

JANUARY 2023

United ON THE ROK



A Letter to Soldiers

**Travel on the
Peninsula**

*The Safari of
Your Dreams*



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A Farewell Message From a Leader

Benjamin C. Lemon, Jr. CSM, U.S. Army, reflects on his two tours to Korea and shares his lessons learned.

Cover: CSM Lemon at USAG Humphreys
(Photo by Erin Henderson)



Plan Your Own, Bespoke Safari

Amy Millican shares the adventure that led her to establish Flyga Twiga and how you can create the personal, bespoke safari of your dreams.



Travel Close to Home

John F. Behrend (Retired USMC) provides a snapshot of places you should see in Korea.

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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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Alpensia Ski Resort, Pyeongchang by Lloyd Biby

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A Letter From Our Publisher: *Seasons Greetings and Happy New Year!*

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Year of the Black Rabbit

As the new year kicks off, I extend my wishes to you and your loved ones for blessings and good fortune in the year ahead.

January 2023 is the seventh month of the first year of publication of *United on the RoK*. This achievement is a credit to the *United on the RoK* team and all of its contributors who consistently make this publication the best one for the USFK community.

Since the publication was launched in July 2022, the *United on the RoK* team has built a presence on Instagram, Facebook, and LinkedIn and launched a website. I am honored to support this magazine designed to build connections within and across the USFK communities, and to share information about the great culture and history of Korea.

Thank you for your continued support of our work. I offer my sincerest appreciation to our readership, the efforts of our *United on the RoK* team, our contributors, and our sponsors who make this all possible.


All of us at Oriental Press would like to wish all of you a prosperous New Year filled with peace, health, and prosperity.

Warm Regards,

Charles Chong
Chief Executive Officer
Oriental Press



LIVE MUSIC&ART CALENDAR



JAN08
World Cinema Concert

Lotte Concert Hall
www.lotteconcerthall.com/eng



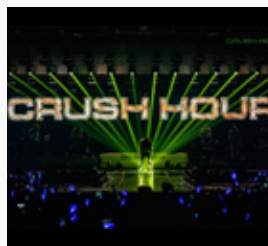
JAN12-13
Jaap van Zweden conducts Brahms' First Symphony

Lotte Concert Hall
www.lotteconcerthall.com/eng




JAN14/FEB04
JOE HISAISHI FILM MUSIC CONCERT

Lotte Concert Hall
www.lotteconcerthall.com/eng




JAN28
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KSPO DOME
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FEB03-05
Musical "BROADWAY 42ND STREET" - BUSAN

Main Theater, Busan Cultural Centre
ticket.yes24.com




FEB05
Cigarettes After Sex Live in Seoul

KBS Arena
ticket.yes24.com



FEB09
2023 Ghibli & Disney with Phantom

Lotte Concert Hall
www.lotteconcerthall.com/eng




FEB10-12
Musical <Dracula>

Busan Sohyang Theatre Sinhan Card Hall
ticket.yes24.com



FEB18
2023 Light Up Festival

Seoul, KBS Sports World
www.globalinterpark.com



FEB19
Aurora Live in Seoul

YES24 LIVE HALL
ticket.yes24.com



ONGOING-FEB26
National Geographic Photo Exhibition

Dream Forest Arts Center Sang Sang Tok Tok Gallery
www.sejongpac.or.kr



FEB28
Conan Gray Live in Seoul

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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!

WHAT YOU GET

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

Reach out to editor@unitedontherok.com with your pitches, articles, flyers, and other contributions!

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EDITOR'S NOTE

“THE JOURNEY OF A THOUSAND MILES BEGINS WITH ONE STEP.”

— Lao Tzu

The NCO core values are to take care of your people and know your people. Command Sergeant Major Benjamin C. Lemon has demonstrated his dedication to these values every day he has been at USAG Humphreys. CSM Lemon means a lot to a lot of people because of his responsiveness, because he shows up to events, because he stands up for people, and because he's a good person.

CSM Lemon and his family will be leaving the peninsula this month. The cover story of this issue is his goodbye letter to a soldier, though really a goodbye letter to each of us, where he shares his thoughts and advice based on the challenges and opportunities he has experienced on his two tours in Korea. The goodbye letter signifies that we all matter, as a community and as individuals.

The mentorship from CSM Lemon is reinforced with big picture tips from Brian Godfrey and advice from SFC Danny Blasco Cuello III on how to start the year strong. All three leaders are encouraging us to set some goals for ourselves and actively work toward them. CSM Lemon said his goals on this assignment have been “to explore and learn about the country, make the BOSS program successful, and be a person in the community who could assist with making it better.” SFC Cuello said his goals are to earn IT certificates, see as much of Korea as possible, and take a trip to the Philippines, which he refers to as the Motherland.

What are your goals? The theme of the January issue is goals, the thought being, ditch the resolution, and pick a goal that you can actively work toward and accomplish. What's the difference between a resolution and a goal? A resolution could be, drink more water. A goal would be, drink two liters of water each day — this would be a



SMART goal (specific, measurable, achievable, relevant, and timely). Pick a goal, or a few, and make a commitment to yourself. As CSM Lemon would say, “what’s the worst that could happen?”

This mindset of being committed to yourself and chasing opportunities is part of Amy Millican’s lifestyle. In her article, she explains how her approach to life led her to create Flyga Twiga. The company name is as intriguing as her article, check it out!

If you are looking for inspiration, check out the article about the newly formed Toastmasters Club at USAG Humphreys, the message from the founder of Pro Wrestling Society Korea, the accomplishments of the Humphreys High School PTSO, the Delta Sigma Theta Sneaker Soirée coming up on February 4, the great work being done by Lambda Xi Chapter of the Omega Psi Phi Fraternity, Inc., the person who brought the Grinch to USAG Humphreys in December, and all the great things in the works at the USO at Maude Hall.

If you’re looking for adventures close by, Veteran John Behrend at Daegu shares his tips on places to see in Korea. You can also read about United Nations First Battle Memorial in Osan. If you are itching to travel off the Penn, check out the article about Malaysia. This issue also contains tips on recycling in Korea from UMGC Professor Dr. Rick Martin, book recommendations, and much more.

Thank you for your readership and contributions. The richness of every issue is a reflection of the richness, diversity, inclusiveness, and compassion in our community on the RoK.

We’re coming for you 2023!

Caitlin Ward

United on the RoK Editor in Chief

5 Big Picture Goals to Set Yourself Up to Grab Life by the Horns in 2023

By Brian Godfrey



Welcome to 2023!!
Now is the perfect time to set up some realistic and obtainable goals for yourself for the coming year. Don't look at these as something to dread daily, instead view these as opportunities to improve yourself, your friends and family and even your community in the coming year. Here are a few things that I hope will make this year more successful for you!

1. Learn the Korean alphabet
Since you are reading this, you are likely somewhere in South Korea and the language here can be a huge barrier. Learning a second language may be easy for some; it certainly is not for me. A few members of my family have embraced learning Hangul and the improvement in their lives is fascinating to witness. If you are like me, trying to learn Korean is daunting, but there is a way to get through this.

Learning the Korean alphabet may seem a bit simplistic, but it will absolutely change your stay here in the RoK. Just being able to sound out Korean words has made our lives so much better. Whether it is navigating through a menu at a café or restaurant or just being able to sound out words on road signs, I have discovered that there are many Korean words that sound very similar to the English translation.

Spending about 5 to 10 minutes a day learning the Korean letters and their sounds will transform the way you can interact with our host country and turn dread into success when heading off post for anything!

2. Set financial goals now
I have never really liked the word budget, mostly because I have always seen budgeting as just restrictive and a complete disruption to my happiness. This is the biggest lie I have ever believed. A spending plan is only as restrictive as you make it and it is such a powerful tool to financial freedom. I know that last line sounded so cliché but having struggled through financial difficulties in my past, I can say with a high degree of confidence that planning how to spend

your money works.

There are so many resources available to us on many installations peninsula-wide to seek out this type of counseling. Do it. Don't wait until next week or next month, do it now. Get that free counseling to get you on your path of financial freedom. Free is the key word because as a civilian stateside, this type of financial counseling is not free at all, it is quite expensive.

3. Volunteer
Why would volunteering make your year successful? Because it is a game changer in so many aspects of life. I did not grow up in a family that did any volunteer work at all. It was never something I saw as a child in my immediate or extended family. When I met my wife Rose, that changed. We did not do a lot of volunteer work before we had children but we both believed that it would be a very positive virtue to instill in our children. So we did. It started out small. As the years have passed and our kids have grown older, it remains the normal thing that our family does.

Volunteering changed me in so many ways. It gave me plenty of opportunities to see the areas I most certainly would not want to pursue a career in. It also gave me even more opportunities to see skill sets that I have and wasn't aware of, and that led to new experiences. Volunteering did this for me and all it cost me was my time.

Volunteering changes lives, mine included. The people I worked with while volunteering, the friendships made, the gratefulness of others that I helped, all these things changed my perspec-

tive on people and community. The importance of that change caused a paradigm shift in my life. Volunteering can be addictive. While I am not a fan of addiction, this was an addiction that not only benefited me but countless others in the process.

4. Don't wait for that "special" day to do something exceptional

Why wait until the 4th Thursday in November to be thankful or only show appreciation to veterans on the 11th of November? If we look at honoring and loving our significant others, spouses, parents, children, friends more than just that certain day or month of the year, imagine how this would change you and the people around you.

By being more spontaneous throughout the coming year and recognizing the importance of every day, you could change the lives of others. Changing other people's lives, even in very small ways, will change your own perspective. I have always had a better day when a member of my family or a friend or even a stranger has shown some appreciation or kindness towards me.

5. Take the chance
My family and I took a big chance 10 years ago when we sold most of our possessions and started traveling. It has been a crazy adventure full of ups and downs and experiences that we would do over again in a second. This was a huge life-changing experience. Living in Korea is also life-changing with so many opportunities to take some unique chances.

Getting stationed here in South

Korea has its challenges. It can be overwhelming to move to a foreign country, but with every obstacle there are also opportunities. Instead of focusing on what I miss about being in the states, I choose to see all the things I can do here.

Take the chance to taste food that you have never tried or seen before. This was a bit of a challenge for me, but I took that chance and discovered not only do I enjoy Korean food, I love it!! Public transportation was nothing I was exposed to in the states. Here in Korea, it is one of the best ways to get around. There are a variety of apps you can use to get your feet wet. Start small, just explore the places that are close to you. Take the chance to get out there and see Korea. While you are exploring, also take the chance to interact with people.

I hope that the year 2022 was good for you. I believe that 2023 could be successful for you if heed my ramblings. Getting to know the language of your host country will give you confidence to be able to go out and explore. Setting up financial goals will enable you to plan out your exploring in a more financially responsible way. Even if finances are a little tight, volunteering is free, and it is a great way to use your time in a very positive and impactful way. While volunteering you have the chance to do exceptional things every day. Every day is another chance to help, to serve and to improve the community you are in. And who knows, one day you might be the one telling the story about the time you took the chance. And that story may just get you thinking again, "What if I just took that chance?"

The Team Behind the Blackhawks PTSO Holiday Market

By Caitlin Ward



In November 2022, the Humphreys High School (HHS) Parent Teacher Student Organization (PTSO) coordinated the “Blackhawks PTSO Holiday Market,” a great event that brought the community together to support business owners in the Korean and military community. The event was led by HHS PTSO leaders Kristie Coleman-White, Wanda Spence O’Leary, and Contessa Ramos who acted quickly to coordinate the venue, volunteers, and vendors, and set up the marketplace in the HHS gym.

The Holiday Market was an idea originally conceptualized in 2020 by former Humphreys community member Christina Harden through the Humphreys United Club. She coordinated the event at the Hub to provide home-based business owners the opportunity to sell their products, and for community members to purchase gifts. The market was impactful for business owners in the Korean and military communities because the annual Bazaar had been canceled as a cautionary measure because of the pandemic. The Holiday Market was also important for lifting people’s spirits; community members were



suffering from feelings of isolation and loneliness as a result of the distancing policies.

The Holiday Market was coordinated again for the same reasons in 2021 at Morning Calm Conference Center by community member Kimberly Seibert through the Humphreys United Club.

In 2022, the idea was presented to the HHS PTSO, which had been formed in Spring 2022. In a very short amount of time, the PTSO leaders put on the event, which was well staffed with volunteers. Student Charlize Tullos said, “I volunteered today for service hours and to help the community. This is an important event that helps out small businesses and people who want to buy their products. Sometimes shopping online is hard; in person, you can see what they’re offering.”

Holiday Market shoppers Lori and Joshua had a great time perusing the various vendors and their products. “We went to the Holiday Market to see homemade crafts and to support spouses,” they said. “We bought a Christmas ornament with the Korean heart symbol and sweets for the road. We hope these vendor markets happen more often!”

Humphreys High School PTSO

[An Educational Professional’s Perspective: Tess Sterling](#)

How long have you been in Korea?

I have been in Korea since September of 2010, so just over 12 years.

What is your role at the high school?

I am the Educational Technologist (ET) at Humphreys High School. In this role, I partner and collaborate with teachers to prepare students to succeed in our ever-changing technological world. This includes working with teachers to seamlessly integrate digital resources into the classroom, planning and delivering professional learning on digital resources, practices, and strategies, and advocating for and modeling the use of digital resources in support of our continuous improvement goals.

What is your experience with PTSOs?

I have been an active member of the PTSO in previous schools where there was a PTSO presence.



What is your role in the PTSO?

My primary role in the PTSO is as a Teacher Representative. I am also a member of the Merchandising Committee, and the Chair of the Scholarship Committee.

Why is the PTSO important for the school, the teachers, and the students?

The PTSO is an important part of the school since it functions as an extension of the school and also in partnership with the school. The PTSO supports the school and their stakeholders by organizing fundraisers, providing a forum for a strong relationship between the school and its stakeholders, and allowing parents and students to be more involved. Having a PTSO means parents, teachers, and students have an avenue to come together to exchange information, which will lead to the development of programs and activities to enhance the quality of our students' educational experience.

A Parent's Perspective: Contessa Ramos

How long have you been in Korea?

I have been in Korea for a year now.

What is your job at Camp Humphreys?

I am a full time Phlebotomist at BDAACH Hospital.

What is your role in the PTSO?

I am the Vice President of the Blackhawks PTSO.

Why did you join the PTSO?

I joined PTSO to help get this organization off the

ground, to help our high school students. My experience with the PTSO has been pretty awesome; to see so many ideas brought to the table and us working as a team to make it happen.

Who else is part of the PTSO?

The Blackhawks PTSO currently consists of three General Board members right now: Kristie White as President, myself as Vice President, and Wanda O'Leary as Treasurer. We are still in need of a Secretary. We have some members who volunteer on a few sub committees but we are fairly new and still getting up on our feet.

Why is the PTSO important for the school, the parents, and the students?

The PTSO is important because it's a way of supporting the school's programs. It promotes and supports the extracurricular activities and clubs for the students.

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As my time here in the beautiful Land of the Morning Calm, South Korea comes to an end, I would like to impart some thoughts and a little mentorship to the Soldiers serving here in Korea.

It was April 2000, the first time I was stationed here in Korea as a young, single Sergeant/E5 at Camp Casey. Although it wasn't my first duty station, it was my first overseas PCS. Back in those days, it was a little different. We didn't have ready access to computers and cell phones. You might receive a Welcome letter by mail, but that was about it. You really didn't get to know anything about the duty station until you got there. When I finally arrived, I was greeted at Camp Mobile by a great Non-commissioned Officer and the unit's senior Korean Augmentation to the United States Army (KATUSA), CPL Kim, Byeong Sook. I had no idea what to expect. But what I got was a warm reception into the unknown.

It took about thirty days before I felt comfortable

within the unit and traveling abroad. I stepped outside of myself and got involved in volunteering and playing on unit sports teams. CPL Kim also became a wealth of knowledge for cultural "dos and don'ts." Before I ventured out, I would consult with CPL Kim. I made my barracks room my own and always found something fun to do after work. Before I knew it, Korea became home, and soon after, the tour was over.

Twenty years later, I found myself back here in Korea in very different roles, both personally and professionally—I'm a husband, father, and very senior NCO assisting in running the largest Department of Defense installation outside of the United States. My family and I have taken full advantage of what both the installation(s) and country have to offer, despite the COVID pandemic. We visited every large city in Korea, the little ones in between, the beautiful island of Jeju (twice), and Thailand. My spouse has made life-long friends and bettered herself professionally. We've attended numerous (free) events hosted by the local government. My children were active in exploration and involved in sports and have the ability to say, "they've studied abroad," with my oldest son graduating high school here. We will leave here fulfilled in the fact that we genuinely appreciated this tour in Korea.

Reflecting on my experiences here, I offer these thoughts for an exciting and fruitful tour:

Research — early and often. Frankly, this should have started before you boarded the plane to Korea. You have so much technology at your fingertips. Be your own best sponsor and let your gaining leadership fill in the blanks! Learn about the installation and country. Use every resource you have, from military sites to commercial travel sites. You will appreciate what this place has to offer once you know its rich history and its alliance with the United States.

Plan to accomplish Goals while in Korea. Whether you are here for one year, two, or more, set personal and professional goals to accomplish. In my very own unit, we were able to see a Soldier move from Specialist to Staff Sergeant during an extended tour. Challenging events like Expert Soldier/Medic/Infantry competitions are held here along with Sergeant Audie Murphy and Quarter boards. Use this tour to focus on building your leadership competencies. Whether you do three years or thirty years, you will eventually exit the military. Civilian education is the key to maximizing



Photo by Sean Morgan

your earning potential on the outside. One to two years is plenty of time to work towards or achieve an associate degree, and maybe even more.

Get out and explore! DON'T BE THE BARRACKS RAT! Gaming in the barracks is fun after a long day at work, but how often are you going to get an all-expense-paid trip to a foreign country outside of a combat deployment? Get involved with volunteering on the weekend. Shameless Plug: JOIN BOSS!! (Better Opportunities for Single Soldiers) for free or minimal-cost events. It's the best way to meet people if you are new to the Pen. This country is rich in history and culture. Take the time to see stunning festivals, temples, and art dating back thousands of years. Korea also offers some of the best hiking trails in the world. Getting out can assist you with shedding those extra pounds that may be holding you back from being the best you physically! Visit the local markets and stores for healthy diet choices you may not even know existed.

Make friends with a KATUSA. As I said before, CPL

Kim was my cheat code for exploring without getting into trouble during my first tour. The US-ROK alliance is not just a cliché. The KATUSA program is arguably one of the best parts of the alliance. The United States Army is the only branch of service that has this type of partnership with a foreign military through the Department of Defense. Take advantage of the bilateral learning and fellowship. My first tour here in Korea was successful because of the friendships I had with KATUSAs.

Take care of yourself. This is probably the most important piece of advice I can offer. You can't pour into others from an empty cup. A demanding assignment here in Korea coupled with being halfway around the world can most certainly take a lot out of you. Add in other life challenges (financial, relational or medical), you may feel overwhelmed at times. Do not let yourself spiral—get help, talk to someone! I am not speaking of day-to-day rigors of military life. Your Military Occupational Specialty (MOS) is supposed to challenge you. Leaders will provide challenging train-

ing for you designed to build your technical skill and your mental and physical resilience. Your leaders will be there every step of the way to ensure you succeed. This is the “good stress” that prepares you if and when you are called to deploy into action. I am speaking of hardships that do nothing but bring negativity to your space. There are plenty of resources available when life gets complicated. Military and Family Life Counselors are an excellent resource. Check with Army Community Service for your unit’s counselor. They can meet with you at any time, any place. Your unit chaplains are also available, not just for religious support, but also as a needed ear and advice well for any situation. It may be a battle-buddy. I guarantee you that whatever you are going through, someone else has been down that same road. You aren’t the first, nor will you be the last. The beauty of the military is that it’s more than an occupation, it’s a family waiting to assist you through your worst days. Seeking help is the greatest sign of strength. Don’t suffer in silence, letting pride or guilt get in the way of starting you on your road to a better you, both emotionally and mentally!

A visit to South Korea is a once-in-a-lifetime opportunity many Americans could only dream of having. Couple that with the critical mission you provide protecting this nation and US interests in the Indo-Pacific, and you have the ability to make your time here one of the most memorable experiences in your existence. Even if you aren’t thrilled about Korea being your assignment, it’s still an opportunity to turn into a positive experience. Keep an open mind, step out of your comfort zone, and make every day a new adventure!

Lastly, I’d like to express my sincere gratitude for being selected to serve as the Camp Humphreys and Area III Garrison Command Sergeant Major. Thank you to the community and the City of Pyeongtaek for opening its arms to my family and me. Serving most of my tour here during the COVID pandemic, showed me the true caring spirit of community and the Korean people. This was absolutely the most rewarding assignment in my almost 28 years of service. We will cherish this experience and will surely miss this wonderful country!

Sincerely,
Benjamin C. Lemon Jr.
Command Sergeant Major, U.S. Army



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United on the RoK is a civilian information & lifestyle magazine distributed monthly at all USFK installations. The purpose of the magazine is to enhance connectedness and help community members embrace and adapt to life in Korea.

**FOR MORE INFO REACH OUT TO
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The Humphreys Local Grinch

By Kimberly Campbell

“Our Humphreys Grinch is an example of character and positive initiative. The Grinch provided children with a positive, fun experience out of the kindness of her heart. It’s a reminder for us all that a small act of kindness can go a long way.”
— Mildret Powell



Photo by Richard Wheeler



“He’s a mean one, that grinch. But his heart is in the right place. He’s spreading his shenanigans all around Humphreys and making our little home away from home super special this year.”
— Molly Conlin Chivers

Photo by Gary Bush



“I love how something so simple and iconic can bring joy to others and a good laugh. It’s a good morale boost after the tough years we all have had and for those being here away from family. So glad someone is taking the time to touch the lives of everyone here!”
— Jonathan Coffield

Kimberly and son, photo by Richard Wheeler Photography

The Humphreys Local Grinch is a wife, mother, cat mom (sorry Max), and Active Duty Soldier. I have been at Camp Humphreys since March 2022. As the saying goes, Christmas is the most wonderful time of the year and it is by far my favorite holiday; I love everything about it. From the birth of baby Jesus to the folklore about traditional Saint Nicholas and all the holiday goodness that falls between.

To be honest, there isn’t any particular reason I chose to be the Humphreys Local Grinch. I wanted to spread Christmas joy to the Camp Humphreys community. I recalled when a friend of mine was the Grinch for his son’s baseball team last year and a light bulb went off in my head. I immediately went onto Amazon and began to shop for the perfect Grinch costume. After reading hundreds of reviews, I bought the suit and became

the Humphreys Local Grinch. Once I got the suit in the mail, I tried it on and posted the photo on my neighborhood Facebook page. I popped up at a few houses in the neighborhood and it was a hit. My first test with the larger community was at the Garrison Christmas Tree Lighting on December 2, 2022. I was terrified! I didn’t know if I could pull it off or not, but for the amount of joy that these hairy green legs and

snub-nosed cat-like face brought to my neighbors, I was willing to give it a shot. That night I had to work at 2200, so I knew I couldn’t stay long. I showed up for the finish of the doughnut race and welcomed many racers across the finish line. I was stopped at least 45 times for pictures and interactions with people of all ages—children, teens, adults, and even babies. I had only been in the suit for 15 minutes and knew this was

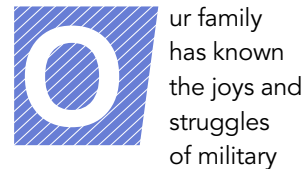
worthwhile, so I continued to walk around. My son was with me that night; he was my escort, my guide, my timekeeper, my reality. He would keep me moving when people would crowd around us or stop me when people wanted to take pictures. After that night, the Grinch became a recognized member of the community, so I started sharing my Humphreys Local Grinch Facebook post to support groups’ Facebook pages,

and requesting people to submit their pictures. I began to receive requests for unit functions, home visits, pop ups and many offered money. My response was always: “What time and where? Please let me check my schedule, I am Active Duty and I will be there if I can make it, and no money will be accepted.” I truly enjoyed bringing joy and the Christmas spirit to the Camp Humphreys Community, and I’ll be back next year.

SUPPORT NETWORKS ON THE ROK

Supporting Friendships Through Connections!

By Jetta Allen, Founder
Humphreys Diverse Abilities Support Group



ur family has known the joys and struggles of military life since 2009 when I said “I do” only to have my husband deploy to Afghanistan a month later! There I was, a 21-year-old-Texan newlywed, in Alaska alone. That year taught me so many life lessons that I still use today, one of which was that friends overseas can become your family, your support network, and if you're lucky, friends for life. This month in Support Networks on the RoK, we are going to explore how to make friends through meaningful connections while here on the RoK.

Military spouses and veterans weigh in on how they made friends and what those friendships mean to them today. You will also hear from some of Humphrey's bravest soldiers who took the plunge into their community to find friends. Stick around!

Find a tip, a trick, and let me help you get out there and make some friends this new year!

The RoK Becomes Home Away From Home

In June of 2019 the Army decided recruiting in our hometown of Fort Worth, Texas wasn't for us anymore; to Pyeongtaek, South Korea you go! That's exactly how it was worded on our orders too! Come to think of it, maybe not, but that is what it felt like! We knew by December of 2019, we would call home a whole different country. It was a bit of a shock, but also invigorating and exciting, ASIA!!!!

Here we were an EFMP family navigating command sponsorship, nowhere near an active duty Army installation, but I was also already trying to find a connection to my new community. To Facebook I went! I joined a few Camp Humphreys



spouse support pages, learned of the DMZ to the Sea PCS Resource Guide, and started conversations with other spouses who were coming in the fall of 2019. Facebook, by happenstance, was the first place I made a real connection with a new friend. She was funny, real,

and we were both in the same boat, navigating this PSC with excitement and a family depending on us to support the move successfully.

Three years later, that military spouse I met talking about the move is one of my closest, best friends. When I thought

about how our friendship began, it really defied the odds, because most “forced friendships” don't last the duty assignment. What was different about ours? So I asked my best friend! Siân Upton, fellow

in November and hers followed a month later in December. We spent our first Christmas together. We'd already gone to IKEA, Costco, and a few other places together, but on Christmas day our

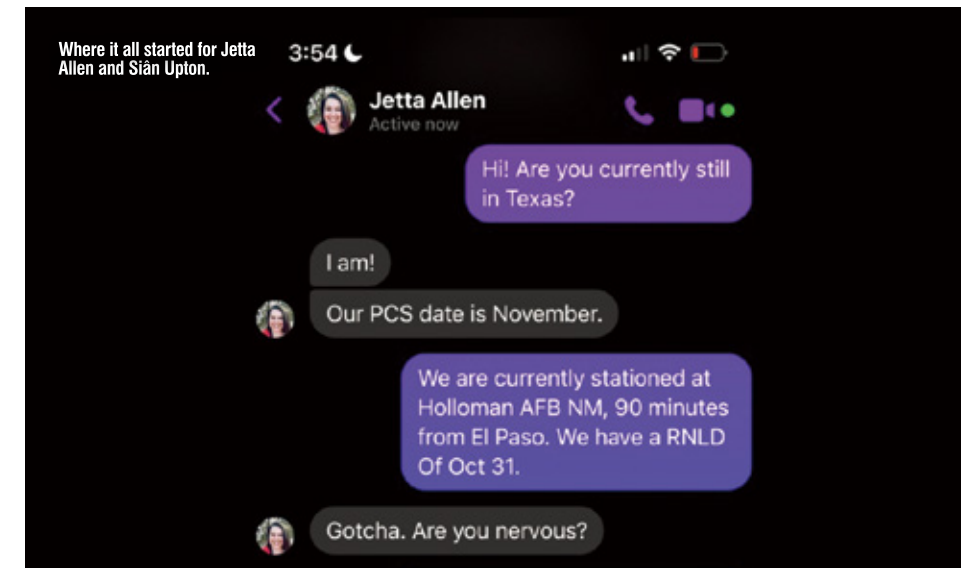
true ride or die Bestie!” Siân Upton understands that it can be hard for some people; she herself has anxiety, much like I do. This summer when we went home on leave to Texas to see family, I also

saw MY KOREA FAMILY, MY BESTIE! As Siân Upton says, friendship is “the one you cut family vacations short for when she's stateside for a few weeks... because she's your family too, now.”

The writer bestie sums it up greatly, friends here become family because of the unique experiences that help you bond.

Finding Friends Through Volunteering

Many of my readers know volunteering and community support is near and dear to my heart, it is my passion to see people supported and thriving. Did you know that volunteering plays a vital role in



military spouse, who just finished self-publishing her first novel *Salty* and I knew she would be better with words than I! Siân Upton told me, “You never know where friendships will start. That's the beauty of it. My best friend in Korea stumbled into the USAG Humphreys Spouses Facebook Page around the same time as I did. After a few weeks of catching each other in the group, we started messaging, which escalated into some hilarious video calls! We spammed each other with links for the things we were buying to help with the move. It began in June of 2019. My family arrived first

families met for the first time. We carried each other through the shock of a new continent. Then we carried each other through the difficulties of a pandemic, and sometimes through a mutual fabric hoarding addiction at Happy Quilt. And it all started with a simple message in June of 2019, ‘Hi! Are you currently still in Texas?’ That's it. We aren't even the same branch, but she's my forever friend now.” (THAT'S ME! I AM SO LUCKY!)

What was our secret? She said, “Put yourself out there. You will be disappointed more often than not, but every once in a while, you find yourself a





Specialist TJ Allen, Julie Brownell, and Jetta Allen see their soldier friend off to their next duty station. It is not "Goodbye" but "See You Later."

mas in Korea with other families and soldiers who needed that place to connect. Specialist TJ Allen told me that volunteering gave them a sense of pride in their community and that they will cherish all the experiences for years to come. I asked what the top few of those memories would be and Specialist TJ Allen shared "listening to Mr. Charles Woods, war vet, tell stories; spouse club dinners, luncheons, and outings; drinking boxed wine on a bus from Yeosu; and driving the backroads of Humphreys listening to Sean Kingston with a friend" would make the top list of RoK memories. Take the words of Specialist TJ Allen to heart, "Korea is what you make it; make it a fun time!"

Sergeant Bryan Zaw, another fellow USO Volunteer shared that

"volunteering is a great place to meet people in a positive community." He went on to say that anyone can "build their network by knowing good people, and sharing information, and this will make for a better life for you!" Those words are exactly why I continue to write this column, to help readers have a better quality of life here in the RoK! Sergeant Bryan Zaw has seen many benefits of having a wide range of friends including cultural immersion, language exploration, professional growth, and bonding. Soldiers bonding is something he sees every day and through that he has found soldiers to celebrate the special moments with like Sergeant Bryan Zaw's reenlistment! Connecting, he said, is the easy part, "Just say hello, smile, and



Sergeant Bryan Zaw and Sergeant First Class Allen celebrated a promotion and reenlistment together in October 2022.

share something about yourself" but making true friends can be harder. To make a true friend, he said, you need to "understand their heart, their personal ethics and values, their work ethic, if they are kind and respectful, are responsible, and if you can trust them to be there if you need help." Sergeant Bryan Zaw said, "you can call me picky, but I look at a lot of things before making a friend" but it doesn't stop him from trying!

Adult Friendships Helping the Whole Family Thrive

When we moved to the RoK, I had no idea how much I would need my support networks, my friends, my adventures with spouses, my time volunteering, or just time to grow. When I say friendships go beyond yourself, they do, they impact your whole family. Choosing a friend who supports you and your kids is huge! Siân Upton shared that our first Christmas was at her house; what I can elaborate on is that her kids are the first kids my son got to know in the RoK. He hadn't started school yet, it was winter break, he needed their faces, their smiles, and their joy to play to help him find a connection,



Legoland fun in Bricktopia with Joshua Allen and Maxx Pickering.

to know that there was a future for him too in the RoK! Two months later I met another RoK bestie, Carolyn Pickering. Because of my friendship with her, my son found his best friend! Together they have explored parks, multiple schools, and some of the RoK's best tourist spots for kids like Legoland! Your friendships with adults matter to your kids too. These friends represent people you may have left stateside or at another overseas duty location, they help your child have an anchor here to normalcy, to someone invested in their success too! So find a friend for the whole family and let your kids and their kids enjoy the RoK together! These friendships and memories will last a lifetime.

Friendships Make the RoK Experience Priceless

The value of friendship in the RoK cannot be matched, it is truly priceless. Laura Kirk, veteran and military spouse, shared that everything is really connected. Her advice, "join your installation's spouse club or other social organization, and volunteer at the USO," because this

is how she found her friends and her adventure group. The friends she made became her support system while in Korea. Laura PCS'ed in August and she said she misses her friends and the crazy adventures. We reminisced on the most memorable of road trips, lost in Gongju only to find a roadside temple in the mountains due to a friend spotting "gold up there!"



Laura Kirk and Jetta Allen explore Insadong, their favorite spot in Seoul!



Buddhist Monk Da-jeong, Jetta Allen, and Laura Kirk drinking "good for the heart" tea at Yaksa-sa Temple in Gongju, South Korea.

What we thought was a random Buddhist temple was actually Yaksa Temple and home of the famous Monk Da-jeong! He invited us into his home and we had tea! The journey to get there was a beautiful time spent with friends.

This is Korea, adventure around every corner! The Pyeongtaek International Exchange Foundation is a great way to get out and see the RoK. Angel Irvin and I have been on several trips together to locations

in both Pyeongtaek and Seoul. Everytime we go, we return with smiles, laughter, and a memory or two to share with the family. Angel Irvin says this is a "unique opportunity for the military community, and having the convenience of a bus and translator is great for newcomers and seasoned members of the community." One of the benefits of going on these trips with a friend, Angel said, would be to "allow you to meet new people and strengthen existing friendships by experiencing new things and cultural immersion activities together."

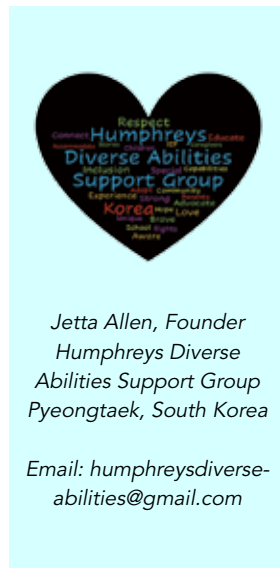
From the beaches of Busan, to the streets of

Insadong, if you go with a friend, new or old, you will find a memory that will bring you closer together! Just go!

Remember, if you are looking for support in your area, reach out! When YOU succeed, our community thrives! Let's get you connected, making friends, and thriving!

Lasting Pieces of Advice

- Put yourself out there
- Be ready to make a friend
- Find friends through what you enjoy
- Volunteer and get connected
- Make it FUN!
- Start with "Hello" and a smile
- Listen to others
- Find family friends—it helps the whole family!
- Go on an adventure!



Jetta Allen, Founder
Humphreys Diverse
Abilities Support Group
Pyeongtaek, South Korea

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Angel Irvin and Jetta Allen trip bound thanks to the Pyeongtaek International Exchange Foundation.

Budget Friendly Beauty Must-Haves

By Hannah Butler

Sometimes the demands on our schedules, deployments, or assignments allow less time for our skin care and beauty routines. No sweat! Here are some tips on products for a quick clean to maintain your hygiene when you're short on time. If you don't already have these products, there is no better time to get them than now!

Busy schedule? No time to shower up? No need to fear that your hair will suffer for the next few weeks! Try the Dry Bar Detox Dry Shampoo to keep your hair smelling, and looking great! It eliminates oils, and it makes your hair look fresh (not to mention that the volume it has to offer is exceptional).

No way is your oral hygiene going to suffer. So, how about investing in not only a good toothbrush, but a small compact one? Invest in Amazon's Travel Toothbrush Mini Foldables. They come in a range of colors, and they are small enough that you can fit other items in your bag. Take it with you on the go, and keep your pearly-whites in check!

Being a big hairball isn't in the regulation, and having a big bottle of shaving cream isn't exactly going to fit in your bag. So, let's get something that is easily consolidated, cheaper,



and convenient. Try the Schick Intuition razors with cartridges. Not only is this a two-in-one deal, but it is a guaranteed smoother shave for you. It moisturizes, and gives you a close shave.

Want a fresh scent for yourself? Instead of some cheap, foo-foo smell, let's get an appealing smell. Victoria's Secret has the best body mists to offer. The one mist that is an all-time favorite for everyone, and is not an overpowering smell, is PINK Fresh & Clean. With a scent-mix of apple, lemon, and grapefruit; it will not only make you smell amazing, but your battle buddies will definitely thank you!

Roll Dough

By Kylie Virgo

I am sharing a recipe that I got from my friend Dakotah Johnston who I met in WA when we were stationed there. She taught a breadmaking class and gave me her recipe, and now it is the one I use all the time, especially during the holidays! Enjoy!

Makes 38
(ice cream scoop size)

Ingredients

4 cups warm water
3 scant Tbsp yeast
1 Tbsp salt
9-12 Tbsp sugar
3 Tbsp vegetable oil
9-10 cups flour

Directions

- Measure water into a mixing bowl. Add sugar, salt, yeast and oil. Add 3-4 cups of flour. Mix until blended. Add the rest of the flour. Beat in mixer for 10 to 15 min. Let rise for 45 min. Make into shapes.
- Dough will stay good in the fridge for about 24 hours. Cover with plastic wrap sprayed with Pam.
- Brush tops of rolls with egg yolk and 2-3 Tbsp water.
- Bake 375 for about 15 min.



S.O.S. Recipe - The Perfect Dish for a Winter Morning

By Hank and Anne Ward

The euphemistic term is “stuff on a shingle” because it always was a little bland, without spice, and put on stale biscuits. Over the years, the dish earned the name from people who visited the Mess Hall for nourishment. The dish was enjoyed by my dad, reminding him of the Chow Hall. It is a staple dish in the field, rain or shine, there is nothing better than creamed beef. The recipe was improved by my mom who added spices like Maggi Seasoning, Bay Leaf, and salt and pepper to taste – my dad loved it with lots of pepper. This has been enjoyed by generations of our family.

The secret to creamed beef is that the beef needs to be completely fried in the pot so that all the fat evaporates. When the brown sticks to the bottom of the pan, add flour (if you’re gluten intolerant, add ground flaxseed or cornstarch). Constantly stir. Add some milk until you reach your desired consistency. Put it over biscuits and add a fried egg on top! Leftovers can be refrigerated or frozen and used later – as you reheat the dish, add milk as it warms up to keep it from drying out and to get the right consistency. The best time to enjoy this dish is winter.

This dish is versatile! There’s always room for improvement to this breakfast dish. My mom sometimes added dried beef when she was browning the ground beef, to add a different flavor – it’s salty though!

Ingredients

1 lb of ground beef
(85-90% fat free)
1 tbsp Flour (or ground flaxseed or cornstarch)
2 cups of milk (add as needed to reach your desired thickness)
2-3 shakes of Maggi Seasoning
1 Bay Leaf
Salt and pepper to taste

Don’t forget to remove the Bay Leaf before serving, it’s not a nice experience to accidentally chew on this!



Hank word, pictured standing on the left, went to Korea twice TDY with the National Guard to camp walker. His father, Curtis Ward, pictured in the middle on the couch, served in Korea as a military police officer in the late 1950s.

Four Places to Know Before Going to Malaysia

By Ho Cheol Shin



While you are stationed in the Republic of Korea, consider putting Malaysia on your bucket list! Located in Southeast Asia, Malaysia is known for its tropical weather, beaches, rainforest, and variety of cultural influences. If you are able to plan a trip out to this wonderful vacation destination, here are a few places to know about and add into your travel agenda!

The Petronas Twin Towers

The Petronas Twin Towers are the world's tallest twin structures, designed by Argentine-American architect Cesar Pelli. Connected by a sky bridge, the 88-story post-modern-style commercial building stretches 451.9 meters (1,483 feet). Visitors can get an incredible view of Kuala Lumpur from the Sky Bridge on the 41st and 42nd floors, or from the Observatory Deck on the 86th floor.

An interesting fact about these towers is that the Malaysian government specified that the buildings' construction had to be completed in six years. As part of meeting this timeline, two construction consortia were hired; Tower 1 was built by a Japanese consortium led by the Hazama Corporation and Tower 2 was built

by a South Korean consortium led by the Samsung C&T Corporation. The buildings were the tallest in the world when they were completed in 1998, a title they held until 2004 when the Towers were surpassed by the Taipei 101, which stretches to 508 meters (1,667 feet).

There are lovely restaurants at

the top of the tower – be sure to make reservations as this location is a hot spot for tourists.

KLCC Park

In front of the Petronas Twin Towers, in the center of Kuala Lumpur, is a lush, 50-acre urban park that is home to a two-acre children's playground, a wading pool for toddlers, a jogging track, shelters, benches, rest areas, a 43-meter elevated bridge, and more. Designed by Brazilian architect Roberto Burle Marx, the park is the best spot to view the Twin Towers. The park is home to over 1,900 trees of 74 species, selected to attract different birds to the park.

KL Tower

Another landmark in Kuala Lumpur, comparable to Namsan Tower, which stands tall in the center of Seoul, is KL Tower. KL





Genting Highlands

Tower is the only tower in the world located in a forest. Standing 421 meters high on the hill of Boudounanas, KL Tower is the highest telecommunication tower in Southeast Asia and the seventh tallest in the world. KL Tower was built to improve the quality of telecommunications and broadcasting transmission. From the rotating restaurants, visitors can see other sky-high buildings and the wonderful scenery in between them. If you go up the tower via the ultra-high-speed elevator, you will be connected to the 276 meter-high observatory with a 360-degree view. The first floor of the tower has a mini theme park, which includes an aquarium, a mini zoo, and a mini theater.

Genting Highlands

One of the most popular vacation spots in Malaysia, Genting Highlands is located about 45 minutes away from the capital city Kuala Lumpur. The area is known for the crisp mountain air, the casinos, the indoor and outdoor theme parks, a massive cable car system, and hiking trails. Nicknamed "Las Vegas on the Highlands," Casino de Genting is the only legal casino in Malaysia. The casino holds about 3,140 slot machines, 426 table games, and hosts shows and musical concerts daily. If you want to enjoy games at the casino, you have to bring your passport and mind the dress code.

One of the highlights of a trip to Genting Highlands would be a ride on the Genting Skyway Cable Car where you can view the sky above your head and the rainforests under your feet. From time to time, the service is suspended for maintenance so be sure to check the website ahead of your visit.

There is much more to Genting Highlands, such as Chin Swee Caves Temple, Penang Food Village, the Haunted Adventure, Genting Strawberry Leisure Farm, Kuala Gandah Elephant Conservation Center, and much more! This is a spot in Malaysia worth setting aside more time for on your visit to the country!

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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.

I'm currently running a special! Ask about our free mini session with every "paid referral." While you're at it, check us out on social media.

Facebook.com/vpLLC
 Instagram: @_Vonphotography





Tteokguk

Seollal: Lunar New Year Celebrations in Korea

Courtesy of Korea Tourism Organization

Seollal (Lunar New Year; January 1 of the lunar calendar) is one of the most celebrated national holidays in Korea. This year, Seollal falls on January 22 of the Gregorian calendar. More than just a holiday to mark the beginning of a new year, Seollal is truly a special occasion for Korean people. Not only is it a time for paying respect to ancestors, but it is also an opportunity to catch up with distant family members who travel home to get together for this special occasion. During Seollal, Koreans traditionally wear hanbok (traditional clothes), perform ancestral rites, play folk games, eat traditional foods, listen to stories, and catch up with one another. Read on to discover how Koreans celebrate Seollal.



Sebae (a deep bow)

The day before Seollal: Busy with preparations



An ancestral rite (charye)

Seollal demands a lot of preparation, especially in terms of gifts, traveling, and not to mention, the holiday feast! As there are many things to purchase for the ancestral rites and gifts, department stores and markets are usually very crowded during the days leading up to Seollal. The foods for ancestral rites are prepared with a variety of wild herbs, meat, fish, and fruits all chosen with great attention paid to the quality of their shape, color, and freshness.

Another crucial part of preparing for Seollal, especially for those far from home, is travel arrangements. Many people live away from their family home because of work, marriage, or study, and therefore must travel to celebrate Seollal with their families. So, there is a mad rush to book buses, trains, or plane tickets before they all sell out. Meanwhile, traveling by car during the holiday can take over two to four times the normal travel time due to heavy traffic. For this reason, real-time reports of highway traffic conditions during Seollal are broadcast on the radio and other mass media channels.

On the day of Seollal: Partake in ancestral rites and enjoy traditional games

The morning of Seollal begins with an ancestral rite. Family members, each dressed up for the occasion (traditionally in hanbok, but often in western formal attire), gather in front of the ritual table and set upon it an ancestral tablet and dishes of ritual foods, according to the laws of ancestral rites. Once set, the rite begins with deep bows as greetings to the ancestor spirits, and proceeds with offerings and prayers before ending with bidding farewell to the spirits. The ritual is conducted to express respect and gratitude to one's ancestors and to pray for the family's well-being throughout the year.

Following the rite, everyone gathers together and eats the ritual food. The main dish of the day is tteokguk, a traditional soup made with sliced rice cakes, beef, egg, vegetables, and other ingredients. In Korea, eating tteokguk on New Year's Day is believed to add a year to one's age. People often ask each other, "How many servings of tteokguk have you had?" as a fun way to ask each other's age.



A child is receiving sebaetdon (new year's money)

After the meal, the younger generations of the family pay respect to their elders by taking a deep bow called sebae, and by presenting them with gifts. Then, the elders offer their blessings and wishes for a prosperous year. Children often receive sebaetdon (New Year's money) as a Seollal gift. For the remainder of the day, family members play traditional folk games, eat food, and share stories.



Yutnori

Popular Seollal gifts

Seollal gifts vary each year depending on economic situations and gift trends, but the most popular ones are department store gift cards and cash. Popular gifts for parents include ginseng, honey, health products, and massage chairs. Other common gifts include toiletries such as shampoo, soap, toothpaste, etc., and gift baskets/sets composed of Spam, tuna, hangwa (traditional sweets and cookies), dried fish, and fruit.

Traditional games to enjoy on Seollal

Seollal is an opportunity for the entire family to engage in fun activities together. The most common activity is yutnori, a board game that involves throwing four wooden sticks. This game is so easy to learn that all family members, regardless of age, can enjoy playing in teams and making fun bets. Besides yutnori, traditional games such as jegi-chagi (footbag-like game), neol-twiggi (see-saw), tuho (arrow toss), and yeon-naligi (kite flying) are widely played at places like parks or open areas at palaces and shrines. Lastly, families wind down by going to see a movie or watching Seollal specials on TV.



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Recycling in Korea is Good, But We Can Do One Better

By Dr. Rick Martin

South Korea is a small country (about the size of Indiana) but has a large population (greater than California and New York combined). Combine this high population density with a bustling industrial economy and you get a small country with a big challenge for managing all its trash. While the spillover from the waste management infrastructure can be seen in some of its neighborhoods and beaches, Korea is doing reasonably well keeping all this waste under control, mostly by use of recycling.

South Korea recycles about 86% of its solid waste with most of the remainder going about equally to either a landfill or incinerator. The amount of waste being processed is enormous. Korea recycles about 360,000 tons of waste and landfills about 30,000 tons of waste every day.



For recycling to be effective, residents of Korea have to both participate and follow the proper processes for trash separation. The process used for trash disposal is well explained on numerous websites with a good English language version available here <https://www.ivisitkorea.com/garbage-and-recycling-guide-in-korea/>.

The system utilizes both incentives and punishments to promote proper participation. On the incentive side, recycling is free while disposal on non-recyclable trash requires purchase of region-specific biodegradable bags. On the penalty side, there are fines of up to ₩300,000 for improper waste disposal. While the rules of recycling are well explained in the link above, a few common mistakes you'll want to avoid are worth pointing out:

- Food waste needs to be put in its own purchased bag (not in general waste) and should only include food waste that an animal can eat (no bones, shells, or large seeds).
- Milk and juice cartons should be separated from other paper products.
- Don't put broken glass or light bulbs into the glass recycling (and be careful not to break bottles when putting them into the glass recycling bin). Broken glass needs to go into general waste bags.

Plastic waste is particularly problematic in Korea. More than 10 million tons of plastic

waste are generated here annually including about 23 billion single use plastic bags, 5 billion PET bottles and 3 billion plastic cups. About 62% of plastic waste is recycled or incinerated here, with the remaining 38% targeted to landfills or exported. Plastic that is burned is effectively another fossil fuel and adds greenhouse gas to the atmosphere. Plastic that gets

buried slowly decomposes, releasing methane gas into the air, which is also a greenhouse gas.

A lot of plastic waste doesn't make it into a landfill or incinerator. More than 90% of the 2.6 tons of the waste collected from coastal areas in Korea during 2021 was plastic waste. Plastic waste in the oceans poses entanglement threats to wildlife as well as causing toxin accumulation from unintentional consumption. These toxins then wind up in our bodies when we eat food harvested from the sea. Recycling plastic helps keep it out of the food supply, but we can do better to protect ourselves and the environment simply by changing our habits.

Plastic bags, bottles and cups all have reusable alternatives, but most people aren't yet in the habit of using them. The Korean government has taken an active role in reducing the number of disposed plastic cups by passing a law forbidding cafes from providing plastic cups to dine in customers. But we shouldn't wait for the government to force us to give up all of this single-use plastic. We can all do our part in reducing plastic waste now by making a habit of carrying a

reusable bag, cup, and bottle when we go out, and breaking our habit of buying beverages in single use containers. This is a simple starting point for transitioning to a low-waste society where recycling is the last resort option it ought to be.

Solid waste statistics used in this article were drawn from [statista.com](https://www.statista.com).



Rick Martin is a professor of biology and environmental science at UMGC Asia Division. UMGC Asia is committed to helping educate our community on pressing environmental issues and offers courses in environmental science and a degree in environmental management for those interested in learning about these topics.



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USO on the RoK —

A Letter From the USO Team at Maude Hall

W

ith each new year, we develop new ideas on how we can improve ourselves, whether it is new fitness, career, traveling goals, etc. What are your goals or resolutions? Want to learn the Korean language? Do you care to explore Korea and dive into the culture? Do you have any goals to give back or get more involved in your community?

One key factor we have lacked as a community these past three years is connection. COVID did not allow us to take each other by the hand and show each other the ins and outs of this duty station. As we transition to and from Korea, we meet people who show us where the best Korean BBQ places are, which grocery store carries the best products, or even where that special mom and pop shop is that sells the best bowl of kimchi soup. We need to get back to that level of connection with one another.

Our goal at the USO is to be your rock of consistency and familiarity. We want to do everything we can to support you and your family during your duration here in Korea. We provide multiple outlets for members to become acclimated to Camp Humphreys and South Korea. Within the past several months, we have introduced new programs to bridge the gap between two cultures such as the Base Orientation Briefing, Korean Culinary classes, and Learning Korean Language classes.

We also have programs that bring members of our community together by building relationships and networking with each other. This year we want to expand our focus on fulfilling the gaps within our community and provide even more programs for your benefit. So please stop by Maude Hall or any of the USO centers, take advantage of our programs,

and let us know how we can better serve the community and what your needs are. We are here to serve you!

Get out and get involved.

Korea is an assignment to test what you're made of and hone in on the things most important to you. Many people say that the best way to make the most of this assignment is to get out, get connected and take a leap of faith for the things you want the most. Many of the people who become USO volunteers are doing just that. The motivations for volunteerism are as diverse as the people volunteering. Some people love the challenge of a concrete benchmark while others are motivated by internal goals. The USO is a great place to enjoy the fulfillment and impact of volunteerism while also working towards your own personal and professional goals.


If you want to focus on a concrete hours related goal, then strive for the Presidential Volunteer Service Award. If you are over 25 years old, 100 hours gets you the bronze PVSA, 250 gets you silver PVSA and 500 gets you gold. Depending on your availability the hours can rack up quickly. When I first started volunteering, I only went twice a week and for special events. The next thing I knew, I was rounding up 100 hours. Both US citizen military and civilians are eligible for this, and it looks good for resumes! Who else can say they were awarded by the President of the United States?

If you are a military member, then put in for the Military Outstanding Volunteer Service medal before you PCS. This requires detailed information on what you have done with the USO or other volunteer



USO Humphreys Maude Hall

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1	 2	3	4	 5	6	7
8	9	 10	11	12	 13	14
15	 16	 17	18	 19	20	21
22	23	24	 25	26	 27	28
29	30	31	<p>Daily USO Amenities: Free snacks and beverages, Wi-Fi, computers with CAC readers, printing/scanning capabilities, big screen TVs, movie library, gaming systems, coffee bar, library of books, free magazines, lounge area, and free calls home.</p> <p>Ongoing Programs: Bob Hope Legacy Reading Program Operation Birthday Cake</p>			

Hours of Operation: Monday-Friday: 0800-1600, Weekends & US Holidays: CLOSED
 DSN 757-8025
 Web Address: [Facebook.com/USO.Humphreys](https://www.facebook.com/USO.Humphreys) | www.korea.uso.org

organizations. Note your service on quarterly award packages. You never know if that will be the line that makes your package stronger than the competition. Writing packages every quarter will also make writing your annual evaluation a lot easier, because the work is already done. Often volunteers ask us if we will write a memorandum confirming their hours, and specific contributions they have made to the center to help their leadership write your packages – we are here to support you!

This works just as well on the civilian side. Are you looking to add experience or keep your resume free of gaps? The soft skills cultivated while working at the USO are always in demand. Customer service, basic computer skills, teamwork, adaptability, time management, and effective communication are just a few. We empower volunteers to bring their own unique skills and experiences to the community. Every lunchbox we have held has been volunteer driven. Our cro-

chet class was an idea pitched and led by a volunteer. Many volunteers join us just to practice their language skills. Some try to speak Korean; others practice their English. Some do their homework at the volunteer computers in the down time between tasks. Some come just to feel connected to the community, build resiliency and give back in a way that feels meaningful.

The service you give at the USO never goes unnoticed when you're giving your best.

No matter the reason, your help is appreciated deeply and the connections you can make with others who share your passion is irreplaceable. Our volunteers never hesitate to support and encourage each other! Our volunteers are motivating and driven as a group. At the USO the time given is time well spent.

Regardless of what you choose to dedicate your time to, we hope that your New Year is full of great experiences and wonderful adventures.

The Brothers of Lambda Xi Chapter Omega Psi Phi Fraternity, Inc.

By Michael Robinson



Basileus Desmond Smith of Lambda Xi Chapter and Brother Michael Robinson present award and certificate of appreciation to the 2022 DoDEA Teacher of the Year Ms. Rachel Guilfoyle and her family (Husband Mr. Robert Kenny and son Alex Kenny. Not pictured are daughters: Michela Guilfoyle (University in England), Yasmin Guilfoyle (University in Germany), Kamala Kenny (Brown University in Rhode Island). Ms. Guilfoyle also shared with the Brothers of Lambda Xi Chapter that she received a scholarship from an essay contest sponsored by a chapter of the Omega Psi Phi Fraternity, Inc. in Sacramento, California when she was in the 12th grade ◀



The oldest (Brother Carl Reed initiated 1965) and youngest (Brother Chris O'Sullivan initiated 2022) members of Lambda Xi Chapter cutting the cake. ▶



Omega Psi Phi Fraternity, Inc. has a long history of famous men dating back to our four founders: Dr. Ernest E. Just, Bishop Edgar A. Love, Osar J. Cooper, and Frank Coleman who laid the foundation for us today. Others include Comedian Steve Harvey, Michael Jordan, Reverend Jessie Jackson, Langston Hughes, Dr. Charles Drew, and Bridger General Charles Young. The lives, actions, and accomplishments of these "Omega Men" have inspired several undergraduate and graduate males to join chapters of the Omega Psi Phi Fraternity, Inc. located around the world.

Lambda Xi Chapter of the Omega Psi Phi Fraternity, Inc. is known in Asia Pacific as "the Hard ROK Ques" dating back to its chartered day of February 22, 1977. For 45 years, the Men of Lambda Xi have proudly served with distinction on the Korean Peninsula. The Brothers fully embrace supporting the Korean/US community through volunteering their time and dedication at local schools and orphanages.

Each year, the chapter officers and Brothers come together to create a budget plan to cover the expenses and materials needed to meet the ten mandated programs of the Omega Psi Phi Fraternity, Inc.



Brothers of Lambda Xi presenting scholarships to the International High School Essay Contest Winners: 1st Place Ms. Lydia Tang and 2nd Place Ms. Katelyn Ganski.

ACHIEVEMENT WEEK

Observed each November and designed to recognize individuals at the local and international levels who have contributed to community uplift. A High School Essay Contest is to be held in conjunction with Achievement Week.

SCHOLARSHIP

Promotes academic excellence among the undergraduate members. Graduate chapters provide financial assistance to student members and non-members.

SOCIAL ACTION

Chapters participate in activities that will uplift their communities. Some of the activities include: voter registration, Assault on Illiteracy, Habitat for Humanity, mentoring, and participation in fundraisers for charitable organizations.

TALENT HUNT PROGRAM

Provides exposure, encouragement and financial assistance to talented young people participating in the performing arts. Winners are awarded recognition and may be given college scholarships.

MEMORIAL SERVICE

On March 12th of each year chapters conduct an appropriate service to recall the memory of those members who have entered into Omega Chapter.

RECLAMATION AND RETENTION

A concerted effort at the international, district and local levels to retain active brothers and return inactive brothers to full participatory status.

COLLEGE ENDOWMENT FUND

Each year the fraternity gives at least \$50,000 to his-



Vice Basileus Brandon Wilkins of Lambda Xi Chapter presents scholarship to 3rd Place International High School Essay Contest Winner Ms. Emma Sims. ▲



Basileus Desmond Smith of Lambda Xi Chapter presents award to guest speaker Dr. Helen Bailey. ▲



Basileus Desmond Smith, Bro. Michael Robinson, Bro. Brandon Smith, and Bro. Chris O'Sullivan volunteer as lunch monitors at Humphreys Middle School on Monday, November 14, 2022. ▲



Brothers of Lambda Xi Chapter donated a pallet of water to the ISOPAC Building on Camp Humphreys in support of members dealing with COVID issues on Monday, November 14, 2022 ▲



The Brothers of Lambda Xi Chapter kicked off Achievement Week on Sunday, November 13, 2022 by attending church at the Warrior Chapel's Burning Bush Gospel Service located on Camp Humphreys.

torically black college and universities in furtherance of Omega's commitment to provide philanthropic support.

HEALTH INITIATIVES

Chapters facilitate, participate and coordinate activities that promote good health practices. Some of the programs are the Charles Drew Blood Drive and partnership with the American Diabetes Association.

VOTER REGISTRATION, EDUCATION & MOBILIZATION

Chapters facilitate and participate in activities that uplift their communities through the power of the vote.

NAACP

Every district and chapter of the fraternity is required to maintain a Life Membership at Large in the NAACP. All members of the fraternity are encouraged to join the NAACP.

National Achievement Week 2022

National Achievement Week is a mandated program of the Omega Psi Phi Fraternity, Inc., that was originally designed to promote the study of African American life and history. It's beginnings date back to the 1920 Grand Conclave in Nashville. It was at this Conclave that Carter G. Woodson inspired the overall idea. In 1927, at his urging, the Fraternity made National Negro Achievement Week an annual observance. In 1976, this commemoration evolved into Black History Month. Presently, the Achievement Week Program is used to recognize those individuals at the local and national levels who have made significant contributions toward improving the quality of life for African Americans.

The Objectives of the Achievement Week Observance:

- To focus attention on outstanding achievement,

not only by giving appropriate recognition to those who have achieved, but also by stimulating others to gain even higher eminence.

- To implement our democratic way of life by emphasizing that all people must be judged by their accomplishments and their service to mankind, regardless of nationality, religion, or race.

- To raise the prestige of Omega by providing a worthwhile project to which our chapter may direct its energies; this united effort should stimulate and enrich the communities where Omega Psi Phi Chapters are located.

The Basileus of Lambda Xi Chapter Brother Desmond Smith provided opening remarks at the Annual Achievement Week Banquet held at the Dragon Hill Lodge in Seoul South Korea on Saturday, November 19, 2022. He personally gave thanks to the guests, members of the community, and various organizations for

their support, which helped the chapter meet its goals of providing scholarships to college-bound high school seniors. Brother Smith stated the community of Korea has demonstrated there is no Uplift without "U".

Dr. Helen Baily, Community Superintendent of the Department of Defense Education Activity (DoDEA) Pacific West, and a member of Alpha Kappa Alpha Sorority, Inc. Rho Nu Omega Chapter, served as the guest speaker. She described the impact Lambda Xi Chapter has made on the community, nation, and other countries outside of the United States. Dr. Baily stated several times in her speech "The Ques do the most" after providing examples of our efforts to present scholarships, talent hunt awards, and community service.

29th Annual 13th International District Conference

During the 29th Annual 13th International District



Bruh Night Out at Pub210 in Camp Humphreys celebrating Founders' Day 2022 on Thursday, November 17, 2022.

Conference held in Charlotte, North Carolina on July 20 – 21, 2022, the Brothers of Lambda Xi Chapter were recognized for the following accomplishments:

- St. Jude Awards for Brothers and chapters supporting the 2022 St. Jude & Omega: "The Power of Giving Campaign:

- 1st Place – Lambda Xi Chapter
- Brother who donated the most to St. Jude: Brother Daniel Watkins of Lambda Xi Chapter.

The following Brothers from Lambda Xi Chapter also received plaques from 13th District for outstanding service:

- Bro. Greg Smith, 13th International District Financial Oversight Committee Chairman
- Bro. Rodney Brown, 13th International District Membership Selection Program Committee Chairman
- Bro. Michael Robinson, 13th International District Fatherhood and Mentoring / St. Jude Committee Chairman

Our Goals for the New Year

- Present two scholarships to college-bound high school seniors at Osan Middle High School, Daegu Middle High School, and Humphreys High School.
- Present one Historical Black College (HBCU) scholarship to a college-bound high school senior in honor of our oldest member Brother Carl Reed, initiated in 1965 at Eta Epsilon Chapter.
- Hold monthly mentoring events with middle and high school students.
- Develop quarterly events for fathers and assist first time dads.

If you would like more information about Lambda Xi Chapter of the Omega Psi Phi Fraternity, Inc. Please send email to: lambdaxirok@gmail.com

- Website: <https://www.lambdaxi1911.com/history-of-lambda-xi>

- Facebook: <https://www.facebook.com/RoKHardLXQues/>

SAVE THE DATE

Sneaker Soiree

Please join The RoK Alumnae Chapter of Delta Sigma Theta Sorority, Inc. at our sensational Sneaker Soiree! Come dressed to impress in your fabulous formal attire and your favorite sneakers. Join us for food, fellowship, and fun. Step out and party with a purpose!

Tickets are \$55 in advance and \$60 at the door. You can purchase a ticket and, or make a donation.

Profits from this event benefit scholarships and programming.

The RoK Alumnae Chapter of Delta Sigma Theta Sorority, Inc. is a nonprofit organization that provides community service throughout the world. For more information, visit our chapter's website at www.rokalumnaedst.org. You may also visit our national website at www.deltasigmatheta.org.

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RoK Alumnae Chapter
 REPUBLIC OF KOREA

SNEAKER Soiree

New Date!

Advance Sale Tickets \$55 Via Eventbrite
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Join Toastmasters *at* USAG Humphreys!

By Jsun McDowell



"I first joined Toastmasters in 2008 and it definitely improved my professional speaking skills and self-confidence. However the best aspect of the club is the fun environment, filled with people from all walks of life, that all have one common interest - self improvement."

— LTC Kurt McDowell

◀ Jsun, LTC Han, LTC McDowell, Dionne, Missy, Dr. Choi, and Ms. Lee pictured at Toastmasters meeting in December



Good communication skills are crucial. Whether between friends, family members, colleagues, or anyone else we interact with or have a relationship with, communication is a skill that enhances the enjoyment of life.

Public speaking has always been nerve-racking for me. As a military spouse, sometimes I was invited to unit-related functions, from events as small as a Hail & Farewell, to as big as my husband's promotion ceremony. I used to feel worried, anxious, and nervous about the possibility of someone asking me a question or even having to introduce myself. I did not enjoy attending military-related events in the beginning of our marriage.

Then, my husband introduced me to Toastmasters in Yongsan, Seoul. I had no idea what it was until arrived. I was very impressed by the meeting. Not because of the amazing, advanced, or great speeches, but because of the supportive, encouraging, and caring environment. There were some top-notch speakers, but there were also some newbies like me who seemed very nervous with their bodies shaking and voices trembling, but that didn't stop them. I knew it was a group where I could develop communication skills and confidence. As a result, I was able to conduct a 20-minute long presentation at a district conference. For me, this was a significant and meaningful accomplishment.

What is Toastmasters?

Toastmasters is a nonprofit educational organization that teaches public speaking, communication skills, and leadership skills. Toastmasters also provides a great opportunity to network. If you are new to Korea, it is a great place to meet new friends in a community where everyone supports and encourages each other. Nobody is perfect, and members grow together as a family.

We will host meetings at the USAG Humphreys Duke Memorial library in January and February on the second and fourth Wednesday of each month, from 11:40 AM to 12:50 PM (lunch time). Starting in March, we will transition to meeting every week.

Contact info:

Jsun:
cell phone: 010-9229-9830
email: jsun@kidsspeakingenglish.com

Toastmasters Club Mission

We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Camp Humphreys Toastmasters

2023 Upcoming Events

11
JAN

Duke Memorial Library
2nd Wednesday

11:40 AM- 12:50 PM

25
JAN

Duke Memorial Library
4th Wednesday

11:40 AM- 12:50 PM



PUBLIC SPEAKING CLUB

All are invited!

**MORE
INFORMATION**

010-9229-9830
jsun@kidsspeakingenglish.com



Why Perspective Is the Best Guide: How Embracing Adventure Opened the Door to Flyga Twiga

By Amy Millican

Wherever you go, there will be amazing opportunities. Your job is to find them and take them.

My Milspouse Mentor

The generator had been off in the Guesthouse for two hours. With no electricity, the darkness and heat glared at me through my mosquito net. Having arrived two days ago in South Sudan from the United States, jetlag was my new nemesis. Like a baby, I was having to learn how to sleep through the night. Hearing the ping from Facebook Messenger, without an ounce of sleep in sight, I picked up my phone. There was a message from a Milspouse girlfriend. We'd met 15 years earlier, our husbands in the Navy. Laying on my bed in Juba, I read a long, happy report about her day at the spa. Full details. I could smell the aromas, hear the relaxing music, and feel the experiences. Listening to one of the men in the adjacent rooms snoring heavily, I thought, "she has no idea what I'm doing."

The Military Has Other Plans

My life as a Navy Reservist's Milspouse shifted between "Trailing Spouse" periods, deployments apart,

and finding a job wherever we landed. Our experiences in the Reserves were a mixture of Active Duty and civilian lives.

During the first years of our marriage, I was fortunate to pick-up a Work Mentor, who also became a Milspouse Mentor. Her husband had gone into the Air Force Reserves, following his Active Duty. Jean became my Work Mentor because, as she said, she liked that I "kept my desk clean, it shows an orderly mind" (if she had only seen my closet!). She became my Military Mentor during a Reserve Weekend when my husband fell and broke his nose over three hours from our home. I had no idea what to do, so I called Jean. While her husband had long since retired, Jean was able to help me navigate getting to my husband in Portsmouth Naval Hospital. Countless times, Jean has pushed me to embrace life's opportunities.

In 2008, my husband joined a Reserve Military Attache Unit. A unique unit, including all branches, the Reservists would "backfill" at Embassies. One day, while sitting at my office in Alexandria, Virginia, I got a call from my husband "Do you want to go to South Africa this Summer?" he asked. I was on the internet looking for flights within two minutes.

I certainly don't want to give the impression it was smooth sailing. During my first trip to Africa, my learn-

ing curve was extremely high. Our first huge hiccup came when a week into our trip, my husband informed me that he had to go to Cape Town. Awesome! I've always wanted to visit Cape Town. Nope. I wasn't invited. Maybe go somewhere else? Maybe Safari? It was later revealed the Cape Town trip was for planning of the aircraft carrier USS Theodore Roosevelt's Cape Town, South Africa port visit. This was the first port visit by an American aircraft carrier since 1967.

My first Safari took place at Madikwe Game Reserve, South Africa, bordering Botswana. We saw Wild Dogs, Elephants, Giraffe, Lions, and more varieties of antelope than I knew existed. A Walking Safari with the great Rhinoceros led to long discussions with the lodge owner about poaching and wildlife conservation. A new world was opening up to me.

When we returned to the United States, I allowed the life altering experiences to take hold. Having studied African History in my college, my interest in Africa rushed back. I started exploring new experiences.

I was invited on international aid trips to Tanzania and South Africa. One of the experiences was coordinated through our church, St. Paul's Episcopal, which hosted a Dinka language service to the Sudanese Diaspora. I began volunteering with the "Lost Boys" of South Sudan (made famous in the 2014 Reese With-



erspoon movie, "The Good Lie"). In 2010, I traveled as part of a team of four to Sudan. The purpose of the goodwill mission from our Church was to see what preparations needed to be made for the Referendum of Independence. Taking place on January 9th, 2011, Alexandria had one of just under a dozen polling stations in the United States for the Referendum. In addition to my work with the Diaspora, I was also an appointed Commissioner on the Alexandria Human Rights Commission. With this, I became a "Poll Watcher." This was not an easy task to take on. There were rumors the Sudanese Government would seek revenge at the Polling Stations. It was a tense and emotionally charged day, a mix of fear and exhilaration. South Sudan gained independence, becoming the newest nation on Earth. The small role I played was the highlight of my time in Alexandria.

Once again, all would have continued ahead had the military not had other plans. This time, my husband was to be assigned to As Sayliyah Army Base, Qatar. Having learned to trust that I would find opportunities, I decided I wanted to be in the same time zone as him. Fast forward, I was hired by the Wildlife Conservation Society to go live and work in South Sudan. In a humorous twist, I had to depart before my husband. He became the trailing spouse to the time zone.

At the Wildlife Conservation Society, South Sudan (WCS-the international branch of the New York Zoological Society/Bronx Zoo), I was in charge of Finance and Administration for over \$40 million in total grants. Our goals were to develop National Parks and Wildlife Conservation, while simultaneously developing the local economy and communities.

While in South Sudan, I had a chance to talk with the person who hired me. Why did I get the job? I assumed it was my work with the Lost Boys or the South Sudanese Government. I was shocked when she told me it was due to my being a Milspouse. She said they believed I could "handle" whatever happened, especially difficult situations. In my experience, being a Milspouse is a skill you add to your skill stack.

The Unique Military Community

After our work overseas and returning to the United States, I knew I wanted to help others discover Africa. I so often hear, "It's on my Bucket List" followed by, "Weren't you scared? How safe is it? How were you treated as a woman?" While in South Sudan, I was given an opportunity to go to Uganda to tour the National Parks. I did this alone, with a young Ugandan Guide. My travels in Uganda would be the catalyst for my







business. Each time I was questioned about safety and my experiences, I thought back on my time in Uganda. I really wanted people to experience all the magic of Africa, its wildlife, people, and cultures. I felt as though there was a niche market I could fill. Having lived and worked in East and Southern Africa, my set of skills and background, I knew where I would send travelers. So, in February 2014, St. Valentine's Day to be exact, I founded my business, Flyga Twiga™.

Flyga: Swedish for "Flying" Twiga: Swahili for "Giraffe"

My business, creating bespoke African Safaris and travel adventures in East and Southern Africa, has been challenging and rewarding. Each day highlights new entrepreneurial skills to learn. Early in the business development phase, I was matched with an Advisor from the Alexandria Small Business Development Center. I cannot stress enough how important it is to seek guidance. My Advisor was an old, retired Banker, whom I like to joke couldn't figure out his flip phone. But with his more than half a century of business knowledge, he helped me, 1) identify my natural market, the Military Community, and 2) create a "Digital Nomad" business.

As traveling safely is the bedrock of my business, I

have close in-country partners, as well as colleagues in the industry, with whom I keep in constant contact. This way, I am aware of what's happening whether or not it is reported. For many travel companies, policies are such that unless a State of Emergency or Disaster is declared, refunds less than 45 days out won't be given. Most will reschedule. This is why I suggest you always purchase an airline ticket with a change option, even at an additional fee. The countries in which I offer Safaris – Kenya, Uganda, and South Africa – all have extensive experience in tourism. Events have happened before and these countries are capable of dealing with issues as they arise.

But, as you may have guessed by now, the military said, "but wait, there's more." In October 2014, I received a text from my husband. "Do you want to go to South Korea?" Yes! Another opportunity.

We've been in South Korea since late 2014. I have had the immense honor of working, both on the ROK and Stateside, with US Military members, their families, and those supporting the US Military, helping them fulfill their dreams of an African Safari. I see my business as a partnership in travel design. Every Safari should be unique to your interests. Interested in what it is like to be a Safari Guide? That's EcoTraining "The Safari Behind the Safari". Homeschooling? Our private Rob-





ben Island Tour is guided by one of Nelson Mandela's Guards. Dreaming of "Gorillas in the Mist?" Uganda is for you! Each Safari is designed for your interests.

"Safari" is Swahili for "Journey." An African Safari offers the chance to learn about wildlife, people, and cultures that only exist in one place on the planet. Sustainable Tourism is International Development. When you go on a Safari, you are helping economies and communities grow and prosper. In Africa, for every one person working in tourism, at least six people are dependent on that single income. This all interplays with Wildlife Conservation, as there is a direct correlation between local economies' need for sustainable work, and Wildlife Poaching. When you are on Safari, you are part of Sustainable Tourism, International Development, and Wildlife Conservation. Your Safari changes the world.

And, the Military Community has given back to me. One of my Clients, who has become a friend, is fellow MilSpouse, Kait Hanson, of Communikait. She has spread the word and generously written articles about and mentioned Flyga Twiga in Azure Magazine, Military Spouse Magazine, and Legacy Magazine. Thanks to MilSpouse Kait (whom we have given the callsign "Kenya Kait"), in 2020 Military Spouse Maga-

zine named Flyga Twiga "One of the Top 21 Businesses We Love." To put into perspective how invaluable this type of organic marketing can be, there is a fledgling adventure travel group who earlier this year paid a well known UK site £1,500 for "an article." The results were three (3!) click throughs. Of course, marketing is complex and there are many variables. Yet, when I have Kait's Military Spouse Magazine article about Flyga Twiga out on my Travel Booth Table at military events, the "Is that you?" opens the door for awesome discussions about travel to Africa. Thank you my fellow MilSpouse Kenya Kait!

The US military gave me opportunities to allow my passion to find me. The military community members are my primary clients. I love working with people who are adventurous, motivated, and open to new experiences. Planning a personalized, exceptional African Safari - together - is my opportunity to share my passions of Sustainable Tourism, International Development, and Wildlife Conservation.

And, the Milspouse girlfriend whose Spa Day details she sent to me in South Sudan? Today, we are planning a special "Girls Getaway Safari" in South Africa, Spa Day included. I can't wait for her to see and share "my Africa".

My "Top 5" Tips for Milspouse Success

It can be extremely difficult to be the "trailing spouse" – Active Duty or Civilian. Finding ways to help uplift others and not being afraid to ask for and accept help will make your journey successful. In Swahili, the word for journey is "Safari." And, right now, we are all on this Safari in the ROK together. "Tunaenda pamoja!" Swahili for "We go together!" As the old African proverb says: "If you wish to go fast, go alone, but if you wish to go far, go together."

- ▶ Find a Mentor. One you can trust and who has your best interests at heart.
- ▶ Look for and take the opportunities as they present themselves. Sometimes they are buried under adversity.
- ▶ Let your passion find you. There's so much pressure to "find your passion". It is not always "there" in plain sight. Each experience and adventure will help you find what you truly are called to do.
- ▶ Build a skill stack. One skill on top of the other. As a Milspouse, you are developing different skills each day. Those set of skills are going to support you in every venture.
- ▶ Attitude is everything. Surround yourself only with positive people. To me this is a foundational part of a successful life, both civilian and military.





PRO WRESTLING SOCIETY: GET INSPIRED BY THE MOST MIXED ART FORM

By Shiho

My name is Shiho. I am a South Korean professional wrestler and the founder of Pro Wrestling Society Korea. I have wrestled for ten years in Korea, China, Japan, and the US. Professional wrestling is like a white canvas, where you can do anything from comedy to serious action, deliver in depth story telling, and maximize your creativity. Two characters confront each other in the ring, and tell a story to the audience with their actions and emotions. It is an inspiring art.

I was nine years old when I watched professional wrestling for the first time. Watching those larger than life WWE wrestlers deliver a great story induced all different kinds of emotions inside me, one being the desire to become a wrestler like them. I was inspired and my life has totally changed because of them. Now I am inspiring the next generation.



In 2018, I opened my first professional wrestling gym in Pyeongtaek. At that time, my focus was on developing my homegrown wrestling crew, defining the dynamics between characters, and establishing professional wrestling as a major form of entertainment in Korea.

I held my first shows in 2019 at Rabbithole Arcade Pub in Seoul. The show attracted hard core fans as well as people who had never seen professional wrestling before.

During the pandemic, in 2020 and 2021, I held small shows in Pyeongtaek. The goal was to keep the shows running, careful to avoid the spread of COVID-19 infection. We also focused on training our talented wrestlers to develop and improve their skills. During the pandemic, I also focused on building connections with promoters, producers, and journalists all over the world.

We have worked with people from Korea and around the world, including members of China's Middle Kingdom Wrestling, former WWE wrestler Zeda Zhang, and U.K.'s Defiant Wrestling champ Simon Miller. We have also had a lot of active duty soldiers, officers and NCO, who wanted to train with us and some of them became professional wrestlers in my company.

In 2020, we held a phenomenal show at Osan Air Base. Many military families turned out for that show; it meant a lot to me to see that professional wrestling can bring Koreans and Americans together.

In 2022, we held Pub Brawl Shows at Rabbithole Arcade Pub, HBC STUDIO, and Hongdae Retro Game Bar. We are looking forward to going big at our studio in Pyeongtaek starting in 2023. Every weekend, we are holding a class for kids, and a class for professional wrestlers; each month we will hold a show. The classes for adults are for anyone interested in professional wrestling, all ages, genders and physical conditions.

Our studio is located in Pyeongtaek City, about 40 minutes from Osan Air Base and 30 minutes from USAG Humphreys.

Connect with us on Instagram, Facebook, and YouTube — type Pro Wrestling Korea to find us. We regularly update information about our shows and training schedule. My Instagram is shihohong I also go by the name Your True Korean Idol and I am 100% sure that when you watch my matches, you will never be able to forget my name and will become my number one fan.



UNITED NATIONS FORCES FIRST BATTLE MEMORIAL AT OSAN CITY

Story and photos by Caitlin Ward

In late November, my husband went on a staff ride with his unit to the United Nations First Battle Memorial in Osan. They visited the museum, toured the grounds, and had great conversations about the battle, why it's important, and what we can learn from it. The next weekend, he returned with our kids and me in tow. We toured the monuments around Peace Hall, the Peace Garden, and then made our way to Peace Park where our kids enjoyed running around the very large playground structure. Whether you are a history buff, a leader looking for a morale-building activity, an avid gardener, or a family looking for a new playground, this site has something for just about everyone!

History

The North Korean invasion of the Republic of Korea began on June 25, 1950. The North Koreans were heavily armed and prepared for war. Under the aegis of the United Nations, the United States intervened on



June 30, 1950. President Truman made the decision to deploy troops to Korea because the United States had just backed the formation of the United Nations and this would be their first action. Truman felt the United States could not stand by and had to assist the United Nations.

At the time, four divisions were located in Japan; they deployed in pieces to Korea, first from the southern part of Japan. At the time of deployment, the authorized strength was 922 but only about 440 were actually assigned. The size of the unit that deployed was tied to the size of air lift available to move immediately, and the rest of the Armed Forces moved by sea. The idea was that the presence of American forces who had just won World War II, would scare the North Koreans and that show of force would be enough.

The unit was called Task Force Smith, named after its leader, LTC Charles B. Smith. On July 5, 1950, the first battle between United Nations Armed Forces and North Korean troops took place in Gyeonggi-do. Under the UN flag, Task Force Smith, which consisted of 406 men from the 1st Battalion of the 21st Infantry Regiment and 134 men from the 52nd Artillery Battalion, was directed to delay the approaching 5,000 North Korean troops and 34 Soviet-built tanks, with a limited amount of anti-tank weaponry, to allow time for more US troops to move into the peninsula.

Task Force Smith tactically arranged soldiers and artillery along the hillsides, destroying enemy tanks and maintaining a line of defense for six hours and fifteen minutes before ultimately retreating.

This moment in history has served the Army as an important lesson in preparedness at a national level and readiness at an Army level. U.S. Army Heritage and Education Center Senior Historian Michael E. Lynch described the forces as "completely out-gunned, outmassed, and outranked by the T80...we had almost no fire power." Lynch said this is "a good case study for going to war with no notice because we had no indication this was going to happen and no indication we would need to be ready for something like this" (Michael E. Lynch, 2021).

The Monument

The battle is memorialized at the United Nations Forces First Battle Memorial at Osan City, to honor



“ To remember the war is to promise freedom and peace. Standing at the scene of war with noble sacrifice, we think again of the precious value of peace, the desire for freedom, protection and unification that sustains our lives.”

— The Osan City Council of the Democratic and Peaceful Unification Advisory Council 30 JUN 2022



the lives of those who were killed while serving on Task Force Smith. Each year on July 5, a memorial ceremony is held here to remember the significance of the Battle of Jukmiryeong and to honor the UN Forces who were killed in action.

The memorial features videos, interactive displays and pictures from the Battle, the names of the members of Task Force Smith, Jukmiryeong Peace Park, Jukmiryeong Peace Garden, the Douglas C54 Gate, the Peace Park, and much more.

The Douglas C54 Gate

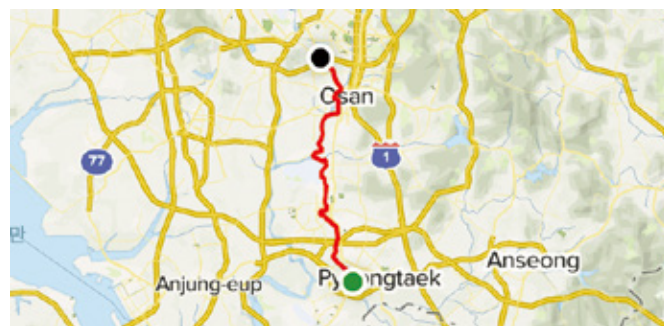
A sculpture commemorates the Douglas C-54 transport aircraft that carried troops of Task Force Smith from Itazuke Air Base in Japan to Suyeong Airport in Busan, to fight at the Battle of Jukmiryeong. The Douglas C-54 plane was also used during the Korean War to evacuate war orphans to safe places.

The Trek

Starting near the Pyeongtaek Station and ending at the First Battle Memorial in Osan, the Task Force Smith Historic Trail traces the 20-mile (32.5-km) path of Task Force Smith. The moderately challenging trail takes an estimated seven hours to complete and is accessible for hiking, biking, or walking (AllTrails, n.d.).

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Task Force Smith Historic Trail as seen on AllTrails

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Jindo

By David Bremer

I ran across this dog on a twisty curvy mountain road in the heart of Seoul. It's called Bugaksan-ro and makes its way up and then down the mountain that sits directly behind the Blue House. It is known as Bugaksan Skyway. If you have never been there, it is well worth the time. There is a great, touristy park at the top that has some awesome views of Seoul. It is a traditional spot to take in the rising sun on New Year's day.

The Jindo was found on the side of the road leading up to the top from the east. There was a little turn off that was just big enough for a car or two to pull in and park. I was looking for interesting views to snap away on. This Jindo was sitting there taking in the sun and when I approached and put my hand out to see if he would allow me to pet him he basically ignored me. Too cool for school this one. So I left him to his sunning, backed off a bit and captured him in all his glory.



Facts About the Jindo

The Jindo is an indigenous dog native to Jindo Island in South Korea. The dog is medium-sized and typically used for hunting and guarding. The dog is strong, alert, and extremely obedient to its master, but often not fond of other animals, especially males.

Places to You Need to Add to Your Bucket List

Story by John F. Behrend (Retired USMC)
Photos by Scotti Sebastian

Traveling around Korea can be overwhelming, but once you get the hang of it, you will find that Korea has something for all to enjoy. I have been to many of the temples in Korea and recommend you to make a trip to see Donghwasa Temple in Daegu, Beomeosa Temple in Busan, and Mount Soyo, located close to Camp Casey, where there are two Buddhist shrines.

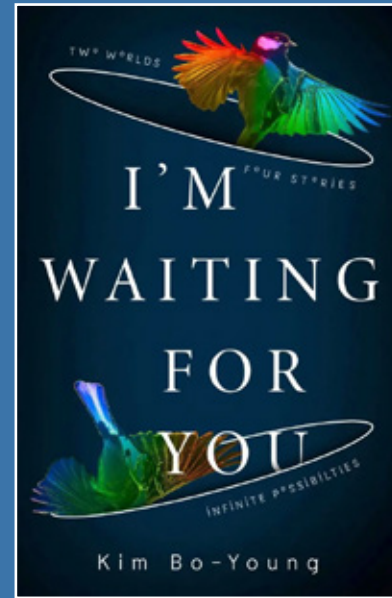
Also add Gwangneung National Arboretum (also known as Gwangneung Experimental Forest) to your bucket list. If you enjoy the outdoors, other places you might enjoy include Sobaek, Sogri, Taedun, Palgongsan, and Gatbawi Mountains. Gyeongju was the capital of the ancient Silla kingdom (57 BC – 935 AD) and is the home to three UNESCO World Heritage Sites.

I would also recommend visiting Dae Jang Geum Park (best known for MBC Drama and movies of three kingdoms of Korea, Goryeo, and Joseon Yi Dynasties), The Independence Hall of Korea, Nami Island, the 63 Building, the War Memorial Of Korea, and the DMZ Joint Security Area, (JSA) – the last one is a must and it will surely open your eyes to why we here.

I am a Season Ticket Holder for the Samsung Lions. If you love sports like I do, you will enjoy watching sports here. In addition to baseball, there are other professional sports you can enjoy such as professional basketball and ice hockey – you can find games in Seoul and Daegu.

Meet Your Next Favorite Book!

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



A HISTORY OF KOREA, Khung Moon Hwang

For history fans, this is considered one of the leading textbooks on Korean history.

AT DUSK, Hwang Sok-yong

A novel that follows a character who achieves success, and begins to reexamine his life when his company is investigated for corruption and a woman from his past sends an unexpected message

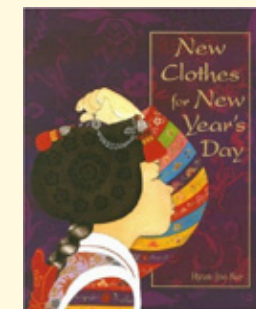
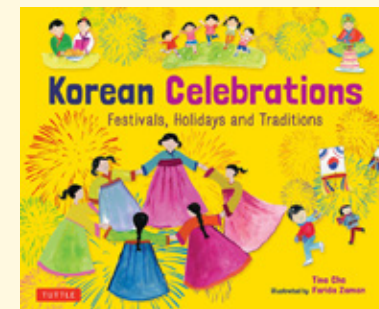
I'M WAITING FOR YOU AND OTHER SHORT STORIES, Kim Bo-Young

This science fiction book is a collection of four short stories. The stories that bookend the collection — I'm Waiting For You and On My Way to You — are tales of the respective journeys of a bride and groom each making their way home to Earth for their wedding ceremony.



Children's Books About Seollal

Korean Lunar New Year, also known as 설날 Seollal, is one of the most important holidays in Korean culture. The celebration lasts for three days - this year, from January 21 to January 23. Traditionally, Koreans return to their hometowns to pay respect to their ancestors and spend time with family members. Koreans usually perform ancestral rites, play folk games, feast on traditional foods, listen to stories and wear a **한복 hanbok**. Check out these books to learn more about the holiday with your young readers!



Western New Year and Korean Lunar New Year (Seollal, 설날) Traditions

By Maritzalyn Mercado-Santiago

Around the world, the new year represents rejoicing, introspection, hope, renewal, and virtue. Different countries and cultures recognize and celebrate the occasion at different times. For example, the first month of the Bengali calendar is in April. In Iran, the new year is celebrated for thirteen days, starting on the first day of the March equinox. The Jewish Holiday Rosh Hashanah is celebrated in September or October. Diwali is celebrated in October or November, according to the Hindu calendar. In this article, we will focus on the New Years celebrations in the US and Korea.

In the US, generally referred to as Western culture, the New Year follows the Gregorian New Year (based on the solar calendar). Koreans celebrate the New Year according to the lunar calendar (based on the cycle of lunar phases).

The Western New Year falls on 1 January of the Gregorian calendar. Around the world, extravagant celebrations are designed that include a countdown to the coming year, followed by extravagant firework displays. On your television, phone, tablet, or computer, you can watch fireworks displays in other countries as each time zone hits their New Year!

The celebration may include New Year's Resolutions and New Year's Kiss. Resolutions can be planned before the new year begins or made on the spot. Resolutions range from starting a new diet, exercising more, finishing higher education, starting new hobbies, or simply focusing on self-improvement and wellness. Whether people achieve them or not it's still



a fun practice to make them!

The New Year's kiss occurs right after the clock strikes 12:01 on 1 January, and is very similar to the Western tradition of kissing under the mistletoe at Christmas. While this is mostly done by those in relationships or married couples, friends can share in a

friendly kiss as well, symbolizing a wish of good luck for the new year.

Celebrations vary in sizes from family gatherings, to larger parties with food and drink, to huge events like that of "watching the Ball Drop" in New York City (this refers to the large crystal/led adorned ball on top of a tower in New York City) at 11:59pm on New Year's Eve until it reaches its destination and is set aglow to signify the new year has arrived!

The 2023 Korean Lunar New Year, called Seollal, takes place on 22 January, and the celebration lasts for three days! The emphasis of Seollal is paying respects to your ancestors and spending time with your living family members. Many Koreans will visit their ancestral hometowns and take part in Seollal activities, so this tends to be a busy time of year for travel!

It's also a busy time in the kitchen as many prepare traditional rice cake soup, known as tteokguk (떡국). While it's a fairly simple dish, it holds important meaning. Before they're steamed, the rice cakes are rolled into long ropes, symbolizing the expansion of one's wealth. Once it is sliced, the cakes appear in the form of round disks that look like coins, which represents desire for an abundance of wealth in the new year.

Several traditional Korean games are played during the Lunar New Year, mostly among children. Among these is a board game called Yut Nori (윷놀이), Jegichagi (제기차기) (a favorite of our family, it's a game in which players kick a paper jegi — looks similar to a badminton birdie — into the air and attempt to keep it aloft), and Neolttwigi. We really enjoy Gonggi (공기), the Korean jacks game!

One very important tradition during the Korean Lunar New Year Day is Charye, which is a form of worship and gratitude to one's ancestors. Followed by Sebae (세배), which is a ritual that is traditionally observed on Seollal. Dressed in traditional clothing, people wish their elders (grandparents, parents and aunts and uncles), a happy new year by performing a deep traditional bow (rites with more than one bow involved are usually for the deceased) and saying the words 'saehae bok mani badeuseyo' (새해 복 많이 받으세요, "Please receive a lot of good fortune for the New Year"). The Elders typically reward this gesture by giving children new year's money, or "pocket money" called Sebaet Don, usually in the form of crisp paper money, in silk bags made with beautiful traditional designs.

While traditions and cultures are different, each one celebrates bringing in a new year and new beginning, and for many, a start for a new path; counting down to the new start while celebrating with food, gifts, games, and merriment.

Before clocks were invented, sundials were the way to tell time! A sundial is a device that can be used to determine what time it is by observing where the sun casts its shadow on the sundial. There are two parts: a flat circular plate and a stick called a gnomon. This gnomon casts the shadow, indicating the time.

Korean Influence

The Asia Society Korea presented a special report on a scientific invention that was made during the reign of King Sejong the Great; it was a sundial called Angbu-ilgu (양부 일구) and was created in the 1400s. Great scientists including Lee Soon-ji and Jang Yeong-sil created this design that was concave in shape and consisted of three parts: a round and concave dial plate called sibam (시반), a gnomon or a youngchhim (영침), and a pedestal. Its name means, "a sundial in the shape of a cauldron looking up at the sky. The round pot-like shape indicates the time of the day by the shape of the shadow. The length of the shadow shape indicates the julgi (절기), which are the 24 periods in traditional East Asian Lunisolar calendars.

On this sundial, the time was read off in ten-minute increments as the shadow of the gnomon is projected upon the longitude lines of the grid (the longitude lines are horizontal in this photo). Thirteen latitude lines, vertical in the photo, measure the length of the gnomon's shadow. This determines the elevation of the sun and the corresponding season. The outer circle displays the 24 hours.

King Sejong installed the instrument outside the palace with the intent of sharing it with the people. He even had the design incorporate the Chinese zodiac signs, represented by the twelve animals, for those who were illiterate. Living conditions for those whose lives depended on agriculture and the respective solar times were greatly improved by the knowledge regarding which term of the year it was. This was considered a humbling gift because at the time, such knowledge was usually for the wealthy and sundials had previously been kept behind palace gates.

Make your own Sundial!

Material List

- 1 Paper plate
- 1 Glue stick
- 1 Bendy straw
- 1 Compass
- 1 Pair of scissors
- 1 Roll of tape
- 1 Sharpened pencil
- 1 Sundial face template (can be traced)

Instructions

1. Cut out the sundial and glue it to a paper plate.
2. Poke a hole through the center of the plate using the pencil.
3. Push the straw through the hole and tape the short end (the bendy short side) underneath to hold it in place.
4. Take your sundial outside on a sunny day at

noon and place it in a flat, sunny area.

5. Point the sundial north using the compass and tilt the straw slightly North so it casts a longer shadow.

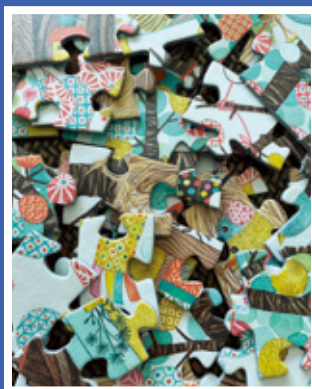
6. Observe the sundial over a few hours. The shadow of the straw tells you the time!

Tip: If you are ever in the Southern Hemisphere, anywhere the above instructions say North, you should use south.

How It Works

The sun shining down on the straw creates a shadow on the sundial. In the Northern Hemisphere, the shadow points toward the West in the morning. Around noon, when the sun is close to overhead, the shadow is short and points North. When the sun is low at the end of the day, the shadow points East. The sundial indicates each hour that goes by as the Earth rotates. Remember, even though it appears that the sun is moving across the sky, it is really the Earth that is rotating!

JANUARY HOMESCHOOL HOLIDAYS



5TH

National Bird Day.

Grab some binoculars, and a bird guide and see how many birds you can spot! If you don't find many, play a game of Bird Bingo to familiarize yourself with the many different species of birds.

29TH

National Puzzle Day.

How many puzzles can you complete today? Or perhaps you will tackle a more difficult one. Some of my favorites include places I want to visit, Cartoon characters, and nature.

31ST

National Hot Chocolate Day.

Let the kids pretend they are baristas and provide them with fun toppings to create a fantastic cup of warm cocoa.



WELCOME TO REBEL RESCUE SOUTH KOREA! OUR SHELTER IS STRICTLY RUN BY VOLUNTEERS. WE ARE ALWAYS SHORT OF HANDS AND HAVE SO MUCH TO DO ON A DAILY BASIS. SEE HOW YOU CAN HELP BELOW AND CONNECT WITH US US ON FACEBOOK!



VOLUNTEER

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- Foster a dog - care for and love a dog in need while they wait for a forever home

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- Laundry soap
- Dish soap
- Asan trash bags
- Sponge mops
- Puppy pads

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5 TIPS TO ENSURE A STRONG START TO THE NEW YEAR

By SFC Danny Blasco Cuello III

In life, we are constantly making choices that affect what comes next and with the brevity of this assignment in Korea, choices are particularly important. There are no guarantees in life, but there are things you can do to make the most of your time here and to advance your development as a person, family member, and professional. Here are five tips to maximize your experience and results in Korea.

1. Connect With Your Warrior Spirit:

At the beginning of the school year, we met with my daughter's third grade teacher Ms. Blando and she emphasized how important it is to read everyday especially for our youth. This inspired me and I picked up the book, *Scars and Stripes* by Tim Kennedy, which I connected with on a visceral level. Tim takes his reader through every high and low and I'm reminded of all my trials and tribulations. I also identify with his description of the "warrior spirit." The warrior spirit is about fighting for something bigger than ourselves, being compassionate, leading by example, and focusing on what we can do for others.

2. Embrace Life in Korea:

I think one of the greatest challenges for civilians and service members is often cultural immersion. Going out into the economy to purchase produce and dairy products can take some getting used to, however, this may be better for your budget and it's a great way to start learning about Korea. Get out of your base bubble and explore as much of Korea as you can because the time goes by fast. Learn to exchange currency and learn some basic phrases to get by when ordering food and making purchases. The locals really appreciate your diving into the culture and giving respect to them and their culture. Get a Hi-Pass for the tolls if you drive a vehicle and avoid traveling on Korean Holidays. But definitely travel! It's safe and beautiful.

3. Be Active:

A lot of us have desk jobs and eat junk. We hear it all the time, but it's so important to stay active and cut the junk, besides, cooking at home is golden. If you are here with your significant other or your whole family, cooking together or motivating one another to be active with group activities like hiking, highlights the importance of health and family time. The kiddos and the parents bank good memories and the parents feel great that the kids are learning the importance of health, nature, balance, and fun! Win-win!

4. Engage With Your Family, Workplace & Community:

I catch myself laying on the couch sometimes and not asking my wife if she needs help with dinner. Get the extra steps in on your way to the kitchen, cook yourself some good food that fits your budget, and show your kids and your partner that teamwork is the spice of life in the kitchen. Give it your all in your home setting, and do the same at work for your team there. Extend that engagement to the community and join an organization—it's a great way to get involved with the community, do something you enjoy, expand your network, and make friends. For example, I am a member of the Asian and Pacific Islanders On Peninsula. I started attending events because of encouragement from a good friend of mine, LTC Romelo Delossantos. We know each other through BJJ. We both are of Filipino descent — I love my culture and food, so when he extended the invite, I probably followed my stomach. I am also an OPOC and work directly with ACS. I also joined the American Red Cross as I love to teach CPR/First Aid.

5. Lead With the Warrior Spirit:

The concept of the warrior spirit is based on fighting for something bigger than ourselves. With that in mind, leading with a warrior spirit is a lot like servant leadership. What I've advised leaders here and in the past is: get a feel for your team by having a one on one with each person. A two-way conversation needs to happen between leaders and subordinates, and both parties need to know how and why they are aiming at the same target (goal). Through the process of both dialing in their sights on the same goal they can then acknowledge their differences and feel the value of each other on a deeper intrinsic level. Get to know your people, make sure they know you are invested in them so they invest in themselves and their work. Serve your people, show compassion, lead by example, and remember that you are fighting for something bigger than yourself.

SUBMITTING IMAGES FOR PUBLICATION IN PRINT

By Erin Henderson

When submitting images with your written article for print, here are some tips and guidelines to consider. Whether you are taking the images yourself or submitting images from a professional photographer, these are things to keep in mind.

1) Focus.

As with your written article, your image should get right to the point and focus on the subject or topic of your article. This should go without saying, but also ensure the image you are submitting is in focus-zoom in on the faces or scenery to make sure before submitting.

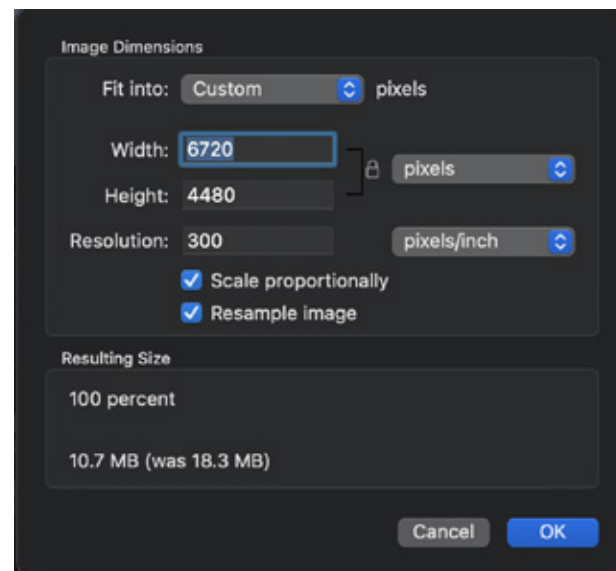
2) Submit High Resolution Images.

Images that are going to be used in print publications should generally be submitted at 300 dpi and images for social media at 72 dpi. Now that your eyes are glazing over and you want to skip to the next step, let me make it simpler. The images you submit should be at least 3-4 megabytes in size or larger so when they are printed in the magazine, they do not look hazy or pixelated when enlarged.

- a. Avoid submitting screen shot images or images of a print taken with a cell phone.
- b. Avoid saving images from Facebook or other social media outlets. Even when an original high-resolution image is up loaded to social media, their platforms automatically compress the image so if you save it later, it will be much smaller than when it was uploaded (compressed). Try to locate the original file instead.

3) Portraits.

When photographing a portrait of someone, with a camera or cell phone, proper lighting will always be your friend. If you are taking the photo, consider the following:



Example of a high-resolution image. On a Mac, click on the photo on your desktop and open with preview, at the top menu, select Tools and then adjust size. This will bring you to this menu so you can see the size of your image. DO NOT enlarge it from this menu, it will only pixelate the image by doing so.

- a. If you are indoors, to get a great, clean portrait of someone try to locate a window with great natural light then turn off all the overhead lights or lamps in a room (keeping them all on creates mixed lighting). If you are using a newer phone, this is a great time to use your Portrait mode. The person taking the photo should stand with their back to the window and the subject should be facing the window light. If the light is very strong, adjust the exposure down slightly in camera. If you are using an iPhone, touch the screen and you should see a square and a little sun pop up on your subject, drag your finger down until the photo isn't too bright. In the reverse, if the photo isn't bright enough you can also drag it up to brighten.
- b. If you are outdoors, try to find a location that provides a clean background free of distractions and good light. If



How to adjust exposure when taking a photo with your iPhone

you are photographing during the day and it's very sunny, if possible, try to find a spot that has open shade. What this means is don't run to complete dark shade, that's not great light, rather find a spot towards the end of the shade so if you look into your subjects' eyes you can see a pattern of lights, or what is called "catch lights". If it's a cloudy day, hold your hand up in the air and watch the light pattern on your hand while you turn 360 degrees. When you see the light hit your hand or see when your hand isn't as dark from shadow, that's the direction you want to shoot from. Another option is to photograph your subject at golden hour which is usually the hour before sunset or right after sunrise when the light is soft all around.



Images taken indoors with the subject facing the window. All overhead lights turned off and simply using the light from the window

4) Group Photos.

If you are submitting a group photo, try to make sure everyone is clearly visible and that their eyes are all open (can be difficult sometimes with larger groups). If your group is of more than four people, when taking the photo make sure you include the entire body, avoid cropping at shins or ankles if possible. If your group is of four people or less, you can take the photo cropped from the waist up or choose to include the whole body. Again, try to avoid busy backgrounds and distractions. If it's meant to portray a sense of fun, make it fun! With larger groups (more than 8-10), start creating layers with people of different heights and try to not have everyone stand in one long line.



Osan High School Cheer Squad 2022
Example of Layers

5) Travel Photos.

Your travel images should immediately make someone say "Wow, I want to go there now" when they see them. The viewer should picture themselves on that mountain peak, at that temple or in that unique café. If it's a busy location, try to keep other people's close visible faces out of the image that you are hoping to have published (if you are more advanced in photography, play around with slower shutter speeds to blur out others and convey a sense of movement and place). If you are photographing a scenic location, take the image from different perspectives:



Family on the Beach
Kids are slightly in front for layering



Using the water to capture the reflection of the sky in Scotland



A bison photographed through a tree at Yellowstone to add foreground dimension on the right

standing, laying on the ground, etc. When you think you have the shot, move to another angle or side and photograph it again, you never know what you might get. To add dimension to your photographs, try photographing through trees, flowers or objects to frame your scene. If you are photographing a body of water, move around to see if you can photograph the reflections in the water. Keep playing!

6) Professional photos.

If you are submitting photos taken by a professional photographer, make sure you have permission to do so. If you have permission, make sure you include the photographer's name and social media handles so we can properly credit them in the magazine.

7) If you are a professional photographer submitting images, make sure you have permission from your subjects to use their images via a model release and do not submit images with watermarks. Image credit will be provided in the magazine.

8) Selfies are fun and while we do love a great selfie, please submit a portrait(s) with your article.

These tips in no way cover the myriad of nuances in photography but are simply a guide to submitting clean images for publication in United on the RoK- each magazine will typically have its own guidelines and style. Depending on the article, you may also receive an email back from us to set up a time and date for us to photograph you to keep themes and imagery consistent for the magazine. Hopefully you find these tips helpful in your everyday life as well and happy shooting!

Erin Henderson is the United on the RoK Media Manager and accomplished photographer with over twelve years of photography and business experience. She has been published in many print and online publications and until moving to Humphreys with her husband, owned a busy photography studio in North Carolina for several years. In conjunction with her photography studio, Erin also ran social media accounts for local gyms, created content for other local small businesses and entrepreneurs, and photographed for local magazines. She is excited to bring that experience to United on the RoK and to help spread the mission of community support throughout the peninsula! For photography related questions, you can email media@unitedontherok.com anytime!



Bridge in Pyeongtaek photographed through greenery to draw your eye to the bridge



Tiny person, big scene. Invites the viewer to picture themselves there when there is not a clear visible face.



Cafe Raul in Asan photographed using a tree to add a bit of dimension in the foreground

HOW TO PITCH FOR A HOME RUN:

EIGHT TIPS TO GET CONTENT PUBLISHED

By Caitlin Ward



itching a story idea is an art in itself. It requires some creativity and legwork. For example, you need to understand the publication you are pitching to — its purpose, its mission, its readership, and the style of articles typically published. Here are some tips as you craft an article pitch for any publication:

- 1. BLUF - Get right to the point.** Let the editor know your story topic, format (interview, opinion piece, list, personal essay, etc.), a possible title, your sources (do research and find data to back up your story), and a short summary — this should be compelling and match the tone of the publication.
- 2. Briefly explain how your article matches the readership of the publication.** Make sure that you understand the purpose of the publication and its target audience. *United on the RoK* contributor Brandon Bledsoe adds, “Ask yourself the honest question, ‘Why do I want to have my writing published? Am I helping the readers or myself?’” Does your purpose match the purpose of the publication?
- 3. Make it clear that you specialize in the topic area through personal experience or knowledge base.** *United on the RoK* contributor Jetta Allen says, “Write about something you're knowledgeable about and passionate about! Passion fuels your purpose!”
- 4. Provide your contact information and social media handles.** Make it easy to follow up with you and to verify who you are.
- 5. Attach or provide a link to writing samples.** If you are attaching a write up of the article you are pitching, double check for typos or grammatical errors before sending.
- 6. Let the editor know when you will be done with the article.** Setting a deadline for yourself lets an editor know that you are serious and driven.
- 7. Follow up in a couple weeks with a polite message if you have not heard back from the editor.** If you don't get a response, accept rejection with grace, move on and try sending your pitch to another publication.
- 8. Be flexible.** An editor might like your pitch but suggest changes to make it better fit the issue theme or readership.

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 January – New Year's Day (신정 or Shinjeong)
- 22 January – Korean New Year (설날 or Seollal)
- 1 March – Independence Movement Day

US Holidays

- 1 January - New Year's Day
- 7 January - Orthodox Christmas
- 13 January - Korean American Day
- 16 January - Martin Luther King Jr Day
- 2 February – Groundhog Day
- 14 February – Valentines Day
- 20 February – Presidents Day
- 17 March - St. Patrick's Day
- 9 April - Easter
- 22 April - Earth 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

National Suicide Prevention Crisis Line

Commercial: 1-800-273-8255/080-855-5118
DSN: (315)263-8255/118
Chat: www.veteranscrisisline.net/get-help/chat

This Month's Cultural Spotlight

Korean Lunar New Year, also known as Seollal (설날) is celebrated over three days - this year, from January 21 to January 23. Traditionally, Koreans return to their hometowns to pay respect to their ancestors and spend time with family members. One of the most important Korean holidays, the celebration includes



ancestral rites, playing folk games, feasting on traditional foods, listening to stories and wearing a hanbok (한복). Traditional Korean New Year

dishes that are commonly enjoyed by many Korean people include tteokguk (rice cake soup), manduguk (dumpling soup), jeon (pancakes), japchae (stir fried noodles with vegetables), and galbi jjim (braised beef short ribs).

You can wish someone Happy New Year by saying: Saehae Bok Mani Badeuseyo. (새해 복 많이 받으세요.)

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



Johnlery Agaton took this photo at the National Park Naejangsan Ecological Exploration Center on 12 November 2022. "I am a service member of the U.S. Army currently stationed here in Daegu with my family. My kids wanted to see the fall foliage, so we decided to take them to this National Park to check out the best view of autumn leaves." This photo captures the intrigue of travel—it is up to you which path you will choose and which opportunities you will pursue in this beautiful country.

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 <p>Mid-size SUV</p> <p>HYUNDAI TUCSON ₩85,000~</p>	 <p>Full-size SUV</p> <p>HYUNDAI PALISADE ₩160,000~</p>	
 <p>9 Passenger Minivan</p> <p>KIA CARNIVAL ₩110,000~</p>	 <p>12 Passenger Van</p> <p>HYUNDAI STAREX ₩100,000~</p>	

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