

Golden Age Newsletter February 2025

Richard Buessing and Carol Pobanz
February 4, 2025



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Hello Goldies, Welcome to the new look! It's all the same content with a simpler format. We hope you enjoy!

This month features Mr. Downy's take on N. Korea's Market Generation, Rekindling Sp. Parent and Child Relations, UTS Sisters' Reunion, Testimony from Mereth Van Frank Huemer, Tasty Cauliflower recipe and an invitation to a zoom book discussion.

This Month's Message



Photo credit: Michael Downy

The Market Generation

by Michael Downy

Have you heard of Jangmadang? Loosely translated, it means “the Market Generation” and it describes the lifestyle and mindset of the generation that has come of age in North Korea since the famine of the 1990s. In many ways, they are no longer under the ideological or economic thumb of the ruling regime.

This is from Park Yeon Mi, a refugee from the north, in her book *In Order To Live*:

"Still, I learned something important from my short time as a market vendor: once you start trading for yourself, you start thinking for yourself. Before the public distribution system collapsed, the government alone decided who would survive and who would starve. The markets took away the government's control. My small market transactions made me realize that I had some control over my own fate. It gave me another taste of freedom."



In the mid 1990s many in North Korea turned to the illegal markets in order to survive. Funny thing is, those who were the best communists and were most loyal to the Kim regime in word and deed, died first. The rebels, the sceptics, and the adventurers created the markets and survived. One of these was Kim Hee Soon (of course, not her real name) and this is her story.

Kim Hee Soon's mom was one of the market pioneers in their home town in the northeastern hinterlands. After watching her own father turn into a bag of bones and pass away, her mom determined that she and her children would survive. It began small with five pitiful-looking, half-rotten sweet potatoes. She had unearthed them almost accidentally when digging an outhouse. But they were edible and so worth their weight in gold. She boiled two and fed them to her ravenous kids for an unexpected evening meal. The other three she bartered to a neighbor for three cups of oil and a large handful of barley. It was a revelation and a way forward. By hustling around, she began to not only feed her kids but also to build up a surplus. She bought an old bicycle with a basket and was able to move around the villages in the district, always with an eye out for anything that could be bought and sold. Several bicycle vendors would meet up at a crossroads, lay out

their wares on blankets spread on the ground, and people would come. Of course, someone would always watch for the police. When the coppers approached on foot, the entrepreneurs would throw everything onto the bikes and pedal off.

Some, like Hee Soon's mom, were naturals at it and they branched out into used clothing, shoes, alcohol, and anything that there was a demand for. The markets expanded and sprung up like mountain mushrooms after a spring rain. The local authorities did their best to suppress this decidedly ideologically polluted activity but a full belly trumps ideology every time. It was dangerous and if caught, a marketer faced severe punishment. A bribe into the right hand often mitigated that.

Hee Soon began helping her mother early on and she found that she also had a talent for buying and selling. "How wicked," she thought. Before long, she initiated her own enterprises. Her specialty was hooch, a kind of homemade alcohol. She scrounged for the basic ingredients, which were some kind of fruit, sugar, and copious amounts of water. It was close to rotgut but had the desired effect and there were always customers.

For a 12-year-old girl, the effect was powerful. By engaging in her own business activities, she became liberated. She made her own choices and would live or die by the results. She was freed from the thought control imposed by the Workers Party of Korea and the ruling Kim family. She began to think for herself and it was exhilarating. On top of that she ate every day and she and her mother became the saviors of their family, as well as many others in the neighborhood. She and the other marketers her own age became the "Market Generation." Hee Soon and her mom followed their dreams and ambitions out of North Korea and into South Korea.

The initial motivation for folks to engage in such dangerous activities was to stave off starvation and that they did. An unexpected result is that they became free. Free from the enforced thought control of the Korean Workers Party and ruling elite. In the beginning they bought and sold the basic necessities of life like food, clothing, and fuel. As the markets expanded, they began to deal in other things like radios, VCRs, and CD players. With an unregistered radio you could listen to forbidden broadcasts from Voice of America and even Christian Broadcasting. South Korean dramas, K-Pop, and popular TV shows from America and other countries, available on CDs and DVDs, opened up the wide world for those who were wicked enough to dare.

I can't help thinking that there is an entire generation that is already free in mind and heart living in North Korea. They are surely longing to fully experience their God-given human rights of freedom of speech, freedom of religion, and freedom of expression. Any negotiation or deal struck with the ruling elites must take into account the hopes and dreams of the North Korean people.

Spiritual Reality

Unity and Reuniting

By Glenn and Marion North

It was the third of January, 2025. A wintry scene was outdoors and the phone was ringing. I did not recognize the number, and most times I don't answer if it is not familiar. However, I pushed answer. "Hello, this is Katsumi, I am in New Jersey," and thus began the reconnection of my husband Glenn with his spiritual son Fumio in Japan.

They met in the summer of 1975 while Glenn was witnessing in Japan as part of the IOWC first global team. They met in Osaka, outside a pachinko parlor. They had not been in touch for 50 years....

[To read more, please click here!](#)



Dawning of a New Age



Photo credit: Linda Shapiro Zochol

A Golden Weekend Get-Together After Years Apart

by Linda Shapiro-Zochol

On September 20 - 23, 2024, our lives were revived and forever changed - thanks to our UTS sister and friend, Anne Hoover, who invited many women alumni to spend a long weekend at her lovely cottage near Ithaca, NY. A few of us had to look twice to recognize our old buddies from UTS, since for some it had been 30-40 years since they had met!



Initially, we relaxed after traveling to her cottage, and then sat down to share a delicious and healthy dinner. The breakfasts, lunches and dinners were so healthy and scrumptious. The food helped everyone feel very much at home and we all pitched in to cook and set up for the meals.

Anne had asked all of us to prepare some activity to share with the whole group. I began outdoors, the next day, after enjoying our meal in beautiful nature with the butterflies, leaves falling and fresh smells all around. It was heaven. I shared a short reading from the *Mother of Peace* about how precious each of our births is and that we have infinite value to God and the world. Going around the circle, we all shared our gratitude for our lives, the gifts that God has given each one of us and the passions each of us have that we easily give and share with others. While speaking about each of these areas, the women would offer tidbit stories as well as more detailed experiences in their past and present lives. You can imagine how heartfelt and deep the sharing was. It was so moving to hear and see how each of us had grown, had gone through trials and tribulations, and had experienced victories, big and small.

[*To read more, please click here!*](#)

How Our Spiritual Daughter Met the UM

By Mereth Van Frank Huemer

Marlaina and Robbie first met while working together at the Walmart deli in Saratoga Springs, NY. Marlaina worked with integrity and with an amazing work ethic. She was firm, but kind and was very interesting to talk with. Marlaina, who was searching for answers to her dysfunctional life, asked many questions of Robbie, who shared her faith with Marlaina without specifying what faith she had. At one point, Marlaina asked Robbie what religion she followed.

Robbie said, "I'm a Christian."

Marlaina replied, "No, you're not."

[*To read more, please click here!*](#)





Health and Recipe

Cauliflower Au Gratin

By Christine Libon

One of my husband's favorite vegetables is cauliflower, which happens to be in season. But I didn't want to serve it simply steamed or lightly battered and fried. I had watched a TV chef prepare a recipe Au Gratin style; so I googled and selected a recipe with a good number of reviews and a high rating. I adjusted the recipe to make it easier and lighter by using evaporated milk rather than cream, using less cheese, and eliminating the bread crumb topping. The end result turned out to be amazingly delicious, and a perfect accompaniment to pasta with red sauce. The recipe follows, but all you need to do is make a basic white sauce, steam a head of cauliflower cut into flowerlets, top it with slices of cheese (I used provolone), and bake it to melt the cheese. Oh, I don't usually keep nutmeg on hand, so I substituted a small pinch of cinnamon.

Ina Garten is a great chef, but I remind myself to lighten her recipes, unless I want to widen my clothes.

theviewfromgreatisland.com/ina-gartens-cauliflower-gratin-recipe-updated/



Bulletin Board



Photo credit: Carol Pobanz

The Golden Age Newsletter began as a small Clifton Senior newsletter about 3 years ago.

ARTICLE GUIDELINES

Purpose: The Golden Age newsletter has been created as a means to keep our elder community connected to one another. Articles are not in any way meant to proselytize or push a point of view.

It is a place to share God's Love – what is positive in our life as a result of finding our Heavenly Parent and True Parents.

Motto: "This is the Dawning of our New Age" – We are always in the process of redefining ourselves as we grow older and as we add experiences to our lives. Therefore, we must consider how God can use us even when we may be decreasing in our physical capabilities.

The e-newsletter is broken down into eight sections:

1. A Featured Message of Inspiration – Helping others to feel hope and inspiration for the establishment of CIG.
2. "Unification Thoughts" – any educational article on the "Fifth Realm of Heart" – Grandparents' heart
3. History Byte – A short article on a positive memory, a funny or affectionate story about experiences in the church with True Parents or with brothers and sisters or an article about the development/experience of helping to develop one of True Parents' providential projects or events.
4. Arts and Culture – A sharing about one's talents, hobbies or interests and

how this relates to sharing God's love (to family, community, nation or world).

5. Tributes and Testimonies– a personal testimony of one or more life learning experiences or a Tribute to a spouse, friend, or leader
6. Health – An article that relates to health (physical or mental), possibly providing a link to an article you think might be interesting or important to other seniors.
7. I Love being a Grandparent – stories about grandparenting or about things to do with grandchildren
8. Recipe – Preferably a healthy recipe along with 2–3 paragraphs about what makes it a good or memorable recipe.
9. Book Review – report on a book that inspires thoughts toward a world of peace
10. Bulletin board – reports on personal activities, or request help on a project

Kiyoko Bowman – USA is inviting you to a scheduled Zoom meeting.

Topic: Discussion: Jackson Bowman’s book, “I Am No Longer Satan, Your Enemy!

Time: Every week on Sun, until Nov 30, 2025, 46 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [us02web.zoom.us/meeting/tZ0tf-C0qj0uHdRSaAx7ZGx4TDVa_uV-QveM/ics?icsToken=DC7pm42zwRbRoC61KQAALAAAEZp6SPwLWu_ZZAP0n7gg5Gz46QJutMt1MNhbT5abOhjuDRRfquDYdbn9rGI_J1WsAXmGPhp-s-80WIDTAwMDAwMQ&meetingMasterEventId=nBrZwCtQQy-jFfAaW7-avQ](https://us02web.zoom.us/join?pwd=us02web.zoom.us/meeting/tZ0tf-C0qj0uHdRSaAx7ZGx4TDVa_uV-QveM/ics?icsToken=DC7pm42zwRbRoC61KQAALAAAEZp6SPwLWu_ZZAP0n7gg5Gz46QJutMt1MNhbT5abOhjuDRRfquDYdbn9rGI_J1WsAXmGPhp-s-80WIDTAwMDAwMQ&meetingMasterEventId=nBrZwCtQQy-jFfAaW7-avQ)

Join Zoom Meeting

us02web.zoom.us/j/89089046470?pwd=kyTkYPJTbBfQRLz5gFlnw90nxzw0K2.1

Meeting ID: 890 8904 6470

Passcode: 201547

One tap mobile

+13092053325,,89089046470#,,,,*201547# US

+13126266799,,89089046470#,,,,*201547# US (Chicago)

Dial by your location

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- +1 305 224 1968 US
- +1 507 473 4847 US
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- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US

Meeting ID: 890 8904 6470

Passcode: 201547

Find your local number: us02web.zoom.us/j/kcVOTsluPY

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not familiar. However, I pushed answer. "Hello, this is Katsumi, I am in New Jersey," and thus began the reconnection of my husband Glenn with his spiritual son Fumio in Japan.

They met in the summer of 1975 while Glenn was witnessing in Japan as part of the IOWC first global team. They met in Osaka, outside a pachinko parlor. They had not been in touch for 50 years. Fumio's daughter Yukari was visiting America. So, her dad asked if she would see if she could find Glenn North. She found a champion in Katsumi Sabourin. Katsumi made call after call, asking other church family members if they knew Glenn North. In speaking with Carol Pobanz, Carol proposed calling Marian North, suggesting that maybe she was blessed with Glenn.

Glenn, in fact, was able to speak with Katsumi and to confirm that he was on the Global team in 1975, and also that he recalled meeting a young man by that name. He shared that he had written to him, but never heard back. Fumio's daughter had with her a photocopy of a note Glenn had given to her dad fifty years ago: "Always be strong!" Glenn, 10/30/75, it read. This note was indeed in Glenn's handwriting. There was also a photograph of a very young Glenn with





Photo Credit: Glenn North

What a validation of the purpose and grace of the Global Team effort! How amazing that this seemingly tenuous connection was still treasured by the young man Glenn met. He still held and cherished the photo, and the small note of encouragement.

Two weeks later, Yukari set up a Zoom meeting with her dad in Osaka, Glenn in Wisconsin, and herself in New Jersey, together with a really impressive translator, who did a minimally editorial and highly articulate job in translating. Spiritual son and spiritual father are now grizzled and grey. They exchange memories of their initial meeting. As for Fumio, he remembers Glenn asking him if he had a true friend. He thought long and hard about this, and decided no, he did not. They also updated each other on their lives over the past 50 years in very abbreviated summaries! He told Glenn he always thought that Glenn was a very good person and thanked him for showing him the correct path in life.

Now Glenn's daughter Carmel is living in Australia and left yesterday for five weeks of touring Japan. Armed with addresses and phone numbers in Japan, Glenn's daughter will reach out to the newly connected spiritual family. Carmel contacted her cousin in Singapore who is a translator for Japanese and Chinese. Her cousin will come to Japan for a few days with Carmel. Hopefully this family can connect and the vagaries of their distant connections can be solidified by face-to-face encounters. How precious is every outreach for spreading the Word and heart of God our Creator. This blast from the past has totally moved Glenn's heart!

- Glenn and Marian North – north.glenn@gmail.com





Photo credit: Marian North

< A Golden Weekend Get-
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A COLLEGE WALKER'S TRIP



By Linda Shapiro-Zochol

On September 20 - 23, 2024, our lives were revived and forever changed - thanks to our UTS sister and friend, Anne Hoover, who invited many women alumni to spend a long weekend at her lovely cottage near Ithaca, NY. A few of us had to look twice to recognize our old buddies from UTS, since for some it had been 30-40 years since they had met! Initially, we relaxed after traveling to her cottage, and then sat down to share a delicious and healthy dinner. The breakfasts, lunches and dinners were so healthy and scrumptious. The food helped everyone feel very much at home and we all pitched in to cook and set up for the meals.

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All Photo Credits: Linda Shapiro-Zochol

Anne had asked all of us to prepare some activity to share with the whole group. I began outdoors, the next day, after enjoying our meal in beautiful nature with the butterflies, leaves falling and fresh smells all around. It was heaven. I shared a short reading from the *Mother of Peace* about how precious around the circle, we all shared our gratitude for our lives, the gifts that God has given each one of us and the passions each of us have that we easily give and share with others. While speaking about each of these areas, the women would offer tidbit stories as well as more detailed experiences in their past and present lives. You can imagine how heartfelt and deep the sharing was. It was so moving to hear and see how each of us had grown, had gone through trials and tribulations, and had experienced victories, big and small.

Next, was Tamie Wilenchik (Johnson), who shared a writing exercise in Haiku poetry. We were blessed with the presence of Therese Stewart, our former UTS Dean, who joined our writing exercise and shared dinner with us. The Haiku poetry brought out the creative juices in each of us. Here are a few samples.

Lynn Walsh

Laughing sharing friends

God's love abounds ricocheting

Aging slips away

Therese Stewart

Pond near the breezeway

Koi fish swimming

A fly passes by

Linda Shapiro-Zochol

Chickadees singing

Jumping on the twigs

Leaves raining down on us!

Tamie Wilenchik

In Cayuga Lake

Setting summer sun brightens

My old friends' faces

Leaves falling down on us:

Tamie Wilenchik

In Cayuga Lake

Setting summer sun brightens

My old friends' faces

Ann Hoover

The leaves dance with glee

Swirl and float from above

My heart leaps for joy

The following day, we all took a car trip to Taughannock Falls in Ithaca, NY. Some hiked around a bit and took our group pictures, enjoyed the incredible sights and bought some souvenirs for family. We felt like time hadn't separated us much, and yet it had. The deep bonds from our UTS days were still within us and yet, our lives had all changed and grown in many different directions and paths.

Returning to our cottage, some relaxed in the Jacuzzi, some cut up the veggies and food for dinner and others were engrossed in deep conversations. Later, Beatriz shared about the different levels of spiritual development and had each woman choose a gemstone that she was drawn to. I got the rose quartz stone, signifying the development of my heart and urging me on to higher heart levels

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Later, Dorothy Hill shared Ho'oponopono, a traditional Hawaiian practice of together at a picnic table and shared Animal cards with special quotes to encourage and enlighten each of us with new perspectives on our lives and future. Some were surprised at which animals they chose and yet the message given was exactly what she needed to hear. LOL. As well, we had worked with Rumi cards from Beatriz the evening before, which brought tears to some women. Yes, the weekend was full with so much to share. Each moment had a purpose and seemed to draw us closer together in heart. I find myself still reflecting and taking in so much from our four days together. Shall we do it again? Thank you to all our sisters in heart who came from all over the USA to bond with each other.



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Daughter Met The UM

Unity And Reuniting >

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Blessed Family photos by [@Fukuya.Sano](#)

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Robbie said, "I'm a Christian."

Marlaina replied, "No, you're not."

You see, Marlaina came from a very difficult family situation. Her mother died when she was just a baby, 18 months old, and her father ended up in prison for child abuse and died when Marlaina was only 9. Her mother's sister, Aunt Ruth, left a carefree life to raise Marlaina, even though she had little, if any, skills in raising children. Marlaina had dyslexia and never thought nor believed she was very smart. She was unsure about her value and always thought herself to be "weird." Marlaina was searching for a way out of the hell she lived in her life and read many books on psychology and on spiritual matters. Her first foray into

somehow the life she saw Robbie leading was a real inspiration. Eventually, she got Robbie to tell her about what kind of life she led and why. They had many deep and spirited conversations and Marlaina learned a lot.

One day, Robbie took her out to the parking lot and opened the trunk of her car and pulled out a small red book. "Are you sure you want this book?" she asked. "Because there is no going back once you read it."

"Yes! Yes! I want it!" exclaimed Marlaina eagerly.

The book was called *The Divine Principle and It's Application* by Dr. Young Oon Kim. It was the only book Robbie had from her earlier time in the Unified Family.

After reading the book, Marlaina had many more questions, but Robbie told her, "You're going to have to call the church center in Albany to get any current answers. I haven't been in the church for over 40 years."

Our church center in Albany is about 40 miles away from that Walmart deli and

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answers. I haven't been in the church for over 40 years."

Our church center in Albany is about 40 miles away from that Walmart deli and is the closest center to Saratoga Springs. One day at the center, we received a phone call from a young lady (Marlaina) who had some questions for us. Sebastian and I arranged to meet her at a McDonald's in Saratoga's downtown. We spent about two hours having lunch, getting acquainted and answering her questions. We didn't hear from her for a couple of months. But then she asked us her own business. And she has related how God has put many mothers and fathers (including us!) into her life to help her learn how to relate to the idea of True Parents and Heavenly Parent. She is currently looking for a match so she can attend the Blessing.

I must say that she has been a great blessing to me. I have learned so much from her and I have a friend I can talk to – sometimes for hours. My mother once said to me when she was in her 90s that all her friends had passed away. I told her that my friend, Marlaina, is half my age and will hopefully still be there when I am in my old age too.



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All Photos credit to Mereth Huemer



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