

FEBRUARY 2023

United ON THE ROK



Diversity, Equity & Inclusion Leadership

Introducing an
LGBTQ+ Support
Group on the RoK

Meet the January
Deadlift Competition
Winners

THE MARINE TOWN ON THE ROK



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Diversity, Equity & Inclusion Leadership

In our new section, Leader's Corner, Colonel Gwen Devera-Waden, U.S. Army, makes the case that diversity, equity and inclusion is good for ourselves, our workplaces and the community at large.

Cover: Shiho, Zach Nelson, Brian Godfrey, Dominic Godfrey, U.S. Army Colonel Gwen Devera-Waden, U.S. Air Force Master Sergeant Jin Lee (Photo by Erin Henderson)



The Marine Town on the RoK

Check out the article by Colonel Dennis L. Hager II, U.S. Marine Corps, about the only Marine town on the RoK!



Introducing an LGBTQ+ Support Group on the RoK

Read about S.A.G.E., an LGBTQ+ support group in the USFK community, and the ongoing struggle for acceptance in Korea.



Meet the January Deadlift Competition Winners

Read the inspiring interviews with Sergeant Keebum Kim and Sergeant Zarea Frelund, the winners in their weight class at the USAG Humphreys Deadlift Competition.

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United ON THE ROK

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

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Ski Slopes at Vivaldi Park Ski World
(Photo by Kristy Walker)

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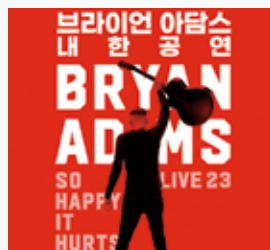
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United
ON THE ROK



WHAT YOU GIVE

Share information about your organization, initiative, resource, upcoming or past events, experiences, adventures, favorite recipes, knowledge of all things Korea, or lifestyle tips!

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

CONTACT US

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EDITOR'S NOTE

“DIVERSITY, INCLUSION, TOLERANCE, RESPECT, AND FAIR OPPORTUNITIES ARE ESSENTIAL RIGHTS FOR ALL PEOPLE.”

— Gen. Michael X. Garrett, "Military Diversity: A Key American Strategic Asset," *Military Review*, May 2021

The theme of this issue is diversity, equity and inclusion (DEI). Diversity refers to our backgrounds, personalities, life experiences, beliefs, genders, ethnicities, sexual orientation and everything else that makes each of us who we are. Equity ensures we all have what we need to achieve the same level of success. Inclusion is when people are able to participate and contribute meaningfully. The issue is full of inspiring stories, messages, and experiences that uplift the voices of individuals and organizations in our community, such as the interview of the two winners of the January 2023 Deadlift Competition at USAG Humphreys, Sergeant Zahraa Frelund and Sergeant Kevin Kim.



The cover of this issue is graced with a photo of six people who represent DEI and who are making waves across our community that lift others. Pictured on the far left is Shiho, also known as Your True Korean Idol. Shiho is a South Korean professional wrestler and the founder of Pro Wrestling Society (PWS). He has a dream to establish professional wrestling as a major form of entertainment in Korea that is inclusive for everyone who is interested. Some have called him eccentric because he has not followed what they consider a typical path. Through PWS, Shiho is advocating for diversity, equity and inclusion by doing what he loves. He holds a class at his studio in Pyeongtaek every Sunday for everyone interested in professional wrestling—all ages, genders and physical conditions.

Standing next to Shiho is Zach Nelson, one of three individuals from USAG Humphreys who created a support group called S.A.G.E. for people who identify with the LGBTQ+ community, as members or allies, to ask questions, provide references, share events, create events, and more. Check out the article about S.A.G.E. to learn more about the organization and LGBTQ+ acceptance in Korea at large. Also check out the short personal essay by Drag King Saffron Reign and the list of recommended LGBTQ+ books to help you understand the LGBTQ+ community and experience.

Brian Godfrey, the Community Crier we hear on AFN, stands center, holding his youngest son, Dominic Godfrey who has Down syndrome. His mother, Rose Godfrey, opens up about the choice as a Civilian to come to Korea, how the family has met the challenges that have come up, and their ex-

perience with medical care, therapy support, community access and representation. Their experience demonstrates the importance of diversity, equity and inclusion; we all deserve the resources and support we need to reach our full potential.

Colonel Gwen Devera-Waden who is the first female and minority commander of 411th Contracting Support Brigade is pictured in a beautiful Filipiniana dress that belonged to her mother. COL Devera-Waden shares her exposure to diversity growing up and how she promotes diversity, equity and inclusion as a leader. She also shares the many organizations in which she is an active member, reminding us to get involved and actively represent our values.

Pictured on the far right is Air Force Master Sergeant Jin Lee who is a scholar and champion of the Air Force Language Enabled Airman Program (LEAP). Check his article to read how Airmen at Osan Air Base are promoting diversity and inclusion.

You don't want to miss the overview of Pohang—the Marine Town on the RoK—by Colonel D. L. Hager II, the Commanding Officer at Camp Mujuk. He shares information about the work and impact of the US and ROK Marines in Pohang, the origins of the installation name, and the unique challenges and opportunities Marines have on the RoK. Also check out the article about the Mujuk baseball team by USMC Chaplain Gregory Uvila.

Erin Henderson takes us off the Peninsula in her article about Kyoto. She guides us through a two-day tour of the city with advice on how to plan your own trip. The pictures alone will make you want to book a flight.

In this issue, Seoul National University Professor Dr. Sem Vermeersch shares information about Sun-gui-jeon Shrine in Yeoncheon, dedicated to Wang Geon, the founder of the Goryeo Dynasty. This is a fascinating snapshot of Korean history, Buddhism, and the Goryeo and Joseon Dynasties.

Edward Kwon walks us through the Joint Service Area Tour, with photos provided by John F. Behrend (Retired USMC) who encourages you to add a JSA Tour to your bucket list. George Ladner shares his experience building community and assimilating to new duty stations on the soccer field. Trent Spoolstra, a Jewish nonprofit professional based in Chicago, tells us about diversity within the Jewish community. The issue also features an article about the winners of a Deadlift Competition held at USAG Humphreys in January, recommended cafes around Humphreys, information about Called 4 Purpose in Area IV, and more.

Representing this diverse community is a collaborative effort. Thank you for reading, contributing, writing and sharing. As always, I hope you enjoy every page.

Caitlin Ward
United on the RoK Editor in Chief



ROK Marine Town

By Colonel Dennis L. Hager II, U.S. Marine Corps



Gyeongbuk Provincial Police Agency visit, pictured at the 'Invincible Marine Monument,' Camp Mujuk, Republic of Korea on May 19, 2022, photo by Ms. Ha, Community Relations Specialist at Mujuk.

Pohang, the coastal city about 90 minutes southwest of Daegu and an hour north of Busan, is famous for three things—seafood, steel, and Marines! Pohang is the home of the ROK 1st Marine Division, the ROK Marine Boot Camp, the ROK Marine Air Group, the Marine Logistics Group, and Camp Mujuk, the only U.S. Marine Corps Installation on the Asian mainland. The city is also the home of the K-3 airfield, the only airfield in UN control when the Marines arrived in 1950, and where the 1st Marine Air Wing has proudly

operated from ever since. The Marines landed in Korea as part of General Craig's famous "Fire Brigade" in August of 1950 to reinforce the Pusan Perimeter that ran in an arc from the port of Busan in the south to Pohang in the north.

The name Mujuk has a unique origin story, it is not named after a geographic location, a civil war general, or any single person from military history. It is named after a poem written by the President of Korea following the battle of the Punch Bowl in 1951. As the President flew in to view the battlefield on a helicopter, it was



U.S. Marine Memorial Orphanage ▲

impossible to avoid noticing the significant number of Chinese and North Korea casualties lying in front and around the Marines position. It was even harder to believe the number of ROK and U.S. Marines who held the position against so many. The President was moved to write a poem titled "Mujuk Habeon," which translates to "Invincible Marines." The poem is carved into a ten foot stone memorial that stands in the middle of Camp Mujuk.

Today Camp Mujuk operates, maintains, and sustains the installation and outlying Cooperative Security Locations in support of Marine Corps Forces Pacific and follow-on joint and combined forces in order to enable force projection and contingency response in the Western Pacific. We enhance combat readiness across the range of military operations for transient and tenant organizations by providing facilities, services, community engagement, and coordination of combined training with the Republic of Korea Marine Corps. We have the largest U.S. Marine ammunition supply point in the Pacific and are responsible for the same airfield that Senator John Herschel Glenn Jr., baseball player Ted Williams, and Lt. Gen. Frank E. Peterson Jr. flew out from as junior pilots during the Korean War.

Thousands of Marines train at Camp Mujuk every year, but it is made possible by a relatively small cadre of Leathernecks. The majority of Marines sta-



Volunteers pictured at Damupo Village Beautification Project on July 23, 2022 ▲ ▼



tioned at Camp Mujuk are limited to one year restricted tour orders, which means that they leave their families behind and are limited in the comforts from home that they can ship with them for their time in Korea. It creates a unique familiar bonding. The chow hall is not just for the junior troops, but frequented daily by every member of the command (good thing it is the best chow hall in the Pacific). The gym is across the street from the Bachelor Officer Quarters (BOQ) and (Bachelor Enlisted Quarters (BEQ), so the Marines have an opportunity to work out right at home.

Camp Mujuk is not just a home for Marines. HM-14/15 is one of the only heavy lift countermining units operating in the oceans around the world. A detachment of these Sailors is at work in the skies over the oceans around Korea and Japan, keeping us safe from anyone who would want to put a mine in and around the ports. These Sailors are on a six-month rotation but are operating everyday while in Korea; living on Camp Mujuk and operating out of Pohang. The Sailors participate in all of



Gyeongbuk Provincial
119 Special Response
Unit Ribbon-cutting on
November 17, 2022



Pohang City New Year Kick-off



Office Call to Ocheon Town Mayor

the community activities with the Marines and even some of the fun MWR events that we have throughout the year.

Camp Mujuk is also home to over 100 Korean civilian employees who are the backbone to operations on the installation. Environmental specialists, carpenters, painters, electricians, plumbers and many other tradesmen keep our facilities operational. Literally, they keep the lights on and the water running so that the Marines and Sailors can do their job on the Korean Peninsula. Our Korean employees are joined by a growing handful of GS employees who work in essential areas of the Camp Mujuk staff to ensure that we have continuity when the Marines and Sailors rotate in and out throughout the year. Civilian Marines play a significant role in keeping all of us safe every day on Camp Mujuk.

Surfing in the summer and snowboarding in the winter are both possible for the Marines and Sailors at Camp Mujuk. Through our Single Marine Program, we provide trips throughout the year and work with Marines to get them in the water or on the slopes whenever they have down time. We are also near the Twelve Falls hiking trail and the historic Gyeongju Village with its amusement park and ancient tombs. For the past two years we have held our annual Marine Corps Birthday Ball at the Paradise Hotel in Busan on Hyundai Beach, an awesome venue in an awesome location that provides for a great celebration.

During the spring and in the fall, Camp Mujuk fields its own baseball team, which has had some pretty good seasons in the local league. When not knocking it out of the ballpark, the Marines can participate in the bowling league or go on one of the many scenic hikes in the area. The most familiar trail to the Marines is the Twelve Falls hike. It is not a long hike; starting from a Buddhist temple at the base of the mountain, the trail winds up around twelve distinct waterfalls though a



Korean Culture Experience on
September 16, 2022

beautiful wooded environment.

After typhoon Hinamor took a devastating toll on the Pohang community, the U.S. and ROK Marines joined together to clear the roads and get the community back on its feet. The ability to successfully react quickly to the needs of the community was a result of the relationship built up over time, which includes over seven decades of cooperative community projects. The community relations projects carried out by Camp Mujuk Marines have been recognized by the USFK Commanding General, and are part of one of the most robust programs in the Pacific. The Marines are also involved in beach clean-ups, English language programs, assisting the elderly and working with local foster children.

There are many monuments in the city of Pohang dedicated to the ROK and U.S. Marines, but none is more functional than the Sun Rin children's home. Founded originally as the Marine Memorial Orphanage, it was created when Marines and Navy Chaplains from the 1st Marine Air Wing identified a population of children in the Pohang area who had been orphaned

during the Korean War. The Marines teamed up with the Sea Bees to build a structure, and reached back home for clothes and supplies for the kids. After six years of operating the orphanage in Pohang, the 1st MAW got orders out of Korea. The enlisted Marines took up a collection and bought the farms adjacent to the orphanage so that the children could subsist on the food they grew and have a source of income to operate the facility. The Marine Air Wing left their Chaplain behind to manage the orphanage. The relationship between the Marines and Sun Rin continues today; the children from Sun Rin celebrated a tree lighting ceremony with a visit from Santa for Christmas in December 2022 at Camp Mujuk.

For 73 years the U.S. and ROK Marines have made the Pohang area their home. They are part of the fabric that makes up this unique community of fishermen, steel workers, and Marines. It is a relationship with a great history and an even better future. I look forward to continuing our part in the ongoing friendship, fellowship, and brotherhood that make Pohang a Marine town on the ROK!



Brian, Dominic and Rose Godfrey

A Civilian Experience Raising a Disabled Child in South Korea: *The Choice and Challenges*

Story by Rose Godfrey
Photos by Erin Henderson

Like many families who have the opportunity to come to Korea, we had a lot to consider when the job offer came. I am a civilian speech-language pathologist with the Educational and Developmental Intervention Services (EDIS) program.

Understanding why our family came to Korea four years ago starts with sharing my youngest son's story. Dominic was born in California where I'd lived most of my life. The moment I saw him, I knew, but I still asked the question: "Does he have Down syndrome?" The room grew quiet, and one by one, everyone attending to me walked out of the room, leaving me holding my newborn while my husband Brian stood beside me.

A few moments later, the head nurse returned to talk about the features of Down syndrome that she observed. Definitive diagnosis requires a blood test to confirm, but we couldn't miss his almond shaped eyes, the inward curve of his pinky fingers, the crease across the palm of his hand, and the wide gap between his first and second toe. Where my other children had naturally retained a fetal position after birth, Dominic seemed to sprawl out (due to low muscle tone). It wasn't official, but we knew. The other thing we knew was that the people who were supposed to be helping us—and congratulating us—were no longer making eye contact.

A person with Down syndrome has an extra copy of the 21st chromosome, and that affects how they learn and grow. Down syndrome is the most common chromosomal abnormality. Other features of Down syndrome include thin hair, short stature, and intellectual disability.

Coming to Korea:

Part of the reason we came to Korea is directly related to that isolating experience. My husband is an Air Force veteran, and my oldest son had just joined the Army. I'd talked from time to time about a wish to serve my country in my own way, but it was just conversation. As Dominic started early intervention services (for which I was also a provider), I thought a lot about how daunting it would be to have a disabled child in an unfamiliar place without support of family and friends. These thoughts grew in time and influenced my desire to work for EDIS – specifically overseas – to "stand in the gap" for families who are here with a child with a disability. A few years later we acted on that dream, and arrived here just in time for Dominic to have his sixth birthday, which we celebrated while still in lodging.

A civilian PCS is different in a lot of ways, and one of those ways is that we had the choice over whether we wanted to come at all. The desire to serve was there, but we had to think about what it would mean to come to a foreign country with a disabled child. Would we have the ability to meet Dominic's needs here? We investigated as much as we could and learned the rest when we got here. For us, our four years here have been positive overall, and we are glad we made the decision to come. I'd like to share a bit about the challenges and successes we've encountered in Korea.

Medical Care:

As civilians, our access to on-post medical care is on a space available basis only. We rely completely on the Korean system to meet our family's medical, dental, and vision needs, and that system is different

than the system back home. Most of our medical visits take place at Korean hospitals. There are several locally that each have an international center that helps us with setting up appointments and with translation when needed.

We had been here only a few months when Dominic contracted croup and needed to be hospitalized. It was scary to send him off in the ambulance with my husband, but he received excellent care. He has been hospitalized two more times while here, and the experience has been positive each time. In Korea, a guardian is expected to stay with a person who is hospitalized. The guardian helps with many of the needs of the patient, and nurses come in less frequently.

I should add that we do worry, as many parents do here, about air quality in Korea. Given the upper respiratory narrowing that is commonly seen with Down syndrome, I don't think we would have wanted to come if Dominic had asthma. That would have been a deal-breaker for our family.

Therapy Supports:

Children with Down syndrome often need additional support to reach full potential and often participate in therapy either at school, in the community, or both. When we came, we knew that there were no off-post therapy options (there are now very few places that offer occupational and speech therapy). Because we are a homeschooling family, Dominic does not have an Individualized Education Plan at the school and does not receive therapy services there. I do have the benefit of 30 years of experience as a speech pathologist, and my coworkers at EDIS include physical therapists, occupational therapists,

and special educators. Knowing this made our decision to come easier, as I knew I'd be able to consult with my colleagues. Families coming to Korea should know that availability of therapy services here is drastically limited compared to what is available in the states.

Community Access:

Korea is a hilly country, and that is tough for my disabled son who is exhausted by prolonged physical activity. When we access public transportation, there are a lot of stairs to get to and from train platforms. We've learned to look for the elevators when possible to conserve Dominic's endurance. We are most successful when we plan short trips or frequent breaks.

Many outdoor activities can be challenging as well. After asking for disability-friendly travel advice, we went to Gosu Cave for a family trip this past summer. Upon arrival we learned that Gosu Cave is known for its many stairs. We decided to enter. A few hundred stairs later, Dom shut down, and we were left on a spiral steel staircase with a sobbing child and a single file line that stretched out far behind us.

As we coaxed Dominic to slowly make his way down this very scary staircase, Koreans behind us yelled out words of encouragement. Nobody complained that we were too slow, and we had many smiles and waves when we got to a spot where we could rest and others could pass. As hard as it can be to get around here with a physical disability, we have always found others willing to help us when we've needed assistance.

Representation:

We don't see a lot of people here with obvious disabilities. Our sightings of people with Down syndrome have been very limited. For us, we hope that by getting out and being in the



community we can show each of our cultures that Down syndrome is a gift that does not need to be hidden away. Dominic brings joy to everyone he meets. He embraces each day with enthusiasm and he loves unconditionally. He is everyone's favorite Godfrey. We hope that our experiences and explorations will lead, in some way, to furthering understanding and acceptance of disabilities for everyone we meet.

Moving overseas with a disabled child requires research, patience, and perseverance. Each family should consider if they are up for the additional challenges that can arise while overseas, especially if specialized medical care is needed. Keys to a successful tour would include seeking supportive friends here in Korea, finding ways to explore, advocating for your child's needs, and managing expectations.

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United on the RoK is a publication designed to bring us together. Our intention is to provide a platform for your voice.

If you understand the ins and outs of life in Korea and can translate it for the masses, if you are always after what's new and love to share your discoveries, if you are willing to share your experiences to help others, we want to hear from you!

We cover information and lifestyle topics to enhance connectedness and help each other adjust to life in Korea. Whether it's sharing tips on how to catch a bus to Seoul, opening up about your lessons learned, or promoting a community event, this is your platform!

You can contribute regularly or submit a one-off creative exploration. Contributions need not be long (500-1000 words is ideal).

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My Own Valentine: How Self-Love Makes Us Resilient

By Bisirat "B" Sium, USAG-H EAPC



Have you ever been your own valentine? Maybe because you were not in a relationship, or your partner was far away?

As a military community,

whether active duty or civilian, we know all too well how permanent changes of station (PCS), deployments or OCONUS assignments force us to celebrate many occasions without our loved ones and far from our support networks. Maybe instead of Valentine's Day, you celebrate Galentines Day (13 February, celebrating your best friend/s) or Singles Appreciation Day (15 February, celebrating love in all forms). Whichever

day(s) you choose to celebrate, all these days remind us to stop, remember and celebrate love, and ourselves whether we are in love or out of love. Developing resilience, independence and self-love is a necessity to thriving and maintaining well-being.

Introspection or self-awareness is the practice of examining our thoughts, behaviors, and emotions and is the first step to building resilience. This allows us to replicate positive behaviors and emotions, while identifying negative or counterproductive thoughts and behaviors for correction. We can do those by engaging in meditation, self-talk,

counseling, and having good friends who are skilled in active listening. Active listening refers to a caring, verbally and non-verbally attentive, non-judgmental way of listening involving reflections and appropriate feedback and builds deeper emotional bonds.

Emotional regulation is the second step in building resilience. During times of crisis, our emotions are heightened which can lead to behavioral problems or maladaptive coping such as substance abuse or unhealthy relationships. The COVID-19 pandemic greatly contributed to a decline in mental health and increased emotional dysregulation, also called

"social pain," because of isolation and disconnection. According to a recent survey by the Pew Research Center, four out of ten adults (over age 29) and nearly six out of ten of young adults (ages 18-29) in the US experienced high levels of psychological distress at least once between March 2020 and September 2022. Similarly, data from the Center for Disease Control (CDC) indicates that 44% of US high school students (both public and private) reported high levels of psychological distress to include depression and anxiety during the 12-month period (June 2020-June 2021). COVID became an added stressor, causing anxiety



and limiting our ability to engage socially.

As we begin the second month of the new year of the rabbit, we are hopeful that the COVID discomfort continues easing. However, we still need to be mindful of other physical and mental health risks that abound. Seasonal Affective Disorder (SAD) is one such risk factor. SAD is a type of depression related to seasonal changes beginning in the fall and lasting through the winter. It causes ongoing feelings of depression, fatigue, lack of energy, craving carbohydrates, weight gain, loss of interest, sleep problems, trouble concentrating, feelings of hopelessness, worthlessness, and suicidal ideation. I mention all that to say that compounded stress and trauma in addition to isolation can be dangerous risk factors not only for depression, but also suicide. However, there are simple adjustments that we can make and skills we can cultivate to build resilience and find positive and productive ways to cope with these problems.

The third, simple, yet effective way to build resilience is to integrate self-care into our daily routine. Self-care is the active process of engaging in behaviors or activities to ensure healthy outcomes or improve well-being. Most wellness researchers and practitioners view self-care as a holistic process to include physical, emotional, social, and spiritual dimensions of well-being. A more practical definition of self-care that I typically use with clients and friends is that self-care is the activity that REFUELS and RESTORES you. Self-care activities are adaptable and can be tailored based on the situation. They can be as simple as a 2-3 minute deep-breathing exercise or an elaborate spa relaxation wellness weekend. The only requirement is that they are positive and aimed at improving health or well-being. They make us less dependent on others for our emotional health by helping us develop skills that make us self-reliant. The inward focus allows us to grow and navigate relationships with more awareness, self-regulation, and empathy for

ourselves and others. Building keen self-awareness is vital for developing the ability to seek the necessary and appropriate support when we start to feel overwhelmed by problems.

The US Army has invested in prevention programs and resources to support fitness and wellness. Free services exist at installations to support eligible Service Members, Family Members and Civilians across all the different dimensions of holistic health. Please see the resources below for some of the local programs. I urge you to reach out to your EAPC to take advantage of the free and confidential non-clinical counseling available to address any life issue impacting your well-being.

Resilience/Wellness Support Resources for USAG-H



- For free counseling and resilience training: Employee Assistance Program Coordinator: DSN: 755-1086 or 0503-355-1086
- For info on your MFLC or Volunteer Opportunities: Army Community Service; DSN: 757-2363 or 0503-357-2363
- For free nutritional/fitness services: Army Wellness Center: DSN: 737-5758 or 0503-337-5758

For sports/physical activity, please visit the DFMWR sports page for a list of current classes: <https://humphreys.armymwr.com/happenings/fitness-class-schedule>

- For fun activities and volunteer opportunities, contact the USAG-H BOSS program at DSN: 757-1647 or FB page at: <https://www.facebook.com/humphreysboss>
- For list of available spiritual activities: please visit the Religious Support Office FB page at: <https://www.facebook.com/HumphreysChapel>
- For books/articles on resilience, self-care, and personal growth: please visit your local library: <https://humphreys.armymwr.com/programs/duke-memorial-library>
- For additional resources: Army Resilience Directorate: <https://www.armyresilience.army.mil/>



By Dr. Sem Vermeersch



SUNGUI-JEON: Remembering Wang Geon

By Dr. Sem Vermeersch



Following just south of the DMZ, the Imjin River is now associated mainly with the Korean War and division. But it is also witness to many events in Korea's earlier history. One important place that reminds of important events of the more distant past is the Sungui-jeon. It is a shrine overlooking the Imjin River from a bluff, about 10 kms. north of Dongducheon Station.

Like so many other Korean rural shrines it is unobtrusive, spartan almost in its austere simplicity: three simple buildings containing a few tablets commemorating illustrious statesmen or scholars of the past. But one of its buildings is dedicated to one of the greatest figures in Korean history, Wang Geon (877–943), known posthumously as Taejo, the founder of the Goryeo Dynasty (918–1392). One might therefore think that the origins of this shrine go back to Goryeo times, when the founding father of the dynasty was indeed venerated in numerous shrines and temples.

However, when the Joseon dynasty was founded in 1392, the new rulers were keen to do away with



anything that reminded of their predecessors. Goryeo shrines commemorating kings were either neglected or destroyed, and the statues and paintings they housed were buried next to the tombs of the kings they represented. Thus, when North Korea repaired and expanded Wang Geon's tomb in 1993, they discovered a bronze statue depicting him—perhaps the only reliable depiction of him.

Not content with doing away with the material vestiges, Joseon rulers eventually went after the descendants of the Gaeseong Wang, the Goryeo royal lineage. Anyone bearing the surname, however distantly related, was rounded up and executed. But once any threat that the old dynasty might have posed was thus removed, perhaps plagued by remorse, King Taejong in 1413 ordered a halt to the persecution. One of his successors eventually sought out a surviving descendant of the Wangs and entrusted him with organizing ancestral rites in the Sungui-jeon. The Joseon dynasty thus eventually honored the legacy of Goryeo by establishing this shrine and by restoring the descendants of Goryeo royalty to a respectable place in society, but this can hardly atone for the cruelty of its initial persecution.

This contrasts sharply with how Wang Geon treated the last king of Silla. Once King Gyeongsun abdicated and transferred authority to Goryeo in 935, he was treated with utmost respect, and was even allowed to become a local governor in Gyeongju, the former capital of Silla. After he died, he was given a tomb befitting a king; this tomb sits just a few kilometers downriver from the Sungui-jeon; hence these monuments tell us a lot about how two different political systems chose to remember their predecessors and adversaries.

Might this difference be explained by the different ideologies of these dynasties? The Joseon dynasty is famous for its rigid adherence to Confucian orthodoxy: The elites that supported Yi Seonggye in his quest for power were convinced that only by following the Confucian classics as closely as possible could they purify society and build a perfect state. This entailed an elimination of what they regarded as non-orthodox thought: Buddhism in particular was singled out for its supposed corruption of social mores, and the Goryeo Dynasty that supported it was considered especially odious.

While the Goryeo kings were indeed mostly Buddhist, their Buddhist faith is somewhat different than how it is

mostly imagined. Thus, when Wang Geon was troubled by the bloodshed he had caused in the wars of unification and sought spiritual counsel from a monk, the monk allayed his fears: emperors and kings act on a different plane than ordinary people, he told the king. Though the king raises an army and goes to war, "this is for the benefit of the people ... the king sees the people as his children and does not kill those who are innocent. But punishing the guilty in order to uphold the good, this is universal salvation."

The monk's answer might come as a surprise. Although most people regard Buddhism as a pacifist religion, this is a modern reinvention. Buddhism in the past mostly sought to accommodate the existing power structures, and therefore accepted that the monastic code of conduct and the royal way were inherently incompatible. Kings were seen simply as the judges who applied the laws of karma. As long as they kept to the law and did not indulge in killing for their own pleasure, they were not censured by monks.

Monks were also not involved in the political process of the Goryeo dynasty: this was the domain of Confucianism, which provided the ideals of a well-ordered hierarchical system, with the king at its apex. Buddhism

was sometimes called upon to perform rites to rally divine support for the state, but did not provide any political advice.

Thus Goryeo never sought an exclusive adherence to Buddhism. Its attitude was mostly inclusivist and pluralist, believing that each system has its own merit, and functions optimally in its own area of specialization. The ideal Goryeo official was therefore someone who embodied both traditions: At home a Buddhist, practicing meritorious deeds and self-cultivation, and at court a Confucian, loyal to the state.

Other traditions also coexisted. Though we do not know much about them, native spirits and gods were also worshiped. Geomancy (Kor. Pungsu) was also important, and thanks to its power of determining places of auspicious energy, could sometimes act as a check on Buddhism, preventing the excessive construction of temple buildings that could harm the flow of energy.

Of course, this ideal of pluralism and co-existence of different systems does not necessarily mean that Goryeo was better than Joseon. Many kings failed to live up to this ideal. Gwangjong, one of Wang Geon's sons, who ruled from 949-975, is infamous for his great purge of of-



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officials in an attempt to build a strong, centralized monarchy. Later in life, he sought to atone for his cruelty by seeking recourse in Buddhism. Thanks to its power over the afterlife, Buddhism was thought to be able to pacify the spirits of those who had died unjustly. This view had such deep roots that even Joseon kings occasionally performed Buddhist masses for the dead, one of the Buddhist customs the Neo-Confucian reformers never managed to eradicate from Korean society.

About the Author

Sem Vermeersch studied oriental languages (Modern and Classical Chinese, Japanese) in his home country of Belgium and first came to Korea as an exchange student in 1992. After deepening his study of Korea in the UK and the US, he moved back to Korea in 2003 and started working at Seoul National University in 2008. Although interested in all things Korean (and many things beyond Korea), his main passion is Buddhism. Enlightenment proving rather elusive, he decided to focus mainly on the history and culture of Buddhism, on which he has published numerous academic articles, books, and translations.

THE SEOUL OF A DRAG KING

CRASH LANDED



BY SAFFRON REIGN

My

name is Saffron Reign. I am a drag king and co-organizer of Crash Landed Seoul. I call myself an accidental drag king. I started out as a burlesque performer with WhiteLies BurlesqueRevue in 2017. In 2018, we did a rock n' roll themed show and I performed a burlesque number as Freddie Mercury. After the show, someone in the audience said to me, "Wow, I didn't know you were a drag king." I went home that night and googled "what is a drag king" and was blown away. I started incorporating more drag into my performances and slowly became a drag king from there.

I usually perform between two and four times each month. I love using my performances as a way to tell stories. To build a character and a narrative and tell a complete story through a lip sync. It's a way to use art as storytelling for me. I don't have a drag persona per se, the way other drag artists do, because I create a new character with each performance.

We have a burgeoning drag king community in our scene. We also have a growing drag thing community as well. I love our scene because it is so welcoming of all types of drag and drag performers.

Drag is so much more than a man dressing up as a woman. Drag can be whatever you want it to be. It's about creating a fantasy, and it's only limited by your imagination. Drag is inherently inclusive of all genders and people. Drag represents the ability to imagine a different reality, a future that is more inclusive and welcoming to all people.

Our community in Seoul has become much more diverse in recent years, and is certainly much more welcoming than drag scenes in many other parts of the world. It's common to see drag kings, queens, and queens share the stage in one show, as well as afab, amab, and non-binary performers. We also have a balance of Korean and non-Korean performers, as well as newer and more experienced performers. We especially try to encourage new performers to get on-stage and explore doing drag themselves.

Follow me @saffron.reign.

Hangul, the Korean Alphabet

By Dr. Kim, Hak-sun

H

ow many languages are there in the world? There are more than 7,000 languages spoken today, and not all of them have a written form. The Korean language, which belongs

to the Ural-Altai ethnic and language family along with Turkish, Mongolian, Finnish, and Hungarian, has been spoken for thousands of years, and its written language, called Hangul, was created in 1443 by King Sejong the Great of the Chosun Kingdom, the last dynasty of Korea.

Hangul, the Korean alphabet, has 24 basic characters, 14 consonants and 10 vowels. Once you learn the basic characters, you can generate more characters by combining the basic characters. Until Hangul was developed, Korean history was recorded in Chinese. Except for the privileged elites, the majority of the population were illiterate. To promote literacy, King Sejong the Great invented Hangul, which is scientific, logical, efficient, and easy to learn. Hangul has been used ever since, with the exception of during the 35-year-long Japanese occupation (1910-1945), when Japan forced Koreans to use Japanese.

Phonetic syllabic Hangul contains vowels formed with dots (Man), vertical lines (earth), and horizontal lines (heaven) based on Neo-Confucian philosophy, while consonants reflect the shapes of the speech organs (mouth, tongue, and teeth) when pronouncing them. Then, one consonant combined with one vowel forms a basic syllable in a block as 가 (ga), meaning "go," which one uses when talking to close friends or pets, for instance. The word 김치 (Kimchi - fermented Korean vegetable side-dish) has two syllabic blocks in a row. The first syllable has two consonants (ㄱ/ㅋ) with the vowel (ㅣ) and the second syllable has one consonant (ㅈ) with one vowel (ㅣ). "Hangul" is written in two syllabic blocks as 한글, showing that the two syllables have two consonants (ㅎ and ㄴ/ㄷ and ㄹ) each, and one vowel (ㅣ/ㅡ) respectively. When having a vertical vowel, you put the first consonant in front of the vowel (left side); and you put the first consonant

on top of a horizontal vowel. Korean sentences are written with spaces as dividers between words, and in rows from left to right, top to bottom. Some vocabulary items have three consonants or two vowels, called "diphthongs."

Since the turn of the 21st century, many aspects of Korean culture have been trending worldwide under the name of K-culture thanks to the Internet and cultural globalization. Specifically, the rising popularity of K-Pop (BTS), K-Food (Kimchi), and K-Drama (Squid Game), has created a greater interest in the Korean language among foreigners who desire to understand the words, meanings, nuances, emotions, and sentiments communicated.

Many free face-to-face and online Korean language courses are available, provided by organizations such as the King Sejong Institute. You can also learn about the Korean language at the National Hangeul Museum in Seoul (139, Seobinggo-dong, Yongsan-gu, Seoul, Korea 04383, Tel: 02-2124-6200). University of Maryland Global Campus also offers well-organized Korean courses across Korea; you can learn the Korean language, while getting college credits. As the old idiom (일석이조) says, "Getting two birds with one stone."

About the Author

Kim, Hak-sun (haksun.kim@faculty.umgc.edu) holds a Ph.D. in International Studies and is an adjunct professor of Korean Studies at the University of Maryland Global Campus. She has been a language instructor for many universities and the Peace Corps. She has been with UMGC as a professor since 1981. Professor Kim has Bachelor's and Master's degrees in English Education from Ewha University. She has a Ph.D. from Sogang University in International Studies (Korea and East Asia). To learn more from Professor Kim, please swing by your local UMGC office or email Humphreys-asia@umgc.edu. UMGC offers a variety of programs with options for online, in-person, and zoom courses. See more at <https://asia.umgc.edu/>



Pregame warm-ups: taking our hacks!

The Arena: Marine Corps Baseball in Korea

Story by Chaplain Gregory Uvila, U.S. Marine Corps
Photos by Manager, GySgt Justin Buschbacher

When you think of the U.S. Marines serving in Korea, baseball is not the first thing that comes to mind. The manager of the 2022 World Series Champion Houston Astros might disagree. Before his successful career as a player with almost 250 home runs and as a World Series winning manager, Dusty Baker was enlisted in the Marine Corps during Vietnam. He is among the ranks of famous baseball players who wore the Eagle Globe and Anchor of the Korean War era like Ted Williams and Roberto Clemente. In fact, Ted Williams served as a Marine Corps Aviator in Pohang, South Korea, the current location of Camp Mujuk and the Marine Corps'

only baseball team in Korea. Mr. Williams may have been the first Marine Corps Baseball Player in Korea. For the Marines and Sailors on Camp Mujuk presently, the next season kicks off in March 2023!

When an athletic Marine or Sailor arrives at the only Marine Corps Installation in Korea, one of the first questions our Commanding Officer asks is, "Marine, do you play baseball?" Surprising? Yes, perhaps, one would think the CO would ask about a Marine's MOS, or where they are from, but not necessarily so here at Mujuk. Colonel Hager's curiosity about Marines' experience on the dusty diamond is well founded. You would agree if you understood the ethos, the comradery, and brotherhood of the Camp Mujuk

baseball team.

The first time people hear about the baseball team, they often pass thinking it's a noncompetitive recreational activity. Actually, the league is very competitive—players get uniforms, jerseys (with your name on the back in Korean), and cleats. Think, hard ball, taking leads off the bases, getting beamed by fastballs, the real deal.

Mujuk baseball has become an institution, a proving ground for Marine's ability to do battle well, to be able to compete at a high level, and to learn to handle victory and defeat with dignity and respect. It is a place where friendly jokes abound, and heartfelt support is found.

The team plays in the Pohang Baseball League, and it is the only



Reliving dreams: Mujuk Baseball (from left to right: GySgt Refugio Gil, GySgt Marcus Harvey, Manager GySgt Justin Buschbacher)



GySgt Van Dyken scores (Photo by 1st Lt Jacob Fritz)



On the third base foul line: getting ready to show Korean honors (Photo by 1st Lt Jacob Fritz)

non-Korean team in the league. Every game provides opportunities to build connections with Korean players. Marines learn quickly that respect and deference are significant values held by their Korean counterparts. At the beginning and end of each game, both teams line up on the foul line, all player's tip their hats in the direction of their opponent and bow in deference. Mujuk players also connect with the opposition through playful teasing when they are leading off first or walking up to Home Plate. The respectful teasing of the Korean players builds a friendly comradery between the players.

In the Pohang League, Camp Mujuk Warriors (players) have experienced the extremes—one season they were undefeated and

“The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly.”

— President Theodore Roosevelt, "Citizenship in a Republic," April 1910

the next season they were defeated every time except once when they miraculously scratched out a narrow victory. The Marines and fans were ecstatic! Following the game, you would have thought they had won the pennant!

The Marines and Sailors who have the honor to don the uniform gain an additional sense of place, a sense of belonging, a very real feeling of pride and identity—"Hey, I'm on the team." Those who choose to cheer and support instead of playing also enjoy this sense of place, belonging, and pride as they cheer for their home team. Fans can purchase their blue and red jerseys, wearing them proudly with the bold red letters, "Mujuk" on the front and their last name in Korean on the back.



Mujuk baseball team

Mujuk baseball is a place where the community grows and thrives. The energy is palpable, especially for the games when one bus is not enough, and two buses are needed, one for the team and one for the supportive Camp Mujuk Marines. As spectators, these Marines join the mutual teasing and pranks they see and overhear from a full dugout of eager players. Routinely there can be up to two dozen Marines packed in the dugout, in uniform, eager to play. It is a thrill for players and fans to see Marines play again, after ten, twenty, or in one case, forty years since the last time they picked up their glove or bat. For some, the last time they had a real at bat was Little League, for others, it was high school. The Command's support for the team allows Marines the opportunity to relive childhood dreams while building camaraderie and community on the field, in the stands, and across the Camp.

Like all competitive arenas, Camp Mujuk hardball is the proving ground of character, where maturity is revealed, where the ragged edge of an underdeveloped character is exposed such as when one is called out at the plate on a 3-2 count and the pitch was 12" off the plate, or tagging a sliding player at second who was 12" from the bag and they were called safe, or, chasing down a sharp line drive, laying out limb or body for the line drive, miraculously catching it, then the agony when at impact the ball pops out. So many moments like these occur every game; character shaping times and opportunities to bury one's pride and humbly honor the game.

The bus ride home is always a time for Marines to proudly roll up their sleeves and reveal their cherished battle wounds from poorly executed slides into second or from failed flops in the outfield, chasing down another long double

in the right-center gap. At other times, the 45-minute ride back to Mujuk offers mentoring moments for SNCOs and junior officers, to offer helpful advice or a needed word of encouragement to a struggling Marine.

The last season ended on a sunny Saturday in October 2022. After the last pitch was thrown, the last out made, the last fly ball caught, we walked out of the stadium and loaded the team bus knowing as Marines, and as Sailors, that we were better people and leaders. As stated by President Teddy Roosevelt in his 1910 speech at the Sorbonne in Paris, we had "entered the arena." For us, the "arena" was a baseball field, where we had opportunities to show teamwork, offer mentoring, reveal professionalism and sportsmanship to our Korean counterparts, and willingly, or forcefully, eat a large bowl of humility.

BLACK HISTORY MONTH

FEB 01, 2023-MAR 01, 2023

"Black History Month gives America an opportunity to highlight the struggles, resilience, and achievements of Black Americans. More importantly, it serves to remind us that Black History hasn't been fully woven in the fabric of American History. The Negro past is dark, Black America's present is clear, and America's future is bright."

-Derrick Robinson, USAG Humphreys Equal Employment Opportunity Manager

Black History Month is an annual celebration of achievements by African Americans and their pivotal role in U.S. history. Black History Month dates back to 1915, when historian Carter G. Woodson and minister Jesse E. Moorland founded the Association for the Study of Negro Life and History, now known as the Association for the Study of African American Life and History. The founding purpose of the group is to research and promote achievements by Black Americans and other peoples of African descent.

In 1926, the group founded Negro History Week, which inspired schools and communities nationwide to organize history clubs and coordinate celebrations.

Over the following decades, city mayors across the country issued yearly proclamations recognizing Negro History Week. In 1976, President Gerald Ford officially recognized Black History Month, encouraging citizens to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

It is important to celebrate Black History Month at home, work, school and the community because it creates an opportunity to have conversations about diversity, equity and inclusion. We can also reflect on the great scholars, activists, and leaders of government, industry, art, media, science, technology, health and more who a part of the history of the United States.

Burdock

By Jjeunguk Kim

Burdock is rich in insulin, which increases kidney function, and rich in fiber, which promotes bowel movements. Burdock is dried to make tea or cooked and eaten as a side dish with soy sauce and sugar as a base.

Since burdock has a cold nature, it is recommended to drink one cup a day for people with cold hands and feet. Also, if you go to the mart, you can easily buy it as a tea bag.

Ingredients in Season in February

- Clam (Bagilak)
- Strawberry
- Clam
- Jeju Island Orange (Hanlabong)
- Deodeok (Bellflower Family)
- Mackerel (Samchi)
- Angler Fish (Agwi)
- Sea Bream

Directions for Burdock Tea

1. Get a fresh burdock, wash it well and slice it as thinly as possible. To feel the benefits of burdock, it is not recommended to peel it.
2. After drying the thinly sliced burdock for about two days, put the dried burdock in a heated pan and stir-fry to avoid burning. If the burdock is still wet, it is recommended to stir-fry it for 5-10 minutes, as the tea will not have a savory taste when brewed. If you add roasted burdock root and steep it in hot water, you will have a fragrant burdock tea.

Directions for Burdock as a Side Dish

A bag of burdock usually weighs about 300g.

1. Peel the burdock, wash it, and shred it.
2. Add 1 tablespoon of vinegar to 3 cups (600g) of water. When the water boils, add turmeric to remove the bitter taste.
3. Boil the burdock for about 2 minutes and put it on a colander to drain the water.
4. Now add about 2 tablespoons of oil to the pan and stir-fry the burdock for about 3 minutes.
5. Add 5 spoons of soy sauce and 1 spoon of brown sugar to a cup of water (200g), boil over medium heat for about 1 minute, cover over low heat and simmer for another 10 minutes.
6. The final step here is to give color and flavor to the burdock. Add 2 tablespoons of oligosaccharide and stir-fry over high heat to remove moisture. Continue mixing until the seasoning is well absorbed, leaving only a small amount of seasoning, and finish with a little bit of sesame oil and sesame seeds.

You can eat it with rice while keeping it in the refrigerator, or add it to gimhap as an ingredient.

Amber Griffith Sweets & Treats

I am a home-based-baker who specializes in custom cakes, cupcakes, cake pops, cookies and more! I love to create things that not only taste delicious but look beautiful as well. I started baking back in 2021 when my husband deployed to keep myself busy, and I developed a passion for it as well as a love for creating new designs, flavors and styles. Every holiday no matter how big or small, I have a menu themed around it so you can constantly try new and fun flavors and designs! I'm located at USAG Humphreys in the new family housing!

VALENTINE'S DAY MENU

Pick Up: Feb 14th

BUILD A CUPCAKE BOX

MIX & MATCH
\$4 each, Half Dozen \$24, Dozen \$42

<p>CHOCOLATE LOVERS Rich triple chocolate cake with a chocolate buttercream & chocolate morsels</p> <p>LETS GET MARRIED Almond vanilla cake with a raspberry filling topped with vanilla buttercream & heart topper</p> <p>STRAWBERRY KISS Strawberry cupcake topped with strawberry buttercream & sprinkles</p>	<p>HEART EYES Southern red velvet cupcake with a cream cheese frosting & heart decor</p> <p>CUPIDS ARROW Pillow soft vanilla chantilly cake with a berry filling & topped with vanilla buttercream</p> <p>CHERRY DECADENCE White chocolate cake with cherries & topped with vanilla buttercream & cherry on top</p>
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OTHER TREATS

<p>8" COOKIE CAKE \$25 Heart shaped chocolate chip cookie cake with a buttercream border topped with sprinkles</p>	<p>6" CAKE \$35 One layer heart shaped cake topped with pink buttercream & sprinkles. Available in Red Velvet, Chocolate & Vanilla</p>
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CAKE BITES \$7
Extra large heart shaped cake pop. 3x the size of a standard pop. Available in Red Velvet, Chocolate & Vanilla






The LGBTQ+ Support Group at USAG Humphreys & Acceptance in Korea

Story by Caitlin Ward
Photos by Erin Henderson

On November 27, a group gathered at a vigil outside Four Chaplains Memorial Chapel at USAG Humphreys to honor the victims of the fatal shooting at an LGBTQ nightclub in Colorado Springs on November 19. Community members stood together holding flameless candles while they spoke about the victims and the desire for a safe and inclusive society.

“I think we were all feeling pretty helpless being so far away from the states,” said Zach Nelson. “We also had friends who spent time in Colorado at Club Q, so we wanted to stand in solidarity with our Queer Community because we feel so small here and were needing a place to feel accepted and to celebrate the lives that were lost on that horrible day.”

The vigil was organized by S.A.G.E., a support group based at USAG Humphreys. S.A.G.E., which stands for Sexual-Orientation and Gender Equality for LGBTQ+ is a support group that provides USFK members an outlet to express themselves, communicate, and authentically be themselves. The group was developed in May 2022,



Zach Nelson, S.A.G.E. Cofounder and Zach Nelson pictured with Dominic Godfrey



by three friends—Rebekah Winne, Grace Polk, and Zach Nelson—while they were preparing for a Pride Event.

Rebekah explained, “S.A.G.E was created because there was no group on the installation for LGBTQ+ people to meet and find resources. We needed to find our community within the community, so we decided to step out of our comfort zone to help the Queer community on and off the installation.”

Grace added, “We all saw a need for community, support, and advocacy across all USFK installations. There is/was a large negligence in LGBTQ+ resources (proper medical care, oppressive behavior in the workplace, silencing of Queer groups/spaces, etc.) when it comes to military installations. We wanted things to be different not only for ourselves, but for others, and decided to take the lead in pushing for said change.”

Acceptance in Korea

In a 76-page report, “‘I Thought of Myself as Defective’: Neglecting the Rights of LGBT Youth in South Korean Schools,” published in 2021 by Human Rights Watch and Allard K. Lowenstein International Human Rights Clinic at Yale Law School, research shows that LGBT students in South Korea experience bullying, harassment, a lack of confidential mental health support, isolation, and gender identity discrimination in schools. Activists and legislators have advocated for a national broad-based anti-discrimination law to protect LGBT persons as well as women, children, people with disabilities, elderly citizens, and foreigners.

According to the Human Rights Watch “World Report 2022: Rights trends in South Korea,” the Korean government has not yet implemented this legislation, citing anti-LGBT opposition from a Christian conservative group.

On a societal level, however, there are indicators of a gradual shift toward the LGBT community. The gay-friendly Rabbithole Arcade

Pub (별주부전) in Itaewon hosts drag shows weekly. The Rabbithole Arcade Pub was well-received by the community when it opened and is increasingly popular among foreigners and Korean nationals. Many people love the bar for its video games, free darts, and especially the drag show. Many local residents and customers come to watch the latest episodes of Ru

LGBTQ+ PRIDE BOOKS



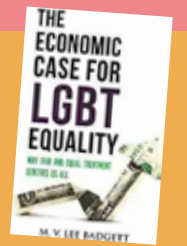
The Queer Bible: Essays, Edited by Jack Guinness – A collection of essays written by queer heroes including Elton John, Tan France, Gus Kenworthy, Paris Lees, Russell Tovey, Munroe Bergdorf, and many others. This book is a celebration of LGBTQ+ culture and history.



This Book Is Gay, by Juno Dawson – A young adult non-fiction book on sexuality and gender.



Trans Kids and Teens: Pride, Joy, and Families in Transition, by Elijah C. Nealy – A comprehensive guide to the medical, emotional and social experiences of transgender and gender-diverse kids with best practices to support trans kids.



The Economic Case for LGBT Equality: Why Fair and Equal Treatment Benefits Us All, by M.V. Lee Badgett – Economist explains how LGBT equality and inclusion is better for business and national economies.



The Queen's English: The LGBTQIA+ Dictionary of Lingo and Colloquial Phrases, by Chloe O. Davis – A comprehensive glossary of modern gay slang, queer theory terms, and colloquialism that define and celebrate the LGBTQIA+ culture with information about key people and events that shaped queer language.

Paul's Drag Race before the show while sipping cocktails with their friends. It is described as a home and safe place for many people.

Brett, a Manager at Rabbothole explained, "Generally speaking, there is still a 'Don't Ask, Don't Tell' kind of mindset [in Korea], however, it seems that young people don't mind as much as older people about sexual identity or preference."

"A shift is also evidenced by the changing demographics of our drag performers and audience members," Brett continued. "While about 80-90% of our customers are foreigners, the number of Korean drag queens performing at the bar is increasing and the number of Korean speaking customers is increasing."

Saffron Reign, a drag king and co-organizer of Crash Landed Seoul also commented on the changing demographics. "Our community in Seoul has become much more diverse in recent years, and is certainly much more welcoming than drag scenes in many other parts of the world. It's common to see drag kings and queens share the stage in one show, as well as AFAB, AMAB, and non-binary performers. We also have a balance of Korean and non-Korean performers, as well as newer and more experienced performers. I love our scene because it is so welcoming of all types of drag and drag performers."

A societal shift in support of the LGBTQ community is also evidenced by the variety of events hosted at Rabbothole Arcade Pub. Every Thursday there is a Karaoke night, and every Friday and Saturday there is a drag show. The professional sports organization Pro Wrestling Society puts on a wrestling event once a month. Rab-

bothole Arcade Pub also hosts plays, language exchanges, concerts, pajama parties, Femmes and Thems nights (anyone who identifies as anything other than a cis-man is welcome to attend), drama shoots, and rehearsals.

"If you are a service member, civilian or family member fearing coming out and not being accepted by family, friends, and colleagues... If you need a place to just be yourself for a night, let loose, and meet people who have gone through similar situations, you are welcome at Rabbothole Arcade Pub," said Brett. "We are located just down the road from Yongsan and have



a BIG rainbow flag inside with a banana hanging in front; our flag is there to support our customers (and also hide some shelves)."

Building LGBTQ Communities - Crash Landed Seoul

In December 2019, drag artists Saffron Reign, Hoso Terra Toma, and Juniko started Crash Landed Seoul, a community-run organization that produces drag shows and other queer events. The drag shows are primarily focused on showcasing various drag artists from within the community, but also highlights

burlesque, vocal, and dance talents. Events are put on by the community, for the community, and provide a safe space for all kinds of Queer people — everyone is welcome.

Founder Saffron explained, "We felt that the Queer community in Seoul was lacking drag events that were welcoming and inclusive of non-traditional drag styles. We wanted to create spaces in which all members of the Queer community feel welcome and safe to express themselves."

Saffron describes his experience of being a community organizer as very rewarding. "Being a co-organizer of Crash Landed Seoul has allowed me to widen my focus beyond just my own artistic expression and to provide a platform for other queer people to explore their own artistic perspectives."

Moving Forward

"Change really starts with individuals being willing to step forward and create something that's not there" said Zach. "You make the change that you want to see. We created SAGE because there was no real representation of the LGBTQ community on base. In order for that to change, we had to create a support network for members and allies who identify with you, make you feel safe, and with whom you can advocate for your collective interests. People need representation. At the same time, S.A.G.E. is a support network within our Humphreys, and broader USFK community, because it is the essence of community to bring together people who have different views and are accepting of each other."

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Vonphotography

Hey, everyone!
 My name is Javon Starnes and I'm addicted to photography. I mean, while driving I see sunsets and take mental pictures.

I frame life as if I'm viewing it through a lens. My wife, Nelle, tells me I'm the only person she knows who takes pleasure in looking at the clouds. Now she does it too.

Nelle and I own and operate Vonphotography. We also have three beautiful children who help run the business. They let me practice on them for candy.

We are no strangers to South Korea as this is my third time here. Every PCS has become better than the last. While here, I'd love the honor and privilege of capturing phenomenal imagery for you, your family and friends, or even military balls.

I specialize in commercial style lighting and high speed sync. That's just a fancy way of saying I love to take cinematic looking pictures with cool lights. It's kinda my thing! I'm able to offer studio, outdoor sessions, or a combination of both.

I'm a Soldier, so I'm mainly free on the weekends — especially those lovely three and four-day weekends. We're located in Daegu, however, travel packages can be designed and tailored to your needs.

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TWO DAYS IN KYOTO

By Erin Henderson



Fushimi Inari Shrine Entrance



Nijo Castle

In 2006, I embarked on my first international trip as a young adult. That summer, I left my home in North Carolina and my crying mother at the airport to study International Marketing and Sports Marketing at the University of Manchester in England. The experience forever changed me as a person and ignited a fierce love of travel that I still have to this day.

When we saw that Japan had at long last reopened for tourist travel without the requirement for special visas, we were inspired. My husband started talking about how Kyoto was one of his favorite places. I of course chimed in with “we should go!” We were days away from heading back to the states for four weeks to visit family, and my husband encouraged me to go there on my own for a few days before our trip home. I immediately jumped online and booked a flight. I was so excited to have the opportunity to go explore another country in Asia, I didn’t think twice.

I have traveled all over the world and oftentimes alone on my long flights overseas, but typically I was meeting someone at my end destination. Up until this point in my life, I had never actually taken a trip solo – a trip with just me, my thoughts and my usually subpar navigation skills. Adding to the challenges, I left my phone that has my international plan on it, in Korea, so I had to piece together directions when I could find Wi-Fi and elicit the help of some wonderful locals along my way. After wandering the streets of Kyoto for two days, I can say it was an incredible experience to venture out on my own. It may seem silly, but there is a small sense of accomplishment when you successfully navigate a new city utilizing public transportation, a few taxi drivers and your own two feet.

If you are planning a trip to Kyoto, here are some helpful tips and a few highlights from my time there. In just two days, I was able to see a lot, but there was not any down time during the

day, I was moving! I would recommend three to four days if you are planning a trip there – it is a beautiful place with so many sights to see.

Before You Leave

Download the My SOS app for entry to Japan. You will only need to complete steps 1 and 2 and then it will generate the QR code you will need for entry. The app will stay red and not allow you to upload your Vaccination card or Covid test, this is ok! Your airline will check to ensure you have this app downloaded when you arrive to check in at the airport.

At the time of writing, the entry requirements are three COVID vaccines, OR proof of a negative COVID test prior to entry. Make sure you have your vaccine card handy upon arrival into Japan along with the QR code from your My SOS app. As things are always changing, be sure to double check requirements on the US Embassy website before entering Japan.

In Japan, masks are still worn indoors and many people wear them outdoors as well. It is up to the establishment whether masks are required, so if you see the sign for it, please be respectful and wear it. A lot of the temples will require you to remove your shoes before entering, as do some restaurants, so make sure you wear socks or be sure to always have a pair with you.

If you plan on making any purchases while you are there, keep your passport on you. This will save you from paying tax on most items you purchase while visiting. As far as currency goes, some cabs will only accept cash so make sure you have that on hand. I withdrew US Dollars before leaving, then had it converted to Yen at the airport when I landed in Japan. However, most of the larger retailers and restaurants accept credit cards.

Getting From the Airport to Kyoto

I flew directly from Incheon Airport to Osaka on Korean Air, and then caught the JR Haruka train into Kyoto Station. The train station was easily accessible from the airport: I walked out of Customs



and it was immediately to my left, up an escalator. They have clearly marked signage, which makes navigating a breeze. I utilized the ticket counter where they booked an assigned seat for me and then I was on my way. Once I arrived at Kyoto Station, I hopped on a local train and rode for just a few stops to my destination in Nijo. Though Google Maps does not work in Korea, it does work in Japan. You can enter your destination and it will tell you, down to the platform, what train and line to take at what time, and the directions you will need to reach your destination on foot. It took about two hours from the time I left Customs at Kunsai International to get to my hotel in Kyoto.



Kitano Tenmangu Shrine

Kyoto Day 1

Kitano Tenmangu Shrine:

- Opens at 6:30AM
- Free admission

I arrived around 8:30 AM, which was perfect timing. A monk was sweeping leaves and there were only a handful of other tourists roaming the grounds. The only sounds were birds chirping in the distance, which paired with a crisp autumn morning, was glorious. I spent about thirty minutes here and, on my way out, wrote my name on a charm for extra protection during my travels. As I was leaving, busloads of students were arriving – students are able to partake in field trips again in Japan, so they were everywhere during my trip.



Charms at Kitano Tenmangu Shrine



View of Kinkaju when you enter

Kinkaju-ji (Golden pagoda):

From Kitano I made my way down to Kinkaju-ji, famously known as the golden pagoda. Like many other temples in Japan, Kinkaju-ji is surrounded by beautiful gardens, so take your time and enjoy your stroll through the tranquil grounds. When you get to the exit at Kinkaju-ji, you have the option to enjoy traditional tea and cake in the garden. If your timeline allows, I highly recommend it!

- Opens at 9AM
- Entrance: 400 yen for adults and 300 yen for children
- Traditional cake and tea in the gardens: 500 yen
- UNESCO World Heritage Site

Nishiki Market

If you love strolling through unique markets, trying new foods and people watching,



Back of Kinkaju



Traditional green tea & cake in the zen garden

Nishiki Market is for you. Nishiki Market is close to the Arashiyama district, so if you want to explore both, consider planning these two visits on the same day (I did not do this and went a little out of the way on my first day in Kyoto).

Eikan-do Zenrin-ji Temple

- Opens at 9AM
- Entrance: 600 yen, 1000 yen during peak fall foliage

After meandering around Nishiki Market for a while, imbibing on fresh seafood and sampling interesting foods on skewers, I made my way to Eikando Temple in the afternoon. This temple is a top spot if you plan to visit during the fall foliage. I visited at the end of October and the leaves were just starting to change.



Nishiki Market



Fall Foliage at Eikando Temple



Eikando Temple

Nanzen-ji Temple

- Opens: 8:45 AM
- Entrance: 500 yen
- * Note: There are steep stairs inside if you decide to go up

After leaving Eikando, I walked down the road and made a left toward Nanzen-ji Temple and the stunning grounds. I chose not to go into the temple and instead enjoyed walking the grounds and viewing the sights around the temple, including the Suikokoku Aqueduct.

Fushimi Inari Shrine

My last stop on day one in Kyoto was the Fushimi Inari Shrine. The shrine itself is open 24 hours and there is no fee to enter, though guests are encouraged to make a small offering upon entering to pay respect. I had seen beautiful photos of the shrine online, but being there in person was surreal. If you love to hike, the trek to the top of the mountain is said to take between two and three hours. I walked for about thirty minutes but because the sun was starting to set, I opted to turn back. To avoid the mass of crowds I highly recommend going first thing in the morning or in the evening closer to sunset.



Torii Gates-The inscriptions are names and dates of donors



Jibo Kannon near Fushimi Inari

Kyoto Day 2

On my second day in Kyoto, I jumped on the train via the JR San-In line to Saga-Arashiyama and made my way to the Arashiyama District before 9AM. I wanted to try to beat the crowds at the Bamboo Grove and thankfully I achieved my goal. It was an overcast, cool day, but it made the walk around very pleasant. I came across a few other people along the path through the Bamboo Grove, but overall, it was pretty empty.

Tenryu-ji Temple

- Opens: 8:30AM
- Garden Entrance Fee: 500 yen
- Temple Entrance: Additional 300 yen
- UNESCO World Heritage Site

My second stop was Tenryuji Temple, which is along the Bamboo Grove trail. You can pay to enter the gardens or pay an extra 300 yen to enter the gardens and the temple.

Arashiyama Monkey Park Iwatayama

- Opens: 9AM
- Entrance Fee: 600 yen, plus 100 yen per bag of food at the top if you wish to feed the monkeys

After I toured Tenryuji, I made my way to the Arashiyama Monkey Park. I was super excited about this stop because I love animals. There is a steep hike to the top that takes about 20-minutes, but it is certainly worth it. Along the hike up, there are a few places to stop and rest if needed. As you approach the top, you may hear the monkeys running around, and once you arrive, you are rewarded with stunning views of both the city down below and mountains all around you.

The park is filled with over 100 Japanese Macaque monkeys and watching them is highly entertaining. There are signs everywhere warning you not to look them in the eye or squat down to their level, to avoid upsetting them and possibly having them charge after you – I recommend



Arashiyama Bamboo Grove



Garden at Tenryuji



A baby & male macaque enjoying their food



Views of Kyoto while a macaque cleans another

adhering to those rules.

There is a lot to see and do in the Arashiyama district; it is the second most sought after sight-seeing district in Kyoto. I recommend allocating several hours or a full day to really take in all of the sights and shopping.

After I finished my morning in Arashiyama, I made my way to Nijo Castle, which is another designated World Heritage Site. The grounds are quite extensive, so I recommend setting aside 1-2 hours to tour the castle and grounds.



Views walking around the Arashiyama District



Nijo Castle

Nijo Castle

- Opens: 8:45AM
- Entrance Fee: 800 for Nijo castle only or 1300 yen for Nijo Castle/Ninomaru-goten Palace
- World Heritage Site

The final “stop” of the day was the Higashiyama Ward and Gion District. I spent hours walking around these historic areas and actually came back again in the late evening to do a Geisha walking tour with the



Hokan-ji, aka Yasaka Pagoda

Kyoto Free Walking Tour (I highly recommend joining one of their tours). There are areas throughout Gion that are marked with “No Photography” signs on the private streets so please be respectful and do not take photos on those streets.

Kyoto is a beautiful city and if I have the chance to visit again, I will return. The flight from Korea is very short, the city is extremely clean, the people are friendly and there are still a lot of things I would love to see – there are a total of seventeen UNESCO World Heritage Sites in the city. As mentioned previously, I would recommend taking a walking tour during your visit. It's a great way to learn about the sites of the city and the history. I learned so much about Geishas and Maikos on our walking tour and we actually spotted several during our night tour, which was really neat. If you are considering taking a trip to Kyoto, I encourage you to go, you won't regret it.

If you have any questions about traveling to Kyoto, feel free to email me anytime!



Higashiyama Ward



A knife dealer sharpening & engraving a knife in the Gion district

The Reach and Impact of Korean Cinema

By Dr. Cord A. Scott, UMGC Okinawa

Since the first public Kinetoscope demonstration took place 130 years ago in 1893, cinema has

been an integral part of people's lives. The pure magic and escapism of film is transcendental, and in other ways universal. People recognize themselves in a well-crafted story. The Korean contribution to cinema has become more pronounced in recent years and there are some amazing movies that have influenced directors and storytellers worldwide.

Much of Korean cinema has been localized, with films based on Korean life, and for Korean audiences. However, some films have been viewed by US audiences and provided a model for new ways of storytelling; these films are now looked upon as groundbreaking.

Oldboy (Oldeuboi in Korean) was one of the first films that impacted a global audience. The film was directed by Park Chan-wook and produced in 2003. The story is about a man who is kidnapped and forced to reckon with his own mistakes and redeem himself. The exciting movie was re-made in 2013 by Spike Lee.

Director Bong Joon-ho also nailed the magic formula of Hollywood and universality. His 2013 film Snowpiercer was widely seen by American audiences. The film focuses on people forced to confront a frozen world outside and the hostility of humanity inside a perpetually moving train called Snowpiercer. The movie was so successful that it inspired a TV series



as well, for which Bong has written scripts. His most famous work, Parasite, won the Academy Award for Best Picture in 2019. The dark comedy spoke to the struggles of the poor in Korea, but the messages and concepts resonate around the world.

Another world-wide phenomenon was the 2016 film Train to Busan (Busanhaeng), directed by Sang-ho Yeon. The film centers on a zombie outbreak but with the zombies having amazing speed. Unlike many of the US zombie films that center on realistic gore, Korean zombie films attain the fear factor without the gore. A TV series within this realm which has also gained popularity is the Korean historical zombie series entitled Kingdom. This series combines the locations of Osan historical village and Hwaseong Fortress, as well as the fears of unknown contagions, naked power, and aspects of gender roles.

Korean war films have been impactful, such as Tae Guk Gi, which means the brotherhood of war. Directed by Kang Je-kyu and released in 2004, the film is comparable to Saving Private Ryan; it centers on the war as well as the struggles and expectations of brothers. Northern Limit Line, released in 2015 and directed by Kim Hak-soon, focuses on the real life attack against the Chamsuri 357 boat off the coast of South Korea in 2002, during the semi-finals of the 2002 World Cup, which was co-sponsored by Korea and Japan.

Another visual presentation that has taken the world by storm is the Netflix series Squid Game. It was awarded several Emmys for outstanding television series. With a dark and violent plot, the series examines disparities of wealth and power in the style of a reality TV show. A question posed throughout the series—what will people do for money—is relatable across many societies.

One film that has developed a fan base very slowly is the North Korean film Pulgasari. It is alleged that noted film buff and North Korean leader Kim Jong Il

kidnapped an actor and a director from South Korea in 1978, and this was one of the movies to come out of that forced production. Produced in 1985, the Godzilla-inspired film is a bizarre adaptation of a legend from the Goryeo period.

The films and TV shows here represent only a small part of the recent contribution of Korean cinema to the body of films seen around the world. Undoubtedly, there is more amazing work to come.

If you liked this article and are looking for more, feel free to swing by your local UMGC office or email Humphreys-asia@umgc.edu to learn more about UMGC Asia, degree programs, and classes taught by Dr. Scott.



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Called 4 Purpose Fellowship in Faith for Teens

Story by Charity Williams
Photos by Angel Williams

Charity Williams, a native of northern Virginia, accompanied her family to South Korea in June 2021. Since arriving, she has been active in her local Daegu community by serving at Camp Walker Chapel in various areas such as the youth, choir, and a myriad of community events.

She also helps the youth succeed in their academics through her business, Charity's Tutoring Corner, which helps youth reach their fullest academic potential in the areas of Mathematics, Science, and Language Arts. Moreover, Charity has completed two degrees. In June 2021, she received her Bachelor of Forensic Science from George Mason University and received her Master of Criminal Justice from Liberty University in December 2022. Outside of academics, Charity enjoys exploring the cultures of South Korea, traveling with family, and listening to music.



Over 40 youth enjoying the first bowling night of 2023.

In the summer of 2022, Called 4 Purpose Area IV Youth commenced with a group of ten teens who had a hunger to learn more about God, in a space that was specifically designed for them. Through open transparent forums, teens began to discuss their life issues and areas where they struggled in their relationship with God. The honest feedback from teens allowed group leaders to truly understand how to best address their needs and create a safe environment. As a result, teens were able to learn biblical principles to assist their spiritual growth and overcome life issues. Tailor-made events such as Bible studies, fellowships, competitive games, and a group social media page helped accomplish this, as well.

The Bible studies for each month are specifically crafted in a practical and relatable format to allow the youth to understand biblical principles, and readily apply them to their lives. So far, the Bible study topics have included "The Importance of Personal Salvation," "How to Hear God's Voice," and "Finding One's Purpose." By tailoring the Bible study lessons to address questions that are important to teens, they leave the sessions with clarity, a sense of hope, and high self-esteem, which motivates them to continue to participate.

The leaders of Called 4 Purpose strive to offer a variety of fellowships that assist the teens with strengthening their relationship with Christ and building meaningful friendships within the group. That's why the



C4P (Called 4 Purpose) ladies enjoying bowling night.

fellowships are so important. Ultimately, the fellowships allow connections to be formed between youth from all walks of life, cultures, and nationalities to help tear down barriers and promote unity.

Other activities within our fellowships include game night, which allows teens to have competitive fun while learning biblical content, sharpening their skills, and/or learning a new game. Additionally, teens fellowship and connect on a daily basis through the Called 4 Purpose group social media page. Daily encouragement is posted, e.g. scripture, devotional, music video. Sometimes the posts are weekly themes, i.e. Monday Music Motivation, Word Coin Wednesday, or Funny Friday's.

Another exciting portion of the youth group is the youth-led praise and worship team. There are so many talented youth who play instruments and sing. They offer their gifts to lead the youth group in praise and worship before the Bible lesson begins. This sets an atmosphere for all of the youth to participate and engage in worship.

Below are some testimonials about how the group has impacted the youth:

"I love attending the Called 4 Purpose Youth Group because my teachers truly have a heart on fire for the Lord. I always feel that the atmosphere is very positive and uplifting because we all help each other's faith grow stronger, becoming united in Christ!" - Haneil Paguio, High School



"It helped me open up more." - Elijah Townsend, High School

"The youth choir impacted my life because it helped me strengthen my relationship with God. Every week, I look forward to the praise and worship practices because the positive environment allows me to let go of my stress and focus on trusting in God's plan for me instead." - Samantha Jones, High School

"The youth group has given me a place where I can go to just unwind after a stressful day at school and something to do after homework instead of staying in my room." - Brennan Campbell, High School

"The youth group has affected me because I look forward to learning more about God and the Bible. It's also a place where I feel more connected and comfortable with the people around me." - Seth Peters, High School



Group of youth participating in Bible trivia during game night.



Group of youth tackling chess during game night.

Called 4 Purpose has truly grown and has reached several achievements within a few months. Our dedicated group of volunteers, RSO staff, and Sponsoring Chaplain have tremendously helped the youth group to continue to run effectively by facilitating activities, teaching the youth, preparing meals before Bible studies, and providing media and administrative support. To date, the group has grown from 10 to 40 teens and continues to reach more youth each day. Our foundational scripture of Romans 8:28 continues to reinforce the group's growth as it says, "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."

If you reside in Area IV, we encourage you to join us for our Bible studies that are held on 1st and 3rd Tuesday evenings at Camp Walker Chapel. We welcome all middle and high school youth who desire to be part of a like-minded group of peers who seek to learn biblical principles, develop a closer walk with God, and have fun fellowship in a safe environment.

Finally, for more information, such as when events are held, how to contact us, or how to volunteer, please check out our website or email us. For weekly encouragement and motivation, please check out our Instagram page.

Area IV Youth Leader:
 Charity Williams
 Instagram: [called4purpose_](https://www.instagram.com/called4purpose_)
 Email: called4purpose.teens@gmail.com
 Website: <https://sites.google.com/view/called4purpose/home>

Garrison Area IV Sponsoring Chaplain:
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FAQs & Answers About the JSA Tours

Story by Edward Kwon
 Photos by John F. Behrend (Retired USMC)



DMZ View

Background

In 1953, the Korean War Armistice Agreement was created to maintain security and stability on the Korean Peninsula. The United Nations Command Military Armistice Commission (UNCMAC) is responsible for maintaining the terms of the living document through

six lines of effort: negotiating and communicating with the North Korean Army (Korean People's Army, KPA); educating about the importance of the frontline unit; controlling access to the Demilitarized Zone (DMZ) and across the Military Demarcation Line (MDL); conducting inspections to verify compliance to the Agreement; observing

and monitoring designated areas; and investigating alleged violations of the Agreement.

According to the Armistice Agreement, each side agreed to move their troops back 2,000 meters from the Military Demarcation Line (MDL). The buffer zone created is called the Demilitarized Zone (DMZ); it is 250 km long and

4 km wide.

The Joint Security Area (JSA) is an area within the DMZ that is shared space between North and South Korea, overseen by the United Nations Command Military Armistice Commission (UNCMAC). The area includes buildings that accommodate negotiation talks and a few bridges of historical importance.

What is the JSA Tour and what is the origin?

The JSA Tour is an opportunity to visit the DMZ and the JSA. The JSA Tour was originally launched in March 1963 by the Pacific Asia Travel Association (PATA).

Why should you go on a JSA Tour?

A JSA Tour will give you the unique experience of being in the buffer zone, between two countries that are not yet at peace. This area is special for those who are affiliated with the USFK communities because this area is maintained by members of your community and the area exists



DMZ View

because of the intervention of the United Nations Armed Forces, including all branches of the United States Armed Forces.

Is there any reason to be scared of going on a JSA tour?

The JSA is the most dangerous area and it is the most peaceful area in Korea. You are safe, surrounded by UNCMAC forces, and you need to be respectful and heed that you are visiting the

buffer zone between two countries that are not at peace.

How long is a JSA tour?

The JSA Tour is about five hours. From USAG Humphreys, it takes about two and a half hours to get to the JSA; we normally stop at Osan Air Base and then have lunch at a restaurant about ten minutes away from the JSA. Including travel time, the JSA Tour from USAG Humphreys generally takes ten hours.

What is the dress code for a tour?

Military policy requires all visitors to display a "neat and presentable appearance" which means the following is prohibited:

- ripped jeans
- flip-flop sandals
- clothing with profane or provocative text
- sports or athletic clothing (including gym shorts or track/stretch pants)
- sleeveless shirts
- tank tops
- excessively baggy clothing



Freedom Bridge



Unification Building

temporary buildings set up for conferences. Four buildings are administered by North Korea, and the three blue buildings are administered by the UNC. The three blue buildings are named T1, T2, and T3 (the letter t standing for “temporary”).

T1 is the Neutral Nations Supervisory Commission (NNSC) meeting room. According to the Agreement, the NNSC is composed of four senior officers appointed by neutral nations; “neutral nations” are defined as nations whose combat forces did not participate in the Korean War. Two senior officers are appointed by the neutral nations Switzerland and Sweden, selected by the UNC; the other two senior officers are appointed by the neutral nations the Czech Republic and Poland, nominated jointly by the Korean People’s Army (KPA) and the Chinese People’s Volunteers (CPV).

T2 is the main conference room for the Military Armistice Commission. T3 has a room for MAC meetings of secondary importance. T2 is shared by the two Koreas and is the only building open to tourists, who may visit from either side. Tourists from each side are

It is also important to note that visitors are prohibited from wearing military uniforms. More details will be provided when you sign up for a tour.

Will North Koreans see me when I’m there?

North Koreans are watching visitors to the JSA from the Panmungak Building with a telescope (this is why there is a dress code and why military uniforms are prohibited). Tourists can sometimes see North Korean military soldiers at the border, however, since the pandemic started, they have been seen less often. North Korea also offers tours of the JSA from their side of the MDL.

What is the Orientation video?

Part of the JSA Tour is watching an Orientation video about Korean history, particularly the Korean War, and what has happened in the JSA.

What is Freedom House?

Freedom House is South Korea’s northernmost facility inside Pan-

munjom (the name of the village on the South Korean side of the MDL), opposite North Korea’s Panmungak (the name of the village on the North Korean side of the MDL). The Freedom House is responsible for promoting inter-Korean communication and talks between the Red Cross Society of the Democratic People’s Republic of Korea (North Korea) and the Republic of Korea National Red Cross (South Korea).

What are the buildings in the JSA?

The JSA includes seven



Reunification Statue outside Third Tunnel



Model of axe murder incident on August 18, 1976—the incident is a sharp reminder of the intensity of this location and assignment, anything can happen at any time

not permitted in the building at the same time; when visitors from one side enter the building, guards are posted inside and outside the building for their security.

What is the Commemorative Tree?

The commemorative tree is a tree that two Korean nations planted at the historical summit in 2018.

What is the Blue Bridge?

The Blue Bridge is the foot-bridge known for the meeting held between the North Korean and South Korean leaders in 2018. The bridge is also used by those who are working at the NNSC to commute to T1, T2, and T3.

What is the tunnel?

There are four tunnels under the border between North Korea and South Korea but the Third Tunnel, known as the Third Infiltration Tunnel, is the only one that is open to the public as a tourist attraction. Tourists can walk all the way down to the end of the tunnel. The Tunnel was discovered by South Korea in 1978 and it is estimated that 30,000 soldiers could move through the tunnel within an hour.

Why is the JSA closed sometimes?

The DMZ and JSA can be closed due to unexpected circumstances, training, or special visits. An example of an unexpected circumstance was a spike in COVID cases. Closure dates and other information updates can be found on the website for DMZ and JSA: [https://](https://www.panmuntour.go.kr/web/comn/main/eng/main.do)

www.panmuntour.go.kr/web/comn/main/eng/main.do

What is the most interesting aspect of a JSA tour that I wouldn’t learn at a museum or from a book?

The most interesting aspect of a JSA Tour is experiencing the sadness and tragedy of division in Korea. You can feel that the countries are still at war as soon as you arrive in the JSA area, which is in stark contrast to how you may feel elsewhere in the Land of the Morning Calm. Though the location is only 60 km north of the dazzling city of Seoul, the JSA Tour takes you to the tiniest and quietest village in the world, where the only sound you’ll hear is twittering from rare birds you cannot find in any other parts of Korea.

Another interesting part of the experience is visiting building T2 where you can step into North Korea. We do not want to ignore however, that there are North Korean security cameras set inside building T2; they are listening to visitors.

For any questions or more information about a JSA Tour from Camp Humphreys, contact Edward Kwon: *Edward Kwon(Tae Yeon Kwon) JSA Tour Desk Staff Mobile: 010.5789.2047 Tel: 031.692.3088/3089 E-mail: edward@hanatour.com Location: USO Camp Humphreys - Sentry Village (P-301)*



General Information on the JSA Tour

- Tour schedules: Tue, Wed, Fri, and Sat at 10 am (it can be earlier)
- Price: \$95 per person
- Duration: about 10 hours
- Includes: Round-trip transportation, an English-speaking guide, and lunch
- Minimum participation: 10 passengers per tour
- Maximum participation: 40 passengers per tour
- Departing from: Camp Humphreys / Osan Air Base / Camp Casey
- You can make a reservation via our website: www.visitjsa.com

An Air Force Program Promoting Diversity

Story by Master Sergeant Jin Lee, Air Force
Photos by Erin Henderson



Air Force MSgt Jin Lee with his wife Hannah

I am a champion of the Air Force Language Enabled Airman Program (LEAP). LEAP is a career-spanning program managed by the Air Force Culture and Language Center which assigns Airmen missions in support of the Air Force that involve a foreign language. The goal of the program is to sustain and improve Airmen's language and cultural capabilities, and to develop cross-culturally competent leaders who can meet Air Force global mission requirements. As a LEAP scholar, I have had multiple opportunities to serve in the United States Air Force beyond my primary career field as a medical technician. The most rewarding opportunity has been to share my Korean cultural heritage and language in distinctive capacities. One of the most exceptional experiences within LEAP was being selected for a Korean Marine Exchange Program in Korea. During this time, I partnered up with the United States Marine Corps Infantry Companies. Being a native speaker, there were no language barriers and I felt like I was significantly contributing to strengthening the relations between the ROK and US Marines by being able to connect the cultures. My

ability to translate, especially nuances in both languages, played a substantial role in gaining a better understanding of the combat tactics of the two forces and is a great example of the importance of LEAP. The LEAP Chapter at Osan Air Base in South Korea was established by five Airmen in October 2022. The establishment of the program at Osan connected members of LEAP and other language-enabled service members throughout the Korean Peninsula, to enhance language capability and further the mission of LEAP. The Osan LEAP Chapter is dedicated to promoting diversity through the education and development of language and cultural skills from around the world. The Airmen in LEAP are exposed to a wide range of cultures as they continue to expand their language competencies. This enables our Airmen to build bridges and form connections across diverse environments and give them the versatility to work with many different cultures. For more information about LEAP, you can visit the website <https://www.airuniversity.af.edu/AFCLC/Language-studies/> or find us on Facebook under Osan LEAP Chapter.

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January 2023 Deadlift Competition Winners Sergeant's Zahraa Frelund and Keebum Kim

Story and photos by Erin Henderson

On January 12th, the U.S Army Sports Fitness and Aquatics (SFA), USAG Humphreys hosted the 2023 Deadlift Competition at Sitman Fitness Center, open to everyone. Participants registered according to their weight class—light, middle and heavyweight—and then were weighed on the date of the competition to confirm their class. Each competitor had three chances to lift in order to secure a spot on the podium, some hitting lifetime personal best weights.

What is a deadlift? Simply put, you pick the bar up off the ground, stand up, and then you put it back down, in this case with a lot of weight.

The deadlift falls into the category of Powerlifting, where athletes have three attempts for a max lift in each of the back squat, deadlift and bench-press. Modern Powerlifting originated in the 1960s and the first official competition was held in York, PA in 1965. Powerlifting has continued to gain in popularity over the years and you will also see Strongmen taking on the deadlift in addition to their other odd object movements.

Sergeant (SGT) Zahraa Frelund, U.S. Army and SGT Keebum Kim, Korean Augment to U.S. Army



SGT Kim & SGT Frelund with their first place and pound for pound medals



Strongman Brian Shaw deadlifting 881 pounds at the 2021 Rogue Invitational

(KATUSA) were the winners of the pound-per-pound medals and first place in their divisions. What this means is they pulled the most amount of weight relative to their bodyweight. Zahraa was registered in the middleweight class and lifted 320 pounds, which was 214% of her bodyweight. Kevin competed in the lightweight class and lifted 505 pounds which was 331% of his bodyweight. Both were extremely impressive feats of strength and very exciting to watch.

- ▶ The current competition world record in classic powerlifting in the 66-kilogram men's weight class is held by El Belghiti Hassan of France at 298 kilograms, or 657 pounds.
- ▶ The current competition world record in classic powerlifting in the 57-kilogram women's weight class is held by Nnamani Joy of Great Britain at 230 kilograms, or 507 pounds.
- ▶ The deadlift world record in Strongman competition is held by Eddie Hall of the United Kingdom at 500 kilograms, or 1102 pounds!

We had a quick chat with Zahraa and Kevin after the event to learn more about them and how they got into powerlifting.

SGT Zahraa Katya Frelund, U.S. Army

1) Why did you join the Army, and what is your current Military Occupation Specialty (MOS)? Are there many women in your MOS?

The Army has always been my calling, I wanted to be a part of something bigger than myself. Growing up in Iraq, I witnessed the U.S. Soldiers selflessly risking everything to free the oppressed. I am alive today because of their bravery and sacrifices. I am a Cavalry Scout, 19D. I love my job and take pride in what I do; the Army Value of Selfless Service is what I live by daily. The history of the Cavalry Scouts has been a rich one of selflessness and courage. The position is physically challenging, spending most of your career in field training. My career started with One Station Unit Training (OSUT) at Beginning GA, where Scouts are born. My class began with 24 females, but only 12 graduated. Of the 12, only four

have achieved the Non-Commissioned Officer rank. The job is grueling and entails physically demanding tasks and requirements. Being an enlisted female in combat arms is not easy; it is a job we selected with pride, but for some, we begin the journey with a sense of unwelcomeness with hopes of proving we are capable and able.

2) Has health and fitness always played a role in your life?

I have always prioritized my fitness. To me, fitness requires discipline, consistency, and dedication to get up every day and get after it. I take these values into my daily life. Beyond that, being in the weight room has improved my mental health. Lastly, it is a great community. You see people helping each other to enhance forms or giving tips on what to eat. I always



encourage my soldiers and those around me to get up early and go to the gym to conquer their day by challenging their mind and body to do one more push, one more rep, and one more mile. By doing so, they can prove to themselves that they can accomplish anything they put their mind to.

3) What got you into deadlifting (or weight training in general), and was this your first competition?

My job! As a scout being a dismount team leader, it is imperative to be physically fit to carry your weapon and equipment for long distances. Additionally, if someone in your squad falls on the battlefield, you must be physically fit and ready to carry them to safety.

I competed with 4-10 Cavalry Squadron, 3rd Brigade, 4th Infantry Division in the 1000-pound club, 700 for females. I was the only female who made it into the 700-pound club, with a combined weight of 708 (combined total pounds lifted of a deadlift, bench press and back squat). I love being an overachiever, because I want to send a message that you can and are capable.

4) Do you think it is important for more women to get involved in comps like this?

I do, yes. When women are involved in comps, they create inspiration and provide a shared experience. Some women are kind enough to share what has worked for them; this is something I want to inspire more women to do. Diversity of lived experiences and backgrounds in competitions and at work make us a stronger force overall. Lifting weights is important for females to increase bone density and overall health.

5) Anything else you would like to share?

I do not have contact with my biological family to help me or support me, but the Army has been family (a big dysfunctional family, lol), so my message to my leaders, peers, subordinates, and community are:

- Always be authentic
- Let your faith be your guide
- Let your purpose wake you up every day
- Give your 100 percent in whatever you do, you never know who is watching

- Keep showing up, your actions impact those around you
- Even if you are alone and have no one to believe in you, believe in yourself
- If God is for you, who can be against you?!

SGT Keebum Kim, KATUSA



1) Where are you from and what is your current role?

My name is Keebum Kim, and I am currently serving as a KATUSA with the MOS of 35P at 532nd MI BN, 501st MI BDE. I was born in the city of Geoje, located near Busan. Before I joined the ROK Army in December 2021, I had just graduated from UC Berkeley with a degree in Economics.

2) How did you get involved in Powerlifting?

In June 2022, I was selected as a volunteer to translate for the 2022 Pyeongtaek World Para Powerlifting Asia Oceania Open Championships. There, I was inspired by the athletes' passion for lifting, and I began to self-train in the areas of squat, bench press, and deadlift. It has been

about seven months since I started to train, and I hope to continue to grow to find out my full potential.

3) How many comps have you done? Do you have plans for any future comps?

This was actually my first competition, and I hope to compete more in the near future. I would love

to improve myself with systematic coaching and a structured training regimen.

4) What are your plans after you finish your service time?

After I ETS, I hope to work in the global finance scene. My goal is to stay fit even outside of the military by maintaining daily discipline.

5) Advice for anyone looking to delve into the world of Powerlifting?

I think lifting is not a representation of your talent, but rather a culmination of the time and effort that you put in.

Lifting heavy from Day 1 is not very ideal; everyone has his or her own pace, and I think the goal should be to enjoy the growth that you see in yourself. There is no rush to be lifting at an elite level; as long as you are enjoying the sport and seeing the differences in yourself, you are on the right path.

6) Anything else you want to share?

I would like to thank the staff at the Sitman Fitness Center and the Army MWR team for hosting such a fun competition! I greatly enjoyed it, and I hope to see similar events in the future.

To stay up to date on upcoming events at your base fitness centers, make sure you are following their MWR social media pages!

5 Cafés to Check Out Near Camp Humphreys

By Erin Henderson

Coffee culture is huge in Korea and there are an abundance of cafes to be found everywhere you look. Here are a few cafes within fifteen minutes of Camp Humphreys that are worth checking out.

DewDrop Coffee

Located near the Brownstone Apartments, DewDrop has become a go to for me since they open early (7AM during the week, 10AM Saturday). If you haven't learned yet, most cafés in Korea open later in the morning than what we are accustomed to in the US (typically 10:30/11AM) and stay open late, sometimes until midnight. It's nice to have somewhere to go work other than the Starbucks on base after dropping off the kids in the morning. DewDrop is also great for larger groups to meet and hang out. They are open 7AM-10PM during the week, and 10AM-10PM on Saturday and Sunday. Address: 369-10 Anjeong-ri, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do



The Cottage

Located across the street from Roasters, the Cottage is designed to look and feel like a quaint cottage, perfect for curling up with a good book. If you crave specialty drinks like Pumpkin Spice Lattes, Peppermint Mochas and Butterbeer Lattes, the Cottage is where you should go to imbibe. They also offer a wide variety of donuts and what has become a personal favorite of mine, the Croffle. Trust me, just go and give it a try, your taste buds will thank you. The only downside to the Cottage is that it's very intimate upstairs, so if you have a larger group, you won't all fit. They are open Tuesday-Friday 7AM-2PM, then 10AM-7PM on Saturday and Sunday. Address: 40 Anjeong-ro, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do



Roasters

Located about a half a mile outside of the Anjeong-ri gate, Roasters is a super cozy cafe with a variety of brews to satisfy any coffee palate, with options for non-coffee drinkers. I absolutely love working here, but the downfall is they don't open until 10AM each day. If I need an afternoon pick me up, I will often find myself here because it's so comfy to work from and has a great vibe. They roast their beans on Tuesdays, so make sure you grab a fresh bag to take home then. They are open 7 days a week, 10AM-11PM. Address: Gyeonggi-do, Pyeongtaek-si, Paengseong-eup, Anjeong-ro, 43 KR



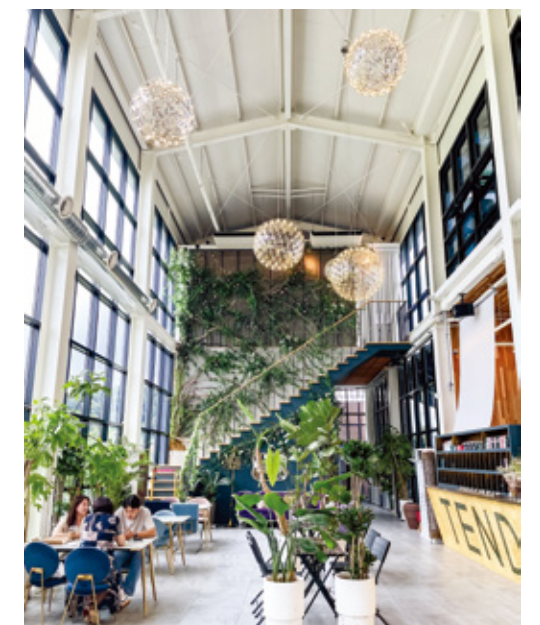
Archive Cafe

Located along the river, the Archive is an Instagrammers and pastry lover's dream. When you walk up to the brick building, you are greeted with a quote from KJH, the café owner: "The Archive is where you record and store your day." Inside is a vast industrial style café with three floors plus a rooftop to choose from for seating. Perfect for larger groups, the café offers an extensive menu of pastries and sweets along with your typical coffee options. Because of its location and popularity, the drinks are a bit pricier than the other locations I have mentioned above. It's certainly worth checking out at least once, and if coffee isn't your thing, there are two white goats grazing outside you can watch from their outdoor seating (for real). They are open 7 days a week, 10AM-11PM. Address: 468, Gangbyeon-ro, Oseong-myeon, Pyeongtaek, Gyeonggi-do South Korea



Ten Dogs Café

Ten Dogs is probably one of the most popular cafes in the area. This was one of the first cafés we visited when we arrived at Humphreys and our introduction into the coffee culture in South Korea. Every inch of the café is perfectly curated for your social media feed from the moment you step in the door. The fun thing about Ten Dogs (hence the name) is the outdoor space where you can bring your fur babies while enjoying your favorite beverage. They are open Tuesday-Sunday, 11AM-10:30 (closed Monday). Address: 752 Gyeyang-ro, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do





Gwen pictured with her husband Shane at USAG Humphreys

“HerStory”: A Message on Diversity, Equity and Inclusion

Story by Colonel Daryl Gwyneth Devera-Waden (Gwen), U.S. Army
Photos by Erin Henderson

As

a first-generation American, and the first female and minority to com-

mand 411th Contracting Support Brigade, I am appreciative and mindful that my accomplishments have been enabled by diversity, equity and inclusion. It is a strategic imperative that we continue to celebrate and support our differences as unique strengths that together, strengthen our community and our country. I am committed to promoting diversity, equity and inclusion through my leadership and my community engagement. It is the responsibility of each of us, every day, to promote these con-

cepts for our teams to thrive and our communities to be stronger.

My Background

I am the first born in my family; the eldest of three girls, and presently a Colonel in the U.S. Army. My husband and I are the proud parents of two young adults, both attending University of Texas at San Antonio (UTSA). Our son was the youngest Eagle Scout for Boy Scouts in 2014 and our daughter attained the equivalent in Girl Scouts, the Gold Award, in 2018.

I was born in the Philippines and grew up in Oxnard, California since the age of two by way of my dad’s enlistment in the U.S. Navy.

He and many Filipinos enlisted and immigrated to the U.S. for a better life and opportunities. “It takes a village”—my dad and his peers collaborated to advance their legacies by raising future leaders of tomorrow.

My father retired twice in California, once as a Petty Officer First Class with twenty years from the U.S. Navy and then from the U.S. Post Office. My mother, we lost to COVID, gained her wings in 2021, on the day she gave birth to me. She was a retired registered nurse from the San Bernardino State Hospital.

During my father’s service in the Navy, we did not move often because my dad usually went out



Gwen pictured with other organization leaders at USAG Humphreys

to sea or came home on weekends the times he was stationed in San Diego. I enjoyed what I knew about the military and contemplated service at which point my dad said, “If you join, go be an officer.” I joined the Army through an ROTC scholarship program and upon graduating from the University of San Francisco in 1996, received my commission as a second lieutenant.

This past October, I hit twenty-five years of active service. I have lived in four countries and visited many others. I deployed to Iraq twice and completed fifteen assignments. I have worked a variety of force sustainment jobs, originally in the Adjutant General’s Corps and then transferred into the Acquisition Corps after my second company command. Within the

Acquisition Corps, I have been predominantly a “Charlie”—Contracting professional, on the expeditionary and contingency side.

What started out as a way to pay for college, attend, and not burden my parents, turned into a career of opportunities and experiences! Who would have known the choice to join would lead to a marriage in Fort Bliss, TX, children born in La Louviere, Belgium, and company commands in Chièvres, Belgium during 9/11 as well as Fort Bragg, NC to Iraq and back in support of Operation Iraqi Freedom. I also experienced battalion command in Kaiserslautern, Germany and the Army paying for my undergraduate degree, three master’s degrees and our two young adults’ college education via the post-9/11 GI bill at UTSA. I characterize my service

as blessed, opportunistic, and positive!

What is unique about serving (and leading) in the Republic of Korea (RoK), is that it is my third time stationed in the RoK. The RoK was my first duty station in 1998 at Camp Henry, Daegu within the G1 (personnel), which back then was the 19th Theater Army Area Command (TAACOM) and now the 19th Expeditionary Sustainment Command. It is also where I met my husband, Shane, who after successfully serving the U.S. Army for twenty-five years, retired in 2016. My second time stationed was in 2010-2013 here at Camp Humphreys in my functional area-acquisition (contracting) as the Chief, Regional Contracting Office (RCO) Pyeongtaek and contingency contracting team leader. We departed



Gwen photographed in a wrestling ring for the February United on the RoK Cover Shoot, wearing a modern Filipiniana dress from her hometown in Bontoc Mountain Province, Philippines that belonged to her mom.

the “Hump” right when Humphreys High School opened.

I am now back and honored, privileged, and proud to serve as the Commander for the 411th Contracting Support Brigade (CSB). People are the heart and soul of the organization, and I cannot over-emphasize that enough, especially here in the RoK, as the Korean Nationals (KNs) who mentored

me as a lieutenant and particularly as a major have been pivotal in my life professionally and personally. Many of the KNs are careerists and the RoK—its culture, the people, the life—is like family, in and out of the 411th CSB, it has been like coming home.

During my tenure with 19th TAACOM, there was another female in the headquarters, but in

the G6 (communications/information). What was the likelihood that when I took the helm of the 411th CSB July 2021 in the audience, that same lieutenant would be present? How about the chances she would also be a brigade commander? Indeed, what a reunion and awesome experience for fellow female leaders, and even more incredible to see one from over twenty years

ago, now Colonel Anne Wiersgalla, Commander of 1st Signal Brigade! She successfully completed command and is the Eighth Army’s Chief of Staff.

In addition to brigade command, I have a couple other roles, “hats.” I am the Senior Contracting Officer (SCO), lead service for contracting for the entire peninsula and the United States Forces

Korea, Assistant Chief of Staff, Chief for Acquisition Management (FKAQ) delegated to run and oversee the Invited Contractor Program in accordance with the status of forces agreement and RoK Government exceptions. In all that we do as leaders we must remember that we provide purpose, direction, and motivation. More notably for the “Fight Tonight” mission, the job that we do directly impacts and supports the Warfighters in achieving mission accomplishment and sustaining the alliance.

Sharing Values Through Organizations

Beyond my work, I am in a variety of organizations that are predominantly oriented around service, community, awareness, giving back, and investing in our youth, our future leaders of tomorrow. I join organizations to participate and actively promote the values, ideals, and principals I aspire toward and support. Likewise, I hope that others join for the same reason(s), to make it better, improve or take it to the next level from those who paved the way before us.

Even more so now with my mother in Heaven, I want to continue to do things to make my momma proud. I encourage you all to contribute to organizations that represent your interests and values, but also explore other organizations, to learn or experience something different!

I am a proud member of the Delta Sigma Theta Sorority, Inc. and currently serving as the 2nd Vice President for the RoK Alumnae Chapter. A predominantly African American female, private, not-for-profit, and public service or-

ganization, whose purpose is to aid and support through established programs in local communities throughout the world through its Five-Point Programmatic Thrust of:

1. Economic development
2. Educational development
3. International awareness & involvement
4. Political awareness & involvement
5. Physical & mental health

Prior to arriving to the RoK, I joined Asians and Pacific Islanders on the Peninsula (APIOP) as a member and virtual supporter, and upon arrival appointed as one of the senior advisors. APIOP is an informal, volunteer-run group for individuals of all backgrounds, who celebrate and recognize the strength in diversity, equality, and inclusion of the DoD’s Asian and Pacific Islander communities in the RoK. Members participate in networking, professional development, mentorship, fellowship activities and other opportunities. APIOP participation is open to all military and civilians of any race, culture, creed, nationality, religion, sexual orientation, gender identity or gender expression.

I am a current Member-at-large of Western Province Silhouettes of Kappa Alpha Psi Fraternity, Inc., an organized auxiliary of the wives and widows of the fraternity focused to enrich families, serve communities, and support the distinguished men of Kappa Alpha Psi Fraternity, Inc. through the National Initiatives of the Kappa Foundation via opportunities that:

1. Engage today’s generation of young people in leading the social, economic and educational transformation of underserved and underrepresented communities

throughout the nation and global community;

2. Support Mental Health via National Alliance on Mental Illness dedicated to building better lives for the millions affected by mental illness;

3. Support the mission of St. Jude Children Hospital to advance cures and means of prevention for pediatric catastrophic diseases through research and treatment;

4. Fight against National Domestic Violence via the Tomorrow Project by providing tools to assist women who fall prey to intimate partner violence, in their quest to improve their physical and emotional well-being;

5. Support the March of Dimes in helping to improve the health of all moms, babies, and families.

cepted Scottish Rite of Freemasonry, Prince Hall Affiliation, Northern Jurisdiction; it is a social organization of the mothers, wives, widows, daughters, and sisters that make up the community, the service-oriented sisterhood of the Council.

- Current member of The ROCKS, Inc., Land of the Morning Calm Chapter. The ROCKS, Inc. is a non-profit organization comprised of ROTC and Military Academy Cadets, active duty, reserve component, commissioned officers and active duty or reserve component warrant officers and Department of Defense GS12 and above civilians. The organization was formed to provide mentorship, professional development, and social interaction to strengthen the officer corps.

Scouting provides girls with opportunities for fun and friendship, while fostering the development of leadership skills and self-esteem.

- Boy Scouts of America supporter, Wood Badge Graduate Southern Region Course 976-8 (Bobwhite critter)

- Lifetime Member, Women's Veterans Interactive (WVI). An organization for women veterans by women veterans that connects, engages, and empowers Women Veterans with the tools and resources needed to achieve post-military success through financial assistance, workforce development resources, and community.

- Female Mentoring and Morale Program (FMMP) member, an all-inclusive program that provides a safe environment for mentorship and facilitates discussions that focus on female issues and concerns. We invite males and females of all military/services ranks and Department of Defense Civilians to join in. With the turnover of personnel and fast work pace, I have been unable to establish a FMMP- Korea Chapter, so we join in and support the original FMMP charter/chapter.

- Black Girl Do Bike-San Antonio and Major Taylor Cycling-Austin are cycling groups through which I continue my novice cycling journey while abroad

Diversity, Equity and Inclusion Every Day

Diversity is the existence of a variety of "different dimensions" be it characteristics, groups, people, race, age, gender, socioeconomic status, perspectives, thoughts, and so forth. I highly value diversity, particularly as an immigrant who grew up in California and experienced our household influx of



Gwen pictured with members of Republic of Korea Alumnae Chapter of Delta Sigma Theta Sorority Inc.

Additional participation:

- Current member of the Order of the Golden Circle (OGC), Europe State Grand Assembly and Past Loyal Lady Ruler, OGC, Ne-Vriecture Chapter, Ramstein a women's auxiliary of the United Supreme Council, 33°, Ancient & Ac-

- Lifetime Member, Girl Scouts USA, an organization for girls to build courage, confidence, and character, who make the world a better place. Through activities in science and technology, business and economic literacy, and outdoor and environmental awareness, Girl



Gwen pictured center at February issue cover photo shoot.

relatives initially living with us in their jump start into the land of opportunity. I experienced firsthand the U.S. melting pot metaphor that describes the assimilation of immigrants to the U.S.—the society where many different types of people blend as one. My experience growing up in a "melting pot" was my everyday experience and early on formed my leadership style of prioritizing inclusion and acceptance of every person's uniqueness and differences.

One's perspective of diversity evolves as they become more aware of the differences between each of us, through interactions, socializing, work and other experiences. As differences of culture, race, gender, and other are seen

more often, diversity becomes normal. More exposure to diversity reduces discrimination and racism, also resulting in a more colorful life experience!

A leader who promotes diversity would open the flood gates to productivity power and improve the balance of opinions because there will be an acceptance of opinions (diversity of thought) and a decrease of fears towards differences. Diversity can bring in new markets and enhance reputation, employee attraction, retention, engagement (in and out of the workplace), and in turn, customer satisfaction. The list goes on. But just like any relationship, personal and professional, it takes work. Good relationships take hard work

specially to sustain, and yes relationships matter.

So how does one do all this? I mentioned that I am honored and privileged to serve as the Commander, 411th CSB, but this is true for all official and unofficial leadership roles I take on: one must be cognizant that we are allowed to lead because those we lead allow us to do so; with that, we must earn their respect. Earning the respect of the person(s) you lead is a result of following three basic rules: always be at your best; do what is right; and exercise the "Golden Rule"—treat others as you want to be treated. This is my mantra, and this is how you can build from diversity to equity and inclusion.



Soccer, Community, and Assimilating to a New Duty Station

By 1LT George Ladner, US Army

After fourteen years of soccer, culminating in my final NCAA game, I threw my perfectly functioning cleats into a dumpster. To me – it symbolized the beginning of a new phase of my life. Looking at the road ahead, I was focused on Commissioning, completing the Infantry Basic Officer Leader Course, and the daunting task of Ranger School. I reoriented my workouts towards the Army Combat Fitness Test

and my mindset to begin absorbing doctrine. Unbeknownst to me, my relationship with soccer would be redefined months later. My new passion for the game would be synonymous with community, driven by an epiphany of sports' power in uniting individuals, regardless of background. In an ever-polarized environment dominated by social media, participation in athletics bridges divides through in-person interactions, helps individuals assimilate into new envi-

ronments, and creates a greater sense of unity among military bases and local communities.

Coming from Dickinson, a small liberal arts college where I knew all my professors and peers, to Fort Benning, was quite the change of environment. At the "Home of the Infantry," there were thousands of new faces, and I was submerged into an utterly different atmosphere. The year of training quickly began to transpire. After my IBOLC Platoon Live Fire, I overheard an Instructor speak about his excitement to scrimmage in a soccer game upon completing the field training. I hadn't touched a soccer ball in over nine months, so my interest was piqued. The next day, I purchased the cheapest pair of cleats I could find and ventured out to the scrimmage located at a local Columbus, GA High School.

Upon arriving, I was instantly surrounded by people with an array of backgrounds, ranks and careers. The field was boxed in with decaying cones and clumsy goals. Nobody took notice or complained about these conditions. Instead, lively conversations about family, community service, and extracurriculars were kicked around, and a shared love for soccer was felt amongst all. In other circumstances, this group may face disagreements, however, a 28-inch circumference ball brought us together.

After a permanent change of station from Fort Benning to Joint Base Lewis-McChord, I discovered a soccer team in University Place, WA. My teammates were Civilians, with careers ranging from business to local government work. It allowed me to learn about Washington State from varying perspectives and explore West-Coast culture outside the walls of JBLM. Several months into my time at Lewis, I found out my Battalion was rotating to Korea. I was thrilled by the prospect of playing soccer with KATUSAs and learning about Korean culture through athletics. This came to fruition at Camp Casey, and soccer instantly became a way to connect with our Korean counterparts. Relationships were swiftly formed over World Cup predictions and pick up soccer matches. I felt a sense of pride and community with our new colleagues, who through sports, were no longer strangers.

In soccer, people seek out similarities and



push aside their differences, all for a shared passion of the sport. During a match, one's sole focus is the present. The benefits of athletics for service members is evident in the community ties that are created and the unity that is felt on the field.

This experience highlights what I believe to be a fundamental truth: sports bring people together. It builds teams and it strengthens communities. Sports leagues coordinated through *Morale, Welfare, and Recreation* are an important resource within our community.

In short, life is simplified with soccer:

Work together.

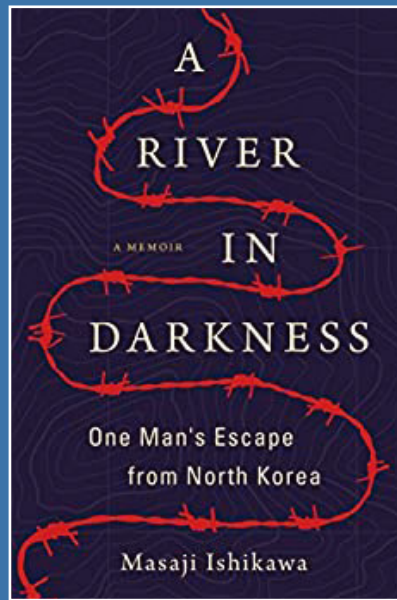
Develop relationships.

Strike a ball into a net.

Community will triumph.

Meet Your Next Favorite Book!

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



TO ALL THE BOYS I'VE LOVED BEFORE, *Jenny Han*

A novel about sixteen-year-old Lara Jean Song whose love letters written to every boy she's ever loved are unexpectedly mailed.

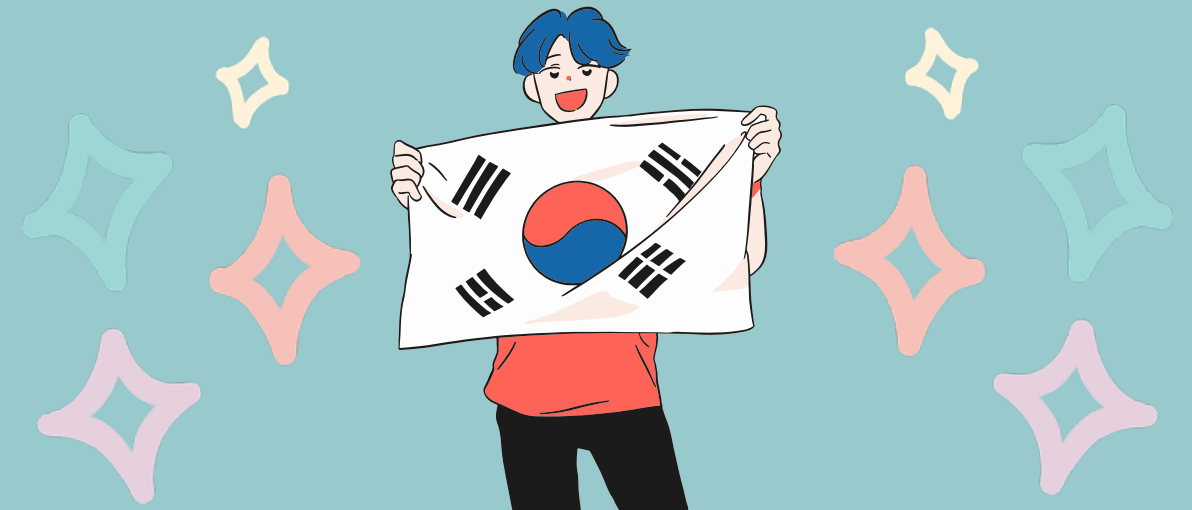
A RIVER IN DARKNESS, *Masaji Ishikawa*

In his memoir, Masaji Ishikawa recounts his brutal life under the totalitarian North Korean regime where his family moved when he was thirteen years old. Ishikawa's father was lured to North Korea from Japan by promises of a better life, but upon arrival, the family became members of the lowest social caste. Ishikawa shares his escape from North Korea and the challenges he faced repatriating to Japan.

The Guest, *Hwang Sok-yong*

This piece of historical fiction is centered on the fifty-two day massacre that took place in Hwanghae Province in North Korea.

THREE GREAT BOOKS FOR YOUNG READERS



Three Korean Fairy Tales includes *The Magic Gem*, *The Deer and the Woodcutter*, and *The Tigers of the Kumgang Mountains*. The traditional folk tales impart Korean beliefs and values.



Set in 12th century Korea, *A Single Shard* tells the story of 10-year old orphan Tree-Ear, and the hardship and danger he faces on a journey to prove himself.



Filled with illustrations, the book is narrated by Min-jun, a kid living in South Korea, who tells the reader about history, geography, pronunciation, and cultural goodies.

Dancheong (단청) – Temple Colors

Story and Photos by Maritzalyn Mercado-Santiago

One of the more iconic visuals you will encounter during your time in Korea is the vast array of temples. From their design to their colors, the temples are a visual treat! Korean Buddhist temples are decoratively painted in a myriad of reds, blues, greens, yellows, blacks, and whites. So why are they adorning Korean Buddhist shrine halls, and what do they all mean?

A Brief History

Eun Yi Lee from the Korean Ministry of Culture, Sports and Tourism describes dancheong as “the traditional coloring on wooden buildings and artifacts in Korea for decoration and style.” The oldest surviving example of dancheong in Korea dates to murals found in the tombs of the Goguryeo Kingdom. The design inside this tomb portrays the life of the tomb’s occupant. It also expressed well wishes for their continued success in the afterlife. It was in the Goryeo Dynasty (918-1392) that the initial colors of green, red, black, and white became the standard choice for dancheong. At this time, simple dancheong designs were painted.

A uniquely Korean form of dancheong was established during the Joseon Dynasty; this was because of two foreign invasions of the Korean peninsula by the Japanese during the Imjin War and the Qing Invasion of Joseon. During this time most of the historic structures on the Korean peninsula were destroyed. The dancheong colors from the late Joseon Dynasty are highlighted by bright yellow and intermediate colors like red-orange, blue-green, and yellow-green. This helped to add vibrancy!



What is Dancheong?

Dancheong adorns Korean palaces, city gates, and Confucian shrines, however, the most elaborate styles adorn Buddhist temples. Dancheong literally means “cinnabar and blue-green” in Korean, but it is the harmonious combination of nature and temple design that is the essence of dancheong. How did this technique come about? The simplest of reasons

is that it’s meant to protect the wood from weathering and insects. Another reason is to hide blemishes that develop over time. The design is meant to be beautiful but not distract from the natural world around it.

Lee explains, “Though meant to protect buildings from harsh weather, dancheong blends into its environment through its conformity with nature. Nothing about the art is artificial or exaggerated, and its natural aesthetics is the reason behind its use even in modern fashion forms.”

Patterns in Art

One of the common visuals found when looking at the temple artwork is the patterning; my children recognized the similar images and line work and described it as “almost the same but still different!” Patterning is one of the principles of art and design and you can see it in various forms of art. Patterns are created through the arrangement of shapes, forms, or lines, which are sometimes referred to as “motifs” and can be either deliberate or natural.

In art, patterns can occur in sequential order or in progression to create rhythm, movement, visual appeal, or emphasis. The types of patterns in art can be anything from geometric and structured shapes to lines that are flowy and curvy, all arranged and repeated to create various effects. However, patterns can also be found in other disciplines like mathematics, engineering, architecture, literature, and music. Different cultures from all over the world utilize patterns to decorate important objects, just like the temples here in Korea. The repetitions can also come in varying shapes, sizes, and directions. For example, patterns can move outwards from a central area, they can move from left to right, up or down, and diagonally.

The next time you’re at a Korean Buddhist temple, have a look at the abundant colors and designs around you. Look closely at the murals, try to spot the patterns, and don’t forget to ask questions. You might be surprised by what you see and what it all means.

There are five basic colors that represent each of the Five Elements Theory—a Chinese philosophy that all interactions and relationships occur between the five elements wood, fire, earth, metal and water. Together, these colors symbolize the desire for stability, peace, and a rewarding afterlife.





1. Blue: wood, east, spring
2. Red: fire, south, summer
3. Yellow: earth, center, time between seasons
4. White: metal, west, fall
5. Black: water, north, winter

As described by Kwon Jy-eun on Korean Heritage, there are four main types of decorative coloring that adorn Korean Buddhist temples. They are:

1. Gachil-dancheong is base-coat coloring; a single color applied to a surface, alone or as a base.
2. Geutgi-dancheong is line stroking decoration, drawn in black or white along the borders of a painted surface.
3. Moro-dancheong is side-edge decoration, which refers to a floral design on the side-ends of a piece of wood.
4. Geum-dancheong is continuous pattern decoration or elegant decoration that may appear between lavish floral designs (more-dancheong) or with a separate painting.

Specific patterns that can be included in Geum-dancheong include:

1. The Radiant Wave is meant to symbolize the illumination that is spread by the power of the Buddha's teachings.
2. The Circle symbolizes Samsara, which is the continuous cycle of birth, death, and rebirth. The Circle is also meant to symbolize how humans receive wisdom from the Buddha, if they believe strongly enough in the Buddha.
3. The Semi-Circle resembles the nose-ring for cattle. This harkens back to the metaphor taken from the highly symbolic collection of the ten Shimu-do (Seon Buddhist). Specifically, the semi-circle is meant to symbolize the Shimu-do which are murals that refer to the process of discovering Truth.
4. The fourth, and final Geum-dancheong pattern, are Triangles. Triangles are also called the Iron Armour pattern. This pattern is meant to encourage Buddhists to have firm resolve on their way towards the Truth.

Manja (Swastika): The Manja is a reference to good luck or auspiciousness.

Try your hand at Dancheong!

There are various levels to trying this activity. You can complete an online search for "Dancheong flowers," print off a couple templates, and paint or color them. This may be easiest for our younger homeschoolers. If you don't have access to tiles, you can use canvas as well.

If you have a homeschooler who is really focused or likes a challenge, you can try this activity that Ms. Agnieszka Martinez has shared with us!

Supplies:

- Standard Acrylic Paint Set (Daiso ₩3,000)
- Carbon Paper (Daiso ₩1,000)
- Paint brushes (Daiso ₩2,000)
- Scissors (to cut your designs out)
- Pen/Pencil (to trace/transfer the design)
- Tape (to hold your design in place)
- Water (for cleaning your brushes)
- Paint palette (we just used a paper plate)
- "Dancheong Flower" print out; you can search online and print the design you prefer. Free printing services are available at the USO or a nominal fee at the Library.



• Canvas or tile. If you are choosing tile you can get the tiles here, we paid ₩5,000/ea: Gyeonggi Pyeongtaek-si Paengseong-eup Dongchang-ri 42-45)

Instruction:

- If you are using tile you will need to clean your tile and allow it to dry.
- During this drying time, choose your template, print it and cut it out.
- Paint the background of your design shape on the tile white; the white will help the carbon paper tracing



be visible and make your color vibrant. Let it dry to the touch (it doesn't have to be perfect).

- Using the carbon paper, dark side face down, on your tile.

- Tape your design in place over the carbon paper and trace your design (we used a pen).



- Begin Painting! The greatest challenge may be trying to maintain a steady hand, but practice makes progress! (Tip: If your unhappy with a color, let it dry, paint a white base coat over and repaint with your new color)

If you're an adult and would like to try more of these types of classes, consider joining the Humphreys United Club Craft Sub-Club and join Agnieszka for her wonderful classes monthly!

Share your results with us @unitedontherok or #unitedontherok .

About the Writer

► Social Media: Instagram @i_only_date_superheroes

► Background: 8+ years Army Veteran FA Meteorological Specialty; Master's degree in Environmental Science; 2+ years NOVA STEM Counselor for Boy Scouts of America; 5+ years Homeschool Parent.



FEBRUARY HOMESCHOOL HOLIDAYS



4TH

National Thank a Mail Carrier Day.

Let your kids write a thank you note to the mail carrier and include a sweet treat with it. You are bound to brighten their day!

9TH

National Pizza Day.

Buy some premade crusts, pizza sauce and cheese and as many toppings you can think of. You can even buy the individual crusts and let the kids make their own.

17TH

National Random Acts of Kindness Day.

This is one of my favorite days of the year. There is nothing too little; any random act of kindness will, for sure brighten someone's day.

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PERSPECTIVES YOU SHOULD READ: ON SERVING AND LIVING IN KOREA

By Kristine Provins

Living in Korea can be exciting or completely overwhelming. I asked a few folks their perspectives to better understand what makes the difference.

Nine people shared their experiences by answering a series of questions about working and living in Korea. I reached out to these specific individuals due to their diverse backgrounds and experiences. Interestingly, none know each other; despite me knowing them all. Their responses were not surprising to me. However, I was intrigued by their replies to question #5, because each person hit on a key reason for why the US remains so committed to the defense of Korea. Outside of this survey, I have found many of the younger people on pen (18-25) whom I've spoken with, do not have the same interpretation of why the US military is here. While this contrast may merely be a factor of age, it likely keeps many from appreciating what Korea has to offer (on and off duty).

Whatever your reason for being here, know we are all trying to make the best of our time in Korea. Every person is different, and everyone's experience is unique. Regardless of your circumstances, keep in mind, your assignment here is made better with adaptability, resilience, empathy, and applying healthy coping skills.

This is the first in a series of three articles, each highlighting responses from two individuals.

I hope you enjoy their perspectives as much as I did...and maybe see things a bit differently through their diverse experiences, built on a common factor—being a veteran, who served in Korea.

1. Why did you join the military?

Ronnie: I was young, needed a job and a friend convinced me to join. I joined in 1989.

Raine: When I was 18, I immigrated to the US from the Philippines on Halloween of 1985. I was a pre-law student back in the Philippines and was planning to follow my father's footsteps, but life took me in a different direction. Once I was in the US, I often went to the Employment Office, but the jobs that were open did not interest me, so I volunteered at an immigration law office. At the end of each day, when I walked back home, I passed by the recruiting office. To be honest, I picked the Air Force because of what was written on the poster, "See the world" and I wanted to see the world. To make a long story short, I joined the Air Force on April 22, 1986, a little under 6 months after I had arrived in the US. I traveled to 46 different countries before I retired...I did see the world...well, parts of it.

2. Did you choose to come to Korea? If so, why?

Ronnie: Yes, I have been to Korea three times, twice as an active-duty Soldier and currently as a DA Civilian. My first time in Korea was to return back to my Stateside duty assignment. I really enjoyed the culture and duty assignment so volunteered both the second and third time.

Raine: Yes, I did this time. However, I was stationed here from 1993 – 1996 when I was an E4 and that was involuntary. At that time circa 1993, that was when I told myself, I wanted the Detachment Chief's job and here I am 26 years later as the Detachment Chief. I also served at Kunsan AB as the Postmaster from 2016 – 2018.

3. What did you imagine being in the military living in Korea would be like and what are the differences?

Ronnie: I was unsure what to expect, but soon learned it was fast paced and the mission was real and important, every day for defending and deterring aggressions from North Korea.

Raine: The military took care of everything, i.e., household goods shipment, POV shipment, putting my family and I on base housing, etc. I didn't have to worry about medical and dental care, you have concessions on base, the exchange store, gas stations, etc. for the military members' and dependents' convenience. Additionally, I was an immigrant, so for me, I adapted to my new surroundings rather quickly. The main differences are the culture and the language. It was harder when I was stationed here the first time in the early 1990s before the Google Translate app. Now, any translation app makes it easier to communicate. Numerous signs are now also in English and there are more Koreans who can speak English, especially the new generation, so it makes it easier to communicate. Moreover, I have picked up Korean words from watching Korean Drama.

4. How do your family and friends living stateside feel about your location?

Ronnie: I miss my family and friends but they all support and respect my decision to be here in Korea.

Raine: Jealous. Most of my immediate family and friends watch Korean Dramas and they all want to come and visit. Korean Dramas really put Korea on the map. I have very supportive family and friends.

5. Is there anything about the US military in Korea you wish many understood?

Ronnie: Yes, Korea is a great assignment but there is a real threat just 30 miles north of Seoul.

Raine: In my opinion, it should be the other way around. We are visitors here and I wish US military members would have the desire to understand more about Korea, the people, and its culture. However, I've known a few people who do not want to venture out of the economy because they are afraid they might be misunderstood, which is a misconception by a lot of Americans who live on base.

6. What would you say is the highlight of being in the military, especially living overseas?

Ronnie: I love the ability to travel and interact with multiple people and military from different nations.

Raine: Experiencing the different cultures, travel, and food...especially food.

7. Is there a person you served with or worked for who had a positive impact on you and what would you say if you saw them now?

Ronnie: I have been blessed with many great leaders in my life. One that stands out, who I served with in Korea is COL (R) Ashton Hayes. He gave me the flexibility to do my job while mentoring me and pushing me to excel. Currently, he is a Department of Homeland Security SES (Government Employee equivalent to a General) working at the US Customs and Borders Protection. If I saw him now, I would thank him for his guidance and mentorship.

Raine: Every single person I served with or worked for has made an impact on me whether it's positive or negative, big or small. I have taken the good with the bad. However, I've been fortunate enough to still talk to good people, i.e., subordinates, peers, supervisors, and commanders, who I met 10-20-30 years ago and who had a positive impact on my professional or personal life. Some have remained really good friends over the years and when we see each other in person, we just catch up like we just saw each other yesterday and reminisce about the good and the bad times.

8. What is your favorite place or aspect of this assignment and what is the most difficult part?

Ronnie: I love hiking, golfing, and fishing. I have too many favorite places to mention. The hardest part is being away from my family in the U.S.

Raine: I love Sockcho for its natural beauty and for hiking, camping, and swimming. You have the mountains and the beaches at your fingertips. I haven't had any difficulties. I have enjoyed my stays here, in 1993 – 1995, 2016 – 2018, and this time around.

9. How has living in Korea changed your life?

Ronnie: I am much more understanding of the culture.

Raine: No, it has not but I enjoy living here.

10. Do you have any advice for those looking to join or get out?

Ronnie: Realize it is a commitment and sacrifice for our great country. It will be difficult at times, which means it will also get better. Regardless, if you are planning on serving twenty years or three years, give it a 100%.

Raine: Whether one is planning to get out or about to join, my advice to them is that there is a life after the military. Balance your work life and your home life. Never take your family for granted because if you take care of your family, they will be there after you get out of the military from retirement or separation, but the military will not always be there for you even if you take care of the mission and the people. I learned this the hard way and when it was too late for me. It cost me my military career with promotions and my marriage. However, I have fully recovered and now have an excellent career as a GS employee and I am happily married.

11. Lastly, hindsight is 20/20, would you have stayed in? What would you have done differently?

Ronnie: I retired after twenty-four years of service. I don't regret any of my service, duty assignments or deployments. The only thing I would have done differently is change my career path.

Raine: I served for twenty-four years and I don't have any regrets. If I had to do it all over again, I wouldn't change a thing, even the challenges that came my way. Everything that happened in my life had a purpose. My own mistakes and the mistakes of others have taught me lessons that molded me as a person and as a leader...lessons that made me stronger, more resilient, more patient, more tolerant, and taught me how to pick my battles.

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Recognizing the Diversity of the Jewish People (and overcoming common stereotypes)

By Trent Spoolstra



Trent Spoolstra is Jewish non-profit professional living in Chicago. He converted to Judaism in 2015 and is dedicated to combating the rise of antisemitism and anti-Zionism sweeping America.

Many Americans believe they know what it means to be Jewish. Some will reference famous television shows like 'Seinfeld' or more recently 'The Marvelous Mrs. Maisel.' Others will describe their favorite Jewish dishes like matzah ball soup or gefilte fish (a food that is either loved or hated depending on which Jew you ask).

While these are certainly examples of Jewish culture, they are but one subset of the wide diversity that makes up the 15 million Jews around the world. Jews are individuals who follow various levels of religious observance, speak different languages, follow distinct customs, eat various foods and even represent numerous races.

While Jews in America are most notably portrayed by European (or what is called 'Ashkenazi' in Hebrew) heritage, the Jewish people come from all parts of the globe. For example, one will find a sizable Latin American Jewish population in Miami, where many Latin Jews fled oppressive rule in countries like Cuba and Venezuela. One will find a noticeable Iranian Jewish population in Los Angeles, where many arrived in the 1970s and 1980s to

flee the overthrow of the secular monarchy that became the tyrannical Islamic theocracy.

The country of Israel is often represented as a white, European-derived country due to many of its early immigrants who came following the Holocaust. Americans may be shocked to learn that a large percentage of Israelis are not what we would categorize as 'white.' Upon the creation of the State of Israel in 1948, many Jews living in Arab countries that were established centuries before were suddenly forced out from North African countries like Morocco and Tunisia as well as Middle Eastern countries such as Iraq and Yemen. There are also Jews of black African descent who have settled in Israel. During the 1980s and 1990s when civil war, famine, and poverty beset Ethiopia, the Israeli government made a concerted effort to bring thousands of Ethiopian Jews to Israel for safety.

Just as Jews are often believed to be all of the same race or ethnicity, many Americans also believe Jews hold only certain types of jobs. Jews too often are believed to pursue only a handful of career paths in law, banking, government

or entertainment (playing into the stubborn myths that Jews control Wall Street, Hollywood, Washington or the media). In fact, Jews can be found in all kinds of professions, including the military. Jews have served in every American war going back to the revolution.

Within Judaism is a famous phrase called 'tikkun olam' which roughly translates into 'repairing the world.' Jews have an obligation to make the world a better place for all peoples. American Jews time and again have found their call of tikkun olam by fighting to defend their American homeland, from the American frontier of the Revolutionary War, to the trenches of World War I, to the fox-holes of World War II and Korea, to the jungles of Vietnam, and most recently the deserts of Iraq and mountains of Afghanistan.

To truly grasp the Jewish people, one must come to understand that Judaism is not just a religion or ethnicity or nationality. **Judaism is a diverse peoplehood.** Just as one will find wide variety amongst peoples of the same religion, race, ethnicity, or nationality, so too will one find the same within the Jewish people.

THE BASICS

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

Emergency Numbers

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

Holidays - 4 Month Outlook

Korean Holidays

- 1 March – Independence Movement Day
- 5 April – Arbor Day
- 5 May – Children's Day (어린이날 or Eorininal)
- 27 May** – Buddha's Birthday (부처님 오신 날 or Bucheonnim Osinnal)

** The celebration takes place on the 8th day of the 4th lunar month. Date is adjusted every year according to the lunar calendar.

US Holidays

Black History Month

- 2 February – Groundhog Day
- 14 February – Valentines Day
- 20 February – Presidents Day
- 17 March – St. Patrick's Day
- 22 March – Start of Ramadan
- 9 April – Easter
- 21-22 April – End of Ramadan, Eid al-Fitr
- 22 April – Earth Day
- 12 May – Military Spouse Appreciation Day
- 14 May – Mother's Day
- 20 May – Armed Forces Day
- 29 May – Memorial Day

Main Airports

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

Other airports include:

- Jeju International Airport
- Gimpo International Airport
- Muan International Airport
- Yeosu Airport

This Month's Cultural Spotlight

Valentine's Day is often celebrated on February 14th by partners who give each other gifts as an expression of their affection. In Korea, Valentine's Day is an occasion when women give men chocolate as a sign of affection. Men can give a gift the following month, on March 14, which is designated as White Day and the gifts are generally something white like white chocolate.

Did you know that there is a "love day" in Korea on the 14th of each month? April 14 is Black Day for singles who did not receive a gift on Valentine's day or White Day. The tradition is to eat Jjajyangmyeon (Black Noodles) with other single friends. May 14 is Rose Day, June 14 is Kiss Day, July 14 is Silver Day, August 14 is Green Day, September 14 is Photo Day, October 14 is Wine Day, November 14 is Movie Day, December 14 is Hug Day, and January 14 is Diary Day.



Jjajyangmyeon

PHOTO OF THE MONTH



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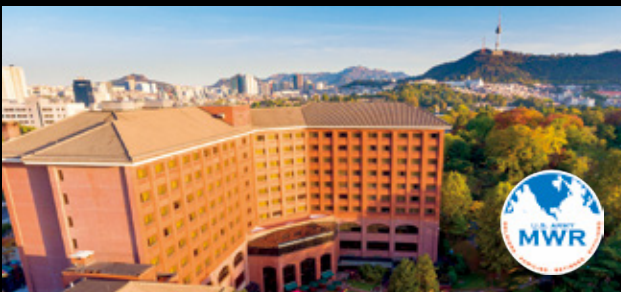
ROMANCE IN SEOUL PACKAGE

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