



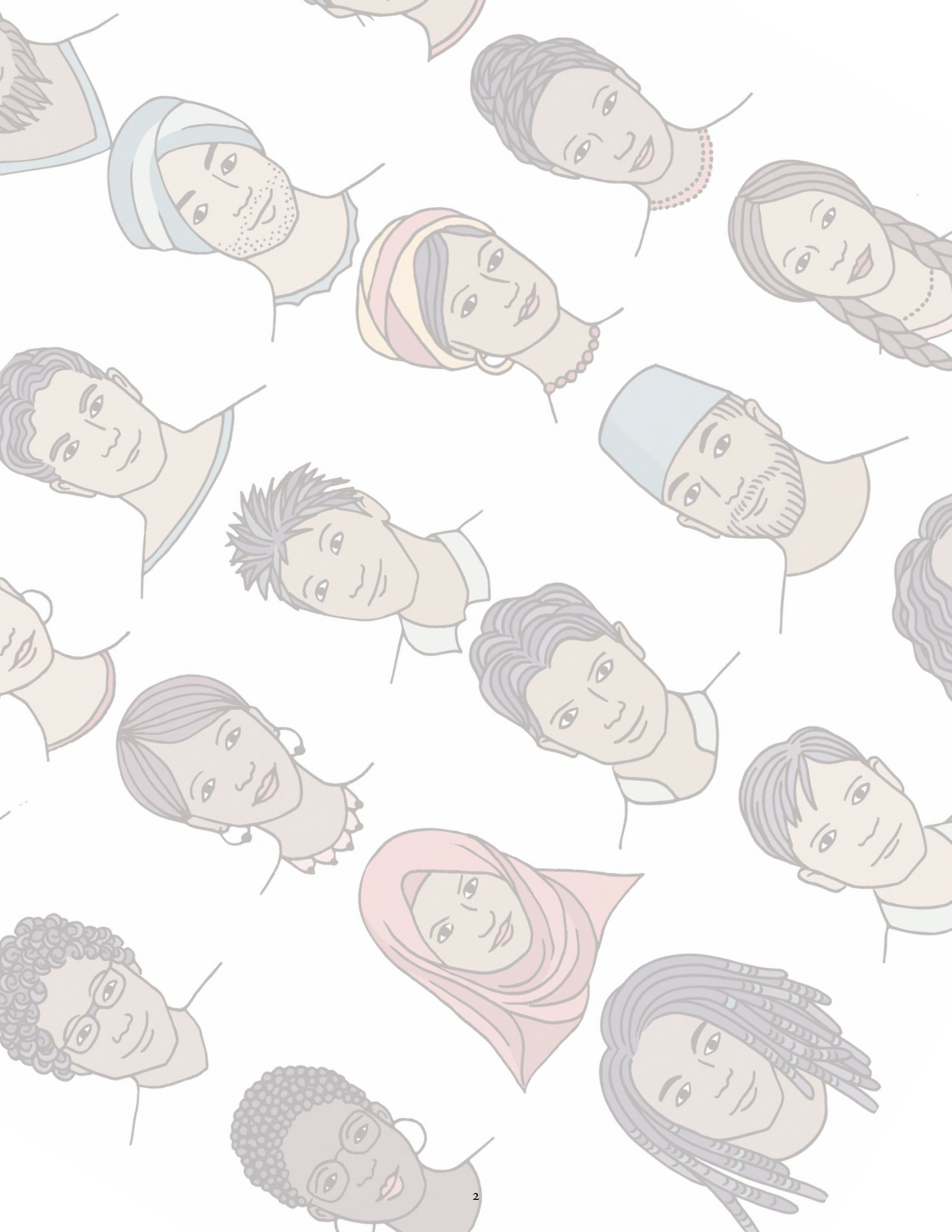
“Multifaceted Tapestry of Asian and Asian American Identities” Calendar of Events



LaGuardia Community College has been celebrating the Asian American Pacific Islander (AAPI) Celebration in May every year. AAPI is an annual event of LaGuardia featuring various cultural, philosophical, and linguistic heritages from Asian countries. Along with the other cultural heritage celebrations, including African American Heritage week and Latino Heritage week, AAPI acknowledges and celebrates diversity and cultural richness of LaGuardia Community College. [Scan this QR code ↗ for the complete program.](#)



AAPI 2024 Event Calendar at a Glance				
Date	Time	Location	Title	Host(s)/Speaker(s)
Thur, Feb 29, 2024	3:30-5:30pm	Noguchi Museum	Special Tour at The Noguchi Museum for LaGuardia faculty & Staff	Noguchi Museum
Thur, March 14, 2024	4:30-5:30pm	M-108	Healing Words: A Guided Journaling Workshop for Navigating Grief and Sadness	Tawn Le
Thur, March 28, 2024	1:00-2:00pm	Zoom	Understanding Anti-Asian Racism: Historical Context and Current Climate	Greg Pak & Cynthia Choi (Stop AAPI Hate), Diana Pan (AAARI)
Tue, May 7, 2024	10:00-3:00pm	E-242	AAPI Heritage Month Mini Conference	AAPI Heritage Month Committee
Tue, May 7, 2024	10:30-12:00pm	E-242	Empowerment and Allyship: Strengthening Solidarity with the AAPI Community	Stop AAPI Hate
Tue, May 7, 2024	12:30-2:00pm	E-242	Mandalas and Prayer Beads: Reflection through Art and Ritual	The Rubin Museum of Art
Tue, May 7, 2024	2:00-3:00pm	E-242	Origami Workshop	Shardul Sigdel
Tue, May 7, 2024	3:00-4:00pm	E-242	Healing Words: A Guided Journaling Workshop for Navigating Grief and Sadness	Tawn Le
Tue, May 7, 2024	-	E-242	Asian American Voices Journal	AAV Committee
Wed, May 22, 2024	12:00-2:00pm	Greenway (29th St)	Table Tennis Tournament	Kyoko Toyama
Wed, May 22, 2024	2:15-4:25pm	Greenway (29th St)	AAPI Heritage Month Cultural Celebration	AAPI Heritage Month Committee
Wed, May 22, 2024	2:30-2:45pm	Greenway (29th St)	Student Performances	Student Clubs
Wed, May 22, 2024	2:45-3:00pm	Greenway (29th St)	Taiko Performance	Hiro Kurashima
Wed, May 22, 2024	3:00-3:15pm	Greenway (29th St)	Rhythms of the Soul: Indian Dance	Ajna Dance Company
Wed, May 22, 2024	3:15-3:20pm	Greenway (29th St)	Rhododendron	Anlin Wu
Wed, May 22, 2024	3:20-3:30pm	Greenway (29th St)	Student Performances	Student Clubs
Wed, May 22, 2024	3:30-3:45pm	Greenway (29th St)	AKF Dance: Hip Hop, Jazz, & Korean pop	AKF Dance Studio
Wed, May 22, 2024	3:45-4:00pm	Greenway (29th St)	Timothy Hill's Harmonic Singing	Timothy Hill (CANCELED)
Wed, May 22, 2024	2:15-4:25pm	Greenway (29th St)	Yoga to De-Stress	Sumanth Inukonda
Wed, May 22, 2024	-	Greenway (29th St)	Asian American Voices Journal	AAV Committee
Thur, May 30, 2024	1:00-3:00pm	E-501	Washoku and Chado in Mind and Body	Michiko Tomioka



“Multifaceted Tapestry of Asian and Asian American Identities” Independent Events in March - May 2024

3:30pm on Thursday February 29 2024 @ The Noguchi Museum



Special Tour at The Noguchi Museum for LaGuardia Faculty & Staff @ The Noguchi Museum

As a kickoff event for the AAPI Heritage Celebration in Spring 2024, the President's Office and the AAPI Heritage Month Committee are pleased to invite faculty and staff to a guided tour at The Noguchi Museum on Thursday, February 29, 2024. President Kenneth Adams will join the tour and the short reception that follows. Isamu Noguchi, one of the most important and critically acclaimed sculptors of the twentieth century, was influenced in his artistic journey by his travels. The tour will take place at The Noguchi Museum, located at 9-01 33rd Rd, LIC, NY 11106, in LIC. RSVP: <https://bit.ly/lagccEventReg>

4:30pm on Thursday March 14 2024 @ Room M-108



Healing Words: A Guided Journaling Workshop for Navigating Grief and Sadness by Tawn Le

In this workshop, we aim to explore and express the complex emotions of grief and sadness through guided journaling and self-reflection. The workshop is specifically tailored for students and staff from the Asian diaspora who seek to navigate emotions brought forth by anti-Asian hate. We hope to create a supportive space where participants can embark on a transformative journey of self-expression, connecting with others, and moving through emotions like anger, fear, and hurt. RSVP: <https://bit.ly/lagccEventReg>

1:00pm on Thursday March 28 2024 @ Zoom



Understanding Anti-Asian Racism: Historical Context and Current Climate by Greg Pak & Cynthia Choi (Stop AAPI Hate), Diana Pan (AAARI)

Understanding Anti-Asian Racism is a workshop designed to tackle the grim realities of anti-Asian racism in America. This event will explore the deep-rooted historical context of anti-Asian sentiment, tracing its origins and evolution throughout American history. Zoom registration: <https://bit.ly/LG-AAPI2024ua>

1:00pm on Thursday May 30 2024 @ E-501



Lecture and Demonstration of Washoku and Chado in Mind and Body by Michiko Tomioka

Unveil the tranquil beauty of Japanese tradition and its nourishing wisdom. Join us for Lecture and Demonstration of Washoku and Chado in Mind and Body, led by Ms. Michiko Tomioka. Explore the world of Sadoh, the serene art of the tea ceremony, and explore its effects on the body and mind. The highlights of the event include: Introduction of Chado and their nutritional impact on body and mind; Nutrition effect of Matcha and Japanese food (Washoku); and The spirit of tea ceremony (the way of tea) by Senno Rikyu, the Father of Chado.

“Multifaceted Tapestry of Asian and Asian American Identities” Mini-Conference Program: Tuesday, May 7, 2024

10:30am-12:00pm on Tuesday May 7 2024 @ Room E-242



Empowerment and Allyship: Strengthening Solidarity with the AAPI Community by Stop AAPI Hate

In collaboration with Anti-AAPI Hate, this workshop aims to recognize cultural diversity and a call to action for solidarity. A rich exploration of the cultural and historical tapestry of the Asian and Pacific Islander American community will set the stage, aiming to foster deeper understanding and appreciation. The event will highlight stories of resilience with a spotlight on hate crimes, showcasing activists from diverse backgrounds and their unyielding allies. RSVP: <https://bit.ly/lagccEventReg>

12:30pm-2:00pm on Tuesday May 7 2024 @ Room E-242



Mandalas and Prayer Beads: Reflection through Art and Ritual by The Rubin Museum of Art

Embark on a contemplative journey with a Rubin Museum docent, delving into the world of Mandalas and Prayer's beads. Discover the profound significance of these sacred symbols in meditation and reflection. Create your unique print mandala, exploring the power of introspection and self-awareness. Learn about the significance of numbers in various Asian cultures and craft your own bead jewelry, imbued with personal meaning. RSVP: <https://bit.ly/lagccEventReg>

2:00pm-3:00pm on Tuesday May 7 2024 @ Room E-242



Origami Workshop by Shardul Sigdel

Shardul Sigdel, an origami master (<https://www.instagram.com/shardulsigdel/>), will be teaching the traditional art of origami to students and others at LaGuardia. This event aims to encourage students to try their hand at origami. The workshop is open to both beginners who want to learn and those who already know how to make origami and wish to continue practicing. Participants can enjoy themselves while making origami and hopefully learn more about this art of paper folding. The event is designed to be stress-free, with assistance available to students experiencing problems while making origami. RSVP: <https://bit.ly/lagccEventReg>

3:00pm-4:00pm on Tuesday May 7 2024 @ Room E-242



Healing Words: A Guided Journaling Workshop for Navigating Grief and Sadness by Tawn Le

In this workshop, we aim to explore and express the complex emotions of grief and sadness through guided journaling and self-reflection. The workshop is specifically tailored for students and staff from the Asian diaspora who seek to navigate emotions brought forth by anti-Asian hate. We hope to create a supportive space where participants can embark on a transformative journey of self-expression, connecting with others, and moving through emotions like anger, fear, and hurt. RSVP: <https://bit.ly/lagccEventReg>

Tuesday May 7 2024 @ Room E-242



Asian American Voices

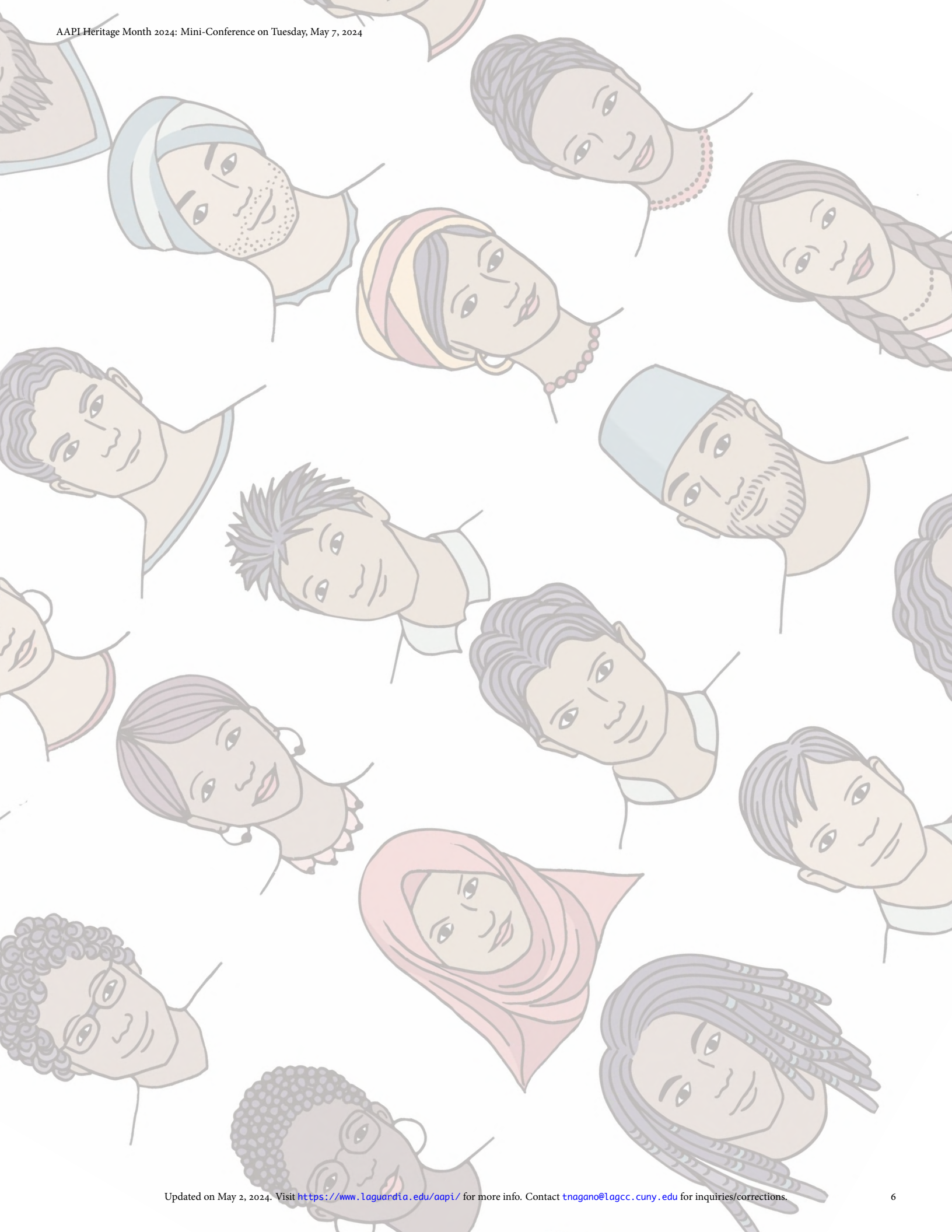
Asian American Voices (AAV) (<https://www.laguardia.edu/aapi/>) is a student journal at LaGuardia Community College that highlights the talent and experiences of LaGuardia's Asian and Asian American students, staff, and faculty, who collectively account for over 20% of the LaGuardia community. The AAV regularly publishes work dedicated to the wide variety of the AAPI community on campus from China, Korea, Japan, Indonesia, Myanmar, Thailand, Vietnam, Nepal, Bangladesh, Pakistan, Philippines, India, Sri Lanka, Malaysia, Afghanistan, Iran, Bhutan, Asians from Middle Eastern countries and from the diaspora including communities such as East Indians from the Caribbean. To contribute your work to the journal, go to <https://tinyurl.com/net2wbtk>

Tuesday May 7 2024 @ Room E-242



Raffles for \$25/\$50 Amazon gift cards

Students will have a chance to win a \$25 or \$50 Amazon gift card by participating in the raffle. Students must be present in person to claim the prize.



“Multifaceted Tapestry of Asian and Asian American Identities” Cultural Celebration Program: Wednesday, May 22, 2024

2:30pm-2:45pm on Wednesday May 22 2024 @ The Greenway (29th Street)



Student Performances

LaGuardia students across clubs and groups showcase their diverse Asian/Asian American heritage during the AAPI Heritage Month Cultural Celebration.

2:45pm-3:00pm on Wednesday May 22 2024 @ The Greenway (29th Street)



Hiro Kurashima (Taiko Drum Group) by Hiro Kurashima

太鼓 (*taiko*) is a traditional form of percussion music in Japan. Taiko drums, which vary in size and shape, are played with wooden sticks called 撥 (*bachi*), and are often accompanied by other instruments such as flutes and cymbals. Taiko has a rich history and cultural significance in Japan, and has also gained popularity around the world as a form of performance art. Hiro Kurashima, a taiko drummer and instructor, strives to carry on the tradition of the late Grand Master Daihachi Oguchi of Osuwa-Daiko, with the intention of spreading the joy of taiko to as many people as possible. He plays traditional Japanese pieces as well as his own compositions inspired in New York, including G train. His goal is to share the joy of both traditional and contemporary taiko music with everyone so that the audience will appreciate the traditional Japanese music and culture and learn about this ancient instrument which has been played for thousands of years.

3:00pm-3:15pm on Wednesday May 22 2024 @ The Greenway (29th Street)



Rhythms of the Soul: Indian Dance by Ajna Dance Company by Ajna Dance Company

At an electrifying performance, Ajna Dance Company captivated audiences with their signature blend of Bollywood vibrancy and classical grace. Under Minila Shah's direction, their ensemble showcased mesmerizing dances that spanned from folk traditions to cinematic Bollywood flair, spotlighting the rich diversity of Indian dance. Their skilled interpretation enthralled all, illustrating why Ajna stands as New York's premier Indian dance company, dedicated to sharing the beauty of Indian dance with a global audience through artistic authenticity and dynamic choreography.

3:15pm-3:20pm on Wednesday May 22 2024 @ The Greenway (29th Street)



Rhododendron by Anlin Wu

Anlin Wu, originally a prominent stage show host for the *Xuzhou Song and Dance Troupe* in China, has a distinguished career in the performing arts. She has acted in the nationally released movie "Battle of Taierzhuang" and starred in the television series "Blood-Stained Soil," broadcasted on the China Central Television Drama Channel. Wu has also played leading roles in stage plays like "Marriage with a Delinquent," which toured extensively in China. Her expertise in the arts is recognized in publications like "Drama Monthly" and academic journals. Recently, Wu served as a stage host and artistic director for the Chinese New Year Folk Culture Festival in New York, highlighting their ongoing contributions to cultural events internationally. Wu will be singing "Rhododendron," a Chinese folk song that has been popular for over 50 years.

3:20pm-3:30pm on Wednesday May 22 2024 @ The Greenway (29th Street)



Student Performances

LaGuardia students across clubs and groups showcase their diverse Asian/Asian American heritage during the AAPI Heritage Month Cultural Celebration.

3:30pm-3:45pm TBD on Wednesday May 22 2024 @ The Greenway (29th Street)



AKF Dance Studio by AKF Dance Studio (Korean Dance Troupe)

A.K.F Dance Studio is located in Flushing, whose membership mostly consist of Chinese or Chinese Americans. For our upcoming performance, A.K.F. will showcase dance medley that incorporates a variety of styles, including Hip Hop, Jazz, Korean pop, and Chinese pop. The performance will run for approximately 10 minutes, and A.K.F. will be remixing the songs to create a seamless and cohesive performance, as they did during our performance at LaGuardia in 2018. Thirteen highly experienced performers will be performing in this show, providing an excellent opportunity for A.K.F to showcase our talents to the audience.

3:45pm-4:00pm on Wednesday May 22 2024 @ The Greenway (29th Street)



Harmonic Singing by Timothy Hill (CANCELED)

Harmonic Singing, also known as overtone singing or throat singing, involves singing and listening with attention to the voice's natural harmonics, creating a unique and captivating sound. This technique was once relatively unknown but has gained recognition through the chanting of Tibetan monks, Tuvan throat singers, and the music of David Hykes and the Harmonic Choir. Timothy Hill, as a member of the Harmonic Choir, helped establish harmonic singing as an art form. He appears on several of their recordings and has performed extensively worldwide. Hill believes that harmonic singing provides insights into harmony and language origins. He has conducted workshops and lectured at prestigious institutions, including NYU, Dartmouth College, and the Bard College Conservatory Graduate Vocal Program.

2:15pm-4:25pm Wednesday May 22 2024 @ The Greenway (29th Street)



Yoga to De-Stress by Sumanth Inukonda

Sumanth Inukonda will engage the audience in a Yoga practice designed to help reduce their stress levels. The class will include Asanas, Vinyasa, and Pranayama. Asanas are yogic poses; Vinyasa refers to a set sequence of poses; Pranayama is an ancient breath technique that originates from yogic practices in India. The Yoga session involves controlling breath in different styles and lengths. In recent times, these yogic practices have gained popularity in the Western world due to the health advantages associated with its practice.

12:00pm-2:00pm Wednesday May 22 2024 @ The Greenway (29th Street)



Table Tennis Tournament by Kyoko Toyama

Students interested in the table tennis tournament should submit their entries for the competition at <http://bit.ly/lagccEventReg> and attend the matches on Wednesday, the 22nd, at the Greenway. Participants who win the tournament (the winner and the runner-up) will each receive a prize of \$50, and their names will be announced during the cultural celebration.

2:15pm-4:25pm Wednesday May 22 2024 @ The Greenway (29th Street)



Asian American Voices

Asian American Voices (AAV) (<https://www.laguardia.edu/aapi/>) is a student journal at LaGuardia Community College that highlights the talent and experiences of LaGuardia's Asian and Asian American students, staff, and faculty, who collectively account for over 20% of the LaGuardia community.

2:15pm-4:25pm Wednesday May 22 2024 @ The Greenway (29th Street)



Raffles for \$25/\$50 Amazon gift cards

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2:15pm-4:25pm Wednesday May 22 2024 @ The Greenway (29th Street)



Tastes of Asia

Are you tired of the same old bland food? Come on down and tantalize your taste buds with our Asian cuisine extravaganza! We have samosas that will make you say "Namaste" to India, dumplings that will have you shouting "Ni hao" to China, and karaage that will make you want to bust out your best karate moves like a Karate Kid! And if that's not enough, we also serve mini bento boxes that are so cute, you'll feel like a giant devouring them! And don't even get us started on MBJ's famous ice tea and lemonade - they're so good, you'll think you're sipping on liquid gold! So, what are you waiting for? Come and get your grub on!

2:15pm-4:25pm Wednesday May 22 2024 @ The Greenway (29th Street)

AAPI Non-profit organizations and NYC programs

Engage with AAPI non-profit organizations as well as NYC programs for AAPI individuals, who will be showcasing their missions and services during the event. Connect with representatives from these organizations and learn various services and assistance they offer. Whether you're interested in community services, educational programs, health resources, or cultural activities, this interactive event provides the chance to network with those at the forefront of community engagement and support within the AAPI and NYC communities. The following organizations are confirmed to participate:

The Asian American / Asian Research Institute (AAARI)



The Asian American / Asian Research Institute (AAARI) at The City University of New York (CUNY) is dedicated to promoting research, education, and outreach in the areas of Asian American studies and Asian studies. The institute supports the academic and professional development of students, faculty, and researchers, and fosters collaboration among scholars and community organizations. AAARI also provides resources and opportunities for students to engage in research and advocacy related to Asian American and Asian communities, particularly in the areas of health, education, and culture. The institute's mission aligns with CUNY's commitment to promoting diversity, equity, and inclusion on campus and in the broader community.

The Mayor's Office of Immigrant Affairs (MOIA)



The Mayor's Office of Immigrant Affairs (MOIA) serves as a bridge between immigrant communities and City agencies as well as promotes policies that support the well-being of immigrants in New York City. Our office promotes the full and active participation of immigrant New Yorkers in the civic, economic, and cultural life of the City of New York.

The New York City Commission on Human Rights (CCHR)



The New York City Commission on Human Rights (CCHR) is responsible for enforcing the NYC Human Rights Law, which is one of the most comprehensive civil rights laws in the nation. The Law prohibits discrimination in employment, housing, and public accommodations based on various protected categories, including race, color, creed, age, national origin, alienage or citizenship status, gender, sexual orientation, disability, marital status, partnership status, arrest or conviction record, and status as a victim of domestic violence, stalking, or sex offenses. The Commission also conducts extensive education about the law for the general public.

LiveOnNY



LiveOnNY is a dedicated non-profit organization that collaborates with community groups, high schools, and colleges to increase awareness about organ donation. Our mission is to save lives through education and advocacy. As for Asian organ donors, currently, only 5% of Asian individuals are registered as organ donors, which is significantly lower than their 12% representation in the New York State population.