

# November 2021



*FAPAC-DOI Newsletter*



# *In this issue*

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# *From the president*

Dear Chapter Members,

A couple of years ago, I was in an airport and picked up an issue of Runner's World magazine. I can't remember where I was or where I was going, but I plainly remember one article in that magazine that struck me – and even after all this time and a move, I was very happy to find I still had the magazine... Runner's World: Issue 1 of 2020...in great condition to boot.

The title of the article is, "When the Going Gets Tough, Gratitude Keeps You Going", by Matthew Meyer. It is where I learned and adopted the practice of the "Gratitude Mile". During those moments while running, when things hurt, when thoughts become negative, turning our minds to what we are grateful for and dedicating just 1 mile to those thankful thoughts, can make a world of difference. I have applied it many times over many miles and have learned that the Gratitude Mile can apply not only to running, but also to other challenges in life.

Matthew writes, "... you've probably already confronted that moment when it feels like everything is crashing down around you and that voice in your head is saying, 'I want to be done.' ...But here's a little secret: This happens to everyone. The key is knowing that you don't have to stay there."

I know we have been through a lot; I hope you will make some time in your days to spend with those Gratitude "Miles" anywhere you are. Spend an intentional minute, or 5, or 10, or more, thinking of those things you are grateful for, and I hope you'll feel a bit lighter on the other side.

Thank you all for being a part of this chapter and for adding to my Gratitude Miles!

Stay well,



Lena  
President, FAPAC-DOI



*Photo from one of my most grateful runs -  
view of the Pacific Ocean from Point Mugu State Park, California*

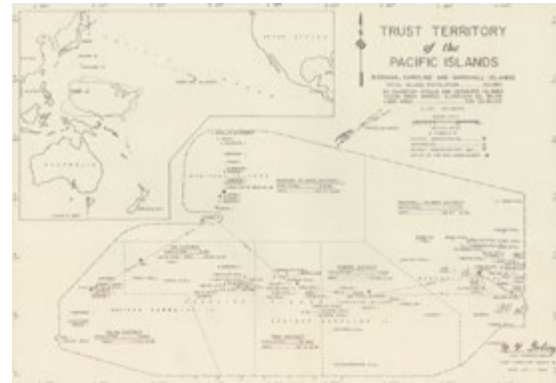
# *Who are Pacific Islanders?*

The Office of Management and Budget's Directive 15 on race and ethnic standards for federal statistics and administrative reporting defines Pacific Islanders as persons having origins in any of the original peoples of the Pacific Islands.

Since first "discovering" the Pacific Ocean, Western explorers have baptized it Oceania with three sub regions called Melanesia, Polynesia, and Micronesia. There are thousands of high volcanic islands, sandy coral atolls, and limestone outcroppings populated with Pacific Islanders who speak different languages and belong to different cultures.



*Image from Britannica.com*



*Image from Reddit.com*

Melanesia comprises the main entities of Fiji; New Caledonia, Papua New Guinea; the Solomon Islands, and Vanuatu.

Polynesia comprises American Samoa; the Cook Islands; French Polynesia, Niue, Pitcairn, Rapa Nui, Samoa, Tonga, Tokelau, Tuvalu, and Wallis and Futuna. The Hawaiian Islands and New Zealand, anchor this region to the north and south, respectively, with Native Hawaiians and Maori as their indigenous populations. American Samoa is the only entity in Polynesia for which Interior's Office of Insular Affairs (OIA) has responsibilities.

Micronesia, roughly the size of the continental United States, comprises Guam, Palau, the Northern Mariana Islands, the Marshall Islands, the Federated States of Micronesia, Nauru, and Kiribati. Indigenous populations in Guam and the Northern Mariana Islands are Chamorro. Tinian, Peleliu, Chuuk, Yap, Pohnpei, Kwajalein, Eniwetak, and Bikini are other islands in Micronesia of WWII or nuclear fame. Except for Nauru and Kiribati, OIA has responsibilities in the entire Micronesia region.

The 2010 Census counted 1.2 million Pacific Islanders all throughout the United States with half that number identifying as Native Hawaiian, alone and in combination with Samoan and Chamorro as the next largest groups. The 2020 Census update on Pacific Islander populations in the United States is pending.

*by Tanya Harris Joshua, TAP Deputy Director in the Office of Insular Affairs, who has roots in Pohnpei, Micronesia.*

# *The life of an army wife*

**Barbara Green**

Equal Opportunity Manager

National Park Service, Alaska Regional Office

We recognize and honor all veterans on Veterans Day and I always think about the veterans in my family. My late grandfather, late father and my husband are Army Veterans. My grandfather served in the Korean War; my father served two tours in Vietnam; and my husband was deployed to Kuwait and Iraq multiple times. I am an "Army Brat" and I am proud to be an Army wife. I grew up appreciating the military and understanding the sacrifices of those who are called to serve.

It is not only the active duty member who serves; their families do, too. In honor of my mother, and the peers from her generation who did not have access to modern technology and only relied on postal letters for communication, this poem is for you.

## A Glimpse into the Life of an Army Wife

Gently moving the curtain to one side,  
She peered outside of the window.  
Trapping her emotions inside,  
Intently watching the wind blow.

"I cannot let them see me cry,"  
She said with stoic determination.  
"Yet, I don't know if he will die,"  
Her brow furrowed with consternation.

"Where is the mail carrier with my letter?"  
I pray to God my husband will not die.  
She tugged at her frayed sweater,  
Not wanting her children to see her cry.

She hasn't heard from him in so long,  
She was hoping he was still alive.  
She whispered to herself, "Be strong,"  
Hold onto faith he will survive.

I know what I signed up for, she sighed,  
Yet, this is his second time in Vietnam.  
It was hard not having him by her side,

She reminded herself, "Be calm."

She could hear them behind her chirping,  
"Eomma, what are you looking at?"  
"Tell my brother to stop slurping!"  
"Mommy, can we get a dog or a cat?"

She lovingly embraced all four of them and said,  
"We will talk about this soon, my dears."  
And this voice echoed in her head, "Is he dead?"  
Glancing away from her children, she hid her fears.

She finally saw the mail carrier and swore,  
To stay hopeful while she felt momentary elation.  
She anxiously saw him approach the front door,  
And opened it with apprehensive anticipation.

The mail carrier knew she was an Army spouse,  
Patiently waiting to hear from her soldier.  
He purposefully walked up to the house,  
"Ma'am, here it is and I know it felt like forever."

She quickly tore open the envelope and read,

“Dear Yeppuda,” since he always called her pretty.  
She heard his voice in the back of her head,  
She missed his humor since he was always witty.

He was her first boyfriend and they married in Seoul,  
She was his first true love and he loved her deeply.  
Together, they felt eternally united and whole,  
And always expressed their love so sweetly.

Although he is so far away, he is in her heart,  
The memories before the war never fade.  
Their love steadfast while they remain apart,  
“Please keep him alive,” she fervently prayed.

She finished the letter and inwardly wept,  
Tears of gratitude he was not taken from them.  
Mixed with endless nights where she barely slept,  
Yet now, she needed to tend to her children.

“Pancakes for dinner,” she exuberantly exclaimed,  
While her kids jumped up and down with glee.  
She thought, “Thank God he’s not hurt or maimed,”  
And with this moment of joy, she knew she wasn’t free.

She knew until he was able to cross the doorway,  
Until the day the world would feel so much better,  
Until the day he was no longer unbearably far away,  
She would still be angst-ridden, waiting for a letter.



*Vietnam Veterans Memorial, Washington, D.C.  
Photo by Lena Chang*

# COP26 brief

## Martin Moore

Vice President of Programs

We are living in an environmentally threatened world. In recent years, we have seen natural disaster upon natural disaster constantly attributed to the rapidly changing climate in various parts of the world. On the last day of October, events kicked off in Glasgow, Scotland aimed to tackle the devastating impacts people around the world are seeing from climate change. The compilation of events is known as the Conference of Parties (#COP26).

The Conference of Parties is an effort advocated and supported by the United Nations that began nearly thirty years ago in 1995. COP, as it is known, is the supreme decision-making body where all parties invited are empowered to take the necessary steps to promote effective implementation of the Convention, including institutional and administrative arrangements. World leaders and environmental activists and advocates gather annually traditionally at the secretariat's home nation. The United States of America has actively participated in the Conference of Parties since its beginning in 1995, during the time of the Kyoto Protocol. During COP26, the United States government made its presence known with several presentations by President Biden and Secretary Deb Haaland.

With tackling climate change being a top priority, the Biden-Harris Administration presented on several different topics during COP26. Secretary Haaland presented to COP26 on day 5. She reiterated that climate change is a global problem that requires a global effort to address it. During her presentation, Secretary Haaland shared the Biden-Harris administration's bold action to advance clean energy to build a more sustainable future. Under this action, Secretary Haaland issued a [global challenge](#) for every applicable country to join in setting ambitious domestic offshore wind energy commitments.

**Secretary Deb Haaland** @SecDebHaaland · Nov 4  
Climate change is a global problem that requires a global effort to address it. At @COP26 today, I shared the Biden-Harris administration's bold action to advance clean energy to build a more sustainable future.



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**Secretary Deb Haaland** @SecDebHaaland · Nov 6  
To be successful in tackling climate change, we must honor the original stewards of the land—Indigenous communities.

It was inspiring to join @PowerUSAID at @COP26 to discuss traditional knowledge and nature-based solutions to combat the climate and biodiversity crises.



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# Member resources

## What we're watching

[Island Soldier](#)

## What we're reading

[Milestone at Palmyra Atoll: One Million Coconut Palms Removed](#)

[Boston elects first Asian American and woman as mayor](#)

## Diversity, equity, and inclusion

[The newest Asian American muppet, Ji-Young](#)



*Photos from Martin's travels! [Guam National Wildlife Refuge](#), known as Ritidian to the locals, is the northern most point of the island of Guam.*

**Left:** *Ritidan Beach is home to several types of sea turtle species and is known to be a protected nesting location.*

**Right:** *One of the many caves on the property that dates back several hundred years. It was believed that these caves were used for indigenous practices and also for collecting water.*

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