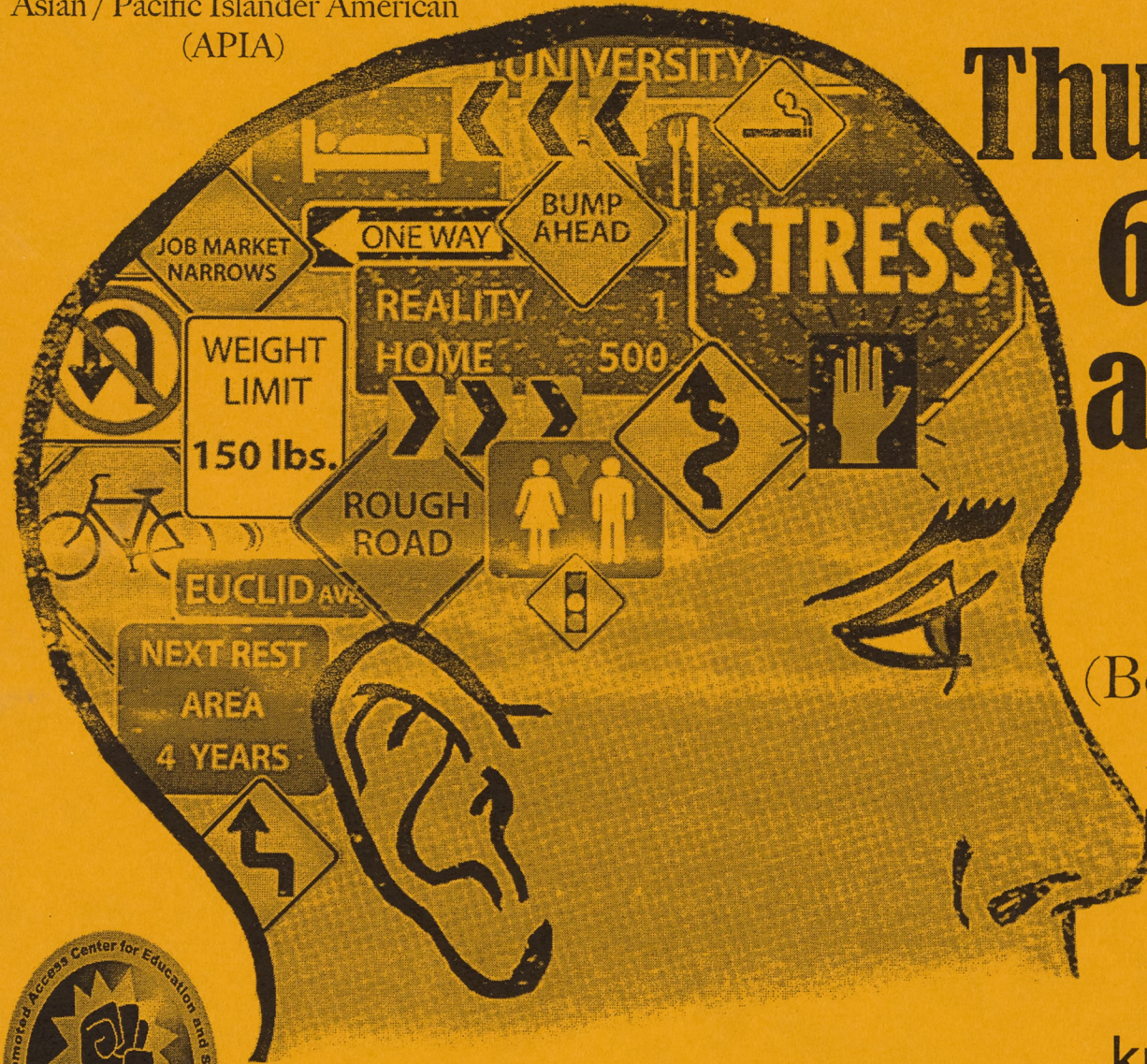


APIA Wellness Mixer

Asian / Pacific Islander American
(APIA)



Thurs, April 12
6pm-8pm
at Dolores
Huerta

(Below LGBT RC and Across
from Porter's Pub)

Let's support one another
as students and student
organizers. We will get to
know one another by "speed
dating" and there will be
FREE FOOD and dessert!

Any questions, concerns, comments?
Email Linda Chang : Lic017@ucsd.edu



Spring Quarter
Week 3
April 16 – April 20
THIS WEEK AT...



The LGBT Resource Center

MON

8 AM - 9 AM	Staff Meeting	Conference Room
5 PM - 6:30 PM	Coming Out Group	Women's Center
6:30 PM - 7:30 PM	VOX	Conference Room
7 PM - 9 PM	LGBTQIA	Family Room

TUE

10 AM - 12 PM	Student Staff Interviews	Conference Room
2 PM - 3 PM	Student Staff Interviews	Conference Room
4 PM - 5:30 PM	Blame It On The Alcohol	Conference Room
5 PM - 6:30 PM	Question (Queer & Christian)	Conference Room
7 PM - 8:30 PM	Kamalayan Collective	Conference Room

WED

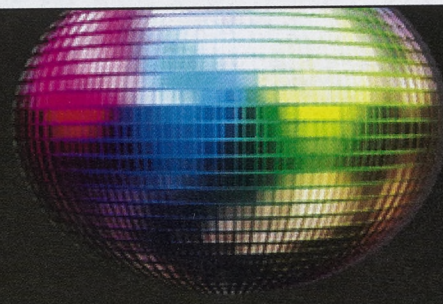
2 PM - 4 PM	T.I.A.	Heritage Room
5 PM - 7 PM	Women's Group	Heritage Room
7 PM - 9 PM	Men's Group	Heritage Room
6-7 pm	Leaf Writing: Out & Proud	Conference Room

THU

6:30 - 8:30 PM	Game Night	Conference Room
7PM - 9PM	QPOC	Family Room

FRI

12 PM - 2 PM	Scholarship Committee Meeting	Conference Room
3 PM - 4 PM	Fluid Sexuality	Heritage Room



BLAME IT ON THE ALCOHOL

A Sexual Assault Awareness Month Program

Join us for this dialogue on LGBT party culture, alcohol, and consent



Tuesday, April 17 | 4:00pm-5:30pm | LGBT Resource Center Conference Room

The UC San Diego LGBT Resource Center is committed to being accessible to all who frequent our space, participate in our programs, and attend our events. Our physical location is accessible to anyone who utilizes assisted mobility.

If you require specific accommodations to fully access any of our programs or events, please contact

Vanidy Bailey at vbailey@ucsd.edu, (858) 822-3493.

POST SECRET WRITING FOR OUT AND PROUD WEEK

WEEK 3, WEDNESDAY, 6-7 PM

LGBT RESOURCE CENTER CONFERENCE ROOM

Hey y'all! For Out and Proud Week, the interns at the RC would love it if community members

could write about their experiences with their queer identity. We want to challenge the idea that

in order to be proud of our identities, that queerfolk have to be "out" to everyone in their life.

Some of us are only out to our parents, some of us to our best friends, and some of us are out

with ourselves. We honor and respect who everyone is out to and feel you do not have to be

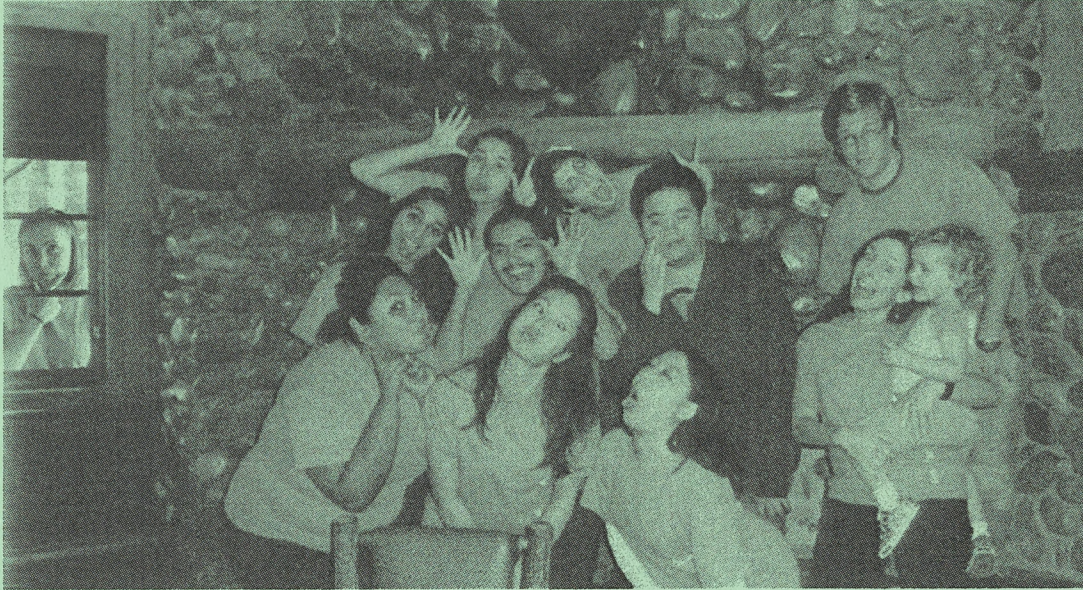
That said, we'd love it if people would write about their stories ANONYMOUSLY on paper

leaves in the Resource Center that will then be put up on a paper tree. Come to our program or

just drop by the Resource Center to participate in these wondrous event.

Love,
the Interns

APPLY TO BE A WELLNESS PEER EDUCATOR!!!



The Wellness Peer Educators are a small group of students working together to educate fellow students about mental health and wellness, reduce stigma and spread awareness of the Counseling and Psychological Services (CAPS).

- Psychologists provide training on topics such as Stress Management, Healthy Relationships, Financial Wellness, Healthy Sleeping, and more!
- Gain Communication, Public Speaking, and Presentation Skills through outreach and workshops
- Excellent Leadership and Teamwork Experience

Don't miss this exciting opportunity to be a Wellness Peer Educator!

Come to our Info Night!


Monday, April 16th from 6-7pm at the Revelle Formal Lounge

FREE PIZZA AND DRINKS!

ALL APPLICATIONS ARE DUE:

FRIDAY, APRIL 20th by NOON!!!!!!!

Learn more about the program and find applications through UCSD Counseling and Psychological Services Website: caps.ucsd.edu.



**WHAT WILL
YOU DO
TO END THE
SILENCE?**

DAY of SILENCE

04

20

12

**On the National Day of Silence,
hundreds of thousands of students
nationwide take a vow of silence to
draw attention to anti-LGBT
harassment in their schools.**

JOIN US.

Register and get more info:



<http://tinyurl.com/UCSDallies>



Associated Students UCSD

**OUT & PROUD WEEK
WEEK 4**

Gelael Library

**MONDAY
12:00PM
LIBRARY WALK
OUT TO LUNCH**

**TUESDAY
5:00-7:00PM
CROSS CULTURAL CENTER
COMING OUT AND
LOVING YOURSELF**

**TUESDAY
6:00-8:00PM
CROSS CULTURAL CENTER
(GRAD STUDENT ASSOCIATION)
DIVERSITY
DINNER**

**WEDNESDAY
12:00-1:00PM
THE ZONE
COMBATING HOMOPHOBIA
& TRANSPHOBIA IN THE
CLASSROOM**

OUT & PROUD WEEK / APRIL 23 - APRIL 27

**THURSDAY
7:00-10:00PM
PC PLAZA
(AS WOMEN'S COMISSION)
TAKE BACK THE NIGHT**

**FRIDAY
4:00PM
LGBTRC
VOLUNTEER
CELEBRATION**



Monday 4/23 to Friday 4/27

Geisel Library

Out & Proud Week

MON	23	Out to Lunch	12 PM Library Walk
TUE	24	Coming Out and Loving Yourself Graduate Student Kickback (GSA)	5-7PM Cross Cultural Center 12-1PM Grad Student Lounge
WED	25	Combating Homophobia and Transphobia in the Classroom Proud and Out(?)	12-1PM The Zone 6-7PM LGBTRC
THU	26	Take Back the Night (AS Women's Commission) Dine Out for Life	7-10PM PC Plaza All Day Various Locations
FRI	27	Volunteer Celebration	4PM LGBTRC

Vision

To be a positive active agent of influence and change in the evolving campus community environment at UCSD by



presenting creative, inspiring, and strategic innovations in promoting the psychological wellness of students. We manifest our vision through the excellence of services that will

support all students in their educational goals and personal development as they matriculate, graduate, and select satisfying careers.

WHO WE ARE AND WHO WE SERVE:

- ✦ We are a culturally diverse professional staff of licensed psychologists, psychiatrists, and post-doctoral fellows.
- ✦ Our services are available to all UCSD registered, undergraduate and graduate students, including students at the School of Medicine and the Scripps Institution of Oceanography.

OUR SERVICES ARE FREE & CONFIDENTIAL

TO MAKE AN APPOINTMENT

Call: (858) 534-3755

Monday - Friday

8:00 am - 4:30 pm

caps

Emergency Assistance



During Business Hours (8:00am-4:30pm): Students in need of urgent psychological assistance are encouraged to call CAPS at (858) 534-3755. The Urgent Care Psychologist is available on weekdays from 8:00am to 4:30pm at the CAPS Central Office (located in Galbraith Hall, Room 190 at Revelle College). The Urgent Care Psychologist can assist students in crisis, as well as consult with parents, staff, and faculty.

After hours telephone counseling is available by calling our Central Office at (858) 534-3755 and selecting Option 2.

In an emergency: If you or anyone else is in danger, call 911 or the UCSD Campus Police at (858) 534-HELP(4357).

Crisis Hotlines:

San Diego County (800) 479-3339
Nationwide (800) 273-TALK (8255)

caps

counseling and psychological services

A division of Student Affairs



UC San Diego
Counseling and Psychological Services

Central Office
Galbraith Hall 190
9500 Gilman Drive, MC0304
La Jolla, CA 92093-0304

Phone: 858-534-3755

<http://caps.ucsd.edu>

WHAT WE DO:

Our mission is to promote the personal, social and emotional growth of students. We provide services and programs that will both enhance the college experience and help students develop effective coping skills. These services include . . .

- ✦ Individual, couples, and family counseling
- ✦ Groups, Workshops, and Forums
- ✦ Consultation and Outreach
- ✦ Peer Education

WEBSITE: <http://caps.ucsd.edu/>

CAPS website provides resources for students, parents, faculty, staff, and professionals.

Learn about our staff, groups and educational workshops, visit our self-help library, and get connected to other campus resources

WHERE WE ARE:

Central	190 Galbraith Hall, Revelle College
Thurgood Marshall	Dean's Office, Administration Building
Muir	Academic Advising Office, HSS 2126
Revelle	Revelle College Admin Bldg
Eleanor Roosevelt	Administration Building, Room 310
Sixth	Pepper Canyon Hall 217
Warren	CSE Building
Women's Center	West Bldg 290, Original Student Center
Price Center East	Center for Student Involvement (CSI) 3 rd floor

CAPS GROUPS, WORKSHOPS, AND FORUMS:

- ✦ Address a wide range of issues
- ✦ Allow students to engage with others in a supportive environment
- ✦ Give students an opportunity to share common issues and concerns
- ✦ Help reduce loneliness and isolation
- ✦ To learn more, visit <http://caps.ucsd.edu/>

WORKSHOPS: PEACE OF MIND WORKSHOP SERIES: Weekly 1-hour drop-in sessions on mindfulness, stress management, emotional coping and relationship skills

INSOMNIA: Two-session insomnia workshop

FREE 2B ME: Seven week long workshop focused on developing skills to stop binge eating or purging

STRESS MANAGEMENT THROUGH RELAXATION AND BIO-FEEDBACK: Students learn a number of techniques to identify and manage stress including, deep breathing, muscle relaxation, mindfulness and cognitive restructuring.

GR8 W8 : Educational and support that focuses on weight management, healthy lifestyles, nutrition, exercise, goal setting, and stress/time management

GOALS IN ACTION: Skills to achieve greater academic success

QUESTIONING CAREER TRANSITION: For Ph.D. students struggling with uncertainty about career trajectory.

LEADERSHIP TRAINING: Training for emerging leaders in team building, leadership skills, and effective communication.

BREAKING FREE: For students who have had some treatment for an eating disorder and wish to further their recovery

FORUMS: GRADUATE WOMEN IN SCIENCE : For women in underrepresented sciences fields.

CAMPUS BLACK FORUM: For African-American students, staff and faculty

ASIAN COMMUNITY FORUM: Support forum for Asian-American students

STUDENTS BEYOND BORDERS / STEPS TO SUCCESS / INTERNATIONAL SUMMIT : Where international students can safely discuss things that matter to them and provide support for each other.

OUTSIDE THE BOX: For anyone with multiracial/multiethnic and other non-dominant identities to share their experiences

ALCOHOL & OTHER SUBSTANCE: Support forum for students dealing with alcohol and other substance use

COUNSELING AND SUPPORT GROUPS:

BUILDING SOCIAL CONFIDENCE (BSC): Uses combined educational and support approach to help students identify fears related to social situations and strengthen effective social skills.

ADVANCED BSC: For students who have completed one quarter of the Building Social Confidence group

ADHD SUPPORT GROUP: 6 weeks for people with ADHD symptoms, both educational and support

DEPRESSION-BIPOLAR SUPPORT: Learning to manage difficult mood symptoms.

GRIEF SUPPORT GROUP: Education, discussion and support for students who have experienced the death of a loved one.

GRADUATE STUDENT SUPPORT GROUP: Weekly gatherings address complex issues of graduate student life including professional topics, personal wellness, interpersonal functioning and diversity

KNOWING ME, KNOWING YOU: For students dealing with relationship issues.

MINDFULNESS FOR DEPRESSION: This group teaches you coping skills through meditative practice to help you to avoid a relapse into depression. This group is for students who have struggled with depression in the past.

SEXUAL ASSAULT SUPPORT GROUP: For students struggling with a past or recent sexual assault

Retention Matters

TELL US YOUR STORY, WE'RE LISTENING!

WHY

Not all students who start at UCSD finish at UCSD. Fewer African American/ Black and Chican@/Latin@ students return after their 2nd year and we want to know why. By talking to you we hope to find out how to make retention stronger at UCSD...

WHO

3rd year African American/Black and Chicano@/Latino@ students we want to hear your voice

HOW

Sign up at <http://retention.ucsd.edu> for small, 75-minute focus groups April 16 -18, 2012 (refreshments provided)

SELECTED PARTICIPANTS CAN EXPECT

- Focus groups to be populated based on major, course work, and college
- Information to be used to improve student success
- Everyone will receive a \$10 Starbucks gift card
- Be entered for a chance to win a \$100 Amazon gift card or the latest iPad

Cross-Cultural Center's Spring 2012 Events Calendar

All events located in Cross-Cultural Center, located on the 2nd floor of Price Center East

APRIL

- 4/07 | Sat | Triton Day Affinity Receptions | 12-2p
- 4/07 | Sat | Triton Day Community Open House | 2-4p
- 4/13 | Fri | Peace Seder | 12p
- 4/20 | Fri | Earth Day- "In Light of Reverance" Film | 12p
- 4/22 | Sun | Breather Series-Eucalyptus Grove Hike | 12-2p
- 4/24 | Tue | Coming Out and Loving Yourself | 5p
- 4/25 | Wed | Sister Talks | 12p
- 4/26 | Thu | Artist Talk: DJ Kuttin Kandi | 5p
- 4/27 | Fri | Hermanongs | 12p

April 2012						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

- 5/03 | Thu | "Tales of Waria" Film | 6p
- 5/09 | Wed | Book Launch - Prof. Meg Wesling | 2p
- 5/10 | Thu | Werkin' It: Chubby Queers of Color | 5p
- 5/11 | Fri | Breather Series - Smoothie Nutrition Break | 12p
- 5/11 | Fri | Book Launch - Prof. Bruce Hoskins | 3p
- 5/12 | Sat | Transfer Admit Day open House | 10:30a-12:30p
- 5/24 | Thu | All People's Celebration | 5p
- 5/25 | Fri | CCC Future Lens | 12p
- 5/25 | Fri | Book Launch - Prof. Sarita See | 2:30p
- 5/29 | Tue | State of Asia America @ UCSD | 12p
- 5/31 | Thu | Breather Series - Grad Gift Away | 12p
- 5/31 | Thu | "Naked Spaces: Living is Round" Film | 6:30p

May 2012						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE

- 6/07 | Thu | ETHN/VIS198 Art Reception | 3p
- 6/07 | Thu | Graduating Senior Send-off Dinner | 5p
- 6/08 | Fri | Breather Series - Yoga | 12p
- 6/11 | Mon | Stress-Less | 24 Hours

June 2012						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

*All events are subject to change. Please call 858.534.9689 for more info.

UCSD CAPS Wellness Peer Educators' Sweet Dreams Event



Sleep Hygiene: Helpful Hints to Help You Sleep

Poor sleep habits (referred to as hygiene) are among the most common problems encountered in our society. We stay up too late and get up too early. We interrupt our sleep with drugs, chemicals and work, and we over-stimulate ourselves with late-night activities such as television.

Below are some essentials of good sleep habits. Many of these points will seem like common sense. But it is surprising how many of these important points are ignored by many of us.

Your Personal Habits

Fix a bedtime and an awakening time. Do not be one of those people who allow bedtime and awakening time to drift. The body "gets used" to falling asleep at a certain time, but only if this is relatively fixed. Even if you are retired or not working, this is an essential component of good sleeping habits.



Avoid napping during the day. If you nap throughout the day, it is no wonder that you will not be able to sleep at night. The late afternoon for most people is a "sleepy time." Many people will take a nap at that time. This is generally not a bad thing to do, provided you limit the nap to 30–45 minutes and can sleep well at night.



Avoid alcohol 4-6 hours before bedtime. Many people believe that alcohol helps them sleep. While alcohol has an immediate sleep-inducing effect, a few hours later as the alcohol levels in your blood start to fall, there is a stimulant or wake-up effect.

Avoid caffeine 4-6 hours before bedtime. This includes caffeinated beverages such as coffee, tea and many sodas, as well as chocolate, so be careful. **Avoid heavy, spicy, or sugary foods 4-6 hours before bedtime.** These can affect your ability to stay asleep.

Exercise regularly, but not right before bed. Regular exercise, particularly in the afternoon, can help deepen sleep. Strenuous exercise within the 2 hours before bedtime, however, can decrease your ability to fall asleep.



Your Sleeping Environment

Use comfortable bedding. Uncomfortable bedding can prevent good sleep. Evaluate whether or not this is a source of your problem, and make appropriate changes. **Find a comfortable temperature setting for sleeping and keep the room well ventilated.** If your bedroom is too cold or too hot, it can keep you awake. A cool (not cold) bedroom is often the most conducive to sleep.

Block out all distracting noise, and eliminate as much light as possible.



Reserve the bed for the three S's: Sleep, Sex, and Sickness. Don't use the bed as an office, workroom, or recreation room. Let your body "know" that the bed is associated with only the Three S's.

Getting Ready For Bed



Try a light snack before bed. Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you to sleep. **Practice relaxation techniques before bed.** Relaxation techniques such as yoga, deep breathing and others may help relieve anxiety and reduce muscle tension.

Don't take your worries to bed. Leave your worries about job, school, daily life, etc., behind when you go to bed. Some people find it useful to assign a "worry period" during the evening or late afternoon to deal with these issues.



Establish a pre-sleep ritual. Pre-sleep rituals, such as a warm bath or a few minutes of reading, can help you sleep. **Get into your favorite sleeping position.** If you don't fall asleep within 15–30 minutes, get up, go into another room, and read until sleepy.

Getting Up in the Middle of the Night

Most people wake up one or two times a night for various reasons. If you find that you get up in the middle of night and cannot get back to sleep *within 15–20 minutes*, then do not remain in the bed "trying hard" to sleep. Get out of bed. Leave the bedroom. Read, have a light snack, do some quiet activity, or take a bath. You will generally find that you can get back to sleep 20 minutes or so later. Do not perform challenging or engaging activity such as office work, housework, etc. Do not watch television.

A Word About Television

Many people fall asleep with the television on in their room. Watching television before bedtime is often a bad idea. Television is a very engaging medium that tends to keep people up. We generally recommend that the television not be in the bedroom. At the appropriate bedtime, the TV should be turned off and the patient should go to bed. Some people find that the radio helps them go to sleep. Since radio is a less engaging medium than TV, this is probably a good idea.



Other Factors

Several physical factors are known to upset sleep. These include arthritis, acid reflux with heartburn, menstruation, headaches and hot flashes.

Psychological and mental health problems like depression, anxiety and stress are often associated with sleeping difficulty. In many cases, difficulty staying asleep may be the only presenting sign of depression. A physician should be consulted about these issues to help determine the problem and the best treatment.



Many medications can cause sleeplessness as a side effect. Ask your doctor or pharmacist if medications you are taking can lead to sleeplessness.

To help overall improvement in sleep patterns, your doctor may prescribe sleep medications for short-term relief of a sleep problem. The decision to take sleeping aids is a medical one to be made in the context of your overall health picture.

Always follow the advice of your physician and other healthcare professionals. The goal is to rediscover how to sleep naturally.

UC SAN DIEGO ASIAN AND PACIFIC ISLANDER AMERICAN

HERITAGE CELEBRATION 2012

Spring Roles: Our Stories, Our Circles



Cosponsored By:
UC San Diego Chancellor's Office
APIAHC Planning Committee
Pan-Asian Staff Association
Cross-Cultural Center



Hermanongs with Rudy Guevarra
Friday, April 27th 12:00PM - 1:30PM
CROSS-CULTURAL CENTER, COMUNIDAD
Dr. Rudy Guevarra presents the historical coalitions of Pilipino and Mexican laborers leading to the formation of the United Farm Workers and the push for social justice.

Shadows Within Reach: KP's Pilipin@ Cultural Celebration
Friday, April 27th and Saturday, April 28th
7:00PM on 4/27, 2:00PM on 4/28
MANDEVILLE AUDITORIUM
Kaibigang Pilipino's annual cultural theater performance featuring several traditional and contemporary Pilipino dances.

APIAHC Kicker
Tuesday, May 1st, 11:30AM - 1:30PM
INTERNATIONAL CENTER
Opening event for the 6th Annual Asian and Pacific Islander American Heritage Celebration, a lunchtime buffet with entertainment from student and community organizations.

API Women's Lunch
Wednesday, May 2nd, 12:00PM - 1:00PM
WOMEN'S CENTER
Lunch social with Asian & Pacific-Islander female student, staff, & faculty.

Film Screening: Vincent Who?
Thursday, May 3rd, 11:30AM - 1:30PM
CROSS-CULTURAL CENTER, COMUNIDAD
Vincent Who? is the story of Vincent Chin, murdered in 1982 at the height of anti-Japanese sentiment in Detroit, galvanizing Asian Americans around the country to form a movement and a new generation of activists.

Beyond the Model Minority Myth
Friday, May 4th, 12:00PM - 1:30PM
WOMEN'S CENTER
Discussion on Asian-American identity and the "model minority" myth.

Q&A: Queer and Asian
Friday, May 4th, 2:00PM - 4:00PM
SPACES
A closed space for queer/trans and API identified students.

Pilipin@ Awareness Week
Monday, May 7th - Friday, May 11th
PRICE CENTER PLAZA
Educational awareness highlighting Pilipin@ and Pilipin@ American communities.

Reclaim Stories, Reclaim Self, Spoken Word with Fong Tran
Tuesday, May 8th, 6:30PM - 9:00PM
CROSS-CULTURAL CENTER, COMUNIDAD
Spoken word in exploring the importance in sharing our stories through the craft of poetry and spoken word.

Islamic and Chinese Calligraphy: A Meeting of Two Traditions, Haji Noor Dee Mi Guangjiang
Monday, May 7th, 4:00PM - 5:30PM
ROBINSON COMPLEX, RM. 3201, IRPS
Artist talk and demonstration with master calligrapher.

Empire's Proxy: American Literature and U.S. Imperialism in the Philippines with Meg Wesling
Wednesday, May 9th, 2:00PM - 3:30PM
CROSS-CULTURAL CENTER, LIBRARY
Professor Meg Wesling links empire with education and the impact of U.S. administrative and intellectual tasks of colonial management in the Philippines.

"Roll with It!" Spring Rolls Workshop
Thursday, May 10th, 11:30AM - 1:00PM
INTERNATIONAL CENTER
A cultural workshop organized with PASA & APSA to learn traditional spring roll making with Happy Sushi from Mira Mesa. *Spring Rolls workshop location is not confirmed.*

Asian American Racial Realities in Black & White with Bruce Hoskins
Friday, May 11th, 3:00PM
CROSS-CULTURAL CENTER, COMUNIDAD
Professor Bruce Hoskins probes the experience of biracial Asian Americans, revealing the ways that our discourse about multiracial identities too often reinforces racial hierarchies.

Justice in Palestine Week
Monday, May 14th - Thursday, May 17th
LIBRARY WALK
Educational awareness activities and programs highlighting justice in Palestine.

Dr. Norman Finkelstein
Monday, May 14th, 6:30PM
PRICE CENTER EAST
Normal Finkelstein is a professor at Princeton University and his primary fields of research are the Israeli-Palestinian conflict and the politics of the Holocaust.

Film Screening: Slaying the Dragon Reloaded
Tuesday, May 15th, 5:00PM - 6:30PM
WOMEN'S CENTER
Film screening examining 25 years of Asian and Asian American women representations in the U.S. media.

Findings on the Forbidden Tomb of Genghis Khan with Albert Lin
Thursday, May 17th, 12:00PM - 1:30PM
CROSS-CULTURAL CENTER, COMUNIDAD
A presentation on the current research of Professor Albert Lin and the use of non-invasive technology in the search for Genghis Khan's tomb.

Queer & APIA Community at UCSD
Wednesday, May 23rd, 2:30PM - 4:00PM
LGBT RESOURCE CENTER
Presentation on issues around gender, sexuality, and the APIA identity within UCSD with faculty, staff, undergraduates, and graduate students.

The Decolonized Eye: Filipino American Art & Performance with Sarita See
Friday, May 25th, 3:00PM
CROSS-CULTURAL CENTER, COMUNIDAD
Focusing on Filipin@ artists working in New York and California analyzing art, performance, and visual culture, *The Decolonized Eye* illuminates the unexpected consequences of America's amnesia over its imperial history.

State of Asia-America at UCSD and Beyond
Tuesday, May 29th, 6:00PM - 8:00PM
PRICE CENTER, ELEANOR ROOSEVELT ROOM
The history of Asian American activism in UCSD with students, staff, faculty, and alumni.

For more information, contact:
Cross-Cultural Center
(858) 534-9689
<http://ucsdcrossculturalcenter.tumblr.com/>

UC San Diego

Spring Quarter

Week 6

May 7 - May 11

THIS WEEK AT...



The LGBT Resource Center

MON

8 AM - 9 AM	Staff Meeting	Conference Room
5 PM - 6:30 PM	Coming Out Group	Women's Center
6:30 PM - 7:30 PM	VOX	Conference Room
7 PM - 9 PM	LGBTQIA	Family Room

TUE

1 PM - 3 PM	LGBT Health Day	LGBT RC
5 PM - 6:30 PM	Question (Queer & Christian)	Conference Room
5:30PM - 6:30 PM	VOX	Family Room
7 PM - 8:30 PM	Kamalayan Kollektive	Conference Room

WED

2 PM - 4 PM	T.I.A.	Heritage Room
5 PM - 7 PM	Women's Group	Heritage Room
5 PM - 7 PM	Wednesday Night Programs	Conference Room
7 PM - 9 PM	Men's Group	Heritage Room

THU

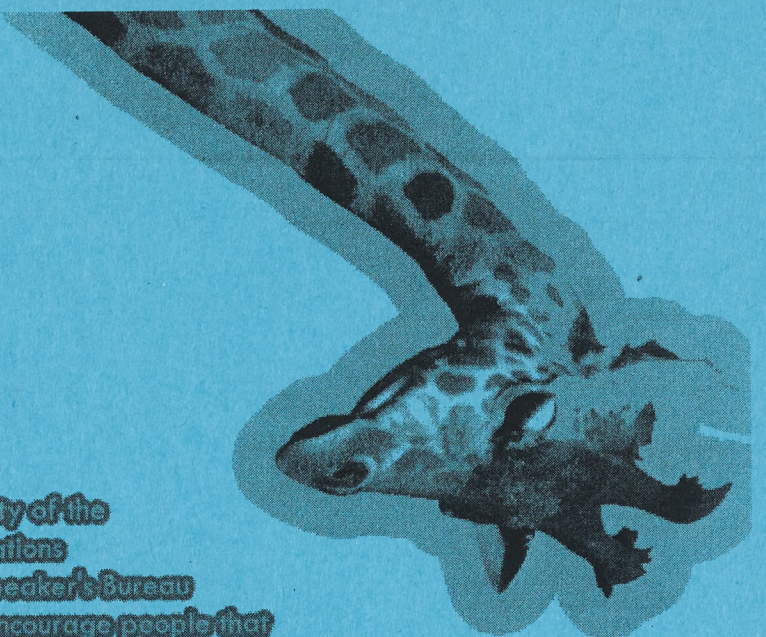
5 PM - 7 PM	Everything We Should Do in a Program	Conference Room
7PM - 9PM	QPOC	Family Room

FRI

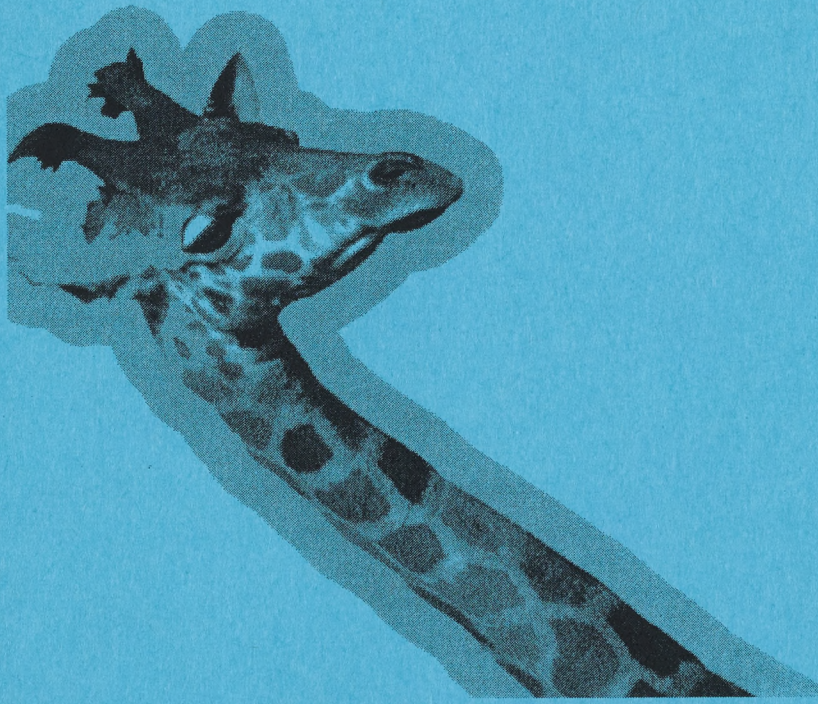
IT'S A BIRD! IT'S A PLANE! Wait what? No, it's another **PANELIST TRAINING!** OMGosh! But wait there's more!

For the first time ever, it will be held at the Cross Cultural Center! Come join us for an especially special training. Being a panelist connects you to community, is a **REALLY** low time commitment, and allows you to feel important and heard. What's Speakers Bureau?

Speaker's Bureau is a group of LGBT folks and allies (students, staff, and faculty) trained to represent the diversity of the UCSD LGBT community to a variety of groups and organizations interested in providing education regarding LGBT issues. Speaker's Bureau is open to all members of the community and we strongly encourage people that are of color, trans, bisexual, fluid, and women to join. Please attend the panelist training and learn about how you can share **YOUR** story! Questions or concerns?, contact Eliseo at lgbtspeakers@ucsd.edu.



Speakers Bureau Panelist Training



**Week 5; May 1st
@ Cross Cultural
Center
5-6:30pm**

The UC San Diego LGBT Resource Center is committed to being accessible to all who frequent our space, participate in our programs, and attend our events. Our physical location is accessible to anyone who utilizes assisted mobility. If you require specific accommodations to fully access any of our programs or events, please contact Vanidy Bailey at vbailey@ucsd.edu, (858) 822-3493.



National Coalition
for LGBT Health

NATIONAL
LGBT HEALTH
AWARENESS WEEK

COME OUT FOR HEALTH

Join us at the LGBT Resource Center
On Tues. May 8th 1 – 3 pm
For UC San Diego LGBT Health Day

UC San Diego 13th Annual
Hate-Free Campus Campaign

Our Movement Our Future

APRIL 23 - MAY 4 2012



UC San Diego 13th Annual

Hate-Free Campus Campaign

April 23 -27

Out and Proud Week 2012

Sponsored by LGBT Resource Center

Armenian Genocide Commemoration Week

Sponsored by Armenian Student Association, Alpha Gamma Alpha, and Alpha Epsilon Omega

April 24-25

Tunnel of Oppression

The Village:
Building Two West
6:00pm - 8:30pm

An interactive event that highlights contemporary issues of oppression, privilege, and power. Sponsored by The Village Residential Life

April 25

Denim Day of Awareness

Student Center:
Huerta/Vera-Cruz
12:00pm - 1:30pm

Sponsored by SARC

April 26

Take Back the Night

Price Center Plaza
7:00pm - 10:00pm

Sponsored by A.S.

Women's Commission

Full event schedule and details at:

<http://tritonlink.ucsd.edu/go/hatefree>

To learn more,

contact: ucsdhatefree@gmail.com

April 30

CCLOSR: Free Love for a Hate-Free Campus

Price Center West:
Bear Room
12:00pm - 4:00pm

Create crafts to express affiliation and gratitude for yourself and others.

Sponsored by CSI-Communication and Leadership Peer Educators

May 2

Victims of Hate Vigil

Silent Tree:
Front of Geisel Library
7:45pm - 9:00pm

Commemorates those who have lost their lives due to hate crimes. Sponsored by CSI-Communication and Leadership

Name: "Everything We Should Do in a Program" Program
When? May, Thursday, 10, 2012
Time? 5:00 pm to 7:00 pm
Where? LGBT RC Conference Room

In this program, the needs of community members who have attended past programs are being addressed-- such as the need for karaoke, dancey pants music and dancing in general, and real food. This is meant to be a fun and relaxing program as you unknowingly build community and create a safe space for everyone to do their thing.

If you would like to **bring food**-- as this will be a potluck style event-- please email Sairah at rainbow@ucsd.edu
Re: Everything Program what you will be bringing.
Also, if you have other concerns or questions, do not hesitate to email Sairah or join the Facebook group
(<http://www.facebook.com/events/419195324771008/>).



WERQIN' IT! CHUBBY QUEERS OF COLOR

reflections and experiences
through self appreciation
and love

Body image is a big part of mainstream media that often pathologizes and limits the experiences of Chubby, Fat and Big bodies. Let's move beyond these limiting ideals of 'Fat Acceptance' towards a rhetoric of self-love and appreciation of one's worth.

Chubby Queers of Color are sexy and Fierce! Big bodies can handle, and WERQ it too!

Date: May 10, 2012

Time: 5-7p

**Location: Cross-Cultural
Center, Comunidad**

Have any questions, feel
free to contact Anthony
Del Real at:
adelreal@ucsd.edu



Spring Quarter

Week 7

May 14 – May 18

THIS WEEK AT...



The LGBT Resource Center

MON

6:30 PM - 7:30 PM	VOX	Conference Room
7 PM - 9 PM	LGBTQIA	Family Room

TUE

1 PM - 3 PM	LGBT Health Day	LGBT RC
5 PM - 6:30 PM	Question (Queer & Christian)	Conference Room
5 PM - 6:30 PM	Coming Out Group	Women's Center
6 PM - 7 PM	VOX	Family Room
7 PM - 8:30 PM	Kamalayan Kollektive	Conference Room

WED

2 PM - 4 PM	T.I.A.	Heritage Room
5 PM - 7 PM	Women's Group	Heritage Room
5 PM - 7 PM	Facilitator Training	Conference Room
7 PM - 9 PM	Men's Group	Heritage Room

THU

6:30 - 8:30 PM	Game Night	Conference Room
7PM - 9PM	QPOC	Family Room

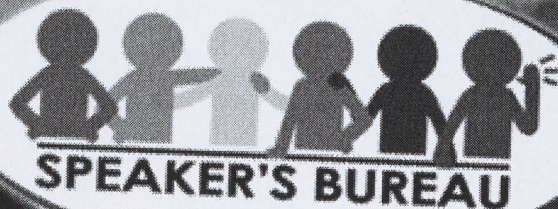
FRI

All Day	LGBTRC is CLOSED for Sun God	
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If you have received panelist training, then come to Speakers Bureau Facilitator Training. Becoming a facilitator is a perfect way to further your skill in public speaking and presentation, and just be a part of something to try and help raise awareness of the LGBT community. In order to receive Facilitator training you must have done Panelist Training prior to the program. Can't wait to see you all there! **LOW TIME COMMITMENT.** Questions? Please contact Eliseo at lgbtspeakers@ucsd.edu

**WEEK 7 | Wed
May 16th | 5-7PM
@LGBT RESOURCE CENTER**

FACILITATOR TRAINING



The UC San Diego LGBT Resource Center is committed to being accessible to all who frequent our space, participate in our programs, and attend our events. Our physical location is accessible to anyone who utilizes assisted mobility. If you require specific accommodations to fully access any of our programs or events, please contact Vanidy Bailey at vbailey@ucsd.edu, (858) 822-3493.

OUT

at the

Park



Saturday May 19th

7:05pm

@ Petco Park



**BUY YOUR TICKETS NOW!
AVAILABLE HERE!**

SAN DIEGO

L G B T

P R I D E



VS

the
LA Angels



AMERICA'S FINEST CITY SOFTBALL LEAGUE

TAKE ME **OUT** TO THE BALL GAME!

SDPRIDE.ORG

**WELLS
FARGO**

Spring Quarter

Week 8

May 21 – May 25

THIS WEEK AT...



The LGBT Resource Center

MON

8 AM - 9 AM	Staff Meeting	Conference Room
9 AM - 10 AM	NCORE Planning Prep	Conference Room
10:30 AM - 11:30 Am	Women's enter Director Interview	Conference Room
6 PM - 7 PM	VOX	Conference Room
7 PM - 9 PM	LGBTQIA	Family Room

TUE

3 PM - 4:30 PM	Graduate Student Coffee Hour	Conference Room
5 PM - 6:30 PM	Question (Queer & Christian)	Conference Room
6:30 PM - 8 PM	Kamalayan Kollektive	Conference Room

WED

2 PM - 4 PM	T.I.A.	Heritage Room
2:30 PM - 4 PM	Queer API Social	Conference Room
5 PM - 8 PM	Wednesday Night Programs	Conference Room
5 PM - 7 PM	Women's Group	Heritage Room
7 PM - 9 PM	Men's Group	Heritage Room

THU

5 PM - 6:30 PM	LTCS 198	Conference Room
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FRI

11PM - 12PM	Pride Planning Committee	Conference Room
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