



Gyeongju University Bimonthly Newsletter

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GU Hosts the 2013 International Student Exchange Program for UST College of Nursing Delegates



by Ma. Reina Rose D. Gulmático, MSN, RN and



Kenn Everard D. Lachenal, MSN, RN



UST College of Nursing Delegates after the Mini Conference

designs and statistical analysis.

On May 29, 2013, Dr. Larry Chong accompanied the delegates to Myung Kyung Medical Foundation Conmaul (Flower Village) Gyeongju Oriental Hospital and Medical Clinic. The clinic is headed by its Director, Dr. Kim Dong Ryeol. The special tour was organized in relation to the student's learning objective of familiarizing themselves with Korean traditional oriental medicine practices. The tour included an orientation of the facilities and protocol for procedures and treatment. According to the tour guide, the hospital caters to all, either foreign or local folk. Clients undergo series of tests before actual oriental modalities are initiated. Laboratory and diagnostic tests include stress test utilizing the ARB 2000 machine, blood extraction, and iris scan. The results are then interpreted by the oriental medicine doctors who would then prescribe the appropriate treatment. Therapies may include acupuncture, moxibustion, physical and aroma therapy. Oriental medicine such as pills or liquid type may also be prescribed. A special brew of herbal remedies may be concocted as needed, utilizing traditional methods. The total time for the whole diagnosis and treatment takes approximately 2 hours to complete. The hospital was quite interesting as they possessed state-of-the-art medical equipment within a Korean traditional house.



UST College of Nursing delegates pose in front of the Conmaul (Flower Village) Gyeongju Oriental Hospital and Medical Clinic with Dr. Larry Chong and GU faculty member, Prof. Kenn Lachenal.

The delegates' visit to GU culminated with a closing ceremony also on May 29, 2013. The ceremony was led by Dr. Sanghoon Han, Director of International Affairs. He introduced GU's Vice President, Dr. Hyun Jung, who gave a message of thanks to the UST participants and appreciation for the opportunity to exchange knowledge and culture among the students and faculty members, and ultimately sharing a special relationship between the two institutions.

After the message, certificates of appreciation from GU were given to the UST Clinical Instructors, Prof. Elizabeth Cortez and Prof. Margaret Natividad. The delegates also received tokens of appreciation from GU.



UST and GU nursing students pose after the closing ceremony with UST Clinical Instructors, Prof. Elizabeth Cortez and Prof. Margaret Natividad, and Dr. Sang-Ho Han, GU's Director of Global Education Center.

This was followed by the awarding of certificates of participation to the eighteen (18) UST nursing students.

UST nursing student, Dominique Sesa, gave a short speech as a response of the UST students to GU. Her message focused on appreciating the opportunity of sharing their talents and time, and for gaining understanding of the Korean culture and its hospitality. Moreover, the experiences they had with their GU buddies will always be cherished. Prof. Cortez also delivered her message of appreciation to the GU administrators. During the program, the UST students gave small gifts to their "buddies" as tokens of gratitude for making them feel at home during their stay in Gyeongju. The ceremony ended with a heart-warming song from the UST students.

Feature

The African Cultural Experience (Part 3)



by Sang-Ho Han, Ph.D

It was a long ride of more than 4 hours from Lake Naivasha to Narok, the principal city of the Masai tribes. It was after another hour of ride when our driver, Waidaka (which means 'forest' in Swahili) was kindly requested to make a stop at a Masai village we were passing by.

There was a call from a tour operator named Masai Kim who has lived at the Masai village for about 5 years making himself a friendly neighbor to the Masai people living there. Through his kind explanation, we were able to see how the Masai lived as nomadic tribes. They migrate to where there is water to feed their cows. The Masai Mara is said to be the bravest of the Masai tribes – killing even lions in order to keep their cows from falling prey to predators.

The family we visited was of an extended Masai family – a wealthy husband with 10 dependent wives along with their respective offspring. One interesting thing about this polygamy was that the first wife wields her authority over the other wives in the family matters. The Masai house was mainly built with cow's dung or manure. They do not take shower or brush their teeth but just lived as naturally as possible without even electricity. The number of cows they keep is the measure of their wealth.

It was around three o'clock in the afternoon when we finally reached Kananga River Camp, our tent lodge, where the Masai waited for us with a simple set of lunch. After checking into individual tents, we enjoyed the lunch before going out for another safari ride. We went out for safari twice, once on the afternoon of the first day, and second, on the morning of the following day. During the first safari we saw elephants, giraffes, buffalos, gazelles, gnus, hyenas, pumbas, and a lion cub - but we did not see any full-grown lion.



Fierce fight for a bite of a carcass at
Masai Mara

Witnessing the "survival of the fittest" was an incredible experience - a dead carcass of a gazelle hounded by wild eagles. Another slew of eagles came to seize their lot. There were around 30 eagles snaffling a meal when a bigger, more powerful bald-headed eagle came to take over the carcass. He was successful for a while but was soon counterattacked by the displaced eagles. Soon came the turn of the hyenas. When most of the carcass was consumed by the eagles, a hyena drew near the scene and snatched what was left of the poor gazelle. No eagle could counterattack the hyena because he was such a fierce predator. Ultimately, the whole, raw scene showed us the fierceness of the wild.

During dinner after viewing the safari animals we were told by Masai

Kim that it was also possible to go on a safari ride on a big air balloon, but we could not take the advantage of it this time because it was so expensive. We told him we would try the balloon safari when we come back to Masai Mara hopefully a few years later. We were also told by Masai Kim that the Kananga River is the most convenient location for safari tour. He said, "The month of July is the peak for safari tourists because it is during this time that more than 1.5 million heads of gnus cross the Mara River for migration into Masai Mara from Serengeti of Tanzania, the world's most famous and the largest safari reserve which naturally links into Kenya's Masai Mara."

I hope I will be able to see more animals of the wild on my next exploration into Africa. It was a short adventure, yet priceless and will surely be treasured in our memories forever.

Bearing on a Legacy



by Maria India P. Bio, MS Environmental Science

It is not something elaborate - just a simple edifice to house a few classrooms where students can try their hands on cooking, wine-mixing, and baking. Students only need to come with the most essential: keen interest to learn.

Dr. Elvira Villaverde-Gabriel calls her push - a training center for deserving poor students - her legacy project which she envisions to accomplish once she has pulled through the requisites.

"I already have a network of people willing to commit themselves freely to this endeavor. I have reached a point in life where I no longer want to work for myself, but for others. Now I want to give back what I learned through the years," she enthuses.

Last year saw the publication of her book *Passion to Bake* - a product of earnest and conscientious feat to provide practical and basic knowledge on baking to beginners and enthusiasts. Reading through its gist, one is apt to get habituated to the fact that baking is both a science and an art. Understanding how the exact formulation of ingredients work together makes the aesthetic demands altogether easy and doable.

The last portions of her book include a two-page list of substitutions for common ingredients. She has substantially established, through repeated experimentations, that a cup of buttermilk could well substitute for a cup of yogurt; a tablespoon of lemon juice for a half-teaspoon of cream of tartar.

Ask what makes a brownie perfect and she would say alkalized cocoa which is, essentially, her life's metaphor. The mild flavor is her humility, amidst the notable achievements in life – from being a mother of two equally accomplished children to being a well-loved educator.

She admits to bearing a gravid regret – that of not being a 24/7 mom—until Mary Josephine, a chemical engineer and Joseph Martin, a visual artist both graduated with flying colors. "They knew what they wanted early on – and worked hard on it," says Dr. Gabriel, alluding to the fiercely independent outlook and self-reliance her children acquired from her.

"I was juggling motherhood and career. I was in the food industry supervising and coaching trainees, with myriad demands, and teaching part-time at the same time that I get home very late to attend to my children," she admits. Nevertheless, her children's achievements effaced her fallibility as a mother.

Recognizing her potentials in teaching – a profession she sees not as a job but joy – she took her mentor's advice to get herself into graduate school. In 2010, she earned her doctorate degree while being affiliated with different universities in the Philippines.

"Teaching isn't lucrative – but I find joy in it. This is where my passion dwells. And I look into teaching with a holistic approach. Teach the students the skill and values so that if they decide to get themselves into business, they will never compromise quality for profit," explains Dr. Gabriel who espouses the guideword: "teaching minds, touching hearts, and transforming lives."

While the skill she passes on has gotten many of her students into lucrative entrepreneurship, she acknowledges having no affinity for business and competition. She plainly wants to be an educator – fervent, synergistic and collaborative. Hers is not a difficult premise to live by. Just like her dream legacy project - it is not elaborate - yet ardent to nurture and share knowledge.

Oh Canada



by Trevor Sim, MA Integrated Studies



I think it's only natural for people to love where they are from. Even though it's not really a matter of choice, pride in one's country is, I think, a 'good' form of irrationality.

July 1st is 'Canada Day' in my country. To most Canadians, this generally means the chance to enjoy a long weekend. Perhaps being an expat makes me a little more patriotic, but I wanted to share a few unique things about my country. First of all . . .



Dr. Gabriel's *Passion to Bake* published in 2012.



Dr. Elvira Gabriel in one of her baking sessions in Korea.

Canada is big

With less than half a percent of the world's population, Canada is the second largest country in the world and has the longest coastline of any nation. Rich in resources, Canada is now considered by some to have the world's second largest reserves of oil, which unfortunately are found in the Alberta 'tar sands,' making extraction of that oil a dirty, highly polluting process. Canada also has 7% of the world's renewable water supply and 10% of the world's forests.

Canada is diverse and inclusive

Canada has always been a nation of immigrants, originally embracing British and French populations. These days, people come to Canada from around the world—so many, in fact, Toronto has been recognized by UNESCO as the world's most 'ethnically diverse' city.

To keep things together, Canada tries to be respectful of differences. Meanwhile, Canada's 'all in it together' mentality is epitomized in its universal health care system. Currently, Canada ranks in the top 10 nation-states in life expectancy.

Canadians love winter sports

No country has won more gold medals in a single Winter Olympics than Canada did in 2010, and no country has won more world hockey titles.

A testament to Canada's hockey prowess, Korea recently granted a Canadian hockey player, Brock Radunske, citizenship in the hopes he would bolster Korea's Olympic hockey chances—a first for an athlete of non-Korean descent.

Canada fights

Since entering the world stage, Canada has been eager to do its part. In WWI, Canadian soldiers received more Victoria Crosses (Britain's highest military honour) per capita than any other army in the British Empire. In WWII, Canadian soldiers liberated the Netherlands. 26,000 Canadians also served in the Korean War.

Canada is responsible

Long recognized for their cautious outlook, Moody's recently declared Canadian banks to be the safest in the world, and Bloomberg lists 4 Canadian banks in its top 10 of strongest banks. Educationally, in the international test of 15 year olds given every three years (PISA), Canadian students have consistently placed amongst the top five nations.

Canada is a model for tolerance

We don't have a long history, any really unique food (other than *poutine*, a French Canadian dish) and we owe a lot of our advantages to our British and French heritage. And there are things we are rightfully ashamed of, most glaringly our past treatment of Native peoples and many racist immigration policies. Even today, Canadians are among the highest per capita carbon dioxide polluters in the world. But what I think makes Canada special is the tolerant stance it takes in the world, and an attitude of moderation. Canada is living proof that we can respect differences while still looking out for each other—a virtue that may soon be a necessity in our rapidly shrinking world. Besides that, it's just where I'm from.



The Maple Leaf became Canada's national flag in 1965, replacing the Red Ensign.



Two-thirds of the world's polar bears live in Canada.

The coldest recorded temperature in Canada? -63 C.

The highest? 45 C.



Greenpeace was founded in Vancouver in the early 70s.

Warning labels are mandatory on Canadian cigarette packages.

Average cost? \$12 (12,000 won).



A university athlete who lost his leg to cancer, Terry Fox died while trying to run across Canada to raise money for cancer research.

To date, the Terry Fox Foundation has raised over \$600 million for cancer research, and the Terry Fox Run is the largest single-day cancer event in the world.



University of Toronto Nobel prize winners, Frederick Banting and John Macleod, discoverers of insulin.

Another University of Toronto invention? The first practical electron microscope.



Two time NBA league MVP, Steve Nash, is from Victoria, BC.

Basketball was invented by a Canadian, James Naismith, in 1891.



Terminator, *Titanic*, and *Avatar* director, James Cameron, is from northern Ontario.



Chinatown parade in Vancouver, where one in five people are of Chinese descent.

Korea? No. Toronto, actually.



NOTE: The references (websites and blogsites) for this article are too many and can not be enumerated here given the limited number of pages and space.

Emergencies and First Aid



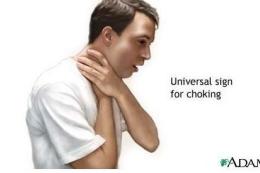
by Jaclyn H. Johnson, MAN, RN

After bouts of erratic and confusing weather changes, it seems that the long-awaited warm season is finally here. In a few weeks' time, we will be going on our summer vacation and I'm sure that everyone - professors and students alike, would be planning different ways of taking advantage of the longer days and warmer weather of summer. Picnics, hiking, and eating out are just a few favorite summer activities here in Gyeongju, South Korea. Though no one hopes to, it is possible for us to encounter some medical emergencies during our leisure time and it is always better to be prepared. Here are some common medical emergencies and tips on how to prevent and/or manage them.

CHOKING

Imagine yourself in a restaurant, at the beach or at a picnic, when someone starts clutching his/her neck and turns blue. What would you do?

A person who has difficulty breathing, or has a high-pitched noise when breathing in, or who cannot speak, breathe or cough is most likely a choking victim. The most common cause is a foreign object, like food or a small toy for children, that prevents Oxygen from going in or out of the airway. Complete airway obstruction may be evident when a choking victim clutches his neck. Prolonged airway obstruction may cause more serious effects such as cardiac arrest and brain damage. Thus, immediate and correct response is vital in this situation. It would be fortunate if a health professional is present, but in cases when one is not, a trained, knowledgeable and alert individual may spell the difference between life and death for the choking victim.



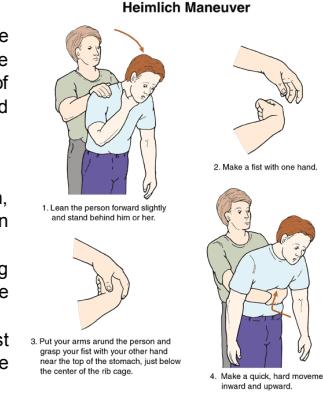
MANAGEMENT:

In 1974, Dr. Henry Heimlich developed what we now call the Heimlich maneuver, which is abdominal thrusts designed to expel the foreign object out of the airway in adults and children above 1 year of age. (American Heart Association, 2000). A step by step guide and diagram are provided in this article.

FOR THE CONSCIOUS VICTIM:

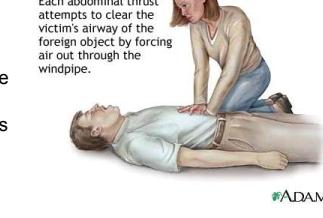
1. Make sure that the person is indeed a choking victim. If he can, allow him to cough out the obstruction but DO NOT wait for an obviously choking victim to collapse before attempting a rescue.
2. Let the victim lean slightly forward and stand behind him placing one of your feet between his feet. Then wrap your arms around the victim's waist.
3. Make a fist with one hand and place the thumb side of your fist against his abdomen midway the belly button and rib cage. (above the belly button but below the rib cage).
4. Grab your fist with the other hand and press into the abdomen with a quick upward thrust.

The maneuver can be repeated several times until the obstructing object is expelled.



FOR THE UNCONSCIOUS VICTIM:

1. Turn the victim so he's facing upward, and straddle him over the thighs.
2. Place the heel of your hand on the abdomen just below the victim's rib cage and cover it with your other hand, intertwining your fingers.
3. Press into the abdomen with a quick, upward thrust.
4. Repeat until object is dislodged.



PREVENTION:

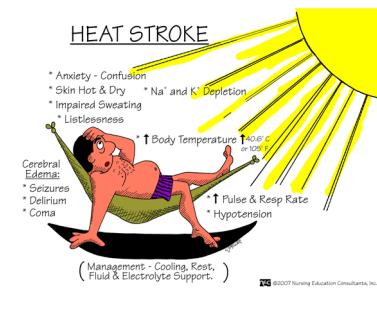
The American Heart Association (2000) still regards the Heimlich maneuver as the gold standard in dealing with choking, but there is nothing better than preventing it from even happening at all. To prevent choking, Smeltzer, S., Bare, B., Hinkle, J., & Cheever, K. (2010) recommends the following: chew pieces of food slowly and thoroughly; avoid excessive alcohol intake during mealtimes; choose age-appropriate toys and food for children; keep children from putting small toys or game pieces in their mouths or noses; cut food into small pieces; and prevent children from walking, running or playing with food in their mouths.

HEAT STROKE

Hiking seems to be a familiar activity here in South Korea. We can understand the joy found in communing with nature, enjoying the natural surroundings and at the same time keeping oneself fit. But in this summer heat, we must take serious precautions most especially when the temperature reaches the 30's. Situations like heat stroke and heat exhaustion can occur in cases of prolonged exposure to high temperatures or doing physical activities in hot weather.

The medical definition of heat stroke is a core body temperature greater than 104 °F (40 °C). This happens when the body fails to control its temperature and is unable to cool down. The CDC (Center for Disease Control and Prevention) considers heat stroke as the most serious heat-related disorder which, if not treated promptly, may lead to serious complications like shock, damage to the brain or vital organs or even death. Some people are more at risk to it than others, most specially the very young and the elderly, those with specific medical conditions (heart and lung disease) and those who take certain medications such as heart and blood pressure medications, diet pills, diuretics, antidepressants and stimulants.

Symptoms of heat stroke includes the following: throbbing headache, confusion and dizziness, lack of sweating despite the heat, muscle weakness or cramps, nausea and vomiting, rapid heartbeat (which may be either strong or weak) rapid, shallow breathing, behavioral changes such as confusion, disorientation, or staggering, seizures and fainting.



PREVENTION:

To prevent heat stroke, plan your outdoor activities at the coolest time of the day. But if you must go outdoors, it is best to take the following precautions:

- Wear light, loose-fitting clothing to help your body cool down properly.
- Wear light-colored clothing. Dark clothing absorbs heat. Light-colored clothing can help keep you cool by reflecting the sun's rays.
- Drink plenty of fluids

- Take it easy on the hottest part of the day
- If you are at risk, (those with medical conditions and taking medications), avoid performing strenuous activities in hot weather.

MANAGEMENT:

If you suspect someone to be experiencing heat stroke, the best management is to seek immediate medical help and to initiate the following first aid actions:

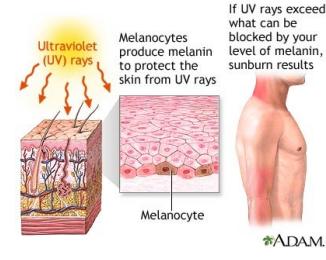
- Move the person to a cool, shaded area; or at least shade him from the sun
- Help the person cool down by fanning, sponging, spraying his body with water.
- Apply ice packs to the patient's armpits, groin, neck, and back- these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.



SUN BURN

There is no such thing as a healthy tan. While enjoying the summer weather, we have to remember that unprotected sun exposure causes first and second degree burns. Unprotected sun exposure over the years may damage the DNA of skin cells and may cause skin cancer, including melanoma. The skin pigment melanin protects the skin from sunburn but not from UV-induced skin damage and people with less melanin production are known to be more at risk to develop sun burns. Sun burn from intense sun exposure can lead to other complications such as:

- Infection – blisters from sun burn that ruptures make it more susceptible to bacterial infection. Signs/symptoms of infection include pain, redness, swelling, pus draining from open blisters
- Premature aging of the skin - sun exposure and repeated sunburns accelerate the aging process of skin, making you appear older than you are. Skin changes caused by the sun are called photoaging, (thinner, more translucent-looking skin; deep wrinkles; dry, rough skin; fine red veins on your cheeks, nose and ears; freckles, mostly on your face and shoulders; large brown lesions (macules) on your face, back of hands, arms, chest and upper back)
- Skin cancer - sun burn due to sun exposure can also lead to damage of the skin DNA and may sometimes lead to skin cancer.
- Damage to the retina of the eyes



PREVENTION:

Any part of your body, including your earlobes, scalp and lips, can burn including your eyes, which are extremely sensitive to the sun's ultraviolet light. As much as possible, it is best to avoid sun exposure during hours of peak sun ray intensity. If we must go outdoors most especially these hours, we should protect ourselves from sunburns by:

- Apply generous amounts of sunscreen with a sun protection factor (SPF) of at least 30. Pay special attention to your face, nose, ears, and shoulders. The higher the SPF, the greater the protection. Apply it at least 30 minutes before sun exposure.
- Wear sunglasses with UV protection.
- Use a lip balm with sunscreen.

MANAGEMENT:

Sun burns are better prevented than treated. But if we do get them, these are but just a few things we can do to manage them:

- Try taking a cool shower or bath or placing wet, cold wash rags on the burn.
- Avoid products that contain benzocaine, lidocaine, or petroleum (like Vaseline).
- If blisters are present, dry bandages may help prevent infection.
- If your skin is not blistering, moisturizing cream may be applied to relieve discomfort.
- Over the counter medications, like ibuprofen, may help to relieve pain from sunburn. DO NOT give aspirin to children.
- Cortisone creams may help reduce the inflammation.
- Loose cotton clothing should be worn.

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Glimpses into Language

What is Language? Part 4



by Matthew Schaffner, MM Music

Language - a series exploring philosophies of language

You can always check out the video series on our brand new YouTube page at <http://www.youtube.com/GyeongjuUniversity>.

Learning to be fluent in a second language is difficult. Learning fluency in a third can be just as hard. To speak four languages fluently, however, is beyond most people. Gyeongju University's own Professor Eguelson Legagneur can do just that. He is fluent in Haitian, French, Spanish, and English. Not to mention his ability to understand some Italian, Portuguese, Russian, Japanese, and Korean. Prof. Legagneur's wide exposure to the world's language shapes his view that language is a means to facilitate group cohesion and accomplish tasks. According to him, "Language is a means of communication for society, for a group. In other words, it's a way to carry the messages that we need to carry within the group in order to accomplish the different tasks we have in life. Now, we can have different forms of language. We have sign language, for example, which is a type of language. We have body language, which are messages that we can carry with our body. It includes a lot of different signs that can be verbal or non-verbal, but it always carries that message to someone else, another member of the same community."



Prof. Eguelson Legagneur

Prof. Legagneur sees groups as the necessary spark for igniting language. Thus, any group can have its own language. This can be seen in the slang of youth subculture, to the jargon of academics in the same field, and even among twins who create their own language, a phenomenon known as cryptophasia. A separate language can sprout from any group.

The classroom is one group where communication needs can develop into their own language. Prof. Legagneur details classroom language as, "a specific kind of language that we use in classrooms. That's a language that teachers and students share. At the same time, another form of language that can emerge is a specific form of communication that we develop for that specific classroom because of the context we share, and that would not be applicable to other groups, other classrooms in the world, or even in the same country. So, language always comes into play in the classroom. Whether you're teaching language, or whether you're teaching another subject. There's always going to be a language element in it."

You can certainly understand this view of language when you hear Prof. Legagneur's approach to his own polyglottery. He adapts his language to his group. He reveals, "when I'm back home, for example with my family, the preferred language is Haitian. Here in Korea, in my work environment, the preferred one is English. If I were in a formal situation back home, the preferred one could be French. So, it depends on the context and the environment."

Around Gyeongju

Girim-sa and Golgul-sa, the Sacred-Forest and Bone-Grotto Temples



by David A. Mason, MA Korean Studies

To complete our survey of the most important sacred and tourism sights within the Mt. Toham-san section of the Gyeongju National Park, we will focus on Girim-sa and Golgul-sa. Together with the waterfall in a lovely gorge behind them, they make a great one-day trip for you to enjoy with family or friends on a good-weather weekend. They are found north of the Bulguksa area and east of the Bomun Lake Tourism Resort, located in Yangbuk (陽北) District, on the slopes of Mt. Hamwol-san.



Peaceful Girim-sa Temple.

Girim-sa is one of the most important historic temples in the Gyeongju City region. Throughout the Joseon Dynasty and most of the 20th century it was the largest monastery in the area, and served as the gyogu-bonsa (敎區本寺, district headquarters temple) for the 11th District of the Jogye Order of Korean Buddhism, with even Bulguk-sa as its subsidiary; by now that relationship has reversed. It now contains 16 Halls, and remains a popular destination for pilgrims and tourists.

Girim-sa is believed to have been founded by an Indian missionary-monk called Gwangyu with the name Imjeong-sa (林井寺, Forest-Well Temple) in 643 during the reign of the Silla Kingdom's Queen Seondeok (善德女王, r. 632-47), but this is unproven. A few decades later Great Master Wonhyo greatly expanded it and taught there for some time, renaming it *Girim-sa* (기림사, 祇林寺; Venerable-Forest or Sacred-Forest Temple), derived from "Girimjeongsa", a transliteration of the "Jeta Grove" in India where Sakyamuni (the original Buddha, 563-483 BCE) taught his disciples.

Several restorations during the Joseon Dynasty contributed to Girim-sa's current appearance. Its Daejeokgwang-jeon (大寂光殿, Vairocana Hall) has been designated as Treasure #833, the Lacquered Seated Gwanse-eum-bosal Statue is Treasure #415 and its Biro-bul Triad Statues with the sarira and sutras found within it are Treasures #958 and #959.

One of the most interesting modern features here is the old-fashioned Sanshin-gak Shrine, in which three good images of the local Mountain-spirit can be found – this is quite unusual and delightful.

About an hour's easy walk behind Girim-sa is the Yongyeon-pokpo Waterfall, a quiet but beautiful place in an isolated gorge. It's a great little hike to get in touch with nature and find peace, after the cultural-experience of the temple.

Now one of the most popularly-visited temples in Gyeongju, *Golgul-sa* (骨窟寺, Bone Cave Temple) is easily found off the road that leads to Girim-sa, which it was originally a subsidiary hermitage of. It is also believed to have been founded in the 6th century by the missionary-monk Gwangyu.



In the Sanshin-gak, 3 images of the Mountain-spirit



The Yongyeon Waterfall behind the temples

The temple was named with the character *gol* (骨, bone or skeleton). The relief-statue named Ma-ae Yeorae Jwasang (磨崖如來佛, Maya Tathagata Buddha) carved on the cliff is registered as Treasure #581, and is regarded as a representative artwork of the late Silla Kingdom (新羅, 57 BCE – 668 CE). A series of narrow paths and tunnels cut into the cliff-face connect the various grottos. In addition to the monks who live here, a large colony of chipmunks have also taken up residence, scampering around the cliffs and living off offerings to Buddha left by the devout.

Golgul-sa is the head temple of Seonmu-do (禪武道), the yogic martial art based on Seon that aims to attain enlightenment through the harmonization of body, breath, and mind. Its training method involves the Eightfold Noble Path and Four Noble Truths transformed into a series of body movements with controlled chakra breathing. This system was developed by Hwarang (花郎) warriors of Silla during the Three Kingdoms Era (三國時代) and practiced by nation-defending monks during the Goryeo and Joseon Dynasties as part of the *hoguk-bulgyo* (護國佛教, nation-protecting Buddhism) tradition, but declined by the 1800s. It was revived by Master Jeog-un, a monk who popularized it at Golgul-sa during the 1970s. The temple now manages a Seonmu-do Training Center, the International Seonmu-do Association, and the Seonmu-do College. This Korean martial art is the focus of Golgul-sa's very popular TempleStay program, the best-attended one in the Gyeongju region.



Famous carving of Buddha at Golgul-sa

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