

FCAPE NEWSLETTER

Tuesday, January 17, 2023 | Vol. 6




Wishing you a happy and prosperous New Year.

Good fortune is ahead!

HAPPY NEW YEAR!





The year 2023 is slated to be the year of the rabbit. The year of the rabbit last came up in 2011.

Lunar New Year Foods and Traditions

Each culture celebrates the Lunar New Year differently with various foods and traditions that symbolize prosperity, abundance and togetherness. In preparation for the Lunar New Year, houses are thoroughly cleaned to rid them of inauspicious spirits, which might have collected during the old year. Cleaning is also meant to open space for good will and good luck.

Some households hold rituals to offer food and paper icons to ancestors. Others post red paper and banners inscribed with calligraphy messages of good health and fortune in front of, and inside, homes. Elders give out envelopes containing money to children. Foods made from glutinous rice are commonly eaten, as these foods represent togetherness. Other foods symbolize prosperity, abundance and good luck.

Lunar New Year Greetings

Cultures celebrating Lunar New Year have different ways of greeting each other during the holiday. In Mandarin, a common way to wish family and close friends a happy New Year is “Xīnnián hǎo,” meaning “New Year Goodness” or “Good New Year.” Another greeting is “Xīnnián kuàilè,” meaning “Happy New Year.”

Traditional greetings during Tết in Vietnam are “Chúc Mừng Năm Mới” (Happy New Year) and “Cung Chúc Tân Xuân” (gracious wishes of the new spring).

For Seollal, South Koreans commonly say “Saehae bok mani badeuseyo” (May you receive lots of luck in the new year), while North Koreans say “Saehaereul chukhahabnida” (Congratulations on the new year).

[Read more about the Rabbit zodiac!](#)

[Read More](#)

EVENTS

Lunar New Year celebrations in Sacramento | List

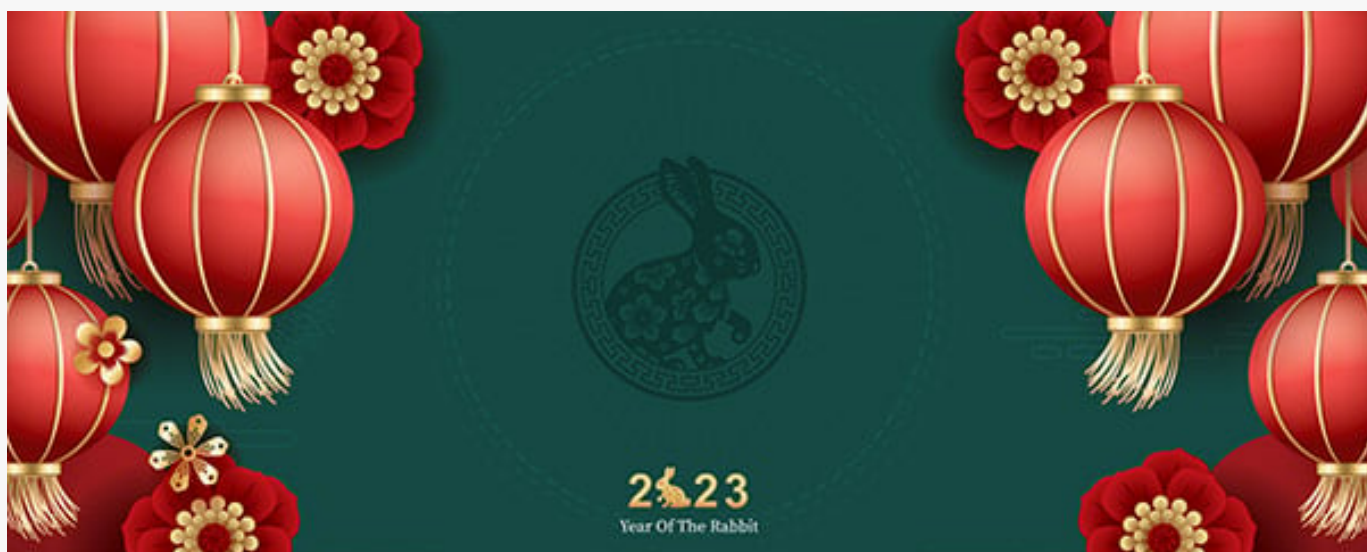
For the first time in California state history, Lunar New Year is an official state holiday.

[Read More](#)





[Click for List of Events](#)



The **Stockton Chinese New Year's Festival** will be held at the San Joaquin County Historical Museum at Micke Grove on **March 5th, 2023**.

[Click for more information](#)

Lunar Lunar New Year Tết Festival 2023

Lunar New Year
TET FESTIVAL
2023

**SATURDAY, JANUARY 28TH
 & SUNDAY, JANUARY 29TH**

5901 Florin Rd. Sacramento, CA 95823 (Old SEARS Parking Lot)

Save The Date

- Carnival Rides
- Kid Games & Family Fun
- Headlining Singers
- Live Performing Arts
- Many Food Vendors
- Beauty Pageant
- Bingo & Raffle Prizes
- Vendors Village

FOR VENDOR BOOTH & SPONSORSHIP OPPORTUNITY, PLEASE CONTACT

KEVIN P. NGUYEN (925) 759-3376	KELLY THUY LE (916) 956-1645	NIKKI NGUYEN (916) 849-2954	ZAYMAH KANEMOTO (916) 250-2898	CHINH KIEU (916) 667-1663	THUY PHAM (916) 270-9064	TIDO HOANG (916) 716-5224
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FLEX: Academic Considerations for Asian American Students: Intergenerational Trauma

**ACADEMIC CONSIDERATIONS FOR
 ASIAN AMERICAN STUDENTS:
 INTERGENERATIONAL TRAUMA**

Hosted by :
Vienne Sa (she/her) MA, Psychology
Lorraine Doria (she/her) MA, Asian Am History
Brandon Youngblood (he/him) MA, Social Psychology

This Flex workshop will address the history of intergenerational trauma of Asian American students, the psychological and physiological effects of that trauma, and the academic considerations in the classroom. There will be resources and additional support provided for further reading and professional development. Brought by FCAPE and APIASA.

Scan QR code or visit link for
Zoom Recording:
shorturl.at/hllL9



[Click for link zoom recording](#)

EPIC Student Highlight

EPIC CHORT 3

TATE
SPO

JUSTIN VANG



Introduction to me – Who am I / What am I doing / What are your hobbies?

Hello, my name is Justin Vang. I am a first-generation Hmong American, the youngest child of six, three sisters, and two brothers. I transferred from San Joaquin Delta College and participated in Cohort 3 of the EPIC Program. Similarly, I was also a former Vice President of the EPIC Club. In addition, I was also a Student Worker at the Career Transfer Center. I received my B.S. in Information Systems in Business Administration at the California Polytechnic State University of San Luis Obispo, known as Cal Poly Slo, for the Class of 2022 and is the first person in my family to get my bachelor's degree. Currently I am working remotely as a Training and Development Associate for a Business Consulting and Services Firm in Davis, CA called Elevos.co. As for what I am doing, they brought me on to work on a project to revamp and modernize a Learning Management System for a client of theirs. Elevos sponsored my senior project at Cal poly, where I lead a team for the design and development for a relational database project that assist in facilitating Governmental Bid Opportunities and Request for Proposals.

Regarding my hobbies, I find nothing more peaceful than immersing myself in video games, anime, and reading manga. I also very much enjoy Mixology. The infusion of different types of Alcohol, Liqueurs, Bitters and Syrups, Garnish, etc... is exciting and delicious! I am constantly learning something new with every drink I make. Each bottle has its unique taste profile, blends, and processes when manufactured. A slight change of measurement or ingredient can give you a completely different experience.

Tell us about your family (and friends)

My father and mother came to the United States as refugees along with most older siblings, excluding my older sister, who was closer to my age by a year, and me. We were fortunate to be born in the United States later, as that would give us opportunities and experiences that were not available for the rest of my family. In retrospect, I was born on February 19, 1999. There is at least a ten-year discrepancy between my elder brother and me. He came to the states at the age of one on paper and was the youngest then. It is essential to acknowledge that our age differences are estimations as many

birth dates of refugee and first-generation immigrants, including my parents and siblings, were given to them as they migrated to the states. Because of the war back home, people didn't have access to their birth records, so many didn't know their proper birthdays. It's always a stark reminder of the great lengths that my parents, siblings, and other immigrants have gone to get here. I take great pride in my family. Because of them, their love, and their support, I became who I was and got to where I am today. I was raised in a low-income household. I remember many days that parents would struggle to make ends meet, some days not. My family lived in fear of constantly having to be reminded of a chance for eviction. There were even days getting food on the table was hard enough. My parents had a little farm in our backyard, and growing up, many of our meals came from there. As my older siblings reached adulthood, they decided to go straight into the workforce and immediately support the family because my parents were not enough. As my father grew older, he started showing signs of the repercussions of having untreated injuries from his time in Thailand and Laos due to the lack of a proper doctor. Eventually, it became unbearable to the point where he could not work. Due to their sacrifices, my family became stable enough to where I was allowed to go to college.

What was your first-year experience in college?

"Intimidation" would be the word I use to describe my first experience in college. Navigating through FASFA, having to deal with real-life problems like finance and bills of my own for the first time, and the ultimate decision to choose my path in life, what do I want to study? Or what classes should I be taking? Just came down swinging all at once. My older sister was admitted and went to the University of Santa Barbara. Still, it was all the same for her. No mentors, no one really in my life that understood how to navigate college and be successful at that while at it. All I knew throughout high school was that I was going to college and wanted to get my degree. This was the moment I was preparing for the whole time. I did well enough in high school, receiving multiple offers to attend different UCs and CSUs across California. However, I ultimately didn't and chose to go to San Joaquin Delta College due to financial constraints. It was already hard enough to send my sister off to university because of the expenses, and I didn't want to add to their burden. I started working immediately as soon as I could legally and continued working throughout my time in Highschool and at Delta to pay for my tuition.

Why did you join EPIC, and what has been my experience and the best part for me?

I joined the EPIC program because, during my initial meeting with a Counselor to pick my classes for my first year, I was told that I'll get loaned free books for all my GE classes in their curriculum! Which generally covered the classes that I would need to eventually transfer. It was convenient and lessened the burden of figuring out my classes myself.

This was one of the best decisions I have ever made for myself, even though it was on a whim.

I was put into classes with peers from many similar situations and eventually formed close bonds with many of them. I joined the club, was very active, and made the most of it, which is still one of my best college experiences. It was an enjoyable situation to be a part of. It is the closest experience you will receive to going straight to a four-year university at a community college. A lot of the time, going to community college is very lonely. People have different priorities in life. They will go in and out of classes, and you won't have a chance to form bonds unless you actively go out of your way to do so. You will also learn from some of Delta's best, most loving, and most supportive staff. Mrs. Debra Louie and Mr. Clarence Louie are wonderful people and were very supportive in helping me ensure I was on track and ready to transfer. Meeting them opened a lot of unexpected opportunities for me.

Mr. Cirian Villavicencio is a brilliant individual. His passion for imparting his knowledge to his students motivated me to stay focused on my goals and understand just how important my roots are as an Asian American first-generation student. Dr. Steven Graham pushed me to step out of my comfort zone and helped me gain newfound confidence in speaking publicly and making myself heard, skills that will take you far in life.

Ms. Jazmin Amen is very charismatic and is the backbone of the EPIC program. Thanks to her, I was hired as a student worker at the Career Transfer Center, which allowed me to have a place where I could focus on my studies and get to know the great people in the Student Services Building.

Pearl Chu is one of the most benevolent and nurturing individuals I have ever met. It was thanks to her constant reassurance and care for me that gave me a little push to do better every day.

I believe the EPIC Program is a blessing for many people who may come from a similar background, have gone through numerous struggles, or want a second chance to do better. The Program is here to help you elevate yourself and navigate higher education. I can confidently say from my experience that the EPIC Program and the people in charge of the Program want nothing but the best for you.

What is the most important lesson I have learned or gained personally from my college experience thus far / What is one piece of advice you would give to a new student?

As a Cal Poly SLO Alumni, I would have to say, "Learn by Doing!" Make mistakes, build connections, network, and go out of your way to meet people! Live in the moment! I have met many great people in college, many of whom will be lifelong friends. I am still friends with many people in my cohort and those I have met at Delta. As a transfer student, this will be an even harder thing to do as you will only roughly have two years with these people you will meet. You will separate from your community college friends and university friends just as you did with your friends from before. For the ones who do stay, they will be there with you in the long run. Everyone walks different paths in life, and that is okay because there will be so many opportunities that will come your way. After all, you built these connections. Go out there and meet new people, and don't be afraid to go out of your way to try to build relationships.

- Where do you see yourself five years from now?

I am currently working on getting certified in Data Analytics because nothing beats staring at a screen all day! So, in 5 years, I want to have relevant experience with Data Analytics and eventually transition to more Data or Database centric jobs. I would also like to eventually return and get my master's degree. Still, unfortunately, life circumstances and money issues aren't solved instantly just because you graduate. So, the grind never stops; keep on learning, keep on doing.

Save the Date

KINGS AAPI Night- Community Fundraising Event more info to come.





If you would like to highlight any of your students' success stories, AAPI events happening at Delta or in the community, or any work you are currently part of, and/or share best practices to serve our AAPI student population better, please send it our way to be featured in our next newsletter!

For more information, please contact the FCAPE Outreach Team at:
fcapeoutreach@deltacollege.edu

[Visit our Website](#)



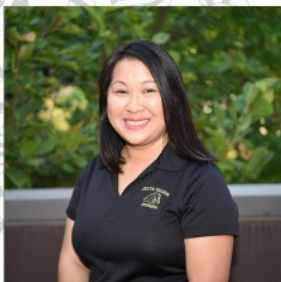
FCAPE OUTREACH COMMITTEE



DANIEL NG
ASSOCIATE PROFESSOR/ LIBRARIAN



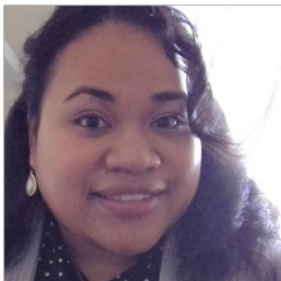
SOK HING
COUNSELOR



THUY NGUYEN
RESOURCE SPECIALIST



CLAIRE KITTIRATH
RESOURCE SPECIALIST



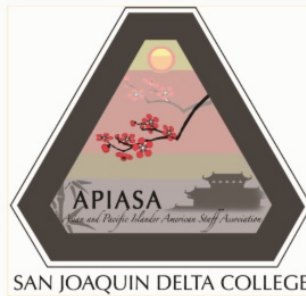
SILOTOI TI
STUDENT PROGRAMS SPECIALIST



MELANIE LIM
**STUDENT PROGRAMS SPECIALIST/
ACADEMIC ADVISOR (CALWORKS)**



**Delta College
Faculty Caucus for
Asian Pacific Equity**



YEAR OF THE RABBIT

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