

The Drumming Crane

THE NEWSLETTER OF KOREAN FOCUS



Spring 2006

Volume X, Number 1

The Korean American Youth Association, Korean American Coalition and Korean Focus invite you to join us for a

“Year of the Dog” Lunar New Year Celebration

The Korean American Youth Association, in association with Korean Focus and the Korean American Coalition, is holding its annual Lunar New Year Celebration on **February 4, 2005, from 1:30 pm to 5:00 pm**. Mark your calendars and plan on attending!

The celebration will be at **Korean United Methodist Church of Greater Washington**, located at **1219 Swinks Mill Road** in **McLean, VA**. Cost is \$5 per person or \$15 per family. The church is located at the corner of Swinks Mill Road and Lewinsville Road. See page 4 of the newsletter for details and directions.

Similar to last year, we’ll kick off the celebration with performances featuring Korean drumming and dancing. We’ll fold paper, color and draw, tell stories, learn to drum and dance, learn to cook, play Korean games, and (a parent’s favorite) learn to bow and show respect. We’ll end with a Tae Kwon Do demonstration.

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KAAN Conference 2006 in Seoul Registering Now

Han Ma Eum: One Heart And One Mind

The eighth annual KAAAN Conference, "One Heart and One Mind" will be held June 30 through July 2, 2006, at the Renaissance Seoul Hotel in Korea. Register and make Hotel reservations on-line at www.kaanconference.com. In addition, Friends of Korea are planning a homeland tour for adult adoptees. Logistics for the tour will be linked to a tour for adoptive families; however, **the tour will be for adult adoptees only** and led by adopted adults, Carolyn Scholl and Mark Hagland.

Dynamic-Korea.com

Dear Korean Americans living in the United States,

Also those Americans particularly interested in the Republic of Korea and its culture, Korean Culture and Information Service of the Embassy of the Republic of Korea is currently running an on-line news media called Dynamic Korea, www.dynamic-korea.com.

Dynamic Korea is a place for everyone. Anyone can update articles and upload pictures. We ask for your participation in order for Dynamic Korea to become bridge that tightens the gap between the Republic of Korea and the United States.

Sincerely,

Lee Hyeon-Pho
Director of Korean Culture
and Information Service of the Embassy

Korean Focus

1906 Sword Lane
Alexandria, VA 22308

info@koreanfocus.org
www.koreanfocus.org

KOREAN FOCUS is an all volunteer, Federal 501(c)3 non-profit organization funded and directed by adoptive parents. We are committed to providing cultural and educational programs to help adoptive families support one another and to learn more about the Korean culture to which they are so closely bound. We welcome families from all stages of the adoption journey.

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Subscribe to *Adoptive Families* and Raise Funds for Korean Focus - When you subscribe to *Adoptive Families Magazine* as a Korean Focus member, KF earns \$5!

It's easy to subscribe. Visit the KF program page at Adoptive Families at <http://www.adoptivefamilies.com> and subscribe online. Or, enter the KF program code P09146 in the GROUP CODE field on the online subscription form.

Adoptive Families is an award-winning national adoption magazine, and is the leading adoption information source for families before, during, and after adoption.

President's Corner

Happy New Year Korean Focus Members!

As usual we are starting the New Year – the Year of the Dog – off spectacularly with our Lunar New Year festivities on February 4 (see page 4 of the newsletter for details). In cooperation with the Korean American Youth Association and Korean American Coalition, we have a great program planned – the opening performances promise some great Korean dance and music, performances that most of us rarely see. We'll also be doing lots of hands on crafts and games and storytelling. Thanks go to Margie Perscheid, Katie Zeigler and Marie Niarhos for helping plan this. We still need volunteers to help out at the event.

We have reached out by newsletter, e-bulletins and phone calls to find new energetic folks to be on the Board of Directors. According to our by-laws, we have to conduct an election every year for officers. Please use the ballot on page 7 of the newsletter and mail it to us or come to our Lunar New Year celebration and leave your ballot there. THANK YOU VERY MUCH to the folks who have volunteered to continue or begin serving. I find it so rewarding to work on the programs for this organization.

And of course - my familiar plea - PLEASE consider helping us to put on programs for our members. Our program chairs and board have WAY more ideas than we personally have time to implement for our kids or ourselves. With your help we could put on 3 or 4 additional programs this year. Our plans for this year include: (1) Continuing our New Parents Orientation to Korean Culture Sources; (2) Kite making workshop and then a separate trip to the Smithsonian Kite Festival; (3) a pottery painting workshop associated with the children's book *A Single Shard* and perhaps an associated adult presentation on Korean pottery; (4) Korean movie nights for adults or children, (5) Korean folk music workshop. With some help and interest we could do workshops on historical Buddhism, Buddha's Birthday celebrations, Korean cooking workshop, Korean macramé, Korean patchwork needlework, Chusok fall holiday, Korean games, makeup for Korean teens, Korean Pop music and other topics only limited by YOUR imagination and energy. Please email us at info@koreanfocus.org if you can help us out.

- Debbie Dalton

Kimchi A Bird Flu Cure?

by Jim Omans

Have you tried to buy kimchi lately? If you have, then you know how hard it is to find any on the shelves of your local Korean grocery store. Why? Bird flu and the internet!

A researcher from the Seoul National University feed kimchi juice to 13 chickens infected with a couple of diseases, including avian influenza. Amazingly, 11 of the birds recovered. As fear of bird flu spread, so did the story of the “kimchi cure” via the internet. The National Institute of Allergy and Infectious Diseases, the U.S. agency responsible for tracking outbreaks of avian influenza, has been deluged with phone calls seeking confirmation of the curative powers of kimchi. However, as NIAID points out, only one study has been conducted and no other researcher has tried to replicate the findings. In short, NIAID has no information about the kimchi cure beyond what they’ve read on the internet about the initial study conducted at Seoul National University.

What’s puzzling is which ingredient is the key to the cure. While every kimchi cook has a secret recipe, the basic ingredients are salted cabbage, crushed garlic, chopped ginger and onion, sliced radish, fish sauce, and lots and lots of hot spicy red pepper – all things that are in lots of other foods. It may be the combination of ingredients; it may be how the ingredients are combined. Heck, it may even be the fermentation process that makes kimchi, well, kimchi.

The lack of basic understanding about the causal pathway of the kimchi cure, lack of replication of data by other researchers, even the very limited data available from the one study has only fueled the sale of kimchi. Everyone, it seems, has heard about the kimchi cure and is taking no chances. Korean grocers are puzzled, but very, very happy. Whether the cure is real or not, I urge you to eat kimchi. I don’t know if it’s the magic bullet that will slay the bird flu, but I do know that it’s delicious.

Why would anyone feed chickens kimchi?

Time to Make the Kimchi!

Convinced that kimchi is the magic cure for all that ails you, but can’t find it in your grocery store because everyone else thinks the same? Make your own! Kimchi recipes as are numerous as cookie recipes, and like cookies they’re all good! Try this recipe and let us know how your kimchi turns out.

You will need:

- 2 Chinese cabbages
- 5-10 spring onions
- Sea salt or other non-iodized salt, at least 100 g
- 4 heaped tablespoons Korean chili powder
- 2-3 cloves garlic, crushed
- 2 tablespoons sugar, any kind
- 1 tablespoon kimchi sauce (if available)
- Small piece crushed ginger, or 1 teaspoon powdered ginger
- Half an onion (optional)

Rinse cabbages, then quarter them lengthwise; discard stems and chop them laterally. This should leave you with the largest pieces measuring perhaps 10 inches on a side. Don’t get too carried away while doing this! Next, place the cabbage in a clean plastic bag and sprinkle salt over each layer. The best kind of salt is sea salt, although non-iodized table salt will do. To ensure the cabbage is properly salted, sprinkle salt onto your wet hands and rub it into the cabbage pieces. Press the leaves in your hand to squeeze as much water out of them as possible. Once finished, tie up the bag and set it aside for 5-6 hours. Check it after three hours to ensure that everything is all right, stirring the mixture if necessary. Take the cabbage out of the salt solution and rinse it if necessary. It should be a lot softer than it was. Again, remove surplus water. Place cabbage in a sealable plastic box.

Add the spring onions, chopped into small pieces. Crush the garlic and ginger in a press and mix in. You may also add half an onion, finely diced, if you wish. It is recommended you add kimchi sauce. This is the only ingredient that you can’t always buy at a non-Korean supermarket. You might prefer not to know what’s in it. There are several different kinds, many of which contain fish or other seafood such as oysters. You only need one tablespoon; however, it usually comes in a 500 ml bottle. Kimchi *will* work without the sauce, but it helps things along. Add the chili powder. Unsurprisingly, the best chili powder for kimchi can be found at a Korean grocery store, which has a bright red color. It is possible to use other kinds of chili powder, or puréed or thinly sliced chili peppers if this is unavailable. If you use hot chili powder, you might want to reduce the amount. Add two tablespoonfuls of sugar. Mash the chili powder into the leaves as you did in much the same way with the salt. If the color doesn’t seem dark enough, add more chili powder. It’s a good idea to wear gloves while doing this. (Safety goggles optional.) Koreans use special kimchi gloves. This can be done as a cooperative effort. In fact, it’s a smart idea if you want to avoid carpal-tunnel syndrome, squishing cabbage can be hard work.

Put the containers aside for three or four days in a cool location. No snacking! After that, store it in the refrigerator. Finally the kimchi is ready. It should be soft in consistency, but not too mushy, with a little crunchiness left in the larger pieces. You can eat it as is, or use it in your favorite Korean recipes.

KAYA, Korean Focus & KAC-DC

Invite You to Welcome The Year of the Dog



February 4, 2006 1:30-5:00 PM
Korean United Methodist Church of Washington
1219 Swinks Mill Road
McLean, Virginia

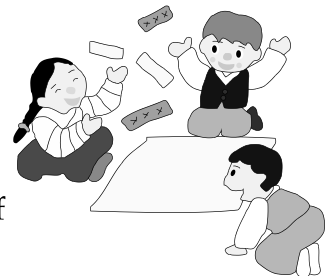
\$5 per person, \$15 max per family
Children 3 and under FREE

KAYA, KF & KAC-DC invite you to enjoy:

- Crafts and activities for the children
- Story-telling with *Chingoo*
- Performances of traditional Korean music
- Photo op in Korean wedding clothes
- Hanbok exchange
- Korean craft sale
- Korean games
- Cooking workshop
- Sebae (Korean bowing) ceremony
- Taekwondo demonstration
- Korean food
- Lots of fun and time to socialize

Attention Teens!!

We need YOU to help the little ones with crafts and activities! There are lots of volunteer opportunities! KAYA and Korean Focus will provide training on Saturday January 28, 5 PM, at KUMCGW. Don't miss this great opportunity for community service credits AND a lot of fun! Email info@koreanfocus.org if you would like to help.



Adult volunteers are always needed, too. Contact info@koreanfocus.org to volunteer.

Directions to KUMCGW:

- Exit the beltway (I-495) onto Route 123 north towards McLean.
- Turn left (west) onto Lewinsville Road (VA Route 694).
- Follow Lewinsville Road for about 1.5 miles.
- Turn right onto Swinks Mill Road
- Church on the right near the corner of Lewinsville Road and Swinks Mill Road.

Please Renew Your Membership



Time to renew your Korean Focus membership! As a very small organization, your support means a lot to us, so we thank you in advance for renewing! **There are two ways to renew:**

- 1) Fill out the information below, and send it with your check for **\$20** (or more if you'd like to make an additional donation), payable to **Korean Focus**, to the address on the form, OR
- 2) Join electronically by sending the information on the form to us via email at membership@koreanfocus.org. Then make your dues contribution at <http://www.koreanfocus.org/membersupport.html> using the *Network for Good* donation link.

Either way, is sure to send your email address! If you have renewed since 10/1/05, your membership is current through 2006. If you are unsure of when you last renewed, email membership@koreanfocus.org for your membership status. Also email us if you have moved or your email address has changed. Thanks sincerely for your support!

Her name: _____

His name: _____

Address: _____

City, State, and Zip: _____

Home tel: _____

E-mail: _____

E-mail is used for announcements only and never shared!

Please tell us about your children:

Name	Birth date	Birth country or birth child
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please share any ideas you'd like and let us know if you would like to help in any way:

I would be interested in serving on the KF Board of Directors: _____

I'd like to see Korean Focus work on the following activity or kinds of activities: _____

I can help plan one event or activity. _____

I would like to help on the day of one event or activity. _____

Something I would like to get involved in: _____

ANNUAL DUES: \$20 (Checks payable to Korean Focus)	
Check enclosed _____	Dues donation made online _____
Send forms and checks (if applicable) to:	Korean Focus c/o Margie Perscheid, Membership Coordinator 1906 Sword Lane Alexandria, VA 22308

Adoption-Links, ASIA and Korean Focus Invite You to an Afternoon at the Capital Area Food Bank on March 11, 2006



Adoption-Links, ASIA, and Korean Focus invite adopted adults, adopted teens, and adoptive parents to spend an afternoon at the Capital Area Food Bank.

Date and Time:

March 4, 2006
1:00 pm to 4:00 pm

Location:

Capital Area Food Bank
645 Taylor Street, NE,
Washington, DC 20017

Adoption-Links, an organization for adopted adults, invites adopted teens and their parents, and adopted adults to share an afternoon of community service at the Capital Area Food Bank. The minimum age to participate is 12. If you are under 18 at least one parent must attend.

What we will be doing:

We'll most likely be helping in the warehouse with other groups. Most activities involve some type of food sorting into bins or boxes, repacking boxes of food, sorting out by food categories, or re-labeling boxes. Sorting food in our warehouse is a major activity, which relies on volunteers to help get this food out to various agencies. This work is considered light/medium labor, but with advance notice, work can be found for those who have some physical limitations. Wear jeans and comfortable shoes (NO OPEN TOE SHOES).

Families are invited to Armand's Pizza on Massachusetts Avenue next to Union Station afterwards to relax and get to know one another.

REGISTRATION REQUIRED!

Contact Kerri Uehlein at kerriu@yahoo.com to sign up.

About the Capital Area Food Bank:

The Capital Area Food Bank is the largest, public nonprofit hunger and nutrition education resource in the Washington, D.C. Metropolitan Area. Each year the CAFB distributes 20 million pounds of food, including 6 million pounds of fresh produce through over 700 member agencies. The Capital Area Food Bank was founded on Dr. Martin Luther King, Jr.'s birthday: January 15, 1980. In 2005, the CAFB is celebrating 25 years of nourishing the National Capital region. For more information about the Capital Area Food Bank, visit their website at <http://www.capitalareafoodbank.org/>.

For more information about Adoption-Links and ASIA, visit their websites at:

Adoption-Links

<http://www.adoption-links.org/>

ASIA

<http://www.asia-adopt.org>

BALLOT
2006 Board of Directors



Dear Korean Focus Member,

Following is the proposed slate of candidates for the 2006 Korean Focus Board of Directors. By indicating your approval / non-approval of these candidates, you participate in the leadership of this organization, which strives to involve its members to the highest degree possible. The Bylaws of the organization allow for approval of the Board based on simple majority of those members who participate in the vote. In the unlikely event that the slate is not approved, a special meeting of the general membership will be called to begin the nominating process again.

Please take a moment to review the slate of candidates and follow these instructions to record your vote:

- **If you approve the slate of candidates, take no further action and return the ballot to Korean Focus.**
- **If you do not approve the slate or if you have a write-in candidate, mark your ballot, and return it to Korean Focus.**

Ballots should be returned to: Korean Focus Nominating Committee, 1906 Sword Lane, Alexandria, VA 22308. **Ballots must be postmarked no later than January 31, 2006 to be considered. Please provide your name and address where noted on the ballot; it will be used to verify your membership status.**

And please consider becoming involved with Korean Focus by participating in Board meetings, or by joining the Board during its 2006 term. Leave a message with your name and call-back number on the Korean Focus message line at 703-799-4945 to receive information on how you can participate. The time commitment isn't great - but the rewards are!

Proposed Candidates for Korean Focus for Adoptive Families 2006 Board of Directors

Mark only if you do not approve this slate:

DO NOT APPROVE

- President:** Debbie Dalton
- Vice President:** Katie Zeigler
- Secretary:** -- Open --
- Treasurer:** Brian Hattery
- Newsletter Editor:** Jim Omans
- Membership Coordinator:** Margie Perscheid
- Program Committee Chairperson:** Katie Zeigler
- Program Committee Chairperson:** -- Open --
- Member-at-Large:** Andrea Brenner

Write-in candidate

Name _____

Address _____

mother 2 mother

Dear birth and adoptive mothers,

Our personal stories as adoptive moms begin with a special bond to the women who gave birth to our children – our children’s birthmothers. With a profound sense of selflessness, they looked into the future and saw what they believed would be best for their babies and made the very difficult and brave decision to place their babies in our loving arms. As much as we cherish our children, we treasure their birthmothers.

People outside the adoption circle don’t really know about the mothers – the birthmothers and the adoptive mothers – their emotional trials and unique bonds. We are mothers from different walks of life thrown together by fate, devotion to and love for our babies.

To tell the stories of these mothers and bring greater understanding and support for building families through adoption, we are writing a book – a book in which we would like you to participate. This book is a compilation of the voices of birth and adoptive mothers, told in their own words to each other.

Too often, popular culture and those unfamiliar with adoption falsely see placing a baby for adoption as a selfish act; as somehow lifting a burden. They have come to view the stories of birthmothers and adoptive mothers as distinctly separate, connecting for only a moment in time. They see the adoption story ending when the birthmother relinquishes her baby and the adoptive mother rides in on the white horse and gives the child “a better life.” Nothing could be further from the truth. The truth is far more complex, highly individualized and involves a great deal more love on the part of birthmothers than has yet been recorded.

As adoptive mothers, we are deeply thankful for the families we have. We believe that it is our responsibility to elevate the image and acceptance of birthmothers to their rightful place as caring, loving moms making difficult, often wrenching decisions, for the benefit of their babies. Together, adoptive moms and birthmothers often speak in a similar voice, and want the same things for our children – health, happiness, education, love, and an understanding of their adoption story.

If you could have a conversation with your child’s adoptive mother, what would you say? If you could have a conversation with your child’s birthmother, what would you say? What are the hopes and dreams that you both have for your child? What were your worries and fears? What were you as a birthmother envisioning through your birth experience? As an adoptive mother, what was the waiting like? What do you both want people outside the adoption circle reading your story to know?

We would like you to submit your thoughts to become part of a written dialogue between birthmothers and adoptive mothers

–mother to mother with society listening in and learning. It could be something that you have already written or a piece that you’ve always wanted to write. Here is your opportunity.

Every adoption story is unique and special. We want the breadth of adoption stories to be represented. Your child’s adoption might be closed: separated by choice, culture, the unknown or even death. You might have an on-going open communication with letters that already exist. Whatever the circumstance, we believe that by sharing these stories we will inspire some, give comfort to others, but most of all, provide a window into the love of two mothers, faced with difficult circumstances, out of which, through much love, families are formed.

In whatever manner you choose, we want to hear your voice and hope to share your story with our readers.

- Claudia Crown Ades & Andrea Malkin Brenner

GUIDELINES FOR SUBMISSION:

We are looking for written pieces of any type (letters, prose, poetry) by birthmothers and adoptive mothers. You should write as if you’re speaking directly to your child’s adoptive/birthmother.

If you choose to participate, we ask that you please try to keep your stories to about 600 words or less (up to two single-spaced typewritten pages) so that we may include the stories of as many mothers that space will allow.

If we select your story to be part of our collection, we will make edits. However, because of the personal nature of the story, and because it is your story, all of our edits will have to be approved by you. Please know that every story has meaning and will be important to us, but in selecting stories we will try to provide a balance between adoptive mothers and birthmothers, attempting to show the breadth of the adoption experience.

Whether or not your story is selected, we will notify you in writing. If we do select your story, we will send you our edits for your approval together with the necessary paperwork to allow us to publish your story (anonymously, if you choose).

Written pieces may be submitted by mail to:

**Mother 2 Mother
P.O. Box 294
4410 Massachusetts Avenue, NW
Washington, DC 20016**

Or by e-mail to:

mother2mother@gmail.com

Please make sure that your name and mailing or e-mail address* is included with your submission.

*No identifying information will be shared with outside parties and you will only be contacted directly by the authors.

Thank you for participating in this very worthy project. We look forward to reading and sharing your story.

Korean American Day

Sometimes Congress gets it right! The following resolution was passed by the House last fall; the bill was introduced by Congressman Davis of Virginia. A companion bill has been introduced in the Senate (S. Res 283) by Senator Allen of Virginia. No word yet when the Senate will take it up, but hopefully soon. The Korean American Coalition has been one of the groups leading this effort and we thank them for all their hard work. With luck, we'll all be celebrating Korean American Day this coming September

- KF

109th CONGRESS, 1st Session

H. RES. 487: Supporting the goals and ideals of Korean American Day.

**IN THE HOUSE OF REPRESENTATIVES
October 7, 2005**

Mr. TOM DAVIS of Virginia (for himself, Mr. RANGEL, Mr. CAPUANO, and Mr. ROYCE) submitted the following resolution; which was referred to the Committee on Government Reform.

RESOLUTION Supporting the goals and ideals of Korean American Day.

Whereas the influence of Korean Americans may be observed in all facets of American life, including entrepreneurship, the arts, and education;

Whereas on January 13, 1903, 102 pioneer Korean immigrants arrived in the United States initiating the first chapter of Korean immigration to America;

Whereas the centennial year of 2003 marked an important milestone in the history of Korean immigration;

Whereas Korean Americans, like other groups of immigrants that came to the United States before them, have settled and thrived in the United States through strong family ties, community support, and hard work;

Whereas Korean Americans have made significant contributions to the economic vitality of the United States and the global marketplace;

Whereas Korean Americans have invigorated businesses, churches, and academic communities in the United States;

Whereas Korean Americans have made enormous contributions to the military strength of the United States;

Whereas today, at least 4,000 Korean Americans serve in the Armed Forces of the United States, with approximately 25 percent of them currently serving in Iraq; and

Whereas the Centennial Committees of Korean Immigration and Korean Americans have designated January 13 of each year as 'Korean American Day' to commemorate the first step of the long and prosperous journey of Korean Americans in the United States: Now, therefore, be it Resolved, That the House of Representatives--

(1) supports the goals and ideals of a Korean American Day;

(2) urges all Americans to observe Korean American Day so as to have a greater appreciation of the invaluable contributions Korean Americans have made to United States; and

(3) honors and recognizes the 103rd anniversary of the arrival of the first Korean immigrants to the United States.

Center for Adoptive Families Winter Programs

The Center for Adoptive Families is offering programs on many subjects this winter. Topics include:

- Teen Issues in Adoption
- Openness in Adoption
- Adult Attachment Styles and Parenting
- Single Parent Adoption: From Soup to Nuts
- Second Parent Adoption
- Talking to Your Child About Adoption
- The ABC's of Adoption
- International, Domestic and Older Child Information Meetings

In addition, the Center will sponsor a 6-week series of FAMILY SUPPORT AND EDUCATION GROUPS, including Kids Connection groups for

children, and the Project Succeed program for adopting and adoptive parents.

For more information about these and other CAF programs, contact:

Jennifer L. Klotz, Assistant Director
Center for Adoptive Families
5750 Executive Drive, Suite 107
Baltimore, MD 21228
410-869-0620
410-869-8419 fax

Or visit the CAF website at
<http://www.centerforadoptivefamilies.org>.

Korean Focus
1906 Sword Lane
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