

JOURNEYS

WINTER 2021



U.S. DEPARTMENT OF THE INTERIOR
PMB Administrative Services
AVSO BAD CADR IBC OFAS OHA

*Our Vision: To Deliver Outstanding Products and Customer Service
While Actively Creating and Sustaining a Respectful Focus*

Message from the Deputy Assistant Secretary

February 2021

Dear Administrative Services Team,

I'm delighted to present to you our Winter issue of *Journeys*. As we move to a quarterly publication schedule, our hope is that *Journeys* remains an enjoyable and informative oasis, an opportunity to take a few moments to connect with your colleagues in the Department. Here are just a few highlights:

- **Julie Lucero** celebrates DOI's impressive contributions to the Combined Federal Campaign (page 4)
- **Justin Wade** explains how supply chain security risks can be mitigated (page 6)
- In a continuing series focusing on our trust responsibilities to Tribal Nations, **Teresa Stella** challenges us to consider how we can strengthen our nation-to-nation relationships (pages 7 and 8)
- **Tonianne Baca-Green** guides us in finding balance using mindfulness techniques (page 9)
- **Shaun House** experiments with a gratitude journal (page 10)
- **Gary Bremen** shares a story about connecting to memories through National Parks (pages 11 and 12)
- **Abby True** reveals how running is her "True North" (page 13)

I would be remiss if I didn't mention that this issue



features extraordinary photos from some of our favorite photographers: **Daniel J. Boits, Jr., Doug Sanchez, Patrick Rodden, Evan Wexler** and **Kaiulani Rees**, whose photos of foxes in the Alaskan wilderness are sure to delight. Enjoy!

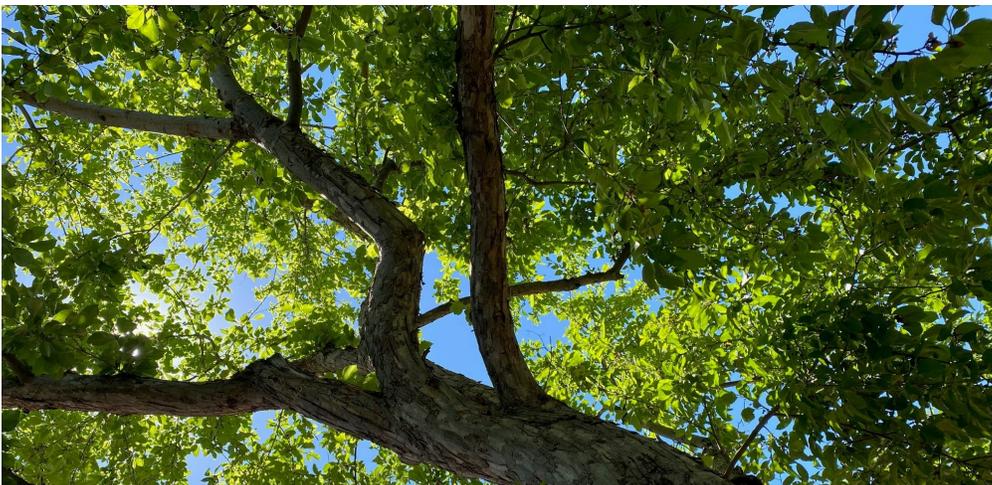
The *Journeys* team welcomes and values your suggestions - please don't hesitate to [reach out](#) anytime. We look forward to hearing from you.

As always, stay safe and be well.

Respectfully,

Jacqueline M. Jones

Deputy Assistant Secretary for Administrative Services



Remember leaves? It won't be long before they're back shimmering in the sun!

Public lands are for everyone. Across the more than 450 million acres of land managed by Interior, the opportunities for recreation, education and connection are limitless.

[More information from DOI](#)

FEBRUARY

African American History Month

This year's theme: "The Black Family—Representation, Identity and Diversity"

The black family has been a topic of study in many disciplines—history, literature, the visual arts and film studies, sociology, anthropology, and social policy. Its representation, identity, and diversity have been revered, stereotyped, and vilified from the days of slavery to our own time.

[More information](#)

American Heart Month [More information](#)

National Wear Red Day for Women's Heart Health

Friday, February 5, 2021

Join others on February 5 and wear red to bring greater attention to heart disease, which is the leading cause of death for Americans. [More information](#)

Presidents Day - Federal Holiday

Monday, February 15, 2021 [More information](#)

MARCH

National Women's History Month

This year's theme: "Valiant Women of the Vote—Refusing to be Silenced"

The theme for 2021 National Women's History Month captures the spirit of these challenging times. Since most 2020 women's suffrage centennial celebrations were curtailed, the National Women's History Alliance is extending the annual theme for 2021.

[More information](#)

Cesar Chavez Day

Wednesday, March 31, 2021

Cesar Chavez Day is a U.S. federal commemorative holiday, proclaimed by President Barack Obama in 2014. The holiday celebrates the birth and legacy of the civil rights and labor movement activist Cesar Chavez [pictured, right] on March 31 every year.

[More information](#)

APRIL

Earth Day

Thursday, April 22, 2021

Earth Day is an annual event celebrated around the world on April 22 to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinated globally by the Earth Day Network in more than 193 countries. [More information](#)



DOI Employees Donate Over \$318,000

By Julie Lucero, AVSO

This year's CFC ended on January 15th, and it is with great pleasure we announce that the final total of DOI contributions is \$318,967.09!

Thank you all for bearing with us and receiving the numerous weekly notices. It was the first time either Abigail or I participated as CFC keyworkers. As for myself, I learned more about the participating organizations who rely on charitable contributions, such as those received through the CFC, in order to function. And Abigail especially enjoyed participating in creating the CFC newsletter, Giving Thanks, and reading the heartfelt stories from DOI employees whose lives were directly impacted by charitable organizations. There is great work being done out there, and the gift of giving, be it volunteering just one hour of your day or contributing money to those in need, is the greatest way to show some love to others.

There are many worthy causes out there, from animal welfare and military support to human rights and environmental protection, and for federal employees, the CFC is the easiest way to contribute—in your own state or nationwide.

Thank you all for your time, and we wish you safety and wellness throughout the new year!

SPECIAL THANKS TO THE CFC KEYWORKERS IN PMB/ADMINISTRATIVE SERVICES:

Julie Lucero and Abigail True, AVSO

Jennifer Stevenson, BAD

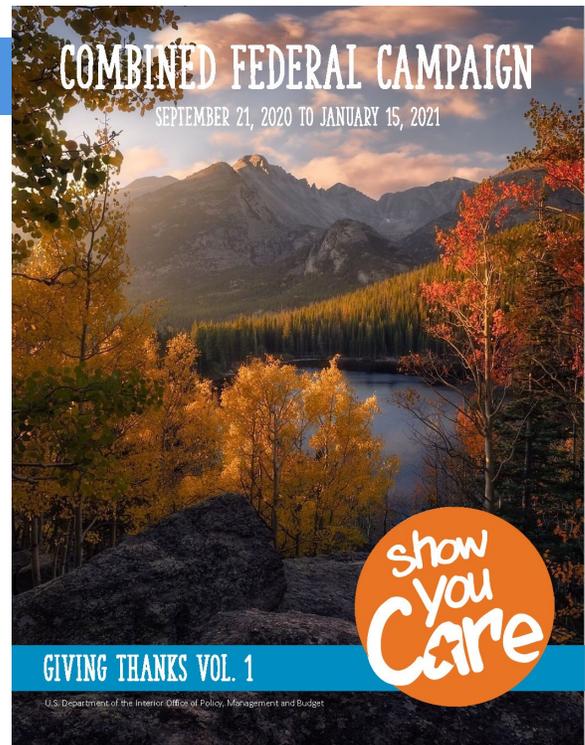
Jose (Fernando) Caetano, CADR

Jennifer Foster-Adams and TJ Bruce, IBC

Marie Bradshaw and Marian Thomas, OCIO

Roberta Richardson, OFAS

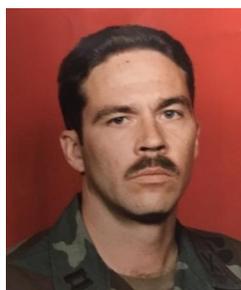
Toni Lundeen and Charmayne Staloff, OHA

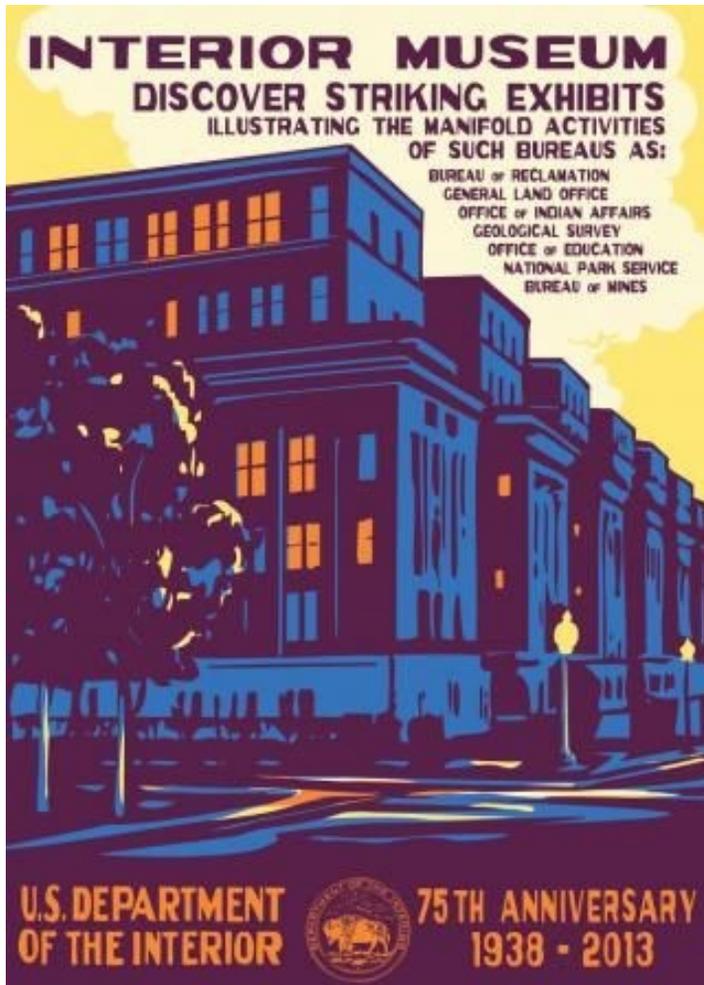


[Giving Thanks Volume 1](#)



[Giving Thanks Volume 2](#)





DID YOU KNOW? DOI manages one of the world's largest museum collections—over 73 million cultural artifacts and natural history specimens, and an additional 86 thousand linear feet of archives housed in an estimated 2,000 Federal facilities and nonfederal museums and universities. These collections are held in trust for the American people by 10 DOI bureaus and offices managing portions of this amazing museum collection. They are supported in their efforts by the [Interior Museum Program](#), which provides oversight, policy development, advocacy, technical assistance, training, and data management support.

Online Exhibits

[Bureau of Indian Affairs](#)

The Bureau of Indian Affairs Museum Program has nearly 200 objects and 13 virtual exhibitions viewable online.

[Bureau of Reclamation](#)

The Bureau of Reclamation's museum collections are exhibited at several museums and online. [Some of Reclamation's paintings can be viewed here](#), along with a [3-D imaging project of ancient bison fossils](#).

[Interior Museum](#)

In addition to its publicly accessible museum in DC, The Interior Museum showcases two digital exhibitions and more than 300 collection highlights online.

[National Park Service](#)

Explore this extensive list of virtual exhibits and educational resources about topics ranging from the American Civil War, American Heritage, American Presidents and First Ladies, the American Revolutionary War, American Visionaries, the American West, Paleontology, and more.

The GIST*

*Government Information, Security and Technology

By Justin Wade

IT Officer and Senior IT Enterprise Architect
Interior Business Center



Supply Chain Security Risks – What are they, and why should I be concerned?

Today I'll be discussing what a supply chain is, what risks are inherent to the process, and how it could affect IT for yourself and the government.

In its most basic form, a supply chain is when a finished product requires several components obtained from various places/people/vendors to be gathered, assembled in some fashion, and then delivered to a final buyer or user. Somewhat akin to the automotive assembly line, only spread across more than one company or location. A supply chain could also be described as the steps it takes to get a finished product into the hands of the consumer from a network of suppliers.

When you speak to a supply chain in IT, a traditional example is the assembly of a PC or Server. There are many, many components that go into making either a PC or a Server: the motherboard, graphics card, memory, hard drive, etc. Each one of these components often come from a different company than the one assembling and selling the end product.

A real world example would be a Dell PC. Many Dell PCs contain graphics cards that are made by another company such as NVIDIA. Dell acquires the graphics cards from NVIDIA, and then installs them into the PC or Server prior to shipping it to a buyer or a store. A graphics card consists of many electronic components put together on a silicon board as well such as capacitors, resistors, etc. These electronic components and boards often come from yet another vendor or supplier. Thus, creating the supply chain – from electronic component and silicon board producing companies/suppliers, to graphic card companies, to PC companies, and finally to the consumer. Each time they are being shipped from one location to the next.

The security risk that is inherent to a supply chain, when speaking in the context of IT, is that you may not always be certain that components of the product you're purchasing

don't contain something 'extra.' A real world example of this occurred a few years ago in servers utilized in several of the US's largest corporations as well as the US Federal Government. After installing the servers, it was noticed that stealth communications had been opened over the internet to another entity. It was determined that the entity it was communicating with was outside of the United States. After investigating what was happening, it was determined that a spying microchip (sometimes called a rootkit) not much bigger than a grain of rice had been placed on the motherboard (main component) of the server that wasn't part of the original design. This gave the group responsible for the spying stealth access to secure information in both the government and corporations.

More recently a different form of a supply chain attack was realized when a major network software provider was compromised, and malicious code was inserted into their software without detection. Much like the microchip example above, the malicious code opened a stealth connection back to an entity outside the US. This was a Trojan Horse attack in that the code was then distributed in a patch to all companies and government entities that use their network software with the malicious code embedded in it, creating potential for a security hole in each installation.

Many strategies exist to mitigate supply chain risks and new ones are created every day given recent attacks. It's a challenging and fascinating issue to overcome.

Justin welcomes your comments and questions. Please reach out to him at Justin.L.Wade@ibc.doi.gov. Thanks!

Strengthening Nation-to-Nation Relationships With Tribes

By Teresa Stella

Memorandum on Tribal Consultation and Strengthening Nation-to-Nation Relationships

American Indian and Alaska Native Tribal Nations are sovereign governments recognized under the Constitution of the United States, treaties, statutes, Executive Orders, and court decisions. It is a priority of my Administration to make respect for Tribal sovereignty and self-governance, commitment to fulfilling Federal trust and treaty responsibilities to Tribal Nations, and regular, meaningful, and robust consultation with Tribal Nations cornerstones of Federal Indian policy.

- (President Biden, January 26, 2021)

Within one week of taking office, President Biden issued this Memorandum to reinforce [Executive Order 13175](#), Consultation and Coordination With Indian Tribal Governments (November 6, 2000).

The Memorandum restates the Administration’s commitment to honoring Tribal voices in federal policy deliberations that have an effect on Tribal Nations through meaningful consultation. It directs federal agencies to consult with Tribal

Nations in the development of an action plan that details the steps each agency will take to put Tribal consultation policies and directives into practice in a manner that is both meaningful and respectful to Tribal Nations. Agencies are required to submit their action plan to the Office of Management and Budget within 90 days, followed by annual progress reports.

While the Memorandum directs heads of federal agencies to take action, every federal employee has a trust responsibility to Tribal Nations, simply by virtue of their status as a federal employee.

How can I, as an individual federal employee, work to strengthen the Nation-to-Nation relationship with Tribes?

It is a collaborative effort to build a foundation of trust. As federal employees, we each have our own individual place in the federal arena. In our federal career, it may be that we never have the opportunity to engage directly with Tribal Nations, but the internal agency actions we take and the decisions we make might have an effect on one or more Tribal Nations.

When our federal action might have an effect on a Tribal Nation, engage your Tribal Liaison as soon as possible in the decision-making process. *[cont’d]*



President Biden attends Elko Band Powwow, October 2020—Photo by Adam Schultz

Understanding our Trust Responsibilities (Continued)



As an individual federal employee, during each step of the process, take the time to learn, to listen and, just for a moment, to imagine yourself in the position of the Tribal Nation that is facing the effects of the federal decision -- take in all the surrounding conditions, circumstances, and history, and then imagine what the Tribal Nation's perspective might look and feel like. While holding that perspective in your mind, work forward from a place of humility, gratitude, and strength, to do whatever it is within your individual power to honor your trust responsibility to Tribal Nations.

Things to consider along the way:

- ***Are there ways to streamline federal processes for the benefit of Tribal Nations?***
- ***Are there ways to revise outdated or conflicting policies, procedures, or directives for the benefit of Tribal Nations?***
- ***Are there ways to collaborate with other federal or state agencies in ways that reduce administrative costs or travel-related burdens on Tribal Nations?***

- ***Are there ways you can use your limitless imagination to strengthen Tribal Nation-to-Nation relationships?***

When we lend the thoughtful consideration of our individual federal actions to the collective, meaningful Nation-to-Nation engagements with Tribal Nations, we build trust, we strengthen our relationships, and we move forward together with a resilient and daring spirit.

About the author:

Teresa Stella has been living and working in Indian Country since 2004 and in federal service as a public servant since 2007. She holds an undergraduate degree in Interdisciplinary Studies (emphasizing American Indian Studies, Environment and Ecology, and Media Production) and a J.D. with an emphasis in Federal Indian Law and Environmental Law.



Native American Women Warriors ([NAWW](http://NAWW.org)) paying homage to Vietnam Veterans, 2018

Balance: Let Go and Begin Again

By Tonia Green, J.D.

Over the past difficult year, we have talked a lot in these pages about mindfulness and emotional intelligence, self-compassion and compassion for others. Today we are going to look at the idea of equanimity or balance. Much of this article comes from notes from a Loving Kindness meditation training with renowned meditation and compassion teacher [Sharon Salzberg](#).

The first lesson in mindfulness practice is to rest your attention on the breath (the operative word here is “rest”) and when you notice that you have forgotten and are suddenly deeply involved in making a grocery list or ruminating over the most recent annoying email you received, you notice that your attention has shifted. You let go and begin again. Over and over. Remember that the first lesson is the best lesson. Let go and begin again and what used to last a full day (like anger or fear), today may only last one hour. That’s progress! That is the beginning of balance.

One definition of mindfulness is simply, “paying attention to the present moment, without judgement.” This acceptance of



what is, is inherently compassionate. It allows what is already here to just be here. It is the opposite of pushing away or clinging. Of course, it’s obvious and irritatingly simple but it’s not easy. We have been trained to be distracted and to make judgements. We are also imperfect human beings. So, what do we do? Let go and begin again. We are looking for a balanced awareness. How do we let go more gracefully and begin again?

[Barbara Fredrickson](#) is a Positive Emotions researcher from USC and provides us a theory of the “Broaden and Build” technique. Beginning from one small step, one mindful breath perhaps, we can move from a true place to another true place. For example, a gratitude journal might include, “I’m breathing, I’m here, I’m OK. I’m going to give a little airtime to this.” The fact is that I am OK, I’m safe, I’m grateful for that. When our perspective broadens in this way it provides us with a sense of options. Fear or anger present a terrible sense of certainty.

We become frozen or stuck there. There are no options.

On the other hand, gratitude, awareness, compassion and generosity open up our world. They can provide a sense of inner abundance and resilience which allows us to spread happiness and to care about others in a sustained way. We need some sense of inner resources or we will just burn out. We can broaden our perspective and we see that it’s true. The old oxygen mask cliché is true, (you really do need to put yours on first). Loving kindness is more true than being lost.

When it comes right down to it, mindfulness practice is skills training. It builds concentration, awareness and compassion. When we pay attention, we gather and settle the mind over and over and we become more present more of the time. It is empowering, healing and integrative. It can give us more energy. We cultivate a quality of awareness that is unbiased where old habits like anticipated pain or heartache don’t control us. We can look for the add-ons. What am I adding to his present moment?

Loving kindness begins with self-compassion. The healing is in the return; letting go and beginning again. The healing is in the returning to balance. That is the skill. With kindness toward ourselves based on paying attention and awareness, we can develop the art of friendship with ourselves and all that is.

NEW! Tonia Green teaches a mindfulness-based [Emotional Intelligence class through DOI Talent](#), the first week of every month through September 2021. Join Tonia Green for some experiential practice in building mindfulness and emotional intelligence skills.

Tonia Green, J.D., is a Mindfulness and Compassionate Leadership trainer and attorney within OHA. She is also a mediator and a coach. Tonia Green welcomes your questions and comments. She may be reached at Tonia.Green@bia.gov.



Today, What Am I Grateful For?

By Shaun House, Auditor/Negotiator, IBC

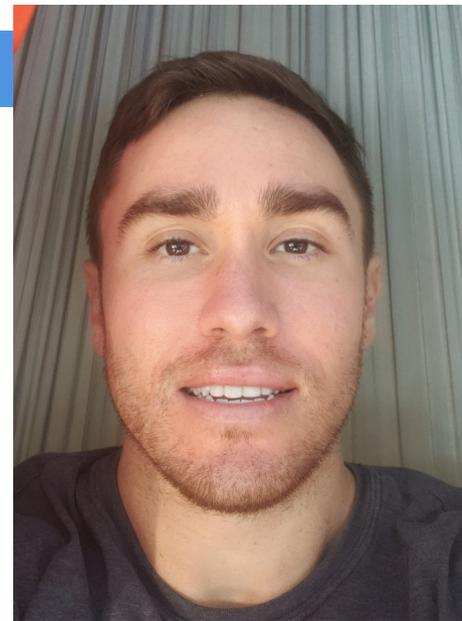
I bet you don't think you have time to read this. Like me, I'm sure you have a long list of tasks you need to accomplish today and reading some article about being grateful seems like something we've done time and time again. Even as I write this, I get flickers of doubt creeping in. Do I have time to write this? I should be working on x... What if no one even reads this? Worse yet, what if they read it, but don't get anything from it? And just as I'm carried away with negative thoughts, I focus on taking a few deep breaths and begin to shift my attention to the things that I'm grateful for. As I do, the stress melts away, and the tapping on the keyboard continues. This is the power of gratitude.

For the last three weeks, I've kept a gratitude journal to help with my New Year's Resolution to be more grateful. Every morning, before I begin work, I sit down in bed next to my pup with a sweet cup of coffee and complete my gratitude journaling for the day. There are multiple aspects to the journal I chose to begin with, but the most important section is simply listing three things I'm grateful for. Filling out each half sheet of paper often takes me upwards of 30 minutes to complete, but I make it a point not to rush and to accomplish

all the activities listed. It's part of my quiet time that I look forward to and it helps prepare me for the day ahead and I'm so grateful for it!

I had a paragraph about some psychologist in Pennsylvania and another about why I believe we aren't grateful, but then I remembered something I made up about how the longer something is, the fewer people will read it. So the science isn't out and I've only been chewing on this subject for a little while, but I know that it's made me feel better about my days, so I wanted to share it with my work colleagues with the hopes that you will all feel grateful for what you have and don't have. So, I invite you to take a few minutes and think of three things that you're grateful for, take a few deep breaths, and let joy replace your stress.

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." - Ralph Waldo Emerson



Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.

- Maya Angelou

The Cure

By Gary Bremen, Ranger, Biscayne National Park

It was a hot day in the middle of summer at [Biscayne National Park](#). Because it was midweek, there were very few visitors, so I got excited when the couple in their 70s walked into the [Dante Fascell Visitor Center](#).

As soon as they opened the door, there was something palpable about their attitude - I immediately got a sense of fun, of goodness and kindness. They were so deeply interested in every bit of information I shared with them. They laughed and smiled and joked. There was a light in their eyes rare even in children. And they asked LOTS of questions.

They asked about some really obscure places in the park, places almost nobody ever asked about. Each time they posed a new question, I noticed the woman referencing the sheaf of papers she had tucked under her arm. I kept stealing glances at it - what WAS she looking at? I could see it was a newspaper, somewhat gray with age. Some things in the text were circled or underlined, and there were notes written in the margins. We spoke about the park and its amazing resources for some 30 minutes, and all the while, my curiosity about the papers grew.



Finally, I couldn't stand it any longer. "What are you referencing there?" She smiled and said, "Oh! It's an article my son wrote about the park 2 years after Hurricane Andrew! He was a writer for the New York Times!" She was clearly proud of her son, and dad was too by the looks of it. But something struck me: it was 2014, yet they were showing me an article written in 1994. *[cont'd]*





Within sight of downtown Miami, yet worlds away, Biscayne protects a rare combination of aquamarine waters, emerald islands, and fish-bejeweled coral reefs. Here too is evidence of 10,000 years of human history, from pirates and shipwrecks to pineapple farmers and presidents. Outdoors enthusiasts can boat, snorkel, camp, watch wildlife... or simply relax in a rocking chair gazing out over the bay. Photo of [Boca Chita Lighthouse](#) by Patrick Rodden, NPS

We continued our conversation about obscure places in the park, very much enjoying one another's company, but my thoughts were now drifting. Why did these lovely people drive over two hours from their home in the middle of the summer when no boat trips were going out into the National Park System's largest marine park? I had to ask: "So what brings you here today?"

And the mood changed – completely. The man put his arm around his wife, whose eyes were welling up. I saw the quiver on her lips and heard the quaver in her voice when she told me that her son had died recently. And what do you say to that? I just listened as they told me more about Jim, his passions and joys, how he loved in-depth reporting, and how the story on Biscayne was one of his favorites. I realized that their trip that day had nothing to do with connecting to the reefs and islands and wildlife of Biscayne National Park. They were there to connect with their son.

National Parks provide extraordinary places to do what these two people did, to connect with something deeper, bigger than ourselves. Whether it is the mountains, the desert, the shore or even our own backyards when sometimes visiting other places seems like only a treasured memory or a future dream, national parks facilitate ways to renew ourselves.

I asked the couple if I could take the article to the back office to make a copy, as I truly wanted to read something from someone I never met but suddenly felt connected to. Plus, I needed some privacy to compose myself. As I copied, I thought, "What can I, a stranger, say to this family that has suffered such loss?" Perhaps I'd done enough, just by listening.

As we said goodbye a short while later, I shared with them the words of author [Isak Dineson](#), words that have brought me comfort in similar situations when I have longed to be by the ocean. "The cure for anything is salt water: sweat, tears, or the sea."

Finding True North

By Abigail T. True, Writer/Editor, AVSO

I have long been drawn to feats of endurance, challenges that require me to steel myself, draw on grit, press on. An anxious energy percolates through me most days, and running seems to be its antidote. To me, running is uncomplicated. Its simplicity draws me. The health benefits are attractive, and yes vanity has its place, but mostly I think I have felt all my life a raging against feeling small, never wanting to feel bested.

I can be brave and strong. I can do hard things. Even when other forces are beyond my control, when things are chaotic elsewhere in life, I can quiet the dissonance. I can lace up my shoes, get outside, and breathe the cold, crisp air. I can do the work and push through. I can feel the endorphins and commune with myself.

When I'm running—I'm meditating. I'm thinking my clearest on the run. It's when I reflect, and the haze of my psyche seems to dissipate. It's when I get my best ideas and remember important things. It's when I process my feelings and the actions I've taken, things I've said, and consider their weight and whom they've affected. It's an assessment and a time for planning.

Though I train for triathlons, I consider myself a runner at heart, running from the time I was 12 years old. I would run loop after loop around our city block, sometimes in the rain and darkness, chasing what? Peace of mind, I think, inner strength, an assurance that I was strong and independent. I could do this thing that was only mine.

I learned to recognize the constellations on nights running under the stars, sometimes after I'd finished, exhausted, flopped down in the cool grass of my family's backyard. Orion the hunter, Cassiopeia, the queen, Draco the dragon, Cygnus the swan, the Ursas Major and Minor, connecting all the dots, using one constellation to find another and another and another. I learned to identify the planets and sometimes a distant galaxy. If the night was dark enough, the Milky Way would glow dimly from deep within the black. I loved the

solitude. I still do. I think it's as much of the reason why I run as any other—a need to be alone in that quiet, reflective space.

Never much of a person for team sports, I rarely joined them in school, but if I did, the efforts were short lived. I preferred to do my own thing. I would go to the local YMCA most days after school or I'd run around the city and sometimes out into the country where my grandparents lived.

The summer I was 18, before moving away to college, I worked fueling airplanes during [EAA AirVenture](#) (just EAA to the locals), an annual event in Oshkosh, WI where airplanes from all over the world fly into town to celebrate everything aviation. Hearing that I was college bound inspired a lot of advice from the many pilots I happened to meet.

One pilot with a thick and beguiling accent told me that if I ever got lost, "find your true north." He stretched his arms out to his sides like wings of a plane and mimicked a flying motion. He repeated, "find your true north." Without fully understanding his meaning, I intuited what he meant: "When you get lost, spread your wings, and follow your heart."

In my twenties, I became interested in running in races. I think it was a new challenge, something for which I could plan and prepare, ruminate over, engage my anxious mind. I never trained for a race because I thought I was going to win. I trained because I wanted to prove to myself I could do it and because it brought structure to my running practice, a plan to build up gradually to longer, more difficult

runs, progress I could measure. Never comfortable with stagnation, I thrive on the feeling of forward momentum and accomplishment.

I started running 24 years ago and never stopped. No matter what is happening in life, I run. Happy or sad (or mad!); podcasts or playlists; treadmills, gravel, or asphalt; day or night, commonly alone. It revives and soothes me, helps me feel like I'm not going crazy. I've been known to say it's my church, my therapy, my medicine. My running practice is like a lighthouse in a storm, something I can focus on. A place where I go to feel my most authentic self. A place to spread my wings and find my true north. I think we all need a place like that.



Abby and her partner Robbie Lane before the Madison, WI, Marathon, November 2019

Special Section: National Park Ultimate Playlist



Want to take a short break from your day and escape on a virtual visit to some of the most wonderful places in America? Well then slip on your headphones and spin up a song to take you away to your public lands. Just like stunning views and fascinating stories, music can stir powerful emotions and connect us to something bigger than ourselves. From city lights to country nights, from ocean to inland, public lands enchant like a love ballad, inspire like an anthem and captivate like lyrical poetry. In the spirit of Woody Guthrie's "This Land Is Your Land," we had some fun matching popular places with a variety of songs, each meant to capture the spirit and experience of your next great adventure.



"Take Me Home, Country Roads" by John Denver

[Harpers Ferry National Historical Park](#), West Virginia. Photo by NPS

John Denver's "Take Me Home, Country Roads" is a celebration of the ancient mountains and rich forests of West Virginia that catapulted the folk crooner to stardom. You can't help but fall in love with lines like, "Life is old there, older than the trees. Younger than the mountains, growin' like a breeze," generating visions of open Appalachian roads as well as inspiring the wanderlust of entire generations.



"Manifest" by Andrew Bird - Crater Lake National Park, Oregon

[Crater Lake National Park](#) in Oregon. Photo by Vince Warren (www.sharetheexperience.org)

In "Manifest," Andrew Bird sings "I'm coming to the brink of a great disaster." While standing on the rim at Crater Lake National Park in Oregon seems like the epitome of tranquility, this incredible place was indeed born in a shocking cataclysm. 7,700 years ago, Mount Mazama exploded and collapsed in a devastating volcanic eruption. Rimmed by dramatic cliffs, the heart of the mountain became a chasm almost 2,000 feet deep. Over time, the caldera filled with rain and snowmelt. The purity of this water is what gives Crater Lake its signature, stunning blue color.



"Highwomen" by The Highwomen featuring Yola

[Women's Rights National Historical Park](#), Seneca Falls, NY. Photo by NPS

On a darkened stage five lights appear, five women begin harmonizing, "We are the Highwomen/Singing stories still untold/ We carry the sons you can only hold/We are the daughters of the silent generations." For many generations, the voices of women historically and socially were silenced. Women's Rights National Historical Park in Seneca Falls, NY is dedicated to telling the story of the first Women's Rights Convention held in 1848 when American women found their political voice. "Highwomen" is a gender-swapped remake of country superstar group The Highwaymen's song "Highwayman."



“Te Mando Flores” by Fonseca

[Gila Lower Box Canyon Wilderness Study Area](#), New Mexico.

Photo by Mike Howard, BLM

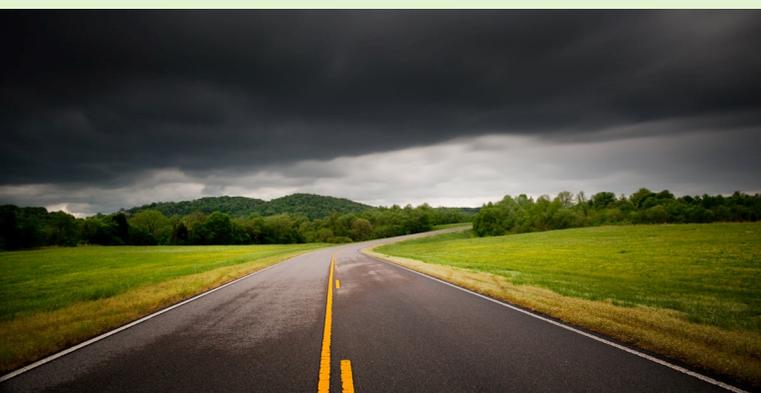
Why simply buy your loved ones flowers when you can bring them to fields of wildflowers in New Mexico’s Gila Lower Box Canyon Wilderness Study Area? Flowers survive in the desert by staying protected deep underneath the soil as bulbs - sometimes for 20 years or more - until significant seasonal rainfall. Like love, each one waits for the perfect time to bloom. This makes wildflowers different from year to year! The canyon is right above the Gila River that traverses its way across New Mexico, almost the entire width of Arizona, and the northern Sonora in Mexico.



“(Sittin’ On) The Dock of the Bay” by Otis Redding

[Golden Gate National Recreation Area](#), California. **Photo by Will Elder, NPS**

Looking for a place to relax and reflect? Settle by the waters of the San Francisco Bay and “watch the tide roll away” as soul singer Otis Redding did half a century ago at Golden Gate National Recreation Area. Redding came to San Francisco for a six-night gig in August of 1967 and stayed in a houseboat near the Golden Gate Bridge. While on the boat, Redding immortalized the dazzling sight in his song “(Sittin’ On) The Dock of the Bay”.



“Old Town Road” by Lil Nas X

[Natchez Trace Parkway](#), Mississippi, Alabama & Tennessee. **Photo by NPS**

Natchez Trace Parkway, or “Old Natchez Trace” is one of the oldest roads in the United States. First a simple game trail, over centuries it became a well-traveled and maintained route for people of the Choctaw and Chickasaw Nations to trade and travel. By the time of European settlements, the Natchez Trace was the fastest way to travel between the Mississippi Delta and Nashville.



“The Room Where It Happens” by Lin-Manuel Miranda

[Hamilton Grange National Memorial](#), New York. **Photo by NPS**

Follow the Hamilton hype to the place where it really did happen. Hamilton Grange National Memorial was the Manhattan home of founding father Alexander Hamilton. The property is so prominent that it gave the surrounding neighborhood the nickname “Hamilton Heights.” The Federalist-style structure once sat on a 32-acre plot of land in New York City, unimaginable in the bustling metropolis of today.

Special Section: National Park Ultimate Playlist



“Ain’t No Mountain High Enough” by Marvin Gaye & Tammi Terrell

[Denali National Park and Preserve](#), Alaska. Photo by Daniel A. Leifheit, NPS

There ain’t no mountain higher than Denali. Well, in North America at least. Test your wilderness skills and plan an expedition to the pinnacle of North America at Denali National Park in Alaska. On June 7, 1913, four men, Walter Harper, Harry Karstens, Hudson Stuck and Robert Tatum, made history by being the first to set foot on Denali’s south summit.

“We Shall Overcome” by the Selma marchers as tape-recorded live on the album Freedom Songs

[Selma to Montgomery National Historic Trail](#), Selma, Alabama. Photo from National Park Service archives

Led by the Rev. Dr. Martin Luther King, Jr., John Lewis and many others, civil rights activists began to protest in Selma to bring attention to the injustice of voter discrimination. Approximately 600 non-violent protesters departed from Selma on March 7, 1965, with the intention of marching 54 miles to the State Capital in Montgomery. As they crossed the Edmund Pettus Bridge, they were violently confronted by State Troopers and officers. “Bloody Sunday” was broadcast on televisions across the country leading many Americans to finally confront the scourge of racial injustice.



“Son of a Sailor” by Jimmy Buffet

[Dry Tortugas National Park](#), Florida. Photo by M. Wydysh, NPS

Pristine beaches, pirate stories and crystal-clear snorkeling await you at Dry Tortugas National Park in Florida. What music better captures the island spirit than that of Jimmy Buffet? The wistful melody of Buffet’s “Son of a Sailor” conjures visions of vast blue ocean beauty and the smell of salt air on the breeze.



“Put a Little Love in Your Heart” by Jackie DeShannon

Gathering of [Stonewall](#) park rangers waving rainbow flags for a pride celebration. Greenwich Village, New York City.

The Stonewall uprising was a milestone for LGBTQ+ civil rights and provided momentum for the modern liberation movement. Continuing a pattern of harassment of LGBTQ+ establishments, on June 28, 1969, New York City police raided Stonewall Inn without warning. The raid was met with five days of demonstration and rioting against police repression and violence. Jackie DeShannon’s “Put a Little Love in Your Heart” was one of many songs that played frequently on the jukebox at Stonewall Inn.

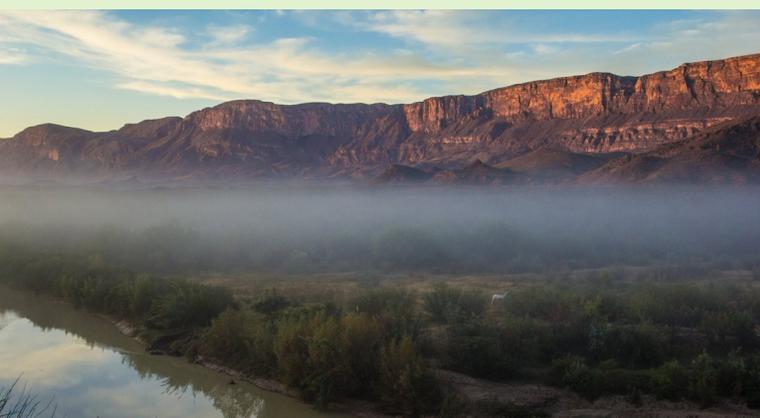




“Here Comes the Sun” by The Beatles

[Acadia National Park](#), Maine. Photo by Maria Susa (www.sharetheexperience.org)

Glimpse the first rays of sunshine in the continental United States from the rocky coast of Acadia National Park in Maine. Every morning on top of Cadillac Mountain - the highest point on the North Atlantic Seaboard - hundreds of adventurers are the first to greet a new day. As the orange sun appears over the horizon and sparkles across the ocean, Beatles fans can't help but think “here comes the sun, and I say, it's alright.”



“Hoe-Down” by Aaron Copland

[Big Bend National Park](#), Texas. Photo by D. Lombardi, NPS

With frenetic strings and percussion that mimics the prancing of horse hoofs, “Hoe-Down,” the finale of Aaron Copland's ballet “Rodeo,” inspires vivid scenes of rolling prairies, cowboys, ranchers and dancers. Combining classical ballet with the exuberance of a modern musical, “Hoe-Down” is a prime example of why Copland is considered one of America's greatest composers. The symphonic adventure was used for years in advertisements for beef.



“The Singing Sands of Alamosa” by Bing Crosby

[Great Sand Dunes National Park and Preserve](#), Colorado. Photo by Patrick Myers, NPS

Have you ever heard the earth sing? At Great Sand Dunes National Park and Preserve in Colorado, come and listen to a choir of sand. This natural phenomenon sounds like humming and occurs as air is pushed through millions of tumbling sand grains during a dune avalanche. Avalanches occur naturally during storms, but visitors may be able to hear a fragment of the sound by pushing sand down the face of a dune. Singer Bing Crosby found inspiration in the sound of the softly crooning dunes. His 1940 hit “The Singing Sands of Alamosa” is a love song based on the relaxing and romantic sound of the sand. As you sandboard or sand sled down the dunes, you can marvel at the melody of nature.



“Surfin' USA” by The Beach Boys

[California Coastal National Monument](#), California. Photo by Bob Wick, BLM

From dunes to the California Coast, the surf's up! While only one of the four Beach Boys actually surfed, “Surfin' USA” embodied the surfing sport that captivated teenagers in the 1960s. California Coastal National Monument connects the Pacific Ocean to the land and offers some great shredding spots. The monument ensures the protection of all coastlines in the state of California.

Special Section: National Park Ultimate Playlist



“The Thrill is Gone” by B.B. King

[Mississippi Delta National Heritage Area](#), Mississippi. Photo by Pete Souza, White House Photographer

American blues music - an emotional expression of sadness, suffering and longing by African Americans in the south and a foundation of Rock 'n' Roll - originated in the hot and humid farms, fields and towns of the Mississippi Delta. The talent and storytelling of illustrious blues musicians like Robert Johnson, Muddy Waters and B.B. King made them pioneers of the genre and eventually national stars. Any music lover will find a goldmine of rhythmic riches at the dozens of sites which are part of the Mississippi Delta National Heritage Area.



“Rocky Mountain High” by John Denver

[Rocky Mountain National Park](#), Colorado. Photo by Jacob W. Frank, NPS

Towering landscapes take visitors to new heights at Rocky Mountain National Park. Trek one of the 77 mountain peaks over 12,000 feet high and experience the elevated exhilaration that John Denver described in “Rocky Mountain High,” one of the official state songs of Colorado. The line “I’ve seen it raining fire in the sky” was reportedly inspired by shooting stars he witnessed during the Perseid Meteor Shower on a clear night.



“Oklahoma!” by Rodgers and Hammerstein

[Wichita Mountains National Wildlife Refuge](#), Oklahoma. Photo by FWS

The hills are alive.... wait, wrong musical. Shout Oklahoma! on the open plains at Wichita Mountains National Wildlife Refuge. The wonderful wilderness leads visitors to imagine the way life must have been in the Old West. This is truly a refuge for wildlife, recreation and impressive rolling landscapes, not to mention heart and hope just like Oklahoma!



“When the Saints Go Marching In” by Louis Armstrong

A group of rangers from the [New Orleans Jazz Historical Park](#) gather with banners and a banjo.

New Orleans’ lively atmosphere is displayed in the significant soundscape of New Orleans Jazz National Historical Park. Famed musician Louis Armstrong began his career playing in brass bands and riverboats in his beloved hometown of New Orleans. His rendition of “When the Saints Go Marching In” is now a jazz standard, an anthem of the city, and guaranteed to get your toe tapping to its signature beat.



Every Kid (and Parents) Outdoors

Fourth grade students can get a free annual pass to visit more than 2,000 federal recreation areas with their families, classmates, and friends. The Every Kid Outdoors Program is an interagency collaboration between the Department of the Interior, U.S. Army Corps of Engineers, National Oceanic and Atmospheric Administration, and U.S. Forest Service that provides fourth graders with free access to explore, learn, and recreate in spectacular settings, including national parks, wildlife refuges, marine sanctuaries, and forests.

To obtain the free pass, fourth grade students visit the [Every Kid Outdoors](#) website, participate in a short educational activity, and download a voucher. The voucher is valid for multiple use until August 31, 2021, the voucher may be exchanged for a keepsake pass at participating federal lands. The voucher or pass grants free entry for fourth graders, all children under 16 in the group and up to three accompanying adults (or an entire car for drive-in parks) to most federally managed lands and waters. The pass does not cover expanded amenity fees such as camping or boat rides.

The great outdoors make a great classroom. Fourth grade educators are encouraged to take advantage of the wide range of educational programs and tools associated with the Every Kid Outdoors Program. Educational activities, field trip options, information and tools in English and Spanish, and the ability to print vouchers for passes for students are all available on the website.

The program focuses on children 10 years of age—the age of most fourth graders—based on research that indicates children ages 9–11 are at a unique developmental stage in their learning where they begin to understand how the world around them works in more concrete ways and they are more receptive to engaging with nature and the environment. By focusing on this age group year after year, the program aims to ensure every child in the United States has the opportunity to visit their Federal lands and waters by the time he or she is 11 years old, thereby establishing a lifelong connection to enjoy and protect our American outdoor heritage.



“I've Been to the Mountaintop.”

From the [Martin Luther King, Jr. Research and Education Institute, Stanford University](#)

“We've got some difficult days ahead,” Martin Luther King, Jr., told an overflowing crowd in Memphis, Tennessee, on April 3, 1968, where the city's sanitation workers were striking. “But it really doesn't matter with me now, because I've been to the mountaintop ... I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land.” Less than 24 hours after these prophetic words, King was assassinated.

King had come to Memphis two times before to give aid to the [Memphis Sanitation Workers' Strike](#). On March 18th, he spoke at a rally before 15,000 people and vowed to return the following week to lead a march. [James Lawson](#) and King led a march on March 28th, which erupted in violence and was immediately called off. Against the advice of his colleagues in the [Southern Christian Leadership Conference](#), King returned to Memphis on April 3rd, seeking to restore nonviolence back to the movement in Memphis.

After arriving in Memphis, King was exhausted and had developed a sore throat and a slight fever. He asked [Ralph Abernathy](#) to take his place at that night's scheduled mass meeting at Bishop Charles Mason Temple. As Abernathy took the podium he could sense the disappointment of the crowd, which had turned out in the hundreds to hear King speak. Abernathy called King at the hotel and convinced him to brave the bad weather and come down to the temple. When King arrived, the crowd gave him a standing ovation. After Abernathy introduced King, the 39-year-old leader took the podium and began to speak to the audience extemporaneously. “Something is happening in Memphis,” King said. “Something is happening in our world.” Surveying great times in history, including Egypt, the Roman Empire, the Renaissance, and the Civil War, King said he would “be happy” if God allowed him “to live just a few years in the second half of the twentieth century.”

As King recalled the events in Birmingham in 1963, he painted a bleak picture of the times, yet said this was the best time in which to live. As King

concluded his speech, he began to reminisce about his near fatal stabbing in September 1958. He exclaimed that he would have missed the emergence of the student sit-ins in 1960, the Freedom Rides in 1961, the Albany Movement in 1962, the March on Washington for Jobs and Freedom in 1963, and the Selma to Montgomery March in 1965.

In a prophetic finale to his speech, King revealed that he was not afraid to die: “Like anybody, I would like to live a long life—longevity has its place. But I'm not concerned about that now. I just want to do God's will.... And so I'm happy tonight; I'm not worried about anything; I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord.” Witnesses, including Abernathy and [Andrew Young](#) said King had tears in his eyes as he took his seat. “This time it just seemed like he was saying, ‘Goodbye, I hate to leave,’” said Young.

[Read more about Dr. King in January's issue of Connections.](#)

Connections
Martin Luther King Jr.
January 2021

U.S. DEPARTMENT OF THE INTERIOR
PMB Administrative Services and the
Office of Diversity, Inclusion and Civil Rights

Winter Safety

Whether it's the X-Games or the Winter Olympics, we have all thrilled to the image of a snowboarder catching air in a display of phenomenal skill and bravery. Many of us have cringed, too, when these athletes make the slightest miscalculation and they're sent crashing with catastrophic results, including sustaining concussions and other traumatic brain injuries (TBI).

In the blink of an eye, a feat of grace and daring can turn into a scene of tragedy. According to the Brain Injury Association of America, at least 2.5 million American adults and children sustain TBIs each year, and one of every 60 people live with a TBI-related disability. Falls, including injuries sustained participating in sports, account for 40% of all TBIs.

Before you hit the slopes (figuratively or literally), take steps to prevent or minimize injuries by following these guidelines from the [HHS Office of Disease Prevention and Health Promotion](#):

- Wear a helmet. Helmets are critical in extreme winter sports like skiing and snowboarding, which account for a significant number of concussions.
- Do everything possible to optimize the conditions where you are performing these activities. Stay within the marked boundaries on the slopes and watch out for obstacles and hazardous conditions.
- Follow weather conditions closely and watch for changes in wind speed, direction, visibility and precipitation.
- Try to participate in these activities in places where medical care is not far away. Professional competitions have doctors and emergency medical services, but many



people perform these activities in remote locations.

- Seek medical attention if there is any question that you might have suffered a traumatic brain injury, no matter how minor it might seem.
- Start small. The ease with which athletes do these unbelievable tricks comes from years of practice, so leave the big moves to the professionals.

Find out more about TBIs by visiting the [National Institutes of Health's information page](#).



Last week's snowfall in the mountains near Sacramento, California, created optimum conditions for snowboarding. Photo by Shaun House

AVSO's Kaiulani Rees—Wildlife Photographer



Brilliant wildlife photographer **Kaiulani Rees**, who serves as Administrative Officer for AVSO's Alaska Region, shared these amazing pictures from near Anchorage. "The first photo is one of a male fox that we sometimes see hunting along a creek with an *American Dipper* photo bomber. I was surprised this bird didn't fly away but instead just stood there on the edge of the frozen creek and watched the fox walk on by then it went back to fishing. The second photo is a recent one of my favorite fox as she popped her head up out of her snowy den."

ADMINISTRATIVE SERVICES

OUR VISION

TO DELIVER OUTSTANDING PRODUCTS AND CUSTOMER SERVICE WHILE ACTIVELY CREATING AND SUSTAINING A RESPECTFUL FOCUS

Journeys

Winter 2021

January—February—March

Journeys newsletter is a quarterly publication of the Office of the Deputy Assistant Secretary, Administrative Services. Your input is essential to making this a valuable resource for all employees. Please feel free to share your ideas, suggestions and articles/pictures with editor Steve Carlisle by emailing Stephen_Carlisle@ibc.doi.gov. Thank you!



ON THE COVER:

A stunning Colorado winter vista captured by outdoor enthusiast **Daniel J. Boits, Jr.**