

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



@sdsuapidacenter



SDSU APIDA
Resource Center

SA+CD

Director's Message from Dr. Loh-Hagan



DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

SDSU APIDA Center

Thanksgiving Recess

Mon, Nov 22: 10-8pm
Tues, Nov 23: 10-8pm
Wed, Nov 24: 10:00-4:30pm
Thurs, Nov 25 + Fri, Nov 26: CLOSED



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So grateful for APIDA!

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 Kubota**.

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 this time to relax and take care of yourself. Also, take this time to be with family and friends.

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 DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
APIDA Center Support Spaces
 Location: APIDA Center Conference Room
 Fall 2021 beginning September 20

MON	TUE	WED	THUR
1pm - 2pm	1pm - 2pm	1pm - 2pm	1pm - 2pm
Mindful Monday	Taboo Tuesday	Wind Down Wednesday	Family Talk Thursday
Get organized and plan your week!	Let's talk about tough topics!	Practice self-care!	Let's talk about family struggles!
		2pm - 4pm	2pm - 4pm
		APIDA Homeroom	APIDA Homeroom
		Let's study together! Get academic support!	Let's study together! Get academic support!

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

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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.

APIDA DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
 Join the SDSU APIDA Center for our
Sewing Squad Sew-cials!
 Every other Monday starting October 18th
 @ 4pm in the APIDA Center*

October 18th
 November 1st, 15th, 29th
 December 13th

Supplies are provided!
 Make face masks and more with us!

Meet new friends! Learn new skills! Have fun!

*The APIDA Center is located on the 2nd Floor of the Student Union, directly above Starbucks. Enter Student Life and Leadership office and make a right.

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Sewing Squad Sew-cials!

Location: APIDA Center
 Nov 29 & Dec 13 at 4pm
 Join the SDSU APIDA Center for our Sewing Squad Sew-cials! Supplies are provided. Make face masks and more.

APIDA DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
 SDSU APIDA CENTER x SDSU CIR
NUTRITION & HEALTH SUPPORT SPACES

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

NUTRITION BASICS & HEALTHY EATING
 Nov 30 from 2:00-3:30pm

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

LOCATION: Center for Intercultural Relations

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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 DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
 SDSU APIDA CENTER x
 CIE JEDI Discussion Circle

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

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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?](#)
- ['We the People' - the three most misunderstood words in US history](#)
- [America's Native Prisoners of War](#)
- [Re-Thinking Thanksgiving: Myths & Misgivings](#)

APIDA DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
 SDSU APIDA Center
 Student-Led Workshops

Date Night: Filipino Style

Four guys try to make Filipino food in a college dorm for a special someone. Come learn about Filipino cuisine and Filipino culture.

Thurs, Dec 2 at 5pm
 Zoom: <https://sdsu.zoom.us/my/vlohagan>

Rodney Speight Drink
 Rowan Ramirez Appetizer
 Kyler Fung Main Dish
 Isaiah Artero Dessert

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Date Night: Filipino Style

Zoom: <https://sdsu.zoom.us/my/vlohagan>
 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.

APIDA DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
 SDSU APIDA CENTER
APIDA Center Support Spaces
Gratitude in APIDA Cultures
 Mon, Nov 22 to Wed, Nov 24 from 1:00pm-2:00pm
 Location: APIDA Center Conference Room

Mindful Monday On Nov 22, we'll discuss expressions of gratitude in APIDA culture. Learn about mindful ways to show gratitude.

Taboo Tuesday On Nov 23, we'll discuss APIDA expressions of gratitude between generations that can seem toxic and challenging. Join our supportive circle.

Wind Down Wednesday On Nov 24, we'll discuss APIDA cultures and help-seeking behaviors. Learn some self-care strategies and give yourself gratitude.

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APIDA DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
 SDSU APIDA Center
 Student-Led Workshops

The Problems of Mainstream Beauty Standards for Asian Faces

Join us to learn about effective makeup techniques and products for Asian features. All are welcome!

Tuesday, November 23 at 4pm
<https://sdsu.zoom.us/my/kathleendang>

Janie Esgasane Keiki Kajihara Lilina Sato Tiffany Tran

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APIDA DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
 SDSU APIDA Center
 Student-Led Workshops

Tinikling

Join us and learn more about the Filipino dance of Tinikling and try out some traditional dance moves!

Mon. Nov 29, 2PM
 Meet at APIDA Center

Angela Gopez Jia Liu Sydnee Oshiro Rori Rodriguez

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Opportunities

- On Saturday, November 20, the [SDSU men's basketball team](#) will face off against UT Arlington for the annual Nike N7 basketball game in celebration of [Native American Heritage Month](#)! Click [here](#) to claim your ticket! Kumeyaay Bird Singers will perform before the game.
- On November 30th from 1-3pm, celebrate the [Native Resource Center's](#) Grand Opening! RSVP [here](#). 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, [APSA](#) is hosting their Kinda Sorta Formal event themed, "[The Zooming 20's](#)." 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, [Allies For Education](#) 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 [page](#)!

SACD.SDSU.EDU/APIDA-RESOURCE

SA+CD