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My first trip to JAPAN

For me, everything – from tiny signboards to people's clothing – was exotic and different.

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

My worktrip to Tokyo in June was amazing. There are many parts that I enjoyed and many more that I will not soon forget. The beautiful landscapes, countless shrines, old temples, the laughs I shared with my team members and the kindness of the locals still remain in my heart, now a few months since my visit. And thinking back on the trip, it still feels as peaceful as the sound of the pan flute I

SEE FIRST ON PAGE 10

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Your military family life counselor KEEPING THE PACK STRONG

STORY AND PHOTOS BY
STAFF SGT. MACKENZIE MENDEZ,
8TH FIGHTER WING

KUNSAN AIR BASE – Military members face a myriad of unique challenges every day. Airmen may struggle with stress related to work, finances or marriage. At Kunsan Air Base, situations can become even more stressful, as service members work in high-demand roles while stationed thousands of miles from home.

The Military Family Life Counseling Program helps support military members and their families during various life challenges through short-term, non-medical counseling services, at no cost.

“As a Military Family Life Counselor, I have the ability to help active duty service members adjust to military life and help them better understand the stressors they may face, as well as be ready for duty,” said Jim Hess, MFLC assigned to Kunsan. “I conduct one-on-one sessions, provide educational briefings to units and work with existing military and family support programs.”

Through psycho-education, MFLCs are able to educate military members on life skills, such



I have the ability to help active duty service members adjust to military life and help them better understand the stressors they may face.

– Jim Hess,
Military Family Life Counselor

as anger management and communication. They also assist in helping military service members and their families understand various factors of living a military lifestyle including deployment stress, homesickness, relocation adjustment and separation.

“During my sessions, I focus on education to change the thinking and behavior of the individuals who are experiencing certain stressors in their lives,” said Hess. “I use psychology to teach

them how their thinking affects behavior and how it’s possible to think better, feel better and function better. Service members can then use the tools I provide for the rest of their lives.”

MFLCs are masters or doctorate-level licensed counselors with the ability to speak with service members on or off-installation. All services with an MFLC are private and confidential, with the exception of child abuse, domestic abuse and any duty to warn situations.

Hess has been a licensed marriage and family therapist for more than 20 years and maintains a license in Tennessee. He arrived at Kunsan in August 2019, with his licensed service and therapy dog, Bear. Kunsan is Hess’s fourth assignment as a MFLC, working with military service members and their families for two years.

“When my son joined the Army three years ago, I wanted

SEE STRONG ON PAGE 6



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Airmen look to combat DUI, stress with apps

STORY AND PHOTO BY MATTHEW KEELER,
STARS AND STRIPES
Published: October 9, 2019

OSAN AIR BASE — Airmen in South Korea have been hard at work in their free time developing concepts for phone applications that could reduce the number of DUIs in the force and provide airmen a means to deal anonymously with daily stressors.

Members of Osan's 51st Fighter Wing worked with the organization's Innovation Engine Room, led by Master Sgt. Courtney Christiansen, to prepare their ideas, perfect their pitch and build video presentations in preparation for the Air Force Spark Tank 2020 competition. The room was created to give innovative airmen the resources and connections needed to turn their ideas into reality.

Spark Tank is an annual competition in which airmen pitch innovative ideas to top Air Force leadership. The goal of the competition is to find new ways of maintaining Air Force readiness, cost effectively modernize its operation and drive innovation

within its ranks, Christiansen said.

Senior Airman Emma Poveromo, an emergency room medical technician with the 51st Medical Operations Squadron, is developing a phone app that would streamline the Airmen Against Drunk Driving program for its volunteers and its inebriated users.

The program is a volunteer-based transportation service that provides a ride home for airmen who have been drinking.

Poveromo successfully ran the volunteer service while stationed at Ramstein Air Base, Germany.

"Within two months of my team taking over and revamping the program we had already saved 65 people," she told Stars and Stripes. "We actually lowered DUIs at Ramstein by 38% within six months."

Poveromo realized at the time how much of the work involved could be automated using a ride-sharing ap-

plication.

"The current system requires calling volunteers, hoping they answer the phone in the middle of the night and are willing to go help an airman," she said. "Now it



A bar customer uses his phone after consuming an alcoholic beverage near Osan Air Base on Oct. 6.

will be a quick notification to the volunteers who are signed into the app, and they can confirm or decline the pickup request."

Seeking \$60,000, Poveromo intends to hire a professional team to create the program. The app will feature an interface like the one used by paid services Uber and Lyft, only free. Using GPS features and a preset home address, intoxicated users can request a ride with a single click.

"A dollar value can't be placed on the lives and careers this app could save," she stated in her pitch.

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connect two anonymous airmen, either through text or voice chat, to speak open and honestly, and have a genuine human interaction without having that fear of my career will be impacted," Cooksey said.

"Because people have that fear they choose to not talk to anyone, and that causes those stressors and issues to build up until it reaches a point that is now at an impactful level," he said. "We seek to tackle that far before it reaches an issue by providing a safe space for individuals to connect."

Airmen will be required to sign up using their official email so no military users will be filtered out. That also provides a means to permanently ban abusers, or "trolls," who are reported for negative interactions.

Capt. Felicia Keith, a clinical psychologist at Osan, encouraged Cooksey to add a texting feature based on her experience in the clinical field.

"In some of my patients I've noticed a fear of reaching out to others, and especially voice seems to be much more difficult," she said. "Texting provides an extra layer of anonymity and usually feels a bit safer to some folks, especially

**"A dollar value
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on the lives and
careers this app
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— Senior Airman
Emma Poveromo

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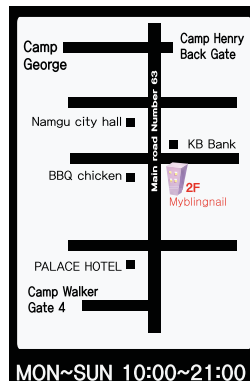
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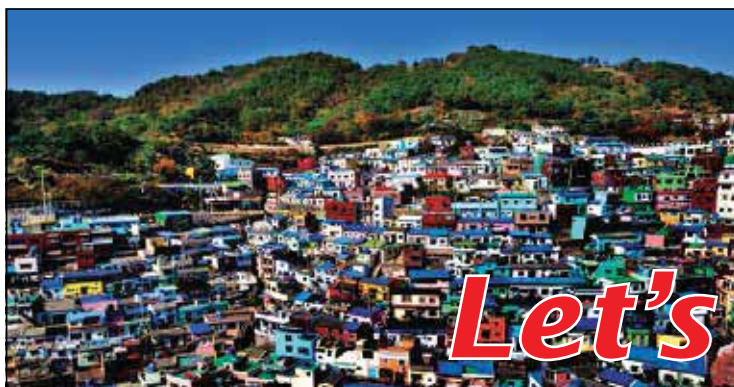
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those experiencing social anxiety.”

After the 78th Air Force suicide this year, Air Force Chief of Staff Gen. David Goldfein ordered a daylong halt in operations, a Resilience Tactical Pause, for leaders to engage with airmen to better understand what is causing the rise in suicides.

“It’s not the outreach programs that are going to necessarily help airmen,” Keith said. “It’s about really connecting to another human being. If this is a

way we can reach airmen where they are and help them connect, as a mental health professional, I think this is a great way we can do that.”

Only one airman can claim the winning title in February at the Air Force Association’s Air Warfare Symposium in Orlando, Fla. However, other Spark Tank ideas received senior leader support last year to advance in development.

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STRONG: Confidential counseling

CONTINUED FROM PAGE 2

to give back to the families,” said Hess. “I am here to help airmen and ensure they are ready for

service and able to accomplish their mission.”

Recently, Air Force senior leaders implemented a Resilience Tactical Pause with the purpose to increase airmen connectedness and increase unit cohesion, trust and confidence in command teams while soliciting feedback to evolve the Air Force’s approach to decrease suicides and increase the well-being of airmen. The MFLC Program augments existing military support services by providing airmen with another avenue for seeking help.

“The MFLC Program enhances the Airman & Family Readiness Center in the personal and work life arenas,” said Master Sgt. Miles Martin, Airman & Family Readiness Center Readiness NCO. “The MFLC provides coping methods for professional and personal life pressures such as separation, homesickness, conflict resolution and relationship



Bear, a licensed service and therapy dog, arrived at Kunsan Air Base, with his owner, Jim Hess.

issues. Their ability to provide confidential counseling provides another outlet for the airmen of Kunsan.”

If an individual is interested in the MFLC program, choosing to seek non-medical counseling through the MFLC program has no impact on a service member’s security clearance and information disclosed during a session with an MFLC is confidential. In addition to Jim Hess, Kunsan is scheduled to receive an additional MFLC in November 2019.

For more information about the Military Family Life Counseling Program, visit Military One Source.

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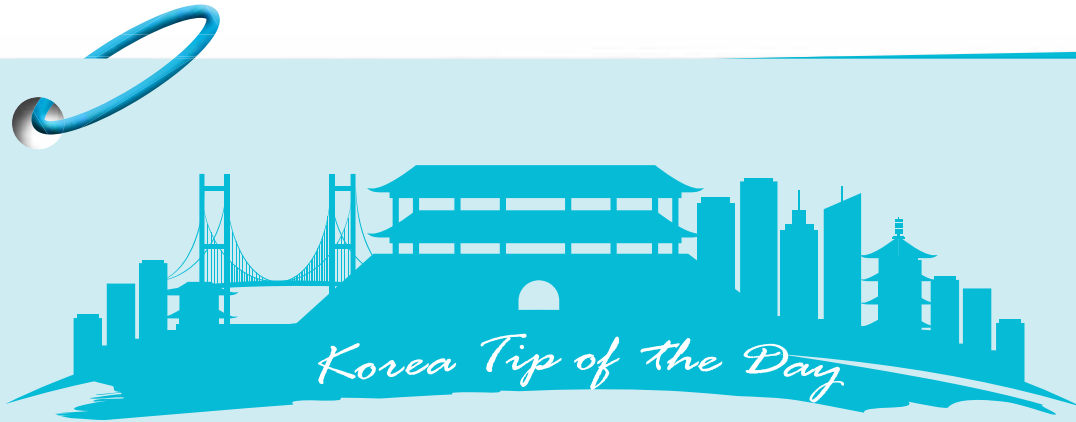
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Korea Tip of the Day

Overcome the language barrier with bbb's free service

BY CHIHON KIM,
STRIPES KOREA

Traveling this beautiful peninsula can be incredibly exciting but may, at times, prove a little bit intimidating when you don't know Korean. More than likely you've already discovered your favorite translator app to help when the situation calls for it. But, trying to communicate with a local taxi driver or pick the right medication at the pharmacy are situations where a simple translator app might not do.

Fortunately, bbb, a free language service, can help

overcome the barrier and get what you need.

Established in 2002, the bbb is manned 24/7 by volunteers and provides quality, on-the-spot translation service to tourists and locals. Their interpretation service is not limited to English. They offer translation and interpretation services for 17 different languages and all at the cost of making a local phone call.

HOW TO USE

Download bbb's app or dial their main phone number, which connects to bilingual volunteers who provide real-time translations.

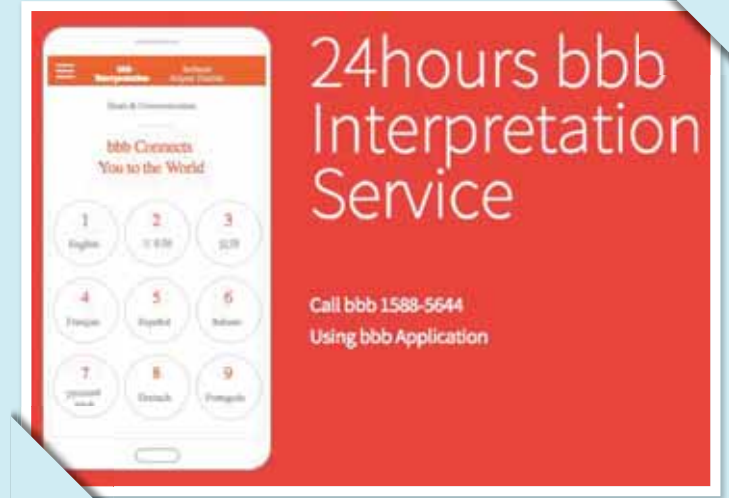
1. Using bbb's main number 1588-5644

Call 1588-5644 and follow the instructions and tap the number corresponding to the preferred language. You will be connected directly to the relevant volunteer.

2. Using bbb's android or ios application

Open the app and tap the preferred language and you'll be connected to the proper volunteer.

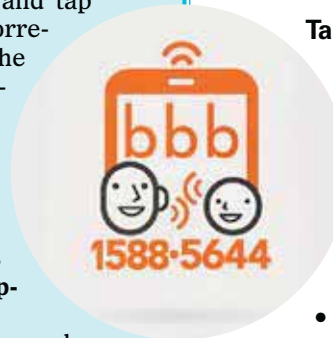
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Photos courtesy of bbb Korea

Take note: bbb translators are unpaid volunteers donating their precious time for the service. This service is not for use on homework assignments or document translation, nor commercial purposes, bargaining or any other business.

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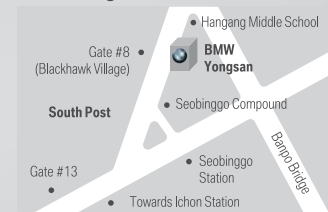
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Radio host strives 'to connect with athletes in human way'

BY DAVE ORNAUER,
STARS AND STRIPES
Published: October 15, 2019

CAMP HUMPHREYS — As he sat in front of a microphone, about to debut a talk radio program on WRTL 1260-AM in central Illinois, Ron Barr fought off a major case of nerves before his first time on the air in 1961.

Then a 16-year-old high school junior at Chanute Air Force Base, Barr said he recalled thinking a couple of things over and over as his nearly six-decade career was set to begin: "Ask questions that I thought people would want asked. And listen. There's a lot more value in listening."

From such humble beginnings, a career and a worldwide sports radio platform would come to be.

Fifty-eight years later, Barr says he applies the same philosophy every time he hits the air at 7 p.m. Pacific Monday through Friday with his daily program

"Sports Byline USA," which is now in its 31st year.

The San Francisco-based show can be heard on SiriusXM and CRN Digital Radio, and on prominent stations in Los Angeles, Denver, Atlanta and Boston and other major cities.

And it's been broadcast on American Forces Radio for the past three decades.

"Sports Byline USA" was the first sports talk show to air nationally, the first to find its way online and is what Barr calls the "antithesis" of most of today's sports-talk programs, which he refers to as "sports entertainment."

"I've always been interested in the person and not just the accomplishment. Not what you did, but how you did it, and who you are," Barr recently told Stars and Stripes during a visit to Camp Humphreys, South Korea. "The greatest compliment ever paid to me in my career is, 'I've never been asked that question before.'"

Barr, 74, grew up as the stepson of an Air Force senior noncommissioned officer and traveled the world – much as "Sports Byline" has done over its three decades.



Ron Barr, the son of an Air Force senior noncommissioned officer, has been hosting the "Sports Byline USA" radio show for more than three decades.
Photo by Steven Hoover

Barr, 74, grew up as the stepson of an Air Force senior noncommissioned officer and traveled the world – much as "Sports Byline" has done over its three decades.

Barr spoke at Camp Humphreys in early September when he and three sports luminaries did a series of "Breakfast with Sports Byline" shows, two at

Humphreys and one at Camp Casey.

He was accompanied by former NFL player Dwight Hicks, ex-NBA player Adonal Foyle and former NBA referee Bob Delaney.

The two shows at Humphreys featured players and coaches from the Blackhawks, the Humphreys High School football team.

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The second show featured the entire team, which Barr called the highlight of "Sports Byline's first tour in Korea.

Soldiers and Humphreys students took turns co-hosting those shows with Barr, with Humphreys senior Brenton Carver questioning former NFL coach Brian Billick and Steelers lineman Alejandro Villanueva, who called in to the show. Other phone-in guests included North Carolina basketball coach Roy Williams.

"It went great," Carver said, adding that his appearance on the show has inspired him to consider a similar profession.

"The best thing I've ever done in my career is these trips," Barr said of multiple excursions to military bases around the country to bring a touch of home to troops of all services. The September visit to Korea was his first time in Asia.

"The kids really enjoyed it," said Blackhawks assistant coach Sh'voda Gregory. He quoted a player, Jayden Brinkerhoff, as saying: "Coach, I never would have thought that when I came to Korea, I would have

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We believe the purpose of our community papers, websites, magazines and special supplements is to help you, the military community, make the most of your time while being stationed in the Pacific. For us to do our job properly, we go out and experience things first-hand so we can tell you about it, offer tips and give you directions. Our team, including our Okinawan writer, Shoji Kudaka, and our Korean writer, ChiHon Kim, gathered this past summer at our Tokyo headquarters for a week so our writers, page designers and web team could brainstorm story ideas and discuss how to best display and tell the tales of our adventures. Last week we published a 6-page spread in this paper about a day trip ChiHon, Shoji, mainland Japan writer Takahiro Takiguchi and editor Denisse Rauda took together to Enoshima and Kamakura during that summer session. They did so much, took so many photos and wrote so many stories, that we could not fit everything into 6 pages. So, this week we're publishing Part II. The guy standing in the photo out front is ChiHon. It was his first trip to Japan. Read on to see what he thought of the Land of the Rising Sun as well as stories from the rest of the crew during their fun day trip. Then plan your own!

— Chris Carlson,
Publishing and Media Design Manager



FIRST: Memories to last a lifetime

CONTINUED FROM PAGE 1

heard at Ueno Park on my last day in Tokyo.

The time I spent visiting Enoshima Island flows slowly in my mind. The Enoden Train with its unhurried pace gave me the opportunity to fully take in the beautiful scenery of the coastline. Even Shonan Beach's dark sand and dark waters, though menacing at first, I hold warmly, as this is where I can now say I caught my first wave.

I won't quickly forget the fresh shirasu and sweet craft beer I devoured after a walk to the top of Enoshima. Nor will I forget the view of the dazzling sea from the restaurant pushing me to come back again soon.

At Mozen-Nakacho, on another fine day in Tokyo, in an attempt to escape tourist sites, I came across a fire ritual at Fukagawa-Fudo Temple. The sound of beating taiko drums and the blowing of conch shells by monks gave me the willies.

The ceremony also involved blessing personal belongings like a purse in the flames, so I handed my bag and hat to one of the monks forget that done. A unique experience that I have never experienced at a Korean temple.

I didn't seek out popular restaurants, as I already know that the fame of a restaurant doesn't guarantee the best dishes. There, on the streets around Tokyo, I found the tastes of the country. In the bowl of ramen inside Ameyoko Market,

the cup of coffee from the experimental café on Kiyosumi-Shirakawa Dori, and from the glass of sake at a pub at Golden Gai in Shinjuku on a rainy Monday evening, I sampled Japan.

And similarly, while tourist-popular Sensoji Temple in the center of the city was breathtaking with its grand architecture and lanterns, I found the beauty of Japan in smaller, down-the-beaten-path locales. It was in the delicate wood-carving of Nitenmon Gate at Shibamata Taishakuten Temple and in the thoughtfulness of those around me. I won't soon forget the kindness of the eel restaurant employee who ran out after me when I forgot my umbrella at the table.

Although crowded tourist attractions were not so attractive for me, I could feel the charm of Tokyo from the neatly arranged pretty flower pots I encountered in front of a small house at a residential area in downtown Tokyo and the colorful advertising lights of skyscrapers that stand alongside the highway as we drove back to the city from our daytrip to Enoshima.

When I woke up the next morning in Korea after the trip, Tokyo and everything I did felt like a dream. I felt like the butterfly of ancient Chinese philosopher Zhuangzi's Butterfly Dream story, exploring a beautiful country and feeling in a dream state after. Though, my time in Tokyo was short and felt like a dream, this work trip has given me memories to last a lifetime.



Denisse

I'm Denisse Rauda from El Paso, Texas, but now living in Tokyo. I have been with Stripes almost five years. My interests include binge-watching tv shows, karaoke, CrossFit and exploring Tokyo. Nice to meet you!

Soy Denisse Rauda de El Paso, Texas, pero ahora vivo en Tokio. He trabajado en Stripes casi cinco años. Mis intereses incluyen maratones de series de televisión, karaoke, CrossFit y explorar Tokio. ¡Encantada de conocerle!



Hiro

I'm Takahiro Takiguchi from Yokosuka City in mainland Japan. I have been with Stripes for six years. My interests include food, drinks, travel and music. Nice to meet you!

神奈川県横浜須賀町在住の滝口隆弘です。星条旗新聞でのライター歴6年。趣味は旅行、食べ歩きに飲み歩き、それに音楽です。よろしくお願いします!



ChiHon

I'm ChiHon Kim from Pyeongtaek, South Korea. I have been with Stripes for about one year. My interests include cars, dogs, travel and adrenaline-pumping outdoor activities. Nice to meet you!

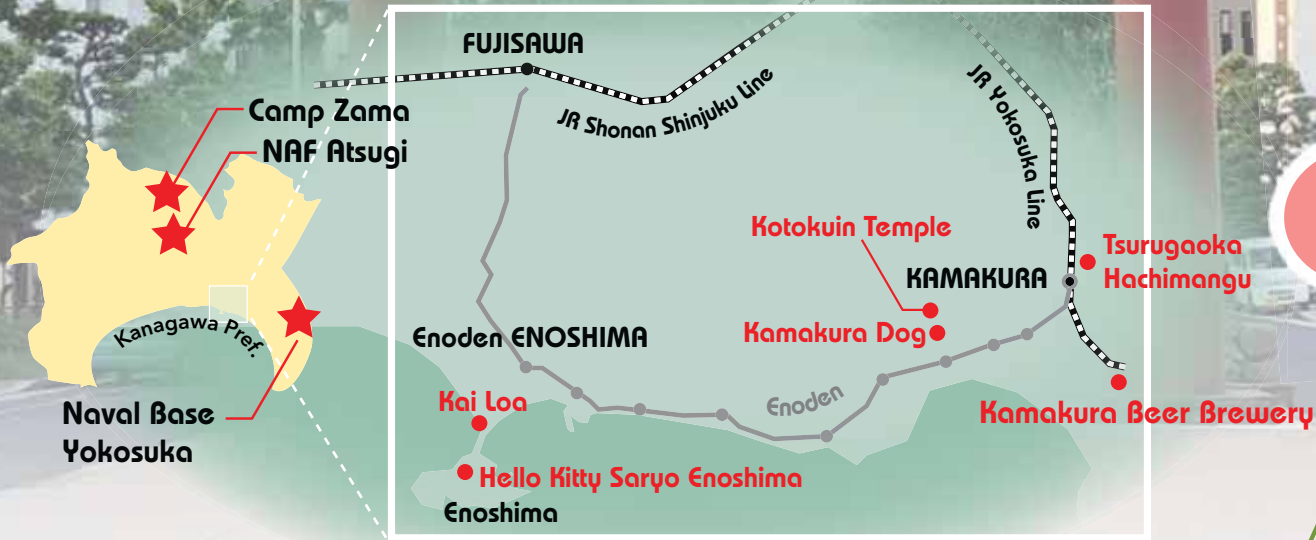
안녕하세요. 저는 김지헌입니다. 성조지 신문사와 함께한 지는 6개월 정도 되었습니다. 자동차, 여행, 명명 이 그리고 아드레날린 솟구치는 야외활동에 관심이 많습니다. 만나서 반갑습니다!



Shoji

I'm Shoji Kudaka from Okinawa. I have been with Stripes for three years. My interests include travel, sports, movies, TV shows, cats and dogs. Nice to meet you!

沖縄県在住の久高将司です。ストライプスのライターとしては3年目です。トラベル、スポーツ、映画、テレビ、犬や猫に興味があります。よろしくお願いします!



Come with us to Komachi-dori!



A special latte

As the writers and I made our way through the busy Nakamise shopping street, and I was dreading the (unnecessary) climb up to the top of Enoshima Island for shirasu-don, the signature fish delicacy of the region, a café caught my eye. This was not something I had seen the last time I visited the island back in 2015, it was the Japanese Tea House Hello Kitty Saryo Enoshima.

I'm a sucker for Hello Kitty-themed restaurants and visited the chain tea house location in Kyoto a few years ago, so I knew what this was.

Perhaps I was a bit naïve to think my co-workers would agree, or secretly hoped we could avoid a climb up to the top of the island, so I suggested we have our lunch here instead as we perused the cute plastic menu samples in the glass case outside the location. They had green tea soba, tempura shrimp-don, Japanese curry with a Hello Kitty-shaped rice center, and even a Hello-Kitty shirasu-don special.

Their unenthusiastic "okay," said it all – we would be heading up to the recommended shirasu-don place, where not only would the food not be cute, but it would mean I would be ordering sashimi instead.

But since I wouldn't be getting my way, I figured I might as well take advantage of the tea house's take out window. Here, wearied travelers can get Kyoto uji matcha treats of all kinds, including hot and iced teas, tea lattes, ice cream cones, matcha-dusted mochi and cream and adzuki bean stuffed dorayaki cake.

It was a hot day and I wanted something refreshing so I ordered the iced "Special Matcha Latte," for 450 yen (about \$4.20). It's served cold with whipped cream on top and a dusting of uji matcha. I usually take my coffee black, so I figured I'd take this latte unsweetened. My first sip was super bitter, so I had to go back to the counter and graciously ask the employee to add sweet syrup after all. A tiny swoosh and the tea latte was just right.

The packaging was cute. It had a Hello Kitty sleeve and a slip on the straw with another Hello Kitty graphic. Everything else about this latte was regular. It was refreshing and had the right amount of matcha, but it was gone too fast. It's a small drink and for the price, I'm not sure if I'd say this was worth it.

I don't think I'll be back to the island again anytime soon unless I'm taking visiting relatives or friends, but maybe I can convince them to stop in and have a sit-down Hello Kitty meal next time. This location also has a store with many Hello Kitty and other Sanrio character souvenirs and toys, so it's definitely worth checking out if you're looking for a fun gift.

– Denisse Rauda



Well, Hello, Kitty!

BY CHIHON KIM,
STRIPES KOREA

If you visit Nakamise shopping street, you're sure to come across the Japanese Tea House Hello Kitty Saryo Enoshima. If you don't have time to stop for a sit-down lunch, the location also offers a "take out" counter serving up various Hello Kitty-themed drinks and sweets.

For a sweet snack, I picked the matcha warabi mochi (450 yen, or \$4.18), because I was curious about the differences between Korean and Japanese mochi. Plus, I am a matcha lover!

This particular mochi is cubed and coated in Kyoto Uji Matcha powder, one of Japan's highest grades of matcha. It was served in a plastic cup with a paper sleeve prominently featuring Hello Kitty wearing a green kimono.

In Korea, "tteok" (Korean for rice cakes) can be found in pretty much every supermarket and convenience store. Like in Japan, these rice cakes made from glutinous rice are a favorite treat and are often included in a birthday or house-warming party spread.

When I bit into the Hello Kitty mochi, I expected it to be like tteok, but instead it was like jelly. The thin, green-powdered cubes were significantly less chewy

than Korean rice cakes, which have a wonderfully chewy texture and a bit of resistance.

Since the Hello Kitty mochi were actually "warabi mochi," they were made from bracken powder, giving them more softness and a gooey texture. Aside from the strange texture, the matcha powder coating was good but not as strong as I would've liked. I expected the green tea flavor to match the bright green color of the mochi pieces, but it didn't.

A few days later, I was able to find and try "dango," skewered mochi rice balls, from a shop in Fukagawa. These were a better sample to use for comparison with tteok. Dango was definitely closer to a taste of home, so to speak.

If you want to try mochi with moderate sweetness and less gooey texture, Japanese Tea House Hello Kitty Saryo Enoshima's take-out version is the one for you. But if you're looking for standard mochi, I would say to skip this even if you're a Hello Kitty enthusiast.

Japanese Tea House Hello Kitty Saryo Enoshima

LOCATION: 1 Chome-4-4-12 Enoshima, Fujisawa, Kanagawa 251-0036

HOURS: 10:30 a.m. to 5:30 p.m. everyday.

MENU AND INFO: <http://www.hellokittysaryo.jp/menu?category=enoshima>



Surf's up

Choeseoneul dahaseyo!

Gambari-masu!

Check out the video!



Photos by Denise and Hiro

Overcoming childhood trauma

BY CHIHON KIM,
STRIPES KOREA

When I was a little boy of about nine or 10, my family and I were enjoying a trip to the beach in Korea. I was sitting on an inner tube in the water when I suddenly slipped through the center. The water dragged me under and I swallowed a lot of salt water. My parents on shore didn't realize I'd fallen in, but my older brother did, and he rescued me from nearly drowning. Since then, I've only dared to dip my toes into the ocean a few times.

This changed earlier this summer when I visited the famous surf spot Shonan Beach in Japan. This is the very beach where in 2020, world-class surfers will converge to battle it out for the Olympics. The area is home to some of the best surfing beaches in Japan, so I decided that this would be the best place to not only learn how to surf, but also to overcome my fear of swimming in the open sea.

On a chilly morning, my colleagues and I arrived at Oceanglide Kai Loa, a quaint surf store on a quiet corner

which offers surf and standup paddleboard lessons for beginners like me.

After filling out the standard forms, meeting our instructor and three other participants in our class, it was time for Shoji and me to get our wetsuits on. Putting on a wetsuit was more difficult than I imagined, so don't be afraid to ask for help like I did.

We soon headed to the beach, about a minute away and started our warm-up exercises. First, we practiced paddling and jumping up onto the board on dry land. We rehearsed it multiple times and it became easier with every try ... that was until I had to go into the water.

The closer I walked towards the cool water, no matter that it was calm that day, I could feel the dread growing inside me. I tried to challenge my fear and stepped cautiously in. My only sense of security was the ankle cord attaching me to the surfboard.

I hopped on my board and paddled to where the coach was waiting to launch us into a wave. I looked down but couldn't see the seafloor, which meant that my feet might not

reach the bottom were I to fall off my board.

But, the lesson wouldn't stop for me to figure out whether or not I was in deep water, and the coach warned me a wave was coming. He set me up, told me when to paddle, and at last, when to shoot up to the standing position. On my first few tries, I lost my balance and fell into the water. I quickly realized that we were not in deep water at all and, at most, were in about 4-foot-deep water.

Soon, my fear let up and was replaced with fun and a strong sense that I needed to overcome the obstacle before me—standing on the surfboard and riding a wave.

I waited my turn and observed other's techniques to see if I could use any of that on my next try. At the coach's signal, I started to paddle and felt the board slightly rise in the water as the wave picked me up. The speed increased as the wave pushed me along, but I was balancing on the board. Finally, I had caught my first wave!

I could feel the adrenaline rush and at that moment, there was nothing else in the

world. The wave was small, but I felt like a professional surfer and was ready to compete in the Olympics.

The waves weren't big or choppy, and the coach was great at helping us with tips to perfect our technique. The others in my session seemed to be around the same level, so we were all sharing laughs when one of us took a tumble or cheering when we all finally caught a wave.

My trauma from nearly drowning as a child was forgotten while I stood on the board that day. I am sure that feeling of riding my first wave will last me a lifetime. And, Enoshima, with its laidback atmosphere and calm waves, was the best place to give surfing a try. I am ready to take on surfing in Korea and perfect my timing on the board to catch a couple of good waves there, too.

SUP store: Kai Loa — Ocean Glide Marine Products

LOCATION: 2-9-10-101 Katasekaigan, Fujisawa City, Kanagawa Pref.

ONLINE: <http://www.kailoa.com/> (Only Japanese)

CONTACT: 0466-25-8211

ONE-DAY BEGINNER'S COURSE : 2-HOUR LESSON Fee: 5,400 yen

(Including rental surfboard, wetsuit and insurance)

(Excluding Shower facility - coin operated)

HOURS: 9 a.m. – 11 a.m., 1 – 3 p.m.

*You need bring bathing suit, towel and sandals.



Beginner's luck

BY SHOJI KUDAKA,
STRIPES OKINAWA

I've never considered myself a man of the sea. Surfing seemed to me the last sport that I would ever try, let alone enjoy.

To me, surfing has always looked cool with a laid-back vibe and surfers wearing stylish apparel. And yet, I questioned why people love the sport so much. So, I decided to give surfing a try, without the expectation of finding

out the answer.

Our instructor led six of us, including ChiHon, for our two-hour lesson on the popular beach.

After a warm-up exercise and a briefing on how to find waves to catch, paddling, and finally, riding a wave – the three basic skills of surfing – we were soon in the water. Though I wasn't scared of trying to surf, I was certainly relieved the sea was calm that day.

A short 60 feet away from the shore,

we launched ourselves in an attempt to catch a wave, one after another, with the instructor's help. In the first couple of tries, I fell off the board after less than a second.

Paddling back to the instructor, I couldn't help but try to figure out what went wrong. Before my mind could settle on a conclusion, I was set up for another shot and another fall. How to stand and keep balance on a surfboard remained a mystery, which scared me. But my perception changed on my fourth or fifth try. What made a difference was my right foot, which I managed to keep close to the rear end of the board. When a wave came, I could

feel my right foot "catch" the wave, and the board was pushed forward as if catapulted by the sea.

I was still a little nervous, which probably made my posture awkward. My right leg was stretched toward the rear of the board, while my left leg was positioned forward with the knee deeply bent more than necessary. With my arms spread out from my sides to keep my balance, I probably looked more like a "Silver Surfer" wannabe than a pro-surfer. At the same time, though, I was sure that I finally had a sense of what surfing is all about.

Who knows, I might even give it a try on my home turf in Okinawa.

Stroll around the Great Buddha

BY CHIHON KIM,
STRIPES KOREA

Every year, millions of tourists travel to the area to see the “Big Buddha,” one of the more common photographs circulated to illustrate the things you’ll see when you visit Japan. A short walk from Hase Station, I visited the Kotoku-in Temple, home of the giant buddha, the must-see attraction in Kamakura, for myself.

Checking out this buddha was a great opportunity to compare the differences of architectural beauty between Korea and Japan, and also to see first-hand the inspiration behind the buddha at the center of Korea’s Joseon Dynasty.

Even before entering the temple grounds, I could see the top of the big buddha. At a whopping 11.4 meters in height, it towered over the old trees near the ticket entrance.

As I approached “Daibutsu,” or “Great Buddha,” I was overwhelmed. It looked over the grounds and its green-colored bronze went well with the surrounding landscape creating a perfect balance and air of Zen.

Once housed indoors, the outer building kept getting destroyed by natural disasters and, so, beginning in the late 15th century, this Great Buddha became an open-air tribute.

Visitors interested in architecture or just curious on the inner workings of a sculpture like this, can enter the inner chamber of the buddha for a mere 20 yen (or \$0.18). Inside, you can see the traces of repeated reinforcement work and how the casting of this buddha in the year 1252 has lasted hundreds of years since.

As I stared up at the Great Buddha, a strong sense of déjà vu overcame me. The Kamakura Daibutsu evoked my memory of travel to the Gakwonsa temple that is a 45-minute drive from Camp Humphreys.

Both the Kamakura Daibutsu and the Gwakwonsa Buddha have much in common, and yet are different as well.

The Gwakwonsa Buddha, for instance, is a recent creation built in 1977. It sits 15 meters high making it about 3 meters taller than Daibutsu at Kotoku-in.

Each buddha statue show differences in their subtle allure. I found the charm of the Kamakura Daibutsu in Japan to be its restrained line and expression. Gwakwonsa Buddha and other buddhas

of Korea, on the other hand, tend to have a gentler smile and softer lines.

Though you can pull apart the differences and similarities of each, both will overwhelm you with their beauty and grandeur. And, both are great places to visit if you’re in Japan or in South Korea.

Kangetsu-do (Moon-viewing hall)

Before leaving the grounds where Kamakura’s Great Buddha sits, a building in the back caught my eye. The building seemed familiar because it was a building from the Joseon Dynasty (1392-1897) palace donated to Kotoku-in in 1924.

The old tile-roofed building is called Kangetsu-do Hall which literally means “a hall looking at the moon.” With a poetic name like that it was hard to imagine what this old building had to go through to get here or why it wouldn’t have remained in Korea.

According to the signboard in front of the hall, which visitors are not allowed to enter, it is thought to have belonged to the imperial palace where Seoul now stands. Kangetsu-do was used as collateral when the dynasty borrowed money from the Joseon Colonial Bank during the Japanese colonial period.

After that, the bank suffered from its own financial problems and took a loan from Yamaichi Securities and the building was passed to Kisei Sugino, a former president of the company, as a reciprocal gift. So, the building was moved to his house and later, he donated it to the temple.

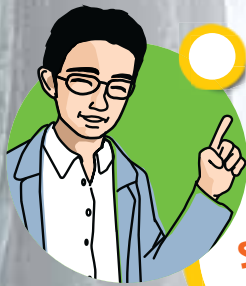
I felt sympathy for the situation of the old hall separated from the royal palace, which had lost its country and moved from place to place. I stood and observed it in reflection for a while, and when I left, I did so with hope that someday this humble building would return to its original home in Seoul someday.

Buddha in Korea



Speakin' Korean

- Try your best!
Choeseoneul dahaseyo!
- That's a big buddha!
Keun bulsangineyo!
- How tall is it?
Nopineun eolmana doelkkayo?
- I've never seen the inside of a bronze buddha.
Jeoneun cheongdongbulsangui naebureul bonjeogi eopseoyo.
- How old is this buddha?
I-bulsangeun eolmana orae dwaesseoyo?
- Let's visit the gift shop.
Seonmulgagero gayo.
- Let's take some photos here.
Yeogiseo sajineul jom jjigeoyo.



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ENTRANCE FEE: Adults - 200 yen,
Child (ages 6-12) 150 yen.
CONTACT: +81 467-22-0703
WEBSITE: <https://www.kotoku-in.jp/en/> (ENG)

鎌倉
かまくら
KAMAKURA

Tasty craft beer breaks in Kamakura and Enoshima

BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

There are few things more refreshing than sipping a cold beer on a sandy beach in Kamakura or while enjoying the panoramic vista from an Enoshima restaurant. And the region's local microbrews only help enhance the flavor and area's beach resort atmosphere.

During our day in Enoshima and Kamakura, I had the opportunity to enjoy several of the local craft beers.

With our shirasu-don lunch, I sampled Enoshima Beer. The smooth, fruity flavor with silky-white fine foam paired well with the great view our table at the restaurant had. I was impressed with the beer's well-balanced bitter and sweetness, while the smooth texture enhanced the tasty whitebait dish.

Daibutsu Beer, which I had at the Enoden Kamakura Station, was clear with a bright, straw-yellow hue, and had a prominent but not extreme hop aroma. Slightly more bitter

than Enoshima Beer, its stronger, crisp aroma was refreshing.

Another beer I sampled was Kamakura Beer (Tsuki). At the end of a day full of sightseeing, this refreshing bottled beer tasted like it was just off the tap. I enjoyed this beer's complicated taste of blended bitter and roasted malt flavors, and its aroma reminded me of sweet brown sugar.

Though these craft beers share similarities in brewing methods and balanced malt flavor and hop aromas, they are unique in



Local Craft Beer

ENOSHIMA BEER (AMBER)

DAIBUTSU BEER (KOELSCH)

KAMAKURA BEER

- TSUKI (ALT)
- HOSHI (PALE ALE)
- HANA (BROWN ALE)

their own right.

Kamakura Beer Brewery uses the top fermenting method, which applies relatively high temperature (between 59- and 68-degrees Fahrenheit) in the brewing process, making the yeast rise to the top. This method changes the flavor of the beer in comparison to major brand bottom-fermented pilsners.

In addition, the brewery says they don't filter the yeast out. Since the yeast in the bottle is still active, the flavor remains fresh and keeps the crisp hop aroma.

To maintain the high

quality, Kamakura Beer Brewery produces only 4,500 bottles during a single brewing process, according to its website. Although these craft beers are not very cheap - around 500 yen (about \$4.50) for a 300-milliliter bottle - they are really worth a try.

Sample some of the local craft beer when you visit Kamakura or Enoshima. The local brews are another way to taste the flavors of the region.

Enoshima and Kamakura beer can be purchased at souvenir shops, convenience stores and restaurants in the area.

Kamakura Beer Brewery

LOCATION: 5-9-29 Omachi, Kamakura City, Kanagawa Pref.

URL: <https://www.kamakura-beer.co.jp/>
TEL: 0467-23-5533



Speakin' Japanese

"Kono toppingu wa nandesuka?" = What is this topping?
("kono" = this, "toppingu" = topping, ".wa nandesuka?" = what is..?)

"Zenzen sakana ni miemasen." = They don't look like fish at all.
("zenzen" = not at all, "sakana" = fish, "ni miemasen" = don't look)

"Demo sakana desu yo." = But, they actually are fish.
("demo" = but, ".desu yo" = this is..)

"Tabetemireba wakarimasu." = Sample some and you will see.
("tabetemireba" = if you sample, "wakarimasu" = you will see)

"Hontoda. Mechakucha sakana kusai!" = Yeah! They are really fishy!
("hontoda" = I see, "mechakucha" = really/awfully, "kusai" = smelly)

"Shirasu doggu wa suki desu." = I like this shirasu dog.
("doggu" = dog, ".wa suki desu" = I like..)

"Nidoto tabetaku arimasen." = I never want to try this again.
("Nidotoi" = never, "tabetaku arimasen" = I don't like to eat)

"Shirasu wa kimoi." = Shirasu is gross.
("wa kimoi" = is gross)

- Takahiro Takiguchi



Hot dog!

A unique way to eat whitebait

BY TAKAHIRO TAKIGUCHI,
STRIPES JAPAN

It may sound weird, but our obsession with the tasty small fish had grown since our shirasu-don lunch earlier on Enoshima Island. So, it was only natural that the signboard for the hot dogs featuring the regional specialty would draw our attention.

This is only one example of all the shirasu-related food items you can find in both Enoshima and Kamakura, but it was one I was ready to try. I went for the "Kamakura Dog," the flagship whitebait hot dog for 500 yen (about \$4.50).

I watched one of the employees prepare my food and was surprised when the hot dog bun went into deep-fryer.

"This neither a bun nor bread," she said to me. "We make our dog with corndog dough made from fish paste and cheese."

After the dough was deep-fried, it was brushed with brown soy-sauce butter, sprinkled with plenty of nori seaweed and finally, heaps of whitebait.

Since each dog is made fresh, I had to wait nearly 10 minutes before the employee handed me my warm delicacy.

The taste was completely new to me.

When I bit in, the extremely rich flavor of brown soy sauce butter, chewy cheese and soy sauce spread in my mouth. The crispy texture of loaded whitebait and seaweed stood out in the corndog made from fish paste. The tad bit salty and bitter whitebait went along nicely with the extremely rich flavor of cheese-and-fish-based dough.

It was tasty!

The complex medley of flavors packed into this dog made both the price and wait worthwhile to me. A complete departure from the typical American hot dog, the Kamakura Dog offers a great chance to enjoy whitebait in a unique way.

When you visit Daibutsu, be sure to drop by Kamakura Dog for another taste of the local flavor.



Kamakura Dog

HOURS: 11 a.m. – 5:30 p.m.

LOCATION: 1-16-25 Hase, Kamakura City, Kanagawa Pref.

Take a Look Inside Geoje's New Jungle Dome

haps
MAGAZINE KOREA
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HAPS KOREA MAGAZINE

Geoje Island's newest tourist attraction is open for a preview.

According to Korea Bizwire, the Jungle Dome will open to the public until Nov. 3 as a preview prior to the grand opening scheduled for early next year.

During the Geoje Flower festival period, 50 people will be admitted every 5 to 10 minutes from 9 a.m. to 5 p.m.

The Jungle Dome is an egg-shaped structure built with 7,500 pieces of triangular glass.

Reaching as high as 30 meters and stretching across 4,468 square meters, the dome houses escalators, an observatory, valleys, a 10m high artificial waterfall, and a skywalk.

The Jungle Dome will be used as a greenhouse to grow

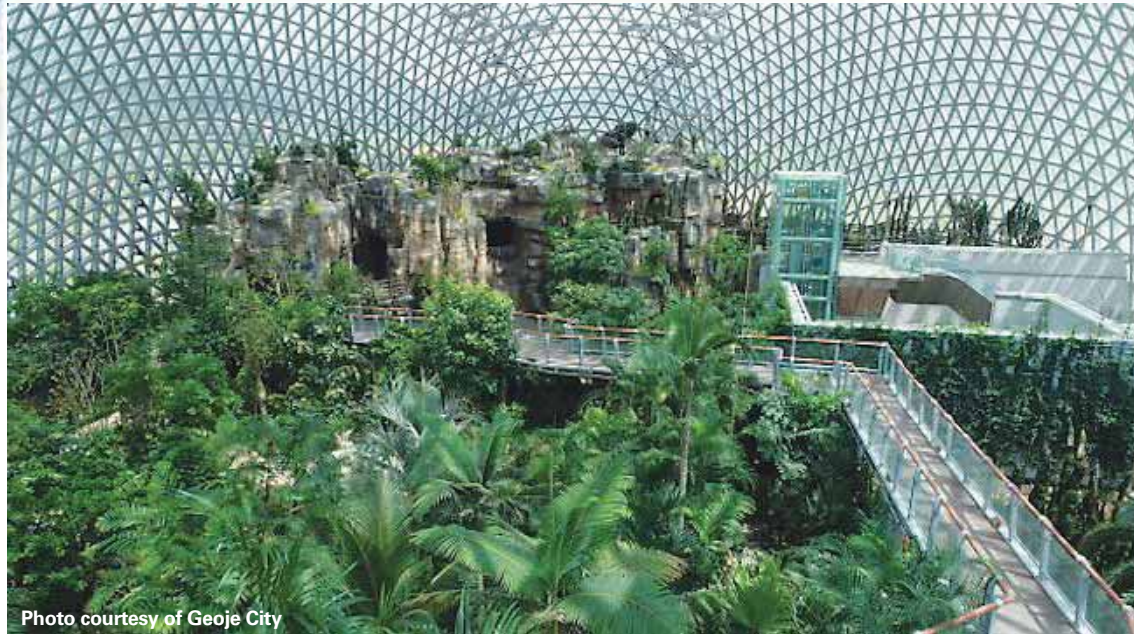


Photo courtesy of Geoje City

300 different kinds of tropical plants and 7,000 tropical plants.

It is a small jungle, with its

entrance shaped like a huge tree trunk, a vertical garden decorated with colorful tropical flowers, and the Mowgli

doll, the main character of Disney's classic cartoon, The Jungle Book.

If you walk the skywalk

connected to the cave section, you can see the tropical trees that grow more than 20m in front of you. The last section is equipped with a jungle observatory, so you can see the inside of the dome.

As you descend the skywalk, you will be greeted by colorful palm trees, tropical fruit trees, and stone carvings.

Walking along with the sound of a cool waterfall, you will encounter a 300-year-old Blackboard tree, the representative tree of Jungle Dome that tells the story that wishes come true.

In addition, you can see a bodhi tree called the "Tree of Enlightenment" and a Baobab tree from the novel Little Prince.

Jungle Dome is expected to be opened to the public in spring of 2020.



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Donuts



Traditional Korean shoes

Enter a fairy tale world, Gamcheon Culture Village

Gamcheon Culture Village started in the 1950s as a settlement of refugees fleeing from the war that would eventually split Korea in half. This community spread up the steep hillside, following the natural curves of the mountain to build houses atop houses with narrow streets winding between them. The area underwent an art project to decorate the houses in bright murals, creating a village straight out of a child's story book. The stacks of houses have also earned the village the nickname "the Santorini of Busan."

The village is dotted with interesting things to see. The narrow alleys offer craft experiences in addition to the colorful murals. Of the many crafts, writing a personal message or creating a special drawing to put on a bracelet is a popular one, both special and inexpensive. Visitors to the village can also enjoy a multitude of street foods and snacks.

A great way to explore the village fully is to take part in the Gamcheon Culture Village Stamp Tour. Maps can be purchased from the tourist information center at the entrance of the village for just 2,000 won. With map in hand, follow the winding course to each of the stamp locations. A completed stamp tour shown to the staff at the final location will be rewarded with a souvenir postcard of Gamcheon.

\$10 Budget for Gamcheon Culture Village!

- Stamp tour 2,000 won
- + personalized bracelet experience 4,000~6,000 won
- + street food 3,000~5,000 won

Gamcheon Culture Village

ADDRESS: 203, Gamnae 2-ro, Saha-gu, Busan
DIRECTIONS: Take Bus No. 87 from Busan Station Bus Stop to Yangsung Supermarket Bus Stop and walk for approx. 10 min
WEBSITE: www.gamcheon.or.kr (Translations supported by Google)

Gwangandaegyo Bridge and Marine City as seen from Igidae Coastal Walkway

SEE MORE BUSAN ON PAGE 18



Thrilling VR Roller Coaster is kicking off in Gwangmyeong Cave now!

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Hang-gliding



Climbing



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<https://robot-land.co.kr/>



BUSAN: Simply beautiful

CONTINUED FROM PAGE 16

Oryukdo Skywalk



Ropeway and Geumjeongsan Mountain in harmony



Busan Marine Natural History Museum

The essence of the sea! Oryukdo Skywalk & Igidae Park Coastal Trail

Oryukdo Island is named for its changing appearance, seeming to be a grouping of five or six (o and yuk being “five” and “six” in Korean, respectively) islands depending on from where they are seen. The best place to see the islands is Oryukdo Skywalk, built high on a cliff, with nothing but a transparent floor between you and the ocean waters below. The skywalk is a great place to take photos and on clear days, you can even see as far as Japan’s Tsushima Island.

A coastal walking trail connecting Oryukdo Skywalk with Igidae Park offers stunning views of the sea and the city of Busan. Built along the sharp cliffs above the ocean, the approximately 4 kilometer-long trail features various sections, including a cloud bridge, wooden deck, stone pathway, and trails through the forest.

The main starting point is Igidae Park but many people also start from Oryukdo Skywalk. If the full 4 kilometers seems too long, walk a short bit to the section of your choice before turning back. To enjoy a relaxing view of the ocean, a small coffee shop next to Oryukdo Haeparang Trail Tourist Information Center is a must. But strolling along a section of the coastal trail with a cup of coffee in hand is enough to create a beautiful and romantic memory of your time here.



Oryukdo Skywalk



\$10 Budget
for Oryukdo Skywalk
& Igidae Park!

Beverage at a café
4,000~6,000 won

Oryukdo Island

ADDRESS: 137, Oryukdo-ro, Nam-gu, Busan

DIRECTIONS: Take Bus No. 27 from Busan Station Bus Stop to Oryukdo Skywalk Bus Stop and walk for approx. 2 min

ORYUKDO SKYWALK OPERATING HOURS: 9 a.m. - 6 p.m. (Last admission 5:50 p.m.)

Igidae Park

ADDRESS: 68, Igidaegongwon-ro, Nam-gu, Busan

DIRECTIONS: Take Bus No. 20, 22, 24, 27 or 39 from Kyungsung Univ. Bus Stop near Kyungsung Univ. Pukyong NAT'L Univ. Station (Busan Subway Line 2) to Igidae Entrance Bus Stop and walk for approx. 10 min

Hidden attractions Geumgang Park Ropeway & Busan Marine Natural History Museum

Geumgang Park, located at Geumjeongsan Mountain, serves as a rest area for Busan citizens throughout all four seasons. The lush forest threaded with beautiful birdsong provides a refreshing feeling. A ropeway connects Geumgang Park to Geumjeongsanseong Fortress. Riding in the ropeway also offers fantastic views of Busan and the mountainside.

Busan Marine Natural History Museum displays over 25,000 items related to the natural history of marine life. Among the exhibition items are giant clams, whale sharks, piranhas and more. In addition, the museum houses live alligators, turtles, anacondas, and other exciting creatures, sure to please children.



\$10 Budget
for Geumgang Park &
Busan Marine Natural
History Museum!

Geumgang Park Ropeway
round-trip 9,000 won

Geumgang Park

ADDRESS: 155, Ujangchun-ro, Dongnae-gu, Busan

DIRECTIONS: Take Bus Dongnae-gu 7 from Oncheonjang Station Bus Stop near Oncheonjang Station (Busan Subway Line 1) Exit 2 to Geumgang Park Bus Stop and walk for approx. 10 min

ROPEWAY OPERATING HOURS

- November-February: Weekdays 9:30 a.m. - 5 p.m. / Weekends 9 a.m. - 5:30 p.m.
- March-April: Weekdays 10 a.m. - 5:30 p.m. / Weekends 9:30 a.m. - 6 p.m.
- May-October: Weekdays 10 a.m. - 6 p.m. / Weekends 9:30 a.m. - 6 p.m.

ROPEWAY FARES

Round-trip: Adults & Teenagers 9,000 won / Children 6,000 won / Senior citizens 7,000 won
One-way: Adults & Teenagers 6,000 won / Children 4,000 won / Senior citizens 5,000 won

* Adults (ages 19-64) / Teenagers (ages 13-18) / Children (ages 4-12) / Senior citizens (ages 65 and over)

Busan Marine Natural History Museum

ADDRESS: 175, Ujangchun-ro, Dongnae-gu, Busan

DIRECTIONS: Walk approx. 10 min from Geumgang Park

OPERATING HOURS: Tuesday - Sunday 9 a.m. - 6 p.m. (Last admission 1 hr before closing)

* Closed Mondays & January 1

ADMISSION: Free

WEBSITE: www.busan.go.kr/sea (Korean, English, Japanese, Chinese)

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Nurimaru APEC House

The focal point of Busan, Haeundae

A major attraction of Busan, Haeundae is more than just Haeundae Beach! The area also encompasses the multipurpose Marine City and other skyscrapers, Dongbaekseom Island that bursts with red camellia blossoms in late winter, and Gwangandaegyo Bridge, crossing the ocean landscape like a second horizon line. Marine City serves as a great background for souvenir photographs, and Dongbaekseom Island is perfect for a leisure stroll.

Originally an island off the coast near Marine City, Dongbaekseom Island has since been connected to the mainland due to a build-up of sediment. The island's Nurimaru APEC House was the site of the 2005 APEC Summit. Open to the public for free, visitors can see the meeting room set as it was for the summit, as well as the banquet for those who attended.

Just a short walk away from the beach is Haeundae Traditional Market. Despite the small size, visitors can fill up with tteokbokki (spicy rice cakes), twigim (fried food), eomuk (fish cake), mandu (dumplings), dak gangjeong (glazed fried chicken bites) and other popular street foods.

Haeundae Beach

ADDRESS: 264, Haeundaehaebyeon-ro, Haeundae-gu, Busan
DIRECTIONS: Walk approx. 10 min from Haeundae Station (Busan Subway Line 2), Exit 5

Nurimaru APEC House

ADDRESS: 116, Dongbaek-ro, Haeundae-gu, Busan
DIRECTIONS: Walk approx. 20 min from Dongbaek Station (Busan Subway Line 2), Exit 1
OPERATING HOURS: 9 a.m. - 6 p.m. (Last admission 1 hr before closing)
* Closed every first Monday of the month
ADMISSION: Free
WEBSITE: www.busan.go.kr/nurimaru (Korean, English, Japanese, Chinese)

Haeundae Traditional Market

ADDRESS: 22-1, Gunam-ro 41beon-gil, Haeundae-gu, Busan
DIRECTIONS: Walk approx. 5 min from Haeundae Station (Busan Subway Line 2), Exit 3



View of Dongbaekseom Island

More info
■ Busan Tourism: tour.busan.go.kr
(Korean, English, Japanese, Chinese)

■ 1330 Korea Travel Hotline: +82-2-1330
(Korean, English, Japanese, Chinese, Russian, Vietnamese, Thai, Malay)

\$10 Budget for Haeundae!
Street food
3,000~10,000 won

Street food heaven! Kkangtong Market & BIFF Square Culture Street

Kkangtong Market opens in the day, but more people visit in the evening, leading some to call this a night market. The market is famous for selling unique, delicious street foods at inexpensive prices. Some of the more unusual street foods for Korea include Scotch eggs, hardboiled eggs wrapped in sausage and bacon before frying; French fries covered in a cheesy sausage sauce; soup served in a bread bowl similar to pane pasta; and steamed corn so addictive it's earned the nickname "narcotic corn." All these foods are sold for just 3,000 to 5,000 won.

Just a short walk away from Kkangtong Market is BIFF Square Culture Street, a gathering of movie theaters in the center of Busan's Nampo-dong. In the past, it was the venue of the Busan International Film Festival (BIFF), and the Star Street is dotted with the handprints of world-famous film directors, producers, and actors. The festival has since moved all film-showings to Busan Cinema Center at Haeundae, but the square is still popular among tourists and crowded with street food vendors both day and night. The more popular street foods include ssiat hotteok (sugar-filled seeded griddlecake), dak kkochi (chicken skewers), tteokbokki, and croquettes.

Landscape of Haeundae

Celebrity handprints from around the world on streets of BIFF Square



Busan Eomuk sold at Kkangtong Market

Kkangtong Market

ADDRESS: 48, Bupyeong 1-gil, Jung-gu, Busan
DIRECTIONS: Walk approx. 10 min from Jagalchi Station (Busan Subway Line 1), Exit 5
OPERATING HOURS: 7:30 p.m. - 11:30 p.m.

BIFF Square

ADDRESS: 4, Nampo-gil, Jung-gu, Busan
DIRECTIONS: Walk approx. 5 min from Jagalchi Station (Busan Subway Line 1), Exit 5

\$10 Budget for Kkangtong Market & BIFF Square!
Street food
3,000~10,000 won

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**Cheongsong Apple Festival****DATE:** Until Nov. 3**LOCATION:** Area of Yeongjeoncheon Stream in Cheongsong-eup**INTRODUCTION:**

Cheongsong Apple Festival is held in October and November every year to promote the excellent quality of apples grown in the area. Cheongsong, said to be a clean area, has the perfect conditions for superior tasty and quality of apples, from being surrounded by mountains with an average altitude that is quite high, providing a huge daily temperature range to the fact that there are no industrial factories in the area. The festival offers various unique events to entertain visitors and the market sells qualified apples for a low price.

TRANSPORTATION:

From Dong Seoul Bus Terminal, take an intercity bus to Cheongsong.

Take a taxi to the festival venue.

HOMEPAGE: www.cs.go.kr (Korean, English, Chinese, Japanese)

Gimhae Buncheong Ceramics Festival**DATE:** Until Nov. 3**LOCATION:** Gimhae Buncheong Ceramic Center**INTRODUCTION:**

Gimhae Buncheong Ceramics Festival celebrates the unique Korean Buncheongsagi (a grayish-blue-powdered celadon). The festival will kick off with the opening ceremony where a traditional kiln will be fired up to promote and develop the tradition of Buncheongsagi. Visitors can enjoy varied programs such as Buncheongsagi meets cooking, making my own celadon, 7 methods experience of Buncheongsagi, the making of a huge celadon (3m-horseback riding figure), flying a wish balloon, Japanese celadon dance performance, and many more. Major programs are the 7 Buncheong method experience, spinning wheel experience, making my own celadon, soil stacking contest for families, soap making, hanji (traditional Korean paper) craft and coiling experience.

TRANSPORTATION:

From Seoul Express Bus Terminal, take an intercity bus to Gimhae. From Gimhae Bus Terminal, take Bus 44 and get off at Jinrye Nonghyup. The festival venue is about 400 m away from the bus stop.

OR

From Royal Tomb of King Suro Station (Busan Gimhae Light Rail), Take Bus No. 44 to Jinrye Nonghyup.

HOMEPAGE: festival.buncheong.net (Korean only)

HAPPENINGS OFF BASE FESTIVALS

Grand Chrysanthemum Festival**DATE:** Until Nov. 3**LOCATION:** Hampyeong Expo Park**INTRODUCTION:**

Grand Chrysanthemum Festival started in the autumn of 2004. Various chrysanthemum art pieces create a beautiful autumn ambience while the festival grounds are filled with diverse programs.

TRANSPORTATION:**Bus**

From Seoul Central City Terminal, take a bus to Hampyeong Bus Terminal. From Hampyeong Terminal, it is a 10min-walk to the festival venue (Expo Park).

Train

From Yongsan Station, take a train to Hampyeong Station.

- Take Bus 100 or a taxi to the festival venue.

HOMEPAGE: www.hampyeong.go.kr (Korean, English, Japanese, Chinese)

Iksan Ten Million Chrysanthemum Festival**DATE:** Until Nov. 3**LOCATION:** Jungang Sports Complex**INTRODUCTION:**

The annual Iksan Ten Million Chrysanthemum Festival is held every year from late October to early November at Iksan Jungang Sports Complex. The festival features an outdoor chrysanthemum exhibit, city agricultural hall, cultural performances, music fountain and many more as well as food.

TRANSPORTATION:**Bus**

From Central City Terminal, take an express bus bound for Iksan Express Bus Terminal (approx. 2 hr 50 min). Exit out from the bus terminal, walk left to take Bus 100 and get off at Jugang 1 Cha Apt. Bus Stop (14 bus stops; 24 min).

Walk back toward the big four-way intersection. Turn left at the intersection and go straight for about 15 min.

The venue will be on your left.

Train

Take the train from Seoul to Iksan (KTX) or from Yongsan to Iksan (KTX, Saemaeul, or Mugunghwa).

From Iksan Station, cross the street and take bus 65 and get off at Jungang Sports Complex.

HOMEPAGE: www.iksan.go.kr/gukhwa (Korean only)

Seoul Photo Festival**DATE:** Until Nov. 10**LOCATION:** Buk Seoul Museum of Art**INTRODUCTION:**

Seoul Photo Festival is held with the participation of citizens of Seoul and Seoul Museum of Art. The festival consists of series of workshops and exhibitions held at Buk Seoul Museum of Art, Changdong Photo Art Gallery area, and SeMA storage facility. The workshops are aimed to evaluate and communicate with local photo art galleries as well as to explore the current state of the changing environment and society and its effect on photography.

TRANSPORTATION:**Subway**

- City Hall Station (Seoul Subway Line 1, 2)
- Euljiro 1(il)-ga Station (Seoul Subway Line 2)
- Gwanghwamun Station (Seoul Subway Line 5)

Bus

Get off at City Hall Station Bus Stop.

- Green Bus: 1711, 7016, 7022

- Blue Bus: 103, 150, 401, 402, 604

- Village Bus: Jongno 09, Jongno 11

HOMEPAGE: sema.seoul.go.kr (Korean only)

Masan Gagopa Chrysanthemum Festival**DATE:** Until Nov. 10**LOCATION:** Masan Fishery Market (In front of Jangeo-geori) / Areas of Cheong-dong and Odong-dong**INTRODUCTION:**

Since its inception in 1960,

chrysanthemum farming in Changwon (Masan) has proliferated, accounting for 13% of chrysanthemum farming nationwide. Masan has suitable requirements for soil, warm temperature, and cutting-edge technology for growing chrysanthemums. Masan Gagopa Chrysanthemum Festival has been held since 2000 to promote the excellence of Masan's chrysanthemums and enhance the market.

TRANSPORTATION:**Local Bus**

Take Bus 703 from Masan Express Bus Terminal and get off at Jeil Girls' High School.

Cross the street, and walk 250m towards the harbor.

HOMEPAGE: www.changwon.go.kr

(Korean, English, Japanese, Chinese)

Mindungsan Eulalia Festival**DATE:** Until Nov. 10**LOCATION:** Mindungsan Mountain area, Jeongseon-gun, Gangwon-do**INTRODUCTION:**

The Mindungsan Eulalia Festival takes place in the Mindungsan Mountain area. Some of the events held include weekend mountain climbing, talent contests, Arirang singing contests, eulalia music concerts, a Mindungsan Gate ball competition and eulalia photo exhibition. Hands-on programs at the festival include a local food program, post card sending, mountain horseback riding and much more.

TRANSPORTATION:**Train**

- Take a train from Cheongnyangni Station to Mindungsan Station (Mugunghwa Line).
- Exit Mindungsan Station and follow Mureung1-ro Street for about 1.5 km (or take a cab) to reach Jeungsan Elementary School where the trail going up to the mountain starts.

Bus

- From Dong Seoul Bus Terminal, take an intercity bus heading to Jeungsan.
- From the bus stop, follow Mureung1-ro Street for about 1.5 km (or take a cab) to reach Jeungsan Elementary School where the trail going up to the mountain starts.

HOMEPAGE: www.jeongseon.go.kr

(Korean, English, Japanese, Chinese)

Seoul Kimchi Festival**DATE:** Nov. 1 - Nov. 3**LOCATION:** Areas of Seoul Plaza and Mugyo-ro**INTRODUCTION:**

First held in 2014, Seoul Kimchi Festival connects traditions and modern living through the Kimjang (making kimchi) culture and aims to become a

site of harmony and sharing of Korean culture with international visitors. The festival shows all about the Kimjang culture and provides a chance for visitors to directly experience it. There are varied programs including sharing Kimjang for people in need, Seoul Kimjangan, Kimchi Market, Kimchi Sangsang playground, and others related to kimchi-making.

TRANSPORTATION:

Subway

Gwanghwamun Station (Seoul Subway Line 5)
City Hall Station (Seoul Subway Line 1, 2)

HOMEPAGE: www.seoulkimchifestival.kr (Korean, English, Japanese, Chinese)



DATE: Nov. 1 - Nov. 17

LOCATION: Cheonggye Plaza to Supyogyo Bridge (1.2 km)

INTRODUCTION:

Since its inception in 2009, the annual Seoul Lantern Festival, one of the representative festivals in Seoul, is held throughout the period from the first Friday of November to the third Sunday of November. Every year nearly 3 million visitors can expect to see lanterns along the 1.3 km Cheonggyecheon Stream with various things to see stretching all the way from Cheonggye Plaza and Supyogyo Bridge.

TRANSPORTATION:

• **Cheonggye Plaza/Gwanggyo/Jangtonggyo Bridge**

Subway

Jonggak Station (Seoul Subway Line 1), Exit 4 or 5.
- Walk straight for 3 mins.

OR

Euljiro 1-ga Station (Seoul Subway Line 2), Exit 2 or 3.
- Walk straight for 5 mins.

Bus

Blue bus: 101, 150, 163, 402, 405, 504, 506
Green bus: 1711, 7016, 7017,

7021,8000
Circular bus: 92S tour

• **Samilgyo**

Subway

Euljiro 3-ga Station (Seoul Subway Line 2, 3), Exit 1, 2, 3, or 4,
- Walk straight for 10 mins.

Bus

Blue bus: 140, 163, 470, 471, 501, 701
Direct bus: 1150, 5000, 5005, 5007, 7900, 9001, 9003, 9300
Express bus: 8100
Red bus: M4101, M4102

• **Seungyo**

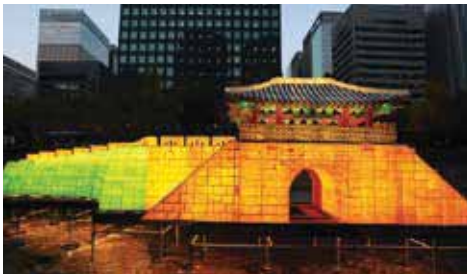
Subway

Jongno 3-ga Station (Seoul Subway Line 1, 3), Exit 12, 13 or 14,
- Walk straight for 10 mins.
Euljiro 3-ga Station (Seoul Subway Line 2, 3), Exit 1, 2, 4 or 5.
- Walk straight for 10 mins.

Bus

Blue bus: 163

HOMEPAGE: http://english.visitseoul.net/event-festival/Seoul-Lantern-Festival-2019-en_31750?curPage=1 (Korean, English, Japanese, Chinese)



Korea Sale FESTA



DATE: Nov. 1 - Nov. 22

LOCATION: Throughout the country

INTRODUCTION:

Korea Sale FESTA is the first global shopping tourism festival in Korea. Events, special offers, and Hallyu festivals will be available for everyone to enjoy, including international visitors.

HOMEPAGE: www.koreasalefesta.kr (Korean, English, Japanese, Chinese)

Busan Fireworks Festival



DATE: Nov. 2

LOCATION: Gwangalli Beach

INTRODUCTION:

Busan Fireworks Festival takes place every autumn along Gwangalli Beach. The festival's diverse programs of cultural events, high-tech laser light shows, and myriad of unique and colorful fireworks make this one of the area's most popular festivals, drawing crowds of over 1 million visitors each year. Although most people flock to the beach for a closer view of the festivities, nearby Hwangnyeongsan Mountain, Dongbaekseom Island, and Igidae Coastal Park also offer great views of the fireworks.

TRANSPORTATION:

Subway

Geumnyeonsan Station (Busan Subway Line 2), Exit 1 & 3.

Gwangan Station (Busan Subway Line 2), Exit 3 or 5.

HOMEPAGE: www.bfo.or.kr (Korean, English)

E-World Starlight Festival



DATE: Nov. 16 - Mar. 1

LOCATION: Areas of E-World and 83 Tower

INTRODUCTION:

E-World Starlight Festival is held with ten million lights in a large area around E-World and 83 Tower. Hot-air balloons, roses, and mask light decorations and other events are available at this carnival-like festival. The events start at night and large characteristic trees

are decorated along the 200-meter long Light Road, as well as a Umbrella Road, Carnival Road, and photo zone by 1,000 lights. Also, 10,000 LED roses cover the proposal stairs, creating a romantic and special ambience. This festival is beloved by young couples as part of a night dating course.

TRANSPORTATION:

Subway

Duryu Station (Daegu Subway Line 2), Exit 15.

Turn left and walk straight for approx. 330 m.

Cross the street to E-World.

HOMEPAGE: www.eworld.kr (Korean only)

Paju Jangdan Soybean Festival



DATE: Nov. 22 - Nov. 24

LOCATION: Areas of Imjingak Plaza & Pyeong-hoa Nuri Park

INTRODUCTION:

Paju Jangdan Soybean Festival is held in Paju Imjingak Resort every autumn to promote the excellence of Paju Jangdan soybean and boost the consumption of agricultural specialty products and the regional economy. Therefore, the festival is held around the bean harvest season in November.

TRANSPORTATION:

Train

Munsan Station (Gyeongui Line)
From the station, take the shuttle bus to the festival venue.

OR

From Gwanghwamun Station (Seoul Subway Line 5), Exit 6.

Upon exiting the station, make a u-turn, and turn left at the corner.

Go straight about 120m to the bus stop. Take Bus 9710 and get off at Munsan Station (Estimated travel time: 2hrs).

HOMEPAGE: tour.paju.go.kr (Korean only)

NOTE: Festival dates and info subject to change.

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- Vietnamese Rice Noodle (Pho)

- Steamboat

- Spring Roll

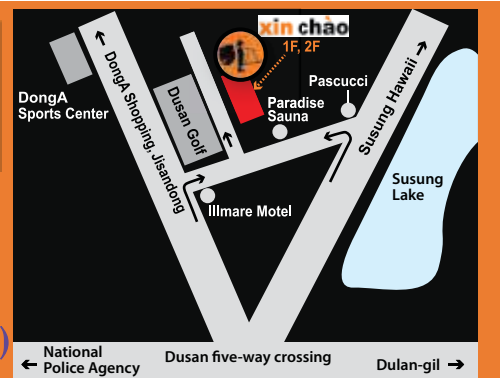
- Special Vietnamese Vegetarian Roll

- Tomyamkung

- Pat Thai (Thai Fried Rice Noodle)

- Pat Pong Curry

(Thai-Style Curry with Prawn or Crab)



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Concerts

Music Festivals

2019 UNICON

Seoul, Nov. 1, 6:30 p.m., Yonsei Culture & Art Center, Ampitheater, 33,000-55,000-77,000-99,000 won.

2019 Someday Theatre Pleroma

Seoul, Nov. 16, 2:30 p.m., Nov. 17, 2 p.m., Coex Hall D, 88,000-110,000-132,000 won.



Concerts

AB6IX

Seoul, Nov. 9, 6 p.m., Nov. 10, 5 p.m., Olympic Park KSPO Dome, 110,000 won.

MeloMance

Seoul, Nov. 9 & 10, 5 p.m., Kyung-Hee University Grand Peace Palace, 88,000-99,000-110,000 won.

MFBTY & FlyToThe Sky

Seoul, Nov. 16, 7 p.m., Nov. 17, 6 p.m., Olympic Park Olympic Hall; Busan, Nov. 24, 7 p.m., KBS Busan Hall; Daejeon, Nov. 30, 7 p.m., Daejeon Convention Center; Gwangju, Dec. 7, 7 p.m., Kimdaejung Convention Center - Multi-Purpose Auditorium; Cheonan, Dec. 14, 7 p.m., Cheonan Namseoul University Seongam Cultural Gymnasium; Incheon, Dec. 21, 7 p.m., Incheon Namdong Gymnasium; Suwon, Dec. 28, 7 p.m., Kyunghee University International Campus Seonseung Hall; Daegu, Dec. 31, 8

p.m., Daegu EXCO; 88,000-110,000-121,000 won.

Sam Kim

Seoul, Nov. 23, 6 p.m., Nov. 24, 5 p.m., Blue Square IMarket Hall, 99,000 won.

Park Kang Hyun

Seoul, Nov. 26 & 27, 8 p.m., Blue Square IMarket Hall, 77,000-99,000 won.

Kim Yuna

Seoul, Nov. 29, 8 p.m., Nov. 30, 6 p.m., Dec. 1, 5 p.m., EwhaWomans University Samsung Hall, 99,000 won.

Forte di Quattro

Busan, Nov. 30, 7 p.m., Busan Dream Theater, 88,000-110,000-132,000 won.

GUCKKASTEN

Seoul, Nov. 30, 7 p.m., Dec. 1, 6 p.m., Olympic Park Olympic Hall, 99,000-110,000 won.

Generation Axe

Seoul, Nov. 23, 6 p.m., YES24 LIVE HALL, 110,000-132,000 won.



Vibe

Iisan, Dec. 1, 6 p.m., Iisan KINTEX, Hall 5, 88,000-99,000-110,000-121,000 won.

Lim Heon-il

Seoul, Dec. 13, 8 p.m., Hong-dae Lezhin Comics V-HALL, 77,000 won.

Lee So-ra

Seoul, Dec. 19, 20, 24 & 27, 8 p.m., Dec. 21, 22, 25, 28 & 29, 6 p.m., Blue Square IMarket Hall, 99,000-121,000 won.

Noel

Seoul, Dec. 21, 6 p.m., Dec. 22, 5 p.m., COEX Auditorium, 99,000-121,000 won.

Kim Yeon Woo

Seoul, Dec. 21, 7 p.m., Dec. 22, 6 p.m., Dec. 24, 8 p.m., Kyung-Hee University Grand Peace Palace; Busan, Dec. 31, 8 p.m., KBS Busan Hall, 99,000-121,000-143,000 won.

Youn Sun Nah

Seoul, Dec. 28, 8 p.m., Lotte Concert Hall, 60,000-80,000-100,000 won.

Jang Beom June

Seoul, Dec. 28, 6 p.m., Dec. 29, 5 p.m., Dec. 31, 8 p.m., Yonsei University Grand Hall, 99,000-110,000 won.

Kim Bum Soo

Seoul, Dec. 29, 7 p.m., Dec. 30, 8 p.m., Dec. 31, 10:10 p.m., Kyung-Hee University Grand Peace Palace, 99,000-121,000-143,000 won.



Baek Ji Young

Seongnam, Jan. 4, 3 & 7 p.m., Seongnam Arts Center, Opera House, 99,000-121,000-143,000 won.



Green Day

Seoul, Mar. 22, 6 p.m., Jamsil Arena, 88,000-99,000-110,000 won.

For more information, visit Interpark's website:

<http://www.globalinterpark.com/main/categoryList?dispNo=01003&prdTp=002>

HELLO, AUTUMN!

Nov. 1 - 3

Boryeong Laver Festival

Nov. 2 - 3

Cheongna Ginkgo Village Festival

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Stripes Sports Trivia

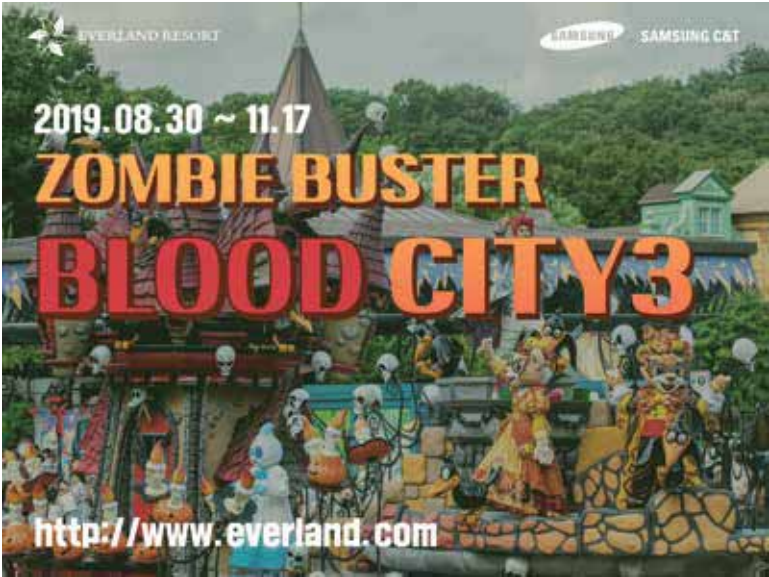
Soccer, football - whatever you call it - the game is massively popular around the world. There are countless leagues across the globe, but right at the top of them all is the English Premier League. With 13 overall titles, including a pair of three-peats, which club stands above all others in the EPL?

Answer

Manchester United

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Be part of a network of those who served in Korea.

DID YOU KNOW?

Along with Tokyo residents, Seoulites get the least amount of sleep of any residents of major cities in the world, just fewer than 6 hours a night.

Hangul of the week

손
son (hand)

Language Lesson

I like it.
Joh-ayo.

Crossword

by Margie E. Burke

ACROSS

- 1 Close with a bang
- 5 Reunion goer, briefly
- 9 Commercial creator
- 14 Vegetarian staple
- 15 Bill of fare
- 16 Hosiery hue
- 17 Japanese sashes
- 18 Kind of grin
- 19 Candle holders?
- 20 Pinocchio, e.g.
- 23 For fear that
- 24 Come before
- 25 Fix firmly
- 27 Downey Jr. flick, "Chances ____"
- 28 Exciting
- 31 Monk's hood
- 34 Assign authority
- 36 Far-many link
- 37 Embarrass
- 39 Young fellow
- 40 Subway fare
- 42 Parking place
- 43 First act
- 46 Blanched
- 47 Consumer response
- 49 U-turn from WSW
- 51 Fowl pole
- 52 Bar supply
- 56 Soothing stuff
- 58 Green energy source
- 60 False moniker
- 62 Get one's goat
- 63 Casserole fish
- 64 Wish granter
- 65 Half of an old radio duo
- 66 Flatten, in a way
- 67 Public spat
- 68 Periscope part
- 69 US currency unit

DOWN

- 2 Type of pneumonia
- 3 All excited
- 4 "Annie" and "Evita"
- 5 Made some changes
- 6 Anti-flood embankment
- 7 Part of ICU
- 8 Vast quantity
- 9 "Modern Family" network
- 10 Casino worker
- 11 Former Bears coach
- 12 Awfully long time
- 13 Hatchling's home
- 21 "____ the ramparts..."
- 22 Give off
- 26 One of TV's Mavericks
- 28 Paddle
- 29 Yuletide tune
- 30 Affleck flick, "____ Girl"
- 31 Baby elephant

Answers to Previous Crossword:

C	O	R	G	I	F	E	E	S	L	A	S	S
A	D	O	R	N	L	A	M	E	E	C	H	O
N	O	V	A	S	C	O	T	I	A	S	C	A
T	R	E	M	O	L	O	T	W	O	S	O	M
			F	A	R	M	A	V	E	R		
S	A	S	H	A	Y	A	T	T	E	N	D	E
T	U	T	O	R	S	N	E	E	R	I	N	N
A	G	O	G	O	T	H	E	R	L	O	S	T
F	U	R	O	D	I	U	M	V	E	N	U	E
F	R	E	E	B	O	R	N	T	E	A	S	E
			H	A	I	R	T	E	A	R		
S	H	O	R	T	L	Y	T	R	A	P	E	Z
N	O	U	N		E	U	T	H	A	N	A	S
A	P	S	E		S	L	O	E		D	R	A
P	E	E	R		S	E	E	R		A	D	U

SUDOKU

Difficulty: Medium

	3	6	1				7	
		1		8		2		
				7				4
		4			8			
3			4	9		5		
			5	1			2	
6	9							5
					9			
5			7					3

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answers to Previous Sudoku:

4	8	7	9	6	5	1	3	2
3	6	1	8	7	2	5	9	4
5	9	2	3	4	1	7	8	6
2	3	6	4	1	7	8	5	9
8	4	9	6	5	3	2	1	7
1	7	5	2	9	8	6	4	3
9	5	3	1	2	6	4	7	8
6	1	4	7	8	9	3	2	5
7	2	8	5	3	4	9	6	1

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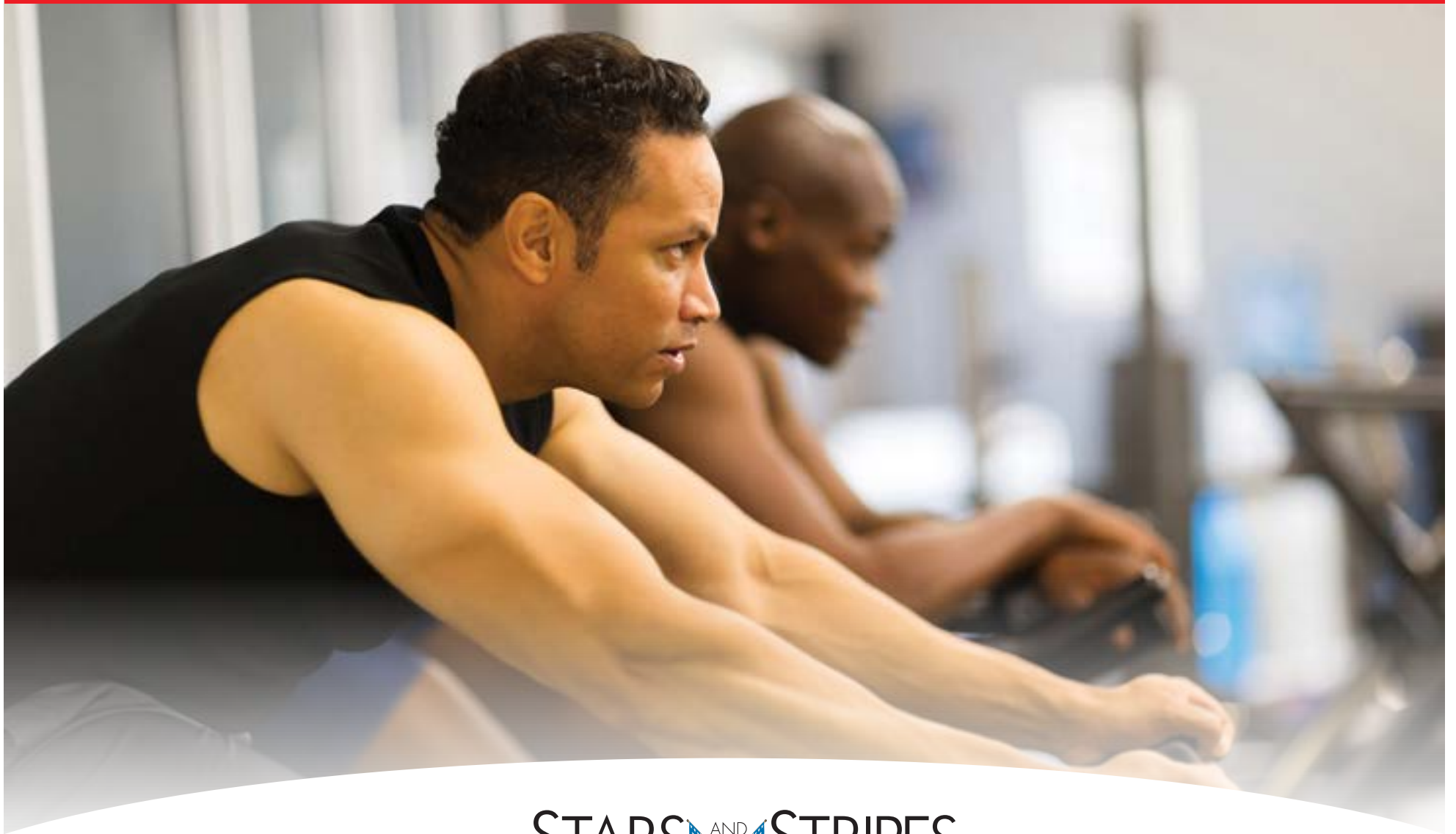
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Korea Healthy Living Guide

- Commentary: The things that matter most
- A career counseling, consoling troops
- Great spots to heal your mind & body
- A fallen soldier: A widow's grief



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The things that matter most

BY MASTER SGT. ERIK LARSON.
STRIPES KOREA*"The things that matter most must never be at the mercy of the things that matter least."*

— Johann Wolfgang von Goethe

There is so much to do in the military; like any career, if you are not careful, the job can take your whole life away. With that said, I would like to share an experience that made me realize time is our most valuable resource, and we should spend it on what matters most.

One day at work, I started experiencing chest pain and pounding pressure. The pressure grew progressively worse, and I realized I needed to have myself checked out by a doctor. I messaged my wife (who worked nearby), and she drove me to the emergency room. The medical technicians hooked me up to machines. The doctor told me to lie down, breathe, and relax, so I laid back to honor the doctor's orders. At that moment, the experiences of my career in the United States Air Force were foremost in my thoughts.

I remembered a master sergeant I worked with when I was a young airman. Before his retirement, he died from cancer. At his funeral, the commander said the last time they met, the master sergeant asked him why this was happening. The master sergeant said he had given everything to his profession, and it had



"I realized we have no guarantee of tomorrow; we only have the present time, so what matters most?"

— MSgt. Erik Larson

cost him time he could have spent with his family. His plan was to spend time after his retirement to reconnect with his family, work on his personal hobbies, and explore the interests he never had time to try. I realized I had put myself in a similar position.

Thankfully, the doctor told me I was not having a heart attack. I took the rest of the day off and relaxed at home. I have not felt any similar effects since.

Although this was a scary experience, I am grateful it gave me the wakeup call I needed. I realized we have no guarantee of tomorrow; we only have the present time, so what matters most? As I laid there in the hospital, I asked myself this question, and I believe we can all benefit from some reflection. There are

trivial things we spend most of our time on when we could be filling our lives with what matters most. As an exercise, write down a list of the things that matter most to you and the amount of time you spend on them each day. If you are honest with your answers, I

bet you will surprise yourself.

I was able to realize one of the things that matters to me is personal development. I have been able to develop the healthy habit of filling my mind with the rich mental protein found in a myriad of personal development books. I have noticed that I progress and grow through reading personal development books and taking notes to internalize the things I am reading.

I have been able to put what I have learned from these development books into practice and have gained confidence by improving my communication skills. I now do my best to be straightforward and express my intent to those that can help me reach my goals. What matters most is not the same for everyone, so I challenge you to find out what matters most for you and spend time doing it.

About the writer: MSgt. Erik Larson is stationed at Kadena Air Base in Okinawa, but is currently on a 7-month deployment to Djibouti. He writes so he can "give perspective on my military/personal life to make a positive impact in the lives of others."

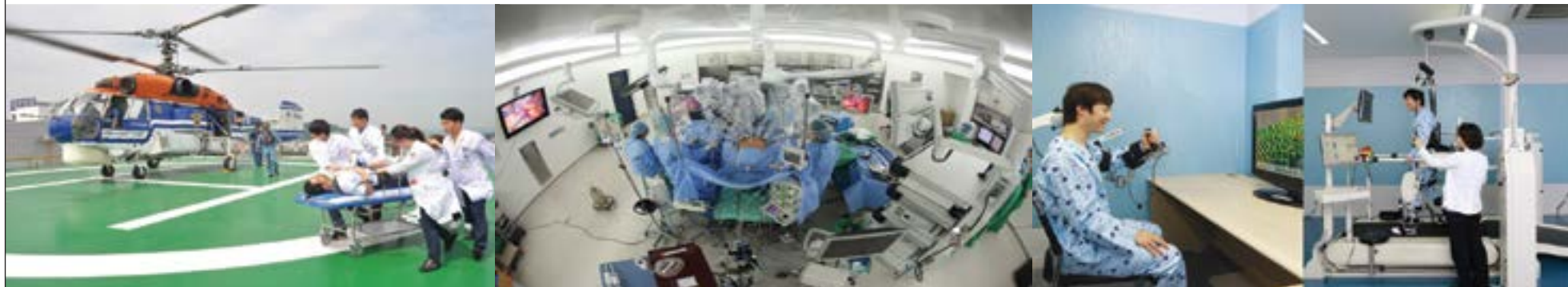
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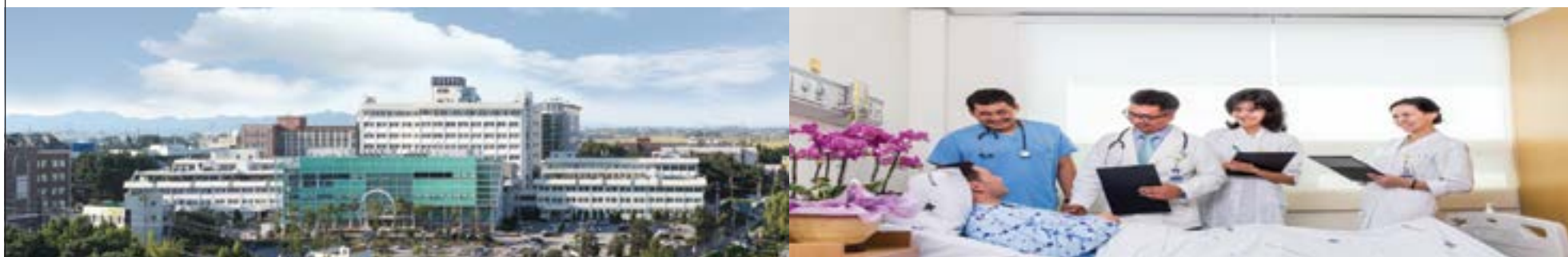


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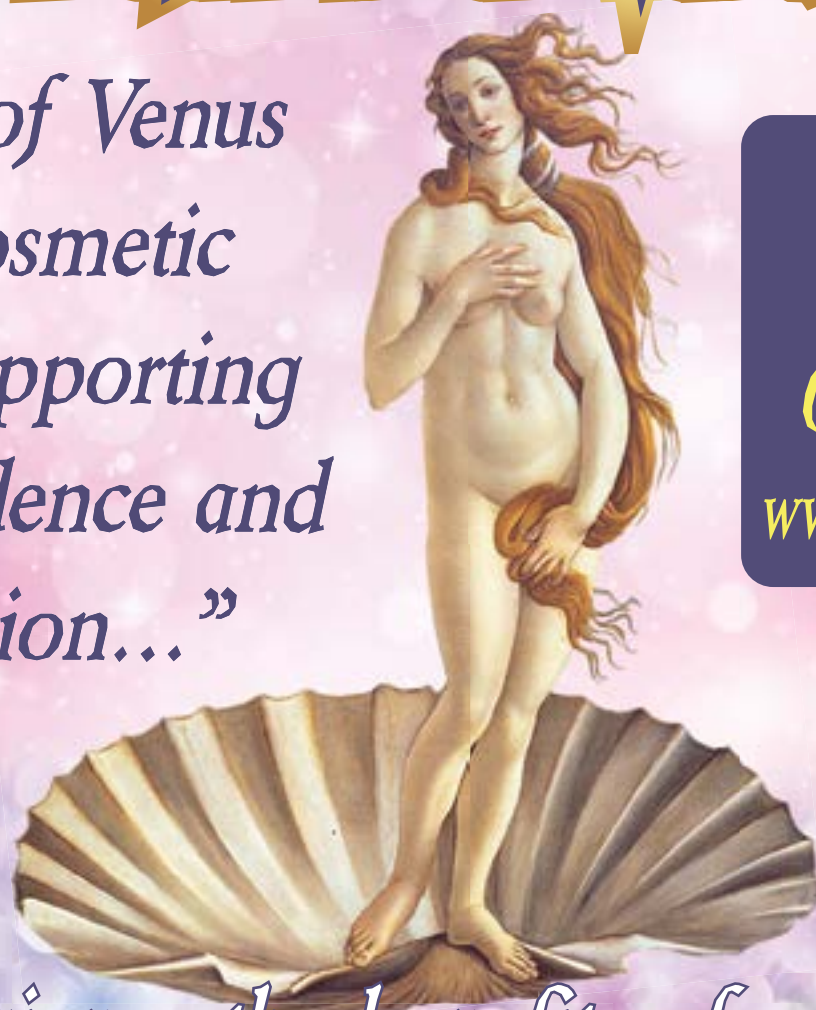
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Great spots to heal your mind, body and soul

Gijang-healing-forest

BY LAURA MCLUCKIE,
HAPS KOREA MAGAZINE

Mountains? Check. Ocean? Check. Natural hot springs, forest trails, eco-parks. Double check.

Busan and the surrounding areas are packed with some of the most beautiful and vibrant natural travel destinations found on the Korean Peninsula, and we'd be as bold as to say in the entire world.

However, it's not just the beauty of Busan that attracts tourists from all across the globe. Busan is becoming a top destination in the wellness tourism world, and things are hotting up even as the weather cools down.

Worldwide, wellness tourism is on the rise, with luxury wellness destinations popping up everywhere from Argentina to Zimbabwe, and now Korea is getting a slice of the \$500billion market.

According to the Global Wellness Institute, Wellness Tourism is the fastest growing travel sector, growing almost 50% faster than the industry overall, and we can expect to see big changes over the next few years.

Wellness tourism is travel designed to improve health and quality of life through wellness related activities like meditation, spa treatments, hiking, nature walks and exercise. Although a relatively new concept in Korea, wellness tourism has become a hot topic in the past couple of years.

By combining new and exciting wellbeing programs with existing markets, including K-beauty, medical tourism, spas, health cuisine etc. Korean wellness tourism looks to attract new and repeat travelers who want to spend their money on self-improvement and wellbeing.

According to the Ministry of Culture, Sports and Tourism, South Gyeongsang Province has been tapped as the country's base for wellness tourism. Busan, Korea's second largest city and largest port city, has all the makings of the perfect wellness destination, with abundant natural environments perfect for healing the mind, body and soul.

Healing Forest in Cheolma-myeon, Gijang-gun is newly included in the wellness spots recommended by the Ministry of Culture, Sports and Tourism and Korea Tourism Organization.

Selected as one of the new wellness attractions by the Korean Tourism Organization, the KTO has been recommending sites for healing and health travel since 2017.

Healing Forest, operated by Busan City, operates five

healing programs which include Forests for Rest and Forests with Rest and Scent.

Other locations around Korea which were added to the list this year include:

- Paradise City Cimer (Incheon)
- Therapisa Sobe (Gwangju)
- Chuidasun Resort and Tea Meditation (Seogwipo, Jeju)
- Island Castle (Uijeongbu, Gyeonggi-do)
- Paradise Spa Dogo (Asan, Chungnam)
- Jeonnam area Environmental Disease Prevention and Management Center (Boseong, Jeonnam)
- Museum Mountain Meditation Center (Wonju, Gangwon-do)
- Yongpyeong Resort Balwangsan (Pyeongchang, Gangwon-do)
- Hanwha Belvedere Wellness (Geoje, Gyeongnam)

Spa Land Centum City was previously included as a well-being tourist destination selected in 2017-2018. It is recommended as an urban recreational hot spring spot with 18 colorful hot springs, 13 themed jjimjilbangs, esthetic spa programs and a variety of other facilities.

In Gyeongnam, Sancheong Dongbobogam Village was included. It is the nation's largest herbal theme park, with facilities such as Hanok Stay, Oriental Medicine Museum, Jjimjilbang, Yaksun Restaurant, and Herb Greenhouse.

You can check out a list of [wellness destinations](#) around Korea at the KTO website.

Jangsan Mountain

Geumgang Park



Jangsan Mountain

Beautiful Jangsan has an elevation of 634 meters and is popular with locals and tourists of all ages and fitness levels. Jangsan offers a full range of trails for everyone, and nature abound.

Jangsan park is a great place for families to enjoy the fall foliage, and for the more adventurous hiker, go a little further into the mountain to discover the signs warning of an active land mine field – just make sure you don't venture too far!

How to get there: Subway

Line 2 – Jangsan, exit 10 and walk uphill towards the mountain

Taejongdae Park

haps

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Geungang Park

Best during October and November, the fallen leaves of red and gold create a red carpet fit for a Joseon King. Head into the crisp forest air, wander through the towering trees, standing to attention for each new visitor. The park is easily accessible by foot and leads to some of the most breathing taking views of the city. Hike up the many trails for an invigorating workout, or take the cable car for 8,000 won return, and sip a cup of makkoli (Korean rice wine) as you check out the sprawling views from the top!

How to get there: Subway

Line 1 – Oncheonjang Station, exit No.1.



Taejongdae Park

While some wouldn't consider this a traditional forest trail or hiking trail, there's no denying it is the perfect place to dive headfirst into nature and enjoy the invigorating power of the ocean. Take

a walk to the top of Taejongdae through the tree-lined roads, or hop on the Danubi Train for a ride to the top. You'll soon relax in the calming and comforting atmosphere of Taejongdae Park. Perfect for a Sunday stroll with the family, a romantic 'Couple Course' with the one you love, or choose the 'Cruise Ship Course' to get the wind in your hair.

How to get there: Bus

From Busan Station, take bus No. 88 or 101 and get off at Taejongdae Cliff Bus Stop.
Other buses for Taejongdae: No. 8, 13, 30, 88, or 101.



Children's Grand Park

Situated in the heart of the city, in the Busanjin-gu area, Children's Grand Park offers visitors of all ages something to enjoy. Take a healing stroll around the walking trails, which are conveniently wheelchair and stroller accessible. Enjoy some freshly made pajeon (spring onion fritter) at one of the outdoor restaurants and gaze at the shimmering reservoir surrounded by trees. With additional facilities such as a small zoo, children playgrounds and experience zones, Children's Grand Park is the perfect place for kids, and big kids, to relax and unwind.

How to get there: Bus

Take Bus No. 33, 44, 54, 63, 81, 83-1, 133
Or Village Bus No. 17

Get off at Children's Grand Park

Subway Line 1 – Seomyeon, exit 13 and transfer to bus or taxi, Yengjeong, exit 5 and transfer to bus or taxi – Line 2 – Seomyeon, exit 2 and transfer to bus or taxi – Line 3 – Geoje, exit 8 and transfer to bus or taxi.



Democracy Park

Image: YouTube

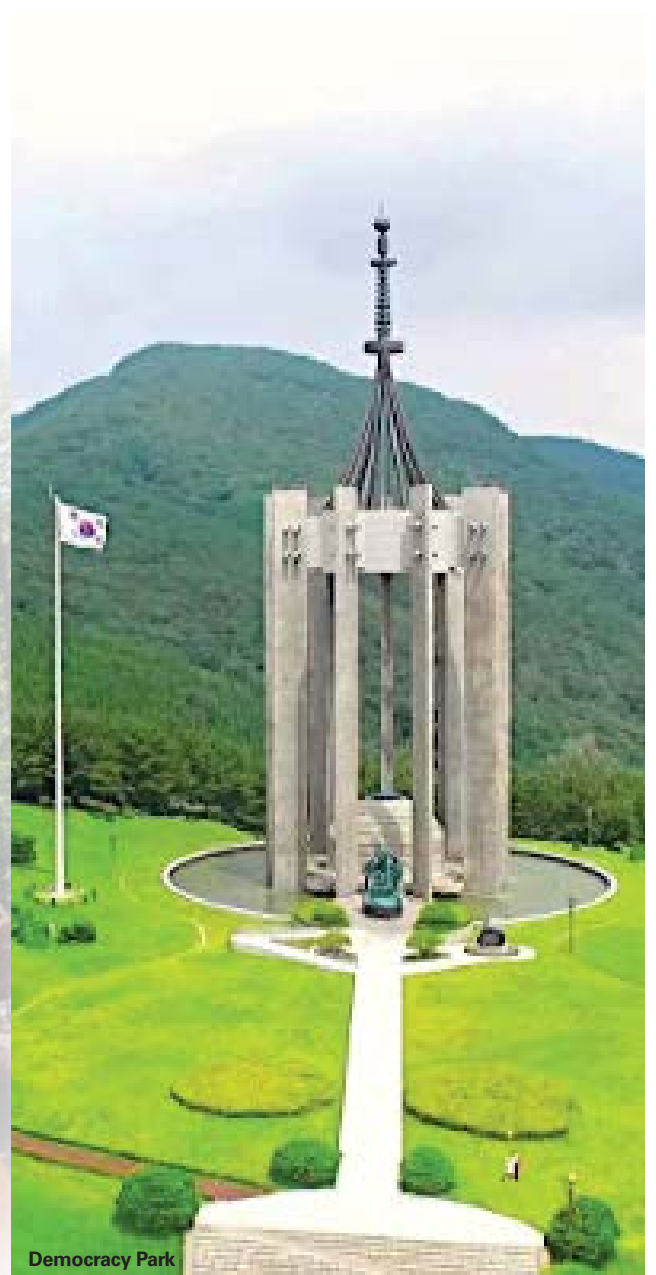
Opened in 1999, Democracy Park symbolizes peace and honors the spirit of democracy, remembering the sacrifices of those who fought for Korea's freedom. With facilities including an outdoor theatre, an observatory and exhibition halls, you can spend the day relaxing in the grounds, enjoying a game of baduk under the trees or find a quiet space in the democracy library.

How to get there: Bus

Take bus No. 38, 43, 70, 135, 190 and get off at Democracy Park bus stop
Subway Line 1 – get off at Busanjin, Choryang-dong or Busan station, transfer to bus or taxi.



Children's Grand Park



Democracy Park



A career counseling, consoling servicemembers



Hilary Valdez is a retiree living in Japan. Prior to his retirement, Valdez was a Master Resiliency Trainer at Camp Zama. Valdez has extensive experience working with the military as a certified Substance Abuse Counselor and Emergency Trauma Specialist. He continues to counsel members of the military community and is also a freelance writer, publishing books on relationships, psychology, mental health and the military. He'll also be writing a column that will appear weekly in Stripes Japan. We recently sat down with Valdez to get to know him a little better. Here's what he had to say.

What does a resilience trainer do?

Resiliency Trainers focus on positive psychology and finding positive elements in a person's everyday life. The aim is improving well-being through enhancing: Self-awareness or identifying strengths emotions and behaviors; Optimism or what is controllable while being hopeful; Self-regulating emotions, and impulses; Mental Agility, or thinking flexibly, identifying a person's top strengths and talents; and, Connection or improving positive communication, asking for support from others and increasing communication and strong relationships.

How long did you serve in the Marine Corps and what made you go into this field?

I served four years in the Marine Corps as an NCO then four years as a Civilian GS worker. When I was about 9 or 10 years old my neighbor had his Dress Blues hanging on the door, I was "wowed" at how beautiful the uniform was. I wanted to wear dress blues and join the Corps when I grew up. But, for the honor of wearing the "Blues" came with a heavy price. Eventually, I worked for the U.S. Department of Justice in Washington, D.C., as a Conciliation Specialist and Field Agent negotiating a broad range of civil and criminal activities. The Department trained me in various aspects of conflict resolution techniques. After that, more schooling and training with the Army and Navy with a focus on Trauma and Critical Incident psychology.

What are some of the mental health challenges troops and retirees face in the Pacific?

For the troops: loneliness. A degree of social isolation and alienation. Depression, Anxiety, and Stress. For retirees, depending on their retiree status, having limited access to quality medical and dental care; for some, no access to the commissary or PX; having enough money to make ends meet; health related issues from active duty; feelings of being alienated from America and uneasiness of adjusting to American life if they chose to return. Many military retirees are in mainland Japan, Okinawa, Thailand, Philippines, and Korea.

You've spent decades working with our military and their families, how do you cope with all the heartache you deal with? Who takes care of you?

I try not to personalize events. I want to stay objective and concentrate on the immediate needs of the family while keying into their emotional needs and well-being. It doesn't do the client any good if I'm crying my eyes out while they are crying. However, as a helper, there is always a residual emotional side-effect of dealing with sorrow, you get emotionally "singed" to a degree. I have a support group and other Counselors who I speak with. I don't sit around saying to myself: "Poor me, Poor me, Pour me a drink." I don't cope with my emotions by drinking. Alcohol is a depressant: I don't want to be depressed, so, I go to the gym and ride my bike.

You're retired but continue to work with patients. Tell us about your connection with the military community.

I'm retired, but my knowledge, skills, insights, and abilities remain. Concepts of retirement have changed. It's not like great-grandpa days where you hobble around and do very little. Today, no such thing as retirement, you just change your role in society. You shift gears and transition into a livelihood that fits your lifestyle. For me, I enjoy helping people. Currently, I conduct Cultural Seminars to Japanese and I have a private practice catering to young business-men dealing with international marriages. Occasionally, I give seminars on Substance Abuse and Resiliency when called upon. However, I have active duty, civilian, and retiree friends in Japan, Korea, Manila and Bangkok, who I contact and meet regularly. All my closest friends and support groups are military associated. We chat at the gym, at breakfast, at the food court. My military friendships have become everlasting and meaningful.



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Mental Notes with Hilary Valdez

A fallen soldier: A widow's grief

BY HILARY VALDEZ,
STRIPES KOREA

When my brother died, my mother never recovered. Her grief never subsided. She was perpetually angry. Her despair and mood swings shifted through various states of depression, interspersed with crying spells. My father was quiet and supportive. I didn't know what to do or feel.

Later, I joined the Marine Corps, and during Vietnam, as a bugler, I played Taps at countless funerals, witnessing the sorrow of family members. After one burial, an inconsolable father grabbed my shoulders, and shaking me shouted, "Why is my son dead? Why are you alive?" Then collapsed in my arms, sobbing.

After post-graduate school, I served with Marines from the 2d Battalion, 7th Marines and 3rd Battalion, 7th Marines, at the 29 Palms Combat Center. That Christmas, in 2005, 32 Marines were killed during combat operations of Operation Enduring Freedom, followed by two suicides. As a trauma counselor, I was tasked with providing defusings, which are psychological decompression sessions, for widows, family members and Marine survivors. After this duty assignment, I spent two years dealing with my own post-traumatic stress, compassion-fatigue, bewilderment, nightmares, anger, and remorse. I had to re-wire my head, re-calibrate my psychological senses,

re-boot my humanity, and outlook on life. My next role was with the Army as a Survivor Outreach Manager, while training Casualty Assistance Officers dealing with active duty deaths. A military death is filled with complications. Death does not bring out the best in anyone, it is painful to witness the deep sorrow of the families left behind.

Military widows come in all ages, races and nationalities. Most of the husbands or wives had died suddenly and violently, in a foreign country, many were young. For a widow, the loss is life-changing. Their loved one is never coming home. The widower loses more than that person: they also face losing a part of themselves. And, children only complicate widowhood further.

There is no quick or pain-free way through grief. How and why a servicemember dies has a great impact on grief. The ordeal of military widowhood is just beginning. A nightmare has invaded the person's life. There is a loss of purpose and a heightened sense of fragility emerges. The widows are forced to face their own mortality as the death has erased security from their lives.

Death is a critical time. Depression, anger, fear, emptiness, guilt, are common emotional reactions to sudden death. Grief affects every part of you, physically, mentally, emotionally, spiritually, and psychologically. Pain and sorrow are the price of a love lost to death. Your emotions follow you and there is no geographical cure. Protecting America is a dangerous profession.

A Casualty Assistance Officer (CACO) is assigned to a family member at the time of death. The Primary Next of Kin (PNOK) may be a spouse, parents, siblings

or other family members including children, remarried surviving spouses (does not include a divorced remarried spouse). Being designated as PNOK does not, in and of itself, designate a survivor as a beneficiary for benefits. For support, clarification, benefits and on-going help contact: Department of Veterans Affairs, www.va.gov; Social Security Administration, www.ssa.gov; Tragedy Assistance Program for Survivors (TAPS); Thrift Savings Plan, www.tsp.gov; Tricare – Military Health Plan, www.tricare.mil; Gold Star Wives, <http://www.goldstarwives.org>; Military One Source, <http://www.militaryonesource.com>; Society of Military Widows, <http://www.militarywidows.org>; Tragedy Assistance Program for Survivors, Inc. (TAPS) <http://www.taps.org>; United Warrior Survivor Foundation (UWSF) <http://www.FrogFriends.com>.

Death is complicated. Prepare for paperwork at a time of severe emotional grief. There are numerous resources for the widow or widower, too many to provide in this article. A more complete list of resources is available at: Military Widow: A Survival Guide/Steen & Asaro.

Hilary Valdez is a retiree living in Japan. He is an experienced Mental Health professional and Resiliency Trainer. Valdez is a former Marine and has worked with the military most of his career and most recently worked at Camp Zama as a Master Resiliency Trainer. Valdez now has a private practice and publishes books on social and psychological issues. His books are available on Amazon and for Kindle. Learn more about Valdez and contact him at www.hilaryvaldez.com or at InstantInsights@hotmail.com

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