

# Newsletter

## Asian Pacific American Heritage Month



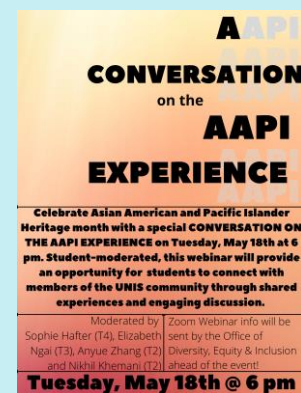
### May is Asian/Pacific American Heritage Month.

A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island). Asian/Pacific American Heritage Month originated with Congress. Signed by President Jimmy Carter on October 5, 1978 to become [Public Law 95-419](#), this law directed the President to issue a proclamation for the “7 day period beginning on May 4, 1979 as ‘Asian/Pacific American Heritage Week.’” In 1990 when Congress passed [Public Law 101-283](#) which expanded the observance to a month for 1990. Then in 1992, Congress passed [Public Law 102-450](#) which annually designated May as Asian/Pacific American Heritage Month. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants. We look forward to appreciating Asian American Pacific Islander heritage this month with the UNIS community.

### EVENTS

**Tuesday, May 18 at 6PM**

*Student-moderated webinar on AAPI Experience*



**Tuesday, May 25 at 7PM**

*Virtual Book Club collaboration with DEI PA Committee and New2UNIS PA Committee*



*Minor Feelings* by [Cathy Park Hong](#)

ZOOM link

<https://us02web.zoom.us/j/81506000574?pwd=d=SVRYMHQxaWJrUGtFWXRWdkFaKzJVUT09>

Meeting ID: 815 0600 0574 | Passcode: 066993

**Thursday, May 27, 7PM**

*The Roots of Anti-Asian Hate and the Japanese American Experience*

Join the Japanese American National Museum’s Education Unit in a special virtual experience customized for the UNIS community. Anti-Asian hate is receiving a lot of attention and coverage at the moment, but these instances of violence and discrimination aren’t new. By exploring the powerful artifacts, images, and documents in JANM’s collection, this session will root recent news stories of anti-Asian sentiment in a historical context and will include a first-person account of World War II incarceration. Click [here](#) for a short orientation video.

ZOOM link

<https://us02web.zoom.us/j/83289165266?pwd=ZnQ5TUhRNXQ1NUN3cFk1bGZtYUIQZz09>

Meeting ID: 832 8916 5266 | Passcode: 351073

# Understanding Our Perceptions of Asian Americans



*Excerpt from Asia Society*

*A waitress asked: "Where are you from?" I told her my great-grandfather came to work the mines in New Mexico. My grandfather was a tailor in Oakland and my mother was born in Stockton. And the waitress interrupted and without any hesitation said: "So how do you like your new country?" — a Chinese American attorney*

*He asked the price of beef. Then he said: "You Koreans charge too much." My brother said: "I'm not Korean, I'm Cambodian." But he's mad. He says: "You Koreans rip us off." — a Cambodian-born store owner*

The growth and diversification of the Asian American population in recent years has been nothing short of phenomenal. Asian Americans number more than 12.5 million (in 2001) in the United States and represent more than thirty different nationalities and ethnic groups, including Samoan, Tongan, Guamanian, and native Hawai'ian from the Pacific Islands; Lao, Hmong, Mien, Vietnamese, Cambodian, Thai, Burmese, Malay, and Filipinos from Southeast Asia; Pakistani, Bangladeshi, Indian, and Sri Lankan from South Asia; Afghani and Iranian from Central Asia; and Korean, Japanese, and Chinese from East Asia. In 2000, the three largest Asian nationalities in the U.S. were Chinese, Filipinos, and Asian Indians. The diversity of Asian Americans, in terms of their various languages, cultures, and histories is remarkable. In Pew Center's [Key facts about Asian Americans](#), research has found that U.S. Asian population is projected to reach 46 million by 2060 and recorded the fastest population growth rate (81%) among all racial and ethnic groups in the United States between 2000 and 2019.



**Asian Americans** is a five-hour film series on PBS that delivers a bold, fresh perspective on a history that matters today, more than ever. As America becomes more diverse, and more divided, while facing unimaginable challenges, how do we move forward together? Told through intimate and personal lives, the series casts a new lens on U.S. history and the ongoing role that Asian Americans have played in shaping the nation's story. Watch the series at <https://www.pbs.org/weta/asian-americans/watch/>

Apply then what you've watched through the booklet and lessons provided by Asian Americans Advancing Justice below:

[https://advancingjustice-la.org/sites/default/files/AA-booklet-activities\\_1.pdf](https://advancingjustice-la.org/sites/default/files/AA-booklet-activities_1.pdf)

[https://advancingjustice-la.org/sites/default/files/AA-booklet-overviews\\_1.pdf](https://advancingjustice-la.org/sites/default/files/AA-booklet-overviews_1.pdf)

## The story behind the group tracking anti-Asian hate incidents



*Excerpt from **NBC News, May 3, 2021***

On Feb. 4, 2020, during the earliest days of the novel coronavirus, a middle school student in Los Angeles County was told by a classmate that he was a Covid-19 carrier and should “go back to China.” When the boy responded that he wasn’t Chinese, he allegedly received 20 punches to the head and ended up in the emergency room.

The assault, a harbinger of the onslaught of racialized attacks that occurred during the pandemic, helped three Asian American activists who would become co-founders of Stop AAPI Hate, the anti-Asian hate reporting center, realize that racism was spreading faster than the virus itself and something needed to be done to track the growing number of incidents against the community.

Led by Cynthia Choi, the co-executive director of Chinese for Affirmative Action, or CAA; Russell Jeung, professor and chair of the Asian American studies department at San Francisco State University; and Manjusha Kulkarni, executive director of the Asian Pacific Policy and Planning Council, or A3PCON, Stop AAPI Hate is more than a popular hashtag or aggregator of anti-Asian incidents. It’s a rallying cry for a community experiencing the pain and heartbreak of relentless harassment, assaults and even murders.

“What’s really been heartening has been the Asian American community response and having so many people come to support Stop AAPI Hate,” Jeung told NBC Asian America. “I’m really proud we can be contributing to a global movement, and that’s something that I think will probably be the most significant impact of Stop AAPI Hate — to galvanize the Asian American community and to empower the broader community.” Stop AAPI Hate launched on March 19, 2020, without funding. Within the first week, there were an average of almost 100 self-reported hate incidents. In less than a year, they would go on to track nearly 4,000 instances and discovered disturbing trends, such as Asian American women reporting 2.3 times more than men.

\*

In NYC, a public awareness campaign by multidisciplinary artist Amanda Phingbodhipakkiya was developed with the NYC Commission on Human Rights to combat anti-Asian discrimination, harassment, and bias as a result of COVID-19, and launched with the support of the NYC Department of Cultural Affairs. If you have seen anti-Asian harassment, speak up and report it to by calling 212-416-0197. Or learn more at <http://nyc.gov/stopcovidhate>. If you are a victim of or witness a hate crime, call 911.





# Without Asian American Studies, We Can't Understand American Racism

AAPJ histories are legitimized as an academic discipline through the establishment of Asian American Studies courses, programs, and departments at many colleges and universities. Through these interdisciplinary lenses, current challenges faced by the AAPJ community - such as the recent wave of Anti-Asian Violence and the targeting of Muslim Americans after 9/11 - are contextualized as part of a broader problem of AAPJ historical exclusion in the United States. As stated in *Chronicle of Higher Education*:

*In academe, we have developed Asian American studies programs and built an impressive body of academic books and journals and articles. The very existence of these programs, which began over 50 years ago, insists on the right, and the need, to focus on Asian Americans as an important group of people to study. . .*

*Ethnic-studies programs and departments should be established, and expanded, in more colleges and universities, and not just at the most exclusive. The courses they teach should also be adapted for K-12 education so that students do not first learn when they become undergraduates about the Page Act and the Chinese Exclusion Act, the annexation of the Philippines, early 20th-century Punjabi and Korean settlements in the U.S. West, or the mass incarceration of over 100,000 Japanese Americans.*

## Recognizing Ramadan



For Muslims, the holy month of Ramadan, is a chance to re-balance their participation in worldly pursuits and strengthen their relationship with God through prayer and contemplation. During this month, Muslims refrain from partaking in food or drink from sunrise to sunset. Amongst other things, fasting reminds Muslims to strive for righteousness – to be grateful for their blessings, and to be sensitive to those who have less. Like many acts of worship and celebration in Islam, the observance of Ramadan focuses on community and family. In this regard, COVID -19 has proved especially challenging for Muslim communities.

***Excerpt from NY Times' "A Ramadan Closer to Normal for 2021"***

Compared with Ramadan 2020, when mosques around the world were closed for prayer during the holiest month of the year for Muslims, and curfews prevented friends and family from gathering to break the fast, the religious holiday this year offered the promise of something much closer to normal.

Across the Muslim world, the authorities have imposed limits on Ramadan customs and festivities at mosques this year: telling worshipers to bring their own prayer rugs and wear face masks, putting time limits on taraweeh, the special extra prayers that some worshipers observe every evening of the month, and imposing other rules.

To mark the end of Ramadan, determined by the sighting of the moon on the 29th night of Ramadan, a three-day celebration called Eid al-Fitr brings families and friends together in early morning prayers followed by picnics, feasts and fun. In 2021, Eid al-Fitr fell on Wednesday, May 12.

## COVID-19 in India

*Excerpt from [IndiaCenter.us](https://www.indiacenter.us)*

India is in dire need of help right now because of the runaway Covid-19 situation. We are sure by now you have seen the news or heard from a friend or relative of the terrible situation on the ground. This is not just a problem for India, it is a problem for the whole world. Please help if you can!

Visit below or [here](#) for a list of organizations that you can donate to today and be the hope and help that India needs right now.

## What is BYSTANDER INTERVENTION TRAINING?

*Excerpt from [Hollaback!](https://www.hollaback.us)*

Bystander intervention training helps people to do your part to protect your neighbors and co-workers when bias and harassment collide in front of you.



### THE 5 D'S OF BYSTANDER INTERVENTION

The Five D's are different methods you can use to support someone who's being harassed, emphasize that harassment is not okay, and demonstrate to people in your life that they too have the power to make the community safer.

What's worse than being targeted with harassment because of your race, sex, religion, color, gender, size, orientation, disability, age, or origin? Being targeted while surrounded by bystanders who see what is happening, but then do nothing. It doesn't have to be that way.

At this moment in history, we are witnessing a spike in disrespect, harassment, and hate violence. As bystanders, we need to be especially vigilant and aware of what disrespect, harassment, and hate violence look like in order to be able to stand up and intervene at a time when people need it most.

The Five D's - **Distract, Delegate, Document, Delay, and Direct** - are different methods you can use to support someone who's being harassed, emphasize that harassment is not okay, and demonstrate to people in your life that they too have the power to make our communities and workplaces safer. In response to the rise in Anti-Asian/American and xenophobic harassment, [Hollaback!](https://www.hollaback.us) partnered with [Asian Americans Advancing Justice | AAJC](https://www.asianamericansadvancingjustice.org) to adapt its free bystander intervention training as well as offering a de-escalation training adapted to support the AAPI community. [Learn more here.](#) Everyone can do something. At this time in our history, let's show up for one another as active bystanders. **Research shows that even a knowing glance can significantly reduce trauma for the person who is targeted. One of the most important things we can do is to let the person who is targeted know, in some way, however big or small, that they are not alone.**

# Community Events Calendar

- **Parent Support Series** — The Asian American Federation and Hamilton-Madison House invite you to join child psychiatrist Dr. Daphne Wang for a workshop on How Our Children Are Affected by Anti-Asian Racism. Dr. Wang will talk about recognizing and paying attention to the mental health needs of children, and why it is important for parents to get involved, especially in the current context. Mandarin, Cantonese, Korean, and Spanish interpretation will be available for all sessions.
  - **Session 2: May 11** — Parenting Our Children During COVID: Hamilton-Madison House's The Project Hope team will present strategies to support our children's mental health during this time of uncertainty and anti-Asian racism. Registration link: <http://bit.ly/ParentSS2>
  - **Session 3: May 18** — Why Taking Care of Ourselves Helps Our Children: The Project Hope team will talk about the importance of self-care for parents and offer practical strategies to help cope with stress. Registration link: <http://bit.ly/ParentSS3>
  - Mandarin, Cantonese, Korean, and Spanish interpretation will be available for all sessions. Training sessions are facilitated by Hamilton-Madison House's Mental Health and Project Hope teams.
- **Starting May 6, 2021 - In honor of Asian Pacific American Heritage Month in May 2021, Quiet Before: Unearthing Anti-Asian Violence is a six-part series of virtual programming dedicated to examining Anti-Asian violence from its many complex angles.** The series is presented by Womankind, the 1882 Foundation, Eaton Workshop, the Honolulu Theatre for Youth and the Smithsonian Asian Pacific American Center. Register [here](#)
- **United We Stand, 42nd Annual AAPI Festival - May 2021.** Coalition of Asian Pacific Americans' (CAPA) largest and longest continuously running Pan-Asian festival on the East Coast. This year's virtual festival will celebrate the diversity, richness, and vitality of the AAPI community through a series of events, programs, and resources. Event schedule [here](#).
- **American Bar Association month-long webinar series.** The ABA Section of Civil Rights and Social Justice and the ABA Coalition on Racial and Ethnic Justice are proud to celebrate Asian American and Pacific Islander Heritage Month 2021 with a month-long webinar series available [here](#). In this engaging series, they will dive into the experiences of the Asian American and Pacific Islander communities along with the social, political, and economic issues they have and continue to face. Their kickoff program, [History & the Law: Asian Americans and Pacific Islanders in Context](#) is available [here!](#)

## Resources

[NYC DOE Resources for Families](#)

[NYC Parks Events for Asian American and Pacific Islander Heritage Month](#)

[Resources to Address Anti-Asian Discrimination, Bias, and Hate](#)

[NY Public Library Calendar of AAPI History Month events](#)

[NYCGO's The Women Who Made NYC History](#)

## Smithsonian Asian Pacific American Center

### Best APA Heritage Booklist

#### 10 Essential Books

#### Asian American Children's Books to Read As a Family Right Now (msn.com)

#### PBS American Masters: Amy Tan - Unintended Memoir

### Articles

- [https://www.psychologytoday.com/us/blog/experimentations/202105/facing-asian-american-discrimination-resolve\(written by current UNIS parent, Dr. Grant Brenner\)](https://www.psychologytoday.com/us/blog/experimentations/202105/facing-asian-american-discrimination-resolve(written%20by%20current%20UNIS%20parent,%20Dr.%20Grant%20Brenner))
- <https://www.theatlantic.com/ideas/archive/2021/04/we-are-constantly-reproducing-anti-asian-racism/618647/>
- <https://www.washingtonpost.com/opinions/2021/04/29/lucy-liu-asian-stereotypes-hollywood/>
- <https://www.today.com/food/chefs-speak-out-against-asian-hate-after-atlanta-shootings-t212166>

### Ted Talks/ Podcasts

- [https://www.ted.com/talks/canwen\\_xu\\_i\\_am\\_not\\_your\\_asian\\_stereotype](https://www.ted.com/talks/canwen_xu_i_am_not_your_asian_stereotype)
- [https://www.ted.com/talks/kelly\\_choi\\_not\\_your\\_model\\_minority](https://www.ted.com/talks/kelly_choi_not_your_model_minority)
- [https://www.ted.com/talks/sayu\\_bhojwani\\_immigrant\\_voices\\_make\\_democracy\\_stronger](https://www.ted.com/talks/sayu_bhojwani_immigrant_voices_make_democracy_stronger)
- [https://www.ted.com/talks/jon\\_m\\_chu\\_the\\_pride\\_and\\_power\\_of\\_representation\\_in\\_film](https://www.ted.com/talks/jon_m_chu_the_pride_and_power_of_representation_in_film)
- [https://www.ted.com/talks/anand\\_giridharadas\\_a\\_tale\\_of\\_two\\_americas\\_and\\_the\\_mini\\_mart\\_where\\_they\\_collided](https://www.ted.com/talks/anand_giridharadas_a_tale_of_two_americas_and_the_mini_mart_where_they_collided)
- [Dear Asian Americans](#)

### DONATE

#### *NYC-Based Organizations (That Accept Donations):*

- **SEWAUSA**: Humanitarian aid and disaster relief for the current COVID-19 crisis in India
- **Womankind**: Formerly NY Asian Women's Center. Womankind uses the multidimensionality of its Asian heritage to work alongside survivors of gender-based violence as they build a path to healing.
- **Heart of Dinner**: Delivers care packages to Asian elders in NYC.
- **Mekong**: Improves the quality of life of the Southeast Asian community in the Bronx and throughout New York City by achieving equity through community organizing and healing.
- **Send Chinatown Love**: This crowdfunding platform donates 100% of its proceeds to cash-only, Asian-owned small businesses that have been disproportionately impacted by COVID-19.
- **Think! Chinatown**: Amplifies the voices of Manhattan's Chinatown residents and business owners, and advocates for equitable policies and programs on their behalf.
- **Welcome to Chinatown**: This grassroots initiative was established to support Chinatown businesses and amplify community voices that generate much-needed momentum to preserve one of New York City's most vibrant neighborhoods.

- **Asian American Federation**: It's the largest umbrella leadership organization in New York serving diverse Asian American communities that make up the fastest-growing population in the city, state, and country.

***National Organizations (That Accept Donations)***

- **Red Canary Song**: This international organizing group works with Asian and other migrant sex workers on labor rights and mutual aid.
- **National Asian Pacific American Women's Foundation, Atlanta Chapter**: NAPAWF advocates for the movement for social, political, and structural change for Asian American and Pacific Islander women and girls
- **Asian American Legal Defense and Education Fund**
- **List of other Asian American organizations to support or to donate**

**VOLUNTEER**

- Check out Protect Chinatown's new walking chaperone initiative and volunteer to accompany anyone who feels unsafe walking around Flushing, Sunset Park, or Manhattan's Chinatown. Find all the details here.
- Main Street Patrol is another organization that aims to make everyone feel safe walking the streets of Flushing on weekends. Learn more and sign up here.
- Soar Over Hate has raised over \$18K to purchase self-defense devices for NYC Asian elders, women & LGBTQ people. Sign up to help the organization distribute things like pepper spray and security alarms here.

**KEEP SHOWING UP FOR YOUR FAVORITE ASIAN-OWNED RESTAURANTS**

- Support Asian-owned businesses by ordering from the restaurants in your neighborhood. If you're looking for a place to start, check out guides to Sunset Park, Koreatown, Elmhurst, Manhattan's Chinatown, and Jackson Heights, along with Outdoor Korean BBQ, Chinese, Thai, and Vietnamese guides.



In response to the alarming increase in xenophobia and bigotry facing Asian Americans, OpenTable is proud to partner with **Chefs Stopping AAPI Hate**: a collection of chefs that have organized a takeout series to raise awareness and funds for AAPI organizations combating anti-Asian violence.

Each Sunday, rotating chefs will come together to offer 5 unique takeout experiences throughout the month of May. [Reserve your meal](#)