

The MOSIAC



Naval Health Clinic Annapolis Newsletter for Diversity & Culture



Committed to Excellence Since 1845

This month NHCA recognizes Diversity through observance & outreach:

- Asian American & Pacific Islander Heritage Month
- STEM-M Outreach
- USNA Asian American Clubs
- Filipino Tinikling Dance
- Japanese Onigiri
- History of the Hmong Tribe

Other recognized events in May:

- Older American Month
- Cinco de Mayo

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NHCA Multicultural Committee Celebrates: Asian American & Pacific Islander Heritage Month

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH



"MANY CULTURES,
ONE VOICE:
PROMOTE EQUALITY
AND INCLUSION"



MAY 2015

May 15, 2015, Naval Health Clinic's Multicultural Committee will be celebrating Asian American and Pacific Islanders in the Lockwood Heaton Conference room at 1100.

Asian American & Pacific Islander Quick Facts

In 2012, there were 1.4 million U.S. residents who were Native Hawaiian or Other Pacific Islander, either alone or in combination with one or more additional races. Of these, 364,395 lived in Hawaii, which had the largest population of this racial group, followed by California at

333,893. The Native Hawaiians and Other Pacific Islanders represented the largest population portion in Hawaii at 26 percent.

There were 528,991 Native Hawaiians in the U.S. in 2012. The Native Hawaiian population was the largest detailed Native Hawaiian and Other

Pacific Islanders (NHPI) group, followed by Samoan (172,595) and Guamanian or Chamorro (130,223).

There were 4.2 million Asians of Chinese (not including Taiwanese) descent in the U.S. in 2012, making it the largest Asian-American group. Continued on page 3.

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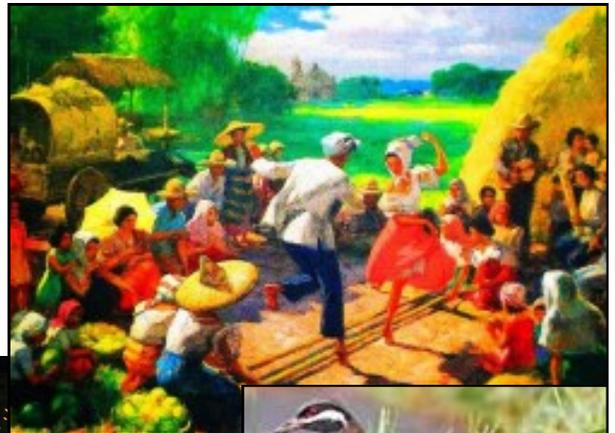
About: Asian American & Pacific Islander Heritage Month

A rather broad term, Asian-Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island). Like most commemorative months, Asian-Pacific Heritage Month originated in a congressional bill. Continued on page 3.

Filipino Tinikling Dance

The Tinikling Dance is one of the most popular traditional Philippine dances. It originated during the Spanish colonial era and is danced to rondalla music, a sort of serenade played by an ensemble of stringed instruments which originated in Spain during the Middle Ages. The dance involves two people beating, tapping, and sliding bamboo poles on the ground and against each other in coordination with one or more dancers who step over and in between the poles in a dance. The name is a reference to birds locally known as tikling, which can be any of a number of rail species; the term tinikling literally means "tikling-like." The dance originated in Leyte among the Visayan islands in the central Philippines as an imitation of the tikling bird dodging bamboo traps set by

rice farmers. The dance imitates the movement of the tikling birds as they walk between grass stems, run over tree branches, or dodge bamboo traps set by rice farmers. Dancers imitate the tikling bird's legendary grace and speed by skillfully maneuvering between large bamboo poles.



Japanese Onigiri



O-nigiri, also known as o-musubi, nigirimeshi or rice ball, is a Japanese food made from white rice formed into triangular or oval shapes and often wrapped in nori (seaweed). Traditionally, an onigiri is filled with pickled ume (umeboshi), salted salmon, katsuo-bushi, kombu, tarako, or any other salty or sour ingredient as a natural preservative. Because of the popularity of onigiri in Japan, most convenience stores stock their onigiri with various fillings and flavors. There are even spe-

cialized shops which only sell onigiri to take out. Due to its popularity in Japan, the trend of small restaurants selling onigiri has traveled to the American West coast, specifically California.

Despite common misconceptions, onigiri is not a form of sushi. Onigiri is made with plain rice (sometimes lightly salted), while sushi is made of rice with vinegar, sugar and salt. Onigiri makes rice portable and easy to eat as well as preserving it, while sushi originated as a way of

preserving fish. Onigiri dates back to the 11th century.



About: Asian American & Pacific Islander Heritage Month Cont.

In June 1977, Reps. Frank Horton of New York and Norman Y. Mineta of California introduced a House resolution that called upon the president to proclaim the first ten days of May as Asian-Pacific Heritage Week. The following month, senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate. Both were passed. On October 5, 1978, President Jimmy Carter signed a Joint Resolu-

tion designating the annual celebration. Twelve years later, President George H.W. Bush signed an extension making the week-long celebration into a month-long celebration. In 1992, the official designation of May as Asian-Pacific American Heritage Month was signed into law.

-www.asianpacificheritage.gov

A.A.P.I. Quick Facts Cont.



The next largest group was Filipinos at 3.6 million, followed by Asian Indians at 3.3 million, Vietnamese at 1.9 million, Koreans at 1.8 million, and Japanese at 1.3 million. These estimates represent the number of people who reported a specific detailed Asian group alone or in combination with one or more other detailed Asian groups or other race(s).



Spam Delicacy - My Story by HM3 Intal, Patrick

Since 1937, the Hormel Corporation has been producing a processed and cubed meat in a can called Spam. But what actually is Spam? There are six ingredients in Spam: cooked pork from two cuts; pork shoulder and ham, salt, water, potato starch, sugar, and sodium nitrite. If one is unfamiliar on how spam is, it has a salty taste with the consistency of a spongey-like-ham. During WW2, Spam went global to feed the U.S troops in the pacific as well as their allies. Growing up in the Philippines, Spam is one of the food staples of Filipino families. It is cheap, convenient and a versatile food. My parents raised and disciplined three hungry and energetic boys with a supreme appetite for food. They both worked extremely hard to give their children the best education, provide food and a roof over our heads. Ever since pre-school, our parents put us through a Catholic private school which was expensive. Paying for yearly school tuition my family had to make small sacrifices and that is the food or meal that my brothers and I would eat. One of the solutions was Spam! We would usually have

Spam, a fried egg, rice, and ketchup for breakfast and lunch. Four out of five school days of the week, we ate spam since it's cheap and easily rationed into thin slices. If there weren't any Spam, we would have Vienna sausages or just fried egg. My brothers and I would complain: "Spam again?!" or "I'm tired of spam, why couldn't I have chicken nuggets or chicken cordon bleu like my classmates?" This is when my younger brothers or myself would get scolded or receive a serious talk from our parents. They would tell us to be thankful of what we have on our plates because some people wouldn't have anything to eat. They engraved those words into our hearts and mind and to this day I would still reflect back on it. My parents made us appreciate all the things that we have in life, big or small, good and bad. I am really thankful for that. If my parents would have a little wiggle room for the budget they had, then they'll get the chicken nuggets or cordon bleu that we wish. In 2002, my father came to the U.S for a job in Virginia to provide more for the family. He took every job that

he could such as construction and working 12 or more hours a day just to help pay the tuition. Every six months to a year, he would send us a box full of clothes or electronics (mostly used) and food, with Spam included! Spam was still rationed and counted. To make Spam better tasting, my mom would chop it into cubes and either mix it with the spaghetti sauce as the protein source or mix it with an egg for a Spam omelet. Also, Spam fried rice with left over vegetables or just Spam and rice topped with soup from beef stew. To be honest, these were actually really good and filling. In 2007, our mother and my brothers moved to California to finally be reunited with our father and I remember seeing different kinds of Spam at Wal-mart. Not only we saw the "regular" Spam that we grew accustomed to but there were microwaveable Spam meals. It was like candy to our eyes! Today, every time I visit my parents' home in California, we would always go to the Commissary near LA Air Force base to buy boxes of Spam. About 90% of the Spam is sent to family in the Philippines and the remaining is for our breakfast, lunch, or even dinner. Gotta give something back. -HM3 Intal, Patrick

NHCA Multicultural Committee Event's Guest Speaker: Mrs. Amy Palmer

My name is Amy (Moua) Palmer and I am of the Hmong Tribe, living in Laos. I was a very young girl at the time we escaped Laos, 1 or 2 years old. I don't have any recollection of the journey to the United States because I was too young, but because of my family's stories of the journey throughout the years and an assortment of old photos of our journey I can paint a picture of what we went through to make it here to America. My family consisted of five kids and my parents. We first left Laos and crossed into Thailand staying at the refugee camp there until we were sponsored by the United States.

We arrived in the U.S. landing in New York City in 1976. We lived there for a couple of years before we moved to Rhode Island for a year, and then moved again to Boston for another year. We eventually picked up and moved across the country to join our other family members in Petaluma, CA.

I graduated from Casa Grande High School in 1991 and attended Santa Rosa Junior College where I received an Associate in Science (A.S.) as a Certified Dental Assistant (CDA). I graduated from Baltimore City Community College (B.C.C.C.) in 2012 as a Registered Dental Hygienist (RDH) with an Associates of Applied Science degree (A.A.S.). I am currently working at the USNA as a Dental Hygienist and married to Charles Palmer, who served in the Coast Guard from 1994-2001. I am also a "Little Sister" in the organization "Big Brother/Big Sister."



Mrs. Palmer is wearing a traditional Hmong tribe outfit from her home country of Laos.

USNA Filipino Club Scheduled to Perform at NHCA Multicultural Celebration

The Filipino-American Club is part of the Filipino Intercollegiate Networking Dialogue (FIND), Inc., a student-led organization based on the east coast.

The purpose of the Naval Academy Filipino-American Midshipmen Club is to celebrate and educate others of the rich and

diverse Filipino culture. We build our family relationship through cultural, athletic, academic and social events. We are midshipmen of Filipino and non-Filipino descent, and we welcome everyone interested in joining us.

On May 15th at 1100 in the Lockwood Heaton Conference room located inside of Naval Health Clinic

Annapolis the FILAM club will be performing the traditional Filipino Tinikling dance to showcase their culture. Please come out and take in the diversity in Asian culture that the Navy will have on display.



USNA Japanese Club Scheduled to Showcase Japanese Onigiri Art at the NHCA Multicultural Celebration



The mission of the USNA Japanese American Club is to provide opportunities to learn about Japanese traditions, customs, language and social issues, thereby enhancing Japanese cultural awareness and knowledge through out the military and the American public.

CINCO DE MAYO MAY 5, 2015



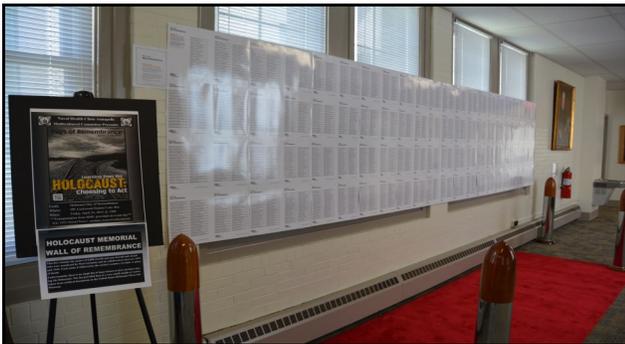
Cinco de Mayo, or the fifth of May, commemorates the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States. Many people outside Mexico mistakenly believe that Cinco

de Mayo is a celebration of Mexican independence, which was declared more than 50 years before the Battle of Puebla. That event is commemorated on September 16, the anniversary of the revolutionary priest Miguel Hidalgo y Costilla's famous "Grito de Dolores" ("Cry of Dolores"), a call to arms that amounted to a declaration of war against the Spanish colonial government in 1810.

Referenced from: <http://www.history.com/>

NHCA MCC APRIL EVENT FOLLOW-UP “HOLOCAUST REMEMBRANCE”

On April 24, 2015 Naval Health Clinic Annapolis’s Multicultural Committee held a Holocaust Remembrance event commemorating the anniversary of the tragic events that took place in the midst of World War II during the years 1933-1945. The event consisted of a 5000 name memorial “Wall of Remembrance” that was constructed to memorialize a small portion of the 6 million victims lost during the Holocaust. A dramatically narrated event timeline was presented to over 70 guests and staff by HM2 Garganta. The timeline was enriched with a musical back drop of a symphony orchestra created for the time by Henry Gorecki titled “A Symphony of Sorrowful Songs”. A video documentary followed the timeline and it was titled “Auschwitz”. The documentary was produced and directed by Steven Spielberg to commemorate the 70 year anniversary of the exterminate camp’s liberation. The remembrance was concluded by a candle lighting vigil, prayer, and moment of silence led by Rabbi Josh Sherwin, Lieutenant, United States Navy. The candles were lit by junior Sailors supporting the command in preparation for the Naval Academy’s Plebe Summer. Following the ceremony guests were able to partake in refreshments and reflection. The event was a huge success and many of the audience members were very moved by the vivid picture painted by the committee of what it must have been like to be effected by such a time in world history as the Holocaust.



Memorial Wall - 5000 names of victims from the Holocaust.



HM2 Garganta describes a historic timeline of events.



HM1 Bostick, Ms. Lola Ford, and MA1 Lindeke helped serve refreshments to guests and staff following the event.



Six candles were lit. One for each of the 6 million lives lost during the Holocaust.



HN Long reads the Navy Message.



Rabbi LT Sherwin leads Sailors in the vigil.

NHC ANNAPOLIS MEDICAL AND DENTAL OUTREACH EVENT

As part of the Diversity Council, we engage in Community Outreach programs for local schools. On April 30 the Diversity Council held a Medical and Dental showcase, at Hospital Point and BMU, to 40 students from Annapolis Elementary school. Working in conjunction with the Naval Academy Science, Technology, Engineering, Mathematics (STEM) Coordinator, Professor Angela Moran, we had 21 volunteers from NHCA that provided demonstrations and showcased to the students our jobs. The departments were: Laboratory, Radiology, Preventive Medicine, Orthopedics, Optometry, Physical Therapy and Field Medicine. We also had 12 Midshipmen that guided the students to each department and spoke about the life of a Midshipman and the history of the Naval Academy. This event was a great opportunity to give back to the local community and to the children. All the students and volunteers had a great time and look forward to the next event.



Top: Students of Annapolis Elementary School, Staff and Midshipmen; Orthopedics (HM3 Cortez)
Left: Dental (HM3 Wesley & HM3 Grant)

NHC ANNAPOLIS MEDICAL AND DENTAL OUTREACH EVENT (cont.)



Top row (L to R): Physical Therapy (HN Pena); Laboratory (HN Martin); Optometry (Dr. Vincenzi)

Bottom row (L to R): Field Medicine (HM3 Olmos); Radiology (HM1 Weaver)



Upcoming Diversity Events at NHCA

MAY 2015

The Mosaic Newsletter is always looking for articles. If you are interested in providing an article please contact HM1 Lopez : dwayne.o.lopez.mil@mail.mil or HM1 Weaver: michael.e.weaver42.mil@mail.mil

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Cinco de Mayo	6	7	8	9 **LOCAL** Bethesda Fine Arts Festival Woodmont Triangle 9-10May
10 MOTHER'S DAY!	11	12	13	14	15 NHCA ASIAN-PACIFIC HERITAGE MONTH CELEBRATION Lockwood-Heaton 1100	16 Lailat al Miraj - Prophet Muhammad's ascension to heaven.
17 **LOCAL** Taste of Arlington 1200—1700 Wilson BLVD Arlington ,VA	18	19	20	21 World Day for Cultural Diversity	22 Blue Angels Air Show Annapolis, MD	23 **LOCAL** Memorial Day Weekend in Washington, DC West Lawn 23-25May
24/31 24 - Pentecost (End of Easter)	25	26	27	28 **LOCAL** Herndon Festival Downtown Herndon, VA 28-31May	29	30 **LOCAL** Washington Folk Festival Glen Echo Park 1200—1900