



# **JANUARY 2022**

## **FAPAC-DOI Newsletter**

# In this issue

## Contributors

Lena Chang  
Ashley Chou  
Barbara Green  
Kelly Kim  
Cindy Lowman  
Kimberly Ly  
Martin Moore  
Karen Sinclair

## Table of Contents

President's letter.....	2
Member spotlight.....	3
Facing Facebook phobia.....	4
One Hundred Days with Mia.....	6
Member resources.....	8
Help wanted: AANHPI month event.....	9

## President's Letter

Dear Chapter Members,

Happy new year! I hope you had a wonderful holiday season. It feels good to be starting something new – even though much of our lives may not be much different than they were just a few weeks ago, there is something about seeing “2022” that gives me a boost of motivation to start a new year with renewed energy and hope for endless possibilities.

I hope for our chapter that we can dive into things that matter to us – examine our goals for ourselves and the chapter, and realize and celebrate our achievements. I hope that you will be thinking about the future of FAPAC-DOI, even seeing yourself on the executive board come October. I hope for a year of good health and growth, lifting each other up, collaborating, and extending patience and compassion to ourselves and others.

Happy new year, FAPAC-DOI! I thank each one of you for being so extraordinarily YOU!

Sincerely,



Lena Chang  
President, FAPAC-DOI



New Year's Day 2022 -  
Okefenokee National Wildlife Refuge, Georgia

# Member spotlight

## Kimberly Ly

### Social Science Research Analyst

### Embrace/Office of Diversity, Inclusion, and Civil Rights

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

WOW, I will celebrate my 20th year in the Federal government this year. I honestly believe that I would not be where I am today without my former and current colleagues, managers/supervisors/leaders in the Federal government. The knowledge and skills I learned through them align perfectly with my career goal. I started my career as a GS-4, worked my way up to my current grade in the four federal agencies in Washington, DC, while I was working on one of my degrees. I held many different positions in my career in the health service, criminal justice, and homeland security/maritime and armed service. I joined FAPAC-DOI in May 2020.

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

I like the celebration of multicultural and intersectional identities for all employees and bringing cultural awareness and fluency of the AAPI community to the DOI through education, community engagement, and inspiring the next generation of federal professionals.

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

Presently, I have a full-time government and a part-time job, so I don't really have leisure time. I love my daily run/walk during my lunch break when it's cold out, rain, and snow because I can disconnect from daily stressors. I feel more connected with nature, and I have a greater appreciation for fresh air. Also, I can manage my lifestyle wisely because of my volunteerism in the DC/MD community, taking a new class through community college/Udemy/Graduate School/others, traveling, hanging out with my family and dearest

friends, hanging out at the local art gallery/museum, signing up for a marathon, weight training, yoga, and hiking at one of the National Parks.

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

We learn many things throughout our employment in the Federal workforce. While working in the Federal government is challenging and fun, it's not always easy. We have to work productively with others, especially when we disagree. We must have the humility to understand that we don't know all the answers and learn to rely on the expertise of others. I'm still learning about public service culture. I would say have a basic understanding of federal Human Resource management, EEO laws, federal budgeting/finance/acquisition, the TSP/401 and contribution, learning where to go and get answers, and never assuming anything is the same day to day.

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

I'm a workaholic from Orange County, CA, a wanderlust explorer, and humanitarian at heart.





# Facing Facebook phobia

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

Facebook (FB) scares me. As an introvert and someone who grew up without modern technology, along with being a nebbish nerd who was never popular in school, I find social media daunting. Years ago, a friend of mine convinced me to create an account. I hesitated, yet could no longer take persistent peer pressure (yes folks, teenagers are not the only ones to succumb to peer pressure), so I created one.

A few months later, since I rarely accessed it, I deactivated it. I had no intention of reactivating it until an out-of-state friend implored me to reactivate it since she said that was the only way I could keep in touch with her because she did not like email or texting, and she didn't want me missing out on all of her fantastic photos and pithy posts. Did I mention middle-aged peer pressure?

I find FB to be overwhelming and it triggers those awkward and unpleasant middle school and high school memories – constant reminders I was not popular, and you would often find me in the back corner of the library, buried in a book. I do not have a lot of FB friends, so it is staggering to me when I see someone with over 1000 friends. Are you kidding me? I don't have even 10 percent of that astounding amount.

Most of my FB friends are comprised of colleagues I met throughout my federal career when I worked for the Department of Defense, who also happen to be gregarious extroverts, thus I feel like the little meek minnow swimming in a pool filled with sublime and saucy salmon.

My son and my daughter grew up with modern technology, so they often kindly help their antiquated mother navigate it. It was my son who helped me set up my first iPhone and I still rely on him for technological assistance. In my day, we did not have cell phones, laptops, Google and the internet. If I wanted to call someone, I used a rotary phone, people.

With rotary phones, you dialed one numeral at a time and waited for the dial to return back to 0 before dialing another numeral until you tediously dialed the entire phone number. And there was no call waiting, so if your friend was talking to someone else, you got a busy signal and then would have to redial those numbers until the line was no longer busy.

We also had to stay confined to one area since there was a phone cord connecting the receiver to the base, which meant no freedom to move about and no privacy. Most families I knew had one, maybe two phones, and my siblings had a penchant for picking up the receiver from our second phone to spy on me and eavesdrop on my conversations. Our big heyday was the invention of cordless phones with buttons we could push, versus a rotary we had to dial, and it was utterly exciting. Do I hear a "Praise the Lord" from those who are not from my generation and grew up with their own cell phones?

Texting and email? Oh, please...we should be so lucky. In my day, we handwrote notes on a piece of paper and asked a classmate to pass it on to the recipient, praying fervently those passing the note along didn't open it to read it, or that

a teacher didn't witness the note passing chain, grab it, and then proceed to read it out loud in class. Well, that was one prayer I received a flat out no on since I got caught. I cringed when I saw my teacher grab the note, open it and proceed to read my lovelorn prose.

So yes, she blatantly bellowed, and it sounded like bellowing to me, that I had a crush on Brad and soundly embarrassed my 7th grade soul since I didn't want him to know. Back then, you would tell a friend if you liked someone and not directly tell the person you liked. Anyway, that revelation ended my note passing days since I was mortified my note was intercepted by my teacher, and I no longer wanted to resemble a tomato since my face became really flushed when I heard my classmates snicker, "Brad and Barbara, sitting in a tree, k-i-s-s-i-n-g..." Middle school, y'all...not much fun, am I right?

I digress...back to my FB phobia, which caused me to stay off of it for a few years before I decided last year to tiptoe back into the social media pool. Have you ever seen a movie where there is a big gust of wind propelling the main character to physically move backwards and have their head snap back a little? That is how I felt when I first logged back on after an extended FB absence.

This may sound strange to anyone who loves social media, or to an extrovert, or to just about anyone else who isn't wired like I am, yet if there is another introvert out there like me, I think you know the feeling. And if there isn't, then I guess I'm just a weird anomaly. I do know introverts are not big fans of being surrounded by large groups, and to me, FB is comprised of large groups. Although my FB friend list is not robust, I know some prolific posters who post several times throughout the day. Consequently, my introverted senses become a wee bit overloaded.

Where am I going with this tale of social media anxiety? I have always believed, no matter how old you are, it is never too late to take a risk, to learn something new, to branch out, to grow, and to do things outside of your comfort zone if it ultimately helps you to live your best life. Rather

than make a multitude of new year's resolutions on January 1st, I set different goals for myself throughout the year at the beginning of each month.

This month, my goal is to not let FB overwhelm me. Rather than let it bring me back to those tough school memories when I was keenly aware I was not popular and a bit of an outcast, I will think about how FB is a compendium of divergent thoughts, different personalities, diverse forms of self-expression, and consider it a perpetual pot-pourri of personable people I could learn something from.

I vow to face my FB phobia and overcome it. And next month on February 1st, the beginning of the Lunar New Year, I will tackle trying to drink more water and less coffee. Wish me luck, since coffee, along with chocolate, is a huge vice of mine.

I often feel like I was born with a coffee mug clenched in my hand, so reducing my consumption could very well be cataclysmic and torturous for my loved ones to be exposed to. However, I shall do my best to try and reduce my copious amounts of caffeine consumption and choose water instead. Can I get an amen from those who hydrate with plenty of water? I want to grow up and be just like you.

And on that note, thank you for your time and I hope 2022 started off well for you. Happy New Year and may the Year of the Tiger be a spectacular one for you.

# One Hundred Days with Mia

**Kelly Kim**

**Human Capital Communications Analyst  
DOI Office of Human Capital**

I recently returned from maternity leave after enjoying four wonderful (and exhausting) months with my newborn daughter, Mia Shinhee (신희). Mia's names honor the cultures she will learn about and be embraced by. Mia means "mine" in Spanish and her Korean name, Shinhee, means faith and joy. True to her name, she has already brought much faith and joy to our family!

As a Korean American born and raised in a Latino suburb in Southern California, our family traditions were a hodgepodge of cultures. We celebrated American holidays with a Korean flair (think Thanksgiving turkey with a side of kimchi) and sang "Las Mañanitas" on our birthdays. As a new mom of a Korean-Mexican-American daughter, I was curious about the meanings behind the traditions I experienced and will pass onto my family.

Seaweed soup became a staple in my diet for many months and my mom made sure my partner had the fridge stocked with miyeokguk. Miyeokguk is a seaweed soup made with seaweed, garlic, sesame oil, and beef. Koreans believe the nutrient-rich soup helps with postpartum recovery, milk production, and bonding with the newborn. Miyeokguk is also served as a traditional birthday meal in honor of their mother's labor in giving birth and child-rearing. Another miyeokguk origin story is that Koreans of the Goryeo Dynas-

ty were inspired by the way whales ate seaweed after giving birth and believed it would have the same benefits for new mothers. While I'm not sold on the whale story, miyeokguk is one of my favorite soups and I'll continue to eat it at least once a year on my birthday.

On New Year's Day, my family celebrated Mia's baek-il (백일), or her first 100 days. This milestone is significant in Korean culture because it was believed that the first 100 days of a baby's life is when they were most vulnerable to disease and death due to poor medical resources, hygiene, and nutrition. Babies were not introduced to family or friends prior to 100 days to ensure proper care of the baby and to give the mother time to recover.

Today, the baek-il is typically celebrated with photos and a spread of Korean rice cakes that are shared with friends and relatives. The baek-seolgi is a large white rice cake that is meant to be shared with at least 100 people to bless and protect the child throughout their life.

Mia's baek-il celebration was a small gathering with immediate family. Due to COVID, family members stopped by at various times throughout the day to greet the newest granddaughter of the family instead of gathering all at once. We handed out pre-packaged boxes of sweet Korean rice cakes and took photos to remember the day.





We look forward to celebrating Mia's doljanchi (돌잔치) first birthday in September, saying "sana, sana, colita de rana" when she gets a boo-boo, watching the Super Bowl, and many more traditions that will make Mia uniquely mine.

# Member resources

## What we're watching...

- [Love Hard](#) (Netflix)
  - [Brazen](#) (Netflix)
  - [Insecure](#) (HBO Max)
  - [Encanto and the impact of feeling seen](#)
  - [Tribal people react to Mongolian throat singing](#)
  - The Korean Vegan: [blueberry muffins](#) and [soon tofu soup](#)
- 

## What we're reading...

- [How to Raise Kids Who Aren't Assholes](#) (Melinda Wenner Moyer)
- [An Ugly Truth](#) (Sheera Frenkel and Cecilia Kang)
- [Demystifying Disability](#) (Emily Ladau)
- [Toufah](#) (Toufah Jallow)
- [Invisible Child](#) (Andrea Elliott)
- [Four Wings and a Prayer](#) (Sue Halpern)
- [Make Change](#) (Shaun King)
- [Inward](#) (Yung Pueblo)
- [American Girl's first Chinese American doll](#)
- [Preet Chandi is first woman of color to complete solo Antarctica expedition](#)

Join the FAPAC-DOI email list by reaching out to the board at [fapacboard@ios.doi.gov](mailto:fapacboard@ios.doi.gov)  
Become a member of FAPAC national 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)**