the French, they also at one point held off the Chinese with a bayonet attack. For these actions, Col. Ralph Montcar (in was actually Lt. Gen. Raoul Charles Magrin-Venerey, but took a demotion – and changed his name - so that he could command a combat unit) was praised by General Matthew Ridgeway, who in addition to various gifts, recommended the French battalion for the first of their three Presidential Unit Citations.

The monument is relatively simple to find but it can be challenging to find it if one isn't paying attention. The location is simple: route 1 through northern Suwon. As one comes up a hill that is perpendicular to Expressway 50 (Kyongbu Expressway), the monument will be on the right side of the road. There is some parking there, as it is part of a larger park.



French marker west side

The monument gives a history of the French fighting in Korea on the left side (in French) and the right arm has some of the photos of the battalion de Coree in action. The center panel has the French crest, the 2nd ID patch, and the names of all French combatants who fell during the campaign.

The French continued to fight with the 2nd Division as they moved further north. They also participated in the Battles of the Punchbowl as well as Heartbreak Ridge towards the current DMZ area. But it was near here in Suwon where the French first demonstrated their combat effectiveness.

One might note that the French soldiers are dressed in American equipment, and that is not surprising, be-

ing part of a combined US Division. The four soldiers atop a small platform at the front of the memorial look to the four directions of the compass. It is interesting to see the French crest opposite the Indianhead patch on the figures as well as on the memorial wall. The overall memorial is a significant honor to those who fought, and for the 288 who died.

While it is common for us to commemorate the sacrifices bought with blood for the defense and freedom of others, it is also important to remember that these markers serve as a way to remind us that war is a costly endeavor in all regards. While armed action is sometimes necessary to prevent the actions of authoritarians, diplomacy is preferable.



French marker East side photos

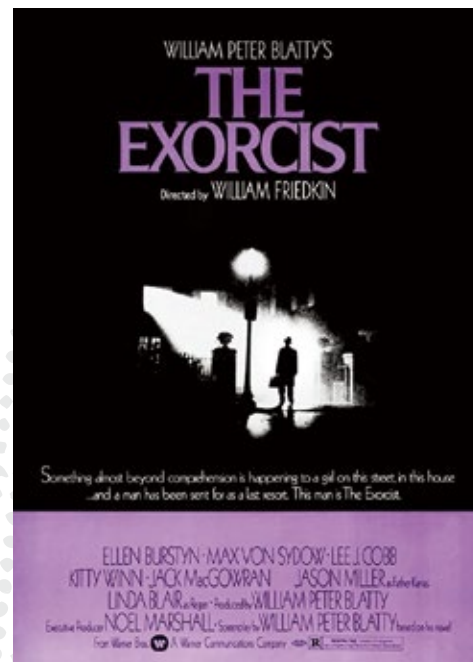
HALLOWEEN MOVIE GUIDE TO FRIGHTENING FILMS

It's Halloween again! To help you enjoy the thrilling time, we've made a list of the most delightfully devilish horror films including both classic and contemporary nightmares that will make you scream even in your dreams.

Psycho

Directed By: Alfred Hitchcock
Starring: Anthony Perkins, Vera Miles, John Gavin
Release Date: June 16, 1960

Psycho is one of the first horror films not built around supernatural occurrences, but instead around a man with a shattered mind and a predilection for killing and women's clothing. It is often credited with "upping the ante" in the horror genre and bringing in a new level of acceptable violence and sexuality in film.



The Exorcist

Directed By: William Friedkin
Starring: Ellen Burstyn, Max von Sydow, Lee J. Cobb, Kitty Winn
Release Date: December 26th, 1973

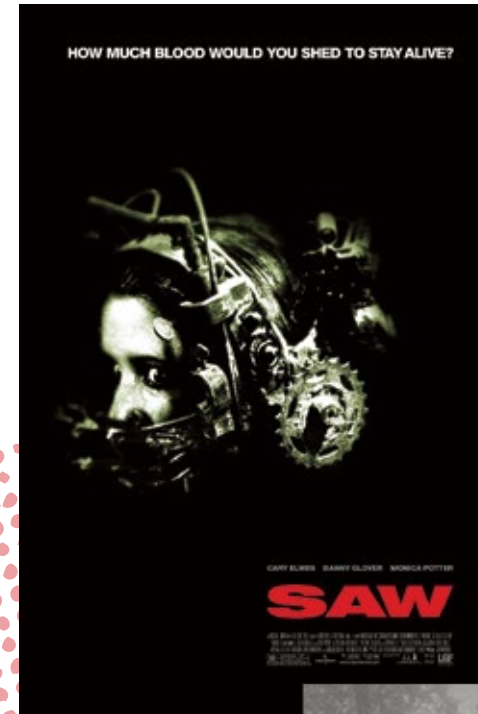
One of the first films to embody pure evil *The Exorcist* is nearly unwatchable for many due to creepy audio trickery and religious undertones. Add in a bit of legend about strange paranormal happenings during the actual filming of the flick and you get an instant classic. It was also the first horror film to be nominated for a best picture Oscar.



Arachnophobia

Directed By: Frank Marshall
Starring: Jeff Daniels, Julian Sands, Harley Jane Kozak, John Goodman
Release Date: July 18th, 1990

Arachnophobia taught audiences that we have nothing to fear, but fear itself...and an onslaught of tiny insects. Frank Marshall's genius was tapping into a very common fear and playing with the notion that just because something is smaller than you, doesn't mean it can't eat you alive.



Saw

Directed By: James Wan
Starring: Cary Elwes, Danny Glover, Monica Potter, Michael Emerson
Release Date: October 29th, 2004

Now on its 7th (and hopefully last) installment *Saw* is still an important film on this list for introducing us to the craziest killer since Hannibal Lecter. Jigsaw proved to filmgoers that a psychotic engineer can be just as scary (if not more) than a madman with a chainsaw.

The Blair Witch Project

Directed By: Daniel Myrick & Eduardo Sanchez
Starring: Heather Donahue, Michael C. Williams, Joshua Leonard
Release Date: July 30th, 1999

This creepy "documentary" was a pioneer of the "found footage" format, which added tangible realism to the film and brought a special psychological element to horror. It scared its way into the hearts of many horror fanatics and is one of the most successful independent movies of all time.



The Cabin in the Woods

Directed By: Drew Goddard
Starring: Kristen Connolly, Chris Hemsworth, Anna Hutchison, Fran Kranz
Release Date: April 13th, 2012

This movie has loads of the guessing games that could leave the horror fan pretty satisfied. This genre bending film mixes comedy with horror to ask pertinent questions about where the genre is heading and where it's been.

Answering Tough Questions

By Kortnee Anne

Welcome back to the Intentional Learning Corner. We hope you are enjoying the cooler days and soaking in the beautiful fall sights here in Korea. Recently I have noticed that for some parents and teachers, it is difficult to have big-idea conversations with children. Many have stated they just pray their child forgets that they had a question or they just give them half of the answer, out of fear that they do not know how to explain the full answer at their child's level. It is important to remember that the truth is best even when uncomfortable and that it can be done through exploring while learning through play.

Has your child asked you, "Why are we in Korea?" or "Why are North and South Korea not one country?" Instead of saying, "Because the military sent us here," "it's mommy/daddy's job," or "They just are," it's important that you do a bit of research to ensure that we are teaching our children the truth and expanding their worldly knowledge. I encourage you to read one of the many books about Korean War History or explore the many museums that explain it in depth.

If you have small children and you find that it is challenging to present answers to their tough questions about Korea at a child-appropriate level, we have a great way to answer those questions in a kid-friendly environment through play. The Children's Museum at The War Memorial of Korea was created to help children understand the war history of Korea and to teach them the importance of freedom and peace. The Children's Museum at The War Memorial of Korea is a free reservation-only museum open Tuesday through Sunday each week. Reservations can be made at <https://www.warmemo.or.kr:8443/KidsEng/index>. The first exhibit area explains war, weapons, building strong fortresses, and hero stories. There are blocks that the children use to build/repair the fortress and interac-



tive videos that celebrate war heroes. As you move to the next exhibit area the children are able to explore through activities that explain that Korean families lost everything and had to work hard to make Korea what it is today. When you navigate through the museum, the division between North and South Korea is explained at an age-appropriate level, encouraging the children to promote peace and work together. The last exhibition room is all about the animals that helped during the war. There are puzzles, stamps, coloring, games, and more that help the children understand that everyone has a unique role.

If you are unable to make a reservation at the children's museum or your children are older, The War Memorial Museum is absolutely amazing. This free museum can be explored most Tuesdays through Sundays other than Korean Holidays opening at 0930. The exhibits within the museum explain in great detail the Korean War history including the international collaboration with the United Nations and the establishment of the United Nations Command. The museum does a wonderful job explaining Korean War history and honoring those who made the ultimate sacrifice. Throughout the main museum, there are interactive exhibits that allow one to get close to planes, tanks, ships, and more. The static displays outside of the museum are a lot of fun and include a ship that can be explored. Fish food can be purchased for \$1 or 1,000krw for feeding the many fish at the pond in front of the museum. There is also a playground for children. This museum will take all day to explore and is worth visiting more than once.

We are all blessed to have the tools to teach our children about the culture of the beautiful country we

are in during this season of life. I encourage you to use your time in Korea to learn and teach your family as much as you can about Korea through intentional learning experiences.

About the Author



Kortnee is a military spouse, a yoga teacher, homeschool mom, and published author with more than a decade of experience in early and elementary childhood education. Her goal is to take parents on a journey with their children by integrating more opportunities for intentional learning daily through play. If you would like more activity ideas follow us on Instagram @intentionallearning.



The Delish Dish

맛있게 드세요

By Kate Nelson

For all you foodies out there, Korea is the place to be! It is the perfect mix of traditional flavors, fusions from other countries, and the love of fresh ingredients that makes the table in Korea such an event – or even a campaign!

My husband and kids readily agreed to help me research eateries for the article – so off we went on assignment! Our first campaign took us to the I’Park Mall, in the Yongsan District of Seoul. You see, the I’Park Mall has several levels of food choices all spelled out on a picture chart entitled, “FOODIE GUIDE”. It couldn’t be simpler than that. Choose which food looks good to you, zoom up the escalator to the appropriate

floor, and find the corresponding restaurant.

TASTY HINT: Go a little before or a little after mealtimes to avoid the rush. Some popular places take reservations on the machine out front of their restaurant and will contact you when the table is ready. Don’t go far! You will have 3 minutes to check in with the hostess. If you need help signing in for reservations, the hostess can assist you. All you need is a Korean cell phone number.

Don’t be afraid to try the top floor. It isn’t only filled with posh restaurants. It has a food court and choices around the corner. For dinner, we loved **ABIKO CURRY**. Even for those who don’t delve into the curry

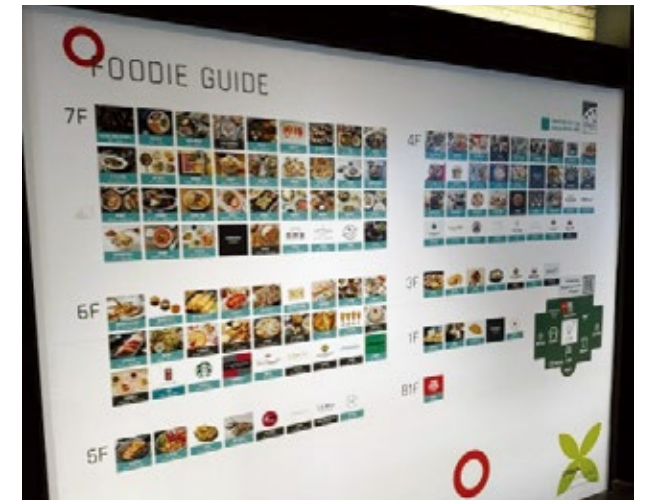


dish wholeheartedly, let me tell you a little secret....it is one of the few places where you can find a chicken cutlet instead of the traditional pork cutlet. Oh my is it delicious! Order a curry meal or have your husband order the curry and you just order the cutlet and sausage a la carte. You can even try the herbed chicken instead of curry. It is scrumptious! The curry comes in five levels of spicy and the middle level sizzles the tongue. The radish kimchi served is divine and there are free toppings of green onions and dried garlic if you desire.

Along the way, we saw a French salt bread advertisement shown as a campaign for a new eatery and just knew we had to try it. O’Sio is a quaint new bakery featuring the popular standard salt roll, along with choices of other delicious croissant varieties in all their flaky, buttery goodness. Their motto is, “I eat bred, bred gud” and it was! We watched the baker rolling the croissants by hand, made our choice of treats to try, and got it packaged to go. There were a few chairs for customer seating, but it is a convenient place to pop in after your dinner selection from the “FOODIE GUIDE”.

Enjoy your meal!

DIRECTIONS: I’Park Mall is at the Yongsan Station. For those living outside of Seoul, the train goes directly to Yongsan Station, (stop #135). Go into the mall and head toward the “Taste Park” part of the building. You will see signs dividing the restaurant area from the shopping sections.





There are two types of people in this world, the type that hears of a craze or fad and immediately jumps on the wagon to try it and the skeptics who sit back and watch or research like crazy before making a decision. I am the latter of the two. I won't even take medicine from a doctor until I've read the package insert and a few articles about it. So, when I heard about the rotten egg facial, I immediately made an obscene grunt and said, "No thank you". In addition, I have a very keen sense of smell, so I don't like strong perfumes or fragrances. My husband calls me "Old Rat Nose" because I can smell things that don't bother most people. However, the product is produced by Genabelle Labs, and I love their PDRN products, so I decided this needed a deeper dive.

Some of you may know that Genabelle Labs was started by Dr. Cowen Park, a famous dermatolo-

gist in Gangnam, Korea. If you're not familiar with Gangnam, it's the Beverly Hills of Korea. It's the place to go for; shopping, restaurants, nightclubs, plastic surgery, and most definitely dermatology. Dr. Cowen is so confident in his treatment of patients that he started an online review app for beauty clinics called *UNNI* similar to Yelp in the United States. So, when Genabelle puts out a product you know it's well-tested and worth a look.

What exactly is the rotten egg facial? It's a paper mask with an extremely high amount of an ingredient called glutathione. Glutathione is a substance made from several amino acids naturally produced by the liver that are involved in building and repairing tissue. In skincare, it's known to help lighten dark spots and reduce hyperpigmentation. It has anti-inflammatory properties that can protect against free radical damage, help reduce wrinkles and fine lines, and

UNNI



improve skin elasticity because it protects skin from oxidative stress. Glutathione smells like sulfur, aka rotten eggs. This is unusual for a product that you would put on your face, thus it made me wonder, why are people going crazy for it? They say it's so effective that they love the product and the results speak for themselves.

Consequently, I gave it a try. They aren't wrong. This product isn't for the weak of heart, the smell was atrocious! The package says that the product is unscented, but it has a really strong sulfur smell. So, I posed the question: why does it say unscented if it smells so strong? The response is that each face mask has 1 ampoule of the Glutathione Brightening Essence that contains 5,000 ppm of glutathione. Genabelle doesn't add any fragrances to hide the naturally occurring odor and since it has such a high quantity of the active ingredient, the aroma is present. It's also really important to store these products properly. As they get older or if they are stored in a hot environment, the compounds can become unstable and affect the quality of the ingredients.

I decided to give the mask a try and I applied it to my freshly cleansed face. The fragrance was strong but not unbearable. I was able to keep it on my face for the recommended 20 minutes. It did sting a little at first, but not to an intolerable level. I could easily ignore the sensation and smell. In addition, the packet has plenty of extra ampoule that you can apply to your neck or hands. When I removed the mask, I was surprised by the result. It really works!

My skin brightened significantly. For several days after the mask, my skin looked as good naturally as it normally does after applying bb cream. I would highly recommend this mask to anyone trying to reduce hyperpigmentation. This is not a spa experience to relax and enjoy pampering, but a treatment to correct your skin. You can purchase a box of five masks from Amazon or Genabelle's website for about \$20, so it's a good value for the money.

However, if you have sensitive skin, this may not be for you and you may want to try Genabelle's Vegan line called Phytology. It consists of plant-based ingredients that deliver a wealth of vitamins to hydrate sensitive skin. What's important is the high amounts of the key ingredients used in each product. The Cabbage Calming Cream has 730,000 ppm of cabbage extract so you will get the highest hydration benefit from the vitamin K and about 8-fold hyaluronic acid. It has a beautiful green color with a traditional cream feel and a refreshing floral fragrance. The Kale Toner Pads hydrate and prevent undue melanin production because of all the antioxidants and





vitamin C. They are a great way to exfoliate without the use of microplastics or other harmful ingredients. The final product in this line is the Squalane 53 Deep Moisture Serum derived from sugarcane with double hyaluronic acid and other natural ingredients that help moisture absorption like yam root extract and pine tree exosomes that boost collagen production, rejuvenate skin, and reduce inflammation. Each of these products runs about \$30. I find this really reasonable for the quality of the skincare. To put it in perspective, the SkinCeuticals brand cream I purchased from my dermatologist in the USA was \$78.

The results from the Genabelle products that I've tried motivated me to take a look at the entire line and that brought me to the AquabARRIER products. They are designed with aquaporins that are paramount in transporting water in and out of skin cells. If you have really dry skin, I recommend that you start with their Intense Cream Toner. It helps open, moisturize and prep your pores. It left my face feeling cool and refreshed. The toner contains five different types of ceramides which are lipids that make up about half of the outer portion of your skin that naturally help moisturize and replenish your skin barrier. The Crystal Drop Hydra Booster Ampoule is just plain fun. It comes in a clear glass bottle with a floating blue layer of Jojoba oil, so when you shake it the layer breaks up into little blue bubbles reminiscent of a lava lamp. Initially it feels a bit oily, but because of the balance of ingredients like hyaluronic acid, it gets absorbed quickly. The final step is the AquabARRIER Ceramide Capsule Cream. It is supposed to have a fragrance but, I can't discern much of one, it's extremely light and pleasant. The cream has a fun spongy texture with an occasional little capsule that dissolves on contact. This line is really nice all year-round, but it's a must-have for everyone during the cold

dry months here in Korea. Again all the products in this line range from \$25-\$35.

I think my favorite Genabelle product is the Edelweiss lifting Serum. For any of you who have lived in Europe you know Edelweiss is the national flower of Switzerland. It grows high up in the Alps and only blooms in August and September, yet it has a remarkable ability to survive the elements like frost without losing its luster. It has an excellent ability to protect itself from harmful ultraviolet radiation. The flower extract contains antimicrobial properties but don't you dare pick it in the wild as it is on the endangered plant list. Scientists have been using this flower to treat everything from tuberculosis to whooping cough for decades so it's no wonder they made the jump to skin care. Edelweiss is useful in protecting your skin against infections, stimulating cell regeneration, protecting skin against environmental pollutants, aiding skin elasticity, minimizing fine lines, preventing premature aging, and moisturizing skin. So, if that isn't enough to convince you, trying it will. It is immediately absorbed into the skin after application, so it doesn't feel greasy or sticky. A few minutes after you apply it, you can feel your skin tightening. Not in a drying way, but absolutely like it's lifting and tightening. I just want to call it a facelift in a bottle! The amazing fact is that it retails for about \$43. I've purchased other products that are supposed to reduce fine lines, and they retail for around \$150. To me, this is a steal and the perfect gift to send mom from Korea.

I hope this article was informative and that you will give Genabelle skin care products a try. These products shouldn't replace a visit to the dermatologist or professional treatments, but I feel like the fundamental ingredients in all of their products are very strong and their exclusive formula makes them effective. I am impressed with the quality of the products and value for the money. Follow me on Instagram @AlisonRockUSA or YouTube/@AlisonRockUSA for a deeper dive into each of the products mentioned above. In addition, I plan to give away some free products on October 31 to one lucky subscriber. Stay tuned to United on the RoK as I look forward to sharing a new line with you again next month.

Resources

Link to the UNNI App: <https://unni.global/>
 Gennebelle Labs: <https://genabelle.com/>
 Olive Young: <https://m.oliveyoung.co.kr/>
 Amazon: <https://www.amazon.com/>

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Getting Knotty with *Knotty Abi*

By Ashley Courts



As a mother and wife, one of the biggest challenges can be finding the balance between caring for others while maintaining your own sense of individuality. For Abi Espinoza from Daegu, this was no different. Abi has been an Army spouse for over 14 years, and a mother for 12. She has always been drawn toward DIY projects, fiber art, and home decor, and while scouring the internet for ways to make her on-post house feel like a home, she came across macrame. And thus, Knotty Abi was born. As someone who has been a fan of Abi's work since the beginning, it was an honor for me to sit down with her, on what happened to be the 4th anniversary of her business, to talk about all things Knotty Abi.



Abi stands proudly with her husband, TSGT Espinoza, son Isaiah, and daughter Ellie.

Abi's journey to becoming a military spouse sounds like something straight out of a movie. Originally from Palmdale, California, Abi met her husband Lawnie, during her freshman year of high school. They formed an incredible friendship, which they maintained for the entire four years. After graduation, they said their goodbyes, as he was heading for basic training, and she was going on to begin her adult life. However, the letters from Lawnie quickly began to arrive and, as they say, "the rest is history". Over the past 14 years, Lawnie and Abi have created a beautiful life together, with their two precious children, Isaiah and Ellie, and their adorable pup CeCe.

Their family has been fortunate enough to enjoy some impressive duty stations during Lawnie's career. After spending time in Germany, Hawaii, and Southern California, they arrived in Daegu, South Korea in 2019. And then, 2020 came along and changed everyone's life. During the pandemic, and while being a stay-at-home mom for the first time ever, Abi would search YouTube for tutorials on DIY and fiber arts to keep herself busy. She swiftly mastered the art of macrame and hasn't looked back. First, Abi began knotting by following other fiber artists' tutorials but then moved on to creating her own designs rather quickly. During the four years she was stationed in Korea, she brought to life so many incredible macrame pieces. You could find her at most of the base events, such as Kringlefest, where her tent was always a big hit. It is incredible to see



Large macrame pieces gives Abi the creative freedom to use a variety of colors and patterns that create a truly unique design.

how she creates so many different and unique pieces simply by tying knots.

Her husband was relocated to Colorado in April of 2023. PCS and location changes can sometimes be detrimental to a home-based business, you just never know what the next duty station may hold. However, Abi feels that this military lifestyle "forces you to the edge to have a new beginning" and that the moves always bring her family closer together.

The short move to Colorado in 2023, brought new opportunities for Abi as a small business owner. She



Before leaving Colorado, Abi and Ellie packaged many orders to be shipped, smiling with excitement the entire time.



Handbag designs are offered in a variety of gorgeous colors and patterns.



was able to start an online shop and sell her items in local boutiques, not to mention being able to offer wholesale items. Abi was also able to grow her socials rapidly. Now with over 5,000 followers on Instagram and 2.4k on TikTok, she says the secret to social media success is to record everything! Even if you feel silly, there will be someone watching your content who can relate to, and will appreciate the time and energy you share.

Abi also mentioned that creating videos that educate, entertain, or resonate with your audience can have a highly positive impact on your social media presence. She further explained that making connections with your audience instead of just chasing results or sales, really plays a big role in reaching a bigger online audience. Even though one of her TikTok videos garnered over 1 million views, not a single sale was made from that particular video. And while that may seem disconcerting to some, to Abi she knew she was creating connections with a lot of people, and that was worth more to her than physical sales.

Managing your own home based business involves juggling various responsibilities, such as finance, marketing, customer service, and web management. All of these commitments are added on top of the actual product manufacturing. Effective time management is crucial for maintaining both sanity and joy in your craft. Asking for help and "turning off your small business" is essential to preventing small business burn out. It is also very important to value your time and your work. Her advice to other home based businesses is so insightful. She says that if you "love your craft fearlessly, the perfect customer for you, will love it too".

Abi recently relocated back to Daegu, where she intends to add a new aspect to Knotty Abi. With the launch of her YouTube channel, she plans to share macrame tutorials! She also hopes to connect with readers of United on the RoK. So, be sure to follow her on her socials and let her know you read this article! In the future Abi intends to create a girl's night for the Area IV community where she can teach others how to macrame in person. Be sure to look for Knotty Abi's booths at Area IV events! I will leave you with this, if you have a dream or are on the fence about starting a new endeavor, never underestimate yourself and in the words of Kotty Abi "Go for it!"

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Insightful Babes Podcast Interview with Abi:
<https://youtube.com/shorts/Jq4hPEdo0xw?si=8-qosXr5zxqSQ8wY>



About the Author

Ashley Courts is the Area IV Coordinator for United on the RoK as well as an author for the publication. As an Army spouse, Ashley is very involved in her community. She believes that a strong community increases the quality of life in overseas military installations. For fun Ashley enjoys spending time with her family, traveling and hiking with friends, and making new experiences to last a lifetime.

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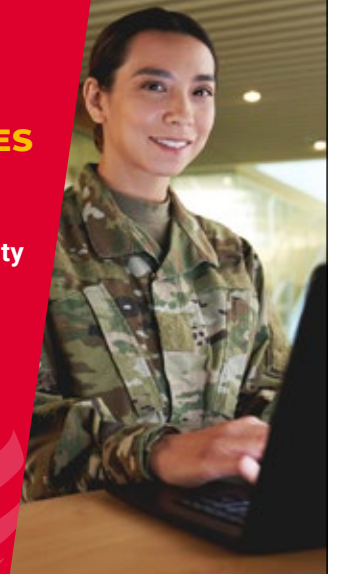
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ARIRANG

The Heartbeat of Korean Culture

By Seung-Kook Kim,
Traditional Culture Columnist



Na Un-gyu

중모리/세마치 아리랑 ARIRANG Korea folk song
경기만요

Fadd2 Dm Gm9 Bb C

아 - 리 랑 - 아 - 리 랑 - 아 - 리 - 요 - - - -
A - ri rang - A - ri rang - A ra - ri - yo - - - -

Fadd2 Dm -/C Bb Fadd2

아 - 리 랑 - 고 - 개 - 로 - 념 - 어 간 다 -
A - ri rang - go - gae - ro - neo - muh ganda -

F Am Gm9 G7 C

나 를 버 리 고 가 시 는 념 - 은 - - - -
Na reul beo ri go ga si neun nim - eun - - - -

Fadd2 -/E Dm -/C Bb Bbm Fadd2

십 - 리 도 - 못 - 가 - 서 - 발 - 병 난 다 -
Sib - ri do - mo - t ga - suh - bal - byungnanda -

“*Arirang*” is a quintessential Korean folk song featuring simple lyrics and a repetitive chorus that includes the word ‘arirang’ or similar sounds. It is a representative folk song widely sung in Korea, throughout the Korean Peninsula, and in ethnic Korean communities abroad. All members of the Korean ethnic group are familiar with and enjoy singing “Arirang,” which is catchy and easy to learn, allowing even foreigners to hum along after hearing it just a few times.

The Meaning of “Arirang”

The etymology of “arirang” is uncertain, with many theories but no definitive meanings. However, the term often appears alongside “pass” in various folk songs. Given Korea’s mountainous terrain, passes held deep emotional significance, symbolizing farewell and longing. The lyrics often express themes of separation and waiting, encapsulating the essence of “Han,” or deep sorrow.

The Lyrics

(Verse 1)

Arirang Arirang Arariyo
Going over to Arirang Pass
Who is abandoning me
Unable to go even half a mile

(Verse 2)

Arirang Arirang Arariyo
Going over to Arirang Pass
A bountiful harvest is coming
This land, a rich harvest is coming

(Verse 3)

Arirang Arirang Arariyo
I’m going over to Arirang Pass
Nature is getting younger
Our lives are getting older

(Verse 4)

Arirang Arirang Arariyo
I’m going over to Arirang Pass
There are many stars in the sky
We have many words in our home

The Creation of the Theme Song

“Arirang” is also the theme song from the silent film ‘Arirang,’ produced by and starring Na Un-gyu, released in 1926. While it is often referred to as “Bonjo Arirang,” Koreans simply call it “Arirang.” The term “Bonjo Arirang” originated because various versions of the song existed before this particular one was created.

When Na Un-gyu, a young student from Hoeryeong, Hamgyong Province, recalled the melody of “Arirang” sung by workers building the Hoeryeong-Cheongjin

railroad, he wrote new lyrics and collaborated with Kim Young-hwan from the Dansungsa Company to compose the music. The song was performed by Kim Yeon-sil, a renowned movie star, theater actress, and singer. Na Un-gyu envisioned a universal “Arirang” that anyone could sing, capturing nostalgia, emotion, and excitement. The resulting song became the theme of the film and was initially titled “Shin Arirang,” meaning “new Arirang.” Later, it was referred to as “Bonjo Arirang,” denoting it as the central or foundational version of all Arirangs. Following its popularity, several regional variations emerged, including “Jindo Arirang,” “Milyang Arirang,” and others.

Cultural Impact and Legacy

Released during the Japanese occupation of Korea, “Arirang” resonated deeply with the Korean people. Na Un-gyu premiered his film in October 1926 at the Dansungsa Theater in Seoul, where it was a significant box office success and continued to be screened nationwide until the early 1950s.

The film’s poignant final scene features the theme song as Youngjin, who killed a robber to protect his sister, is dragged over Arirang Pass by Japanese guards. This moment, accompanied by the song, struck a chord with Koreans suffering under Japanese rule, embedding “Arirang” in their hearts. The suppression of rebellious lyrics before the film’s release further fueled the song’s popularity.

As “Arirang” became a part of daily life for Koreans, it echoed their experiences of joy and sorrow, especially for those who migrated in search of a better life. Whether in Hawaii, Mexico, or elsewhere, they carried “Arirang” with them, singing it in times of longing and hardship.

A Symbol of Korean Identity

“Arirang” is more than just a song; it represents the cultural identity of Koreans worldwide. Though the basic melody remains consistent, the lyrics can vary greatly, reflecting personal memories and experiences. This has resulted in thousands of versions, making “Arirang” a beloved folk song for approximately 80 million Koreans.

Recognized as a UNESCO Intangible Cultural Heritage of Humanity, “Arirang” has gained international acclaim. Its universal appeal was highlighted at the



Song So-hee, widely known as the 'Traditional Music Girl,' performing Arirang.

1989 inter-Korean sports summit when “Bonjo Arirang” was adopted as the unified anthem for both Koreas. This tradition continues, with the song symbolizing shared cultural heritage.

On December 6, 2012, “Arirang” was officially recognized by UNESCO for its cultural significance, followed by its designation as a National Intangible Cultural Property in 2015.

Modern Interpretations

In recent years, “Arirang” has been arranged in various ways, including the well-known orchestral version “Arirang Fantasy” by North Korean artist Choi Sung-hwan, performed by the New York Philharmonic Orchestra in 2007. Other adaptations, such as Robert Burnett’s “Homage to Korea,” highlight the song's global potential.

“Arirang” is woven into the fabric of Korean identity, serving as an anthem for Koreans and overseas Koreans alike. I highly encourage foreigners interested in Korean culture to learn and sing this representative folk song—it is a beautiful way to connect with the heart of Korea.



Miryang Arirang Festival



About the Author

Seung-Kook Kim is currently Head of the Traditional Cultural Contents Research Center and a contributing cultural columnist to Monthly Guest and other publications.

Formerly, he was Chairman of the Nowon Foundation for Arts and Culture, CEO of Suwon Cultural Foundation, President of Korea Cultural Arts Center Association and he has served as Chairman of the Seoul Cultural Heritage Committee.



INTERNATIONAL AND NATIONAL CELEBRATION

01Tue	World Sake Day	11Fri	International Day of the Girl Child
03Thur	Navratri	12Sat	Yom Kippur
03Thur	Rosh Hashana	14Mon	Indigenous People's Day
03Thur	World Temperance Day	16Wed	World Food Day
04Fri	National Foundation Day (South Korea)	16Wed	Global Cat Day
04Fri	Feast of St. Francis of Assisi	18Fri	International Legging Day
04Fri	World College Radio Day	20Sun	Mastocytosis and Mast Cell Disease Day
04Fri	World Smile Day	20Sun	Day of the Air Traffic Controller
05Sat	World Teacher's Day	20Sun	International Chefs Day
06Sun	German American Day	24Thur	United Nations Day
07Mon	National Child Health Day (United States)	24Thur	National Good and Plenty Day (United States)
09Wed	Hangeul Day (South Korea)	25Fri	World Spina Bifida and Hydrocephalus Day
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The Osan SED on a quiet Sunday.
Captured by Sierra Beaton.

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