

WIN membership is open to all current and former Washington State Employees

washingtonimmigrantnetwork.org

"We don't need perfect political systems; we need perfect participation." Cesar Chavez

### Food for Diversity-Cultural Recipe Book



The purpose of the cookbook is to celebrate diversity and to engage and connect with Washington State employees and allies by sharing food recipes from all over the world, traditions, and cultures.

The book will be a collection of family or individual food recipes that reflect our family traditions and/or cultural backgrounds. Recipes may contain accompanying stories and graphics.

Consider sharing a recipe for a traditional dish from your family's country of origin or a recipe that was shared with you.

We ask participants to submit their recipes by **April 31st, 2021**.

Submit your recipes here

or email your recipe to: win@ofm.wa.gov.

Complete the Food For Diversity activity in **Smart Health** to earn 50 points.



# **Upcoming Events**

## **We Are Not Silent - Bystander Intervention webinars**

A call to Action to Stop Hate and Bias against Asian Americans and Pacific Islanders



Click to Register: April 28th, 2021 12:00pm -1:00pm

Hate crimes and discrimination against Asian Americans and Pacific Islanders are on the rise across the US and the world. In this 1-hour webinar, we'll learn how you can intervene effectively as a bystander. This presentation will discuss the disrespect that Asian Americans and Pacific Islanders face right now from microaggressions to violence. This interactive presentation will walk through five strategies for intervention: distract, delegate, document, delay, and direct; and how to prioritize your safety while intervening.

After completing the webinar, you will:

- Identify the five strategies for intervention and prioritize your safety while intervening.
- Feel confident about intervening the next time you see harassment.
- Learn what to look for and how to positively impact bystander intervention on situations, individuals, and communities.

For any questions, please send an email to <u>Joanne Lee</u>.

Also see: Anti-Asian Pacific Islander Violence Resource Guide Washington State EAP

# Olympia

#### LET'S TALK ABOUT RACE IN OLYMPIA!

- What? The City of Olympia is hosting an invitation-only conversation about race and equity in Olympia to inform a new Commission focused on social justice and anti-oppression.
- Why? The City of Olympia seeks to amplify and document the experiences and voices from marginalized groups impacted by social and institutional injustice to build an equitable, just and thriving community.
- Who? Olympia residents who identify as members of the Black, Indigenous, People of Color communities. Youth are welcome!
- When? Saturday, April 24, 2021 from 12 p.m. to 3 p.m.
- Where? The conversation will be held virtually, on Zoom. Space is limited to 40 seats. Pre-register at: www.engage.olympiawa.gov/equitycommission

**Psychological Safety:** We recognize the potential emotional and psychological toll of this kind of conversation. We are using the community conversation model to maximize your safety and ability to be authentic. This conversation is not open to the public and will not be recorded.

**Other options?** If you are unable to attend this focus group, you can share your story and ideas at www.engage.olympiawa.gov/equitycommission.

**Further questions or concerns about this project?** Contact Olivia Salazar de Breaux, Equity and Inclusion Coordinator for the City of Olympia at <u>osalazar@ci.olympia.wa.us</u> | 360,753,8343.

# WIN General Membership Meeting

Tuesday, May 4th, 2021 Noon- 1:00 PM



## **Social Hour Networking Event**

Thursday, April 29 2021 4:30 PM- 6:00 PM

Mark your calendar, and watch for more information coming next week.



**Host:** Alejandro Sanchez

#### Click to join via Zoom

Meeting ID: 867 8744 7524

Passcode: 312248

#### Click to Join via Zoom

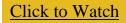
Phone: 253 215 8782

Meeting ID: 518 967 8191

# **Watch Now**

# Race & Civic Engagement Dialogue

Guests speakers: Merrit Long, Ron Chew, and Dr. Judi Moore Latta tell their own stories and life lessons concerning race in America. This dialogue is to empower community leaders and activists with the tools they may need to have subsequent, constructive conversations in the context of their own communities' unique lived experiences and form collaboration with other like minded organizations and individuals.



Recorded March 27th, 2021

This recorded event was co-sponsored by the following organizations: Asian Pacific Islanders Coalition South Puget Sound Chapter, Thurston County League of Women Voters, Looking Back Moving Forward, Heartsparkle Players, and Window Seat Media

## **Decolonizing Self Care for the Hispanic/Latinx Community**

In Decolonizing Self Care for the Hispanic/Latinx Community, we learned that past trauma, including the impacts of colonialism, are influencing how we respond to stress today. The presentation was led by Ariadna Acosta, a bilingual mental health specialist with experience in social psychology, human rights, and gender studies. She explained how to make decolonizing part of your healing process and discussed definitions of self-care that are more culturally rooted.



Watch Video

**Download Presentation Slides** 





#### Find us on Youtube.com!

Meet the Washington Immigrant Network <u>Leadership</u>
Team and some of our wonderful members and volunteers.

#### WHO WE ARE:

Support the professional development of immigrant state employees.

Recommend strategies to advance recruitment, retention, career progression and leadership development.

Educate state agencies on the experience, skills and knowledge of immigrants and the value of a diverse workforce.



#### WHAT WE DO:

Provide a support structure, educational resources and leadership assistance for immigrant state employees.

Encourage immigrants to consider the state as an employer of choice through inter-agency and external outreach activities.

Serve as a resource for the Office of Financial Management, State Human Resources division and state agencies in creating and sustaining a diverse and inclusive workforce.

Do you want to learn more about the Washington Immigrant Network (WIN) Business Resource Group?

Please visit our website or contact us at WIN@ofm.wa.gov.

We also encourage you to follow us on our social media links provided below.





