



Answer our Online Quiz to win a prize. Be in the first five to answer questions and win a free SAN canvas bag, mug, or water bottle! [CLICK here!!](#)

AWAZ Survivor Trains in Kansas!

- By **Vimmi Jaggi**, SAN Volunteer

As an AWAZ Support Group volunteer, I received the opportunity to attend a conference on immigrant women, domestic violence, and leadership called, “Leadership Development Training for Immigrant Women,” at the end of October 2009 in Kansas City. Over the course of three days, I enjoyed the company of strong and empowered women, and lived moments of being self.

At this conference, everyone gave me the chance to be myself and I was able to be the same way for others. Not even one woman judged me for being a divorcee, for being a female, for being an Indian and for being the one who said “enough” once and for all in her life. *Continued on Page 3.*

Census 2010: Will you Count?

- BY **Preeti Sharma**, Communications Associate

According to the 2000 Census, only 1,600 Bangladeshis live in Los Angeles County. Yet SAN’s surveys and community perspectives reflect this number to be higher – much, much higher at 10,000 to 15,000 Bangladeshis in Koreatown alone.

Similar to the Bangladeshi community, for other South Asian communities in Los Angeles, the community count differs vastly from the official 2000 Census Count. Ten years later, SAN will be counted with numerous events in the upcoming months. *Continued on Page 3.*

IN THIS ISSUE

UNIT UPDATES:

- * Survivor Trains in Kansas! – **pg. 1**
- * Census 2010: Will You Count? – **pg. 1**
- * Youth Group Films in Big Apple – **pg. 1**
- * 5th Year of Caregivers Support – **pg. 2**
- * Looking Back at 2009 with Hamid – **pg. 6**

COALITION VOICE:

- * Justice for Oscar Grant – **pg. 4**

COMMUNITY ALERT:

- * TSA Profiling Alert Again – **pg. 5**

SURVIVOR’S CORNER – pg. 5

UPCOMING EVENTS – pg. 4



Volunteer Aditi Mahmud acts in PSA as she fills out Question 9 on the form

SAN Youth Group Films in Big Apple: Our Reflections!



Youth Group Members attending media justice workshop in New York

- BY **Sameen Haque & Sumana Tumpa**, Youth Group Members

Reflections from Sameen and Sumana’s recent experience at a media conference in October 2009

SUMANA: As a longtime SAN youth member, I always felt that we face too many problems but we do not have enough people to deal with them. Going to NY for “Media in Action” training through the Global Action Project totally changed my thoughts. About 12 youth from six different organizations from different states gathered at the end of October. As we started to work together, we had no idea how much we will learn. *Continued on Page 2.*

(From Youth Film in Big Apple, Pg. 1)

SUMANA: We learned how to work together to change our society. I always believed that youth are the power in society and that media is the answer, but what I didn't know was how to use these two together.

SAMEEN: Yes, during the MIA program, I learned various creative techniques to integrate youth and media to assert media justice. Many new ideas were thrown in and picked up concurrently. In the team building process, I saw everyone develop trust and above all develop confidence to attack mainstream claptrap against minority groups.

SUMANA: On the second day of our training, we went to a NY city street and started to interview random people. With five people in a group, our topic was immigration. I learned how to interview unknown people. Even though it could get really embarrassing sometimes, it was a great experience. This will really help SAN's youth group because we have been making short documentaries.



SAN youth film in Koreatown

Those five days were one of the best times of my life. I really don't think that our generation is ignorant about problems we face in our daily lives; in fact we care more about it than any other generation. What will stay with me all my life is that "together we can make a change" no matter how big the problem is.

SAMEEN: What I brought back from my four-day stay at New York are confidence, courage and comprehension of many other societal issues or even national concerns like the "Dream Act." It will be rather difficult to jot down a few words about how excited I felt to be a part of the program, because truly, my encounter with everyone was beyond awesome.

Caregiving and Mental Health: CHAI's 5th Year for Support Group

- BY CHAI Team



CHAI Caregivers Support Group at SAN

Caregivers provide personal care and support to family members, such as elderly or disabled, and need help to carry out daily activities of living. Over the past seven years of CHAI's case management and home visits, SAN learned that caregivers lack time or support to look after themselves due to responsibilities from: jobs, home and taking care of immediate family and older adults at home.

Understanding the need, in 2005, SAN started providing sessions twice a month, two months at a time, for one group of care givers. Since then, SAN has led almost twenty-four support groups.

The most recent caregivers group started in the beginning of February 2010. With a mix of workshops ranging from depression and stress to healthy nutrition and disease prevention, CHAI's team also provides support group sessions where the group can mingle, laugh, and de-stress with each other. Last week, a few of the group members had pedicures to learn to take care of themselves.

According to an anonymous group member, "Ever since I participated in the group in 2007, I have learned to better adjust my lifestyle to change how I treat myself, which also makes me the people I care for better."

Farhana Shahid, Lead Community Advocate, who facilitates most of the support groups agreed: "When people come to our group, they are able to relax, really learn about health, and they keep that lesson with them."

(From Census, pg. 1) While numerical accuracy is part of the issue, SAN and other community groups will work together to direct much needed resources to our respective Los Angeles communities. Each person not counted is a \$12,000 loss in resources to the state.

Through weekly door-knocking in March and part of April, translating informational flyers, outreaching at community stores, making and broadcasting a public service announcement, and becoming a Questionnaire Assistance Center (QAC), SAN members will actively encourage the community to fill out the Census and be counted.

“The most exciting part of this effort is going to be recruiting as many as twenty to forty SAN members and volunteers from March through May to go out with us as we door knock and visit community centers,” says Aditi Mahmud, a Koreatown resident leading the Koreatown count effort for SAN.

Census forms are due by April 1st, 2010. The forms will be mailed in English to mailboxes at the end of March. If the forms are not returned by the April 1st date, Census workers will visit community homes. SAN can assist anyone in language from March 19th to April 19th when we will be a QAC.

Census Question 9

Question 9 is one of the most confusing parts of the form for Desis. If you are Indian, you only need to check the “Asian Indian” box. If you are any other South Asian – Bangladeshi, Nepali, Pakistani, or Sri Lankan, you should check the “Other Asian” box AND write in your respective ethnicity into the space provided below. Also, if you are multiracial or multiethnic, please check multiple boxes.

(From Survivor goes to Kansas, Pg. 1)

The conference, sponsored by the National Network to End Violence Against Immigrant Women, has given me much inspiration and strength. About thirty-five multiethnic immigrant women attended the conference from across the U.S. where everyone learned from each other. After sharing and hearing our stories, we all affirmed that giving back to our communities can be as simple as listening to the women in our own home.

I hope to bring back some of the sessions I attended on using art as a way for survivors to heal. Meeting women who already do that, I spoke with them and also

wrote down a few exercises for AWAZ’s support groups too.

One aspect of the conference that really struck me – most of the women were empowered survivors. We really understood each other’s experiences and we all felt the need to do something about it. We all had other jobs and volunteered for prevention of domestic violence on the side. Seeing how they each pulled off their daily lives and their volunteering efforts also made me feel that “hey, I can do it!” A few hours can really bring about the change we all are working towards.

*The South Asian Network (SAN)
is a grassroots community-based organization dedicated to
advancing the health, empowerment, and solidarity of persons of
South Asian origin.*

Fundamental to SAN’s mission is equality for all.

SAN is a 501 c (3) Non-Profit Organization * Tax ID No. 33-0608166

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Justice for Oscar Grant: SAN Attends Police Brutality Protest

- BY *Sannah Rahim*, SAN Intern & edited by *Joyti Chand*, SAN Civil Rights Unit Coordinator

When Usman Chaudhry was shot and killed in March 2008 by the Los Angeles Police Department (LAPD), the South Asian community throughout Los Angeles joined together to demand justice and provide comfort for the victim's family.

To many people in the South Asian community, this type of violence was unheard of, or rather not spoken about. On the other hand, other community members knew all too well the intensity of state violence and repression on people of color in the United States.

Following the tragic killing of Usman Chaudhry, many other communities of color joined together with the family to challenge and raise their voices about such acts.

On January 8th, 2010, South Asian Network joined a group of fifty people made of families, anti-police brutality organizations and activists to protest against the brutal murder of Oscar Grant by the Oakland transit police officer, Johannes Mehserle. Several witnesses Video-taped this brutal murder where Mehserle fatally shot an unarmed Grant several times on New Years of 2009.



Oscar Grant Protest in Downtown Los Angeles, Jan 2010

The “Justice for Oscar Grant” protest was held in front of the Criminal Justice Court in Downtown, LA as the case against Mehserle was recently moved outside of Oakland to Los Angeles.

Currently, the Los Angeles Coalition for Oscar Grant is meeting to build awareness and organize against violence committed by police officers. SAN believes that the South Asian community must continue joining other communities, supporting families and raising our voices to end state violence. For meeting information, contact Sannah Rahim at sannah.rahim@gmail.com.

SAN Upcoming Events

March

Saturday, March 6th:

SAN/ Satrang Mela, 1pm-4pm,
SAN's Artesia Office, 18173 Pioneer Blvd., Artesia

Wednesday, March 10th:

Senior Nutrition Program Launch, 10am,
[First-time Nutritious South Asian Menu at Senior Center!]
Artesia Senior Center, 18750 Clarksdale Ave, Artesia

Monday, March 22nd:

Worker's Rights Townhall, 4pm
Artesia, Location TBD

**Most Saturdays and Sundays from March 14th
to April 24th:**

Be Counted! Census Outreach to South Asian Communities,
9:30am-2:30pm,
Artesia, Koreatown and South Bay
Stipends available for committed & continuous volunteers

**STAY TUNED FOR SAN's 20th ANNIVERSARY
CELEBRATIONS –**

April 10th, 2010

(Celebration Date will be in the week of April 12th, TBA)

Join us to Volunteer!
saninfo@southasiannetwork.org

TSA Profiling Alert Again: What you can do!

-BY *Tamia Pervez*, SAN Policy Organizer

As of January 4, 2010, anyone flying into the United States from anywhere in the world but has traveled from or through these countries:

Afghanistan, Algeria, Iraq, Lebanon, Libya, Nigeria, Pakistan, Saudi Arabia, Somalia, Yemen, Cuba, Iran, Sudan, and Syria, will be required to go through increased security checks.

Increased screening of all passengers – regardless of age, gender or immigration status – can include:

Full Body Pat-downs (physical search of body by officer); Full Body Electronic Scans; Additional Delays; Additional Searches of Carry-on Baggage.

SAN and partner organizations sent letters in January 2010 to the Department of Homeland Security (DHS) and Transportation Security Administration (TSA) to remove these changes because they would lead to more racial and religious profiling as well as targeting based on national origin. Since then, no changes have been made.

Act now and tell your local congressional

representative that racial and religious profiling is unfair, unjust and ineffective! (Visit www.house.gov or www.senate.gov to find your member.)

Also, contact the DHS Secretary, Janet Napolitano, at Operator Number, 202-282-8000, or Comment Line, 202-282-8495, to say, “The increased security screenings required by the new TSA policies are blatant discrimination based on racial and religious profiling and I would like these to be discontinued immediately.”

Until these policies change, we advise all community members to take precaution when traveling to the U.S. through or from the above mentioned countries.

If chosen to be screened, please note:

1) Travel Dates; 2) Origination and Destination; 3) Airline and Flight Number; 4) Whether you were subject to a full body pat down or body scan and search of all physical belongings.

Also note down all other questioning or searches that took place upon your international departure or arrival in the U.S. and the name of the officer(s) questioning you and **let SAN know**.

Survivor's Corner: Thoughts, Words, and Change

Story of A Girl

<p><i>I saw that girl she was always happy laughing enjoying Living cracking poor jokes</i></p> <p><i>I was envious of her</i></p> <p><i>She told me she is happy She is flying high in sky, She had gotten married She has found her real prince</i></p> <p><i>I was happy for her</i></p> <p><i>I saw her in the market She was looking sad The moment she saw me, she smiled Tried to show her happiness. All that was fake But, She bought me a cake</i></p>	<p><i>I was surprised, wanted to say a word But she went away like a bird</i></p> <p><i>She was catching a train While her tears were overflowing I saw her, it shocked me I called for her name She seemed pale she didn't even looked back I was standing alone on the track</i></p> <p><i>I was sad to see tears in her eyes</i></p> <p><i>She went away somewhere Don't even know where for good or for what I missed her, Her smile, Her laughter, & poor jokes...</i></p> <p><i>I was sad to see tears in her eyes</i></p> <p><i>She went away somewhere Don't even know where</i></p>	<p><i>for good or for what I missed her, Her smile, Her laughter, & poor jokes...</i></p> <p><i>She never came back People say she is a pill now, Who cures others' sicknesses She is a fruit now Who fills others stomachs & she is a tissue now Who wipes others tears...</i></p> <p><i>I was speechless & sad Because I had lost her...</i></p> <p><i>Next day she came in my dream Told me good you lost me Because I go to those Who have pain & who cry Whose life sucks & they think they can just die...</i></p>
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A picture of our happy family. My daughter, then 2 years old, and I fled an abusive and violent husband in Pakistan. She is now 6 and this picture represents our current lives. She is a very secure, happy and stable child. Had I stayed in the horrific relationship, this would not be the case. I have made a life for myself and my child away from a man that thought that physical and emotional abuse of not just me but also of his baby girl was a natural and normal part of life.

SAN in 2009: A Year of Growth

- Staff interview of *Hamid Khan*, SAN Executive Director

At the close of a tough economic year, an interview with Hamid Khan reveals the changes and growth that occurred across SAN's three units throughout 2009.

AWAZ Voices Against Violence: *In 2009 AWAZ saw an increase in complicated individual cases, but it also created a shift in AWAZ activities towards overall violence prevention.*

In 2009, AWAZ finished its first 60-second Public Service Announcement. The PSA focused on violence prevention through respect and communication. It aired at locally at NAZ 8 Cinemas, Showbiz India, Namaste America as well as on satellite channel NTV.

Also, AWAZ continued programming through the Survivors' Support Group. AWAZ also started a group for male high school students in Artesia to discuss varying gender-specific topics.

CHAI Unit: *In 2009, the CHAI unit started the first Walking Club for older South Asian adults, continued its health fairs and worked on a nutrition program.*

In early 2009 with 10 people, CHAI's walking club has now become a group of 40 older adults, who gather, socialize, discuss their needs openly, and learn with each other while having fun.

Additionally, the CHAI team created a South Asian specific nutrition program – presented at workshops in 2009. The team also worked to create a nutritious South Asian menu once a week at the Artesia Senior Center. After much effort, this program will launch on March 10th, 2010 – please join us!

Lastly, CHAI completed its third and fourth health fair in 2009. At the October 2009 health fair, CHAI demonstrated a rhythm at the fairs as well as a systematic way to log community data as community needs after the fair.

Civil Rights Unit: *In 2009, the Civil Rights Unit facilitated the overall growth of our organizing committees – from workers' rights to tenants' rights – through leadership development.*

Launching workers' rights efforts and a committee, 2009 was a year of outreach, relationship building and recovering illegally withheld wages. CRU had conversations with 11 employers and estimates recovering \$70,000. CRU also held its successful workers' rights picnic attended by 40 people.

In Koreatown, the Residents Committee and Youth group organized with Right to the City across Koreatown, South Los Angeles and Boyle Heights to end gentrification in L.A. SAN's Residents Committee also held its first townhall on the economic crisis with 75 people in attendance to inform community members about resources and ways to organize.

Overall: 2009 was a difficult year for many in the community. With the recession resulting in major cutbacks in critical services, SAN stepped up its efforts. Besides this work in each unit, SAN organized a community townhall in April 2009 in Artesia attended by over 200 community members to address the effect of the financial meltdown and ways of coping and sharing community resources.



AWAZ Day Against Violence, Oct 2009



SAN Townhall, April 2009



CHAI Health Fair, April 2009

SAN Board

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*Newsletter Edited
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