DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

SDSU Asian Pacific Islander Desi American (APIDA) Center



Read all about it!!! **Check your email! Newsletter #12 is out!**

If you didn't get it, don't miss out -Join the APIDA Center contact list: https://bit.ly/SDSUAPIDA





Location:

2nd floor of Aztec Student Union Rooms #210A-K (Directly above Starbucks)

Hours:

Mon-Thurs 10am-8pm Friday 10am-4:30pm

Connect with us!



Center Email: apida@sdsu.edu

Director: Dr. Loh-Hagan at vloh-hagan@sdsu.edu Coordinator: Kathleen Dang at ksdang@sdsu.edu



@sdsuapidacenter





Director's Message from Dr. Loh-Hagan DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY APIDA **SDSU APIDA Center** Thanksgiving Recess Mon, Nov 22: 10-8pm Tues, Nov 23: 10-8pm Wed, Nov 24: 10:00-4:30pm APIDA CENTER Center Website: https://sacd.sdsu.edu/apida @sdsuapidacenter Center Email: apida@sdsu.edu Director: Dr. Loh-Hagan at vloh-hagan@sdsu.edu **SDSU APIDA** Coordinator: Kathleen Dang at ksdang@sdsu.edu Resource Center So grateful for APIDA! Kubota. this time to relax and take care of yourself. Also, take this time to be with family and friends.



Thanksgiving is next week; as such, it's a good time to reflect and be grateful. I am so thankful for the APIDA community at SDSU. I love coming to the Center every day and hanging out with our amazing students. What a great job I have! I'm also grateful for the faculty and staff who have supported the APIDA Center in both little and big ways. Between the laughs, inside jokes, and silly antics, I really feel like we have built a fun little family here. The Center is alive and thriving. I'm especially grateful to our small but mighty APIDA Center team, both past and present. Shout out to current staff members: Kathleen Dang, Gi Gonzales, and Alexa Lawrence. Shout out to former staff members: Christine Ho, Dani Luistro, Kiara Nuevo, Maryhanna Leraas, and Mirei

As a reminder, we will be on a modified schedule next week (see flyer). That stated, we are still hosting our Support Spaces on Monday, Tuesday, and Wednesday - they will all be focused on gratitude in APIDA cultures. We will not be sending a newsletter next week; the next issue will be on December 3rd. Please take

Lastly, I am very grateful that we are living in a world that has Simu Liu. On Saturday, November 20, Simu Liu will be hosting Saturday Night Live. He's also going to be on a "Sesame Street" episode to introduce the first Asian American muppet! And, "Shang-Chi" is now streaming on Disney+. (Guess what is on 24-7 at my house?) May the power of the rings be with you. Happy Thanksgiving to you and yours.

APIDA Center Highlights: News to Know!



APIDA Center launches Student-Led Workshops and Student-Created Social Media Campaigns!

Do you have expertise on a topic? Do you have a special skill? Consider sharing your knowledge with us! This month, APIDA Center launched our Student-Led Workshops and Student-Created Social Media Campaigns. This is a great opportunity to show off your expertise and share your passion with others. It's also an opportunity to learn how to plan an event or prepare a campaign with our support. Work with an APIDA Center staff member who will serve as your project mentor. We are interested in any and all topics! If you are interested in participating, email us at apida@sdsu.edu.

As their final projects, our first-year A-LIST University Seminar students created projects around topics such as Asian dragons, Anime in the U.S., Filipino Cuisine (Dorm Cafe), Tae Kwon Do, APIDA in the NBA, Vietnamese community in City Heights, etc. Stay connected with us on Instagram and learn more about their projects.

APIDA Flex Alerts

Congratulations to Susan Nguyen who is the 2021 recipient of a Provost Outstanding Academic
Advising Award. Susan received the "Outstanding Peer Advisor" award. She was honored for her
work as a former Peer Advisor for the Leadership Minor. She currently serves as an Assistant
Coordinator in Residential Programming. Many thanks to the awards selection committee which
included APIDA ERG members, Christine Molina (Chair) and Dr. Loh-Hagan.

We want to celebrate you!

Do you or someone you know from the SDSU APIDA community have a flex to share?

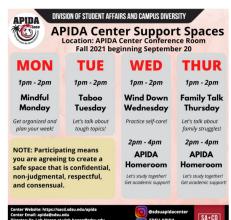
Email us at apida@sdsu.edu.

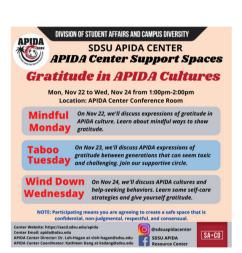
Congratulations Provost Award Winners!



Photo Credit: Brenda Diaz

Upcoming APIDA Center Events







APIDA Center Support Spaces

Location: APIDA Center Conference Room Fall 2021 beginning September 20 Mondays through Thursdays from 1-2pm

- Mindful Monday Get yourself ready for the week!
- Taboo Tuesday Let's discuss health, dating, and more!
- Wind Down Wednesday Self-care is for everyone!
- Family Talk Thursday Let's navigate family struggles together!

APIDA Homeroom on Wednesdays & Thursdays from 2-4pm - Be productive, share study tips, and receive coaching on your current projects and assignments. We can also connect you with the resources you need for academic success!

Support Spaces for Gratitude in APIDA Cultures

Location: APIDA Center Conference Room Nov 22 to Nov 24 from 1-2pm

- Mindful Monday We'll discuss expressions of gratitude in APIDA culture.
 Learn about mindful ways to show gratitude.
- Taboo Tuesday We'll discuss APIDA expressions of gratitude between generations that can seem toxic and challenging. Join our supportive circle.
- Wind Down Wednesday We'll discuss APIDA cultures and help-seeking behaviors.
 Learn some self-care strategies and give yourself gratitude.

The Problems of Mainstream Beauty Standards for Asian Faces

Zoom: https://sdsu.zoom.us/my/kathleendang

Nov 23 at 4pm

APIDA Center is hosting Student-Led Workshops.
Come learn about the problems of mainstream beauty standards for Asian faces. Join us to learn about effective make-up techniques and products for Asian features. All are welcome! This workshop is hosted by Janie Esgasane, Keiki Kajihara, Lilina Sato, and Tiffany Tran.

Tinikling

Location: APIDA Center Nov 29 starting at 2pm

APIDA Center is hosting Student-Led Workshops. Come dance with us! We will learn about Tinikling, a traditional Filipino dance. Then, we will move outside and practice some dance moves!

This workshop is hosted by **Angela Gopez, Jia Liu, Sydnee Oshiro,** and **Rori Rodriguez.**





TABOO TUESDAY

Nov 30 from 1-2pm

This session will be focusing on APIDA food culture and how it impacts our eating habits in positive and negative ways.

> LOCATION: APIDA Center Conference Room

eating on a budget for 1st generation students. LOCATION: Center for Intercultural Relations

HEALTHY EATING

Nov 30 from 2:00-3:30pm

This session will be

discussing nutrition basics,

meal planning, and healthy

NOTE: Participating means you are agreeing to create a safe space that is confidential, non-judgmental, respectful, and consensual.

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SDSU APIDA
Resource Center

SA+CD





NATIVE AMERICAN HERITAGE MONTH

Read the texts on the next slide and join our discussion!

Date: Tuesday, November 30
Time: 3:00-4:00pm
Location: APIDA Center Conference Room

enter Website: https://sacd.sdsu.edu/apida Center Email: apidagdsu.edu PRIDA Center Director: Dr. Loh-Hagan at vloh-hagan@sdsu.edu APIDA Center Coordinator: Kathleen Dang at ksdang@sdsu.edu

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SA+CD



Location: APIDA Center Nov 29 & Dec 13 at 4pm Join the SDSU APIDA Center for our Sewing Squad

Sewing Squad Sew-cials!

and more.

Sew-cials! Supplies are provided. Make face masks

SDSU APIDA x SDSU CIR Nutrition & Health Support Spaces

Taboo Tuesday

Location: APIDA Center Conference Room

Nov 30 from 1-2pm

This session will be focusing on APIDA food culture and how it impacts our eating habits in positive and negative ways.

Nutrition Basics & Healthy Eating

Location: Center for Intercultural Relations

Nov 30 from 2-3:30pm

This session will be discussing nutrition basics, meal planning, and healthy eating on a budget for 1st generation students.

APIDA x CIE JEDI Discussion Circle

Location: APIDA Center Conference Room Nov 30 at 3pm

Read the texts and join the discussion on Native American Heritage Month!

- Is Travel Next in the Fight Over Who Profits From Native American Culture?
- <u>'We the People' the three most</u>
 <u>misunderstood words in US history</u>
- America's Native Prisoners of War
- Re-Thinking Thanksgiving: Myths & Misgivings

Date Night: Filipino Style

Zoom: https://sdsu.zoom.us/my/vlohhagan

Dec 2 at 5pm

APIDA Center is hosting Student-Led Workshops. Want to learn how to impress a date with your cooking skills??? Four A-LIST guys will share their cooking adventure with you! Come learn about Filipino cuisine and Filipino culture. This workshop is hosted by Rodney Speight, Rowan Ramirez, Kyler Fung, and Isaiah Artero.

Opportunities

- On Saturday, November 20, the <u>SDSU men's basketball team</u> will face off against UT Arlington for the annual Nike N7 basketball game in celebration of <u>Native American Heritage Month!</u> Click <u>here</u> to claim your ticket! Kumeyaay Bird Singers will perform before the game.
- On November 30th from 1-3pm, celebrate the <u>Native Resource Center</u>'s Grand Opening! RSVP <u>here.</u> The Grand Opening will begin at 12:30pm at West Commons #115. The program will include welcoming statements and a ribbon cutting. After, there will be a light reception at Scripps Cottage Patio.
- On November 30 from 4:00-6:30pm, the students of CJ 543 (Community Resources in Criminal Justice Administration) are hosting "Deconstructing Identities," an interactive night of open dialogue to discuss growing up in the gender binary. RSVP here by November 26.
- On December 4th from 6-10pm, <u>APSA</u> is hosting their Kinda Sorta Formal event themed, "<u>The Zooming 20's.</u>" It will take place at the SDSU Alumni Center. It will be a special night with awards, catering, a photo booth, and dancing.
- On December 4th starting at 6pm at Scripps Cottage and Patio, <u>Allies For Education</u> is hosting their 5th Annual Winter Mix and Mingle party. There will be dancing, snacks, fun silent auction prizes, and much more!

Give to the APIDA Center and help support our programs directly!

Your donation, big or small, makes a huge difference for our center!

http://philanthropy.sdsu.edu/APIDA

To read past newsletters, visit this <u>page!</u>

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