UPCOMING EVENTS

Here are some exciting events planned this quarter. Check the API BRG TEAMS Channel for updates.

Nov. 11 - Diwali Lunch @ CUH
Menu includes:
- Curry: Veg Korma, Choley, Khoya Kaju
- Naan, Rice, Raita & Pickles
- Dessert: Gulab Jamun

Nov. 11 - Veteran’s Day

Nov. 18 Wellness Wednesday
  Relaxation techniques for Coping With Stress

Nov. 21 - Diwali Dinner - Location TBD

Thursday Testimonial - TBD

Dec. 9 Wellness Wednesday
  Healthy Thinking (“Stinking Thinking”)

Thank you for attending Diversity Week!
If you missed our presentation, you can view it [here](#).
NEPALI-STYLE GOAT PAKKU

The flavor of Goat Pakku gets better as time goes by and the more you reheat, the darker it gets. So if you've never had goat meat before or if you want to try a different type of meat, we highly suggest you give Goat Pakku a chance. If you are Nepali and far away from home during this Dashain, this recipe is for you!! We hope you will take some time to make Goat Pakku and share it with your loved ones.

Serves 6 people

Ingredients

- 13 lbs cubed goat meat (skinless, bone-in)
- 1/4 cup mustard oil
- 1.5 heaping tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 tablespoon red chili powder
- 2 teaspoon turmeric powder
- 1 heaping tablespoon minced ginger
- 6 garlic cloves, minced
- 4 bay leaves
- 4 cloves
- 3-4 large black cardamom
- 3 cinnamon bark
- Salt, pepper to taste

Instructions

1. In a large bowl, marinate goat meat with oil and all above spices until evenly coated. Let it sit in the refrigerator for few hours or overnight.

2. Heat a large heavy bottom pot over low-medium heat. Add the meat and let it slowly cook for 30-35 minutes covered but stirring every 10 minutes or so. Continue to cook you notice a lot of water coming out which will eventually dry out.

3. Reduce the heat to low and remove the cover. Let it cook for 25-30 minutes stirring every 10-15 minutes until the meat is tender to touch.

4. Remove cinnamon barks, bay leaf, cardamom, and cloves right before serving.
WELLNESS TIPS

Amid this pandemic, as many of us continue to work remotely, we encourage you to take time for self-care and maintain good habits that will sustain your well-being.

Here are some best practices:

Remember to take breaks
- Every hour or two get up and move
- Be mindful of eye strain. Look up the 20/20/20 rule for tips

Get Physical
- Challenge yourself to walk at least 6,000 steps a day
- Yoga is helpful for both the mind and the body

TIPS FOR LEARNING/WORKING FROM HOME

1. Create a workspace
2. Prioritize your day
3. Check your Megabytes per second (Mbps)

Find out more at https://www.utsouthwestern.edu/covid-19/work-remotely/

NEW MEMBERS

We extend a warm welcome to the newest members of the API BRG.
- Ashish Shaha
- Linh Silverman
- Sherri Wood Cooper
- Alina Evans
- Deena Koshy
- Sonia Rasmussen
- Miriam Gonzales
- Tomi Fatunde
- Beverly J. Foster
- Cheryl Adams
- Ameet Thaker
- Bernadette Facundo

MEMBERSHIP UPDATES

It’s time to celebrate!
- API BRG turned 1 in Sept 2020
- Began with 25 members.
- Currently 182 members strong
- Several openings on committees that can help our community and your career.

CONNECT WITH US

API BRG Facebook
Follow #UTSWAPIBRG
Email us at AsianPacificIslanderBRG@utsouthwestern.edu
What do you love about working at UTSW Medical Center?
I enjoy being in a learning environment. I have always enjoyed working at Academic Medical Centers that are focused on their tripartite mission of Patient Care, Education and Research. You have a sense of pride when you work at an organization that is viewed and recognized as the leader in innovation and technology. I have been fortunate to work at UTSW, an organization that consistently strives for excellence in all that we do. However, what I love the most about working at UTSW is the people I have the opportunity to work with each and every day.

What has been your career path at UTSW?
I started my career at UTSW as the Associate Vice President for Surgical Services and Digestive Diseases in January 2013 and I remain in that position today. As the AVP for Surgical Services and Digestive Diseases I am responsible for perioperative services and endoscopy services across University Hospitals.

What’s the best career advice you’ve ever received?
Ask a lot of questions. Especially as an early careerist, it’s important to ask questions. If you don’t understand something, whether it is a process, terminology or a product, always ask questions because it’s how you will learn. Be more afraid of assuming you know or understanding something, than of asking a question. The knowledge you gain is something no one can take away from you.

What does being part of API BRG mean to you?
It has been wonderful to see the events that the API BRG has sponsored for the UTSW community. Not only does a group such as this benefit current Faculty and Staff, but it also helps new Faculty and Staff feel more connected and gives them a way to engage with their colleagues in a different way. I think it’s important for each of us to support one another and mentor other members as they consider career advancement opportunities.