



Mugunghwa

The Newsletter for Members of Korean Focus NW
Providing support for families with children of Korean heritage - through social activities, educational programs and cultural celebrations.

여름 (yeoreum) Summer 2006

Korean Focus NW

Welcome to **Korean Focus NW (KFNW)**, which locally calls itself “Mugunghwa,” in honor of the beautiful and resilient Korean national flower.

Korean Focus NW is the Pacific Northwest chapter of the national Korean Focus group based in Washington DC. Our mission is to provide support to families with children of Korean heritage through social activities, educational offerings, and cultural events.

Korean Focus NW looks to draw members from newly created adoptive families, the adult Korean Adoptee and Korean American communities, and any community members with an interest in Korea. We embrace families built through Korean adoption, and we welcome the chance to work together to build a wonderful future for our children. Membership information can be found on our website www.koreanfocusnw.org.

KOREAN FOCUS NW BOARD MEETING

The next Korean Focus NW board meeting will be held Tuesday, August 22, at 7:00 p.m. at a location to be announced. Our board meetings are open to all members. We will be looking for new board members this January 2007, so please join us at the meeting if you are interested. Our meetings provide us with some nice adult time together - please consider getting involved!

Korean Focus NW Website
Visit our website calendar often for information about upcoming events!
www.koreanfocusnw.org

Ahn nyoung ha seh yo, ne Chin-goo (Hello and Good Day, My Friends)

School's out and our family looks forward to a summer filled with fun in the sun, fresh garden vegetables, and many possibilities to spend relaxing time with friends and family. This summer and fall, KFNW offers families opportunities for playgroups, camping, picnics, music and dance, and a celebration of the Korean fall harvest festival Chusok. Look for more information within this newsletter about each event (mark your calendar!), and if you have ideas for an event or gathering, please let us know (admin@koreanfocusnw.org)! We'd be happy to place an announcement on the KFNW website calendar.

I'm pleased to say that Korean Focus NW keeps growing and now has close to 40 member families! With that said, we would like to include more Korean American families in our membership and events. Please pass along information about our organization to any Korean American and/or Korean adoptive families you know and encourage them to participate.

We had a wonderful time at Children's Day – the sun was shining and some brave adults and kids mastered some awesome Hip-Hop dance moves. It was great to see the kids (and adults) so engaged watching the Tae Kwon Do demonstration and having fun with the Korean crafts and games we offered, and of course making new friends and re-acquainting with those more familiar. This is surely to be an annual event for Korean Focus NW each spring. What could be better than celebrating our children?

Our website will soon have some additional resources: the links page is being updated and we will have a “members only” page, where you can view and print information such as our most up to date member roster and current newsletter. We are also creating a forum for families with young children to be able to communicate news about play dates and other happenings.

Look for a few new features to this newsletter – **Member Favorite Recipe, Book Review Corner, Member and Family Profile, and Korean Words and Phrases.**

The Korean soccer team, Red Devils, made quite a show at the world cup being held in Germany this year, or should I say the fans were the show! I followed the news and was astounded at the response from Koreans in support of their team – thousands jamming the streets in their red t-shirts, showing team spirit and cheering for their country and team - the Red Devils! What an incredible culture and community Korea has! I feel so fortunate to have the opportunity to experience Korean culture in such a special way.

Kamsa hamnida and in community,

Lauren Soliday
Chair, Korean Focus NW
admin@koreanfocusnw.org

Korean Focus NW Camping Trip

Please join KFNW for our annual family camping trip. This weekend promises to be great fun for the entire family! Please join us for the entire weekend or just one day.

Date: **Thursday, August 24th to Sunday, August 27th**
Place: Bay View State Park. Bay View State Park is located less than two hours north of Seattle, between Burlington and Anacortes, and has salt-water frontage on **Padilla Bay** in an area designated as a National Estuarine Sanctuary.

Group site G1 is reserved for our group. The group campsite is large (up to 64 people) and meanders through trees offering some privacy for each family tent. There are clean bathrooms with flush toilets and showers. The group camping spot has numerous little nooks for family tents, a terrific playfield for sports and an oversized fire circle. For those less inclined to pitch a tent, there are a few small cabins providing a roof over your head, heat & light, beds, and outdoor cooking. More details can be found at <http://www.parks.wa.gov/parkpage.asp?selectedpark=Bay%20View&pageno=1>.

Families can play on the beach, swim, and hike. Each family should bring their own food and beverages.

On Saturday evening, we will have a group potluck dinner with a Korean theme. If your family is unable to join us for the weekend, consider coming for the day and staying for the potluck and s'mores around the campfire.

Memories of August 2005 include: kayaking on Puget Sound; pictures on the beach; Lauren's renowned crafts for kids; visiting the Padilla Bay interpretive center, the children entertaining themselves for hours on end (imagine!); a fabulous potluck dinner; lessons on building the perfect s'more; and a lecture from the camp ranger about keeping our fire to a dull roar! The

weather was warm and dry right up until it was time to pack the cars on Sunday. By then, a little drizzle failed to dampen anybody's spirit and we all agreed upon the need to return again this year!

This is a wonderful, relaxing opportunity for families and children to make new friends and strengthen old friendships. We still have plenty of room, so please join us!

Interpretive programs offered by Padilla Bay:

Thursday, 8/24/2006: 1:00 PM to 2:00 PM.

Amazing Amphipods Mini Explorers are the 3-5 year old learners. Often called beach hoppers or sand fleas, these common critters can certainly hop in the sand. Let's go collecting and see how important the little things are. **Pre-registration required**
<http://www.padillabay.gov/>

Saturday 26th at 10:00 am: Bay View State Park beach on - Beach Seine No need to get your feet wet to see what's living out there in the bay. Watch while we pull a fish net through the water. Come and learn more about our fine finned friends! No registration necessary

Driving directions: From I-5 take exit #230 (Hwy 20), follow Hwy 20 west about 7 miles towards Anacortes. Watch for signs to Bay View State Park.

If your family is interested in joining us, please email Eileen Aker at eileen.aker@verizon.net.

Visit the KFNW website!

www.koreanfocusnw.org

Have you heard about Hallyu, the "Korean wave" sweeping across Asia? Are you interested in learning more about Korean adoption, Korean culture, and/or Korean politics? Please visit our website for links to these topics and more. If you have any links, resources, event or general information that should be included on our website, please e-mail admin@koreanfocusnw.org. Thanks!

Newsletter

Our newsletter, **Mugungwha**, is issued four times a year. Our next issue will be produced in October. If you have information to include, please email your information **by September 15th** to Kristin Glenn at glenmmk@olympus.net.

Mugungwha - A quarterly newsletter of Korean Focus NW www.koreanfocusnw.org

Providing support for families with children of Korean heritage through social activities, educational programs and cultural celebrations.

Member Family Profile

Frank, Allie & Spencer Lewis Sung-chul Fee

Frank and Allie Fee met in 1989 after both had finished art school. They had an adventure-filled, wonderful life full of travel, friends, painting, carousing, and all the fun things artists like to do. They married in 1993 and bought a house in Ballard. After some time, their small house started to feel bigger and bigger. Their lives were changed when they attended a program highlighting adoption. Frank and Allie applied to Catholic Community Services and were matched with a baby boy, Kim Sung-chul.

Spencer Lewis Sung-chul is a daily delight. Frank became a carpenter so he could be with the family full-time and Allie returned to grad school to obtain her degree in occupational therapy. Spencer is a very social boy. He loves books, crafts and is an accomplished potter. He enjoys going to Korean BBQ especially if he can cook. Spencer's favorite subjects in school are "P.E., marimba & math." The Fees have met many wonderful friends in the Korean adoptee community and they look forward to strengthening Spencer's pride in his heritage and expanding their friendships within the Korean-American community through Korean Focus. Allie is an active board member of KFNW.

Mark Your Calendars! Korean Focus NW Events

Korean Focus NW sponsors educational events, including museum visits and Korean language and cooking classes; organizes informal picnics, playgroups, and a popular family camping trip each August; and celebrates Korean holidays, including Lunar New Year, the fall harvest festival Chusok, and Children's Day in the spring. *Please join us!*

Friday, July 28: Summer Night concert at Magnuson Park. Meet at the Junior League playground at 6:00 p.m. for a pre-concert picnic. The concert is at the outdoor amphitheater and begins at 7:00 p.m. KingBees of the Bayou (zydeco and world beat music) will be playing.

Saturday, August 12, 2006: Family hike to Denny Creek. Meet at the trailhead at 11:00 a.m. and bring a picnic lunch. More info at: http://www.fs.fed.us/r6/mbs/recreation/activities/trails/snrd/snrd_1014.htm

Sunday, August 13 - 2:00 p.m.: **KOREAN COOKING CLASS!** Cheryl Goedhard will host a Korean Cooking class at her home. More details regarding menu and cost will follow. If you are interested in attending (space is limited), please e-mail Cheryl at jcgoedhard@comcast.net right away.

Cheryl's friend Hong owns a Teriyaki shop and is willing to share her Korean culinary knowledge and talents with us!

Wednesday August 16, 12:00 p.m. - 2:30 p.m.: Join us at Magnuson Park for a beach party and BBQ. The park offers hot dogs, chips and pop for \$2. They have inflatables, games and prizes.

August 24-27: Family Camping at Bay View State Park. For more details, please see the article in this newsletter.

Saturday, September 30: 5:00 p.m.:
Korean Focus NW Chusok Fall Harvest Celebration.

Morning Star Korean Cultural Center, Lynnwood, WA www.morningstarkcc.org. Our traditional celebration will begin at 5:00 p.m. with games, songs and folk stories. Everyone will enjoy a delicious Korean feast and the evening will end with a wonderful performance by the Morning Star dancers! More details to follow. If you are interested in attending and/or helping with this event, please e-mail admin@koreanfocusnw.org

Mentoring Program: Look for a future date in the fall for an informational mom's and dad's gathering to discuss the possibility of a mentoring program for our children. There are a number of Adult Korean Adoptees who are interested in working with our group to set this up. The possibilities and benefits for our families are tremendous. If you are interested, please email admin@koreanfocusnw.org.

Family Culture Classes: We are searching for English/Korean speaking instructors to lead a weekly class on Korean culture to include language, songs, games etc. We are hoping to set up a few ongoing classes, starting this fall, for both Toddler/Pre-school and Elementary aged children and their parents. Interested? Please e-mail admin@KoreanFocusnw.org to get more information as it becomes available and to take a short survey.

Community Events

KIDS Korean Culture Camp
July 10 - 14, 2006 in Bothell.
See www.koreanidentity.org for information.

WACAP Kids Day Annual Picnic
Saturday, July 15, 2006
11:00 a.m.-2:00 p.m.
Seward Park, Seattle
(206) 575-4550 - www.wacap.org

**KAPS (Korean American Professional Society)
Summer BBQ & Charity Poker Tournament**

Saturday, July 15, 2006

4:00 p.m.-10:00 p.m.

Mercer Island Community Center

8236 SE 24th St., Mercer Island, WA 98040

BBQ: \$5.00

Join KAPS members and celebrate summer at the KAPS Summer BBQ & Poker Tournament. Throughout the afternoon and evening there will be food and drinks, Texas Hold 'Em Poker Tournament, and great conversation. Everyone is welcome including children and dogs. All proceeds go toward KAPS community projects. You'll also be competing for great prizes! Poker registration is \$50 and includes dinner and a drink. For more information or to RSVP, contact: Steve Sohn at huskytrojan@yahoo.com.

Bon Odori -- Seattle's Japanese Cultural Festival

July 15, 2006 4:00 - 10:00 p.m.

July 16, 2006 3:00 - 8:00 p.m.

Seattle Buddhist Temple, 1427-South Main St.
Seattle, WA 98144

Dance in the street, eat delicious food, watch a demonstration of Judo and Kendo, play a game of Go, and learn a little about the early history of Japanese in Seattle. Dancing will start at 6:00 p.m. on Saturday and 5:00 p.m. on Sunday. Don't worry about knowing all the movements; just follow the lead dancers or mimic the steps of the 6 year-old or the 80 year-old standing ahead of you in line. You'll even get to perform an Ichiro move, because his tradition of adjusting his uniform at the shoulder before each swing of the bat has been incorporated into the baseball dance. <http://www.seattlebetsuin.com/>

Pig Roast Party (Friday, July 14) & Potluck Picnic (Saturday, July 15)

Friday, July 14 and Saturday, July 15, 2006

Danny Woo Community Gardens, 620 S Main Street

Join Chinatown-International District community members at the Danny Woo Community Gardens 29th Annual Pig Roast & Potluck Picnic. Please bring your favorite dish to the potluck lunch. To volunteer or ask questions about this annual event, call (206) 624-1802. This event is sponsored by InterIm Community Development Association.

Staff Baked, Bake Sale

August 3 11:00 a.m. - 4:30 p.m.

Free day, first Thursday of the month

Help the staff of the Wing Luke Asian Museum raise funds during our 6th annual bake sale. This year's proceeds will benefit our sister-namesake, the Wing Luke Elementary School on Beacon Hill.

From Hiroshima to Hope Lantern Floating

August 6:30 PM

Northwest shore of Green Lake, just south of the former Bathhouse Theatre. Free, Donations requested

Join us in this annual event to remember those who perished in the Hiroshima-Nagasaki bombing sixty-one years ago. The family-oriented program will include Seattle Kokon Taiko members and other community performances and culminate with the Toro Nagashi ceremony conducted by a reverend of the Nichiren Buddhist Church and the floating of lanterns at dusk to honor the victims of war and other violence. Please come early to pick up a lantern and to help fold origami peace cranes. Co-sponsored by local community, church and peace organizations. Call (206) 623-5124 ext. 114 to volunteer.

<http://www.wingluke.org/publicevents.html>

National Association of Asian American Professionals Annual Convention

August 17 - 19 in Seattle

Convention volunteers needed.

<http://www.naaapconvention.org>

The National Association of Asian American Professionals (NAAAP) hosts many interesting activities and events and has an informative website at www.naaap.org.

Sadako and the 1,000 Cranes

Saturday August 19 Wing Luke Asian Museum

events@wingluke.org (206)623-5124 ext. 114

Hear the true story of Sadako and the Thousand Paper Cranes as narrated by Liv Ullman, artwork by Ed Young and learn how to start making your own 1,000 cranes yourself. Participants will string cranes made before the Toro Nagashi Buddhist ceremony as part of the From Hiroshima to Hope event at Green Lake on August 6, 2006. <http://www.wingluke.org/publicevents.html>

Korean Cultural Festival - Ch'uSok

September 9 Seattle Center House

11:00 a.m. - 7:00 p.m.

http://seattlecenter.com/events/festivals/festal/detail.asp?EV_EventNum=14

Morning Star Korean Cultural Center Annual Recital

Sunday, October 15; Meany Hall, UW campus.

These performances are really spectacular and a wonderful way to expose your family to authentic Korean dance, costume and music. This summer the Morning Star dancers will be traveling and performing in Korea, Uganda, Egypt, Israel and Jordan, from July 11 to August 7. Morning Star plans these exciting trips each summer, along with many local performances throughout the year.

WACAP Auction -- 30th Anniversary

Saturday, November 18, 2006; evening event.
Sheraton Seattle Hotel and Towers, 1400 Sixth Ave.,
Seattle. See www.wacap.org for more information.

Ongoing: Free First Thursday of the Month

Admission to the **Wing Luke Asian Museum** is free every first Thursday of the month as part of the monthly Art Walk in the neighborhood. For more information about this or other museum events, please contact Joann Natalia Aquino at (206) 623-5124 ext. 106 or jaquino@wingluke.org.

Classes / Discussions:

Multiracial Interracial eXperience or MIX

(www.mix-seattle.org) is a Seattle area community group for multiracial people, transracial adoptees, interracial couples and all of their families, sponsored by MAVIN Foundation (www.mavinfoundation.org). MIX meets every other month to play with the kids, share snacks and discuss experiences we share.

With our Thanks

Korean Focus NW sends a heartfelt thank you to Carrie Kitze at EMK Press for the wonderful books and cards donated for us to raffle at our May 7 **Children's Day** event. The raffle sales helped to keep us in the "black" and the materials were of the highest quality – even signed by the author! Please visit the EMK Press website which lists some great resources and books on adoption: <http://www.emkpress.com/>

Lifebooks

Are you interested in starting, working on, or finishing a life book for your children? I hosted an event a few years back where we learned about scrapbooking, but I have yet to complete one page! I feel a need to get going and am looking for inspiration – perhaps a weekend away with some of you wonderful women in the fall or even an afternoon or two. Is anyone else interested? Please email Lauren Soliday at admin@koreanfocusnw.org. For more information about lifebooks and scrapbook techniques, please see:

www.Scrapandtell.com
www.adoptionlearningpartners.org

The Adoption Learning Partners site is a wonderful resource for adoptive parents. It includes on line free courses covering a variety of topics including international adoption, grief and loss, and creating lifebooks.

Book Review Corner

by Allie Fee

Chang-rae Lee's *A Gesture Life*
Published by Riverhead Books, 1999.

This book and Lee's first novel, *Native Speaker*, deal with the complexity of being an immigrant and trying to fit in. *Native Speaker* approached this problem directly and likely somewhat autobiographically. Its protagonist is the son of an immigrant grocery store owner. He loves his parents but has a horror of how clueless his parents, especially his father, are about American culture. He struggles to define himself as more than Korean-American without outright rejecting his father.

A Gesture Life travels through similar terrain but in a more subtle and powerful way. As far as the protagonist's neighbors in the genteel town of Bedley Run are aware, Frank Hata is a quiet, unassuming, perfectly polite immigrant from Japan. He has lived in the town for 30 years yet, as slowly becomes obvious throughout the book, has never left much of a mark on the town or its inhabitants and leads a fairly isolated life. Hata notes, "Most everyone in Bedley Run knows me, though at the same time I've actually come to develop an unexpected condition of transparency here..."

Hata has an adopted daughter from Japan, now grown, from whom he is estranged. He recounts scenes of spectacular rebellion by Sunny, which he is at a loss to explain, though it seems to be because she did not conform to his expectations of perfection and orderliness.

Abruptly the narrative shifts to World War II era when Hata is stationed with his Japanese unit in the countryside outside of Rangoon, Burma. It is toward the end of the war and Japanese dominance is crumbling, engendering extremes of behavior in his unit. Korean "comfort women" are brought in, young girls they are, and Hata falls in love with one. Gradually it is apparent that he himself is Korean but has been "passing" as Japanese. This part of the story is vivid and shocking – I won't relate particulars – and one can see how he has responded with the need for immense control in his present life. Hata says, "In an odd way, I think now K [his beloved] wanted the same thing that I would yearn for all my days, which was her own place in the accepted order of things."

The poignancy of the book lies in the knowledge that he has never found his place in his new country. I would highly recommend this book, especially for a group discussion.

Favorite Recipes

Submitted by Kathryn Gardow

Here are two delicious recipes -- great uses for your summer vegetables!

Korean Spinach

Kathryn received this recipe from Lynn Ogden-Perrine, a Korean adoptee and a parent of 3 Korean adoptees here in Seattle.

1. Blanch chopped spinach and squeeze all the water out of the spinach (very important).
2. Mix the spinach with a sauce of minced garlic (to your liking), 1 tablespoon Korean soy sauce, 1 teaspoon sugar, a dash of black pepper, 1 tablespoon sesame seed and 1 tablespoon sesame oil. Sprinkle 3 to 4 chopped green onions on top and serve.

Asian Style Cole Slaw

Shred 4 cups of cabbage and carrots in a ratio to your liking. Mix 1 tablespoon sugar, 3 tablespoons rice vinegar, 1 tablespoon soy sauce, and 2 teaspoons dark sesame oil. Drizzle this dressing over the cabbage mixture and serve.

Constitution Day -- July 17

July 17th is Constitution Day in Korea. July 17th marks the day in 1948 when the Republic of Korea's Constitution was proclaimed. Constitution Day is a day of celebrations and memorials recognizing the cornerstone of the new republic. Please visit the following website for more information: www.lifeinkorea.com.

Chingoo bracelets are still for sale – these red silicone bracelets that have the Korean letters for Friend, the phonetic pronunciation Chingoo and the English word Friend are part of a fundraising project of the D.C. and other chapters of Korean Focus. Contact Lauren if you'd like to purchase one for \$2.00. hanbok@verizon.net

Korean Words

A new monthly feature! We'll highlight some Korean words and phrases for you and your family to learn together.

Baby: ah-gee. Ah as is what the doctor says" say AHH" Gee rhymes with bee.

Bath: Mok-yok. -it is pronounced just the way it is written.

Bear: gom. Rhymes with home.

Bed: Chim-dae. Chim rhymes with Kim and dae sounds like day except shorter not as drawn out.

Breakfast: ah-chim-bab. Just the way it sounds.

Car: Cha. As in the cha-cha-cha.

Come here (to a young child) E-lee-wa.

Dog: Gae. Sounds like get without saying the T.

Friend: chin-goo. Just like it sounds.

House: Jip. Rhymes with sip and rip.

Love You: sa-rang-han-da. Sa rhymes with Ha. Rang really sounds like it rhymes with the word bong, han rhymes with con, da is well...da.

Lunch: Jum-shim. Jum rhymes with drum. Shim is as it sounds.

Pillow: Be-Gae. Be sounds like the BE in bed and gae sounds like the ge in gecko.

Plate: jop-she. Jop rhymes with hop.

Tree: Na-moo. just the way it sounds!

Water: mool. Just as it sounds.

Yes: neh.

What a little brother calls his older sister: Noo-na. Nu as in neu, na is just as it sounds

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Please consider becoming a member of KFNW to support our efforts and to receive our newsletters and monthly e-mail bulletins that will include information and important updates about events being held.

Thank you!

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