

ANZA KOREA

COMMUNITY, NETWORKING, CHARITIES

MONTHLY NEWSLETTER

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Happy Seollal from ANZA KOREA

This year is the Year of the Ox, according to the Chinese 12-year zodiac cycle. Oxen have been especially valued and regarded as prized possessions in agrarian society like Korea. One considers this year is going to be lucky and also perfect to focus on relationships, whether we are talking about friendships or love.

We hope to resume our coffee mornings and other social events when the restrictions will ease. In the meantime take care and stay safe.

Committee Member Spotlight

Meet Yeseul Kim-Russell - ANZA Secretary



Hello! Annyeonghaseyo/안녕하세요~ My name is Yeseul/예슬 and I am a Korean-Kiwi. I was born in Seoul and lived here for the first six years of my life before moving to New Zealand with my family. My husband is a New Zealand Diplomat so we made the move to Korea two years ago for our first overseas posting. I have been really enjoying life in Seoul, exploring more of Korea and learning more about Korean culture, as well as reconnecting with all my extended family. I first joined ANZA when I was pregnant with my son, my first year in Korea and met some lovely ladies who made me feel welcome and less homesick. I joined the ANZA committee last year and I've been loving helping out and being part of a great team. Hopefully we will be able to put on events and gather together more in 2021!

Stay safe, healthy and warm everyone :-)

Wellness Spotlight: Surviving Quarantine

By Ida Lövgren - Licensed Physiotherapist

Having personal experience of quarantine, and reflecting on those 14 days, I have some tips to share that will help you through it too.

Consider

- What do I think I or my family will need to stay sane?
- Decide on key necessities.

Prepare

- Find out about access to food/beverage (stock up, order online or arrange family or friends to drop off items).
- Bills in the mail, arrange someone to check your post if not possible.
- Make space for storing food waste in fridge if not able to empty the garbage.
- Have some basic home exercise tools or equipment available.
- For families, consider preparing board or card games, puzzles, colouring or crafting tools, toys, audio books, books.
- Limit screen time (especially for children).
- Make sure you have tools or equipment ready if you take an online course.
- Try to keep to your regular natural sleep and wake patterns.

Set Quarantine Goals

- health or fitness goal (lose weight, increase strength, fitness or stamina).
- A home project you have been putting off.
- If at home, reorganising the cupboard.
- Taking an online course.
- If at home cook a new/different meal and if you have kids get them to help).



- Sorting through digital photos,
- Read a book.
- Complete a 5000 piece jigsaw puzzle alone or as a family.
- Sorting through and tidying email inbox.
- Personal health goal - not drinking coffee for 2 weeks (does it affect my sleep quality?).
- Schedule at least 1 daily call or video call to friends or family; especially if you are on your own. Social interaction is important for mental health. Walk a minimum of 10,000 steps/day.
- Watch a series (or a few) on Netflix that you always wanted to.

Daily Routine

- Create a routine, commit to it, and stick to it.
- Having a plan will help guide you or your family through the day.
- Older children can make their own goals or daily routine.

Ida Lövgren is a Swedish Licensed Physiotherapist, Int. Certified coach with focus on health and lifestyle coaching. She is working as a practitioner at Create Wellness Center in Itaewon, Seoul
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Example Routine

- 8.00 - 9.00am:** Wake up and Breakfast.
Morning: Exercise/movement, Call with friend, Play board game, 1 hour TV/Device time.
12.00 noon: Lunch
Afternoon: Project time, 1 hour TV/Device time, Exercise/Movement , Video Call, Reading.
6.00pm: Dinner
Evening: Walk 30 mins or meditation, watch a movie, phone call with family.
10-11pm: Bedtime.

Ideas for Movement

- Walking in loops arounds your apartment or space
- Short sprinting in the hallway,
- Make it like a game if you have kids (playing chasies or tag),
- Dancing to music
- Online workouts alone or with the family (including yoga)
- Strength exercises. Using body weight + dumbbells + resistance band
- Mobility exercises (foam rolling, yoga flows, stretching)
- Exercise or dance apps or YouTube videos.

ANZA Member Spotlight

Meet Marieke Doherty



How long have you been part of ANZA?

I joined Anza in late summer 2017 just after arriving in Seoul. My family consists of my husband, Jeff, and our two children,. We are from the US, and oth Jeff and I grew up near New Orleans. My parents are from The Netherlands, and I have dual citizenship with The Netherlands and the USA. I have a background in accounting, but have been 'retired' (my husband's term) since 2003 to be at home with the kids. I am an avid knitter and sewer when I can find time to pursue these skills. I have been the organiser for the weekly Mahjong group for the past three years, and I recently became the Treasurer for the American Women's Club (AWC).

What made you want to join ANZA?

Having moved several times over the course of my life, I knew the best way to assimilate in our new environment was to join as many groups as I could to meet other people in similar circumstances. I was lucky to have a neighbour in my building, Tania Polglaze, who encourage me to join ANZA because "they are the most fun". She certainly was correct!

What do you enjoy the most about ANZA?

I certainly have enjoyed attending the Melbourne Cup galas and the Hat Parties leading up to them. I so enjoyed being a part of the 'naughtier' Australian version of horse-racing enthusiasm. I also have really enjoyed the monthly coffee mornings as this has been the best way to meet and get to know others and enjoy the lovely baked goods that are culturally 'Australian'—I had never had a pavlova before! And sausage rolls! I now make these at home to the delight of my children. Above all the activities and the food, I have most enjoyed meeting all the various ANZA members and learning about the Australian and New Zealand culture from an insider's perspective.



Food Discovery/favourite coffee place

My favorite Korean dishes include Dolsot Bibimbap, Spicy Pork Back Bone Soup, and Kimchi Jjigae. We recently visited the Garden of Morning Calm to see the Christmas lights, and ate at a very delicious tofu restaurant nearby called Gapyeongjatdubujip, which served a house specialty of mushroom and pine nut tofu soup which was excellent. As for coffee shops, my



favorites include the J.Hidden House Cafe near Dongdaemun Station and Onion Cafe near Anguk Station. Both of these cafes are in hanoks, and with their interior courtyards, provide a peaceful oasis to drink a delicious coffee. Both cafes serve baked goods, which are fresh and tasty. J.Hidden Cafe is where I host our weekly Mahjong games (when not cancelled by the COVID restrictions), and Grace, the owner, has been very accommodating and welcoming to our players.

What time of the year do you enjoy the most and why?

I really enjoy Spring and Autumn here as the weather is delightful and seeing the seasons' effects on the natural world is really a sight to behold. The snowy effect of cherry blossom season and the golds and reds of Autumn are always so pleasing to see.

What are your favourite places to visit in Korea and why?

Naksangsa Temple, on the east coast of Korea, is definitely a beautiful site I recommend all to see, together with a visit to Seoraksan National Park. I also highly recommend a visit to Gyeongju, to see the burial mounds of the Silla Dynasty royalty and the interesting National Museum located there.



Charity support

Osan Migrant Workers Center



Last January, ANZA gave a Lenovo T440S laptop, surplus to requirement, to Osan Migrant Workers Center. Run by Rev. Jang Chang-weon, the Center provides shelter for migrants without a place to live. It also offers free Korean language classes and free legal support.

ANZA Korea continues to work hard behind the scenes supporting our local charities. The last 10 months and adjusting to our new social norm has certainly been challenging for businesses, charities and our community. ANZA Korea remains committed to working with our charities as best we can. We are 100% a non-profit association so we welcome any donations from our community. If you would like to donate, please click on the link below. No amount is too small to help us achieve our mission.

Socials

Waitangi Day 2021 in Korea
25 February 2021
Presented by the Kiwi Chamber of Commerce
Details to follow

"Taste of Australia"
19 March 2021
7.00pm to 10.30pm
Grand Ballroom
Millennium Hilton Seoul
Organised by the Australian Chamber of Commerce



[Visit our website to donate](#)

ANZA Korea Welcomes you!

Memberships

ANZA Korea welcomes all nationalities to come join our community.
Yearly membership is KRW50,000 and begins from 01 August.
Email us at registration@anzakorea.com



Follow us on our social media (Facebook and Instagram) for information and news about our activities and events by clicking on the pictograms on the barre below. For Instagram you can also scan the QR Code on the right.



How to become a member in 3 steps

- STEP 01 Head to our website**
www.anzakorea.com
Click the "membership" link
- STEP 02 Fill in your details**
One membership (KRW50,000/year) covers one household
- STEP 03 Transfer payment**
ANZA Korea Bank Account Details
Bank: Standard Chartered (SC은행)
Account Number: 100-20-954772
Account Name: ANZA (주안호주뉴질랜드협회)

We also accept cash however, bank transfer is preferred. Unfortunately, credit card is not available as a payment option.

Join us at our next event!

For any questions please email registration@anzakorea.com