Thursday March 23, 2023

Lobos, You are half way through the semester!
* Study at AAPIRC
* Destress w/ Yoga on Wednesdays 3:30pm
* Pray, Meditate anytime
* Join us for special events

Thurs March 23rd 6-8:30pm: Ramadan & Nowruz (amazing dinner/iftar food)
Tues March 28th 4-6pm: AAPIRC's 1000 Cranes Wish w/ JLCC
Tonight! Join AAPIRC for Ramadan & Nowruz!

RAMADAN 2023 IS COMING!!

WHAT SCHOOL FACULTY NEEDS TO KNOW:

Ramadan is the Muslim month of fasting.

Practicing Muslim students will be fasting from dawn until dusk (approx. 6:00am to 8:00pm).

Fasting means NO FOOD and NO WATER.

Ramadan celebration often involves prayers late into the night.

It is not unusual to be up past midnight for prayers and then get up around 5am to eat before dawn and pray.

Ramadan 2023 will last approximately from March 23-April 22. Ramadan is scheduled on the lunar calendar so it moves dates each year.

Muslim students may be tired, hungry, and thirsty in your classes - especially if they are with you late in the afternoon.
AAPIRC CELEBRATE NOWRUZ!

Persian New Year at AAPIRC

Nawroz celebrates new beginnings and the return of spring.

Thursday, March 23rd
6:00PM - 8:30PM
Education Building (67)
Room #211 / 212
Nowruz:
The name of this cross-cultural custom means-Now - ‘new’, and ruz - ‘day’ in Persian. It is also the beginning of the Persian new year, which this year is 1402. Nowruz celebrates new beginnings and the return of spring. This is of great spiritual significance as it symbolises the triumph of good over evil and joy over sorrow. Nowruz includes rituals, ceremonies and cultural events, as well as the enjoyment of a special meal with loved ones.

What will be happening at this event?
- Traditional Nowruz table at AAPIRC
- Persian calligraphy display by Yahya Mohammadi
- Afghanistan photo exhibit from Maxwell Museum
- Presentation about Nowruz
- Iftar and dinner- if possible, bring a food item!

Thursday March 23rd, 6-8:30pm.
All are welcome!
We will have a dinner table.
Feel free bring a vegetarian/halal snack or dish to share.
Let us know you are coming but you can also just show up:
https://forms.office.com/r/9C1ExDZJR1

In collaboration with
Iranian Student Association | Global Education Office | The Maxwell Museum.
It is the first day of Ramadan, the month of fasting for Muslims. We will honor those fasting and begin dinner at sunset, 7:22pm. We will have Iftar specific foods available such as dates, pakoras, fruit, water, etc.

Did you know? Private prayer and meditation area with rugs and cushions is available at AAPIRC!

2nd AAPI GRADUATION
Tuesday May 9th, 6pm
George Pearl Hall, SA+P Auditorium
Join us for the AAPI Graduation 2023!
Congratulations Class of 2022-2023!
We are excited to host the 2nd Asian American & Pacific Islander Graduation Convocation!
We invite all AAPI-identified graduating undergrads and graduate students from Fall 2022, Spring 2023, and Summer 2023 to join in this special convocation.
* AAPI includes East Asian, South Asian, Southeast Asian, Pacific Islander, and West Asian/Middle Eastern.

**Register before April 23rd:** https://forms.office.com/r/ammqg6TsnP

Are you unsure if you are graduating? If you are an undergraduate graduating student in Spring or Summer 2023, please schedule an advisement appointment with Farah Nousheen via LoboAchieve or email aapirc@unm.edu if you are not able to find a time in LoboAchieve that works for your schedule.
Please complete the form below. You are most welcome to proudly wear your cultural heritage for this special day in your life. We will have dessert and refreshments.
Please arrive by 5:30pm so that we can start the program by 6pm.
Questions? Email aapirc@unm.edu.

Register before April 23rd: https://forms.office.com/r/ammqg6TsnP
Tuesday, March 28th, 2023  4pm - 6pm

1000 Paper Cranes

Join us in commemorating AAPIRC’s creation here at UNM and expressing our wish that AAPIRC and the entire AAPI community continues to thrive in the face of prejudice and unjustified hate.

There will also be information given on New Mexico’s history concerning Japan and WWII.

Please come in your Lobo gear or UNM colors

Curry and Drinks provided

ASIAN AMERICAN AND PACIFIC ISLANDER RESOURCE CENTER
NEW MEXICO JAPANESE AMERICAN CITIZEN LEAGUE
JAPANESE LANGUAGE AND CULTURE CLUB

Our final event with the 1000 Cranes. We will be hanging up the 1000 Cranes art piece and making our wish for AAPIRC.
## SPRING 2023 WEEKLY GATHERINGS

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>3:00 PM - 4:00 PM</td>
<td>PACIFIC ISLANDER CIRCLE WITH LEILANI</td>
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<td>2ND AND 4TH MONDAYS</td>
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<tr>
<td>TUESDAY</td>
<td>4:30 PM - 6:30 PM</td>
<td>PRE-HEALTH STUDY GROUP</td>
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<td>WEDNESDAY</td>
<td>2:00 PM - 3:00 PM</td>
<td>URDU/HINDI LANGUAGE WITH AIMAN</td>
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<td>3:30 PM - 4:30 PM</td>
<td>YOGA</td>
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<td>6:30 PM - 7:30 PM</td>
<td>VIETNAMESE LANGUAGE WITH HUY</td>
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<tr>
<td>THURSDAY</td>
<td>11:00 AM - 12:15 PM</td>
<td>INTRO ASIAN AMERICAN STUDY GROUP</td>
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<td>3:30 PM - 5:30 PM</td>
<td>TAGALOG LANGUAGE WITH VINCENT</td>
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<tr>
<td>FRIDAY</td>
<td>11:00 PM - 12:00 PM</td>
<td>VIETNAMESE LANGUAGE WITH HUY</td>
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<td>1:00 PM - 2:30 PM</td>
<td>POST COLONIALISM WITH MOHAMMED</td>
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<td>2:30 PM - 3:30 PM</td>
<td>ARABIC LANGUAGE WITH AIMAN</td>
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Note the additions! We have added two amazing weekly gatherings:

* Pacific Islander Circle on 2nd & 4th Mondays. Next Monday,
* Arabic Language Appreciation Circle will be on Fridays at 2:30-3:30pm.

You can still join our
Language Appreciation Circles!
ANNOUNCEMENTS

**TAGALOG Circle**
Spring 2023 Thursdays 3:30-5:30pm
Language Appreciation Circle

AAPIRC | Education Building 212 | aapirc@unm.edu

**ARABIC CIRCLE**
Spring 2023 Fridays 2:30-3:30pm

AAPIRC hosts Language Appreciation Circles! Find a community of peers who share a heritage language! All levels welcome.

AAPIRC | EDUCATION BUILDING 212 | RIFORD@UNM.EDU

**VIETNAMESE**
Spring 2023 Language Appreciation Circle

AAPIRC hosts Language Appreciation Circles! Find a community of peers who share Vietnamese as a heritage language! All levels welcome.

AAPIRC | Education Building 212 | aapirc@unm.edu

**URDU/HINDI**
Spring 2023 Wednesdays 2-3pm

AAPIRC hosts Language Appreciation Circles! Find a community of peers who share Urdu/Hindi as a heritage language! All levels welcome.

AAPIRC | Education Building 212 | aapirc@unm.edu
UNM Celebrates
Women’s
HISTORY MONTH
MARCH 2023

Help Us Celebrate Women & Feminists Making History Now!
In celebration of Women’s History Month, the Women’s Resource Center would like to celebrate wonderful, kind, empowering Women & Feminists on UNM campus. We are inviting the UNM community to nominate a woman who you think deserves to be acknowledged and celebrated for all the hard work and impact she has provided you and others.

The nominee must be a staff/faculty or student on UNM Campus.
You may nominate multiple women, however, we do ask that each person submit one submission per nominee.

In partnership with the Division of Equity & Inclusion, we will be having a WHM reception at the University Club on March 30th from 4pm-6:30pm. At the reception, the woman with most submissions will be announced and will receive a special gift as well as be posted on the Women’s Resource Center Instagram. All nominees will be given a certificate of celebration & will also be invited to the reception and acknowledged. (If they would like)

Submit Nominations at https://bit.ly/3ZjvIE1

Thursday, March 30, 2023
4pm-6:30pm
University Club

Reproductive Justice Learning Cohort

Apply to join our first cohort of
RJ ambassadors

E-mail womenunmc.edu for the interest form or to receive these materials in alternative formats

Hosted by Rox Curiel
Holistic bodyworker, facilitator, space holder & RJ organizer

Tuesdays
3/28, 4/4, & 4/11
5 p.m.
Hybrid Format: IRL & Virtual
English & Spanish

STUDENT CLIMATE SURVEY

LET YOUR VOICE BE HEARD!
Please complete the UNM Campus Climate Survey March 1-April 22, 2023
https://poto.unm.edu/student

The first 100 students to complete survey will receive a UNM gift card.

JCPenney
SUITE-UP EVENT

Save the Date
ONLINE EVENT
March 24 - April 30
Text UNM to 67292 for coupon
**INTERNATIONAL FESTIVAL**

April 13th, 2023
10 AM - 2 PM

**Volunteers needed!**

Cook a meal, host a booth, perform or volunteer!

Use the QR code to sign up by Monday, March 27th.

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**WELLNESS CALENDAR**

All events will take place inside
SHAC Health Promotion on the Plaza
Level, unless ***.

- **Mindful Monday**
  - Every 1st and 3rd Monday of the month 10am-1pm
  - Setting an Intention
  - Practicing Gratitude
  - Aromatherapy
  - Pet Therapy
  - Making Tea
  - Laughter Yoga
  - Chalk Activity
  - Nature Walk***

- **Tune Up Tuesday**
  - Every 2nd and 4th Tuesday of the month 12pm-1pm
  - Chair Stretches
  - You Make Loving Fun***
  - Recovery & Restore***
  - Floor Stretches
  - Hip to have hips
  - Upper Body Stretch
  - Diaphragm Breathing

- **Hump Day Wednesday**
  - Every other Wednesday 11am-3pm
  - Condoms
  - HIV Testing
  - Birth Control Education
  - ...rapid HIV testing takes only 15min