May is Asian Pacific American (APA) Heritage Month, which is also referred to as Asian Pacific Islander (API) Heritage Month. This is a celebration of Asians and Pacific Islanders in the United States and their contributions to the history, culture, and achievements. We have had a significant number of submissions of staff names and we can’t wait to share it all with you!

Throughout the month of May you will see information on the YMCA of San Francisco’s social media pages (Facebook, LinkedIn, and Twitter), as well as, internal ‘shout outs and get to know you’ fun facts about your Asian, Pacific Islander, and Hawaiian Native colleagues. Follow our APILN on Instagram at ysf_apiln.

Additionally, the City of San Francisco will be celebrating the newly named Asian American & Pacific Islander Heritage Month. This year’s theme for the city is Forging Community Bonds. Our APILN is a Publicity Partner and the YMCA of San Francisco is a Community Sponsor for the APA Heritage Month this year.

Check out the online guide of amazing events happening in our communities around the city, which include activism, arts & culture, films, museums, read & learn, and small businesses. Below is information around the Heritage Awards and Reception

• Wednesday, May 4 at 5:30pm: APA Heritage Awards and Reception. Admission to this event is FREE, but RSVP is REQUIRED due to limited capacity at both Herbst Theater and City Hall. We encourage individuals to wear ethnic festive attire if they wish to do so. Program highlights include: Mayor’s Proclamation Signing Ceremony, cultural performances, presentations of APA Heritage Awards, and the cultural procession, which is a spectacular community song and dance. Immediately following the awards all guests are invited to the annual Taste of Asia Pacific Reception in City Hall. Sample various Asian cuisine, entertainment, exhibits, raffle, and more.

Sunday, May 1 from 2:00pm - 5:00pm: Workshop – Batik Filipinx. This is located at the SF Public Library on 100 Larkin St. on the 2nd Floor at The Mix. Make your own handkerchief designed and inspired by Filipinos’ beautiful artwork of batik (tie-dye). Bring friends and family for a fun celebration.

Thursday, May 5 from 3:00pm - 4:00pm: Japanese Taiko Drumming with Kristy Oshiro. This is located at the SF Public Library - Mission Bay on 960 4th Street. Learn about the Japanese art of taiko. Feel the thunderous sounds of the drums vibrating through your body as language, culture and history combine into an exciting educational experience.

Thursday, May 12 from 7:00pm - 9:00pm: CAAMFest Opening Night. FREE CHOL SOO LEE, directed by Eugene Yi, Julie Ha. This will be held at the Castro Theatre. In 1973, Korean immigrant Chol Soo Lee was wrongfully convicted of a gangland murder in San Francisco Chinatown. Ten years later, the landmark efforts of the local pan-Asian community helped set him free. However, was an unexpected icon ready for the outside world after years on Death Row?

Friday, May 13 from 2:00pm - 3:30pm: Chinese American Genealogical Research. Learn how to conduct genealogical research for Chinese Americans in the U.S. and find ancestors using the Library’s resources and tools, government census data, city directories and NARA genealogical records.
Join us for the return of our book club. This summer we will be reading “A Thousand Steps Into the Night” from New York Times bestselling author and National Book Award finalist, Traci Chee. This is a Japanese-influenced fantasy brimming with demons, adventure, and plans gone awry.

In the realm of Awara, where gods, monsters, and humans exist side by side, Miuko is an ordinary girl resigned to a safe, if uneventful, existence as an innkeeper’s daughter. But when Miuko is cursed and begins to transform into a demon with a deadly touch, she embarks on a quest to reverse the curse and return to her normal life.

Registration is open to all! Click HERE to register. First 3 registrants will receive a FREE copy of the book. You will have from July 1 - August 17, 2022 to read the book. We will have a wrap up zoom call on August 18 at 6:00pm.

For more information about the book club or to suggest future readings, please contact Dara Meinerth.
The YMCA of San Francisco’s Asian Pacific Islander Leadership Network (APILN) is excited to announce that we are collaborating again with Dokkaebier for APA Heritage Month! Dokkaebier will donate 10% of all sales, beer and merchandise, to be used specifically for APILN resources and support of AAPI communities. All items, beer and merchandise, are available on the website.

**ORDER STARTING MAY 1st!**

**When:** May 1 – 31, 2022

**Method:** You can add an additional donation for APILN at the end by adding “YMCA x Dokkaebier”

**S&H:** Next day shipping throughout CA for orders placed Monday – Thursday.

*Dokkaebier ONLY ships beer within CA. Merchandise can be shipped anywhere in the US.

**You must be 21+ in order to receive the beer.**

**Pick-Up Option:** For those living in the SF Bay Area, we are organizing a local pick-up at the Embarcadero YMCA. The shipping charge for this option will be refunded at checkout.

1. Order online
2. Enter the following information for shipping:
   - **Company:** EMBARCADERO YMCA
   - **Address:** 169 Steuart St
     San Francisco, CA 94105
3. Pick-up date and hours (Mon-Fri / 10am – 7pm)
   - Order Date > Available After
     5/1–5/8 12pm > 5/10 10am
     5/9–5/15 12pm > 5/17 10am
     5/16–5/22 12pm > 5/24 10am
     5/25–5/31 12pm > 6/2 10am

**VIRTUAL SPECIAL EVENT: AMERICAN LIKE ME**

The YMCA of Greater Seattle will be hosting a virtual event on May 30, 2022 from 5:30pm – 6:30pm.

**REGISTER in advance!**

**American like me: Exploring the Asian American Identity Crisis**

Should one assimilate or preserve their heritage? It’s a question many young Asian-Americans are asking themselves. Asian American youth are facing an identity crisis: feeling pressure to both embrace American culture and maintain the ethnic heritage and traditions of their immigrant parents, which is affecting their psychological wellbeing.

Join us for a rich discussion that explores the history of the Asian American Pacific Islander label, the Asian American racial and ethnic identity crisis, the pressure of representation, the model minority myth, and the newest call for racial data disaggregation.

Moderator Trish Villanueva, Branch Executive, Northshore YMCA will be joined by panelists Dr. Tracy Lai, instructor on the topics of U.S. history, women, Asian American and ethnic studies at Seattle Central College; Dr. Linh Thuy Nguyen who specializes in Asian American and Southeast Asian American cultural studies, immigration and refugee studies and US militarism and race; and Paresh Mundane, Engineering Manager for Amazon, Bollywood Dance Instructor, Program manager for CRY America, and Y Community Member.

**REGISTER TODAY!**

**APILN COMMITTEE MEMBERS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Dara Meinerth</td>
<td>Chair</td>
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<tr>
<td>Monica Lai</td>
<td>Vice Chair</td>
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<tr>
<td>Cecilia Ching</td>
<td>Secretary</td>
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<td>Cynthia Pun</td>
<td>Treasurer</td>
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<td>Crissie Ponciano</td>
<td>Member</td>
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<td>Grace Ihn</td>
<td>Member</td>
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<td>Kevin Lee</td>
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<td>Michelle Chu</td>
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<td>Theresa De Dios</td>
<td>Exec. Sponsor</td>
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<td>Chad Nico Hiu</td>
<td>Assoc. Champion</td>
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<tr>
<td>Lauren Clapperton</td>
<td>Exec. Ally</td>
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<tr>
<td>Rodney Chin</td>
<td>Volunteer Historian</td>
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The APILN is a community of Asian, Pacific Islander, and Native Hawaiian staff and allies who share information and resources through in-person and virtual social and educational experiences. Our goal is to create the feeling of belonging, build community, and advance career development of Asian, Pacific Islander, and Native Hawaiian staff by empowering their rise within the Y through advocacy, networking, and mentoring.

Follow us on Instagram at @ysf_apiln or on Facebook at Apiln Ysf
**RECIPE CORNER**

**Homemade Egg Rolls**
- 2 tsp vegetable oil
- 3/4 lb ground pork
- salt and pepper to taste
- 1 tsp minced garlic
- 3 cups coleslaw mix
- 1/4 cup sliced green onions
- 1 Tbsp soy sauce
- 1 tsp toasted sesame oil
- 1 egg beaten
- oil for frying

**Chicken Lettuce Wraps**
- 1 lb ground chicken
- 1 Tbsp vegetable oil
- 1 yellow onion (finely chopped)
- 4 cloves garlic (minced)
- 1 Tbsp chopped ginger
- 1 Tbsp sesame oil
- 1 package shiitake mushrooms
- 1 julienne cut carrot
- 1/4 cup hoisin sauce
- 1 Tbsp chili garlic sauce
- 2 Tbsp chopped cilantro
- 4 green onions
- 1 head boston lettuce

**Peanut Sauce**
- 3 Tbsp crunchy peanut butter
- 2 tsp brown sugar
- 1 Tbsp soy sauce
- 1 Tbsp freshly squeezed lemon juice
- 1 tsp chili garlic sauce
- 1 tsp freshly grated ginger

**Taiwanese Beef Noodle Soup**
- 2 Tbsp oil
- 2 1/2 lbs boneless chuck, shank or brisket cut into 1 1/2 inch pieces
- 5 inch piece of ginger (cut thick slices)
- 8-10 cloves garlic (peeled)
- 1 large onion, cut into large wedges
- 4 scallions (whites only)
- 1 Tbsp brown sugar
- 1 large tomato, roughly chopped
- 3 whole star anise
- 2 whole cloves
- 1 Tbsp sichuan peppercorns
- 2 tsp fennel seeds (not ground)
- 6 cups low sodium beef stock + 6 cups of water

**CONTACT THE EMPLOYEE RESOURCE GROUPS**

For more information on a specific ERG, click their link to email them.

- **African American Resource Network (AARN)**
- **Asian Pacific Islander Leadership Network (APILN)**
- **Latinx Leadership Network**
- **LGBTQIA+ Resource Network**
- **Women's Leadership Network (WLN)**

**INSTAGRAM**

Follow these YMCA of San Francisco accounts on Instagram to learn more about what’s happening within the Y and these communities:

- @ysf_apiln
- @ysf_employees
- @ymcasf
- @bayviewymca
- @buchananymca
- @campjonesgulch
- @chinatownymcasf
- @embarcaderoymca
- @marinymca
- @missionymca
- @missionymca
- @pointbonitaymca
- @presidioymca
- @rdymca
- @sylcentralymca
- @stonestownymca
- @urbanservicesymca

On Facebook, follow the APILN at Apiln Ysf.