

AUGUST 2022

United **ON THE ROK**

HIKING
ACROSS
KOREA

FINDING
YOUR
NICHE

**Brandon
Bledsoe**
a veteran and
spouse speaks
from the heart

Organizations to support and join, on base and off base



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Bare Knuckle Arts & Rag and Broom Man

Brandon Bledsoe opens his heart as he shares his journey of transitioning from a service member to spouse, supporting his wife and family, and running home-based businesses in Korea.

Cover Photo by Bare Knuckle Arts of Brandon Bledsoe with model



Trekking up Daecheongbong

Becky Mengle shares her experience climbing the third highest peak on the RoK, nestled in Seoraksan National Park.

Alex and the Drummer

Laura Hales shares her journey authoring children's books centered around Autism Acceptance, inspired by her experience in Korea.



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United on the RoK is a civilian magazine published monthly with real stories, experiences, and information relevant to individuals and families at USFK installations. Get information about resources and organizations, home-based businesses, health, cooking, fashion, entertainment, recreation, and more! We're here to help you get connected and embrace the opportunities that surround you. If you are interested in writing for *United on the RoK*, send your pitches to unitedontheork@gmail.com.

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Naksansa or Naksan Temple is a Korean Buddhist temple on the slopes of Naksan Mountain in Yangyang-gun, Gangwon-do, in the eastern region of South Korea.

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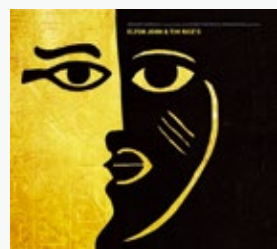
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LIVE

MUSIC&ART CALENDAR



ONGOING-AUG03

Musical <AIDA>

Blue Square Shinhancard Hall
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AUG13-14

PSY Summer Swag 2022
- Daegu

Venue: Daegu Stadium
ticket.yes24.com



AUG31

2022 Sejong Soloists' Hic et Nunc! Gala Concert

Lotte Concert Hall
www.lotteconcerthall.com/eng



AUG05-07

Incheon Pentaport Rock Festival

Songdo Dalbit Festival Park
pentaport.co.kr



AUG13-14

2022 Kangdaniel Concert First Parade In Seoul

Jangchung Arena, Seoul
www.globalinterpark.com



SEP01-04

Dance 'Dear Nusantara' Sync Next 22

Sejong S Theater
www.sejongpac.or.kr/eng



AUG08

Harmonicist Jong Seong Park, Orcehstra Project II

Lotte Concert Hall
www.lotteconcerthall.com/eng



AUG15

Hyundai Card Super Concert 26 Billie Eilish

Gocheok Sky Dome
www.globalinterpark.com



SEP08

KBSSO X Vadim Gluzman

Lotte Concert Hall
www.lotteconcerthall.com/eng



AUG13-14

2022 IVY Concert: Next Page

Nodeul Live House
www.globalinterpark.com



ONGOING-AUG28

Michael Craig-Martin Exhibition

Hangaram Art Museum
www.sac.or.kr



SEP17

2022 Kenny G World Tour Concert in SEOUL

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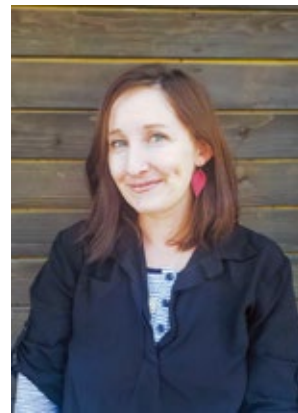
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EDITOR'S NOTE

***“The purpose of life,
after all, is to live it.”***

— Eleanor Roosevelt

In this issue of United on the RoK, we explore adventure through different forms. While community and connectedness are at the core of United on the RoK, this issue aims to highlight that part of building our community is embracing our different pursuits. Any trip can become an adventure. From exploring Korea, to embracing history, to finding your niche, and helping others find theirs, this issue is packed with unique experiences.



This issue has Becky Mingle walking you through her experience hiking the third tallest peak in Korea, Daecheongbong in Seoraksan National Park. Kimberly Kephart shares her experience on a night hike at Mount Inwangsan in Seoul, and the magic of seeing the city come to life. Kendra Webber provides a piece on Jebudo Island, a great place for a day trip or weekend trip. In a new article series called Local Treasures, we explore Hyeonshungsa Shrine, where you can enjoy walking through the serene historical site and enrich your knowledge of Korean history. To stoke your adventurous spirit, Ethel Cameron provides a brief overview of Changdeokgung Palace where many Korean Dramas have been filmed.

Two wonderful articles in this issue come from Petya Mandalcheva-Perez and Anna Lonborg who both embrace their vulnerability and share their exploration of their interests and journey of getting themselves established in a new place.

Vulnerability also brings me to our cover star, the very kind-hearted and straightforward Brandon Bledsoe. What I like about him is that he emanates con-

fidence and support. His article effectively showcases the power of self-expression and originality and how it can be part of supporting one's family and the community at-large.

This issue is packed with articles about opportunities, support networks, resources, and new experiences. Be sure not to miss the articles by Sherwood A. Earle III about Alpha Omega Sigma Fraternity, by Shannon Kaechler about homeschooling, by Hyunki Kim about Eastern Social Welfare Society, and by Jetta Allen about how to develop a support network as an adult. Also check out the overviews of Daegu Civilians and Spouses Club and Team Osan Spouses' Club. Speaking of support, make sure to grab a copy of the newest edition of DMZ to the Sea, revised annually by the Humphreys United Spouses Club.

If your upcoming adventure involves a newborn joining your home and family, I have shared my experience delivering babies off base. Related to the adventure of having a newborn, you can find maternal medical supplies at Janz Medical Supply Stores, located at Osan Air Base and Camp Humphreys. Janz Store Manager Tanya Cossettini, shares information about the store, the range of medical supplies offered, and how you can get them if you are at a different base on the RoK.

Starting a business is an exciting opportunity some people have pursued on the RoK while others have brought their business with them. Check out the snapshots of a few home-based businesses and the article by Clinical Psychologist and Author Dr. Melissa Munro Boyd about how her books can help your kids cope with stress. Laura Hales is another featured author whose books are centered on Autism Acceptance.

Inspiring, informative, and fun – what more could you ask for as you plan your adventures! I hope you enjoy the issue as much as I have loved putting it together with the incredible writers in our communities. Please reach out to me at unitedontherok@gmail.com if you are interested in writing an article. Let's broaden our coverage of life across the Korean peninsula. Happy reading!

Caitlin Ward

United on the RoK Editor in Chief

Daegu Civilians' and Spouses' Club

ABOUT

The Daegu Civilian & Spouses Club (DCSC) is a community-driven organization built of military civilians and spouses serving the Area IV community through social and charitable events and volunteer opportunities. Explore the wondrous city of Daegu and many amazing opportunities within the surrounding areas with fellow civilians and spouses. Enjoy the fellowship and fun that DCSC provides through adventures in our sub-clubs, such as the Lunch Bunch, Golf Club, Tour Club, and more. Area IV strives to make this the assignment of choice, and we strive to turn friends into family, so make the most of it through the many opportunities to volunteer, gather, connect, and enjoy the adventures that await! Visit us on Facebook or stop by the Apple Tree Gift & Thrift Shop to learn more about the many advantages of joining DCSC have to offer.

MEMBERSHIP:

Want to know more about how to join DCSC? We invite all of those with SOFA status to join our membership. DCSC is open to all eligible members of the community, from active duty spouses to supporting civilians, regardless of

race, creed, religion, ethnic origin, gender, or sexual orientation. Membership forms are available at the Apple Tree Gift & Thrift Shop as well as through our Membership Chair at Membership@theDCSC.org. Members get monthly invites to our social events, as well as our Fundraisers, and get to join the Sub Clubs that interest them. DCSC provides volunteer opportunities to keep you busy or update your resume. Members also get to know that DCSC contributes to the community through community outreach, welfare grants, and educational scholarships. What better way to make a difference than to join DCSC today!

BOARD:

DCSC is actively seeking the next 2022-23 Board. Opportunities include Committee Chairs, such as Membership, Hospitality, Welfare, and Scholarship Chairs, and many more. Contact us on facebook or email Parliamentary@theDCSC.org for more information in joining our team of difference makers!

GIVING BACK:

Giving back is close to the heart of DCSC as a 501(c)3 non profit organization, and we accept the challenge each year through Community Outreach, Welfare Campaigns,

and Educational Scholarships. Our Fall 2021 Welfare Campaign allowed us to give back more than \$5,000 in community grants, supporting unit functions, local sports, and Boy and Girl Scouts Clubs. We were excited to award more than \$10,000 in scholarships to active duty and civilian spouses and graduating high school seniors in the Spring of 2021, and look forward to matching that commitment again this coming Spring.

THRIFT SHOP:

DCSC raises funds to give back to the community not just through fundraising events but also through DCSC's Apple Tree Gift & Thrift Shop. The thrift shops name comes from the infamous Daegu Apple, and when you visit you can't miss the baby apple trees in our front yard - another enjoyment from the community's culture! We accept donations in good condition at the store throughout the business day, and also have a donation bin in the front of the store to donate 24/7. Donations should be CLEAN, have NO STAINS, NO HOLES, and in working condition. We do not accept tube TVs, VHS tapes, or undergarments.

Funds through welfare and scholarships aren't the only way we give back. The Apple Tree Gift & Thrift



Shop supports local E5 and below families through our E5 & Below program. Sign up is simple, and the benefits are tremendous! Just come into our store and show your ID. We'll get you signed up and you can immediately enjoy up to 20 free clothing and shoes items valued up to \$8 per item. And the best part? You can enjoy this benefit each and every month!

VOLUNTEERS:

Looking to volunteer in your community? The Apple Tree Gift &

Thrift Shop is always in need of help sort, price, and organize donated items. For more information, stop by the store during business hours and speak with our assistant manager, or email volunteer@theDCSC.org. Hours of operation are Tuesdays 10am - 2pm, Wednesdays 10am - 2pm, Thursdays 2pm - 6pm, and the first Saturday of every month 12pm - 3pm.

Want to volunteer through DCSC? Showcase your management experience, crafting skills, decorating expertise, and other

talents by joining a Sub Club, Committee, or through one of our many Committee Chair positions. Opportunities include Apple Tree Liaison, Hospitality Chair, Membership Chair, Publicity Chair, Scholarship Chair, Volunteer Coordinator, and Welfare Chair. To volunteer for these positions, just contact our Volunteer Coordinator, or President at volunteer@theDCSC.org or President@theDCSC.org. We look forward to connecting with you and welcoming you to the Team!

Team Osan Spouses' Club (TOSC)

PRESIDENT'S MESSAGE

Welcome to Osan! Team Osan Spouses' Club (TOSC) is an active club that supports our local community on Osan AB.

There are many ways to get involved through TOSC. We have monthly socials, fundraising events, bus trips, and many other fun activities we host throughout the year. We have a wonderful thrift shop where you may donate gently used items, or volunteer with the team. We encourage you to embrace every adventure and opportunity that awaits you in Korea. Team Osan Spouses Club hopes to be your rock in the ROK!

Respectfully,
Lisah Frankland
President 2022-2023
Team Osan Spouses' Club



ABOUT

Team Osan Spouses' Club (TOSC) is a supportive network of military spouses serving together in the Osan community, enhancing our Korean experience through social, charitable, and cultural events. TOSC offers friendship, support, and opportunities to get involved in our Osan community. We urge you to make the most of your time here in Osan: learn the culture, travel, explore, and meet your neighbors. This assignment has so much to offer and our club gives you the opportunity to make the most of it. Simply put, we have a good time! Whether it's in volunteering at the Thrift Shop, joining in a mini-club, or attending a monthly social, in TOSC you will find a supportive network of spouses who are having fun and giving back to the Osan community. To learn more and to get connected, visit our website at <http://www.teamosansc.com/>.

MEMBERSHIP:

Who can join? Membership is voluntary and open to all active duty, retiree and civilian spouses without regard to race, creed, religion, ethnic origin, sex or sexual orientation. If you have any questions about your eligibility or would like to receive more information, please contact our membership chair at

membership@teamosansc.com.

Why join TOSC? Members can attend our monthly socials and events. TOSC provides multiple ways for members to volunteer, network and meet friends in and around the base. There are members-only bus trips to fun destinations in the area and best of all, our members get to vote on how we help and improve our community! Once you fill out the membership form and pay dues you can join the Team Osan Spouses Club Members Only group on Facebook.

Membership also gives you the opportunity to be on the board. TOSC currently has the following chair positions open on the General Board:

- Operation Sweet Treat
- Programs
- Reservations
- Special Activities
- Volunteer Coordinator
- Ways and Means
- Webmaster
- Wild West Night

Welfare/Scholarship:

How has TOSC positively impacted Osan? Last year we gave away more than \$70,000 to various organizations on and near Osan Air Base, including Boy & Girl Scouts, the Red Cross, the USO, Home-

ward Bound and Osan Middle/High School. We gave out \$4,000 to various units assigned to Osan for their holiday parties. We also were able to award \$30,000 in scholarships to active-duty service members, spouses and high school seniors! TOSC is pleased to offer two different venues to provide financial assistance to our community: community grants and scholarships.

or organizations and clubs seeking financial assistance, we offer a Community Grants Committee that meets once a month. Our Community Grants Committee reviews applications received by 2359 KST on the 15th of the month and distributes funds by the 15th of the next month. Requests received after the 15th of the month will not be considered until the following month's committee meeting. If your request is approved, checks will be issued by the 15th of the following month. Checks will be issued from October 15th – May 15th.

THRIFT SHOP:

The Team Osan Spouses' Club owns and operates the Osan AB Thrift Shop, which is a nonprofit organization. The income raised through operating the Thrift Shop is given back to the Osan AB community in charitable donations and community grants. Volunteers are always needed to help sort, price and organize items received. Please contact the Thrift Shop Manager at thriftshopmanager@teamosansc.com for more information.

We are located in building 720, behind the Osan Middle/High School football field. Our donation bins are located around the side of the Thrift Shop and are accessible 24 hours a day, 7 days a week. Please do not donate on rainy days. Donations should be in good repair and electronics

should work. All clothing donations should be CLEAN and have NO STAINS or HOLES. For a list of items that we do not take and the most up to date hours, check the Osan Thrift Shop Facebook page. The weekly sales and the Saturday basket sales are posted there as well.





Team Osan Spouses Club

June marks the beginning of the new TOSC year!

It's Membership Renewal Time!

Renew or Join Today

teamosansc.com

TOSC is a supportive network of military spouses serving together in the Osan community, enhancing our Korean experience through social, charitable and cultural events.

This is a private organization. It is not a part of the Department of Defense or any of its components and has no government status.

Sharing My Experience Delivering a Baby in Korea Off-Base

By Caitlin Ward



My new born baby, Zoe

Giving birth abroad can be overwhelming no matter where you are in the world but for some, there is the added challenge of navigating cultural differences if you deliver at a foreign medical facility.

This summer, for the second time, I delivered my baby off base at Seoul Saint Mary's Hospital. A couple of days after returning

home from the hospital, I met an expectant mother at Camp Humphreys. As soon as I told her I had delivered off base, she asked me to tell her about my experience because she had been referred to a hospital off base and was looking for some reassurance. Here I will share what I shared with her, to help any moms planning to or considering delivering off base. Most of all, I hope to help you understand and feel prepared for the differences between the US military hospital system and the Korean

hospital system.

Whether you are electing or have been referred to give birth at a hospital off base, a critical first step is to reflect on what is important to you and make a list of nonnegotiable expectations and flexible expectations. For example, do you want a natural birth or C-section? Do you want your partner in the delivery room? Are you okay with your baby being monitored in a nursery or do you want your newborn in your room? Do you want a private room, a

semi-private room, or are you open to a shared room? What do you want your hospital experience to be like? Can you afford to pay the hospital bills and be reimbursed later or do you need a hospital that accepts your insurance so you do not pay any costs?

Once you have these lists and the vision in your mind - or if you don't because sometimes we don't know what we want - the next step is to research hospitals. If you have Tricare, a great place to start is with your Military Treatment Facility (MTF) Tricare representative. It's also great to reach out to people in our communities to ask about their experiences. The Facebook Group "South Korea Bellies, Birth & Babies (USFK Affiliated Women

Only)" is a resource where you can ask for recommendations on doctors and hospitals, ask for childcare and baby product recommendations, connect with other expectant women and mothers, and make new friends!

A few months after arriving in Korea, we found out we were expecting. At the time, the MTF had neither the capacity nor capability to accept me as an OB patient so I was referred off base and my insurance provider coordinated care at Seoul Saint Mary's Hospital. The length of the drive gave me pause but I liked the idea of my baby being born in the Capital of Korea. My research of the hospital and the Obstetrics department yielded reassuring information and reviews.

I had previously delivered two babies at Walter Reed Hospital in Bethesda, Maryland. At the first appointment at the hospital in Seoul, I was struck by the differences from my experiences at Walter Reed. The most significant difference was the number of departments I visited on that first day, (and each appointment thereafter). At Walter Reed, nearly everything related to the prenatal appointments took place in a private room in the OB GYN Department, which was a specific and contained location in the hospital. At this particular hospital in Seoul, my appointments required me to walk to different departments, often on different floors, using maps provided by my point of contact (POC) at



At OBGYN Department: (from left) RN Lee Sang Mee, Caitlin Ward, and Dr. Ko Hyun Sun.

the International Healthcare Center as my guide.

In my experience at US military hospitals, OB GYN departments have staff that operate as a team and handle all the patient's care in the OB GYN department. In this Korean hospital the OB GYN doctor operates like a specialist. Procedures that involved a different specialist were handled in the

time. Let me unpack this. In the US, your appointment begins at the time it is set. At the hospital in Seoul, my consultation with the doctor would occur at the set appointment time. The consultation included discussion of my baby's growth seen in the sonogram. The sonograms were done by a tech in a different room within the OB GYN clinic. This meant I needed

blood pressure.

Next, I would go to a short hallway adjacent to the reception counter and wait for my name to be called, at which point I would enter a small room, and immediately turn to the right, into a smaller room where I changed into a hospital skirt. I put my clothes and purse in a locker that another patient showed me how to use.



At the International Healthcare Center: (from left) RN Bae Young Ran, RN Kim Ji Hye, Caitlin Ward, and RN Kwon Seung Yeon.

corresponding department and messages were relayed by those doctors rather than by my OB GYN. For example, I had conversations directly with a cardiologist, neurologist, and anesthesiologist in their respective departments.

Because of the language barrier, it took me a couple appointments to understand my role in my appointment occurring at the set

to come earlier than the time of my appointment to get any tests, sonograms, and other elements of the appointment done before the consultation with the doctor.

On a typical visit, upon arriving at the OB GYN department, I took a number. When my number was called, the receptionist gave me a small piece of paper and I was directed to get my body weight and

When my name was called, I went to one of the six sections where sonograms were done, each separated by curtains. The tech would quietly tell me some of what she was seeing, pointing out the baby's body parts and playing the baby's heartbeat. She worked very quickly to get all the images and measurements recorded and sent to the doctor.

Afterward, I went back into the small hallway, put my medical paperwork in the container hanging on my doctor's office door, to be added to the cue, and waited for my name to be called. The consultations with my doctor were brief and summarized the results of the sonogram and any other test results.

The OB GYN doctor at the hospital wields enormous authority. In Korean hospitals, all clinical decisions are made by the doctor, who gives guidance and direction to the nurses and administrators. You can relay a need, concern or expectation to a staff member but they are required to wait for the doctor to provide direction or approval before they can act upon your requests. Nurses do not act independently.

The paternalistic nature of the Korean health care system also transferred to patients being expected to follow the doctor's orders. For example, during my first pregnancy in Korea, I relayed to the doctor that part of my birth plan was my prioritization of skin to skin contact and nursing immediately after birth. My birth plan was not compatible with the procedures at that hospital. According to their model, after I had a moment to hold my baby, he would be taken from the delivery room to the nursery where he would be cared for, monitored, tested, and receive any necessary vaccinations.

Most Korean hospitals prioritize rest and recovery after delivering, and accordingly, I was brought to a recovery room where I stayed in bed for six hours per the doctor's orders. I could not visit with my baby in the nursery until I had the doctor's permission to leave the bed and until I received a call from

the staff in the nursery that I could come nurse my newborn. This meant that my baby was formula-fed when I wasn't able to nurse.

I understand, this might cause you panic or discomfort. Many Western hospitals prioritize skin to skin contact and breastfeeding. The benefits of my baby being in the nursery and me being in the recovery room were that the nurses got my baby on a feeding schedule and I was able to focus on my recovery, which included leaving my room frequently to walk around the hospital floor. Also, this policy may change in the future since it was developed in response to Covid-19. RN/Coordination Nurse Kim Ji-Hye at the International Healthcare Center explained:

“ In the past, there were two 20-30 minutes visiting sessions, (lunch session and dinner session) at the general ward, and the baby could stay in the same room with the family. After the outbreak of Covid-19, there was a dramatic change at the hospital. We initiated a strong infection control policy to protect patients. One day, everything will get back to what it used to be.”

The second time I was pregnant in Korea and again referred off base, I elected to do research on other Korean hospitals. I was curious if and how other hospitals catered to Western clients. In my experience, the aforementioned Facebook Group was very resourceful. From experiences shared in posts, I learned that some hospitals go out of their way to make the experience comfortable, cater to typical Western client expectations, and arduously support the requests of expectant mothers. Some have clear, straightforward agreements with insurance companies, while other hospitals have less clear cut arrangements and the patient will be reimbursed for expenses after the baby's delivery and receipts are submitted. I also learned that some hospitals are very supportive of natural births and some are not equipped for C-sections.

Ultimately I decided I would be most comfortable returning to the hospital that had delivered my previous baby, accepted my insurance, already had my medical information, and where I had already adjusted to the cultural differences. Also, I really liked Dr. Ko Hyun Sun who had delivered my first baby in Korea.

One of the greatest lessons learned between the two deliveries was the importance of choosing a hospital with an International Healthcare Center and communicating often with my POC there. The International Healthcare Center is where you will speak with a person familiar with your form of insurance, and with whom you communicate your questions, concerns, needs, and expectations. In my experience, I communicated with Nurse Kim Ji-Hye at the International Healthcare Center.

Ms. Kim relayed messages from the doctor, scheduled my appointments, provided more detailed information about my appointments, and communicated my concerns, questions or expectations to the doctor. She added warmth and reassurance to the experience.

It is important to have a good relationship with your POC at the International Healthcare Center because they are your advocate, and because you may encounter communication issues. For communication issues, you also have the option of requesting an interpreter, bringing a friend who speaks Korean and your first language, or reaching out to your MTF Tricare representative.

In Korean hospitals, you can request a private or semi-private room through your POC at the International Healthcare Center. If a private or semi-private room is not available, it is common to be in a shared room with several other women, the hospital beds separated by curtains. If you are in a shared room, it is important to be very quiet and respect your neighbors.

If you have specific ideas of a birth plan, ask questions right off the bat to make sure your doctor and hospital can meet your needs and support your expectations. My birth plan could not be accommodated but I was open to the new cultural experience. If your birth plan is nonnegotiable, then it is your prerogative to transfer to a different facility. You may also find it necessary to change hospitals if, for example, you discover you are having multiples, are having a C-section, or need a NICU as some Korean hospitals are not equipped to accommodate these needs.

Another cultural difference important to be aware of is that some

Korean hospitals do not allow the significant other to be in the delivery room for a C-section. Additionally, if the newborn is brought to a nursery, your partner might not be able to hold your baby until you are discharged from the hospital. During your stay at the hospital, your partner may only see your newborn through the nursery room glass during visiting hours because of policies developed in response to Covid-19.

Despite the challenges of being far from family and friends, a possible language barrier, cultural differences, and unfamiliar medical procedures or practices, giving birth at a Korean hospital can be a wonderful experience. The key is to communicate with your MTF Tricare representative, your POC at the International Healthcare Center, your doctor, and reach out to other new or expectant moms in the USFK community for support. Good luck and best wishes!

Additional Information:

Payment

If you have been referred to a Korean hospital because your military treatment facility (MTF) does not have the capability or capacity to accept you as an OB patient, your health care costs will be covered by the MTF Supplemental Health Care Program. If you are an active duty family member and choose to receive care at a Korean hospital instead of your MTF, even when the MTF has capability and capacity to accept you as an OB patient, you have two options regarding payment. Go to [\[rea_Deliveries.pdf?la=en&hash=C0C16028FA208095E6A9A88B-C400B76C214FBA172C0E-1502C125BF51C512370\]\(https://www.tricare.mil/-/media/Files/TRICARE/Publications/PubsNotOnPubsPage/Korea_Deliveries.pdf?la=en&hash=C0C16028FA208095E6A9A88B-C400B76C214FBA172C0E-1502C125BF51C512370\) for more information.](https://www.tricare.mil/-/media/Files/TRICARE/Publications/PubsNotOnPubsPage/Ko-</p>
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Consular Report of Birth Abroad

If you are a U.S. citizen (or non-citizen national) and have a child overseas, you should report their birth at the nearest U.S. embassy or consulate as soon as possible so that a Consular Report of Birth Abroad (CRBA) can be issued as an official record of the child's claim to U.S. citizenship or nationality.

You can apply for a CRBA by completing Form DS-2029. For instructions on how to apply for a CRBA, visit the webpage for the U.S. embassy or consulate nearest to you and navigate to the American Citizens Service section. Please note the application must be signed in front of a consular officer, notary public, or other person qualified to administer oaths. You can also submit an application for a Tourist Passport for your newborn (Form DS-11). To schedule an appointment visit the Seoul U.S. Embassy Appointment Website --> <https://kr.usembassy.gov/u-s-citizen-services/make-an-appointment>

Once you have the CRBA, you can apply for a Social Security Number for your newborn, a No-Fee Passport, and a SOFA stamp

Navigating Korean Hospitals Handbook

Visit: <https://www.socom.mil/sockor/Documents/Navigating%20Korean%20Hospitals%20Jan%202020.pdf>

Children's Books ABOUT KOREA

Bee-bim Bop! by Linda Sue Park and Ho Baek Lee

The Royal Bee, by Frances Park, Ginger Park and Christopher Zhong-Yuan Zhang

The Firekeeper's Son by Linda Sue Park and Julie Downing

Never Trust a Tiger by Lari Dan and Melanie Williamson

All About Korea by Ann Martin Bowler and Soosoonam Barg

No Kimchi for Me! by Aram Kim

Where's Halmoni? by Julie Kim

The Name Jar by Yangsook Choi

The Ocean Calls by Tina Cho and Jess X. Snow

King Sejong Invents an Alphabet by Carol Kim and Cindy Kang

South Korea Travel For Kids by Dinobibi



SUPPORT NETWORKS ON THE RoK:

Support for Adults with Exceptional Needs

By Jetta Allen, Founder
Humphreys Diverse Abilities Support Group

My name is Jetta Allen. I am a US Army Spouse living here in South Korea. With the support of my amazing community, I founded the Humphreys Diverse Abilities Support Group. In this month's edition of Support Networks on the RoK, we will be exploring support for adults with exceptional needs. What is an "exceptional need"? An exceptional need is any medical or educational need (for minors) for those in military related families. For this month, we will only focus on the medical, exceptional needs of adults. These needs could be reflected in a medical need or condition, a diagnosis, disorder, impairment, or reflect the need for accommodations in the community or workplace too!

Let's talk about support on the RoK. How is support here different and what do you need to know to thrive and be supported? This edition we even have some help and insight from two community members who have extensive knowledge we can all learn from when pursuing your health on the RoK!

As an active duty military



spouse, Tricare Prime guarantees a variety of choices when it comes to care. Here in Korea, one could elect to receive care at the Military

Treatment Facility on a military installation like USAG Humphreys or Osan Air Force Base, or to go off post/base. Sometimes our care

starts at the Military Treatment Facility, but then the venue may change to meet our needs. The reality for many spouses and dependents is that we are often sent off post for services due to the issues impacting health care globally: provider shortages. Many spouses and dependents are referred to "in network providers" on the local economy. So what can you do next? You have options! Don't you just love options? But options can sometimes lead to stress, anxiety, and fear of the unknown. Today we will attempt to ease those and inform readers on how to get their needs met on the RoK.

Support for Team YOU

Build a team that works for you and with you! Is your Primary Care Manager or doctor on your team? Absolutely! When you are an adult with exceptional needs, you often need a team approach and that includes you! You are the coach because you are the patient! No one knows what you are going through better than you! In the June issue of United on the RoK, I pointed out that "You are a participant in pursuing your own quality of life in South Korea, but you aren't alone!" How are you inviting your providers to play on Team YOU? One way I start the "team approach" is with concise information on what my past and current medical issues might be. We also go over what I am struggling with now and what is bringing me into the doctor presently. I am clear about my needs and I am clear about the expectation I have for my healthcare and team participation. When you take a team approach, you can be more open and honest because you all

have the same goal, taking care of YOU! It also helps to be honest when things are not working, which could include a particular medication, therapy, or even provider. Being honest to say, "This is not working, I think to support my needs, we may need to bring in another set of eyes, specialist, or additional provider" will only support your needs and even the team's approach to increasing your quality of life.

Did you know that all Military Treatment Facilities have a Patient Advocate service that is free to use! Our family has used it for a variety of reasons including backlogged pharmacy medication, lack of available appointments, and even to help request more comprehensive care. Patient Advocate is an amazing resource that is there to work with you and the hospital to help you receive the best care possible. Being clear about my needs and expectations has helped me when engaging with Patient Advocate. Clearly communicating the facts around an issue and bringing a possible solution also never hurts and this should be done with all your care team as well! So for instance, if I needed a referral for off-post services fixed, but can't get in to see my Primary Care Manager in a timely way, I may reach out and ask for help and guidance. I have never been let down by the dedicated Patient Advocates!

Support for Adults with Exceptional Needs Off the Installation in the RoK

Medical care is often referred to "off-post/base" providers or services "on the local economy"

due to provider shortages or lack of specialists available "on post/base". Also some members of our community cannot use providers at Military Treatment Facilities due to insurance requirements. So how do adults with exceptional needs get support in the RoK off the installation? Let's explore!

Rebekah and Angel are both here as military affiliated spouses who seek medical care off post on the local economy here in the RoK. We will discover how these two engage and interact with services using Tricare Select and private insurance, Sigma International.

How does one find "the right" provider for their needs? Rebekah highly stressed word of mouth and getting connected with a support group. Personal referrals from friends and community members help avoid the "sink or swim" she said. Rebekah stated that the "Humphreys Diverse Abilities Support Group helps me connect to people using similar providers, understand parking, and who would be flexible with scheduling". Angel has also used word of mouth to find providers for herself and family — never underestimate the power of connection and support!

If you are a Tricare Beneficiary, you can also explore TOP: "The TRICARE Overseas Program (TOP) is the DOD's health care program eligible beneficiaries in geographical areas and waters outside of the U.S." (AEA International Holdings Pte. Ltd., 2016). You can search for providers here: <https://www.tricare-overseas.com/>. Once you have an idea where you would like to go, discuss those ideas with your primary care doctor or insurance company.

Managing Expectations

Managing expectations for personal care in a foreign country eases initial anxiety and fears surrounding new ways of addressing your needs. Care is different here, we are in a foreign country after all! Medical care in Korea often has shorter wait times for primary care doctors, speciality services, imaging, and even lab work. The Republic of Korea is known for its “medical tourism” because it is a world leader in medicine. How can hospitals accommodate foreigners who don’t know the language? One way is through the use of International Offices and nurse translators that act as your partner in healthcare! Rebekah stated that “creating a relationship with your translator” and the staff at the International Office of your hospital or clinic “is what helped her decide what hospital or provider was the best fit”. In the RoK, your translator helps handle many items including: billing, appointments, navigating the hospital, and even discussion needs during the appointment directly to your provider. They go with you to every department and act as your personal translator, often translating your American medical records and in the moment conversations with the provider. Rebekah says, “they are your new best friend” in helping you meet your needs, so a personality match is important! Rebekah’s advice to adults with exceptions needs is, “Don’t be intimidated by language barriers, they are in the healthcare field for a reason, they want to help you.”

Hospital Culture in the RoK

Rebekah and Angel mentioned that hospital culture is also different in the RoK compared to the United States. Rebekah mentioned that being concise and direct to her providers helped them understand her needs, and less personal talk led to better care and is also easier to translate, again resulting in better care. Rebekah voiced that to prepare for her appointments she makes lists to help her stay organized, especially for new providers. A list would include: past/current conditions, past/current medications that did/didn’t work, and even her current symptoms. Rebekah has had extensive care in Korea including hospital stays and various surgeries. She mentioned that when staying in the hospital for medical reasons such as hospitalization or surgery, the RoK takes a “family” approach to meeting your needs. The expectation is that a family member will stay with you to help with your personal needs while in their care and that the medical nurses attend to your medical needs. It is not abnormal for a nurse to train a family member on how to change bandages or help the patient use the restroom while still at the hospital. This helps patient independence, decreases the length of the hospital stay, and helps the hospital utilize staffing more efficiently.

Hospital culture also includes an increased stress on comprehensive care through patient history. Both Rebekah and Angel raved about how their providers looked through their medical history and helped them identify information or patterns that provided answers

to questions. Angel said, “Providers in Korea were the first ones to break down what my medicine was doing to my body and what symptoms were related to the medication and what was related to my condition.” She also mentioned that “Korean providers were the first to tell me the preventative care I needed to be doing routinely because of my prior health history in combination to my current treatment plan. They communicated things no one had in the past.”

When using Korean providers, I too have had excellent levels of care regarding orthopedics specialists and physical therapy specialists. Just like Angel and Rebekah, I too was given information concerning my care for the first time because of the dedication to detail. Off-post providers changed my quality of life when they helped me walk again after tearing both achilles tendons. Foreigners can rest assured, when in Korea, your care matters!

Using Insurance on the RoK

Through this article we have given a glimpse into three different journeys. What you may want to know now is how easy is it to use your insurance benefits on the RoK? Personally, I have Tricare Prime. My primary care manager filled the referrals and the International Office at my provider’s hospital handled the rest. For me, no co-pay, no hassle, no fuss! Angel’s preferred choice is Tricare Select. She has a deductible to meet but also reported experience and ease surrounding her insurance benefits. Rebekah uses an American private

insurance provider and stated “Sigma International was very easy and not difficult, straightforward, and the translators helped with communicating to the insurance company.” Three different types of insurance, same amazing feedback! The RoK has it figured out when supporting adults with exceptional needs!

What We Have Learned Finding Support on the RoK

“It took being here to understand, it is okay to voice how I feel and to not want to be judged by my feelings, symptoms, needs, or that I want relief, it is okay to advocate for myself” Rebekah remarked. She plans to take these self-advocacy skills with her long after she leaves the RoK. Angel has learned to ask more questions because most providers do know the answer, but not all providers are great communicators. I have learned that there are so many supports out there, but you have to get connected to find the support that works best for you. The support that works for me will look different than yours and that is okay!

I asked Rebekah and Angel how they stay connected, supported, and cope in healthy ways. Both mentioned the Humphreys Diverse Abilities Support Group and talking to friends. Rebekah said she is intentional in the friendships she creates, making sure they accept and understand her. This made it easier to build the solid friendship that supported her, helped her not feel alone, and built her own support circle. Healthy emotional outlets and

hobbies such as art, travel, and time spent with friends were the keys to personal success I was told.

When trying to meet our exceptional needs as adults, connecting, communicating, and advocating your needs is so important. As our community grows our needs grow and change with it. Rebekah wants “a better place to find information on known resources/providers, to be able to find public and legitimate feedback on the resources, and to have functioning support

for adults with needs” here in Korea. I challenge each of you today to think about what you need? Have you told anyone? If you have not, talk to your team today, reach out to your community, communicate with your installation agencies, and start getting your needs met today!

Never underestimate your power. You are a participant in pursuing your own quality of life in South Korea, but you aren’t alone!

If you need support, we are going to help you find it! Let’s get you connected in our community and set you up for success!

When individuals and families succeed, a community thrives! Are you thriving? If you are, I hope you share your strategies and if you aren’t, we will help!

See you next month when we explore Support Networks on the RoK for Back to School! Supporting the community, supporting the family, and supporting you on the RoK!

References:

AEA International Holdings Pte. Ltd., 2016, Welcome to the Tricare Overseas Program. Tricare International SOS. <https://www.tricare-overseas.com/>

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





A Message From One Mom to Another: *It's Okay (and Necessary) to Focus on You*

By Petya Mandalcheva-Perez,
Health & Fitness Coach



irst, I would like to start by introducing myself!

My name is Petya. I am a mom of 3 boys, military spouse, GS employee, and Health & Fitness Coach for moms. We have been in South Korea since 2016 and absolutely love being here. In fact, we often joke that we are not leaving. Obviously, that's not possible.

How did I get into health and fitness?

My love for exercise started from a very young age when at 6 years old I did try outs for the school's track and field team. Fast forward, I competed for about 15 years, all the way through Junior year in Division 1 University. The sport helped me with my transition when I moved by myself at 18 years old from Bulgaria to attend University in the US. My team became my family away from family.

Once I started my corporate career, I had to give up competing, but I didn't give up on being healthy. At that time, I experimented with different types of workouts such as Yoga, Pilates, Kickboxing, strength training, and others.

After we moved to USAG Yongsan, I felt a bit lost since I didn't know anyone. I am sure we have all been there. But within the first month, I was so lucky to find my tribe. I joined Fight Tonight Crossfit and formed lifelong friendships. We pushed each other during our workout sessions, but had fun and enjoyed ourselves outside the gym as well.

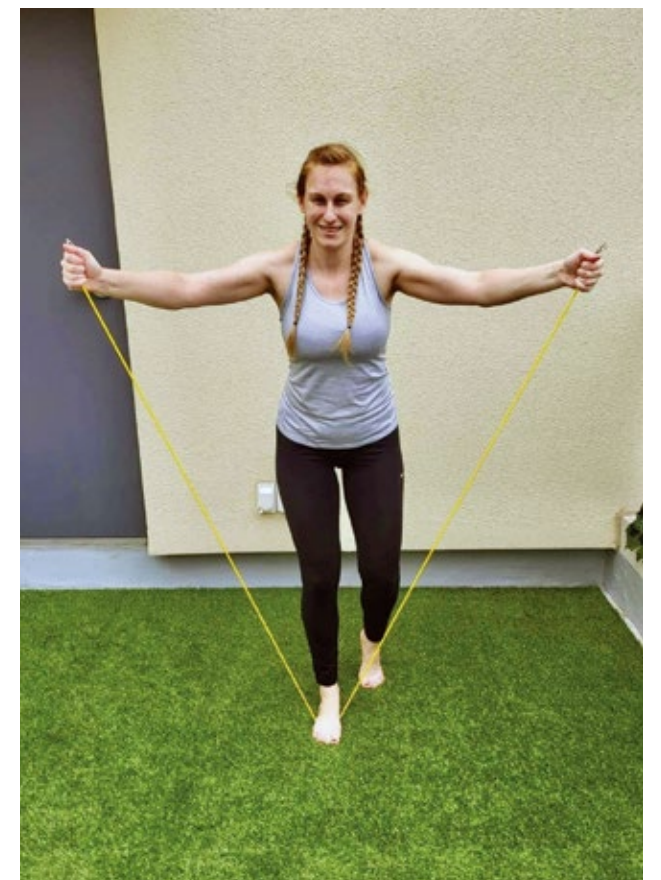
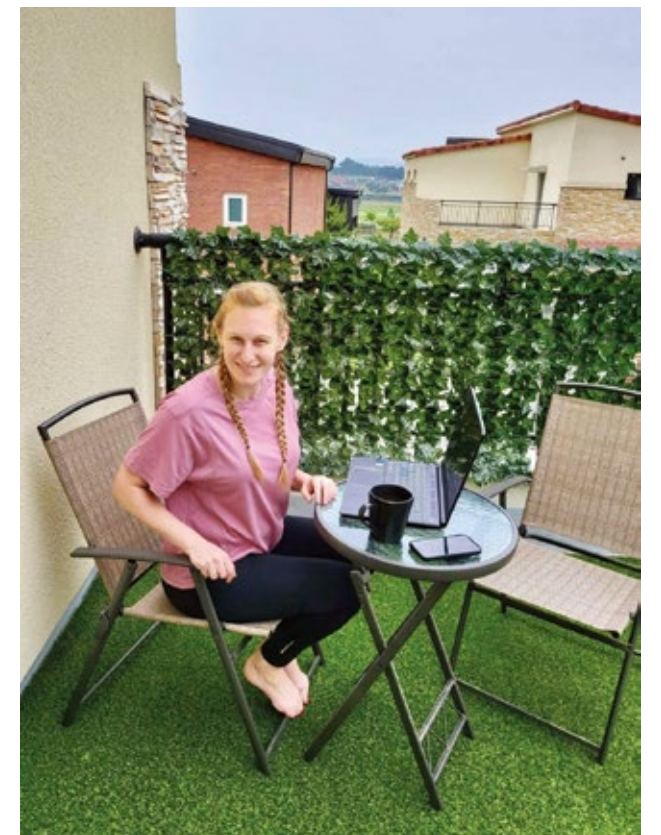
At the time, I also started to volunteer with the High School's track and field team as their jumper's coach. I absolutely loved the experience as I was able to make an impact on the students. Quite a few of them were getting ready to graduate, so we would often talk about university and what life is like when you are no longer living with your parents. I would often answer their questions and even today I remain in touch with some of them. I continued coaching for three years. During my last year of coaching, my baby accompanied me to every practice. We often joked that he was the assistant coach who always took naps during practice.

Unfortunately, with COVID, many facilities closed and many activities came to a halt. During that time, I had my twins.

After I had my children, it hit me. I felt like I no longer had time for anything. I was focused and centered on my kids, but I was neglecting myself. While I wasn't diagnosed with postpartum depression, caring for three kids under three years old by myself was taking a toll on me. I learned that if I am not the best version of myself, I cannot provide the best support for my children. I need to put myself first.

Shortly after this realization, my grandmother passed away from COVID complications due to her diabetes. I had Gestational Diabetes through both my pregnancies, and I feared that I would inherit the medical condition from my family. So, I decided to take matters into my hands and refocus on living healthy. Specifically, I refocused on working out, knowing it benefits me mentally and physically.

Working out might not be the first thing that comes to mind for you. Especially if you have a condition such as pelvic floor issues that restrict your





movement, or diastasis recti for which you should avoid certain exercises. However, working out is so good for your health, well-being, and for ensuring you set aside time for yourself.

When I made the decision to focus on my health and working out, I also recognized there is a lot of conflicting information and not enough support for moms. Hence, how my idea for helping other moms was born.

Let's Focus On You

One of the biggest obstacles moms face is motivation. But what is motivation?

Motivation is a wish or desire for certain activity. It can be defined as an inner impulse or emotion. As such, it is very important to understand that motivation is a limited resource and if we use it in high doses, we will run out of it before we can replenish it. We need motivation on a daily basis, to get out of bed, to go to work, to fix the house, to go work-out, etc. But how do we balance that motivation? Well, let's pick up one thing at a time that we want to adapt and change. The thing we pick should be closest to our most desired needs. For example, very often we see New Year's resolutions made about working out and getting active. But how many of them follow through completely? Not many, only about 50% of people who make the resolution start it and by February only about 30% are still going.

One of the main reasons is that when people want change, they want to change everything at once, so they start working out 5 days a week and completely switch the food in their pantry. But this requires a lot of motivation. Working out doesn't show results immediately, which can make it more challenging to keep ourselves motivated, often resulting in people giving up and reverting to their "old" ways.

That's amazing, but how do we stay motivated?

To stay motivated, we should look at our list of priorities. Parents will often tell you that their children are their number one priority. That's wrong! Very few people set themselves as their priority - we should be our number one priority. We should be well, mentally and physically, to be able to be the

best for our children, loved ones, and any occupation or activity to which we give our time. Who besides ourselves is going to take care of our priorities?

Now let's talk about mindset. When I approach people and suggest an activity or exercise, the response is often "I am not good enough," "I don't know how," or "I am afraid of making mistakes." We need to switch the way we think. We need to allow ourselves to grow. We need to start saying affirmative statements like "I can always find a way to improve," "Challenges help me grow," and "I can learn something to get better." We are capable of so much when we unleash positivity and allow ourselves to be vulnerable.

Set up daily goals to achieve the overall big goal that we have in mind. Every time we achieve a milestone, we should reward ourselves. We should take pride in what we have accomplished. It is huge because we are growing healthier and stronger every day. Along the way, we may make mistakes and that is totally okay. We should learn from those mistakes, pick up, and

keep going. We should not allow them to stop us from achieving our end goal. We can always switch things around as we see them fit. There is no one size fits all to achieve "x". If that was the case, why do we have all sort of different developmental paths?!

Last but not least, find the right crowd to hang around. As we often say in Bulgaria, "Tell me who your friends are, so I can tell you who you are." When we surround ourselves with likeminded people, we are way more likely to keep going until we get our big goal. We will have partners in crime to hold us accountable and keep pushing us when we feel like giving up.

If you are interested in learning more about my Health & Fitness Programs, and looking for fitness tips, or have any questions, find me on Facebook: Petya Mandalcheva-Perez Health Coach and join my Facebook group Mom's Healthy Lifestyle where I post workouts every Wednesday and Friday!

Remember, take care of you first so you can take care of the people around you!



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Learning Photography Through My Lens

By Anna Lonborg



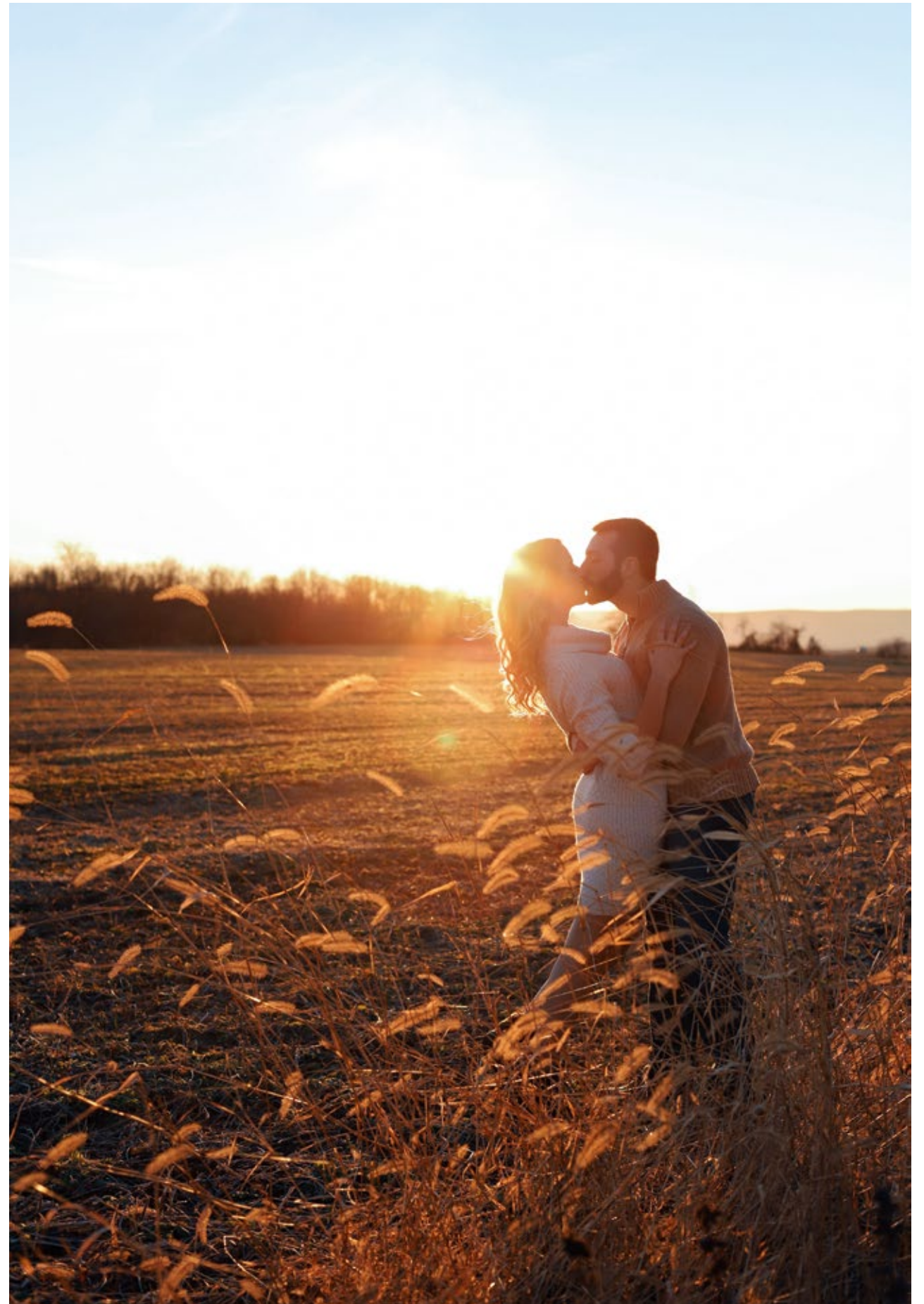
ello! My name is Anna and I am the gal behind the camera for my new project Photography by Annie Lou. For the past year and a half my husband and I have lived in South Korea, and we really are enjoying it so far. I am very much looking forward to our next two years in Korea, especially with things opening back up and warmer weather on the horizon.

In 2020 when we first arrived in Korea, I was not so sure what my day-to-day would look like,

especially after leaving my family, friends, and career in the states. I was blessed to settle in quickly and find a job at the Education Center on post, but felt I was lacking a creative outlet. I like to paint, knit, and worked in fashion previously so my husband encouraged me to start learning photography in my free time. I have always had a passion for art and people, so trying photography sounded like the perfect fit. I was familiar with photoshop and lightroom, but picking up a camera was completely a new thing

for me. So much so, that I did not even pick up my new camera for the first month, I was too nervous!

Although learning something new can be scary, the Camp Humphrey's community has been nothing but supportive. So far, I have been learning by asking questions, watching a lot of YouTube videos, and of course practice, practice, practice. I am happy to be your "go-to girl" whether you are hesitant to start a new hobby or business of your own, looking for new and exciting places to capture, or in need of a



fun photographer to accompany you on your next adventure!

It was nerve-wracking to start a new hobby and show myself being vulnerable, but this community is super encouraging. If you are looking to start photography or find a photographer, the community Facebook pages are a great place to start. There are many photographers around Camp Humphreys all with different styles and talents! My niche is outdoor couple shoots or family sessions, but I am always open to try something new. I love a good adventure and celebrating love.

My favorite place to shoot so far is the Asan Botanical Gardens, or 세계꽃식물원 if you are looking it up in Naver. This is an amazing location, especially for newbies like me. No matter the season, at the Asan gardens something beautiful is blooming, you don't have to worry about the weather, and it's open seven days a week. Parking at the gardens is pretty easy, especially if you arrive early. There is a small fee to come inside, but it serves as a coupon if you were to make a purchase at the shop. There is also a great little coffee shop inside if you need a beverage to get going. The gardens are a great place to visit to shake these winter-time blues, but don't forget to message me if you want me to come along! Currently, my rates, availability, and work can be found on Instagram at photos_by_annielou or you can email annaloulonborg@gmail.com.



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HYEONCHUNGSA SHRINE

By Caitlin Ward



The house where Admiral Yi lived until he passed the state examinations in 1576 thereafter remained the home of his descendants until the 1960s. Behind the home, the spirit tablet of Admiral Yi is enshrined in a family shrine. Ceremonies honoring the admiral are held annually on the anniversary of his death, the 19th day of the 11th lunar month

Across the Republic of Korea, there are countless opportunities to see and experience Korean history and culture. This article series will highlight interesting sites located near US military bases. In this first feature of local treasures, we are looking at Hyeonchungsa Shrine. Located about an hour south of Osan Air Base and 40 minutes south of Camp Humphreys, Hyeonchungsa Shrine honors Admiral Yi Sun-sin (1545-1598) and several

generations of his family. The shrine was built in 1706, 108 years after his death. The shrine was demolished in 1868 by an edict of Heungseon Daewongun (King Gojong's father), which closed most of the private Confucian academies and removed their tax exemption. In 1932, the shrine was rebuilt with the Korean people's donations collected by the Korean newspaper *Dong-A Ilbo*. A treasure preservation committee was also formed at this time to protect the shrine during the Japanese occupation.

Korea was liberated from Japanese rule in 1945 and since then, an annual ceremony celebrating Admiral Yi's birthday has been performed on April 28. From 1966 to 1974, under the order of the late former president Park Chong-hee, the shrine grounds were expanded upon as a sacred place to commemorate Admiral Yi's achievements. The site includes two fish ponds, 5km of walking trail, the house where the Admiral lived before he passed the state examination in 1576, an archery

range where he practiced, a shrine, and a museum that was established in 2011 to exhibit, preserve, and research his relics and records. The museum features Sipkyeongdo (a pictorial history of Admiral Yi's life), Nanjung Ilgi (his war diary), his Long Sword, and history from the 1700s about naval warfare and the infamous turtle ships. The site also includes the cemetery of the family of Admiral Yi with the graves of his third-, fourth-, eighth-, and tenth-generation descendants. The Admiral's grave is locat-

ed approximately nine miles northwest of the Hyeonchungsa Shrine at the foot of Eorasan Mountain in Samgeori, Eum-bong-myeon, Asan-si.

“ If you are prepared to fight to the death, you will live. If you avoid battles to preserve your life, you will die.”

— Nanjung Ilgi (War Diary of Admiral Yi Sun-sin)



This stone monument named Tarubi (“stone monument of the tear shedders”) was erected by Admiral Yi's junior officers in 1603, six years after his death during the historic Battle of Noryang. The epitaph carved on the front of the stone monument reads: “A group of seamen who fought under him erects this humble monument to honor their commander-in-chief, Lord Yi Sun-sin. The monument is named Taru (“tear shedders”) from an episode in ancient Chinese history that tells about the local people of Yangyang shedding tears whenever they saw the Yang Ho's tombstone, in recollection of what he had done for them. This monument was set up in autumn of 1603.” Top right: Statue of Admiral Yi Sun-sin, located at Gwanghamun, Seoul

Admiral Yi Sun-sin is regarded as one of Korea's national heroes due in part to his naval victories that were instrumental in repelling Japanese invasions of Korea from 1592-1598 during the Joseon dynasty. He is credited with winning 23 naval battles without defeat. One of the most famous battles for its strategic brilliance was the Battle of Myeongnyang, which took place on October 26, 1597, where his 13 ships defeated a Japanese force of 333 ships.

Admiral Yi Sun-sin

Admiral Yi (April 28, 1545-December 16, 1598) became a military officer in 1576 after passing the government examinations. He served at various Army and Navy posts and in 1591 was appointed commander of the Naval forces in Cholla province. As Commander, Admiral Yi focused on training his men, stocking equipment and supplies, and developing the keobukseon ("turtle ship"). The keobukseon is thought to have been the first ironclad battleship.

"Its upper deck was covered with armored plates to protect its crew, and spikes and knives were attached to the plates to discourage enemies from boarding. The ship's bow was equipped with a dragon head through which a cannon could be fired and clouds of smoke could be emitted to obscure the ship's position. Cannon and guns could also be fired from the stern and the sides of the ship." (Encyclopedia Britannica, inc.)

When Japanese forces invaded Korea in 1582, Admiral Yi's forces were prepared to fight as a result of his training efforts. Admiral Yi achieved victory off the southern



coast of Korea by cutting off Japanese troops from supplies and reinforcement, thereby preventing the enemy forces from acting upon their initial advantage.

Early in his career, Admiral Yi was discharged following false accusations by jealous colleagues. Again in 1597, following peace negotiations, Admiral Yi was falsely accused of disloyalty and demoted from Commander of the entire Korean fleet to the rank of common soldier.

Admiral Yi was reinstated as Commander of the Korean fleet after Japanese forces launched a second invasion and destroyed nearly all of the Korean Navy. Admiral Yi regained Korea's control of the seas, however, he was killed by a stray bullet while pursuing the retreating Japanese forces.

Additional information about Admiral Yi's life and accomplishments is available in Seoul at Gwanghwamun Square where a statue of him was installed on the 465th anniversary of his birth, as well as in the basement of Sejong Center where an exhibit focuses on twelve themes related to Admiral Yi's life. An additional attraction at the museum is a turtle warship reduced in size that guests can board.

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Alex and the Drummer - Finding Autism Acceptance in Korea

By Laura Hales

Former member of Humphreys community, Laura Hales found acceptance for her Autistic son and inspiration for children's stories among the people of Korea.

My

journey
authoring
children's

books centered around Autism Acceptance began with the birth of my two Autistic sons and solidified during our time in Korea. Korea remains the highlight of our lives. Our children frequently recall with fondness the older Korean women who offered them sweets from their own pockets, often a spicy ginger or ginseng flavor, that we graciously accepted and 'saved for later.' Facebook memories are flooded with images of bursting cherry blossoms. These cherry blossoms became very important to us during the height of Covid-19, when we searched for beautiful and uplifting visuals in our daily walks.

As we opened our hearts and learned the customs and language of Korea, we quickly fell in love with the people, the food, and the culture. We remained as long as possible - three years at Yongsan Garrison and three years at Camp Humphreys. We were fortunate to savor most days with the realization that we were living in years we would wish to revisit for the rest of our lives - a feeling most do not experience until the time has passed.

During our time at Camp Humphreys, my youngest son attended a Korean school just off base. My son is Autistic and struggles with transitions, sensory issues, speech, and a myriad of other stressors. This can make daily school attendance and other aspects of life challenging. As many are aware, routines can provide an Autistic individual a sense of safety.

Part of our routine was to say, 'hello,' to an inflatable Drummer advertisement that stood outside



a small cellphone store on the way to preschool. When my son would feel resistant or anxious, I would remind him that the Drummer missed him and would love to chat on his way to school.

How did the Drummer chat?

Well that was just me sitting in the driver's seat, using my voice acting skills to conjure a heavy Royal British accent. With our windows rolled down, my son and the Drummer would chat as we drove by. They would wish each other

well and offer a short encouragement for the rest of the day.

One particular day, we drove by to find our Drummer deflated on the sidewalk. Our routine and my son's sense of safety was suddenly derailed. He was, as phrased in the book, 'unplugged.'

What follows, (no spoilers here!) was nothing short of a miraculous true event, involving a Korean stranger working in the area and his willingness to perform a seemingly small favor that meant the world to my son and me.

I knew I needed to write this down and share with the world how to effectively support Autistic people.

Our books promote Autism Acceptance through emotional connection with relatable stories highlighting true events with everyday heroes, giving the reader an inside view of a typical day in our community. We also focus on the Autistic perspective, validating and explaining behaviors and inviting the reader to consider a more empathetic mindset next time they encounter a similar situation.

Alex and the Drummer is the perfect keepsake and gift from your time in Korea. Our book is filled with beautiful illustrations to help your family remember Korea including GS25, a delivery scooter, and other iconic Korean imagery.


The next installment in our series takes place at the local commissary! Another true story involving food sensitivities and a kind-hearted grocery manager.


Alex and the Drummer can be found at <http://alexandthedrummer.square.site> or simply scan the QR codes below for direct links to our Autism Acceptance Facebook Group, free Audiobook Link, and book purchasing site.

Laura is available for virtual school and group visits where she discusses Autism Acceptance and the Autism experience from a mother's perspective. All inquiries and bookings can be directed to tlamaki86@gmail.com.



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Mrs. Hoyt's World Famous Cookies

By Sarah Anne Hoyt



These cookies are world famous because we've made and enjoyed them all over the world - from Korea to Kuwait and Afghanistan to Alaska. Mr. Hoyt attempts to limit himself to four at a time, but if you have no PT test soon, indulge at will.

Ingredients:

- 1/2 cup softened unsalted butter
- 1/2 cup butter flavored crisco
- 1/4 cup white sugar
- 3/4 cup brown sugar (the extra brown sugar makes them nice and soft)
- 2 eggs
- 1 tsp vanilla
- Box of pudding 3.4 oz (vanilla, French vanilla, or chocolate)
- 2 cups of regular all-purpose flour
- 1 heaping tsp of baking soda
- 2 cups of chocolate chips

Steps:

- Mix white sugar, crisco, brown sugar and butter. Blend with hand mixer at medium speed.
- Add 2 eggs. Add vanilla. Blend.
- Add box of vanilla pudding mix. Blend.
- In a separate bowl, sift together flour and baking soda.
- Add half of dry ingredients to wet ingredients until they are just mixed. Add the second half of dry ingredients to wet ingredients until mixed. Blend at low speed.
- Add chocolate chips.
- Scoop dough by tsp and round into balls. Place two inches apart on cookie sheet.
- Set time for seven minutes.
- Remove from oven and let cool on pan for two minutes.
- Enjoy!



Seeing Korea from New Heights

By Becky Mengle



One of the earliest lessons I learned in South Korea was that if you do not hike, you only see part of the beauty this country has to offer. Another lesson was that no two peaks will ever be the same and that sometimes the peaks will change from season to season and even from day to day. I have invested hours into hikes that have resulted in stunning hues of blue from different peaks in the distance. However, many of these hikes have also led me to just the clouds with nothing but gray in all directions. The bottom line is, you're always going to be missing something and that fear of missing out, or as the kids say,

FOMO, was enough to motivate me to reach new heights both physically and mentally.

When we received orders to South Korea, in my head all I could visualize was the city life of Seoul and in the countryside, rice paddies. It never occurred to me just how mountainous the country truly is. Even from Seoul, you are just a short subway ride away from striking cityscapes that are easily accessible from the peaks in Bukhansan National Park. The national parks, twenty-two in total, are extensive, well-kept, and always within a couple hours driving from anywhere in the country. It would be a mistake to just stop at the national parks though as there are many excellent

and isolated hikes worth trekking. If ever you are unsure where to begin, try the All-Trails app and, using the map feature, look for green dots with information about distances and difficulty levels as well as images and reviews from fellow hikers. Or look up a map of the national park's trails online and plan your own hike. There are also Facebook groups dedicated to hiking here in Korea such as "Camp Humphreys Hike and Bike". You could always join their scheduled group hikes or get inspiration from a member's post about their weekend adventure. There are many ways to get started, but once you do, you may not be able to stop.

Before taking your first hike to a

peak in South Korea, it is important to note that the trails are designed differently than they are in the United States. In the U.S., we love a good switchback. In South Korea, do not expect to see switchbacks. Instead, expect stairs. These stairs can be man-made with wooden or metal steps, or they can be more natural with scattered boulders that you'll need to climb. Regardless, the inclines tend to be more dramatic than that of a switchback, but the distance of your hike, shorter. I recommend practicing on the Stairmaster machine at your local gym to prepare yourself for the endless steps you'll encounter. Initially your quads, hamstrings, calves, and glutes will be yelling at you during

hikes, but with more and more hiking, they will start to thank you, begrudgingly, of course.

I have only just started to scratch the surface of the highest of peaks in South Korea, but one of my favorites and most difficult hikes was to Daecheongbong in Seoraksan National Park on the East coast. After preparing with casual local hikes at Maansan, Baebangsang, and Yeonginsan and some more strenuous hikes at Chiaksan National Park and Gyeryongsan National Park, I felt I was ready to tackle the third highest peak in South Korea sitting at an elevation of 1,708 m or 5,604 ft. There

were two routes up. A shorter route (about 8 miles round trip) and a longer route (14 miles round trip). Now, logic would suggest that a shorter route would be favorable, but after some quick research, it became clear that the longer route would be more scenic with a casual and gentle incline in the beginning. I had to pass on the shorter trail that would be nothing but stairs to the top.

We started at 5:30AM on July 1st knowing that this hike was a full-day commitment, and we would get the coolest temperatures with this early start. Our bags were packed full of water, assorted snacks from the CU



next to our hotel, and gimhap that we had slated to be eaten at the peak, our favorite tradition for our Korean hikes. The start of the trail kept me very motivated as I passed through the Bisondae Valley with the water soothingly flowing past large boulders to the side of the trail. We quickly passed through the easiest portion of the trail and started to hit some inclines with stairs taking us higher and higher up the rocky cliff sides. The waterfalls we hit along the way provided opportunities to stop, take pictures, and prepare for the beast ahead of us. My hopes were still high as we looked at our map and saw that we were going to start heading away from the water and up to the most challenging portion of the trail.

There are times I pray and beg for man-made stairs on my hikes. This

part of the hike was one of those moments. The rocky boulders that I had to climb made it difficult to keep a rhythm and the height of each step felt like it demanded more and more of me with each rock. I also knew coming back down would be painful with the rocks because my lack of depth perception forces me to look down and always brace myself carefully. The climb was tough. However, every now and then, I would look around me and see the landscape change dramatically with each break we took for water. I could suddenly see the iconic Dinosaur Ridge off in the distance. I could see the ravine we came up through. I could see endless peaks in the distance calling out to me. I had newfound motivation to keep climbing through the pain just to see how the views would become more and more dramatic at

each new elevation point.

A couple more water and snack pit stops and false summits later, we reached the peak at 10:30AM. I instantly felt the euphoria of being at the very top set in as I stood at the stone marker and looked all around me. Each angle offered something more stunning than the last. You want to take it all in, but also want to focus in on all the details simultaneously. I took plenty of photos but sighed knowing that the camera would never do this justice. I put down the camera and focused on being in the moment.

My stomach growled and I inhaled my gimhap that I had patiently waited for along with some squid jerky and chips. In South Korea, it is not uncommon to see a full-blown picnic taking place at the peak or near the peak with various pieces of

Tupperware full of delicious food or ramen prepared with hot water from a Thermos. Rice wine also seemed to be always at the ready. I enjoyed being an onlooker to all the smiles and lively conversations as people gathered around hard-earned food. There is no comparable feeling.

Soon enough, we looked at our watches and determined we had to start heading back if we were to make it back to the car at a decent time and beat the heat of the day.

Coming back down the steepest part of the hike was a never-ending journey that made me question just how long it took us to get up it. The waterfalls and made-made stairs welcomed us back to the comfortable portion of the hike and since we had already hit the goal for the day, we let ourselves stay at each scenic stop just a little longer as we reflected on all we'd accomplished and took mental pictures of these moments that we felt we could

live in forever. It was around 4PM when we came back into the park entrance area. I feigned an insatiable desire to sit in a café and drink an iced coffee in the main park area out of fear I was not going to make it to the car with my aching feet. As I sat in that café, I was already thinking about Hallasan and Jirisan, the first and second highest mountains. Hiking in South Korea is an addiction that I've fallen victim to, and I couldn't be happier.



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From Humble Beginnings:

An inside look at the origins of Phi Beta Sigma Fraternity, Incorporated

By Sherwood A. Earle III, Secretary

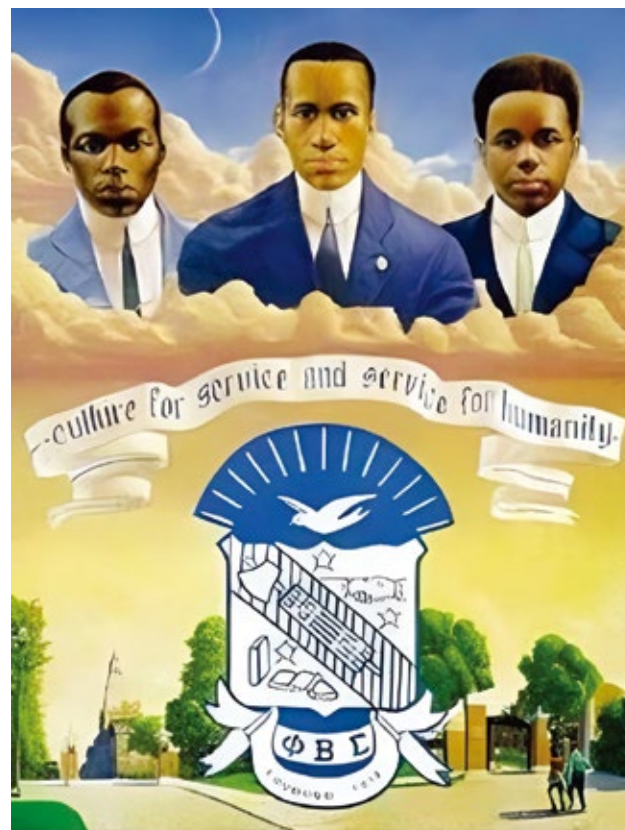
NATIONAL HISTORY

Phi Beta Sigma Fraternity, Incorporated, an international organization that consists of collegiate and graduate professional men, was founded on January 9th, 1914, at Howard University in Washington, D.C., by three courageous young African American students. The founders, the Most Honorable A. Langston Taylor, Leonard F. Morse, and Charles I. Brown, desired to establish a Greek-letter fraternity that embodied the ideals of brotherhood, scholarship, and service.

The founders were adamant about establishing an organization that saw itself as “integrated into” rather than “separate from” the larger community. They believed that people should be evaluated on their own merits, regardless of wealth, national origin, or skin tone. They desired to be a part of a larger brotherhood dedicated to the “inclusive we” rather than the “exclusive we.”

The founders envisioned the organization as a vehicle for providing services to the broader community. Rather than acquiring skills solely to benefit themselves and their immediate families; the Sigma founders were adamant about giving back to the community from which they had come. The motto of our fraternity, “Culture for Service and Service to Humanity,” reflects this firm conviction.

Phi Beta Sigma is the first African American Greek-letter fraternity to establish alumni chapters, youth mentoring clubs, a federal credit union, chapters in Africa, and collegiate chapters in countries other than the United States. It is also the only frater-



nity to have a constitutional bond with a sorority, Zeta Phi Beta, which was founded on January 16, 1920 at Howard University in Washington, D.C. as a result of the vision of Phi Beta Sigma members.

After 108 years, Phi Beta Sigma continues to faithfully perpetuate growth and progress as the “people’s fraternity” with the strength, force, and vigor of over 125,000 dedicated men united in over 700 chapters

throughout the United States, Africa, Asia, the Caribbean, and Europe. Phi Beta Sigma is committed to serving all humanity.



CHAPTER HISTORY

The Alpha Omega Sigma chapter (also known as Korea Sigmas) of Phi Beta Sigma Fraternity, Inc., was chartered on October 23, 1982, by six fraternity members stationed in Seoul, South Korea. The charter members, Bro. Leslie E. Williams, Bro. Albert Smith, Bro. Clifton L. Miller, Bro. Kevin P. Congo, Bro. Harold Burris, and Bro. Cedric Garner, wanted to establish a new chapter to support the fraternity members assigned to tours in South Korea; the chapter is Asia’s first graduate chapter of Phi Beta Sigma Fraternity, Inc. In 2018 the chapter relocated to Pyeongtaek (Camp Humphreys) from Seoul (Yongsan). Since its inception, it has recruited hundreds of new men of distinction into the great band of Phi Beta Sigma.

Phi Beta Sigma has a prominent presence in South Korea. Our organization is known for its philanthropic endeavors, community service, scholarly activities, and mentorship programs. The men of the Alpha Omega Sigma chapter adhere to the founding principles of Brotherhood, Scholarship, and Service and upholds the Fraternity’s reputation with the highest standards of conduct while growing into community leaders.

Brotherhood: The men of Sigma use every means available to exercise a genuine sense of brotherhood

amongst its community members. We meet regularly throughout the month to fellowship as men and with families. We believe that “iron sharpens iron, so does one brother sharpen another.” We are equally convinced that family is essential, and as a brotherhood, our families should know who we spend our time with to understand the vision. The bond forged through this great chapter will not be broken regardless of our destination. With most brothers being in the military, it is unlikely that all will remain in the exact location forever. However, due to our brotherly connection, we will always reach out to check on one another and provide aid should it be needed.

Scholarship: The chapter has contributed tens of thousands of dollars to the scholarship initiative since its inception. Each year, the chapter awards scholarships to deserving local high school graduates. The three most recent recipients of a scholarship attended Camp Humphreys High School. Future plans include expanding scholarship opportunities to all DoDEA High Schools on the Korean Peninsula.

Service: Alpha Omega Sigma has partnered with the local community and organizations on Camp Humphreys through our chapter outreach program called Sigma Connect. Sigma Connect is geared to demonstrate that the men of Phi Beta Sigma are committed to making a change in our local community, both on and off the post. Listed below are some of the community service projects we’ve completed on and off base:



1. As a demonstration of our commitment to the local community, we have partnered with local orphanages and The Salvation Army. Here are some examples of community activities:

a. Osan Orphanage clothing and toy drive:



Twice a year (spring and fall), we sponsor a clothing and toy drive for the Osan Orphanage. Our previous efforts resulted in the orphanage receiving over 1,000 articles of clothing and toys.

b. Pyeongtaek Salvation Army adult clothing and can food drive: Over 600 adult garments and 200 nonperishable food items were donated to the Pyeongtaek Salvation Army as a result of our clothing and food drive.

c. Feed the homeless: During this initiative, we prepared holiday gift bags filled with nutritious treats for distribution to the less fortunate. Due to COVID restrictions, we have not conducted this particular event in 2020/21. However, we look forward to continuing this endeavor now that the restrictions have been lifted.

2. We have partnered and pledged our support to numerous organizations on Camp Humphreys such as the Better Opportunity for Single Soldiers (BOSS), Child Youth Services (CYS), and the United Spouses Club, and other Camp Humphrey organizations. Some of the activities/events that we support are listed below:

- a. Camp Humphreys' youth mentorship program
- b. Juneteenth Celebration
- c. CYS sponsored - America's Armed Forces Kids Run



- d. BOSS sponsored - Color Dash Run
- e. Operations Clean Sweep (Ville clean up)
- f. Numerous events sponsored by the garrison

Today, the men of the Alpha Omega Sigma Chapter of Phi Beta Sigma Fraternity, Inc. are strong, with more than 20 assigned chapter members. We are also joined by other brothers, who are members of state-side chapters, as they complete their assignment tour. A Sigma man is known for his astute character, honesty, and mindset dedicated to community improvement.

There is so much to say about our great organization. However, if you would like more information in general or how to become part of this fraternity, please inquire using the below media platforms.

ALTERATIONS * EMBROIDERY * LAUNDRY & DRY CLEANING



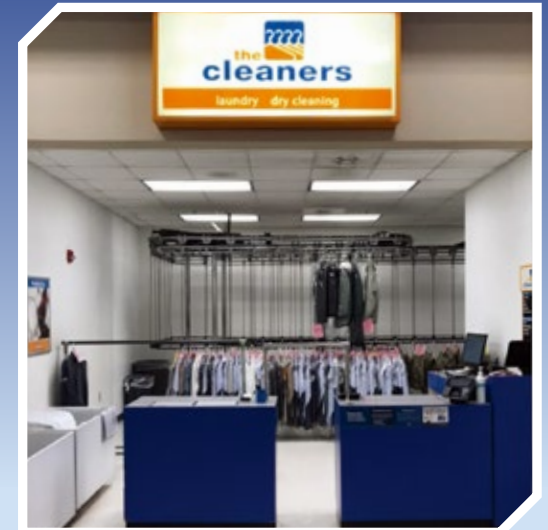
CLOTHING ALTERATIONS

- Sewing on Grade Insignia, Unit Patches & Name Tags
- All Military Uniform Repairs Including Civilian Clothes

EMBROIDERY SERVICE

- Customized Patches Order Available

Humphreys: Bldg #5700 (Between PX and MCSS)
Osan: AB Bldg #965 (BX mall)



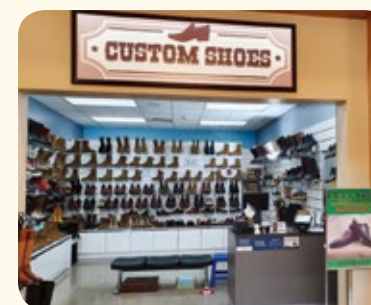
LAUNDRY & DRY CLEANING

- Dress Uniform, Business Suit, Sports Coat, Pants, Slacks, Shirts, ACU & ABU

Humphreys: Bldg #400 (Sentry Mall)
Bldg #6803 (TMM)
Bldg #6120 (NCO Academy)
Osan AB: Bldg #965 (BX Mall)



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Changdeokgung Palace

By Ethel Cameron



Changdeokgung Palace is one of five palaces in South Korea. It is located in the heart of Seoul. Many Korean Dramas have been filmed in Changdeokgung Palace. The Secret Garden is one of the palace areas that attracts many visitors because of its beautiful garden and pagoda. There is convenient public parking right beside Changdeokgung Palace where you can park your vehicle for 12,000 won for the day and enjoy the beauty of the palace. There are a plethora of restaurants and cafes to choose from across the street from the palace. Hanbok can also be rented at the Hanbok Rentals shop across from the palace entrance.

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Helping Kids Develop Coping Skills With the Power of Reading

By Dr. Melissa Munro Boyd, Clinical Psychologist & Author



family and I have had a great experience in Korea over the past 3 years. As a mother of 3 and Clinical Psychologist, I have enjoyed helping my own children and families in the Camp Humphreys community with the challenges of PCSing, adjusting to living in a foreign country, being far away from family and

friends, and coping with COVID.

Prior to PCSing to Korea in 2019, I published my first children's book titled B is for Breathe: The ABCs of Coping with Fussy and Frustrated Feelings. This book, in addition to several others I have since published, promotes social emotional learning and provides examples of diverse ways children can cope with frustrating emotions and practice calm down strategies.

Helping kids develop coping skills for managing stress can benefit children and the adults who love them. Rather than simply encouraging children that everything will be okay, it helps to talk and demonstrate how to cope with stress so that they know what to do. There are a plethora of healthy skills children and families can do together in anticipation of a change in their normal battle rhythm. Some

examples include having family dinner, consistent bedtime routines, establishing limits on the use of media and technology, and identifying times that are most stressful (i.e. PCS season).

As we prepare for the new school year, books are also a great resource to help children make a smooth transition. Here is a brief description of my books that help children navigate feelings related to being back in a classroom or homeschool environment, adjusting to a new routine, making friends, and participating in new activities.

B is for Breathe: The ABCs of Coping with Fussy and Frustrating Feelings

B is for Breathe is a great resource to equip kids with positive coping skills and techniques. From the letter A to the letter Z, B is for Breathe is a fun and colorful book that provides examples of diverse ways children can express their feelings, cope with frustrating emotions, and practice calm down strategies such as reading, journaling, doing art, listening to music, and muscle relaxation.

Better Together: The ABCs of Building Social Skills and Friendships

From the letter A to the letter Z, Better Together teaches children important friendship skills such as sharing, taking turns, asking for help, and paying attention to body language. Better Together shares fun examples of children practicing social situations at

home and school and helps children understand how to use their social skills with confidence!

Keeping it Cool: Skills for Coping with Change

Keeping it Cool explores numerous ways children can adjust to change, express feelings, and

practice healthy coping skills. This enjoyable book teaches effective coping strategies and how adjusting to change impacts feelings, time spent with others, and daily routines. Keeping it Cool offers ideas for children to model and encourages social emotional skills and emotional awareness in children.



Creating Calm in 5, 4, 3, 2, 1

This is the newest release in the Healthy Coping Skills Series. Creating Calm celebrates the many ways children can express their feelings and develop healthy coping skills at an early age. This book teaches kids relaxation and grounding techniques such as deep breathing and using 5 senses – sound,

touch, smell, taste, and sight – to be present and manage unpleasant feelings. Creating Calm will inspire kids to discuss their feelings, show positive behaviors, and practice calm down strategies.

Hair Day

Hair Day is a colorful book about a young girl's experience of learning

to embrace her hair and find beauty in the many styles she can wear. This book shows a lovely bond between a mother and daughter and the memorable times they share discussing hair, self-confidence, and emotions.

Color My Hair Coloring Book

Color My Hair is a fun coloring book for girls with positive affirmations and beautiful and diverse hair styles. It includes 20 coloring pages, creatively designed to encourage girls to be confident, unique and to love their hair!

Books can be purchased online at Amazon and Barnes and Noble in addition to many local bookstores in the United States.

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Dr. Melissa Munro Boyd is a wife, mother of 3, Clinical Psychologist, and officer in the United States Army. Dr. Boyd has spent much of her clinical career treating military service members with behavioral health disorders and she most recently served in South Korea as the Chief Psychologist. Prior to the Army, Dr. Boyd worked in the Philadelphia School District where she completed her dissertation on the impact of community violence on children. She is a proud graduate of Hampton University in Virginia where she earned her Bachelors in Psychology and of La Salle University in Philadelphia where she earned her Master's and Doctorate in Clinical Psychology.



Meaningful Ladybug Photography

I am Monica the photographer who is behind the lens of Meaningful Ladybug Photography. We PCS'd to Camp Humphrey almost a year ago and I'm loving it! I love to find the beauty in everything that I photograph. I photograph newborns, maternity, couples, family, kids birthdays, cake smash, seniors, inside the photo box and much more. I consider myself friendly, silly, kind, and very creative. I like to have fun and experiment with new artistic ideas in all my photo sessions.

I have been married for 17 years and have two very handsome boys that keep me going every day. I love my boys beyond all reasons and I cannot imagine my life without my family.

I have a Bachelor of Arts in Photography (2006) and a Bachelor of Science in Graphic Design (2009), from California State University, Sacramento.

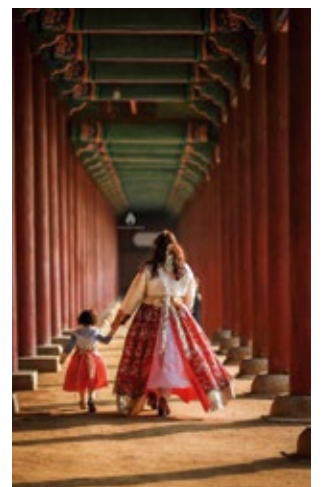
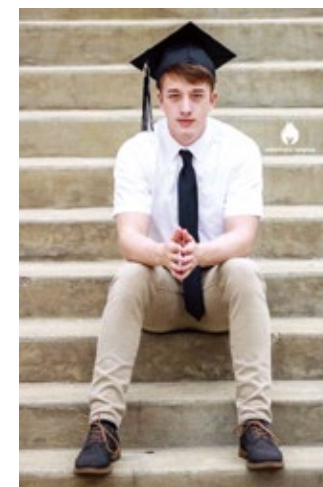
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Bare Knuckle Arts & Rag and Broom Man

- A Veteran and Military Spouse Brings His Best to the Table with Attention to Detail



By Brandon Bledsoe
Veteran and Military Spouse



I joined the United States Army in 2005. George W. Bush was still President, Saddam Hussein was on the most wanted list, and the Army was on the cusp of adopting the ugliest uniform in its long history, the ACU.

For me, 2005 was quite a while ago, but like many veterans, I very clearly remember my drill sergeants — the men at Fort Benning who gave me the training I would need to be a soldier, and later a combat medic. I can remember when I was cleaning my M16 rifle, and I believed it was important to do everything quickly. If you have ever been on the receiving end of a drill sergeant, then you understand my sense of haste.

Drill sergeant Ussey dropped down in front of me in a squat, placed his hand on my shoulder and ordered me to stop. I had been scrubbing the rifle with a lot of fury and very little purpose. He did not yell, bluster or demand any exercises. He told me “That weapon is your life. It is how you live and die, it is how you work with the person next to you. Clean it with the importance it deserves. Slow down, attention to detail, soldier.”

He waited, made sure I was looking him in the eye, and with a nod of that impressive hat said, “Attention to detail. In all things you do, attention to detail first.” I may not be the first to say it, but I will say it here, I took that with me everywhere I have gone since, and that includes my duties as a military spouse.

I left the Army in 2011, my wife however, was still in the Army. We had a conversation where we restated our intent that “someone” would get out of the military and be

home with the kids. Now, we had obviously meant her when we said someone, but did it have to be that way? Nope. We had always said we were partners, and the labor was about to divide again.

I transitioned from military to military spouse a little over eleven

years ago. In that time we have had two children, gone to five duty stations, I went to college, raised kids, and went through most of the challenges that come along with military life. I have been the husband of an occupational therapy technician, a medic, a drill sergeant, a section sergeant, and a first sergeant (twice so far), and they are all the same amazing person. She has to live with a historian, a photographer, a cleaner, and if she is to be believed, a world class beverage maker. In every aspect of my life, be it planning a trip, raising kids, or tutoring in college, I bring that attention to detail to the table. I think it is a lot of what has allowed me to be successful, and to help my family be successful.



When I wanted to go to college, she helped me make it happen. When I wanted to be a photographer, she helped me make it happen. When she wanted me to be a professional photographer, she tricked me into it! When we came to Korea I planned on continuing to operate my photography business. Bare Knuckle Arts (@bare_knuckle_arts) was not a “side hustle,” or any other term that takes attention away from it being a passionate

artistic pursuit. It is my work, my art, and a business. However, there was another niche here. People wanted housekeeping and cleaning services. My wife and I both had the same idea, the same day, and talked about it at home. The idea was that I could be a cleaner. Sounds easy right? Cleaning stuff is easy, except housekeeping is probably the most common thing people get overwhelmed or in a rut with.

I want to take a small aside and be specific about terms. Work is anything that consumes your time, energy, and labor regardless of whether or not you are paid. Employment is the holding of an occupation. Not being employed does not mean you do not work. Military spouses are expected to be parents, housekeepers, cooks, organizers, drivers, and a litany of other things that all make up a great deal of work. This does not include unit functions, family organizations, and



anything that can be covered by my least favorite term, “expectation.” If there is time left and the means to do it, perhaps then you may also get to be a student, seek employment, or have a hobby for yourself. We work a great deal before we even discuss employment.

All of that to say, when I started Rag and Broom Man on Camp Walker it was not to judge anyone for needing or wanting housekeeping. It was a chance for me to remain self employed and to provide a service that people in my own community may actually want or need, and to do it at a reasonable rate. I do not like price gougers and I do not like that military and military spouses are bombarded with predatory sales and advertising. I bring to both my work as a photographer and housekeeper the same attention to detail that I lingered over earlier, but also the understanding of the unique challenges our households face. I want to be someone you want to work with your family, I want to be someone you are glad is at your home, and most of all I want to make your day a bit less stressful.

I bring the same passion to both of my jobs, cleaning and photography. I also have to have some of it for the home. In all of the things that I am doing I want to bring my best to it. I clean cars. I clean homes. I am a portrait artist. On top of it all, I am a parent and military spouse. I do not just want to give you a sales pitch, and I did not come here to advertise today (I’m going to, but that’s a bonus).

I want you to know that you can do it. If you want to start your own business, you can do it. You may have to study and prepare, and that may be another challenge on top of all that you have already, but



you can. I also want you to know that you do not have to. You do not have to compare yourself to anyone. I want you, the military spouse, or potential spouse, or service member to know that you can. Just like we told ourselves in basic that everyone had to do it, well many spouses came before you and will come after you. Your contribution is up to you, but I want you to know that you can do this. You want to go to school? You can. You want to work outside of the home, you can do it. You do not think you are ready yet? That is also valid.

I hope you have learned something here today, not the least of which is that it is ok to call in someone to help with the cleaning.

Brandon Bledsoe
Rag and Broom Man Cleaning
Services
Bare Knuckle Arts (photography)
Veteran and Military Spouse

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Jebudo: *The Mudflat Island*

By Kendra Webber



Jebudo is a small, mudflat island on the Yellow Sea that is part of Hwaseong city. It is connected to land by a sea road where one can experience the “miracle of Moses” (parting of the seas) - during high tide, the sea road is submerged in water.

By car, the island is about one hour from Camp Humphreys. Just search for Jebudo (제부도) in Naver Maps or Kakao Maps for navigation. If you are driving to the island though, be sure to check the tides so you don’t get stuck on the island. 1330, the Korea Travel Info Line, can help with checking the time the road is open.

If you want to use public transportation, hop on a subway to either Sadang or Suwon station. At either station, you can catch a bus that will take you to the island entrance. A shuttle bus stop is located close by (estimated walk of two minutes), to take you across the sea road to the island.

Jebudo is a great day trip or a weekend trip destination. There are pensions, glamping sites, a beach, many seafood restaurants, a small amusement park called Jebuland, carriage rides, and a trekking trail (about 5-7 km around the island). There is a new cable car that goes to the island that opened in December 2021 called Seohaerang Marine Cable Car.



The island is small and it is mainly geared toward tourism. The main attraction at Jebudo is the sea road. The Yellow Sea has some of the most drastic tidal fluctuations in the world and this is an interesting place to experience it.

If you are looking for a new or unique experience, you can rent rubber boots and equipment to go digging for clams on the mudflat. This is not technically specific to this island, but it is one of the places you can do this along the Yellow Sea.

For more information about Jebudo check out: <https://tour.hscity.go.kr/NEW/1tour/nature1.jsp>



Seoul Hikes:

An Adventure with Honey Trail Korea on Mt. Inwangsan

By Kimberly Kephart



Hiking in Korea offers a variety of choices. Often it can be tough to choose a location to hike and then when you get to the location, you quickly realize how arduous the climb might be. However, one hike that you can do time and time again, without ever getting old, and the whole family can enjoy, is Mt. Inwangsan. This mountain

offers extraordinary views of Seoul and its surrounding mountains like Naksan, Namsan and Baegaksan. You will even get to hike along the beautiful fortress walls! One of the most notable aspects of this mountain is that in 1968 Inwangsan was closed to the public after a unit of the North Korean Special Forces infiltrated Cheongwadae.

I first stumbled upon Mt. Inwangsan when I was browsing through

Airbnb Experiences, which is one of my favorite resources to explore a new country or city. I used this service often while living in Europe resulting in some extremely amazing adventures and meeting incredible people on tours. I knew Airbnb Experiences would not fail me.

I searched for a fun and short way to hike on a weekend getaway in Seoul. I wanted to rise above the hustle and bustle of the city and

get a full 360-degree view of what Seoul had to offer. I stumbled upon a tour led by Lee, who runs Honey Trail Korea. Lee has some impressive hiking experiences. She solo hiked Mt. Kilimanjaro, the Himalayas in Nepal twice, and the Alps. I also was struck when she said she “doesn’t like to hike too fast in the mountains” because let’s be honest, if you have hiked the mountains here in Korea, going fast can be a bit daunting (also one needs adequate time to rest after heaving up a lung). I pressed “Book” and prepared myself for what the hike could potentially offer. My husband was equally excited to add another mountain to his repertoire.

Mt. Inwangsan is in the central part of Seoul just outside of Gyeongbokgung, and close to Cheong Wa Dae. It is a simple trek from Gyeongbukgung Station Line 3 (Orange Line) Exit 1. If you walk straight out from this exit, you will see maps and information in regard to trekking Inwangsan and the Seoul City Wall. We met our guide Lee right outside of the GS 25 at the top of the station exit. The best advice I have gotten to date, and Lee mentioned this, is to grab street food or food from a convenience store before hiking up this mountain. She mentioned you will want to take in the views with soju and beer in tow, and maybe some Gimbap or Ramyeon. As we started our hike along a discerning street just outside of the palace, Lee took us to two different locations before going to the trailhead, Sajikdan and Dangun Seongjeon. We stopped at a tree where she showed us bullet holes from the infiltration of North Korean Special Forces. She spoke to us about the history of these three cultural sites and it made for an interesting stop before heading

up the mountainside. The extra insight and stops along the way made this hike informative and a bit more relaxing. I was almost embarrassed that I was huffing as much as I was, thankfully Lee made the stops long enough that it was not noticeable (or was it?).

As we made our way up to the trailhead, Lee mentioned the area would be crowded, so we could be prepared. As soon as we made our ascent up the first set of wooden stairs, our first view appeared, a great view of the fortress walls, Namsan Tower, and the rooftops appeared below us. While hiking along the fortress walls, Lee filled us in on what certain outposts were and why the Korean Army was watching over the trail. She informed us of the incident in 1968 where a unit of North Korean Special Forces infiltrated the Blue House or Cheongwadae and that this area was not re-opened until 1993. Conversation flowed easily between the three of us and the evening sky began to turn purple. At

certain points we turned around and saw the nightlife “turn on” in Seoul. At one point we were on our hands and knees scrambling over the rocks, dodging other hikers as they hurried past us. It was as if everyone in Seoul knew what we did not, that the city was about to become something magical, and we would soon have an incredible view of the city. I remember turning around at top of the stairs and there was complete silence. All the hikers around me became quiet as we all sat under a tree together watching tiny cars, like ants zigzagging through city streets. The silence was deafening, and I shared a quiet moment with a few strangers that was magical and beautiful. All these adventurous hikers gathered at the top to forget their worries and relish in the view.

Lee motioned for my husband and I to follow her as we had not reached the top yet. We made it to the top just as the sky grew dark, and the stars came out. Planes heading to Incheon flew above us





and the skyline of Seoul became more defined. It was as if the night was on pause and the world slowly faded around us. Lee gently brought me back to reality and said we were heading back down.

Lee supplied headlamps for our climb down via Train Rock. There was a local hiking group descending the mountain with us and they were incredibly kind, chatting with us about where we were from. We shared stories with one another and before I knew it, we were almost done with our hike.

During the hike down, Lee mentioned how easy it is to climb the mountains around Seoul and the accessibility of public transportation. We ended up close to Muakjae Station (Orange Line) and caught this line back to Gyeongbukgung Palace. Lee handed us a gift; our family name spelled out in Korean

on hanji paper. It was a sweet gesture to end a very beautiful hike.

Since this introduction to Inwangsan, I have gone back twice, as has my husband. I often refer newcomers to this hike as a great introductory experience to hiking in Seoul. I brought a group of friends to Inwangsan during the wintertime and it provided for a great bonding experience. Since this hike, I have spent more time outdoors and developed a better appreciation of Korea's hiking culture. You can hike Inwangsan on your own, but I highly recommend Lee from Honey Trail Korea because the bits of history she shared along the hike, and her approach toward hiking, enriched our experience. Also, Lee runs one of the only female-owned hiking companies in Korea. I think it is important that while we spend time in Korea, we assist small businesses

like Lee's - it is a small business with a big heart. You get firsthand knowledge from someone who has lived here their whole life and runs her business with a passion. Why not take the time to discover Korea with someone who knows it like the back of their hand? This gives you an opportunity to make a new friend and form a new connection that will bring you closer to Korea. I know that these types of connections bring us closer together as human beings and teach us about ourselves and who we are in relation to the world.

Check out Lee's Instagram:
@honeytrailkorea
Follow me on Instagram:
@kimberly_kp_
Book a tour with Lee:
www.honeytrailkorea.com
Check out the experience on Airbnb:
<https://www.airbnb.com/experiences/2556437>

Faithful Adorns



ello, my name is Shwanda Anderson, and I am the owner and creator of Faithful Adorns. I am a wife of a military personnel and Stay at Home Mom of three little lively joy strikers. Faith and Family grounds me, drives me, and cultivates my purpose in this life.

Faithful Adorns was in me for a long as I can remember, creativity was birthed from a form lack; I remember as a child I didn't have many clothes, I had a few pieces here and there, but one would have never known; I could turn one shirt and one pant into three outfits along with accessories. That's where it all started for me, Creativity, Uniqueness, and Innovation. I learned to improvise and make what I had enough. Fast-forward, Faithful Adorns was birthed February 2021.

My vision for Faithful Adorns is to eventually produce, full accessories, clothing, as well as Home Décor that women and men can faithfully be adorned in. But until then, I currently create Handmade Bold Unique earrings using Polymer Clay. I absolutely love this medium of crafting because there is ceilingless potential in creativity.

Faithful Adorns currently aims to be faithful in adorning women all over the world in; uniqueness, boldness, confidence, fierceness, and love.

"A good pair of earrings has the power to boost the confidence of a woman in a unique kind of way" -Shwanda Anderson

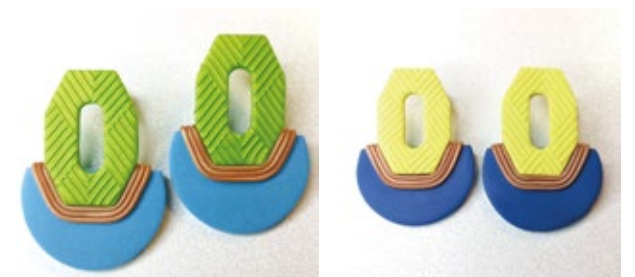
Contact Information:

-Facebook: Faithful Adorns

-Instagram: faithful_adorns

-Where to purchase earrings:

<https://www.etsy.com/shop/FaithfulAdorns>



Eastern Social Welfare Society

Building on 50 Years of Caring for Our Neighbors

By Hyunki Kim, Senior Director



ESWS Founder Dr. Kim Duk-hwang with children



March 18th, 2022 marked the 50th Anniversary of the founding of Eastern Social Welfare Society (ESWS), in Korea. For the past 50 years, the mission of ESWs has been to follow James 1:27, "To visit the fatherless and widows in their affliction."

Our mission is to respect the value of life. We are dedicated to help those in need while offering

them a happier and better quality of life. We support orphans, parents who cannot raise their own child, people who are struggling due to their congenital disability, adolescents about to give up on their education due to poverty and elderly people who have to live alone.

These people all need a neighbor's helping hand, and with the constant support and sponsorship of many people, ESWs helps

people who are in need realize the value of life.

As a top-leading professional social work organization in Korea, ESWs coordinates adoptions and actively operates social and individual services for children, single parents, disabled people, and the elderly. Additional programs include job training for single mothers to support their families, special education, occupational opportunities and care for people



with disabilities, and elderly care.

The ESWs team consists of field experts such as psycho-therapists, special education teachers, occupational therapists, pastoral care counselors, and administrative professionals. The organization has been sponsored by organizations around the world, as well as supporters and volunteers in our local communities. We are grateful for

the support that we have received from countless units and organizations at Camp Humphreys.

It was the ESWs Founder, my grandfather, Dr. Kim Duk-hwang's wish that "we should know whom we help and what we provide and spend." We are dedicated to the infants, children, adults, and elderly persons in our care.

If you are interested in learn-

ing more about the organization, volunteer opportunities, or other opportunities to support ESWs, please reach out to me at ipi-paran@gmail.com. You can also go to our website www.eastern.or.kr (for English users, <https://eng.eastern.or.kr>). If you would like to donate, please send your support to donation@eastern.or.kr or go to www.epwt.or.kr.



Dr. Kim is holding prayer for children going to their adoptive families.

Humphreys Area Homeschool Co-Op

By Shannon Kaechler



My

family and I have considered homeschooling for years. While many aspects were attractive to us, like flexibility with traveling and exploring our current duty station, continuity in spite of all the moves, and being able to teach our children our morals and standards, the fear of isolation and exhaustion of being mommy, maid, chef, taxi driver, and now teacher seemed to make a successful homeschool experience completely unattainable.

But, our situation changed, and we decided last spring to make the leap! And I am so thankful we did. The greater homeschool community at Camp Humphreys is full of support, friends, playdates, activities, and fun, and the Humphreys Area Homeschool Co-Op leads the way!

We joined the Co-Op this semester and we have loved every minute of it. The parent-led classes add diversity to our homeschool curriculum and have provided my kids with the chance to learn from other adults and

interact with new friends. And, as a stay-at-home mama, I get to spend the day interacting with other moms, gleaned encouragement and insight. I have the opportunity to be exposed to many different homeschooling backgrounds, curriculums, daily routines, expectations, and most importantly, support in this exciting, and often overwhelming, task.

Hadley Holyoak, the current Co-Op director, said, "most of my knowledge of curriculum and community opportunities comes from spending time with the other

parents at Co-Op." Homeschool parents are able to share stories, encouragement, and insight, and friendships are made among both the students and their parents. Homeschooling doesn't need to be isolating, and thankfully, Co-Op provides an outlet.

The Humphreys Area Homeschool Co-Op (HAHC), started in 2018, and has a current enrollment of 105 students, ranging from nursery-age to 10th grade, with the majority of students in the 1st-3rd grades. We also have an active middle and high school group. The individual classes are selected by the adult volunteers and are unique to their strengths and interests. Some of the options this semester include Culinary

Arts, French language, World Geography, Nature Studies, PE, and even Theater Arts for the older students. Parent participation is key to making the Co-Op such a success, whether that is in a leadership role on our board, or teaching a class, or volunteering as an assistant in the classrooms. The HAHC benefits from the community at large, as some of our teachers and volunteers are not parents, but still want to share their skills with our students.

The HAHC not only serves the greater homeschool community, we also serve alongside CYS and volunteer at their events, including the Month of the Military Child Outdoor Celebration on April 2nd. We host a number of special

events throughout the year, such as the Father-Son Nerf battle last fall, the Mother-Daughter Tea on March 12th, the Father-Daughter Dance on March 26th, and Mother-Son Build and Brunch on April 23rd. We are excited to announce that we are hosting Prom for all homeschool students, 14+ years old, on April 16 at the HUB.

If you are interested in joining the Humphreys Area Homeschool Co-Op, please visit our Facebook page: <https://www.facebook.com/groups/thehahc/>. Registration for Fall Classes will be announced this summer. If you would like to volunteer as a teacher or set up a time to share a particular skill with our students, email the Board at thehahc@gmail.com.



STE(A)M:

“What’s going on in the air out there?”

Understanding the battle with air pollution on the peninsula

By Maritzalyn Mercado-Santiago



Introduction

STE(A)M activities for kids mix elements of science, technology, engineering, art, and math in seamless activities to create the critical thinkers, problem solvers, and innovators of the future.

My name is Maritzalyn and it is my goal to make STE(A)M activities accessible for all school aged

children residing in South Korea. These topics will shed light on Korean history and achievements, recommend museums or other sites to visit during your stay, and walk you through experiments you can conduct at home after a quick stop at your local shops. Join me and my family monthly as we work to make STE(A)M a part of our South Korean adventure!

Air Pollution

You’ve received orders and are now in Korea but you’re concerned with all this chatter about the air quality (or lack thereof). What is air pollution? What can we do about it? Maybe most importantly, how can we protect our loved ones and make the best of our host nation experience?

At a bare minimum, I suggest uploading an air quality index app on your phone – my personal favorite is IQAir Air Visual, available on both Apple and Android, and limit your outdoor activities with vulnerable



groups when the Air Quality Index (AQI) is poor. Additional options include air purifiers or plants that will naturally clean the air in your home.

Let’s get into what’s really in the air out there and what’s being done about it!

In the 1970’s, under the leadership of President Park Chung-hee, industrial and manufacturing production in South Korea skyrocketed. Unfortunately, maintaining adequate ecosystems wasn’t much of a priority compared to improving economic development. This oversight resulted in significant impacts to air quality in Seoul and the surrounding provinces during this time. Despite the numerous environmental laws that have been passed to address the poor air quality, air pollution remains a major health concern.

Air pollution in Korea is fueled by production in Korea as well as pollution carried by the wind from neighboring countries. NASA performed a study and found that over half the air pollution was from factories, vehicle exhaust, and coal emissions within South Korea and the remaining air pollution originated from other countries.

In addition to factory, fuel, and coal emissions, one of the forms of pollution that comes from neigh-

boring countries is “fine dust,” also known as “yellow dust.” This phenomenon begins in the deserts of China and Mongolia, particularly in the spring. Yellow dust storms have always existed but they have been exacerbated by the increased deforestation happening in Central Asia. To receive “Fine Dust Alerts” and other “Disaster Alerts” you can download the “Emergency Ready App.”



Korean authorities are working on improving the air quality and have developed various strategies they hope to implement to keep moving toward a better standard of air. In 2019, just 2% of the country’s energy was renewable but the government has pledged to boost renewable energy to 20% by 2030.

The Korean government has also created a partnership between the United Nations Environment program and the Republic of Korea’s Metropolitan Area (Seoul, Incheon, & Gyeonggi) to expand their efforts to address air pollution and share solutions with other regions also suffering and in need of support. Additionally, surveillance company Hancom InSpace has been chosen to develop an automatic drone system to observe coastal pollution for over 20 minutes for up to 4 kilometers. “The purpose of their drones is to identify where the ocean garbage comes from, categorize the types of waste, such as plastic, and calculate how much there is to clean up in the ocean. Compared to humans, drones can cover a wider

area and the results will be more accurate.”

There are also talks of collaboration with China to produce artificial rain to clean the atmosphere and just last year the Korean Ministry of Science and ICT announced it would be collecting real time data from its environmental satellite Chollian-2B, launched into orbit in 2020, so they will no longer have to rely on foreign satellites.

To take care of yourself and your family outside, you can wear face masks - there are many face mask brands to try, with sizes ranging from infant to adult. There are also clear stroller covers for your younger children to protect them as well. South Korea is a beautiful country. The more you learn and educate yourself, the better experience you will have!

How can you explain air pollution to your kids? Try these projects at home!

*Materials can be found in your home or be bought at your local Post Exchange or in the community at Daiso.

Activity 1 Pre-K-Elementary Scientists: Smog in a Jar!

Smog is a mix of smoke from various sources and natural fog (tiny droplets of water in the air). It forms a thick, dirty, smelly atmosphere.

Materials

- Scissors
- Sheet of paper
- Lighter/Matches
- Glass Jar
- Aluminum Foil
- Ice Cubes

Create Smog!

1. Cut a strip of paper about 10in x 1/2in.



2. Fold the paper in half and twist the paper
3. Make a lid for the glass jar by shaping a piece of aluminum foil over the open end of the jar. Take away the foil and set it aside.
4. Put some water in the jar and swirl it around so the inside walls of the jar are wet. Pour out the remaining water.
5. Place 3 ice cubes on top of the foil lid to make it cold.
6. Ask an adult to light the strip of paper. Drop it into the jar.
7. Quickly put the foil lid onto the jar and seal it tightly. Keep the ice cubes on top of the foiling in the middle. What do you see in the jar? (depending on the size of your glass container visibility will vary, however, once you open the jar the smog will come out)

- Talking points:
- When you put the lighted paper in the jar, you made some of the water moisture inside the jar evaporate into water vapor
 - The ice made a small amount of water vapor condense. It turned into droplets of water in the jar. This appears as mist in the jar.
 - Warm damp air meets cold air. The cold air makes the moisture in the warm air condense into tiny droplets that are held into the air. If there is no wind fog forms.

Activity 2 Youth+ Scientists: Pollution Collector

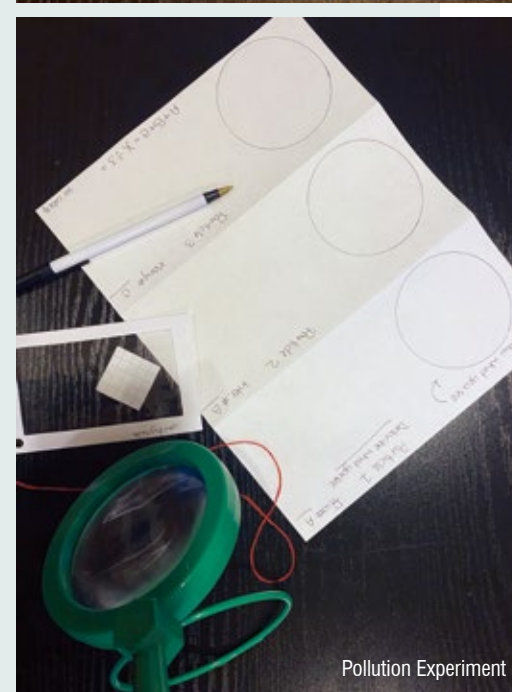
- Talking Points:
- What are some man made sources of particulate matter?

- (Answer: Carbon (char) emitted from the tailpipe and tires of cars, dust kicked up from construction, and emissions from power plants.)
- How can we reduce any of the above sources? (Answer: Drive less (carpool and take buses), drive slower, wet the ground at construction sites (especially where trucks enter/exit), and use less electricity.)

- Materials
- One 3x5 index card
 - Clear packing tape
 - Scissors
 - 20cm length string
 - hole punch
 - microscope/magnifying glass
 - Small piece of graphing paper at least 2x2

- Make Pollution Collector
1. Cut opening into the index card. The hole can be any shape but at least 2x2 on the grid paper.
 2. Punch a hole in a corner, thread the string and tie a loop.
 3. Label the index card. Include the date and location you are collecting particles you may also want to write "POLLUTION MONITOR DO NOT REMOVE" so it isn't accidentally thrown away.
 4. Cut a piece of tape and cover the opening of the hole on one side only, the other sticky side will collect your particles.

5. Hang your pollution collector in a location you'd like to investigate. Keep in mind more particles will be collected at areas of greater air flow such as neat air vents,



- kitchens, appliances, etc.)
6. Let the collector hang for at least 24 hours or over a weekend.

- Analyze Activity
1. Fold a sheet of paper into thirds. Label sections 'particle 1', 'particle 2', and 'particle 3'.
 2. Cut a small square out of a sheet of graph paper 5 squares by 5 squares.
 3. Place your pollution detector on top of the graph paper (sticky side up)
 4. Choose three different particles and sketch them; write a description (size, color, texture, etc.)

- Calculate
1. Look through your microscope or magnifying glass and choose one square that has just a few particles. Count the particles and write the number on your paper in the correct section.
 2. Choose another square that has a medium number of particles, count the particles and record the number.
 3. Choose a square that has a lot of particles, count the particles and record the number.
 4. Calculate the average by adding the number of particles in each square and dividing by there.

Celebrate these national holidays in August

- 7th – National Lighthouse Day. Go to your library or do a google search and read up on lighthouses. Print off a picture of a lighthouse and color, or

- even use an LED candle and plastic cups to make your own lighthouse.

- 9th – National Book Lovers Day. What homeschooler doesn't love a new book? Head to the bookstore or library and treat everyone, parents and guardians included, to a new book, and spend the day reading!

- 18th – I don't know how the stars aligned for this, but the 18th is both National Fajita Day AND National Ice Cream Pie Day. Spend the afternoon in the kitchen and enjoy the fruits of your labor for dinner and dessert!

- Take a picture of your activities and share them on your social media with #unitedontherok and connect with other families just like you!

- About the Author**
- I am originally from Buffalo, NY and have called many different places home. I served for over eight years in the Army, completing my term with the 82nd Airborne. Now I am continuing my military experience as a military spouse. I currently hold a Masters in Environmental Science and am a freelance researcher for several entities. Traveling with my five kids to far off places and "going on adventures" brings me the most joy. My free time is spent volunteering with the STEM in Scouting Program as a NOVA Counselor as well as for various other charities.



Meet JANZ Medical Supply

JANZ Medical Supply is a division of The Janz Corporation and a Service-Disabled Veteran-Owned Small Business (SDVOSB). Our stores are located exclusively on U.S. Military bases to provide easily accessible medical supplies to Service Members, Dependents, Veterans, Retirees, and Government employees. JANZ Medical Supply has 27 locations and counting around the world. The stores are supported by a robust website where you can order resupply items or equipment. When you order online, we will ship your order directly to your door whether you're deployed or at home. If deployed, you can have confidence that

your products will still meet U.S. power standards, functionality, and warranty requirements when you return to the States. The JANZ team will work directly with your insurance carriers, which means little to no out-of-pocket cost and you don't have to stress about the extra paperwork. We understand what it's like to PCS or even deploy for the first time as over 95% of our global workforce are Veterans and Dependents. We've been in your shoes, so we know exceptional customer service and a willingness to source situational medical products, not typically required in routine care. If you don't see it in our store, we will find it!

The Osan and Camp Humphreys locations are no

different as the staff for both locations are military affiliated. The staff at these locations are from all over the United States, most with a clinical or health-care background. Due to Korea being a remote location most employees are moving onto their next duty station frequently so we are always excited to hire talented staff with a medical background. Tanya Cossettini has been the manager of Janz at Camp Humphreys for almost two years and Osan for nine-months. She is originally from Italy and has been accompanying her husband around the world since 2008. South Korea has been her favorite duty station because of the hiking, camping, and good Korean food. Her favorite part about managing Janz is training and teaching new employees so that they are better able to assist our military population. Our Camp Humphreys store is located in the Sentry Mini Mall and the Osan store is located in the Osan Exchange. For more information you can visit our Facebook pages.

As a company, we place a heavy focus on education, hence we want to meet your medical supply needs while providing you with information and support along the way. Our team also works hard to make sure you know everything your insurance covers. Recently, we expanded our team to include an International Board Certified Lactation Consultant (IBCLC), Paige Sochovka, with the goal of providing access to education and support for our JANZ Moms. Every Monday around 3pm (Central European Standard Time) Paige hosts a Facebook Live on our JANZ Medical Supply Ramstein Facebook Page to discuss lactation products, answer questions, and share tips with Moms around the world.

We offer a wide variety of products including Respiratory, Maternity, Diabetic Care, Mobility,

and Compression items. Your local JANZ Medical Supply store is a one-stop-shop for your medical equipment and supply needs! We can also help with resupply items for your CPAP machine and Breast Pump. Did you know most resupply items are covered by insurance? Our team is well versed in insurance and can walk you through the process. Replacing the parts in your machine is very important to keep it running properly. You can visit us in-store or order resupply items online that include everything you need.

You can find a JANZ Medical Supply in an Exchange near you:

- Fort Leonard Wood (US)
- Naval Base San Diego (US)
- Tinker Air Force Base (US)
- MacDill Air Force Base (US)
- Fort Sam Houston Joint Base San Antonio (US)
- Schofield Barracks (US)
- Tripler Army Medical Center (US)
- Naval Station Pearl Harbor (US)
- Fort Sill (US)
- Davis-Monthan-Tucson Air Force Base (US)
- RAF Lakenheath (UK)
- Ramstein Air Base (DE)
- Patch Barracks – Stuttgart (DE)
- Spangdahlem Air Base (DE)
- USAG Wiesbaden (DE)
- Lager Tower Barracks - Grafenwoehr (DE)
- Naval Support Activity Naples (IT)
- Aviano Air Base (IT)
- Camp Humphreys (KOR)
- Osan Air Base (KOR)
- Naval Base Guam (US)
- Andersen Air Force Base (US)
- Kadena Air Force Base (JP)

Insurance Accepted:



www.janzmedicalsupply.com

MULTIDISCIPLINARY TEAM-BASED OBESITY TREATMENT AT SNUBH

SNUBH provides well-organized weight management and bariatric surgery with team approach to treat metabolic complications which reduces or even cures morbid obesity and metabolic disease. Moreover, we provide body contouring to improve and beautify the shape of the body after weight reduction.

MEET OUR DOCTORS

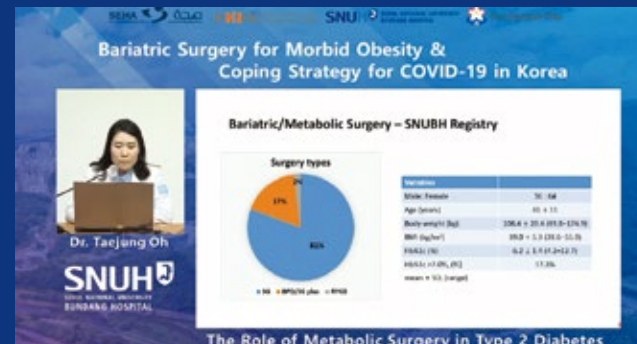


Dr. Tae Jung Oh / Department of Endocrinology

Obesity is the most important risk factor for diverse metabolic diseases such as diabetes, hypertension, dyslipidemia, and cardiovascular disease and even cancer. Some patients just need a simple life style intervention (e.g., not to drink sugar-sweetened beverages, and to encourage to eat more protein rather than carbohydrate). However, others need more special intervention from medication to surgical treatment. For anti-obesity medications, there are one injectable agent (SAXENDA®) and three oral agents (Xenical®, Contrave®, and Qsymia®). I try to share the available treatment options to my patients and help them choose the right way to control their body weight on a long journey. When we get a success in obesity-treatment, the patient doesn't need to take medications (e.g., anti-diabetic medication), and many of my patients have experienced decrease in the number of medications more than 50%.



Expert in morbid obesity care



Dr. Young-Seok Park / Department of Surgery

There are two types of bariatric & metabolic surgery: sleeve gastrectomy that resects the stomach vertically, and gastric bypass surgery that bypasses the stomach, duodenum, and proximal small intestine, both to reduce the volume of the stomach. The bariatric & metabolic center in SNUBH is the only one in Korea that performs single incisional laparoscopic bariatric surgery whereas most centers perform with 4-5 holes. Single incisional laparoscopic surgery is performed laparoscopically through only one incision in the navel, resulting in higher satisfactory level in female or adolescent patients.

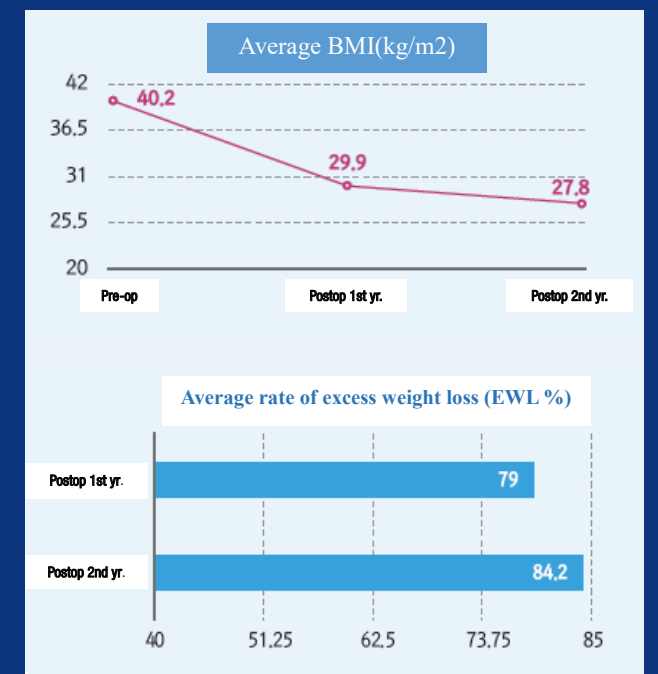


Laparoscopic single port sleeve gastrectomy via umbilicus



Minimal surgical scar

In addition, intraoperative nerve block is performed for active postoperative pain management which is very effective in relieving acute pain after surgery. You can expect to lose an average of 30% body weight for one year, and obesity-related complications will improve, and the incidence of major complications is around 1%, making it one of the safest surgeries. Recently, a 28-year-old female patient, 171 cm, 184 kg, and BMI 63 kg/m², underwent sleeve gastrectomy successfully and safely without any complications. She lost up to 83 kg in the first year after surgery, and her diabetes was cured.



Weight Reduction after Bariatric Surgery



Support for Ukraine, Insadong, Seoul
(Anonymous)

If you would like to submit a photo for consideration
in the photo of the month section of the magazine,
please send your photos with the name of the
photographer, date, location, and photo title to
unitedontherok@gmail.com



Dr. Yujin Myung / Department of Plastic and Reconstructive Surgery

Body contouring surgery removes excess skin folds and other surrounding tissue to give your body a smoother contour and better shape. After losing weight, the stretched, elongated skin may not have enough elasticity to return to its original shape. This can cause extra skin folds and unsightly bumps outside the body such as your lower abdomen, thighs, arms, chin, and breast. Before the surgery, the plastic surgeon undergoes systematic designing and surgical planning – exact location of extra tissue and protrusion when the patient is standing up or sitting down, the amount of liposuction and skin excision.



Abdominoplasty (Tummy tuck) after massive weight loss. Excellent
body contour with hidden scar in lower belly area



Microscopic surgery



Before and after Photo - arm lifting

In addition, we strive to perform minimal resection to prevent any complication, repair remnant skin, fat and extra tissues, and rebuild the body contour. As a body contouring specialist who boasts a variety of experience and high satisfaction, I will provide the best care possible together with our metabolic team in SNUBH.

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