

NOVEMBER 2024

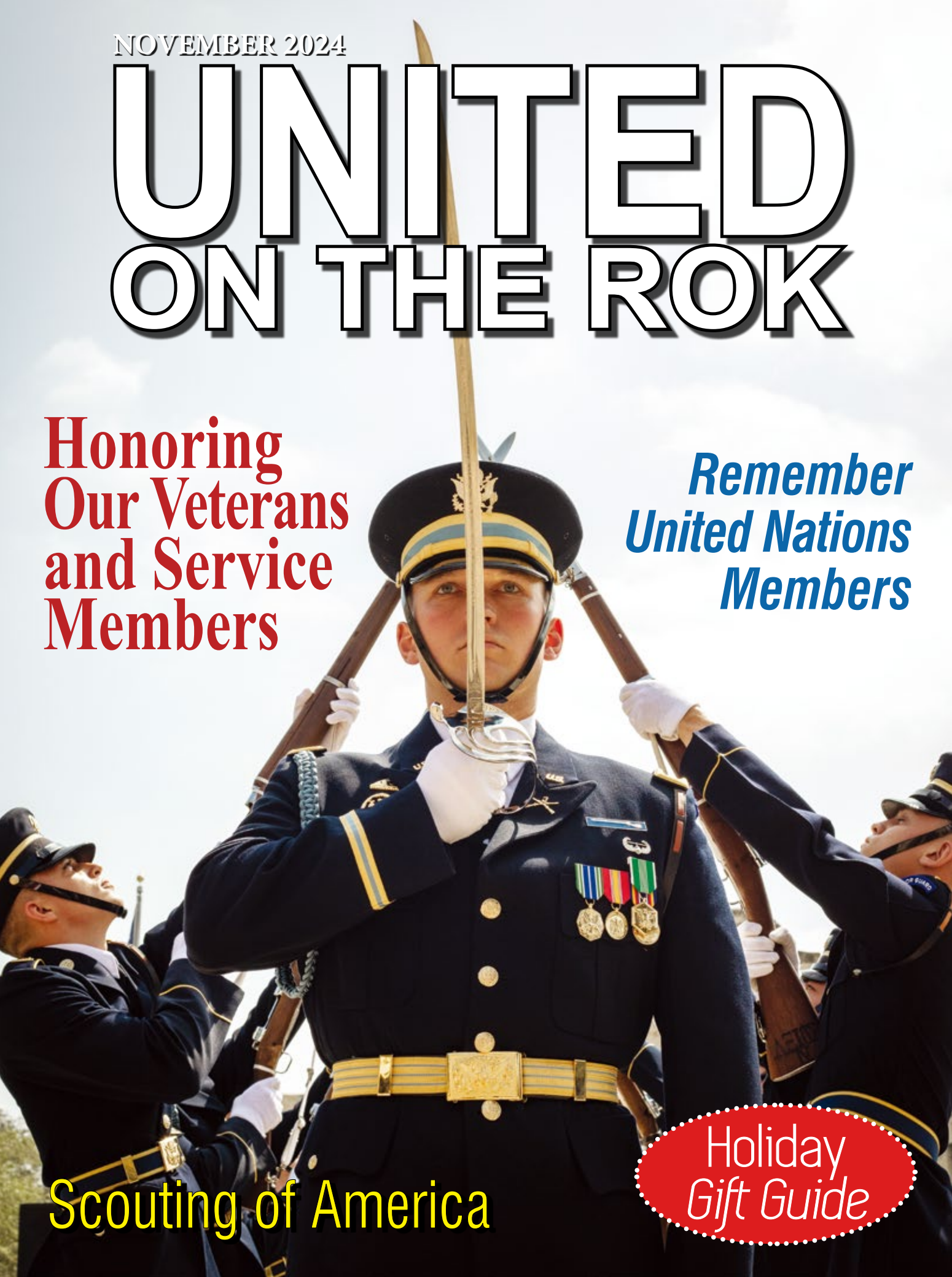
UNITED ON THE ROK

**Honoring
Our Veterans
and Service
Members**

*Remember
United Nations
Members*

Scouting of America

*Holiday
Gift Guide*



USFK Car Rental

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



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DECEMBER 2024

SUN

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	7 DMZ TUNNEL TRIP \$99 for adult \$79 for child (3-9yrs)	8 NONSAN K-DRAMA TRIP \$89 for adult \$69 for child (3-9yrs)	
	14 DMZ TUNNEL TRIP \$99 for adult \$79 for child (3-9yrs)	15 BUYEO HISTORY TRIP \$89 for adult \$69 for child (3-9yrs)	
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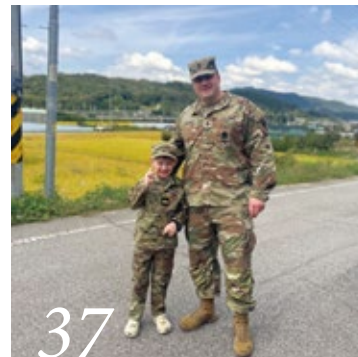
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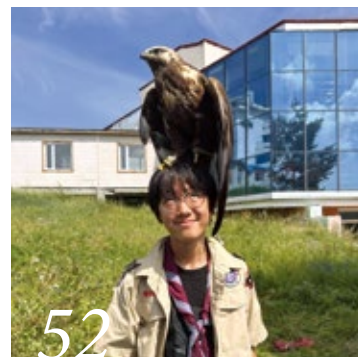
Remember United Nations Members

Students from Korea Tourism Senior High School work towards one goal, to remember the members of the United Nations who fought during the Korean War. Students have gained a unique perspective on sacrifice and gratitude through their learning journey.

*Cover Photo: Army Old Guard Drill Platoon from Arlington at the Alamo.
Photo by Scott Gleason*



Honoring Our Veterans and Service Members



Scouting of America: Discovering the Best of Myself

58

52

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.



Korean Red Ginseng Extract Capsule

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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

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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.



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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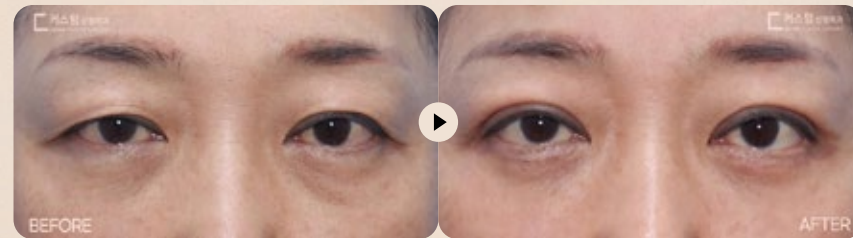


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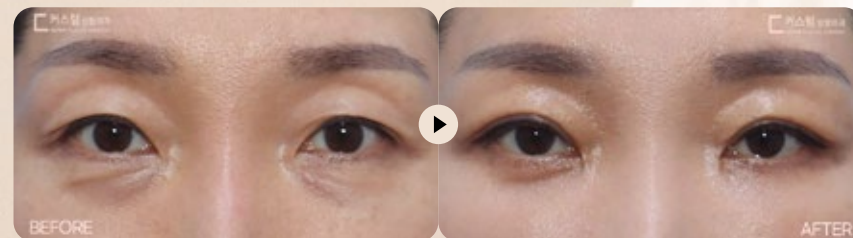
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PLASTIC SURGERY

CUSTOM PLASTIC SURGERY

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SUBBROW LIFT & LOWER



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WEEKEND AM 10:00 ~ PM 05:00

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(regular member)



EDITOR'S NOTE

All around the world, individuals are influenced by their family, their culture, and the environment they are raised around. Upon retrospect, the military lifestyle greatly influenced my upbringing. My Mom is a Marine brat. My Grandpa Jack served in WW2 and the Korean War, then retired from the service to later work for Braniff International Airways. I didn't get to know my Grandpa personally, but I knew him through my mother. Her strong independent nature, work ethic, and dedication to family are something I know she learned from him and passed on to me. He taught her how to work with her hands, work with tools, and be self-sufficient. Again, something she shared with me. My Uncle Jimbo, my mother's brother, was also a Marine serving in Vietnam. He worked hard, owned several businesses, and put my brother and me to work often, but also had a huge soft spot for us. He could be crass at times, but to me, we were a lot alike. Realists, with a bit of cynicism, but willing to let people earn our trust. He would help anyone who asked and would open his home up on holidays to our large extended family which is something I find myself doing frequently in the military community. Upon reflection, I realized that this is a huge part of our family culture, but growing up, I didn't realize it was also part of the military culture.

On my father's side of the family, there are so many Veterans, that I'd need a notebook to list them! Service to one's country and community is strong on the Carter side. My Father, Rick Carter, served in Germany with the Army. My Uncle Kelly served in the Army and was stationed in Korea in the 80's -90's, as did my Uncle Richard and Uncle Don! Uncle Dave served in the Marines and was stationed in Japan. And my Uncle Ron was an Airman serving in Vietnam. So many of my cousins have also served!

Dedication, sacrifice, respect, and loyalty run deep in the Carter blood. I know their time in service is what



▲ My Uncle, Marine Jim Thomason
 ▲ My grandparents, US Marine Corps, Jack Thomason and Carolene Stewart



▲ My father, Rick Carter, who served in Germany with the US Army



▲ My Uncle Kelly, US Army



▲ Uncle Richard, US Army, served in Korea.



▲ Uncle Don, US Air Force, served in Korea.

shaped them into the amazing people they are today who continue to contribute to their community. My Uncle TL served in the Army in Southeast Asia and Vietnam. He was even awarded the Cherokee Warrior Award this year. The Cherokee Nation Medal of Patriotism Award "Warrior Award" is a Medal of Patriotism for Cherokee Veteran tribal citizens who have served proudly. Even today, he volunteers in the community and mentors so many. My family makes me so proud!

It shouldn't have come as a shock that I would marry into the military, but my husband caught me by surprise. Through our marriage, he would teach me lessons of compassion, patience (giving me some as well as making me learn a bit too), and true unconditional love. He taught me how to be strong in his absence and gave me the confidence to be a fierce advocate for our son. He's shown me that home can be wherever the Army takes us because, in truth, our family is my home, not a place on a map. That's a true military lesson learned the hard way.

The culture of the military encompasses so much that it's hard to put into words. What I do know is, that without our Veterans, there would be no lessons to shape generations. This November I challenge you to think about the Veterans around us and how they have created a world in which we can be free, have civil rights, and be granted the liberty to choose. Our Veterans are the ones to thank for so many of life's simple things often taken for granted. I want to thank all the Veterans in my life who made a huge impact on my heart and helped guide me daily through the lessons taught early on.

As Editor in Chief of *United on the RoK*, our team would like to extend thanks and gratitude to all Veterans who served their country in the name of peace and liberty. The sacrifices you've made can never be repaid. To the service members still in service today, please accept our deepest gratitude as you fulfill the most honorable of oaths. As former President and Veteran Ronald Reagan said, "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same."

Thank you for your continued protection and readiness to fight tonight at any cost.

Jetta Allen
 United on the RoK Editor in Chief



▲ My Uncle David, US Marine Corps, served in Okinawa.



▲ My Uncle Ron, US Air Force, served in Vietnam.



▲ My Uncle TL (Thomas), US Army, served in Vietnam. He was awarded the Cherokee Warrior Award.



▲ Homecoming from Afghanistan in 2012 with husband, TJ with our son Joshua. Joshua waited to take his first step until the day his father got home! What a memory!

LIVE MUSIC&ARTS


Events & Festivals



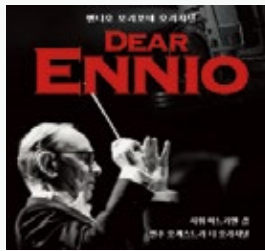
NOV20-21
Sir Simon Rattle & Symphonieorchester des Bayerischen Rundfunks
 Lotte Concert Hall
 lotteconcerthall.com/eng



NOV23
The Complete Performance Of Pansori
 Daloreum Theater
 ticket.yes24.com



NOV23
Inspire Concert Series #2: Westlife
 INSPIRE ARENA
 globalinterpark.com



NOV28
Ennio Morricone Original 'Dear, Ennio'
 Lotte Concert Hall
 lotteconcerthall.com/eng



SEP07-DEC01
15th Gwangju Biennale
 Gwangju Biennale Exhibition Hall
 globalinterpark.com



SEP12-FEB06
Minä Perhonen Design Journey: The Circle of Memory
 DDP Museum Exhibition Hall 1
 globalinterpark.com




DEC01-MAR16
Garden of Morning Calm Light Festival
 • Address: 432 Sumgwon-ro, Sang-myeon, Gapyeong-gun, Gyeonggi-do
 • Website: morningcalm.co.kr
 • Inquiries: +82-1544-6703



JAN11-FEB02
Hwacheon Sancheoneo Ice Festival
 • Venue: Areas around Hwacheoncheon Stream
 • Address: 137 Sancheoneo-gil, Hwacheon-gun, Gangwon-do
 • Performance time: 09:00-18:00
 • Website: www.narafestival.com
 • Inquiries: +82-1688-3005



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




DEC07-08
Charlie Puth Presents "Something New" in Seoul
 Gocheok Skydome
 globalinterpark.com



DEC19
2024 Organ Odyssey III. White Christmas
 Lotte Concert Hall
 lotteconcerthall.com/eng



OCT27-FEB29
Seokchon Lake and Luminarie
 • Venue: Seokchon Lake area
 • Address: 166, Songpanaru-gil, Songpa-gu District, Seoul
 • Website: yudeung.com
 • Inquiries: +82-2-2147-2100



OCT18-DEC31
Disney 100 The Exhibition
 K Museum of Contemporary Art
 globalinterpark.com

The biggest festival of lights in Korea! The annual Lighting Festival at The Garden of Morning Calm covers over 330,000 sqm and 30,000 lights, turning the snowy ground into a winter wonderland at sunset. The Garden of Morning Calm, nestled against the splendid backdrop of Chungnyeongsan Mountain, is a horticultural haven that blends the essence of Korean beauty with a diversity of themed gardens. Designed by Professor Han Sang-kyeong from Sahmyook University, this arboretum, which opened in May 1996, offers a tranquil retreat with forest paths and a dense pine nut grove for those escaping the bustle of the city.

Hwacheon Sancheoneo Ice Festival takes place in Hwacheon-gun, Gangwon with plenty of snow and ice, perfect for a winter getaway. It was even introduced by CNN as one of the "Seven Winter Wonders" in 2011. The main event of the festival, ice fishing, takes place on the frozen Hwacheoncheon Stream. The festival has been visited by more than a million people, attesting to the festival's charm. In addition to the various festival programs such as ice fishing, ice sledding, and bobsled, visitors can get a taste of the freshly caught trout grilled on the spot.




JAN12
Live Nation Presents Benson Boone
 Olympic Park Olympic Hall
 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



NOV20-23
2024 Bakery Fair
 Seoul COEX
 bakery-show.com
 +82-2-6000-8156



DEC06-08
2024 Daegu Christmas Fair
 EXCO: 10 Exco-ro, Buk-gu, Daegu, 41515
 No Entry Fees



DEC06-JAN05
The Art of Jewellery
 Lotte Museum of Art
 globalinterpark.com

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

HOME ALONE 2
Love In New Year

11 DEC
WEDNESDAY

MOVIE STARTS AT 1700
CAMP WALKER LIBRARY

HOME ALONE 2
Holiday / Comedy / Spaghetti / Family

KUNG FU PANDA 4
Animal Adventure / Comedy / Action / Family

13 NOV
WEDNESDAY

MOVIE STARTS AT 1700
CAMP WALKER LIBRARY

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

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.

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

AFTER SCHOOL WCG BOWLING

\$10

TUE, WED & THUR
1300 - 1800

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

BOSS SENIOR FEEDING VOLUNTEER SERVICE

EVERY 4TH WEDNESDAY
0930-1330

Sign up at the Camp Carroll or Camp Walker CAC

EMERGENCY PLACEMENT CARE

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.L.Evergin.civ@army.mil
0503-363-4456

GARY SINISE FOUNDATION

ACTIVE DUTY EAT FREE!

2ND WEDNESDAY OF EVERY MONTH AT PERIMETER PUB FROM 1100-1300!

LUNCH BUFFET INCLUDES 1 NON-ALCOHOLIC BEVERAGE. MILITARY ID IS REQUIRED WHEN NOT IN UNIFORM.

FREE BOWLING FOR ACTIVE DUTY

WCG
WINDY CITY GRILL

MONDAY, 1100-1800

TWO (2) GAMES WITH THE PURCHASE OF ANY COMBO MEAL. *SHOES NOT INCLUDED

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

Welcome Wagon of Korea

Volunteer Initiative

Welcome Wagon of Korea: A new volunteer program that greets new PCSers arriving to Korea at USAG Humphreys.

Mission: To welcome 10,000 Soldiers and family members to Korea each year.

Goal: To create a positive first impression for Soldiers and dependents as they arrive at their new overseas home after a long and tiring journey.

Volunteer Activities: Greeting each bus of new PCSers arriving to Maude Hall, providing them with information, snacks, and a warm welcome.

- **Volunteer Opportunities:** Six times per day, seven days a week – Incheon Arrivals. Mondays and Wednesdays - Patriot Express Arrivals.
- **Log Volunteer Hours in VMIS*:** Search for "19th HRC Welcome Wagon of Korea" to register as a volunteer.

Support Needed: To sustain the initiative, **more spouse and Soldier volunteers are needed**, as well as donations for welcome bags.

For more information contact:
Kelly Karwel-Welcome Wagon of Korea Coordinator:

EMAIL
w.w.ofkorea@gmail.com

FACEBOOK
Camp Humphreys Welcome Wagon Volunteers



* VMIS (Volunteer Management Information System) is a tool used by the U.S. Army to manage and track volunteer activities and hours.

Humphreys and Osan Update



BOY-LED, BOY-RUN

WHO: Boys 11-17 or 6th grade & older (Arrow of Light may join at age 10.5th Grade) (Military, Civilian, Contractor, UNC) Our Troop is based at USAG Humphreys

WHAT: Become a Scout

WHEN: Sundays at 1800

WHERE: Bldg 375 - Troop 88 Scout Hut (Across the street from Sentry Village Mall)

WHY: To have FUN and learn LIFE skills!



POTENTIAL ACTIVITIES:

- **Camping**
 - Joint Security Area
 - International Camps
 - Camp Morse (Seoul)
- **Hiking**
 - Seoul Wall
 - Task Force Smith Trail



The outdoors is our classroom. We develop leadership skills. We rely on teamwork. Consider coming to one or two meetings before you decide to join. If Scouting is for you, fill out an application to finalize your commitment.

CONTACT: Troop88@camp Humphreys@gmail.com

*Units or scholarships are available on a case-by-case basis, check available in the Scoutmaster.

Scoutmaster

Scoutmaster

Scoutmaster

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Scoutmaster

PLEASE JOIN US FOR
Comfort Classics

WE INVITE YOU TO SAVOR AND GATHER AROUND THE TABLE WITH DELICIOUS RECIPES FROM "THANKSGIVING COOKBOOK FOR FAMILY AND FRIENDS" BY ALICE NORMAN.

AT HERITAGE HALL, OSAN AB
SATURDAY NOV. 16 @1PM

Hosted by Osan Cook Book Club

HOMeward BOUND

Osan

BECOME A VOLUNTEER

Go on Walks

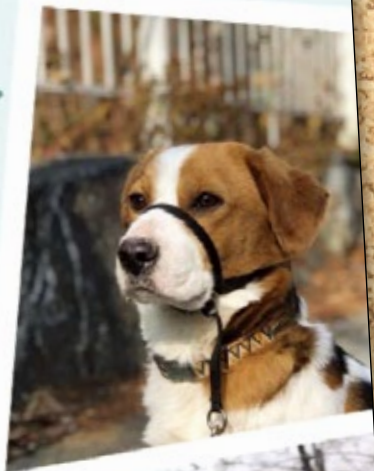
When volunteering, your responsibilities may include walking the dogs, preparing food, cleaning kennels, and spending time with the shelter animals. Depending on the animals present, shifts typically run for approximately 30 minutes.

Help with Events

Hosting fundraising events for the shelter animals, group get-togethers for the volunteers is a big part of our community outreach efforts. These events not only provide an opportunity for people to come together and have fun, but they also help raise awareness about the shelter and the animals that we care for.

Cuddle, Play, Foster

Show some love to our furry friends, and watch their quirky personalities bloom as they settle into shelter life! If you can open up your home to a temporary friend, become a foster!



WANT TO JOIN THE FUN? DIVE INTO VOLUNTEERING, TEAMING UP WITH US, SWINGING BY OUR EVENTS, OR SIMPLY DISCOVERING HOW YOU CAN LEND A PAW - CHECK OUT OUR WEBSITE OR GIVE US A FOLLOW ON SOCIAL MEDIA FOR ALL THE BUZZ!

CONTACT INFO

- Building 505 (next to the Main Gate)
- Homewardboundosan@gmail.com
- Homewardboundosan.org



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

HOMeward BOUND OSAN



Beating the Winter Blues: Essential Mental Health Strategies for South Korea

By I Care Counseling Center

As winter envelops South Korea, many people find themselves grappling with the winter blues. The shorter days, colder temperatures, and lack of sunlight can significantly impact mood and overall mental well-being. This season can be especially challenging for those who may feel isolated or disconnected. Fortunately, there are effective strategies to help navigate these darker months and bolster mental health.

Understanding the Winter Blues

The "winter blues," or seasonal affective disorder (SAD), affects many during the colder months. Sym-

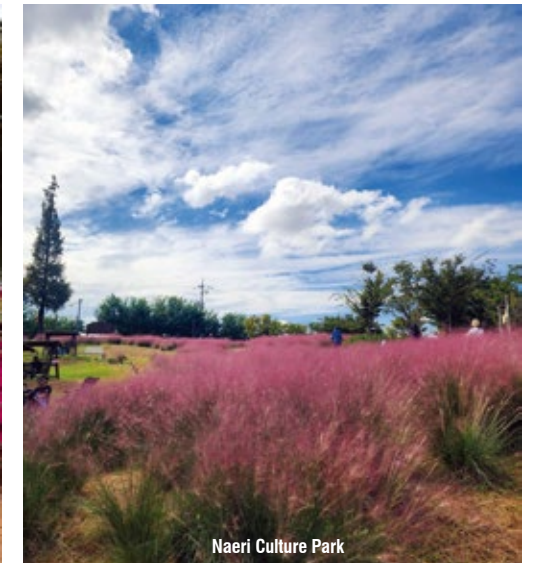
ptoms may include fatigue, irritability, and feelings of hopelessness. In South Korea, where winters can be long and harsh, it's important to recognize these feelings and take proactive steps to improve mental health.

Seek Out Natural Light

One of the most effective ways to combat the winter blues is to maximize exposure to natural light. During the day, try to spend time outdoors, especially during the sunniest hours. For those who struggle to get enough sunlight, consider using a light therapy box, which can help simulate sunlight and regulate your mood.



Baedari Ecological Park



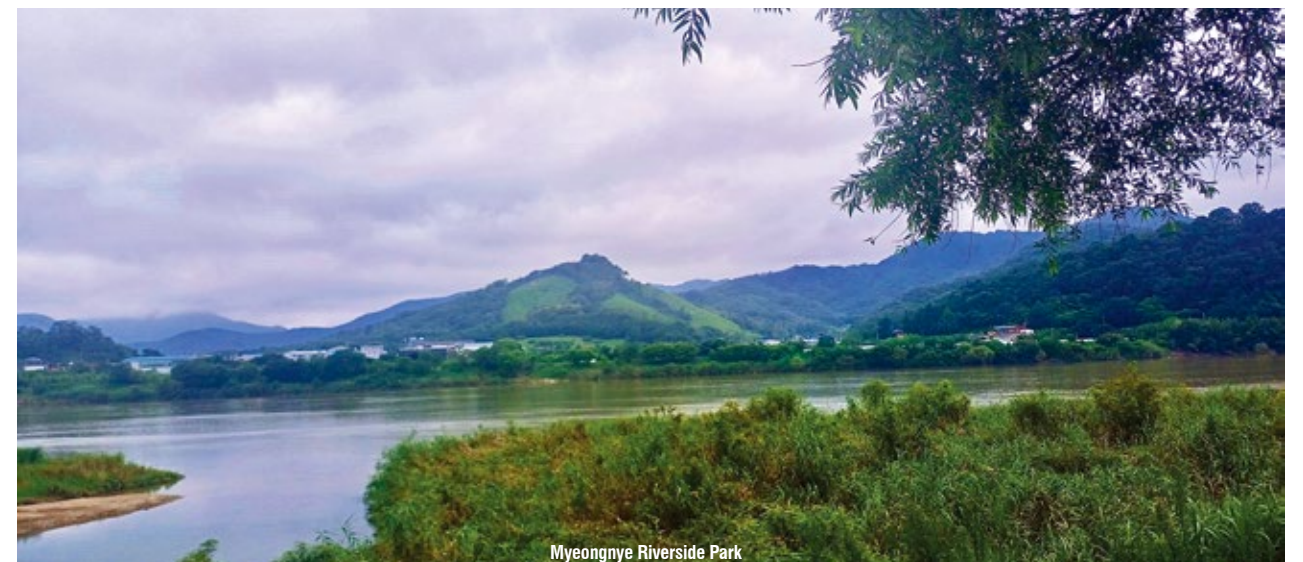
Naeri Culture Park

Places To Go

- **Baedari Ecological Park**
Baedari Ecological Park in Pyeongtaek is a tranquil space dedicated to preserving local biodiversity, featuring walking trails, scenic ponds, and diverse plant life.
Address: 20, Jukbaek 6-ro, Pyeongtaek-si, Gyeonggi-do, Republic of Korea
- **Naeri Culture Park**
Naeri Culture Park is a vibrant community space that promotes cultural exchange through various recreational facilities, including walking trails, gardens, and performance stages. The park hosts cultural events and festivals that highlight local arts and traditions, making it a great spot for families

and visitors.

- **Myeongnye Riverside Park**
Walk, run, or bike along the Nakdong River and explore the joys of Waegan. The park hosts paved trails, curated gardens, and stunning waterside mountain views.
Address: 1082-29, Myeongnye-ri, Hanam-eup, Miryang-si, Gyeongsangnam-do
- **Local Markets**
3 / 8 Local Market (Anjeongri), 4 / 9 Local Market (Songtan), Seomun Market (Daegu)
In Pyeongtaek, the 3/8 and 4/9 local markets are lively traditional markets offering a variety of local



Myeongnye Riverside Park



Seomun Market (Daegu). (Photo by Ashley Courts)

goods, fresh produce, and delicious street food that occur on any day of the week that ends in a 3 or an 8 in the Anjeong-ri area, or a 4 and a 9 at Songtan. In Daegu, the Seomun Market has over 4,000 shops and is the largest traditional market in the area. In Korea, markets serve as a community hub where locals shop and socialize, providing an authentic glimpse into daily life in the area.

Address:

- 3/8 Market: 39 Anjeong-ro, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do
- 4/9 Market: 745-14 Jisan-dong, Pyeongtaek-si, Gyeonggi-do
- Seomun Market: 45 Keunjang-ro 26-gil, Jung-gu, Daegu

Stay Active

Regular physical activity is crucial for mental health. In winter, finding motivation to exercise can be difficult, but there are many options to keep moving. Join a local gym, take up yoga, or embrace winter sports like skiing or snowboarding at nearby resorts. Even indoor activities, such as dance classes



Gonjiam Ski Resort



or martial arts, can help boost your endorphins and enhance your mood.

Ski and Snowboarding

- **Yongpyong Resort**
Yongpyong Resort is one of the largest ski resorts in South Korea, famous for its diverse slopes and facilities. It hosted events during the 2018 Winter Olympics.
Address: 715-1, Yongpyong-dong, Pyeongchang-gun, Gangwon-do, South Korea
- **Alpensia Resort**
Alpensia Resort features a variety of winter sports activities and accommodations. It's known for its beautiful scenery and was also a venue for the 2018 Winter Olympics.
Address: 325, Solbong-ro, Pyeongchang-gun, Gangwon-do, South Korea
- **Gonjiam Ski Resort**
Gonjiam Ski Resort is a popular ski destination located near Seoul. It offers a variety of slopes for different skill levels and has excellent facilities, in-

cluding ski rentals and lessons. The resort is known for its beautiful night views and family-friendly atmosphere.

Address: 166, Gonjiam-ro, Gonjiam-eup, Gwangju-si, Gyeonggi-do, South Korea

- **Eden Valley Ski Resort**
Eden Valley Ski Resort near Daegu is specifically known for its wide open spaces, allowing skiers and snowboarders a better experience with less congestion on the slopes. During the winter, the resort's sauna is a local attraction as well.
Address: 1206, Eosil-ro, Yangsan-si, Gyeongsangnam-do

Connect with Others

Social connections are vital for emotional well-being. Make an effort to reach out to friends and family, even if it's just a quick video call. If you're feeling isolated, consider joining a local club or group therapy that aligns with your interests and needs.

Establish a Routine

A consistent daily routine can provide structure and stability during the winter months. Aim to wake up, eat, and go to bed at the same time each day. Incorporate

activities you enjoy, whether it's reading, crafting, or cooking. Having a routine can help create a sense of normalcy and control.

Seek Professional Help

If feelings of sadness persist, seeking help from a mental health professional is essential. South Korea offers a range of mental health resources, including counseling services and support groups. Many therapists are experienced in addressing mental health issues and can provide personalized strategies to cope.

The winter blues can be a formidable challenge, but by implementing these mental health strategies, you can thrive during the colder months in South Korea. Embrace the light, stay active, connect with others, and prioritize self-care. Remember, you're not alone—many share these experiences, and together, we can support one another through the winter season. With the right tools and mindset, you can emerge from winter feeling resilient and refreshed. The staff here at I Care Counseling Center are here to help you. Please don't hesitate to reach out.

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SERVICE MEMBER SUPPORT

By SPC Zachary Rogers, 339th Quartermaster

Celebrating Christmas brings back fond memories from family. We used to enjoy delicious popcorn from a large metal can with three different flavors: white cheddar, caramel, and original butter. I recall sneaking downstairs quietly with my brothers to peek at the gifts under the tree. The excitement of seeing a gift that matched the item on your wish list was always a joyous moment. However, during the gift exchange and unwrapping, it was easy to get carried away with excitement before opening the presents. Time with family was my most memorable moment that still brings happy tears to my eyes.



Pfc. Desjon Lang (left) from Florida, and Pvt. Dustin Watson, from California, both members of 52nd Ordnance Company, built snowmen outside of their barracks, last December during the first heavy snow of the winter season. This was Lang's first snow experience. Photo captured by Monica Guthrie.

The holiday season is meant to be a time of joy and celebration, but for many people, it can bring feelings of sadness and loneliness due to being separated from loved ones. One way to beat the holiday blues is to focus on self-care and prioritize your well-being. This could mean taking some time for yourself to relax. It's also important to set realistic expectations for yourself during this busy time of year. Try not to put too much pressure on creating the "perfect" holiday experience, as this will only build more stress. If you're away from home, you may not be able to recreate certain commitments or traditions, and it's okay to not participate in celebrations if they don't bring you joy. Finally, my favorite part, reaching out for support from friends can make a big difference in helping you navigate these challenging emotions during the holidays.

It is tough to beat the winter blues, so it truly starts not with the individuals themselves and the companions around them. In this world, we have a mindset that we are individual people, but the truth is, well my truth and belief, we are all connected and need one another, whether we like it or not. Our personalities are based on nature and nurture; essentially, the people and environment around us shape who we are. Therefore, we need to create an environment that will help raise the spirits of others during the holiday season. Starting with just a simple gesture of saying hello to an invitation to group get-togethers can make a world of difference for a lot of people. I like to ride my bike with my dog Zero attached to the back, and that little gesture puts smiles on people's faces as I ride by, especially children. Children growing up in a military environment will appreciate you helping create fond memories and experiences that one day they will pass on to others.

I hope that the holiday season brings that warm feeling to everyone's hearts the way it does for me. It's the feeling you get when you drink a nice hot cup of cocoa in the winter, the warmth from the inside out, from your head to your toes. I've always loved the holiday season because it brings out the best in people and creates a sense of togetherness, even when you're far from home. I hope that during this time, others can experience that same feeling of community and connection. It's a time for putting aside our differences and coming together to celebrate all that we have with humility and a grateful spirit. Whether it's through exchanging gifts, baking cookies, or simply spending quality time with one another, there's something special about the holidays that warms my heart every year. I hope you have a magical season.

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

*"Be the answer to the question 'why' because in this world asking questions will always lead to more questions. Be the answer."
~SPC Rogers.*





The U.S. Army's AH-64 Apache is the world's most advanced attack helicopter.



The 4-2 Attack Reconnaissance Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division, spouses, and volunteers.

APACHE APPRECIATION DAY

By Jetta Allen

The 4-2 Attack Reconnaissance Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division

Stationed at USAG Humphreys held Apache Appreciation Day. This was a special event for the community to experience Apache helicopters up close and personal, right on the flight line. When I arrived, Alyssa Crone was working hard to set up, collaborating with volunteers, and going over the activities at each station. There would be a bake sale, unit mer-

chandise available, two coloring stations, a trivia game each hour with prizes, I Spy games, and the opportunity to interact with the pilots and the crew as attendees explored the Apache helicopters. There was even a station that would allow guests to climb into the cockpit and get their picture taken!

As I wandered around taking pictures and talking to the pilots, crew chiefs, volunteers, and spouses, it became apparent that this day was more than appreciation for the Apache helicopters. This event was an



Amy and Jason baked cookies and brownies in the shape of helicopters!



Chief Warrant Officer 2 Hanley manning the Apache cockpit station.



Captain Lasley and Crew Chief Dunn posing while answering questions about the Apache.



The Humphreys community showed up in droves, excited to see the Apache helicopters.

open invitation for the community to join their flight family, even if just for a day. 1st Sgt. Bender gave me a short tour of the McCormack-Smith Hangar named after Chief Warrant Officers Jason McCormack and Brandon Smith. These two pilots gave the ultimate sacrifice on November 23, 2015, when their helicopter crashed not far from Humphreys during a training exercise. As the tour continued, he showed the memorials the unit had for these two heroes. The memory of Chief Warrant Officers Jason McCormack and Brandon Smith are still very much part of the daily life at the hangar. 1st Sgt. Bender shared that team-building activities like

Apache Appreciation Day play a vital role in their unit, helping form the bonds of camaraderie. He shared that their unit and mission is successful because of the trust they have in each other and the immense support from family members both in country and afar. As an Army spouse myself, I could relate as we often say we "hold down the homefront" so our service members can put the mission first. Captain Lasley and his wife Alexis were happy to help with their first community event since arriving at Humphreys. Captain Lasley stated that these events help unaccompanied, single soldiers get out of the barracks and out into the community. He



McCormack-Smith Hangar Memorial

also said events like these build positive team dynamics when participating in events outside of the normal work day, whether attending the event as a guest or volunteering in the event. Mrs. Lasley passionately shared

that this event was specifically designed to expose the community to new things, allowing people, especially military children overseas, to truly enjoy the military life they are living. With a huge smile she exclaimed, "And who doesn't love helicopters!". Together, Alyssa Crone and Alexis Lasley gave a final pep talk to the volunteers. My tour and crew interviews were wrapped up as families from the community began to arrive, ready to see the Apaches and crew.

Over 540 people from the community attended the event. Attendees included adult service members, military families with children in tow, and even a few visiting family members from

the United States and Germany! Who knew the event would garner so much attention? I asked a few soldiers who attended together what brought them out. They shared they wanted to see something new and didn't have these opportunities while stationed at Fort Riley. One went as far as to say he admired the pilots and crew chiefs, sharing his belief that their jobs aren't easy. Parents shared stories about their children wanting to be pilots or see the helicopters in person. The I Spy game was a huge hit, many families were competing with each other to find the items while waiting for their turn in the Apache cockpit. Many of the kids could barely hold in their excite-



Mrs. Alexis Lasley running the line and I Spy station, welcoming guests, and managing the safety of the area.



Mateo M., Alexander B., Captain Lasley, and Elian M. explored the Apache helicopter inside and out. (L to R)



McCormack-Smith Hangar



Elsie H. enjoys snacks and exploring her father's hanger.



Alexander B. holding the joystick. "Ready to take off!" he said!



Noelle B. wants to be a pilot!

ment. Looking around I would see Command Sgt. Maj. Conover talking to families, greeting kids with a smile, managing the music, checking on volunteers, and ensuring things were going smThe team at 4-2 Attack Reconnaissance Battalion, 2nd Combat Aviation Brigade is truly our community's best! They gave the community an unforgettable experience and United on the RoK would like to thank the 2nd Combat Aviation Brigade, Captain Crone, Alyssa Crone, Captain Lasley, Alexis Lasley, Command Sgt. Maj. Conover, and 1st Sgt. Bender for inviting us to into your family for the day.

4-2 HHC Commander, Captain Crone left me with these words, "Thank you to all the soldiers that have served. Thank you to all the volunteers, this event wouldn't be successful without them."



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.



Tucker, a senior labrador-retriever, likes short walks, long naps, and is looking for a calm space to call his own.

Homeward Bound Osan: A Refuge and a Bridge

By Sierra Beaton

We are a house divided when it comes to pets. Some of us want them, at least one of us needs them, two of us can't wrap our brains around the logistics of having them, and no one can agree on which animal would be the best fit. My husband and I grew up in homes with rescue pets but our adult lives have kept us on the move frequently enough that, after needing to rehome our cat during our first PCS, we have never seriously considered adding a pet into the fray. However, as our kids get older, their pleas for a pet have gotten more persistent. In an effort to scratch the animal itch—without fully committing—I floated the idea of volunteering at a rescue shelter as a family. We found ourselves at Homeward Bound Osan

(HBO) for an open house event, ready to meet some new furry BFFs and fill up the kids' snuggle tanks.

Recently relocated to Building 506 on Osan Air Base (next to the walking gate and Anthony's Pizza) thanks to a large community effort, HBO volunteers have created a cozy and functional space for the dogs and cats who find their way into the shelter's care. During our visit, we were greeted by the sound of nails tapping on the solid floor as curious dogs approached us, no doubt lured in by the cacophony of scents my twins tend to accumulate throughout the day. As my kids practiced quiet voices and calm movements, one of the dogs crept closer to me, stealthily positioning herself into prime tummy rub position. Luna One, as she was then intro-

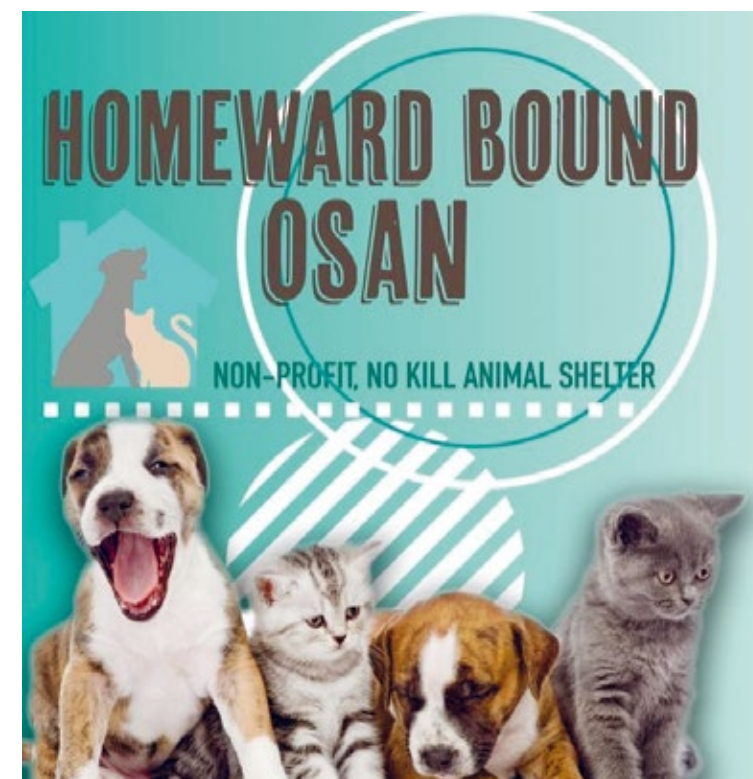
duced to me, chose her target well. I have a soft spot for small dogs who want to snuggle, likely as a counter to my medium-sized people who are jumping beans of chaos. I was happy to oblige Luna while her foster mom and HBO board member, Elizabeth Williams, chatted with me about Homeward Bound Osan.

Operating as a private organization since 2011, HBO's mission is "to provide well-being, compassionate care, and find loving homes for the relinquished and unclaimed animals of Osan AB and USAG Humphreys." It is a non-profit, no-kill, animal shelter that operates solely on the generosity of volunteers and donors. It serves as a place of last resort for military ID holders stationed in South Korea who find it necessary to relinquish their dog or cat as well as a temporary stop for strays who occasionally come to them via the Osan AB Veterinary Treatment Facility (VTF).

While cats are the most common unclaimed animals found on the base, HBO was recently asked to assist when a small Pomeranian, nicknamed "Little Bear," wandered through the Morin gate one afternoon, severely dehydrated and full of ticks. After Security Forces surrendered the dog to the on-base vet, "Little Bear" was transferred to the HBO shelter for care while volunteers worked to locate his owners. After weeks of searching without success, HBO began the process of preparing "Little Bear" for adoption, which included funding his first round of vaccinations, a microchip, a heartworm test, and anti-parasite medicine. Five weeks after "Little Bear's" appearance at the gate, and just before "Little Bear" was set to begin the adoption process, his owners came forward and were reunited with their pup, Bobby. It's a story with a happy ending, but also one that illustrates the surprise expenses incurred by the donation-reliant shelter and the sincere dedication HBO's volunteers have towards the animals in their care.

Antonia Pfeiffer, HBO's Manager, has worked hard to create a professional environment within the shelter. Her background as a Veterinary Tech, and her passion for continuing education in animal behaviors, make her an invaluable asset to the training/retraining, care, and rehoming that the shelter facilitates. It also helps her intuit a good fit for potential adoptions. She and her team help interested persons understand their capabilities and limitations while ensuring quality matches with pets in need. "We get a lot of people who come in saying they want a dog, but they don't know that what they would really rather have is a cat," Antonia says.

Homeward Bound Osan seeks to match the right animal to the right home environment. Given the special



Antonia Pfeiffer and Luna One, along with other shelter animals and volunteers, participate in one of HBO's outreach programs.

needs, medical history, or personality quirks of each animal, having a broad range of foster families and potential adopters minimizes the chances of prolonged shelter stays. Once a foster or adoption application has been received, HBO works with the owners to gently integrate the animals using a slow and nuanced approach. Volunteers introduce the animals, facilitate a safe interaction, assess the human's understanding of animal behavior, and work with them to train the animals constructively.

Some foster situations become forever homes, but even short-term stays provide stability and comfort that can't be achieved at the shelter.

Antonia and her team's compassion and concern for the animals in our community is strong. A pet's welfare depends entirely on its owner's ability to meet both its physical and mental needs. Antonia stresses the importance of being educated, interested, and engaged with the animals you have at home and developing an awareness of the animals around you in the community. She encourages pet owners to "advocate for the animal you have and be willing to learn, train, and understand; utilize the resources that are available to you."

To that end, HBO has created several online resources and in-person outreach programs to set current and potential pet owners up for success. The organization has consolidated transport, training, and veterinary information on the "Resources" page of their website, along with regular updates on their social media accounts with helpful animal care tips. HBO has also organized events such as the open house my family attended, animal yoga for kids, pet costume contests, agility competitions, and group social walks. The outreach events raise awareness about the shelter and provide socialization opportunities for animals currently in their care.

Fostering or adopting a pet may not be the right fit for you right now, but if you are interested in supporting Homeward Bound Osan's mission, there are several opportunities available through their website. One of the most rewarding ways to support the shelter is to donate your time or skill set by becoming a board member or volunteering for a shift, social walk, or weekend stays.

Volunteer shifts, lasting 25-30 minutes, take place at roughly 0700, 1200, 1800, and 2200, allowing for time to walk, play, feed, and clean. Volunteer reliability and responsibility are critical to the well-being of the dogs and cats in the shelter's care, but the shelter also strives to provide an environment that delivers relaxation and emotional support for both the animals and the humans who help. There is a guest kennel available if you would like to bring your own dog, and volunteers are invited to come during non-shift times to visit with the animals or just be a calming presence.

Homeward Bound Osan also offers a unique opportunity for teens, aged 16 and older. A newly created Youth Ambassador board position helps develop leadership skills, encourages responsibility, and serves as a bridge between the shelter and Osan AB's youth



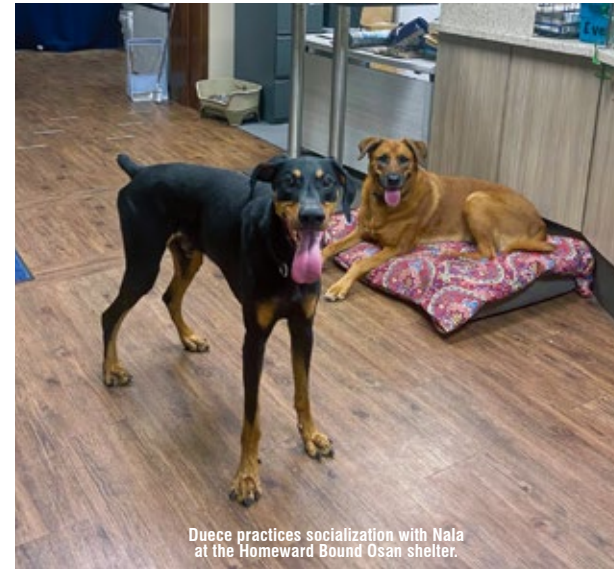
Volunteers work with the shelter's animals on training and enrichment activities.



Pumpkin, a former unclaimed cat, got a fresh start with a new family after his stay at HBO.

community. Teens are also able to take independent volunteer shifts while children younger than 16 are welcome to participate with an accompanying adult.

Volunteers with a variety of skills and hours of availability are always needed as, unfortunately, the demand for relinquishment services of dogs is greater than Homeward Bound Osan can accommodate. They receive an average of two requests per week, but with a maximum shelter capacity of three dogs, and not enough foster families to match the requests, it creates



Duece practices socialization with Nala at the Homeward Bound Osan shelter.

a heart-breaking and frustrating situation for all parties involved. Elizabeth Williams, HBO's Animal Safety and Rehoming Coordinator says: "People like the idea of having an animal, but they are not aware of what needs to be done and the additional restrictions that come with living in Korea."

HBO urges service members to educate themselves before getting a pet. Aspiring pet owners should be aware of potential housing restrictions on certain breeds and the number of pets allowed. Many of the relinquishment requests come from people who purchased a puppy that grows into a dog, whose personality and needs do not match their home environment. One such animal recently in HBO's care was Duece, a delightful Doberman-pinscher with a playful spirit and friendly nature. Duece arrived at HBO malnourished and having been kept largely confined to a small apartment. With proper care and training by volunteers, Duece recovered beautifully and, considering his base-restricted breed, found a forever home off-base with a family well-equipped to meet his needs.

If pet relinquishment becomes necessary, the pet owner needs to allow enough time before their departure to complete the application, interview, and turn-over process. The animal must be registered on-base to the person relinquishing it, so once the registered service member has left South Korea, it's too late for HBO to help. After an application has been received, HBO conducts an interview to assess the service member's level of need and an animal behavior assessment to make sure the pet in question can be rehomed within the limitations of the volunteer organization. The application then goes to HBO's Board for a vote, where available space and

resources are factored into the final decision.

Unfortunately, despite anticipated costs being factored into the relinquishment fee, older or neglected animals can develop unexpected medical or care situations that put a strain on the organization's budget. Local clinic Best Friends Vet, graciously collaborates with Homeward Bound Osan to provide medical care for shelter animals at a reduced fee which helps offset some of the cost. The organization has also been generously granted an on-base facility, but HBO is not sponsored by, nor does it receive any additional funds from the government. Instead, Homeward Bound Osan relies heavily on donations from individuals and local organizations to advance its mission of providing humane, compassionate care for relinquished and unclaimed animals until new homes can be found.

Regardless of how an animal makes its way to the shelter, upon its arrival it will find a friendly environment, concerned caretakers, and knowledgeable advocates. On the day my family visited, we had the opportunity to visit with Luna Two (yes, there were two Lunas at the time), who was later adopted by a single airmen with a solid support plan in place; Whisper, who won the heart of a self-proclaimed homebody who can keep him close throughout the day and manage his ongoing medical needs; and, my canine shadow, Luna One, who, I'm delighted to report, was finally matched with her forever home, three years after she was initially surrendered.

For the service members who find themselves in need, the animals whose welfare is at stake, and community members who seek a human-animal connection, Homeward Bound Osan serves a vital role as a refuge and a bridge, turning challenging stories into happy endings.

Website: www.homewardboundosan.org

Facebook: www.facebook.com/HomewardBoundOsan

Instagram: <https://www.instagram.com/homewardboundosan/>

Email: HomewardboundOsan@gmail.com



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.

A Weekend in Daejeon

By Jetta Allen

Mark your calendars and book the perfect weekend in Daejeon! There is so much to do, including a great mix of indoor and outdoor activities making it a great destination all year round. When I travel, I try to incorporate free or low-cost activities, allowing me to spend that money on souvenirs, hotel accommodations, or restaurants!

My first stop was the National Science Museum! Parking is very easy and can hold hundreds of vehicles. Admission is incredibly affordable, just 1,000-2,000 won depending on your age and children ages birth to 3 years old are free. There are 11 exhibitions including science technology, science discovery, natural history, human evolution, a botanical garden, and outdoor exhibits with static displays of rockets and trains. Their astronomical and planetarium exhibits are exquisite. The planetarium uses an IMAX theater to showcase space, space travel, constellations, and planets. Unfortunately with my vertigo, I had to pass on this opportunity, but attendees leaving the theater raved about their experience.

Overall I found the natural history exhibits and outdoor exhibits to be my favorite. Maybe it was the cooler weather, the impressive size of the rocket that gained my attention, or maybe it was the medieval "God Machine". This machine was a magnificent piece of weaponry. It



is called the 'Munjong Hwacha' because it was invented by King Munjong in 1451. At the time of firing, the wagon would be loaded with arrows and adjusted to the appropriate angle. Then there would be ignition wires attached to each row of containers. When ignited, 100 shots were fired at the same time, 15 in a row from the upper floor to the lower floor. It is the world's oldest multi-barrel rocket weapon whose production blueprints remain. I was fully engulfed in its size and impressiveness.

This museum isn't just for kids! As an adult traveling kid-free, I found the museum to be one of the most expansive museums I've ever seen. You can easily spend at least half a day there if not more. They have a small cafe on the property with a few treats, coffee, and my go-to, lemonade. They also have a food court, a corporate dining area, and a convenience store selling all your favorite Korean snacks and drinks so you don't have to worry about food options when you come.

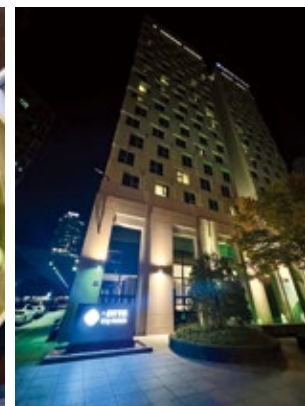
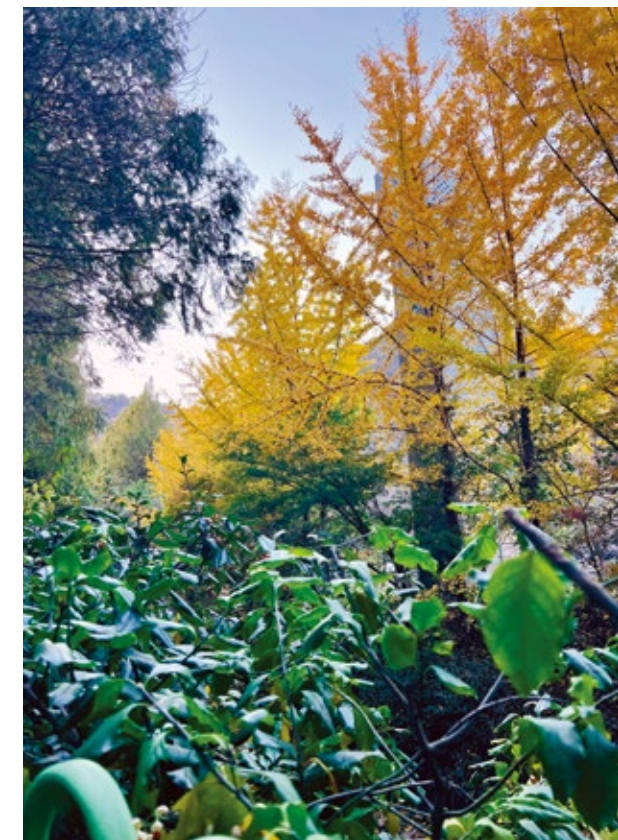
The next stop on my itinerary was Mt. Jangtaesan Natural Recreation Forest. This forest is famous for its recreation trails that allow you to enjoy walking through the forest on elevated walkways and suspension bridges high in the trees. The best part is there is no entry fee! The sequoia and redwoods are simply majestic, towering above everyone. Some of the trees were well over 30 meters high! Planted in 1973, the forest is very dense with many local plants and animals now calling it home. Parking can be a struggle but I found it was possible to find parking all up and down the

road to the forest and there were additional parking lots as you drove up. The forest has many free exhibits including a forest relaxation area, forest classroom, ponds, a suspension bridge high above the trees, hiking trails, observatories, and playgrounds. There are cafes and they even have on-sight lodging accommodations! The peak season is more expensive, with rooms starting around 134,000 won per night.

Fall colors in the evening can't be beat in Daejeon! During the fall and winter, the park closes early. Unfortunately, this is something I had to learn personally, but it was still a great experience. My tip, go midday and explore, then head back to the suspension bridge for sunset pictures before leaving for the day. The park closes just before sunset and you may not get to experience all the exhibits or recreational paths if you come too late.

After the cool evening strolls in the forest, I headed to town for soup! The Yuseongok Doryong Branch Restaurant serves some of the best Korean beef gomtang with a tasty bone broth. They also serve a variety of other dishes like beef tartare bibimbap and dumplings, plus dishes are served with so many sides!

To wrap up the evening, I checked into Lotte City Hotels in Daejeon. This hotel starts at around 135,000 won per night with a complimentary breakfast making it worth it. Lotte City Hotels in Daejeon is not only centrally located but it has an amazing city view from their spacious rooms! After check-in, take a night stroll to see the nightlife, city lights, and sculptures around



the area. I used the quiet night alone to catch up on reading a good book. For breakfast, arrive early to take advantage of the buffet and get a window seat to a gorgeous mountain sunrise.

After breakfast, I headed out to the Daejeon Expo Aquarium. Adults are 29,000 won, children and those over 65 are 25,000 won, and children under 3 are free. This aquarium has a wide variety of fish, a mermaid show, and even a cool shadow puppet show which was my FAVORITE! Seriously, it was epic! The performance lasted about a half hour and was funny and entertaining for everyone. Expect to be at the aquarium for a couple of hours to experience it all.

After the aquarium, it was lunchtime! I headed to lunch at the Chueojeong Korea Restaurant! Lots of meals to choose from including tteok-galbi, a Korean grilled beef dish. There was extra time in my itinerary so I headed to the Daejeon Jungang Market! Korean markets are always fun for me. I love looking at neat things and seeing the local dishes and fresh produce. After the market, my trip was over and it was time to head home.

No matter where I go in Korea, I am reminded of how old this country is and its proud history. I always see something new. You may not get to see everything in Korea during your time here because there's just so much to see, but get out and see as much of it as you can! Explore the museums, restaurants, and national parks, and make memories that last a lifetime. Check out this month's Explore Daejeon for your guide to all things Daejeon! Find a weekend itinerary for Daejeon at unitedontherokmag.org.



EXPLORING DAEJEON

By Jetta Allen

MUST SEE PLACES

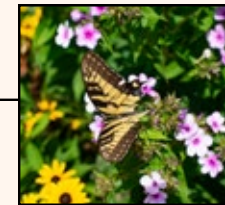


1. Gyeryongsan National Park
2. Gyejoksan Mountain Red Clay Trail

Fun Entertainment

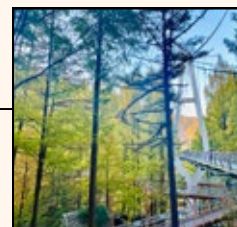


1. Expo Bridge
2. Institute Science Technology Tower
3. Daejeon O-World
4. Hanbat Arboretum



FOR CHILDREN

1. National Science Museum
2. Daejeon Museum of Art
3. Mt. Jangtaesan Natural Recreation Forest.



MUSEUMS AND CULTURE

1. Jagwangsa Temple
2. Gaesimsa Temple
3. Uam Historical Park
4. Geological Museum
5. Currency Museum
6. Yuseong Hot Springs Public Foot Bath



SHOPPING

1. Jungang Market
2. Jungang-ro Underground Shopping Mall

HONORING OUR VETERANS

AND SERVICE MEMBERS

Our lives are shaped by the Veterans and Service Members we love. They teach us respect, dedication, responsibility, leadership, selfless service, confidence, and courage. We honor the Veterans and Service Members who impart these lessons with wisdom and discernment. Thank you for your service.



Bill Alexander 1SG (Ret.)



SPC Nicholas Kier with his wife Aphrodite in Baltimore, MD, before moving to Area IV, South Korea.



John Ellis USAF (Ret), served at Kunsan, Osan, Kadena, and Clark Air Bases.



TSgt Erich Simrock, Kunsan AB 84-85, 91-92 and Osan AB 97-98.



SFC Juan Gracia, dedicated Soldier, Husband, and Father.



Staff Sgt. Steele serving in Iraq, 2009.



The Atkinson Family is a family of dedicated service members.



Delta 2-1 Air Defense Artillery Diamondbacks, submitted by SSGT Bennett.



USAG Daegu DLA Distribution Korea Team and ROK Army Officers during a tour of the facilities and overview of the DLA Distribution Operations wit.



LTC Benson on the left and SGT Ochoa is seen on the right receiving an army achievement medal.



Petty Officer 2nd Class Terry Allen on the USS Forrestal, 1982.



Air Force Staff Sergeant Pickering. Served in the Vietnam War in Thailand.



Corporal Bobby W. Tyree



Teaming up with the RoK for a mission, featuring Kevin Hernandez.



Retired COL Kurt P. Connell on his last day of active duty.



SGT Carel Oviedo and SGT Carlos Oviedo, siblings serving in Korea.



Batman and SFC Courts in Daegu.

Mindfulness through Tea Meditation

By Chunghee Jung

Tea meditation is a mindfulness practice that involves slowly, deliberately, and mindfully drinking tea. It encourages being fully present during the entire process, from preparing the tea to drinking it. Tea meditation brings awareness to the sensations and feelings that arise during the experience. The purpose of tea meditation is to bring awareness to ordinary activities and use them as a vehicle for mindfulness. It is about appreciating the simplicity and beauty of the present moment. Through this practice, you cultivate inner stillness and a sense of gratitude for life's small pleasures.

Benefits of Tea Meditation

Enhances Mindfulness: Tea meditation helps develop mindfulness by focusing your attention on the present moment and the act of drinking tea, reducing mental distractions.

Reduces Stress: By slowing down and being fully present, tea meditation calms that mind, relieving stress and anxiety.



Promotes Relaxation: The simple, repetitive actions involved in making and drinking tea can create a sense of peace and relaxation.

Improves Focus: Concentrating on the details of tea preparation and consumption enhances focus and mental clarity.

Connects Body and Mind: Tea meditation encourages participants to engage their senses fully, aligning the body and mind in harmony.

Steps of Tea Meditation

Preparation

- Select a quiet, peaceful environment free of distractions.
- Choose a type of tea that you enjoy and gather your tea set (cup, teapot, etc.).
- Bring your attention to the entire process of making the tea.
- Feel the texture of the tea leaves, smell their aroma, and notice the sounds of the water boiling

Mindful Brewing

- Boil water and observe the changes - watch the steam rise, feel the warmth, and listen to the sound.
- As you pour the water over the tea leaves, focus on the transformation - the colors, the smell, and how the water changes.

Pouring the Tea

- Slowly pour the tea into your cup, observing the movement of the liquid.
- Stay present and mindful of every detail, avoiding rushing through the process.

Savoring the Tea

- Before drinking, take a moment to appreciate the tea - its color, warmth, and aroma.
- As you take a sip, feel the warmth of the tea on your lips and tongue.
- Taste each flavor mindfully and notice the sensations in your body.
- Drink slowly, savoring each sip, and be fully present with the experience.

Breathing and Awareness

- Breathe deeply in between sips, allowing your breath to anchor your awareness.



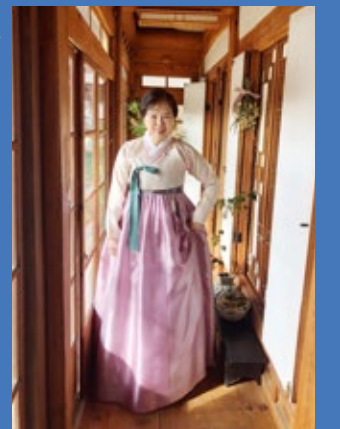
- Focus on how your body feels as you drink the tea - its warmth, the soothing effect, and any changes in your mood or state of mind.

Reflect and Relax

- Once you have finished drinking, sit quietly for a moment and reflect on the experience.
- How does your body feel? How has your mind shifted during the tea meditation?

About the Author

Chunghee Jung is the Senior Vice President Overseas of the International Dharma Instructors Association. She is a professional meditation teacher and certified Buddhist Instructor. With a deep passion for exploring the mind, she majored in psychology to understand the intricate workings of human consciousness, including neuroscience. She enjoys sharing the benefits of meditation, introducing Korean culture to service members and their families, and promoting cultural exchanges at Osan Air Base, USAG Humphreys, and Seoul.



Cebu 24

By Alison Rock

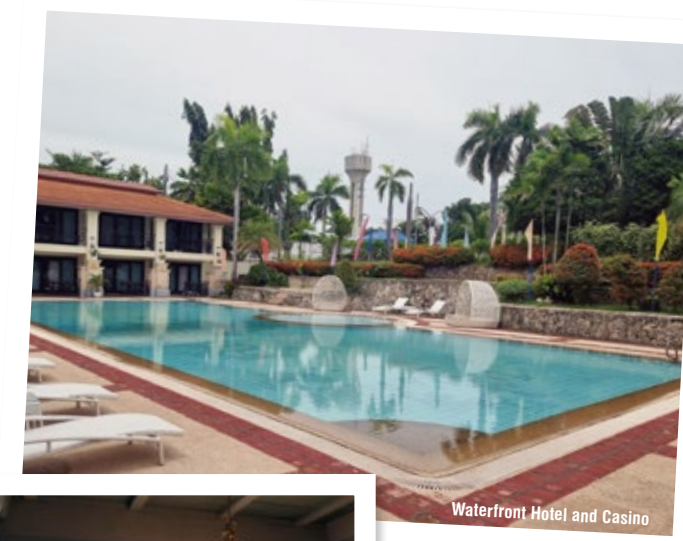


Shangri-la Hotel Mactan

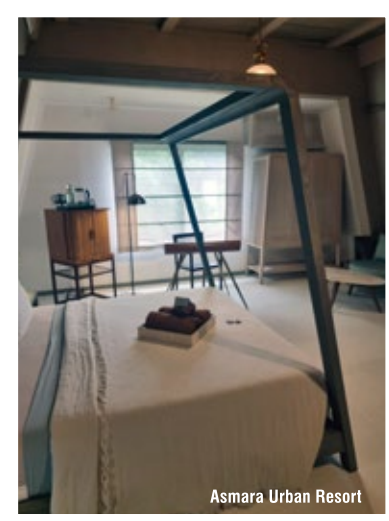
There are 11 flights a day between Korea and the island of Cebu in the Philippines. It's a quick four-hour flight with tickets occasionally as low as \$30 per flight before taxes and fees. My family went to Cebu this fall for an unforgettable adventure. I'm calling this article Cebu 24 since I took my trip in 2024, but mostly since I feel like I gained 24 pounds with all the exquisite food we experienced. Cebu is one of the culinary world's hidden gems. From selecting to preparing and serving; food is considered an art in Cebu. The island has something for everyone, peak tourist season is February through May, but many say November and December are optimal, even cheaper than peak season, so plan your winter break now. Americans don't need a visa but, you do need to register on the Philippine Travel Information System e-Travel website before you arrive.

We spent our first night at the Waterfront Airport Hotel & Casino in Mactan, located a quick 5-minute walk away from Cebu International Airport. Even though we were close to the airport, it was quiet, the hotel has a nice pool, gym, and casino. If you're a foodie try their Ensaymadas, which are ginormous pillowy buns topped with shredded cheese for a perfect combination of sweet and savory or the Karakac set menu offering 28 curated dishes from different provinces in the Philippines.

Our second night was spent at the Asmara Urban Resort in Baniladad. This beautiful, boutique hotel is in the center of town with about 15 rooms. Each room is influenced by the Italian owner's long history in the wood industry, leading to impeccably decorated rooms designed with natural wood. The hotel is well thought out and ingeniously crafted which is evident in its environmentally conscious design as some of the balconies are built around trees that were present when the hotel was constructed. The hotel has an attached tennis club, squash courts, and a restaurant and bar that was hopping with live music and a vibrant local scene.



Waterfront Hotel and Casino



Asmara Urban Resort



Ensaymadas at the Waterfront Hotel



Asmara Urban Resort



Breakfast at the Seda Ayala Center Hotel



Sikwate - Filipino Hot Chocolate



NATIONAL MUSEUM OF THE PHILIPPINES



National Museum

While in Cebu City, we had breakfast at the Seda Ayala Center Hotel. This hotel is great if you want to stay in the heart of the city as it is attached to the Ayala Center Mall, making it convenient for shopping and taking advantage of tourist attractions. The breakfast buffet on the club level of the hotel was cozy and intimate. A traditional Filipino breakfast consists of puto maya (steamed glutinous rice) with a cup of rich, thick hot chocolate called sikwate. Since this was a buffet, we couldn't resist trying the bibingka (Filipino rice cake), puto (another form of rice cake), chorizo (spicy pork sausage), tocino (sweetened pork belly), and all the lovely tropical fruit.

With full bellies, we headed out to explore the city and started with the Cebu National Museum. This archive depicts Cebu through all stages of history. You will see natural history from flora and fauna to rocks and minerals, pre-colonial finds, burial finds, old celadon, tapestries, 15th-century iron spears, and so much more. Then you move through Cebu's rich ocean history from 13th-19th-century shipwreck finds, to artillery and the history of fishing including local traditions, rituals, and seasonal methods. Finally, the top floor is dedicated to art with a huge tribute to the Cebuano artist Martino Abellana who was versed in so many different mediums from vivid charcoal

to vibrant pastels.

From the museum, we wandered over to the Carbon Market. This is a massive outdoor night market that opens at 6pm and was built in 1909 when it was a coal depot for the Cebu Railroad. Today, there are hundreds of booths with fresh-cut flowers, fresh fruit and vegetables, fresh fish and vendors grilling meat. This market gets so busy that many patrons will hire a motorcycle or motorized tricycle to drive them through the streets stopping at only the booths they need.

When you make it to Cebu, I highly recommend that you eat at The Chocolate Chamber located inside the Robinson's Mall. This little café will allow you to enjoy a symphony of flavors with chocolate as the star ingredient. Cacao de Bola, a secret to the café's amazing food, adds dimension and rich flavor from the divinely fermented, exquisitely roasted fresh cacao beans that will allow you to experience chocolate in both savory and sweet forms. It will open your eyes to new combinations like cacao-infused pizza or cacao nib linguini. Then if you can walk out without purchasing a few boxes of mango chocolate or chocolate-dipped cacao beans, you have more willpower than I do.

To complete our city tour we visited Sto. Nino Church, Museum of Sto. Nino, the Cebu Heritage Monument, San Diego Ancestral House, Fort San Pedro, a Taoist temple, and the Sirao Flower Farm. Sirao Flower Farm has some of the most Instagram-worthy spots in all of Cebu. We finished the day with an incredible meal at Circa 1900, known for Cebuano and Filipino homestyle cuisine with upscale ingredients, it is elegant fine dining in a historic building. Everything we ordered was spectacular. I had the ribs and they did not disappoint. The meat fell off the bone and the marinade was wet, tangy, and sweet pairing well with the salty fried potatoes. The portions were large and everything was seasoned to perfection.

We continued our trip south and stopped in the city of Carcar to taste the most popular dish in all of Cebu called Lechon. Lechon is a whole roasted pig that is slowly rotated over an open charcoal grill to achieve a crisp skin and succulently tender meat. Lechon Cebu-style has kicked it up a notch because they stuff the pig with garlic, onions, lemongrass, and other aromatics to enhance the flavor. We ate it on the street in the market, dipping it in sukang pinakurat (a spiced vinegar) along with puso, hanging rice



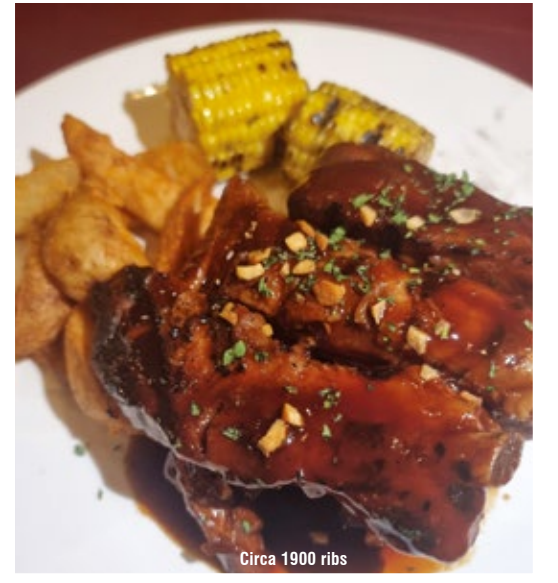
Fruit at the Carbon Market



Grilled meat at Carbon Market



The Chocolate Chamber pizza



Circa 1900 ribs



Sirao Flower Farm

steamed in coconut leaves. On the way out we grabbed a bag of chicharrones (deep-fried pork skins) from Mat-Mats and some dried mango from the street market.

Next, we headed to Moalboal, a small resort town in the southwest part of Cebu known for its rich marine life and colossal schools of sardines, making it a favored spot for scuba divers and snorkelers. We stayed at the Turtle Bay Hotel where we enjoyed the warm pool and paths that led right down to the sea for snorkeling right behind the resort. Next door was the Magic Resort and if you're a diver I recommend this hotel as they have scheduled day and night dives, allowing you to bond and explore with fellow divers. We scheduled an island-hopping snorkeling tour that took us out to swim with the giant sea turtles and sardines. My only regret is not renting one of the available Go Pros because the guides were fabulous at filming tourists interacting with the ocean wonders.

The other highlight of our trip included swimming with whale sharks in Oslob. This was a two-hour drive from Moalboal to the other side of the island. We were hesitant to do this due to the early wake-up call at 3am, but it was well worth it. I am aware that swimming with sharks is controversial, but the government does a good job with education and making sure no one touches the animals. This was a mind-blowing encounter. These friendly fish are so graceful in the water despite their size, averaging 30 feet long and 20,000 pounds. Swimming with them will get your adrenaline pumping. There is so much to do in this area like canyoneering to Kawasan Falls, exploring the tourist area, and relaxing on the beach. Plus, you don't need to worry about transportation, there are many tricycles (motorcycles that are outfitted to carry 3-4 passengers) for hire.

For our final three days, we stayed in Lapu-Lapu City. This is the resort area and there are many 5-star hotels ready to pamper tourists. We stayed at the J-Park Hotel, it was a bit pricey but had a colossal buffet breakfast, and an attached water park that my son thoroughly enjoyed. I have several hotel recommendations for you to check out in this area.

My first recommendation is Tambuli Seaside Resort and Spa, a resort where luxury meets nature in harmony. The resort is ideal for couples

and families alike as each room has a washing machine, refrigerator, and little kitchenette. They have four swimming pools, a gym, a playroom, and countless water sports available from their private beach. The hotel has a tropical vibe with a very modern design. It's one of the hippest buildings that I've visited, the staff is friendly and very environmentally conscious. We had dinner in the Caverena restaurant, and from the ambiance to the food, everything was out of this world. The braised lamb shank was melt-in-your-mouth tender, and the braised short ribs with red wine au jus were rich and flavorful. The menu was balanced well with their signature cocktail the Choco Rum sour made with The Chocolate Chamber's Hibiscus Chocolate, Don Papa Rum, and Amaretto amongst a few other secret ingredients. Try this restaurant for a romantic date or a family and friends gathering.

The second suggestion would be the Sheraton Cebu Macatan Resort. This 5-star resort has a beautiful beachfront and well-kept pools but, what sets it apart is the amazing DIP Nikkei restaurant serving Japanese-Peruvian fusion food where every bite was a flavor explosion that needed to be savored slowly. We scrupulously enjoyed everything we tasted and the passion the chef has for her craft was evident. Everything was breathtaking from the tuna tamarind ceviche and maki acevichado to the beef cheeks that were slowly braised for 8 hours in a chalaca salsa. Each dish was sweet, savory, aromatic, and tangy all in one delicious bite. The calamansi-yuzu posset for dessert is to die for. This citrus curd was exotic and tangy, yet creatively paired with cacao crumble, sesame seed crackers, and mixed berries completing the balanced flavor sensation. If you're a gourmet, you must try this restaurant.

Finally, I would recommend the Shangri-la Hotel Mactan. The Shangri-la offers an embassy rate, so if you e-mail them, you may qualify for per-diem rates based on your rank. This is an incredible way to experience a five-star resort well under published rates. The Shangri-la is very family friendly with a craft and playroom for young children, an arcade for teens, a golf course, a posh spa, lush gardens to stroll through, a beautiful oceanfront, fabulous pools, and they even have a special kids buffet where the trays are low so that the little ones can serve themselves. I enjoyed lunch at their restaurant Aqua which serves Italian food. The clas-



Cebu tricycle



Whale sharks in Oslob



Circa 1900's team



Lechon being served in a traditional style in Carcar.



The Chef from DIP Nikkei

sic Margherita pizza had a crisp wood-fired crust, the Insalata di mare was beautifully plated, and the pollo al mattone was expertly seasoned.

We just barely scratched the surface of all the things to see and do in Cebu. You can plan a trip to fit any budget with the vast number of accommodations available. What was evident in everything we did, everything we saw, and everything we ate was Filipino hospitality. Take advantage of the quick hop from Korea and book a trip to visit soon. Cebu is ready to welcome you when you arrive!



DIP Nikkei desert posset

Travel Resources

- Learn about tourism in the Philippines: www.tourism.gov.ph
- Philippine Travel Information System e-Travel: <https://etravel.gov.ph/>
- Find Department of Tourism-accredited hotels to keep travelers safe: <https://philippines.travel/>
- Learn about accreditation issued by the Department to a tourism enterprise that officially recognizes the institution has complied with the minimum standards for the operation of tourism facilities and services. Learn more about hotel accreditation: <https://beta.tourism.gov.ph/accreditations/>

Hotel and Resort Accommodations Listed

- Waterfront Airport Hotel & Casino: www.waterfronthotels.com
- Asmara Urban Resort and Lifestyle Village: www.asmaraurbanresort.com
- Seda Ayala Center Cebu: www.sedahotels.com
- Magic Island Dive Resort Moalboal: <https://magicisland.online/>
- Jpark Island Resort & Waterpark: www.jparkislandresort.com
- Shangri-La Mactan Cebu (Military Discount): Email: reservations.mac@shangri-la.com
- Tambuli Seaside Resort & Spa Lapu-Lapu: www.tambuliseasideresortandspa.com
- Sheraton Cebu Mactan Resort: <https://www.marriott.com/en-us/hotels/cebsi-sheraton-cebu-mactan-resort/overview/>

Other Resources

- National Museum of the Philippines, Cebu: <https://www.nationalmuseum.gov.ph/>
- The Chocolate Chamber Facebook: <https://www.facebook.com/thechocolatechamber>
- Sto. Nino Church and Museum: <https://santoninodecebusilica.org/>
- The Cebu Heritage Monument: <https://philippines.travel/activities/heritage-cebu-monument>
- San Diego Ancestral House: <https://guidetothephilippines.ph/destinations-and-attractions/yap-san-diego-ancestral-house>
- Fort San Pedro: <https://kahibalo.com/fort-san-pedro/>
- Taoist Temple: <https://www.travelcebu.ph/blog/taoist-temple-cebu/>
- Sirao Flower Farm: <https://www.facebook.com/siraogarden/>
- Circa 1900 Facebook: <https://www.facebook.com/CircaCebu/>
- Wonders Car Rental & Tours Cebu Facebook: <https://www.facebook.com/wonderscar/>



About the Author

Alison Rock is a graduate of the University of Southern California. She lives in Korea with her husband and teenage sons. She enjoys cooking, painting, and jewelry design and recently started a YouTube channel reviewing K-beauty products. www.youtube.com/@AlisonRockUSA

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COM: 031-864-6685 / Cp Casey Bldg. S2032
DAEGU OFFICE (Area IV)
COM: 053-471-7093 / Cp Henry Bldg. S1220

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Holiday Gift Guide

By United on the RoK Editorial Team / Photography by Irish Martos and Jetta Allen

Best Korean Spirits for Gift Giving

1. Soju
2. Bokbunja-ju (black raspberry wine)
3. Maesil-ju (Sweet Green Plum Wine)
4. Makgeolli
5. Korean whiskey

Best Korean Traditional Souvenirs

1. Pottery
2. Celdon tea sets
3. Chopsticks and chopstick rests
4. Korean cookbook
5. Ceramic, steal, or earthenware soup bowls

Best Korean Art Souvenirs

1. Hand painted fans
2. Hanbok fabric bags and goods
3. Paintings on scrolls and framed
4. Noriegae
5. Korean anituques

Best Korean Papergoods and Small Souvenirs

1. Stationary
2. Magnets
3. Korean folk tales and stories for children
4. Bookmarks
5. Korean postcards

Favorite Gifts for Her

1. Mink blankets
2. Tea sets and tea
3. K-Beauty products
4. Korean jewelry
5. Mother-of-pearl jewelry boxes

Favorite Gifts for Him

1. WW2, Korean War, and other military history items and books
2. Handcarved wooded items
3. Mink blankets and robes
4. Korean snacks
5. Handmade leather wallet

Top Rated Gifts for Children

1. Korean snacks
2. Asian cartoon character swag, anime, and manga
3. Daiso-type sticker and coloring books
4. Korean Folk Tales and Stories for Children, especially those in Hangul and English
5. Children's hanbok



Make this holiday season special by selecting from the top-rated, unique gifts that you can only get on this side of the world! These are the top-rated gifts to send to people outside of the RoK with a few gift suggestions for those who are here too!

Favorite K-Beauty Brands

1. Innisfree
2. Peach and Lily
3. CNP
4. Beauty of Joseon
5. COSRX

Favorite K-Beauty Product Types

1. Korean face masks
2. Moisturizers
3. Toners
4. Night creams
5. Facewipes for refreshing and cleansing

Korea's Favorite Character Line

1. Kakao Friends
2. Sanrio and Hello Kitty
3. Line Friends
4. Pororo and Friends
5. Studio Ghibli

Top Rated Korean Starbucks Items

1. Korean-themed coffee mug
2. Korean-themed tumblers, plastic or stainless steel
3. Starbucks keychains
4. Ceramic coffee mug
5. Starbucks tumblers

Top Rated Tech Gifts

1. Powerbanks
2. Bluetooth, portable projectors
3. Bluetooth, wireless headphones or gaming headset
4. Bluetooth, portable photo printer
5. Bluetooth speakers

Best Korean Experience Gifts

1. Lotte World tickets
2. Overnight stay in a traditional hanok house
3. Everland tickets
4. Korean sauna or spa certificate
5. Cruise on the Han River and Seoul site seeing

United on the RoK Team Pick

1. Asian snacks
2. Money for collections, paper, and coins
3. Seoul city or tower snowglobes
4. K-Beauty products
5. Homemade Korean-themed gifts like name stamps, sewing crafts, and paintings





Scouting of America: Discovering the Best of Myself

By Jonathan Kim

At the Mongolia campout, a bird specialist brought eagles, vultures, and hawks for us to handle. A bald eagle is shown sitting on my head.



This photo shows the scouts attending the Ending Ceremony during our campout in Mongolia.

Joining Scouts BSA (formerly Boy Scouts of America) at USAG Humphreys has helped me discover the best version of myself. Even though I haven't been a member for very long and I'm still working my way up the ranks, I truly enjoy the activities and our Sunday night meetings with Troop 88 where we plan, talk, and have fun.

Our Scoutmaster, Mr. Nicholas—also known as the "Not an Adult Scoutmaster"—is a fantastic role model and a leader all of us look up to. He's not only funny and hairy but also a great person who provides clear direction in all our scouting adventures. He helps us navigate the requirements and challenges with a smile, teaching us valuable lessons along the way. (Most of the time.)

Troop 88 is fortunate to have amazing adult volunteers like Mr. Hinson, who handles all the finances, and Ms. Hinson, who keeps our parents informed, organized, and updated with timely reminders. She ensures that everyone is aware of the exciting activities happening at Troop 88. The best part? They're both soldiers, protecting our nation and allies, yet they still dedicate their time when they could be chillin' at home. Their commitment to helping scouts like me is truly inspiring.

Mr. and Ms. Ebersole are another pair of incredible volunteers. They devote countless hours to making sure everything runs smoothly. Ms. Ebersole keeps our scout hut functioning by handling all the inspections I didn't even know were necessary! Mr. Ebersole, an

Eagle Scout himself, brings valuable experience and insight to our troop. Also, Ms. Ebersole not only volunteers with BSA but also helps at Humphreys Middle School, even though her son no longer attends. She organizes and shelves books in the school library, making sure all the middle schoolers can easily find what they need.

In the summer of 2024, Scouts BSA had the incredible opportunity to visit Mongolia for an Asia troop meet. I got to ride a camel, hold an eagle (even had one on my head!), ride a horse, and practice archery. It was an unforgettable experience, and one day I will return as an adult volunteer to help guide younger scouts. The Asia section hosts a "Trilogy Camp," where scouts rotate between Mongolia,



Troop 88 assigned to the Color Guard flag raising and lowering in Mongolia.

Thailand, and Cambodia each year for a week-long camp, working on badge achievements and meeting scouts from across Asia and around the world.

Scouting is something I truly enjoy, and here are my thoughts. Part of Scouting is learning to express yourself, share ideas, and respect others' choices. But for me, the most important thing is to have fun. With all of these amazing things, there is one thing that I dislike about scouts; it's that I didn't join sooner. Meeting all my friends at Troop 88 has been life-changing. I never knew that camping was this fun, I always thought it was just looking at stars, talking about life, and burning wood. But it's a wonderful place to hang out, even better than a theme park because of how much freedom and time we have.

Right now, my goal is to complete my family badge by doing chores and my cooking badge by preparing meals for my family, among many other achievements



Troop 88 holding their troop flag at the campout in Mongolia this past summer.

as I work toward the Eagle rank. I know these experiences will make me a better person. However, I also need to focus on my varsity matches with the Blackhawk tennis team and practice my double bass for concerts with the Humphreys Youth Orchestra. There are so many opportunities for people like me to explore their passions all around the Republic of Korea and

it's all thanks to the wonderful adult volunteers who make it possible. THANK YOU!

I salute all our amazing adults who continue to selflessly volunteer their time. Thank you for being a part of my journey here at USAG Humphreys! You all are truly the best.

Find Scouting Near You:
<https://beascout.scouting.org/>

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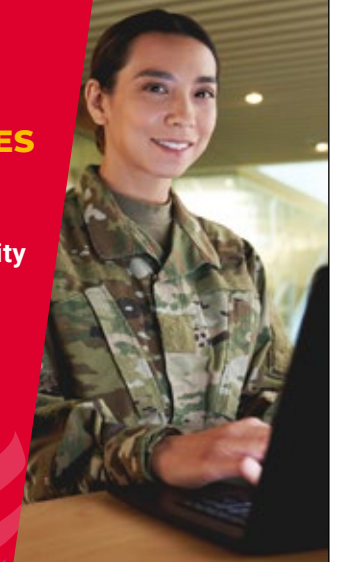
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Vietnam in Daegu: *Lai Chen Restaurant*

By Ysamar Gómez

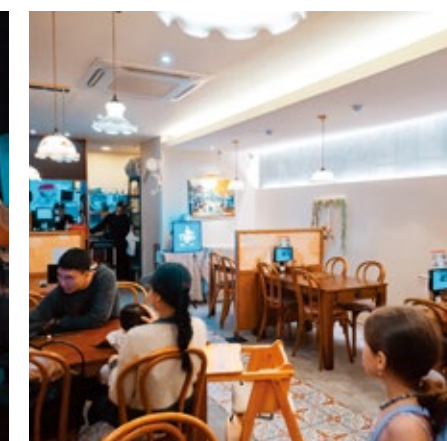
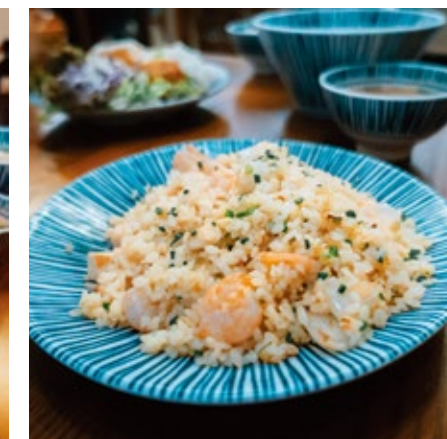


Experience the taste of Vietnam! If you're craving rice noodles Lai Chen Restaurant is the place you have been searching for located right in the heart of Daegu! About 20 minutes from Camp Walker, NGO Chau founded Lai Chen Restaurant in 2019. At Yakjeon Alley you can find Lai Chen with Vietnam's flag flying proudly above the storefront, serving as a distinctive marker helping patrons locate their restaurant. The restaurant focuses on bringing delicious plates with exquisite flavors all the way from Vietnam. Those on social media in the Daegu area claim Lai Chen has the best rice noodles that take them back to their Vietnam travels.

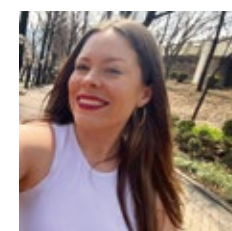


When step into Lai Chen, you're received with warm greetings and ambiance. The owner decorated the place with nón lá (Vietnamese hats), frames, and details that will make you feel that you entered another country. Their convenient ordering system is right on the table and you can make your orders in the comfort of your seat. The screen can be translated into various languages for the benefit of international speakers. The restaurant is open 7 days a week and operates from 1100 to 2130. They don't take breaks, which means you can stop by anytime during operation hours. Their amenities include Wi-Fi, group booking, takeout, delivery, and reservations.

In their menu, you can find their delicious offers for families of two, four, or individual meals. I ordered the set for two and fed my family of four. The portions were enough to leave with our bellies and hearts full. It came with rice noodles, bún ch , and bánh xèo. My youngest, who loves noodles, devoured all the rice noodles she could get and kept asking for more. My oldest, who started to get more interested in the shrimp, ordered herself persao which includes whole shrimp, rice noodles, fried eggs, and Vietnamese fried noodles flavored with Lai Chen's original sauce. My husband loved the bún ch . I loved the bánh xèo, a Vietnamese-style buchimgae with vegetables, meat, and shrimp in rice flour dough, it was divine with their dry rice paper. All the variety of plates in one order was perfect for the four of us, each of us loved a plate and even when we shared, we found one thing each of us liked.



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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.

Remember United Nations Members

By Eunji Go, Junior Grade, Korea Tourism Senior High School



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I'm a student majoring in Tourism English Interpretation in the 2nd grade of Korea Tourism Senior High School (equivalent to the U.S. 11th grade). Our school is located near the Osan Air Base and is a specialized high school majoring in foreign language and tourism.

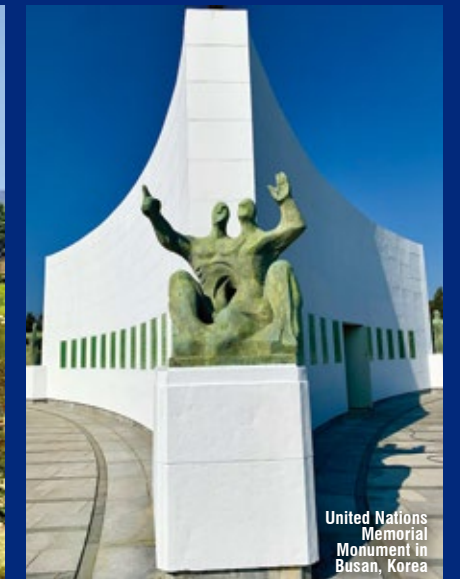
Korea Tourism Senior High School has been selected and operated under the United Nations Veterans Global Academy program organized by the Korean Ministry of Patriots and Veterans Affairs since 2023. Launched last year to mark the 73rd anniversary of the United Nations military participation in the war, the program aims to remember, appreciate, and convey friendship to future generations. Our goal is to remember the many Veterans who fought for peace and freedom during the Korean War.

For the last year, the Korea Tourism Senior High School has been planning "Remember UN Members" programs to promote forgotten history and develop deeper friendships. We accomplish this through exchanging ideas and dialogue via online classes, in-person visits, and conducting joint project activities with friends from South Africa, Britain, the Philippines, and the United States.

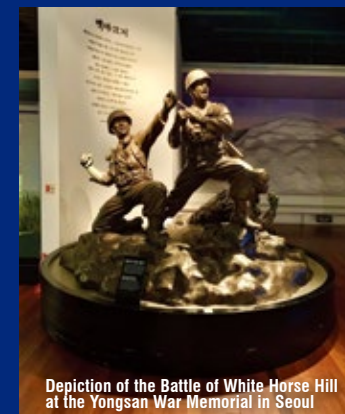
Since last March, our school has studied the history of Britain in the Korean War with the students of the Challenges Abroad team in England. We have solved quizzes and secured new bonds of friendships with fellow students. In April, all second-year students visited the United Nations Memorial Cemetery in Busan, Korea to better understand the sacrifices of Veterans. We had time to think deeply about the Veterans' service and lay



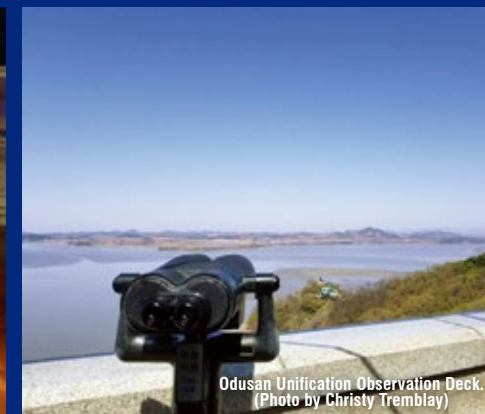
United Nations Memorial Cemetery in Busan, Korea



United Nations Memorial Monument in Busan, Korea



Depiction of the Battle of White Horse Hill at the Yongsan War Memorial in Seoul



Odusan Unification Observation Deck. (Photo by Christy Tremblay)



United Nations Memorial Monument in Busan, Korea

flowers on their graves in remembrance. At that time I laid flowers, my heart was overwhelmed and tearful without realizing it. I thought that it was not natural for me to live freely as a Korean citizen, but our freedom is the result of the love and sacrifice of someone who fought for us.

In May, I learned about the South African War Memorial located in Pyeongtaek City and its history through online class exchanges with South African students. In June, I visited the Yongsan War Memorial, Paju Unification Observatory, and Pyeongtaek South African War Memorial together with my South African friends who visited to share how the Republic of Korea was built on sacrifice, love, and to deeply promise camaraderie in the future to my new friends.

Korea Tourism Senior High School students participated in the Korea-U.S. Friendship Hanmaum Festival, which is held every October, as interpreters. This year, we ran a booth under the theme of "Remember UN

Members". We introduced where the Korean War broke out and why the members of the United Nations so urgently formed the Security Council to send support to Korea. Our students explained the history of the participation of 16 countries that sent armed forces to our aid, the 6 countries that sent medical support, and students explained the overall history of the war. Part of the discussion also included the United Nations Memorial Park in Busan where the Veterans have been buried. Many Korean people gave us feedback that it was a good time to remember the history that they did not know or forgot over time. The United States military families and children who participated gave us feedback that they were grateful for remembering the sacrifices of others through these activities. It was rewarding to think that our small activities could be a meaningful memory for so many people.

At the upcoming school festival, I will run the "Remember UN Members" booth once again. I would like



Korea Tourism Senior High School at the Korea-U.S. Katchi Kapshida Festival in Pyeongtaek

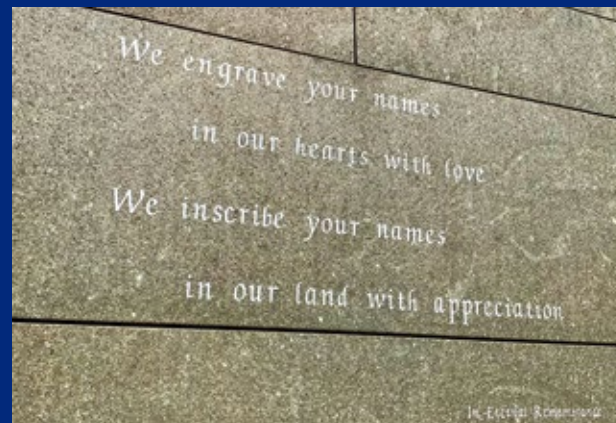


Korea-U.S. Katchi Kapshida Festival in Pyeongtaek with Lanae from South of Seoul and Jetta from United on the RoK



School tour of the Pyeongtaek South African War Memorial

to send a message to the students of our school who aim to spread Korean history throughout the world: the freedom and peace we enjoy now are thanks to the sacrifices of many United Nation Veterans who forfeited their youth and lives for us. To honor them, we should live a life of gratitude every day and help others. Through the activities to remember and inform others of the United Nations Veterans this year, I became grateful for my own people. I hope to be an influence on the world by understanding the selfless sacrifices that have been made by many to maintain international peace and security.



About Our School

The Korea Tourism Senior High School is the first Tourism Specialized High School in Korea, opening in 2000. They are proud pioneers of Korea's tourism-specialized education, fostering talented individuals in the tourism industry to emerge as a new growth engine in the 21st century.

With an average class size of 25 students, Official Tour Guide Interpretation Training, Active Sister-school Relationship with 28 institutions in 13 Countries, Domestic and International Industry-School Cooperation Programs, Ministry of SMEs and Startups Supporting Specialized High School Program, Strong Career Aptitude Training, and UNESCO School Membership, Korea Tourism Senior High School has consistently proven itself to be the premier player in Tourism Education. Korea Tourism Senior High School will continue to spread Korea into the world through academic training and build an educational environment and mutual trust suitable for new eras now and in the future. If you would like to learn more about Korea Tourism Senior High School check out their website at: <https://tourism-h.goept.kr/tourism-h/main.do>

HERO ALWAYS

HOW FANDOMS EASE THE VETERAN'S MIND

BY TY MORGAN

LOST & FOUND

One of the key challenges veterans face after service is the loss of camaraderie that comes with leaving their military units. Fandoms, whether they are centered on sports, movies, comics, or video games, offer veterans a new community where they can rebuild social connections. These groups are often very inclusive, drawing people together from diverse backgrounds who share a common interest. For veterans who feel isolated in civilian life, the sense of belonging that comes from participating in a fandom can help reduce feelings of loneliness and provide a non-judgmental space for expression.



THE ESCAPE



Fandoms often revolve around fictional worlds, beloved characters, and immersive stories, providing an effective form of escapism. For veterans dealing with trauma or stress, diving into these alternate realities can offer temporary relief. Whether it's binge-watching their favorite TV series, playing video games, or attending comic conventions, these activities provide a break from the constant mental strain associated with PTSD, anxiety, and depression. Engaging in creative activities like fan fiction, fan art, or cosplay can also be therapeutic. Veterans can channel their emotions, including the struggles they've faced, into creative works. For many, this form of expression helps process difficult experiences in a controlled and imaginative way.

THE CONNECTION

Certain fandoms, particularly those built around superhero narratives or action-packed stories, often revolve around themes like bravery, resilience, and overcoming adversity—values that resonate deeply with many veterans. Identifying with these characters can inspire a sense of empowerment. For example, stories of characters like Captain America, who also experiences conflict between duty and personal life, can serve as symbolic parallels to the challenges veterans face in readjusting to civilian life.



Sweater Weather Special: Winter Pot Roast

By Kymbirly Bernett

If you're looking for an easy, no-fuss dinner that even the pickiest eaters will love, this winter crockpot pot roast is a game changer! With just a handful of simple ingredients, you can have a hearty, sweater-weather meal that practically cooks itself. This is a receipt is staple in our house when the holidays come and we get busier and busier each day. Don't spend all night in the kitchen, just toss everything into your slow cooker and let it work its magic! After about five hours on low heat, the beef will be tender and juicy. Want to make it even heartier? Throw in some vegetables like potatoes, carrots, celery, or mushrooms for the last couple of hours. The best part? No complicated steps or fancy ingredients, just a delicious, savory dinner that will make your kitchen smell incredible all day long. It is comfort food without the hassle!



Ingredients

- 1 3-5lb beef roast (any kind)
- 1½ cups water
- 1 packet brown gravy mix
- 1 packet ranch dressing mix
- 1 packet Italian dressing mix
- Vegetables of your choice (potatoes, carrots, celery, etc.)

Instructions

1. Place your beef roast into your slow cooker with 1½ cups of water.
2. Sprinkle all of the seasoning packets over the roast.
3. Cover and cook on low for about 4 hours and then add your veggies.
4. Cook for an additional 2-4 hours or until the beef easily pulls apart. The time needed will greatly depend on your cut and size of the meat and the brand of your slow cooker.

Notes

- The size of the seasoning packets is about 1 ounce. Some of them are just over an ounce, and some of them are just under (depending on the brand).
- You can also replace half of the water with red wine if you happen to have a bottle open.
- French onion soup mix is also a popular seasoning for pot roast and can be used in place of the ranch.
- If you're on a low-carb diet, try this roast with mashed cauliflower!
- I also love adding mushrooms, onion, and bell peppers to mine!



About the Author

Kymbirly Bernett 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.



Cheongdo Awaits: Four Must-See Attractions

By LTC Celina S. Pargo

This past weekend, I decided to drive along the outskirts of Daegu into Cheongdo, a beautiful and scenic county in South Korea's countryside. Many of you may be familiar with Cheongdo for their famous Wine Tunnel, however, there are many other attractions to experience, so a trip to Cheongdo does not have to be a one-time deal. Cheongdo offers both cultural experiences and natural beauty. I found this area to be very charming and offer something for everyone. Here are four things not to be missed if you're planning a trip to Cheongdo: (1) the Cheongdo Museum, (2) Cheongdo Korean Comedy Town, (3) Goon Park, (4) Persimmons!



Cheongdo Museum

1. Cheongdo Museum

I drove from Camp Walker to Cheongdo which was about 25km. My first stop was the Cheongdo Museum. Admission is free and opening hours are 0900-1800 hrs, Tuesday through Sunday. I was excited to learn about the culture as the people of Cheongdo are kind and known for their integrity. The museum has two floors and includes a Hall of Archaeology and History, a video on the Tale of the Iseo Empire, a Hall of Traditional Folk Life, a special exhibition hall, and an information center that provides information on tourist attractions, cultural heritage, historic sites, and special local products of Cheongdo. I stayed at the museum for an hour before I walked next door to the Comedy Town.



Comedy Town

2. Korean Comedy Town

Comedy Town instantly put a smile on my face. Here, you can enjoy live comedy performances and explore exhibits on the history and techniques of comedy. I particularly enjoyed the museum, which provided an insightful look into the history of comedy, especially in Korean culture. Watching the live comedy show was a major highlight, the performers were funny, and their energy was infectious. It was the perfect place to unwind and enjoy a few hours of lighthearted fun.

3. Goon Park

After Comedy Town, I drove to Goon Park where I had a late lunch followed by a lift up a mountain that offered breathtaking panoramic views of the mountains. The ride up took several minutes, and it was glorious. At the top, I went to the Sky Lounge Café where I enjoyed tea and refreshments before an exhilarating ride on a luge cart down the mountain. The track down was well-designed, safe, and perfect for all ages making it a perfect stop for friends and family.

4. Cheongdo Persimmons

No visit to Cheongdo would be complete without indulging in the city's famous persimmons. This delicious fruit is a local delicacy in the Cheongdo area. There are persimmon trees all around and they are sold in markets and stands along the road. I purchased a case for 15,000 won.

Cheongdo may not be on everyone's travel radar, but it is a destination bursting with charm, humor, scenery, and great food. It really surprised me with so many delightful attractions, friendly people, and rich culture. Keep this wonderful city in mind when you're planning your next-day trip. Cheongdo awaits!



Cheongdo comedy town bldg.



Luge Lift

The Luge



Persimmons



About the Author
LTC Celina S. Pargo is the Commander of DLA-Distribution Korea. LTC Pargo loves Korean food, running, hiking, and exploring.

Orthodontic Treatment in South Korea

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

What is a Diplomate of the American Board of Orthodontics (ABO), and why is it recommended to be treated by an ABO board-certified orthodontist for your orthodontic treatment in South Korea?

American Board of Orthodontics (ABO) certification is an achievement that U.S. orthodontists earn by completing 2-3 years of formal orthodontic residency training at a dental school or dental hospital in the United States that has been endorsed by the American Dental Association (ADA). This certification is granted upon successfully passing a final clinical examination. According to the American Board of Orthodontics' website under "Find a Board Certified Orthodontist", there were only 17 individuals in South Korea who had acquired ABO certification in orthodontics as of October 2024. Among regular members of the American Association of Orthodontists, only 54% had ABO certification. Additionally, ABO certification status carries significance when selecting professors for orthodontics departments at U.S. dental schools. This emphasis on ABO certification arises from the recognition that it signifies a high level of expertise and quality in orthodontic treatment.

South Korea has a strong reputation for high-quality orthodontic care, with many certified specialists practicing in the country, particularly in metropolitan areas like Seoul.

Why Choose an ABO Board-Certified Orthodontist in South Korea?

1. Superior Standards of Care: ABO-certified orthodontists are recognized for maintaining the highest standards of care, both in terms

2. Expertise in Complex Cases: Orthodontic treatment can involve various challenges depending on the patient's specific needs. ABO-certified orthodontists are trained and tested on handling complex cases, such as severe misalignments or skeletal issues. In South Korea, which is known for advanced orthodontic practices, choosing a certified specialist can ensure that patients receive the best possible care.
3. Use of Advanced Techniques: South Korea is renowned for being at the forefront of medical and dental technology. ABO-certified orthodontists are encouraged to keep up with the latest orthodontic techniques and treatment methods. This means patients benefit from the most advanced care available, including modern approaches like Invisalign and other innovative treatments.
4. Global Recognition and Trust: An ABO certification is globally recognized, providing international patients in South Korea with confidence in the quality of care they receive. Many foreign patients seek treatment in Korea due to its reputation for quality healthcare, and knowing that an orthodontist is board-certified adds a layer of trust.

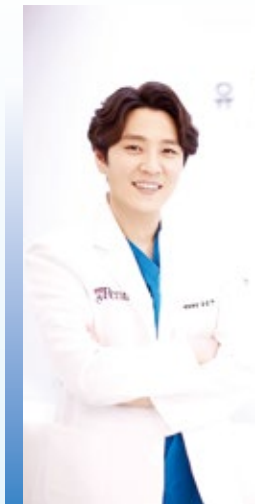
In summary, being treated by an ABO board-certified orthodontist in South Korea guarantees that you are in the hands of a professional committed to excellence, updated knowledge, and proven clinical expertise. This distinction is essential for patients seeking high-quality orthodontic treatment, especially in a country known for advanced healthcare options.



Get the **Healthy White Smile!**
BRACES & INVISALIGN

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

UPENN BARUN DENTAL CLINIC



DR. KIM, SEUNGWOO (US ORTHODONTIST)

- Diplomate, American Board of Orthodontics (ABO)
- DMD, School of Dental Medicine, University of Pennsylvania, PA, USA
- Specialty in Orthodontics, Montefiore Medical Center, Albert Einstein College of Medicine, NY, USA
- Speaker for Invisalign in Korea
- Invisalign Provider Since 2008
- TRICARE Preferred Dentist of US Armed Forces in Korea
- Dentist License Both in the US and Korea
- Member, American Association of Orthodontists



DR. AN, JINSEON (PEDIATRIC SPECIALIST)

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



DR. LEE, MINKYUNG (ENDODONTIST)

- Endodontic Specialist, Certified by the Ministry of Health and Welfare
- DDS, School of Dentistry, Seoul National University, Seoul, Korea
- Specialty in Endodontics, School of Dentistry, Seoul National University, Seoul, Korea
- BS, Chemistry, Korea Advanced Institute of Science & Technology (KAIST), Daejeon, Korea
- Member, Korean Academy of Conservative Dentistry

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The Legend of Maria Cacao Lives On

By Mack Rock

Maria

Cacao is a fairytale in the Philippines that gave a lot of kids hope and wonder. The legend tells us that there once lived an invisible fairy named Maria Cacao. She resided in a magical chocolate forest lit by fireflies, and during harvest, she would load her magical ship full of cacao pods and travel through the river. People would know she was on a voyage to the open seas when the river would flood. When she docked, her ship would turn gold, and she would share her precious cacao with the world. Her beauty and generosity enchanted everyone, so she always had two guards one on her left and one on her right. She would collect precious goods from foreign lands and when she returned, a big feast awaited her in the palace.

Little did I know that this fable inspired the Queen of Chocolate, Raquel T. Choa. I had the distinct pleasure of getting to know her during my visit to Cebu. She runs two facilities in Cebu. The first is The Chocolate Chamber (TCC), the most amazing cafe that I have ever visited. The second is Casa de Cacao, the birthplace of the world's greatest chocolate. This thriving company is actually a family business, with everyone having their role. Raquel is a mother of eight, the Chocolate Queen, and the inspiration for TCC. Her daughter, Angelie, is the chocolate sommelier, and you will find her teaching and serving. Another daughter, Hannah, is a registered dietician who uses her skills and knowledge to balance ingredients so that they not only taste good but are nourishing for the body. Her sons Jonathan and A.J. do everything from making candy and working with the farmers to helping with the business side. The youngest son John Paul is quickly becoming a world-renowned artist with his art hanging in the Philippine and Mexican embassies as well as in personal collections in Singapore, the United States, and



Goodies from the chocolate closet.



Batil it yourself is fun and delicious.



Raquel and her daughter Angelie teach Mack how to make tablea in The Chocolate Chamber.



John Paul cacao painter

Korea. He developed a technique to paint with cacao when he was just 9 years old. He has a very promising painting career, and I can't wait to see what he does in the future.

I visited The Chocolate Chamber twice during my trip because it was so marvelous that I wanted to go back and experience more of what they had to offer. They are most famous for their chocolate which is made of 100% natural cacao that has been meticulously fermented and roasted, resulting in uniquely deep rich complex flavors of chocolate.

On my first visit, I got to experience the Chocolate High Tea. This is served at 15:21, a significant time in Cebuano history because that was the year Magellan was defeated by Chief Lapu-Lapu. This tea is a journey of the senses as pure cacao tablets evolve into both sweet and savory dishes. This was the first time I experienced chocolate that wasn't sweet. We had three different types of sandwiches called tablea bun sliders. The bread was infused with cacao, an edible cacao flower, and fresh cacao nibs were sprinkled on top. The dish was completed when the chocolate sommelier topped it tableside with freshly grated cacao de bola. We also indulged in the sweet rice surprise which was a steamed glutinous rice with a touch of ginger and a hint of coconut milk served with homemade mango jam and native hot chocolate. Finally, the meal was completed with a BIY (Batil-It-Yourself) hot chocolate. The batil or batidor, known in Mexico as a molinillo, refers to the wooden mixing implement used for frothing and mixing up hot chocolate. At The Chocolate Chamber, you can choose from many flavors of hot chocolate like cinnamon,



Steamed glutinous rice with a touch of ginger and a hint of coconut milk served with homemade mango jam and native hot chocolate.

mint, hibiscus, or salted caramel just to name a few. The second time we went to TCC we had their all-day breakfast called Mornings with Cacao. This was a savory combination of meats like pork tocino sautéed with cacao-infused oil and a sunny-side-up egg served over chocolate-infused rice along with an amazing salad to round out the meal. To satisfy our sweet tooth we had a traditional Filipino rice porridge called champorado that leaves you warm and satisfied. They



serve a lot of wonderful dishes but no trip would be complete without trying one of their many cakes. So, we tried three different types of cake. My favorite was the sinfully delicious Mud Cake filled with soft marshmallows for a silky touch and walnuts for a satisfying crunch, making each slice unique and indulgent. It offered a delightful mix of textures in every bite. It was not too sweet and not too bitter, it was just the right flavor for me.

The ambiance of The Chocolate Chamber is one of a kind. It is cozy and peaceful and at the same time, it is elegant and unique. Remember when Maria Cacao came to protect the forest where the chocolate queen lived in the secluded mountain? There fireflies would join the party. This is why when you go to The Chocolate Chamber you will see a beautiful chandelier representing the fireflies. The tables are decorated with big rocks and sticks to represent Raquel's journey to school where she had to walk across seven rivers and the fable of Maria Cacao comforted her during her daily journey. Before you leave, you can purchase chocolate bars, boxes, tablea, cookies, and lots of other goodies from her chocolate closet.

To continue my cacao journey I was able to visit Casa de Cacao. This is the birthplace of Cacao de Bola and TCC's tablea, pure cacao tablets. The tour started with a viewing of cacao trees and understanding how cacao fruit grows, gets pollinated, develops into pods, and eventually turns into the wonderful chocolate we all love. It was not peak chocolate season when I visited, but I got to see at least 4 cacao trees with blossoms and various pods on them. They explained the traditional and new methods of fermenting the cacao beans, one of the most important steps in developing the intense complexity of flavors in quality chocolate. From there I was able to learn about roasting cacao beans. We were lucky and were able to attend one of their daily roasts. TCC is an artisanal company that hand roasts their beans. We even got to help in the roasting process. The smell was almost as good as the taste.

From roasting, we entered the chamber and learned all about the true essence of chocolate from around the world. The first stop was the sikwate station. Sikwate is what they call hot chocolate in the Philippines. Raquel recounted a story about how she grew

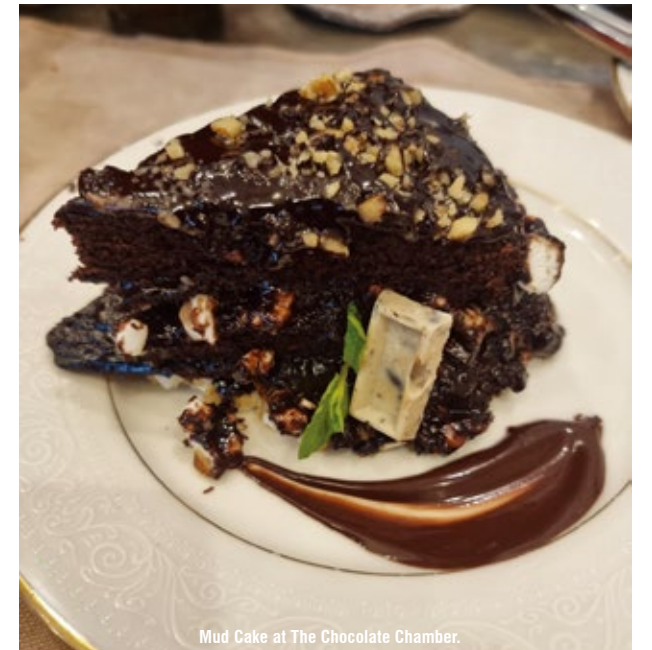
up and drank sikwate every morning, but she called it bitter water because it was made with tablea and water, not tablea, sugar, and milk like we do today. We used traditional tools and could taste different versions of hot chocolate from around the world. I had a hard time deciding if I enjoyed the super-rich and creamy Spanish hot chocolate more than the Mexican hot chocolate that was sweet and had just a little heat from chili peppers. The sommelier taught us the 5s' of chocolate; swirl, smell, sip, swish, and swallow. This helps you appreciate all the different notes and complexity of flavor.

From there I learned more about the art of making tablea by pounding cacao nibs and forming cacao paste that was then shaped into tablets or balls. I also never knew what was in a cacao bean. It's a mixture of fat, carbs, protein, polyphenols, and minerals. Cacao beans have all sorts of health benefits and if eaten in their purest form, are a healthy addition to any diet. We even watched a display of chocolate tempering and chocolate candy making.

The final stop in the tour was a banquet table where we did more tasting including Venezuelan and Colombian Tskolate, along with their accompanying traditions. We indulged in Tartufini, a whole cacao bean coated in caramel and covered in sweetened dark chocolate, hand-rolled truffles filled with chocolate ganache, and choco-mango nuggets with just a hint of sea salt.

This is just a touch of what you can see in Cebu. They offer a chocolate appreciation where you can embark on a sensory journey learning how to nourish the mind and body with chocolate. Or you can take a Cacao to Beverage 101 class where you learn to craft authentic chocolate drinks. Reservations are highly recommended at The Chocolate Chamber Cafe. Private tours of Casa De Cacao are available for groups of 8 or more but if you're traveling alone, email them and they will try to add you to a group where you can enjoy chocolate and meet other travelers from around the world. I hope you will start your chocolate journey soon.

For more information them on Instagram or Facebook @TheChocolateChamber
Phone in Cebu: +63 (917)151-1521
Email viajes@thechocolatechamber.ph



Mud Cake at The Chocolate Chamber.



Mison Rock roasts cacao beans by hand.

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.



Giving and Grateful

By Kortnee Anne



on being giving and grateful. These concepts can be challenging and fun to teach to children.

Here are 3 activities you can do to teach your child to give this holiday season:

1) We love to bake treats to deliver to our neighbors. Our children are involved from the beginning of the process of selecting the item to make, all the way to delivery. This allows our children to have ownership of the project and allows them to feel happy when they hear thank you or receive a smile from each person. We often choose random days to bake cookies, muffins, or bread to deliver to our neighbors. This teaches our children that they can give all year and not just on a holiday or during the holiday season. There is no need for a special occasion when giving to others.

2) During the Christmas season we choose an angel off of an Angel Tree and allow our children to find the gift that is requested. We often choose more than one so each child can shop for one child. If your child is saving money throughout the year you could encourage them to help pay a little towards the gift as well. Check with your installation's leadership, chaplain, and school to see if there is an Angel Tree in your area. If not, there are many orphanages and women's shelters around Korea that would be grateful for donations of clothes and toys any time of year.

3) Have your child go through their clothes, toys, and shoes to donate things that may be too small or that they no longer enjoy. Post those items for free on the local giving pages and show your child the joy of giving.

Welcome back to the Intentional Learning Corner. We hope you are enjoying the beautiful fall weather in Korea. The leaves have changed colors, the days are getting colder, the sun is setting earlier, and the holiday season is kicking off. During the holiday season, families travel to fun places, visit their home country, or stay in Korea. If this is your first year or your third year, the holidays most likely look a lot different for you and your family while in Korea compared to when you are stateside. This may bring sadness to some families, but it can also be a beautiful way to begin new traditions that you can treasure for a lifetime.

Each holiday season as a family we strive to focus



The holiday season is also a great time to teach your child to share. Often young children find it challenging to share. In our home we use the phrase "take turns" instead of "share". When we tell a child to take turns, we are intentionally telling the child what to do without the need for them to think through a big concept. We teach our children to share by counting to 10 or 20 and passing the toy back to our friends when we are having difficulties sharing. Singing a fun little song to encourage taking turns can also be helpful: "It's time to share. It's time to share. Let's count to 10. Let's count to 10. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Pass the toy." (To the tune of Where is Thumbkin.) It's important to remember that it is developmentally appropriate for sharing to be challenging for your children and that with patience and time in a supportive environment, most children will learn to share with their friends and family.

Here are 4 activities to help you focus on gratefulness as a family:

1. Our family favorite is creating a grateful turkey and adding a new feather every day during November. We review the meaning of grateful-

ness daily before our children choose what they are grateful for that day. You can also make a grateful pumpkin by writing all the reasons you are grateful on a pumpkin.

2. Read a book about gratitude. Here are 3 of our favorite books about being grateful.
 - a) Gratitude Jar by: Katrina Liu
 - b) The Giving Tree by: Shel Silverstein
 - c) Bear Says Thanks by: Karma Wilson
3. Call or write a letter to someone who has helped or blessed your family. Thank them for all of their support. This teaches your children to remember to thank those who help them throughout life.
4. Create your own Gratitude Jar: Gather a writing utensil, paper, and an empty jar. Each day have each person in your family write one thing they are grateful for on a piece of paper and put it into a designated jar. At the end of the month, or on Thanksgiving, make your favorite family dinner or snack and enjoy reading each piece of paper as a family. This is a great way to remind everyone to be grateful for all of life's blessings and to bond as a family.

All of these ideas for teaching and sharing the spirit of giving and gratefulness with family may seem simple, however, your children will remember when you wrote a thank you letter, delivered special treats, and simply said thank you for the little things. I encourage you to use this holiday season to teach your children to be giving and grateful through intentional learning experiences as a family.

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.

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By Humphreys United Club Publications

The Humphreys Thrift Store has a singular mission in our community - to help improve the quality of life on the installation and surrounding communities. With the help of their amazing team, volunteers, and the community, each year they achieve this mission! Over 80% of net proceeds go back to the community by way of grants, scholarships, and Korean welfare projects. The Humphreys Thrift store has a 501(c)(3) status (via the Humphreys United Club), meaning it is recognized by the federal government as a charitable organization and therefore is not required to pay taxes on earnings. This allows for more funds to be put toward the philanthropic mission.

So you might wonder, what exactly do these "proceeds" look like? It looks like grants to fund community outreach projects! It looks like academic scholarships for service members, spouses, adults in the community, and our graduating seniors! Last spring the proceeds from the Humphreys Thrift Store went to fund scholarships for over 40 students! It also looks like partnering with Korean welfare projects to fulfill the needs of our community. The Humphreys Thrift Shop prides itself in supporting our local community events as well.

BUT THEY NEED YOU! Help them make the most of your donations. Please refrain from placing donations in front of the door or the front of the CLOSED shed. When they receive donations that are unprotected, they become a health hazard and must be disposed of. Instead, come to the store to donate at a time when the shed is open.



The Humphreys Thrift Store especially appreciates all the students taking time out of their summer breaks to help us out!



The Humphreys Thrift Store Team

The store could also use your time! Becoming part of the Thrift Store's Volunteer family is the perfect opportunity to earn some valuable volunteer hours while making a positive impact in the community. Embrace the spirit of giving back and sign up today!

The Humphreys Thrift Store team is very grateful to the community for their support and donations! For more information on how you can volunteer, follow the Humphreys Thrift Store on Facebook or contact the Thrift Store Manager. To apply for a grant or scholarship, check out the Humphreys United Club website.

Humphreys Thrift Store

- Location: Humphreys Bldg. P118
- Facebook: <https://www.facebook.com/HumphreysThriftStore>
- Manager: Daniela Jean-Louis, Email: thriftstore@humphreysunited.org



Humphreys United Club

- Location: Humphreys Bldg. P118
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The Delish Dish
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Level Three at the IFC Mall

By Kate Nelson



Such a swanky and glossy mall, the IFC boasts several delicious eateries. As you leave the Metro, you can take lazy-day walkways and sail past cafes and shops on the way to the IFC. Once on Level Three, one can see that they cater more to the international palate by hospitably declaring a Chinese restaurant, "an authentic American Chinese restaurant" and offering cultural experiences in Thai, Mexican, Korean, Italian, sushi, and American fast food.

An OTB New Lunch promotion at On the Border drew us to try what could only be defined as Mexican Supreme within the borders of Korea. Delicious burritos, tacos, taco salads, fajitas, soups, chips, and fries are there for the choosing. Noteworthy were the monster-sized drinks with free refills. And of course, as any Mexican food connoisseur knows, the salsa is the deciding factor... it was scrumptious!

After we got our stamp from the OTB New Lunch promotion, we peeked at the many cafes situated throughout and noticed that there was even an Auntie Anne's pretzel stand at the CGV theaters. The mall has all the choices to make an American feel right at home. We tried the tea with rose at Godiva. I have never had rose in a drink before and it was divine! I would order it again in a heartbeat.

*TASTY HINT: All the restaurants at the IFC Mall do not close for the 2:00 to 3:00 slump break, so you can have a late lunch.

DIRECTIONS: Take the Purple Line (5) on the Metro to Yeouido Station and take exit 3. Glide along the conveyor belts all the way to the mall entrance



About the Author

Kate enjoys experiencing new cultures and worldviews while sharing the love of God. As a military spouse, she encourages her children to bloom where planted and enjoy the 'now' moment in their lives. She is a graduate of Eastern Mennonite and Liberty University.

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What's New in Korean Skincare...

OHADA

By Alison Rock



This month I want to introduce you to a new skin care company with only three products on the market called OHADA. The products are certified vegan and they claim to use only safe, clean, raw materials. The company appears to be environmentally conscious and wants to protect future generations by using ingredients that benefit everyone.

The first product in this line is the OHADA Moisture Soothing Toner Pad Vegan Essence Salt Wa Cica Pads. It is a moisturizing toner pad that soothes skin and repairs everything from pores to dead skin cells. It's a thick cotton pad soaked in the cica (Centella asiatica) essence that contains Andean pink salt to help promote body balance. Cica is extracted from an herb in the parsley family that has been used in natural Chinese medicine for thousands of years due to its skin-healing properties. It is said to contain certain chemicals that can decrease swelling and increase collagen production. In addition, the pad provides moisture with hyaluronic acid and D-panthenol. Amongst other things, it has BHA (beta-hydroxy acids) which is in the exfoliator category, helping to remove dead skin cells that can block pores, making this an important step in skincare. The moist pad has a very light almost unnoticeable fresh yet invigorating fragrance. It is a little bit more oily than other pads that I've used but, this probably helps the ingredients adhere to the skin better for a more lasting result. I liked that you can purchase refills in a bag to replenish your pot. This is a very environmentally friendly practice because I hate throwing away a perfectly good plastic jar. Additionally, they can supply the refills at a lower cost since they aren't producing another pot for storing.

My favorite product in this line is the Coral Breeze Mist Serum. It can be sprayed on your hands and patted on the face or sprayed directly onto the face, which is my preferred method. It comes out of the bottle in such a fine mist that it's really easy to apply. I love the fragrance of this product. It's very light, but reminiscent of a high-end spa product. It makes you breathe in deeply and exhale with relaxation and peace. The ingre-



dients are locally sourced in Korea from the island of Jindo, primarily Jindo figs, hijiki (seaweed), and gromwell. Figs are known to brighten, tighten, and polish your complexion because they reduce redness and revitalize lifeless skin for that bright energized look that we all crave. Hijiki is a special black seaweed that contains high amounts of vitamin C which helps collagen production and reduces hyper-pigmentation. Gromwell is a root that promotes the regeneration of skin cells. It's full of antioxidants so that must be why it feels so invigorating to use it. Before you apply it, you need to shake the bottle and you'll see the red oil mix with the rest of the product. When applied, it's supposed to tighten pores while helping to moisturize your skin. This is step two in their three-step process, but, in addition to using it after the toner pads, I can see keeping this bottle in my purse or car and using it in the winter whenever you need a little freshen-up or moisture from the cold air.

The third and final product in this line is the Cicalogy Cream for dry and sensitive skin. It has a silky texture, so it feels good going on, but it's an oily cream so a little goes a long way. It's fra-

grance-free and claims to moisturize for 100 hours. It has eleven types of hyaluronic acids that help create a healthier complexion. They also use grape extract and niacinamide to help whiten the skin for a more even complexion.

If you're wondering why I chose the month of November to share this product it's for a few reasons. First, this product line is super moisturizing so it's perfect for the dry winter air and the cutting Korean winds. Secondly, it's available at Lotte Duty Free shops so you can pick it up at the airport at a significant discount during your holiday trips. The mist serum typically runs about 20,500 won but through duty-free, you can pick it up for \$7.77. It makes a perfect gift for all the girls in your book club or everyone in your office. You can shop online or in one of the many Lotte Duty-Free Stores around Korea and they will deliver your product straight to the airport so it's waiting for you when you fly out. If you're not traveling this winter don't worry as it can be purchased here in Korea online through Coupang, Naver, or Ohada's website. I've also seen it on Amazon Singapore, hopefully, soon it will make it to Amazon America. I don't know what it takes to get a product approved to sell in America but, all of the ingredients that they are using to make this line are EWG Green so I wouldn't be surprised if in the future we see this product pop up on shelves back home with the EWG mark on it.

Skin Care Resources

Coupang: <https://shop.coupang.com/ohada>
Naver: https://smartstore.naver.com/ohada_cosmetic
Ohada's website <https://www.ohada.kr>





Creating Masterpieces in 3D Origami: **The Journey of Mark Pechuls**

By Mark Pechuls

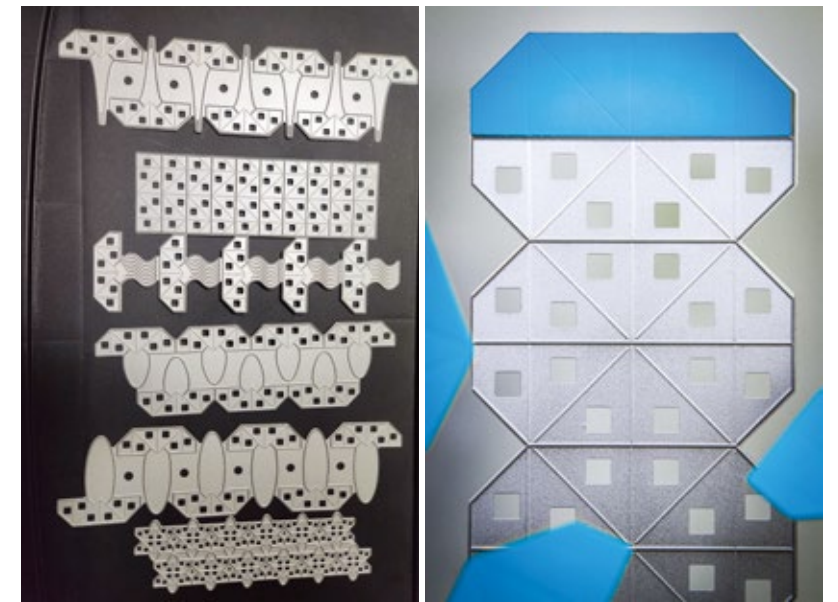
During my time in the U.S. Air Force, I was stationed in Okinawa, Japan from 2000 to 2008. I encountered a paper swan that intrigued me. It was intricately made from small triangle papers, though I didn't realize it was 3D origami at the time. Initially, I dismissed it, mistaking it for something similar to the bubble gum chains I used to make as a child. It wasn't until I was about to leave Okinawa in 2008 that I discovered it was 3D origami. My true introduction to 3D origami came when my son was working on a school project—a pop-up lily card. While researching instructions for the card, we came across a 3D origami bear video that sparked our interest. We learned to make it and soon realized the paper swan I had seen before was also 3D origami, thus beginning my journey into this art form.

My passion for 3D origami grew as I found it enjoyable and saw my family becoming more engaged with it. 3D origami is an intricate art form where small paper triangles are folded and assembled into stunning, multi-dimensional sculptures. Spending quality time with my family is very important to me. Additionally, with my efficient mindset from a military background, I was driven to find ways to expedite paper cutting for 3D origami. This led us to reach out to business card companies to help us make the paper, as card stock is thicker and more durable, which is ideal for origami. Their support helped us start our first online store, 3DOrigamiDreamBank. We sold the 3D origami paper art supplies, the paper was cut perfectly and had embossed lines for folding. This supply was the first ever of its kind. This process lasted for 2 years before

our initial supplier eventually moved, causing us to have supply challenges. We didn't know what we were going to do next.

Until one day, my family was out shopping – it was my wife's birthday. My son and I were looking for interesting things to give. I stopped at a scrapbooking place to make a birthday card from scratch for my wife. Nothing is better than a homemade card! During this process, I discovered scrapbooking cutting dies and my brain broke with excitement. I made the birthday card and left with a bunch of new ideas on how to start making my 3D origami paper again! I contacted the die-making company and they explained the design process to me. Typically, creating these models involves cutting paper into rectangular shapes and folding each piece individually without embossed lines, a time-consuming process. However, 3D origami cutting dies simplify this task. These innovative tools allow crafters to cut paper to the exact size needed, with pre-stamped fold lines for easy and accurate folding. By eliminating the need to measure, cut, and mark the paper manually, these dies save time and effort, enabling users to dive right into the creative process. These dies enhance creativity, allowing for more intricate and varied designs.

Soon after the first cutting die was designed and submitted for approval. A couple of weeks later we received our first set of 1/32 regular design 3D origami cutting dies. We had 18 of them. The scrapbooking cutting dies revolutionized our process, allowing us to continue offering unique 3D origami kits and supplies. To celebrate the new dies, we decided to make a 3D origami tiger. The tiger was designed to promote the cutting dies and be the flagship promotion item. The tiger took 3 months to build and



consists of more than 20,000 3D origami papers.

To make things more interesting and to give our customers more ability, we designed a larger size cutting die 1/16, and smaller sizes like 1/64 and even smaller 1/128. This new size was very interesting because now objects can be created larger and smaller by design. This was another first in the industry, giving us the ability to offer a variety of

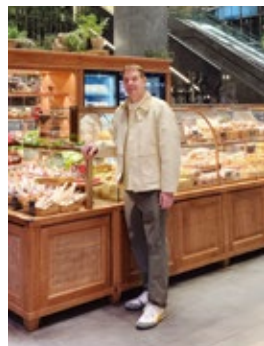
cutting die sizes for more sales! Times change and things change. We started offering cutting dies to our customers and started to slowly reduce our sales for kits and paper. Giving our customers the chance to cut their own paper for their origami art.

Our goal was to contribute more to the 3D origami art community. We conceptualized and designed the artisan cutting dies, introducing 12 new designs such



as 1/32 round, 1/32 long round, and 1/32 swagger fur.

This year, inspired by living in South Korea, we decided to create a 3D Origami Korean Blue Dragon using these new dies. This project showcases the capabilities of our artisan dies, pushing the boundaries of creativity in 3D origami. The cutting dies used were 1/32 regular, 1/64 regular, 1/32 swagger fur, 1/32, short point, 1/32 long fur, 1/32 short round, 1/128 regular, 1/32 long fur, and 1/64 short round. After 15 years, my fascination with 3D origami remains strong. We now offer a selection of 32 different cutting dies. I constantly challenge myself with this question, "What kind of cutting dies can we make next?"



About the Author

Retired Air Force Master Sgt. Mark Pechuls lives in the Pyeongtaek area. Currently, he is a federal service employee, an origami artist, and a designer for origami dies.

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Salpuri

The Heart of Korean Folk Dance

By Seung-Kook Kim,
Traditional Culture Columnist

Korea, the smallest of the three Northeast Asian nations—China, Japan, and Korea—has been profoundly influenced by China throughout its history. Despite this, Korean folk dances stand out for their artistic richness. Among them, the Salpuri dance is a beautiful expression of human emotion, transforming sadness into joy to the melodies of the folk music known as "Sinawi."

The term "Salpuri" translates to "to loosen the flesh" and is associated with warding off ghostly curses in Korean shamanic rituals; however, the dance itself

does not incorporate shamanic forms or movements. Dancers typically wear a hairpin on one side of their head and a white chemise, holding a white towel that symbolizes sophistication and emotion as they perform to the "Salpuri" section of the Sinawi song.

Today, Salpuri Dance is recognized as a tradition from the Gyeonggi and Honam regions. It evolved into a dance of clowns during the latter half of the Joseon Dynasty, when the nation stabilized and folk culture flourished. This artistic form expresses a range of human emotions, ultimately celebrating joy through beautiful movement, and has become a representative

of Korean folk dance.

When performed without a towel and using bare hands, it is referred to as "Minsalpuri dance." The use of the towel in the dance has several theories behind it: some suggest it was used by clowns to wipe off sweat or to enhance their performance in Pansori, while others believe it serves as a tool for expressing emotion or is reminiscent of the long "Hada" towels used by Tibetan and Mongolian peoples for blessings. However, no definitive explanation exists.

Regional variations of Salpuri dance abound. Originally, it was performed in private settings under various names such as "towel dance," "sanjo dance," "mouth dance," or "improvisational dance." Its theatrical debut came in 1936 when the renowned dancer Han Sung-jun presented the first Han Sung-jun Dance Recital at Bumin Hall, popularizing the term "Salpuri dance."

Since then, master dancers have inherited and refined the dance as a legitimate performing art, and it was designated as National Intangible Heritage No. 97 in 1990. The Gyeonggi-do region has developed distinct styles such as the Lee Dong-an, Kim Sook-ja, and Han Young-sook styles, while the Honam region has cultivated the Lee Mae-bang style, each showcasing unique dance and musical characteristics.

Kim Sook-ja's 'Salpuri' is part of the Gyobang series performed to Gyeonggi-do shamanic music "Do-salpuri." Han Young-sook's version, adapted from her grandfather Han Sung-joon, is known for its delicate and graceful execution. Imae-bang's 'Salpuri' is characterized by its improvisational nature and is performed

to the tune of "Sinawi" in southern Korea.

Salpuri dance emphasizes pauses and improvisation, integrating movement within stillness. Traditional Korean dancers highlight breathing, footsteps, gaze, and facial expressions, embodying a dance that conveys sorrow, joy, intelligence, and beauty—elements of freedom and improvisation. This reflects the principles of Dongjungjeong (動中靜) and Jungjungdong (靜中動), where there is movement in stillness and stillness in motion. Salpuri dance exemplifies these characteristics.

To truly appreciate traditional Korean dance, it is best experienced in a small theater, where the dancers' breath, sweat, and eye contact can be intimately observed by the audience, rather than on a large stage. For an authentic experience of Korean traditional dance, consider visiting smaller venues such as Namsan Gugak Theater, Donhwamun Gugak Theater, Pungryu Folk Theater, KOUS (Korean House of Culture), Arco Arts Theater, or Daloreum Theater (National Theater of Korea).



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.



Happy Fall Y'all!
Captured by Kymbirly Bennett



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