

The National HEP/CAMP Association DC Internship

Weekly Journal Entry

Name: Abigail Alejandra Sanchez

Date(s): June 26 - July 2, 2023

Monday, June 26 - Tuesday June 27, 2023

A WHOLE LAMB?!?!

As I am writing these journals, I noticed how fast time is going by as I'm already in week 5! My work in the office has been as usual, attending different meetings, and shadowing Matthews.

After work on Monday, Chris, CHCI intern, and I decided to go to Costco to just walk around and buy a few things. Our main transportation is the metro and on urgent occasions, Uber. Tip number 6, YOUR BEST FRIENDS WILL BE THE METRO AND UBER. Once inside Costco, our idea of taking the metro back home was discarded as we may have filled the cart. This is why I say Uber is one of your best friends. After we made our way around the store, we made it to the refrigerated area, where I saw whole lambs in the fridge ready to be purchased. And let me just say even though I come from a farm background and work with livestock all the time, seeing full dead lambs caught me off guard. After paying and getting our Costco smoothies we got Chick-fil-A and took an Uber home.

During this time, I was given the chance to help more in the preparation of a Fellowship program. I was able to see all the work that goes behind preparing for a week's worth of programming and the program I was able to help in was the USDA E. Kika De La Garza Fellowship Program. Due to this opportunity, I was able to converse with Ruby De la Garza who works in the OPPE.





Wednesday, June 28 - Thursday, June 29 2023

HALFWAY THROUGH!!

Apart from working closely with Ruby De La Garza through the USDA E. Kika De La Garza Fellowship Program. I also met Maria Goldberg, Program Director, at the OPPE. As you may have noticed, I have been given the opportunity to work with so many amazing people who have all taught me something different. With Maria, I was able to take the lead on the resource fair the USDA was going to have at the Annual Directors Conference. I was able to learn all the work that goes behind preparing for a resource fair.

I also want to mention that I was able to get close to Fabiola as we often bumped into each other on the fifth floor. Something she said that stuck with me was, "You are doing this to better yourself". So tip 7, DO NOT BE AFRAID TO TAKE RISK FOR YOUR FUTURE. Something I learned through the conversations I had with Fabiola is that it is okay to take a different path and try things you want to do and things you want for your future.

Friday, June 30, 2023

WEEKLY FRIDAY PROGRAMMING PT. 5

This week's programming was a bit more emotional than usual. We first started off with moving beyond imposter syndrome as it is something many of the interns have in common. We went over how we can identify within ourselves and how to overcome it. Later we did a story of a self-session through writing where things got a little more emotional. I would say it was one of my favorite parts of the day, we wrote "I am poems" and those who were comfortable, shared. To close off the day, we did mock interviews and how to interview. After, we headed home, and later in the night I went out for a walk with some interns where we ended up finding a Hawaiian taco place. The tacos I got were pretty good (crispy chicken BBQ with coleslaw). Also, today was the day I was told you can pay a monthly metro card instead of reloading it every week. So, tip 8, BUY THE MONTHLY METROCARD, IT'S CHEAPER!

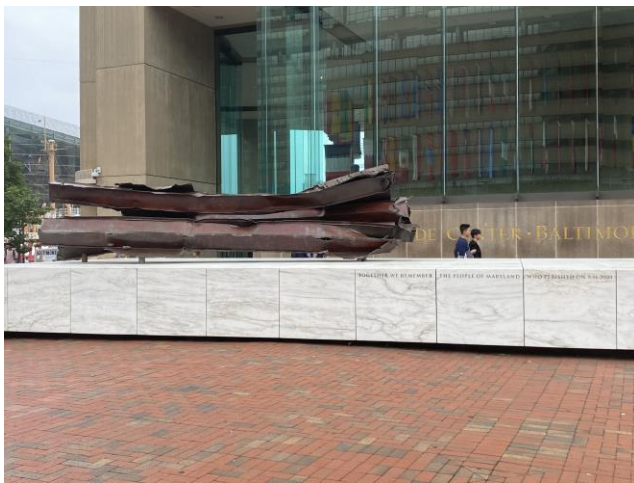


Saturday, July 1, 2023

GIRLS DAY

As time went by, I was able to expand my friend group here in DC through the congregation. I was assisting every Wednesday and Sunday. So, the Wednesday before, I was invited to go preaching with them on Saturday morning, and hangout with them after. We went ahead and ate some ramen and went to this cute bakery shop next door. After, we hopped back into the car and headed down to Inner Harbor, Baltimore for a walk.

Overall, I had a good time being able to meet the girls more and exploring Baltimore. Once home, I went ahead and called my friend Karla Sandoval from Bakersfield, CA to catch up.



Sunday, July 2, 2023

PUPUSAS

My day started off as normal, heading to church. Normally, I change into my Converse and take the metro back home. On my way to the ladies' room. I was stopped by one of the gentlemen I met last time playing volleyball. He and his family offered me a ride home, and after going back and forth as to whether to accept the ride, I ended up accepting it. However, I did not go home right away, instead, they invited me to go eat at their family's house with some other brothers and sisters.

Back at home in Bakersfield, usually every Saturday, we have pupusas, so it had been 5 weeks since I last had one. I was craving them that day, so what were the odds that they made pupusas? I was able to meet Katie "KT" and Josue more, two people who for the rest of my time here I was going to spend it with them. I got really close to them two (by the way KT if you are reading this, you're my favorite). After eating and talking for a while, I head home to go play volleyball with them at the courts. And just like that, the 5th week was over.

