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FAPAC-DOI Newsletter



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President's Letter

Dear Chapter Members,

Happy April! I hope you are enjoying this season and taking time to see and smell the flowers. In honor of Earth Day, I wanted to share a bit with you about one of my favorite places on Earth.

Tuolumne Meadows is a high-elevation wonderland in Yosemite National Park. You'll find endless granite slabs, domes and peaks, wildlife, and stunning views. My favorite places include those where you can hear the Clark's nutcrackers calling – somewhere near or above treeline is where I am most content. I have climbed many of the most classic routes in Tuolumne over the years, including routes on Cathedral Peak, Fairview Dome, and Matthes Crest. There is simply nothing like walking along a ridge at 10,000+ feet with nothing to the left or right of you but air and these incredible views.

Thank you all for your hard work to protect and further the conservation of these incredible places on our precious planet Earth.

All the best,



Lena Chang
President, FAPAC-DOI



*Lena Chang on Matthes Crest, Tuolumne Meadows, Yosemite National Park, CA
Photo by Tom Clancey*

Member spotlight

Linus Chen

Attorney-Advisor

Office of the Solicitor

Division of Parks & Wildlife, Branch of Fish & Wildlife

How long have you been employed in the Federal government?

At FWS from 2000 to 2005. At SOL from 2008 to present.

When did you join FAPAC?

2017?

What are some of your favorite things about being a member of FAPAC-DOI?

Being able to meet the other members from around the country and getting their perspective on Asian-American-related issues.

How do you enjoy spending your free time?

Trying to keep the peace between the two kids...

Do you have any advice to newer employees getting started in their Federal careers?

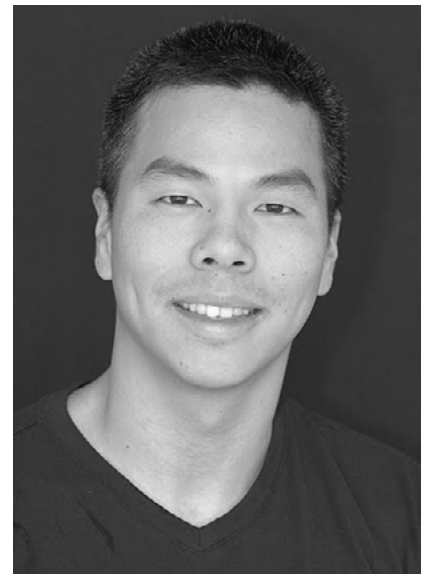
I agree with the previous advice [[from March 2022 FAPAC-DOI newsletter](#)] of maxing out on TSP. Relatedly, maybe if you can, pick up a compatible second job (for example, I've taught group fitness classes, and got paid to exercise). Also, be active in the community and meet people. When I started my Federal career, I sang in a professional volunteer choir; one of my fellow choristers is now Assistant Attorney General, Todd Kim.

What do you look for in a mentor? How have mentors helped you in your career and what more can mentors do to help employees on their career paths?

Mentors can be anyone. They don't have work in the same field as you do. They may have lots of wisdom and experience that they can share.

What else would you like FAPAC-DOI to know about you?

I am illiterate in multiple languages and fluent in Danish (not the language, but the pastry).



Mental Health and Self Care for AAPI Professionals

Kimberly Ly

Social Science Research Analyst

Office of Diversity, Inclusion, and Civil Rights (ODICR)

With the arrival of Spring, people feel an awakening within as our senses are delighted by the fragrance of new blossoms, the sight of new growth, and the promise of warmer weather. Spring invites us to rejuvenate ourselves and embrace a new beginning, a new idea, or a new aspiration. Each year millions of Americans face the reality of living with a mental illness. May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experiences. Each year people fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

The [National Latino and Asian American Study \(NLAAS\)](#) reported that while 18% of the general U.S. population sought mental health services and resources, only 8.6% of Asian Americans sought those services. Cultural barriers and religious beliefs have caused a negative attitude regarding mental health in some People of Color communities. Because of this, many people choose suffering over professional help. To celebrate this Spring, let's take care of our spiritual, emotional, mental, and physical wellness. The following list provides resources for mental health and self-care:

- [Asian American Psychological Association](#) — This organization is committed to helping Asian Americans succeed through various resources and initiatives.
- [The Asian Mental Health Collective](#) — This resource can aid you in your search for a mental health professional.
- [The National Asian American Pacific Islander Mental Health Association](#) — This resource provides mental health and behavioral services for Asian Americans, Native Hawaiians, and Pacific Islanders.
- [South Asian Mental Health & Network](#) (SAHMN) — SAMHN is a nonprofit that addresses the mental health needs of the South Asian community in the U.S.
- [Asian American Health Initiative](#) (AAHI) — AAHI is committed to improving the health and wellness of Asian Americans through equity, community engagement, data-driven approaches, and more.
- [Asian Mental Health Project](#) — This project aims to educate and empower Asian communities in seeking mental healthcare.
- [Asian American Racism & Mental Health Resources](#) — This site offers resources tailored toward learners, parents, educators, mental health clinicians, and allies.

My Favorite Cookie Recipe

Barbara Green
Equal Opportunity Manager
National Park Service, Alaska Regional Office

DoubleTree by Hilton Hotels is known for welcoming their guests with warm chocolate chip cookies. Guests have consumed more than 30 million of these tasty treats annually and I can understand why, since I have indulged in a cookie or two and can attest it is decadently delicious.



A few years ago, I had the pleasure of staying at the DoubleTree in Seattle. A self-proclaimed chocolate chip cookie aficionado, I savored every morsel of the culinary confection and thought about how I would love to polish off another one. Thus, I was ecstatic when the hotel kindly shared their recipe, which was a monumental day for me since their cookies are my absolute favorite, and I did not waste any time in printing it and buying ingredients to bake my own batch. Needless to say, it was a bit of chocolate chip heaven for me.

In April 2020, Shawn McAteer, senior vice president and global head of DoubleTree by Hilton said, “We know this is an anxious time for everyone. A warm chocolate chip cookie can’t solve everything, but it can bring a moment of comfort and happiness. We hope families enjoy the fun of baking together during their time at home, and we look forward to welcoming all our guests with a warm DoubleTree cookie when travel resumes.”

Well said, Mr. McAteer. Thank you to DoubleTree for graciously sharing their recipe so we can bake a bit of comfort and happiness in our own homes, and I thought I would share this recipe with our

DoubleTree Signature Cookie Recipe *(makes 26 cookies)*

1/2-pound butter, softened (two sticks)
3/4 cup + 1 tablespoon granulated sugar
3/4 cup packed light brown sugar
2 large eggs
1 and 1/4 teaspoons vanilla extract
1/4 teaspoon freshly squeezed lemon juice
2 and 1/4 cups flour
1/2 cup rolled oats
1 teaspoon baking soda
1 teaspoon salt
Pinch cinnamon
2 and 2/3 cups Nestle Tollhouse semi-sweet chocolate chips
1 and 3/4 cups chopped walnuts

- Cream butter, sugar and brown sugar in the bowl of a stand mixer on medium speed for about two minutes.
- Add eggs, vanilla and lemon juice, blending with mixer on low speed for 30 seconds, then medium speed for about two minutes, or until light and fluffy, scraping down the bowl.
- With the mixer on low speed, add flour, oats, baking soda, salt and cinnamon, blending for about 45 seconds. Don’t overmix.
- Remove the bowl from mixer and stir in the chocolate chips and walnuts.
- Portion the dough with a scoop (about three tablespoons) onto a baking sheet lined with parchment paper about two inches apart.
- Preheat oven to 300°F. Bake for 20 to 23 minutes, or until the edges are golden brown and the center is still soft.
- Remove from oven and cool on baking sheet for about an hour.

Our Favorite Places on Earth



“The Channel Islands National Park are one of my favorite places to go to on earth. I love so many elements of visiting these islands - from the magical ride over with the surfing dolphins, to the spectacular views and flowers while hiking on the island, to the charismatic island endemics, to the colorful world beneath the ocean’s surface. I am so grateful these islands are right off the coast and I never tire of visiting them!”

- **Karen Sinclair (FWS)**



“So far, my favorite place on earth is Sequoia National Park. Last year, my husband and I visited the Park and I simply became fascinated with the huge Sequoia trees and their longevity. Even though we drove through King’s Canyon and took in a day at Yosemite National Park, I was still mesmerized by the beauty of the large California evergreens. I hope to go back someday; however, until then I will celebrate Earth Day by taking my daily walk on the trail through the wooded area of our subdivision.”

- **Karen Ridgeway (OSMRE)**



Dusk at Joshua Tree National Park

- **Lena Chang (FWS)**

Tuolumne Meadows in Yosemite National Park

- **Dou-Shuan Yang (FWS)**



Donner Summit in California

- **Dou-Shuan Yang (FWS)**

Member resources

What we're watching...

- Everything Everywhere All At Once
 - [Michelle Yeoh's most iconic characters](#)
 - [Our Great National Parks](#) (Netflix series)
-

What we're reading...

- [Cuban-Chinese Arroz Frito](#)
- [Artistic maps of Pakistan and India show embroidery techniques of each region](#)
- [Brightly embroidered Temari balls are a kaleidoscope of geometric design](#)
- [Ketanji Brown Jackson's successors reflect on her nomination](#)
- [Black women in law welcome Jackson's confirmation with pride](#)
- [NPS awards \\$1M to help preserve underrepresented community history](#)
- [A portfolio of women's history in the NPS](#)

Contact us at fapacboard@ios.doi.gov to join our email list and get the latest news!

MEMBERSHIP

FAPAC has been a reputable organization since 1985 because of its members' contributions. Your dues support FAPAC programming and a portion of it goes directly to our FAPAC-DOI chapter. Sign up at fapac.org/Membership