

ASIAN, PACIFIC ISLANDER, DESI AMERICAN CULTURAL CENTER

LINCOLN PARK | O'CONNELL HALL 340



ABOUT THE NEWSLETTER

The Asian, Pacific Islander, Desi American Cultural Center produces a monthly newsletter that is sent out the beginning of each month that highlights all the programs happening in the month, unique student leadership engagement, job/ internship opportunities, news, and/or scholarship applications during the academic year.

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October is Filipino American Heritage Month

OCTOBER 1, 2020

Filipino American Heritage Month in October commemorates the first recorded presence of Filipinos in the continental United States, which occurred on October 18, 1587, and landed at what is now Morro Bay, California. It is also the birth month of Filipino American labor leader Larry Itliong.

The Filipino American National Historical Society established Filipino American History Month in the year 1988. In the 103rd Congress, a resolution to nationally recognize Filipino American History Month was introduced. In 2009, Congress passed resolution (H.RES.780), officially recognizing October as Filipino American History Month.

Check out the opportunities below to learn more about the history, events, experiences and lives of people and their impact on society.

MUKBANG: A VIRTUAL MONTHLY DIALOGUE SERIES CONTINUES!

Our POTLUCK Series in person continues as MUKBANG while we are virtual. The APIDA Cultural Center will be hosting MUKBANG, a monthly dialogue series that takes place the second Tuesday of each month via Zoom. Mukbang, or known as eating show, became popular in South Korea in 2010, is an online audiovisual broadcast, in which a host eats food while interacting with the audience. Food can be a powerful medium of storytelling... sparks a memory and can be a way of remembering and paying tribute to our traditions, practices, and experiences; a way of expressing ourselves; and a way to chronicle who we are, where we come from and happened to us along the way. These series touch on understanding history, culture and/ or issues pertinent in the Asian, Asian American and Pacific Islander community through food. Bring your dinner and join us in conversation online.

It's All In Your Head: Mindfulness as a Tool for Managing Stress **[Click Here for Zoom RSVP Link](#)**

1
11-12:30 PM
VIA ZOOM

The biggest epidemic in our society is stress in the body. Stress leads to anxiety and depression when gone unnoticed. It also prevents true self-expression and connection, and it often leads to more serious illness. This session will help participants identify their stress(ors), which causes their stress, understanding their overwhelm, what triggers panic, and how best to support themselves using mindfulness tools.

CHA(I) TIME w/ Kalahi: Unpacking Filipino American Identity **No RSVP required: Tune it at bit.ly/chai_time**

1
11:30-1:00 PM
VIA ZOOM

Kalahi, the Filipino student organization on campus is kicking off Filipino American Heritage Month in October by hosting the first October cha(i) time of the quarter. Come learn from a presentation and engage in conversation around unpacking the Filipino American identity. A book will be raffled.

CHA(I) TIME w/ Melissa and Isabel: Sinigang Cooking Lesson **No RSVP required: Tune it at bit.ly/chai_time**

5
4-5:30 PM
VIA ZOOM

To continue with Filipino American Heritage Month, this CHA(I) TIME will feature a cooking lesson by Melissa and Isabel. They will be teaching us how to make a beloved dish in the Filipino community called sinigang. Check out DeHUB for ingredient list. A Subo gift card will be raffled.

MUKBANG: Micro to Macro: From Anti-Blackness in Chicago's Chinatown to Global Anti-Blackness **[Click Here for Zoom RSVP Link](#)**

13
6-7:30 PM
VIA ZOOM

Our next MUKBANG will be centered on a conversation around how anti-Blackness shows up amongst ourselves and our communities. We will be taking a deeper look into the relationships between the neighboring communities of Chicago's Chinatown and the South Side. We are excited to invite People Matter where their mission is, "...to Uplift, Unearth, and Untether people... by [providing] direct service, political education, and issue advocacy work." They will also be sharing some upcoming projects and initiatives they are working on.

Unapologetically Muslim: A Conversation w/ Fatimah Asghar **[Click Here for Zoom RSVP Link](#)**

22
6-7:30 PM
VIA ZOOM

Join us for an evening with Fatimah Asghar as they read a selection of poems from their recent collection, If They Come For Us. This talk will cover the experience of being a queer, Pakistani Muslim woman within America and Asian-American communities and how we can use poetry to better understand how history and storytelling coincide in our lives. Signed books will be raffled.

29

5-7 PM
VIA ZOOM

Queer Halloween: Scary Stories to Tell on Zoom
[Click Here for Zoom RSVP Link](#)

In preparing this year's precarious Halloween celebration, join the LGBTQIA+ Resource Center online via Zoom to gather around to listen to scary queer halloween stories from the comfort of your home.

**THANK YOU
TO ALL WHO
SIGNED UP
FOR THE PEN
PAL PROGRAM!**

All pen pal care packages have been sent and we paired up 30 individuals from first year students to graduate students and some distanced from other states. Happy connecting!

OMSS Virtual Office Hours

Every Tues-Thurs
2pm-6pm central time
tinyurl.com/OMSSVirtual



JOIN THE CLOSED APIDA CULTURAL CENTER FACEBOOK PAGE!



CHA(i) TIME
WITH THE APIDA CULTURAL CENTER

Join us on Zoom for **Cha(i) Time!** We meet every...

MONDAY from 4:00-5:30pm & THURSDAY from 11:30-1:00pm
(Central Standard Time)

While we practice social distancing, it's more important now than ever to center human connections and be a part of the movement for community care.

Cha(i) Time are opportunities to tune in to the APIDA Cultural Center for informal community gatherings led by staff, student leaders and your peers.

Whether you call it 'tea' or 'cha', drink it from a bag or loose-leaf, with or without milk, all are welcome to join.

BIT.LY/CHAI_TIME

