

October 2021



FAPAC-DOI Newsletter



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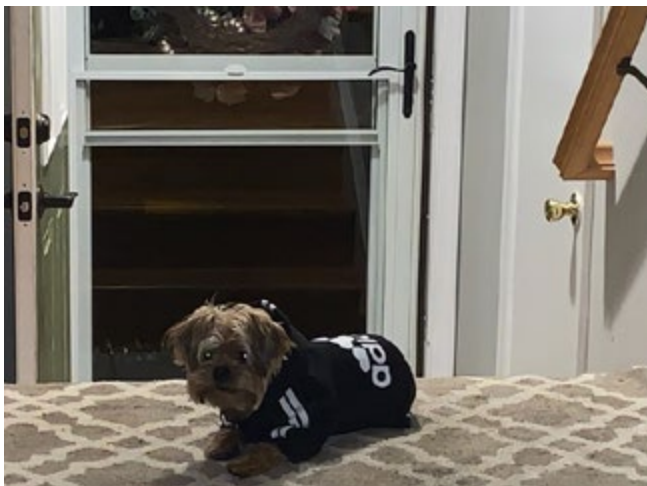
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The pets of FAPAC-DOI are ready for Halloween!
Left: Teddy the breakdancer, submitted by Kim Oliver. Right: Sweetie the dragon, submitted by Karen Sinclair.

From the president

Dear Chapter Members,

Happy New Fiscal Year! I enjoy fall, chocolate, and costumes, so it's easy to guess that Halloween is one of my favorite times of the year. Over the years, I have shown up to the office as Wonder Woman, the Joker, Cobra Kai, and my all-time favorite...a Storm Trooper!

I hope you and your loved ones are enjoying the season and are making time to have some fun. I know you are all probably working too much and too hard, feeling that mad rush around the end and beginning of the new fiscal year - so take a load off and enjoy some spooky movies or a pumpkin spiced treat!

May the Force be with you,



Lena
President, FAPAC-DOI



*Photo: Lena Chang: Storm Trooper,
Halloween 2016*

Board acceptance letters

Karen Sinclair

Vice President of Outreach

Thank you FAPAC-DOI for allowing me to serve another year as the Vice-President of Outreach! This position fills me with a strong sense of pride, and I look forward to doing what I can to support FAPAC-DOI's goals and objectives. I hope that I can give back to this community as much as this community has given to me.

I would like to use this letter as a moment of gratitude to emphasize how lucky I feel to have discovered this unique community in DOI. As someone who was adopted at a young age, it has often been a lonely and confusing road to explore my identify and what it means to be mixed race in the U.S. It has been incredibly comforting and rewarding to be part of this community, where some of your stories reflect some of my own personal experiences and others broaden my perspective of what it means to be Asian American. During our chapter meetings and our newsletters, I continue to be inspired by the strength, resilience, and defiance captured in the honesty and vulnerability of your tales of challenging and overcoming harmful Asian American stereotypes. I have learned so much already, and I can't wait to continue to listen and learn.

Here's to another year!



Martin Moore

Vice President of Programs

Alii and Aloha all,

I hope this message finds you healthy and in good spirits! I just wanted to pop in and thank everyone for doing their part as members of FAPAC-DOI. FAPAC-DOI is such a rich community spread across the Department. Although we all do various different jobs, we can still come together and create such an empowering environment advocating for equity for ourselves and those who come after us in our workplace. Seeing and participating in past FAPAC-DOI events (especially having time with Secretary Haaland!), it really inspired me to be more involved to continue with our mission and vision as FAPAC-DOI.

Thanks to you all for the support in becoming the Vice President of Programs for FAPAC-DOI! Please let this brief statement reflect my enthusiastic acceptance of this position to work together with Lena, Karen, Shuwen, Thomas, Janet, and the amazing Ashley Chou and continue to strengthen our network.



As this new fiscal year begins (Happy New Year btw!), I just wanted to bring up an old Chinese proverb that reminds us to be flexible:

“Bamboo is flexible, bending with the wind but never breaking, capable of adapting to any circumstance. It suggests resilience, meaning that we have the ability to bounce back even from the most difficult times. . . . Your ability to thrive depends, in the end, on your attitude to your life circumstances. Take everything in stride with grace, putting forth energy when it is needed, yet always staying calm inwardly.” -Ping Fu

I am confident with the FAPAC-DOI Board for the next year. We have some exciting plans for the community and the absolute only thing I request from our FAPAC-DOI members is for patience. We are learning to be flexible like bamboo. Like many, if not all, of us, have multiple projects and can be pulled in any direction due to our various obligations and involvements. May we all remember to be flexible and bend with the wind while staying grounded. Thank you all again for the support and for being an amazing community that I am proud to be a member of! Be safe and be well. Cheers!

Member spotlight

Davie Nguyen

Supervisory Policy Analyst
Office of Policy Analysis

Hello! My name is Davie Nguyen and I am a native Californian who's somehow found himself in Washington, DC (yes, I get asked why I left the land of In-N-Out Burger all the time). I was born and raised in Southern California to Vietnamese immigrants. My story as a second-generation Asian American might relate to many of you who are reading this now, as it seemed like my life path was laid out for me the day I was born—doctor, lawyer, [insert any respectable, high-paying job here], and absolutely no girlfriends until after college. Both of my parents left their home country during the Vietnam War, spending time in Guam, Kansas, Oklahoma, Texas, Illinois, before ultimately settling in California. Along the way, they managed to find stable jobs, buy a house, and raise a subjectively awesome family. While I might've glossed over some details in between, my siblings and I were raised without a lot of those details. The hardship of finding a job, qualifying for loans to buy a house, making enough money to raise a family, and navigating all this without any command of the English language. Instead, they focused their energy on making sure we were all educated, prioritizing school above all else. And now here I am, with too many AP classes under my belt and two degrees later (go Anteaters and Blue Devils!), I'm being criticized by my parents for working too hard!



As an employee at the Department of Interior, I take so much joy in shuttling my parents to the national parks and public lands that we didn't have an opportunity to visit growing up. Opportunities that I suspect many of us didn't have, whether it be because of time, money, or even safety concerns. My current work coordinating climate change and equity priorities for the Department has given me so much more appreciation for the opportunities that I now have to enjoy the outdoors, and highlights the need to not only protect these public spaces for future generations, but for those who don't have access or haven't yet had the opportunity to enjoy them.

Thanks for allowing me to share a little bit about my journey and I hope this inspires you to take your family and loved ones to get outside and explore our public lands!

Halloween Alaskan-style

Barbara Green

Equal Opportunity Manager

National Park Service, Alaska Regional Office

Contrary to popular belief, I don't live in an igloo and mush dogs to get around town, yet I have gone trick-or-treating in the snow. Yes folks, when you live in Alaska, chances are you will be escorting your children bundled up in winter gear, while trudging through the snow watching them fill up their Halloween bags.

When my children were younger during their trick-or-treating heydays, they never let frigid temperatures and snow thwart them from venturing out on Halloween. As we walked around the neighborhood, I would admire the Halloween decorations while my son and daughter, along with their friends, happily displayed their costumes underneath their coats. The neighbors kindly wanted their visiting trick-or-treaters to show off their festive ensembles and the costumed cuties happily obliged.

Based on our weather, churches and other organizations host indoor trick-or-treating, although most youngsters excitedly look forward to outdoor trick-or-treating. Another fun outdoor event is the Frightening 4K, a race in downtown Anchorage, providing a joyous time to dress up, enter a costume contest, and earn treats along the way.

It is also an opportune time for me to bring out my inner child and dress up in purple princess regalia. And I will never turn down free candy; especially if it is chocolate, which I consider essential to keeping my sanity intact. I will admit to eating a piece of chocolate every day. And now you know why I need to walk daily – I'm doing my level best not to turn into the Stay-Puft Marshmallow Man, from one of my favorite movies, *Ghostbusters*. If I didn't walk to counteract my chocolate indulgence, my girth would rival Mr. Stay-Puft's fluffy form.

The Frightening 4K will be conducted in-person and virtually this year. Pre-pandemic, I participated in the race with my friend Yolanda, yet mind you, in my vocabulary, race equates to walking. You won't see me running anywhere, unless it's to a Nordstrom sale. Speaking of which, although we still have a Nordstrom Rack in midtown Anchorage, much to my dismay and sheer sadness, Nordstrom closed their main store downtown on September 13, 2019. Rather foreboding they chose



Friday the 13th to bid farewell to Alaska, crushing the souls of inconsolable loyal shoppers.

So, after much weeping, my only consolation was knowing I can still shop online. And when I visit my beautiful mother in Washington state, Nordstrom's home base, I have an abundance of their stores to shop at, which I consider equivalent to a shopper's smorgasbord and a perfect paradise. I digress...this is about Halloween, so refocus, girl...get back on track.



More often than not, October is a winter wonderland, although there are times the ground is dry and trick-or-treaters don't need to wear snow boots. However, based on the early snowfall this year, there is a good chance this will be another snowy Halloween. On September 21st, I looked outside of my living room window and I saw our front yard blanketed in snow, and it snowed again on October 14th. Consequently, although I cannot precisely forecast the weather, since I am not the weather wizard Al Roker is, I predict based on our current snowfall, the likelihood we will have snow on Halloween is high.

Halloween, whether it snows or not, is an entertaining time, rife with bundled up trick-or-treaters and candy galore. Regardless of the frosty weather, we know how to have a good time and snow only enhances our outdoor adventures. My husband sets up a fire pit in front of the garage while he hands out candy bars, and the trick-or-treaters appreciate being able to warm up a bit before proceeding to the next house. I enjoy seeing the wide array of costumes and I try my level best not to dip into the candy bowl.

Last year, the pandemic changed things a wee bit, and we safely socially distanced and allowed our trick-or-treaters to fetch their treats from our huge pumpkin bowl, which we refilled throughout the night. This year, may those kids take enough candy to eventually empty our bowl; otherwise, I will end up having to increase my walking time. When it comes to chocolate, resistance is futile and I will succumb to devouring quite a bit of it. Chocolate is truly my Achilles' heel and elastic banded stretch pants are my favorite friends.



Trick-or-treating in Alaska may be dark, it may be snowy, yet it is always a treat, and can be tricky depending upon how much snow is on the ground. And if we have a snowy Halloween this year, here's to the trick-or-treaters who still dress up in creative costumes, and gamely wear their snow boots, hats, scarves, mittens or gloves, and thick coats, to embark on another amazing adventure, Alaskan style.

AEEW sessions

Lena Chang
FAPAC-DOI President



AEEW Session 9 - Intro to ERGs & SEPMs + Panel Discussion

In August, I had the privilege of participating in a panel discussion for Ally Engagement and Enrichment Week. This panel was focused on Employee Resource Groups and Special Emphasis Program Manager's roles in building a culturally competent workforce. I was honored to be a part of this dynamic panel of ERG Representatives and SEP Managers/Workers sharing their experiences, best practices and challenges driven by questions from the moderator and the audience. The recordings from AEEW are now available!

(Click the CC button in the play bar to turn Captions on.)

[Session 9](#) - Intro to ERGs & SEPMs + Panel Discussion

Other AEEW Sessions:

[Session 2](#) - Intro to DCAs/DiCAs & Ask a DCA Panel

[Session 3](#) - Virtues & Values

[Session 4](#) - Courage & Compassion

[Session 5](#) - Cultivating Courage with Jake Olson

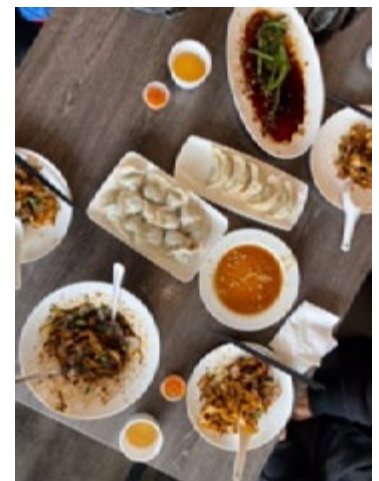
[Session 7](#) - Inclusion as a Risk Management Strategy

SF Fall Festival photos

Shuwen Cheung

FAPAC-DOI Vice President of Finance

I went to San Francisco for about 10 days. Here are photos from Fall Festival with concert at Vienna VA, and Japanese tea garden, Fleet Week air show, handmade Chinese dumplings at a restaurant near Golden Gate Park, Pacific ocean coastal trail, all in San Francisco or near-by.



Member resources

What we're watching

[Live underwater webcam off the Kona coast](#)

[Make Squid Game Dalgona candy in 5 min!](#)

[The crane that fell for her keeper](#)

[Maid](#) (Netflix)

[How China's Queer Youth Built an Underground Ballroom Scene](#)

What we're reading

Lead from the Outside
by Stacey Abrams

[Fat Bear Week](#)

Heart Talk
by Cleo Wade

[Self Care Checklist](#)

["No More House Sparrow"](#)

[Running the Boston Marathon to remember Indigenous Peoples' Day](#)

[An unexpected visit: commercial airline safely diverted to Midway Atoll](#)

[Hate crimes and pandemic lead more Asian Americans to seek therapy](#)

Diversity, equity, and inclusion

[WOC in EEB Slack](#)

[DOI-NAHE National Association of Hispanic Employees ERG](#)



We'd love to get your input! Please consider writing an article or contributing to the member resources section for our next newsletter.

Join the FAPAC-DOI email list by reaching out to the board at fapacboard@ios.doi.gov
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