Diwali is held on 15th day of the month of Kartika in the Hindu calendar and celebrates the festival of lights. The word Diwali is from the Sanskrit word dipāvali meaning "row or series of lights". This year Diwali will be celebrated on Thursday, November 4th.

**UPCOMING EVENTS**

Check the API BRG TEAMS Channel or access the BRG website for online updates. Click the links to learn more.

- **October 1** - SECC State Employee Charitable Campaign 2021
- **October 18-22** - Diversity Week
- **November 10** - Diwali Luncheon
- **November 17** - Wellness Wednesday: Asserting Yourself In the Workplace
IN FOCUS

National Diversity Week, founded in 1998 to raise awareness about the diversity which has shaped, and continues to shape, the United States. With its commitment to honor and celebrate diversity, UT Southwestern recognizes Diversity Week every year and 2021 is no different! So get ready for some fun events planned by many of the BRGs to celebrate US!!

Diversity Week 2021 @ UTSW : October 18-22
- Monday- Food trucks on campus representing diverse cuisines.
- Tuesday – interactive virtual open house to learn more about African American Employee BRG, Asian-Pacific Islander BRG and Hispanic-Latino BRG.
- Wednesday – In partnership with Talent Acquisition, we will host a career building conversation about strategies to promote cultural diversity in the recruitment process.
- Thursday - interactive virtual open house to learn more about LGBT & Allies BRG, Veterans BRG and Women & Allies BRG.
- Friday – Fireside Chat with Dr. Marc Nivet on “Success Through Inclusion: How Leaders Can Help Organizations Thrive.”

API BRG Book & Podcast Club
Exciting news for book and podcast lovers alike...the API BRG leadership team is thrilled to announce an upcoming series of events for us to collectively enjoy and discuss our favorite book or podcast. Stay tuned for more details coming soon!
Have a favorite book or podcast in mind.....share with us via email : AsianPacificIslanderBRG@utsouthwestern.edu
We extend a warm welcome to the newest members of the API BRG. We are now 265 members strong!

NEW MEMBERS

We extend a warm welcome to the newest members of the API BRG. We are now 265 members strong!

Alvaro Noriega Ramirez
Anupam Raina
David Nelson
Imma Lugtu
Jalitta Aickareth
Patrice Hampton
Pravin Dewangan
Sandhaya Bhatia

Know anyone that would like to join the API BRG?

Scan the QR Code shown below to access and complete the New Member Form. NOTE: Existing members don’t need to complete this form.

MEMBERSHIP UPDATES

We invite you to participate!

OPEN Committee positions:
- Membership
- Communications
- Mentorship
- Events

From today through Nov. 30, employees can make an important impact by donating to any of several hundred state-vetted charities through payroll deduction. Donating is easy and convenient and can be done entirely within PeopleSoft. If every UTSW employee gave at least $15 to their favorite charities, we’d meet our goal of $350,000 and, more importantly, make a significant, positive impact on nonprofit organizations in need and the individuals they serve.

For more information about how to donate and to find the list of participating charities, visit the SECC page on MyUTSW.
What do you love about working at UTSW Medical Center?

UTSW is the world class medical facility in the region. We have cutting edge technology, state of the art instruments. The people I work with are friendly, compassionate. Many of us have been with UTSW for a long time, coming to work every day is just like going to see other family members.

Tell us how API BRG has impacted your life and made your employee experience richer.
API BRG has provided webinar conferences for current issues that related to its members, such as the “Evolving Role of Laboratory In The Covid-19 Pandemic”, “Support Our UTSW Asian Community In Response to Increasing Anti-Asian Racism”. Wednesday wellness, Connection Letters, and many more...

What’s the best career advice you’ve ever received?
Stay calm and carry on.

What is your career path at UTSW? How many years have you been with UTSW?
With almost 41 years of being a medical technologist, I have worked with supervisors, managers, medical director and coworkers. I have acquired knowledge in the profession that I have hope to pass on the younger technologists.
**Lemongrass Turkey**

**Cook Time:** 1 hour 30 minutes  
**Servings:** 8  
[https://seonkyounglongest.com/how-to-cook-lemongrass-turkey/](https://seonkyounglongest.com/how-to-cook-lemongrass-turkey/)

**DIRECTIONS**

1. Place turkey on a working surface. Cut along both sides of back bone from one end of turkey to other with a pair of strong kitchen scissors. Remove back bone and tail, keep it for broth along with neck bone. Place turkey cut side down and flat out legs, left and right. With both of your hands, push down on top of breastbone with your weight until you hear cracks. The turkey should lay flat.

2. In a large pot, add turkey neck bone, back bone and tail along with rest of ingredients for broth. Bring it to a boil over high heat, reduce heat to low and simmer for 3 hours.

3. Combine all ingredients for marinade and rub butterflied turkey with mixture all over. Put 2/3 of marinade under turkey skin. Place turkey on a roasting pan or a large baking pan that lined with a rack. Tuck wing tips under turkey breast. Cover it and marinate turkey overnight in a refrigerator or roast it right away.

4. Preheat oven to 450°F.

5. Roast turkey in a preheated oven for 60 to 70 minutes. Cover turkey with aluminum foil if needed after 30 minutes and rotate 180 degrees. To check doneness of turkey, insert thermometer into thickest part of breast and it should reach 150°F or into thickest portion of high registers 165°F. Remove from oven and let it rest, loosely covered with foil for 20 minutes.

6. Pour turkey juice and fat from roasting pan into a medium saucepan over medium heat. Whisk in fish sauce and flour and cook until dark brown, about 3 to 4 minutes. Whisk in turkey broth, 1 cup at a time. Add 3 cups for thick gravy or 4 to 5 cups for more silky texture gravy. (I added 4 cups) Reduce heat to low, simmer gravy for 5 minutes to combine flavor together. Taste gravy first, then season with a pinch of salt and pepper to taste.

7. Carve turkey and serve with gravy, fried rice stuffing, sweet & spicy cranberry sauce and more! Enjoy & Happy Holidays!

**INGREDIENTS**

**FOR THE BROTH**
- 1 young turkey (10 to 12 lb)
- Turkey neck bone, back bone and tail
- 1 celery stalk
- 1 lemongrass, crushed
- 5 cloves garlic, crushed
- 1 small shallot, cut into half
- 2 oz ginger slices
- 1 bay leaf
- 8 cups water

**FOR MARINADE**
- 2 large lemongrass, chopped finely
- 3 small shallots or 1 large shallots, chopped finely
- 10 cloves garlic, chopped finely
- 5 to 8 Thai chilis, chopped (optional)
- 1 oz ginger, chopped finely
- 4 tsp salt
- 2 tsp black pepper
- 4 tsp palm sugar or brown sugar
- 3 tbsp fish sauce
- 1 tbsp cooking oil (avocado, vegetable or canola oil)
- 1 stick of temperature butter (8 tbsp)
- Zest from 1 lime

**FOR THE GRAVY**
- 5 tbsp turkey juice and fat from roasting
- 1 tbsp fish sauce
- 5 tbsp all purpose flour
- 3 to 5 cups turkey broth
- Salt and pepper to taste
Simple habits for a healthy lifestyle:
1. Start with one healthy habit a week and add new one every week or two until you incorporate all habits.
2. Use stairs and household items as equipment. Take stairs at office and utilize stairs at home for exercise. Use water bottles as dumbbells.
3. Stay hydrated. Replace sugar/artificial sugar with flavored sparkling water. Use a small cup or bottle to keep tab on amount of water intake. Remember to replace a glass of water for every caffeinated or alcoholic beverage.
4. Take a 10-minute walk/exercise break throughout the day, incorporate cardio burst for 2-3 minutes.
5. Maintain correct posture for the type of work you are performing from lifting to sitting at computer terminal.
6. Get at least 7 to 8 hours of sleep a night, use an alarm to remind yourself of upcoming bedtime routine. Set it for 30-40 mins prior to bedtime.
7. Weigh yourself at the start of your day weekly or every 3 days and develop a goal for yourself on weekly basis.
8. Start off your day with a healthy meal that includes protein and fiber.