

# APIA Connection

APIA BRG Quarterly Newsletter



Asian-Pacific Islander  
Alliance

BUSINESS RESOURCE GROUP

UTSouthwestern  
Medical Center



2024 is a year of the Dragon, starting from February 10th, 2024 and ending on January 28th, 2025.

The Dragon symbolizes power, nobleness, honor, luck, and success in traditional Chinese culture. The Dragon is a supernatural being with no parallel for talent and excellence.

## UPCOMING EVENT

**Feb 7: Lunar New Year Celebration Luncheon**  
11 a.m.–2 p.m.  
CUH Dining Hall

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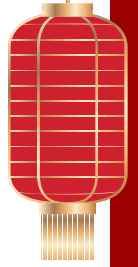
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## IN FOCUS



### **When Is the Lunar New Year?**

Lunar New Year begins on the date (in East Asia) of the second new Moon after the winter solstice. This means that the first day of the Lunar New Year can occur anytime between January 21 and February 20. In 2024, the second new Moon will occur in China on Saturday, February 10, marking the start of a new lunar year.

### **Who Celebrates Lunar New Year?**

Although this holiday is commonly called “Chinese New Year” in the West, China is not the only country to observe it. Lunar New Year, also known as the Spring Festival, is the most celebrated and longest of all Asian festivals and is observed by millions of people worldwide.

### **How Is the Lunar New Year Celebrated?**

As with many winter solstice celebrations, the symbolic darkness of night is banished by the light of fireworks, lanterns, and candles. Man-made paper lanterns are hung by the hundreds in public areas, bringing good luck to the new year. Celebrations include dragon dances, captivating performances, and lively festival parades with music and acrobatics. These festivities continue for two weeks, finishing with a special lantern festival, which signals the end of the Lunar New Year celebration period.



## MEMBER SPOTLIGHT

### CHRISTINE DURIA

CHAIR, ASIAN-PACIFIC ISLANDER ALLIANCE BRG  
SR. MANAGER, DIGITAL MARKETING



#### What do you love about working at UTSW Medical Center?

It's the people – being surrounded by highly driven and intelligent people who are not only supportive but also encouraging. AT UTSW, I feel respected and recognized for the contributions I bring, and the flexibility for work-life balance is something I appreciate.

#### Tell us how API Alliance BRG has impacted your life and made your employee experience richer.

API Alliance BRG has provided the opportunity to connect with so many people at UTSW. Celebrating the richness of Asian-Pacific Islander cultures together with others and exploring new cuisines during the cultural celebrations has been a rewarding experience. Participating in APIA BRG committees and taking on leadership roles has enriched my connection with colleagues who share a passion for diverse cultures, and at the same time, it has helped me foster cultural intelligence and develop leadership skills.

As the newly appointed Chair of API Alliance BRG, I encourage everyone to get involved and join us in learning, growing and becoming allies for each other.

#### What's the best career advice you've ever received?

The best advice I ever received was to be a lifelong learner – no matter what stage you are in your career or life phase.

#### What is your career path at UTSW? How many years have you been with UTSW?

I currently work as the Sr. Manager, Digital Marketing in the Office of Communications, Marketing and Public Affairs. I have worked at UT Southwestern for almost 8 years, starting in March 2016.

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## RECIPE CORNER



## Thai Coconut Curry Chicken Soup

### Ingredients

- 2 tablespoons olive oil
- 2 large chicken breasts , cut into bite sized pieces
- 2/3 cup finely chopped green onions
- 2- inch piece of fresh grated ginger
- 3 tablespoons Thai red curry paste
- 2 (15oz) cans unsweetened coconut milk
- 2 cups chicken broth (+ more as needed)
- 1 cup mushrooms , thinly sliced
- 2 cups lacinato/flat kale , sliced into thin strips
- 2 - 3 tablespoons fish sauce (depending on taste)
- 1/4 + teaspoon cayenne pepper
- Salt & pepper to taste
- Lime, cilantro & sliced red chili to garnish
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### Instructions

- Heat the oil in a large pot. Add the chicken, green onions, ginger, and curry paste and sauté for 1 - 2 minutes until fragrant.
- Add the coconut milk and broth and bring the mixture to a boil.
- Turn down to a simmer and add the rest of your ingredients, except the kale (this goes in at the very end, just before serving). Cover and let this cook until the chicken is cooked through, about 20 minutes.
- Remove the lid and add your kale, letting it steam and get tender in the broth, for about 1 minute.
- If desired, shred some of the pieces of chicken with a fork, then remove from heat and serve. Top with your choice of garnish.

### Nutrition based on full fat Coconut milk

Serving: 1cup | Calories: 527kcal | Carbohydrates: 11g | Protein: 21g | Fat: 46g | Saturated Fat: 33g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 8g | Trans Fat: 0.1g | Cholesterol: 50mg | Sodium: 1544mg | Potassium: 712mg | Fiber: 4g | Sugar: 7g | Vitamin A: 2057IU | Vitamin C: 14mg | Calcium: 78mg | Iron: 4mg

## WELLNESS TIPS



### February is Heart Month






Focus on improving and learning more about heart health, while inspiring others to do the same. Visit [UTSW's Heart Month webpage](#) for important dates, and come back often throughout the month.

## MEMBERSHIP UPDATE

We want our members to be able to network, collaborate and learn from each other. If you are already a member of API Alliance BRG, we thank you for your support and look forward to connecting with you.

We also extend a warm welcome to the newest members of the APIA BRG. We are currently 550 members strong!

### CONNECT WITH US

-  [APIA BRG Facebook](#)
-  [APIA BRG LinkedIn](#)
-  [APIA BRG Teams](#)
-  [AsianPacificIslanderBRG@utsouthwestern.edu](mailto:AsianPacificIslanderBRG@utsouthwestern.edu)
-  [API Alliance BRG Website](#)

### Know anyone that would like to join the API Alliance BRG?

Scan the QR Code to access and share the New Member Form to join.  
(NOTE: Existing members do not need to complete this form.)

