



# **FEBRUARY 2022**

## **FAPAC-DOI Newsletter**

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## President's Letter

Dear Chapter Members:

Happy Lunar New Year!

I spent the Lunar New Year visiting loved ones in Washington State. I had the good fortune to see some incredible natural areas and wildlife. I enjoyed watching buffleheads bob, mergansers cruise, and incredibly charismatic harlequin ducks boasting from the very cold waters off the Olympic Peninsula. Meanwhile, bald eagles glided over as I tried not to trip over barnacles and slip on exposed algae on the rocks at low tide. How glorious! I celebrated by recharging my soul in nature. Thank you for all you do and continuing to share your stories with us! A happy and healthy new year to you all!

All the best,



Lena Chang  
President, FAPAC-DOI



*Exploring! Salt Creek Recreation Area,  
Olympic Peninsula, Washington*

# Member spotlight

## Rebecca Au

### Volunteer and Internship Specialist

### National Park Service (Golden Gate National Recreation Area)

#### How long have you been employed in the Federal government? When did you join FAPAC?

3 months! And I believe it was last May?!

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

I enjoy meeting so many different people from different agencies who share a similar cultural background. It's nice to not have to explain myself very much to this group and form a sense of connection with people outside of NPS. I also enjoy the support that many people have given me as I navigate through my work and appreciate the comradery very much!

#### How do you enjoy spending your free time?

I'm a huge fan of video games - especially Legend of Zelda! I also love doing arts and crafts - book binding and upcycling paper bags into hand made journals. Creating perler bead magnets, crocheting Totoros... Playing board games, piecing together puzzles. Anything that gets me away from the computer and using my hands and colorful gelly roll pens :)

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

Establish an IDP (Individual Development Plan) with your supervisor soon! It's been a great tool to advocate for yourself and what you want to get out of your time with your agency! This job has so many pathways to growth locally, regionally, and nationally! If you can - stretch outside and meet new folks like in FAPAC-DOI - you should do it!

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

I look for someone who I can laugh with and ask all the silly questions I've always wondered... What is a eOPF?! Why do I need to download my SF50 and put it into the Express? Why is time... Quick! xD There's a huge learning curve when it comes to agency acronyms, leadership structures, working groups, committees, task forces, policies etc...It's easy to get lost; I need help from someone to point the way. Mentors who have helped my career have tended to approach mentorship in this way. They tell it to me like it is and keep things light and funny. I've learned so much by not taking things seriously and connecting to my why...My mentors have all acted like a guiding star to that why! Because we all want to make the world a better and kinder place in our own special way! Mentors - help be upstanders in your mentees' career, identify when they are struggling and help uplift and motivate!

#### What else would you like to tell us?

I'm a Libra and I enjoy walking, dogs, and making friendship bracelets!



*My supervisor (left) and me (right) at a Beach Cleanup we led for the European Union in celebration of COP25*

# National Day of Remembrance

## Hanako Wakatsuki

### Superintendent, Honouliuli National Historic Site (Aiea, Hawaii) National Park Service

This year marks the 80th Anniversary of Executive Order 9066, which led to the mass incarceration of Japanese Americans during WWII. This was due to “race prejudice, war hysteria, and the failure of political leadership” according to a congressional study conducted 40 years later. I spent most of my career supporting the preservation, development, and interpretation of all the Japanese American confinement sites that the National Park Service manages: Minidoka National Historic Site, Manzanar National Historic Site, Tule Lake National Monument, Bainbridge Island Japanese American National Memorial, National Japanese American Memorial to Patriotism During WWII, and Hono‘uli‘uli National Historic Site.

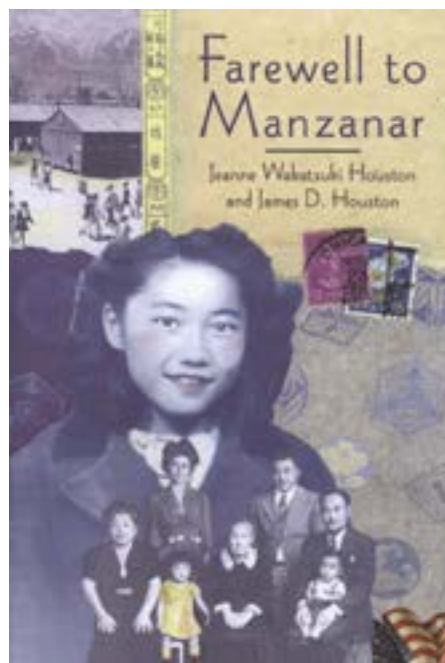
I joined the National Park Service to honor my ancestors who were incarcerated during WWII. My family history intersects with the difficult realities of our nation. Four generations of my family were incarcerated at Manzanar while my extended family were separated across Gila River, Minidoka, and Tule Lake. However, none of this history was not reflected in my education.

We must ensure that all Americans feel represented in our history books. To build a brighter future, we must confront our darker past.

Many may not know that the U.S. Department of the Interior eventually oversaw the operation of the War Relocation Authority camps starting in 1944. When I wear my National Park Service badge, I am representing the agency that incarcerated my family and now preserves this history. This dichotomy/irony/reality is not lost on me. This notion centers my mission for the National Park Service to tell the story of Japanese Americans accurately and authentically. The National Park Service has been leading the federal government to use [accurate terminology](#) when tell-

ing this history as it has been institutionalized in the [Harper's Ferry Style Guide](#), because words matter. As the nation's storyteller, we should not continue using euphemistic language and should be mindful of how the words we use may perpetuate a misunderstanding of the history.

On the anniversary of this grave injustice, the National Park Service and the White House are reaffirming their commitment to the American public: to never forget the violation of civil liberties and civil rights of Japanese Americans during WWII and to stand up to racism and xenophobia. This year the National Park Service is hosting a three-day event with the Smithsonian and the Heart Mountain Wyoming Foundation to provide meaningful community engagement surrounding this topic. More information can be found [here](#). Make sure to check out the opening program as there will be a greeting from Vice President Harris!



*Big image in background: Great Aunt Jeanne  
Back row: Grandmother Chizuye Wakatsuki and  
Grandfather Woodrow Wakatsuki  
Front row: Great-grandmother Riku, Aunt Patty, Great-  
great-grandmother Sugai, Great-grandfather Ko, and  
Uncle George*

# Black History Month: Yesterday, Today, and Tomorrow

**Martin J. Moore III**  
**FAPAC-DOI Vice President of Programs**

## **Black History Month Today**

We have long been taught that February is recognized as Black History Month. We see the announcements in emails, features on television shows, and even feature films all throughout the month. On January 31st, 2022, President Biden released [A Proclamation on National Black History Month](#). In his message, he acknowledges and celebrates the rich experiences of Black History that has built this nation. The President further acknowledges the countless Black Americans who portrayed courage and resilience in fighting for equality while simultaneously building America: “In the face of wounds and obstacles older than our Nation itself, Black Americans can be seen in every part of our society today, strengthening and uplifting all of America.”

## **Some History about Black History Month per the Library of Congress**

As a Harvard-trained historian, Carter G. Woodson, like his predecessor W. E. B. Du Bois, believed that truth could not be denied, and that reason would prevail over prejudice. His hopes to raise awareness of African American’s contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925. The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. The response was overwhelming: Black history clubs sprang up; teachers demanded materials to instruct their pupils; and progressive whites who stepped forward to endorse the effort.

The celebration was expanded to a month-long celebration in 1976, the nation’s bicentennial. President Gerald R. Ford urged Americans to “seize the opportunity to honor the too-often

neglected accomplishments of black Americans in every area of endeavor throughout our history.” That year, fifty years after the first celebration, the ASNLH held the first Black History Month. By this time, the entire nation had come to recognize the importance of Black history in the drama of the American story. Since then, each American president has issued Black History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year.

## **Right Here with Us with National Park Service**

National Park Service is celebrating Black History Month by embracing 400 years of the African American Experience.

*“The laws of changeless justice bind*

*Oppressor with oppressed;*

*And close as sin and suffering joined*

*We march to fate abreast.” - John Greenleaf Wittier*

## **Did You Know? (provided by the [U.S. Census Bureau](#))**

46.9 million: The Black or African American alone or in combination population in the United States in 2020. -[2020 Decennial Census](#)

89.4%: The percentage of African Americans aged 25 and older with a high school diploma or higher in 2020. -[Current Population Survey](#)

30.7%: The percentage of the employed Black population ages 16 and older working in management, business, science, and arts occupations in 2019. -[2019 American Community Survey](#)

134,567: The number of Black-owned employer businesses in the United States in 2019.

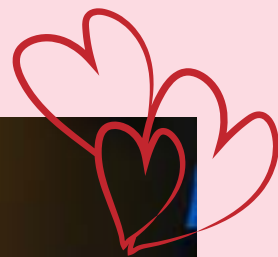
-[2020 Annual Business Survey, data year 2019](#)

3.2 million: The number of Black civilian military veterans in the United States nationwide in 2019.

-[2019 American Community Survey](#)



# *My Special Valentine*

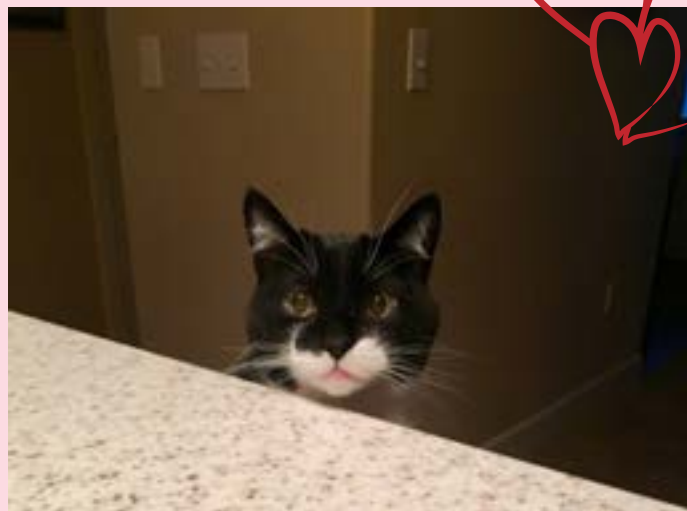


**Barbara Green**  
**Equal Opportunity Manager**  
**National Park Service**  
**Alaska Regional Office**

February is a meaningful month for me. The Lunar New Year began on February 1st. We celebrate Black History Month to commemorate the noteworthy contributions and laudable achievements of Black and African Americans. We also celebrate Presidents' Day, in honor of Presidents George Washington and Abraham Lincoln's birthdays, along with those who have served as president. My parents were married in February, and then there's Valentine's Day, when we bask in the love of our special valentine, and mine is my cherished furball of a cute and cuddly kitty, aptly named Mochi since he is so wonderfully sweet.

In the summer of 2013, my daughter brought home a flyer she saw while shopping at Fred Meyer. Nicole favors dogs, yet she said she could not resist the precious face of this adorable cat and asked me if we could please adopt him. Admittedly, I could not resist, either. The face peering from the flyer melted my heart, with his big beautiful green eyes, which happen to be my daughter's eye color. His Tuxedo cat coloring reminded me of Oreo cookies, and yes, I'm always thinking about treats, so I told Nicole she may drive to Animal Care and Control to rescue him. And then I ate some chocolate chip ice cream to celebrate welcoming a new member to our family. Any cause for celebration by indulging in a decadent dessert is my idea of a good time.

We chose not to change his name since I love mochi and being named after a Japanese rice cake was appealing to me. Can you sense a pattern with me and sweets? I think my father's side of the family passed along a "craving desserts



gene" since my mother doesn't have a sweet tooth, yet I am soundly addicted to scrumptious sweet treats. Speaking of sweet, Mochi is atypical from the stereotypical cat who prefers not to socialize with human parents. The Animal Care and Control caretakers attested to his loving disposition and they were right. Fortunately, Mochi is a far cry from the cat I had growing up who would often terrorize me, by arching his back and hissing at me...a feline version of Stephen King's Cujo.

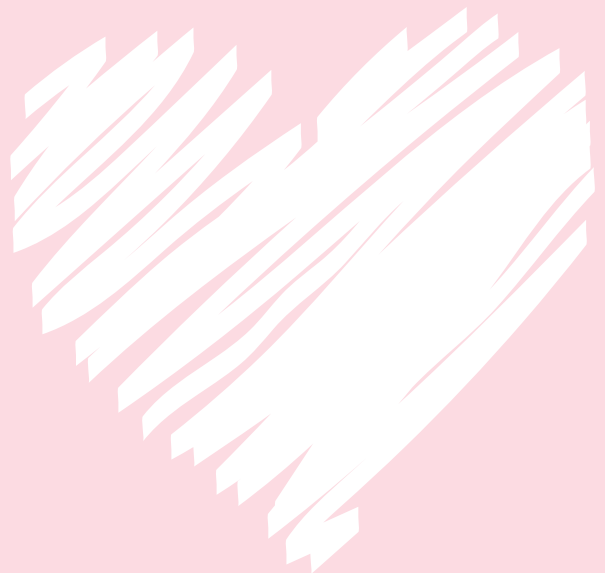
Who knew Mochi would become such a comforting companion during the pandemic? I have been teleworking since March 2020, and essentially isolated. My husband's job requires him to work at his office, and we are empty nesters, since our son Matthew is a junior in college and Nicole is in graduate school, so the only one at home with me is our fabulous fur family member. Mochi is my cuddlesome and lovable buddy, and he will lay underneath my desk or sit on my lap while I am working. There are times he considers himself to be my executive assistant and will perch on the keyboard or stare at the monitor.

Mochi is an endless source of entertainment. He enjoys watching videos on a phone, rolls over so we can rub his belly, sits on the stool by the kitchen island to watch me cook, crawls onto the back of the couch while we're watching television, or he chirps loudly when he sees a bird or moose in

our back yard. Mochi was an invaluable source of comfort for us when we had to put down our treasured dog Daisy, which was heartbreaking and soul crushing, and he helped soothe our heartache.

When I am not feeling well, Mochi will curl up beside me and lay there with me. When we first rescued him, he was emaciated and had a puncture wound on the side of his leg. We nurtured him back to good health, and although we rescued him, he also rescued me. As an introvert, I tend to keep to myself anyway, yet even more so during the past couple of years, so I am grateful my fur baby is here to help keep my sanity intact during those moments I enjoy having a bit of company.

I thank God my daughter saw the flyer to enable us to adopt our special valentine, our beloved Mochi, who has enriched my life by bringing me so much solace and joy; especially during a time I needed it the most. Here's to Mochi and to Reese's Peanut Butter Hearts, a winning combination to make Valentine's Day a sweet day. There I go again with the sweets...I have a one-track mind, friends...a one-track mind.



# Our Lunar New Year celebrations

## Philip Lu (FWS)

My Lunar New Year meal with friends and family! We have the Spring Festival Gala in the background.



## Kimm Fox-Middleton (FWS)

Celebrating the Lunar New Year with a hike my VanMan-Moms-Vancouver Mandarin Moms. Our kiddos connected through the Mandarin Immersion Program and nearly 12 years later we annually continue to find ways to celebrate the Lunar New Year!



## Kimberly Ly (ODICR)

Growing up Cantonese Chinese, celebrating Lunar New Year is always a big deal, and I have many wonderful memories. My mother and aunts would start preparing for the feast weeks in advance; making eight specialty dishes and shared their symbolic meanings on New Year Eve dinner. Eight is a lucky number in China as “ba,” which means eight, rhymes with “fa,” meaning prosperous. My favorite was watching my mother make vegetable spring rolls (春卷) and lo mein (长寿面) for dinner. On New Year’s Eve, the whole family reunites to have dinner with the whole family. We would have fa chay hou Xi (dried oysters in oyster sauce), ginger scallion lobster, snow pea shoots, steamed sea bass, dumpling vegetable spring rolls, lo mein, soup and sweet rice balls. There are endless visitors coming by to wish us a Happy New Year, and as kids we’d receive red envelopes with money inside. Fond memories indeed.

Living in the States, I’ve come to take the words Chinese New Year for granted in English. But truthfully this term doesn’t exist in Chinese, it’s always referred to as Lunar New Year. There are many other Asian cultures that follow the lunar calendar, and that’s just one of the many things that our cultures have in common.



## Janet Cushing (USGS)

I want to wish you all a Happy Lunar New Year, with good health, prosperity, and peace!

These are photos from the Winter Lantern Festival in DC; they had about a hundred beautiful lanterns spread out across the land at one end of the Kennedy Center. The event was supported by the Embassy of the People's Republic of China, and the Chinese American Museum. They also gave out ribbons so that one could write their wish on it and tie it on a rack.



# Member resources

## What we're watching...

- [Lucky Chow](#)
  - [BBC's Ultimate Japan playlist: Kintsugi](#)
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## What we're reading...

- For Brown Girls with Sharp Edges and Tender Hearts: A Love Letter to Women of Color (Prisca Dorcas Mojica)
  - [Lunar New Year in Singapore](#)
  - [Chinese New Year Legos](#)
  - [14 Asian American Stars Recall When They First Felt Represented in TV and Movies](#)
  - [Comfort and connection through food in the AAPI community](#)
  - [The Asian dishes that bring our readers comfort and remind them of home](#)
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## Mindfulness (by Janet Cushing, USGS)

**Yoga** - I do yoga every day. Sometimes it's a full practice of 45-60 minutes, sometimes it's only 10 minutes. I absolutely love [Yoga With Adriene](#), as I can find a practice that fits with whatever mood I'm in at that time. The combination of mindful movement and breathing help restore a sense of calm, purpose, and overall happiness for me.

**Writings by Thich Nhat Hanh** - I've been reading "You Are Here." Typically I read through books pretty quickly, but with this relatively short book, I've been reading and re-reading chapters. The premise of the book

## Mindfulness con.

is simple yet profound; that happiness is achieved through mindfulness and being fully present – and it starts with the breath. Here’s an excerpt on weathering emotional storms:

*“A strong emotion is like a storm. If you look at a tree in a storm, the top of the tree seems fragile, like it might break at any moment. You are afraid the storm might uproot the tree. But if you turn your attention to the trunk of the tree, you realize that its roots are deeply anchored in the ground, and you see that the tree will be able to hold.*

*You too are a tree. During a storm of emotion, you should not stay at the level of the head or the heart, which are like the top of the tree. You have to leave the heart, the eye of the storm, and come back to the trunk of the tree. Your trunk is one centimeter below your navel. Focus there, paying attention only to the movement of your abdomen, and continue to breathe. Then you will survive the storm of strong emotion.”*

Through yoga and referring back to Hanh’s writings, I’m able to have compassion for myself and others. I’m in no way saying that I always have it together (I’m human after all!), but those small moments of being present and calm have really been a lifesaver.

Contact us at [fapacboard@ios.doi.gov](mailto: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](https://fapac.org/Membership)



FEDERAL ASIAN PACIFIC AMERICAN COUNCIL  
DEPARTMENT OF THE INTERIOR (DOI) CHAPTER

# HELP WANTED

We're looking for a diverse range of skills and talents to help us plan and prepare our annual celebration of Asian American, Native Hawaiian, and Pacific Islander (AANHPI) month in May!

This is your chance to network and broadcast your skills!

"Individually, we are one drop. Together, we are an ocean."

- Ryunosuke Satoro

## Skills Needed:

Can you imagine yourself doing any of the following?



Event Idea Brainstorming



Creating Flyers and Advertising



Ensuring Reasonable Accommodations and ASL Translation



Schedule Coordination



Recruiting Speakers



Drafting Emails



and more!

Interested or Want more information?  
Email us at [fapacboard@ios.doi.gov](mailto:fapacboard@ios.doi.gov)