



# TALXAN

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September, 2011



## The Somali News Link

### San Diego Somali Youth League Takes Action to Help The Dying Refugees

By Ladane Hassan, The SYL of San Diego Member

After watching the news and hearing about the catastrophe occurring in the Horn of Africa, a group of Somali youth in San Diego got together and decided not to be indifferent the starvation and malnutrition that didn't discriminate the children, women and elderly. The Somali Youth League of San Diego (SYLSD) started out with one aim, to help the refugees in the camps who are dying due to a lack of basic human necessities. The group immediately brainstormed in no time and came up with simple ways of raising funds for the drought victims.

The SYL of San Diego came up with two great projects. Firstly, they

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The SYL of San Diego Members

### 3rd Annual Health Fair in Honor of World Refugee Day a Huge Success

By Hana Mandikova, SFS Development Coordinator

The Third Annual Health Fair in Honor of World Refugee Day held on June 25<sup>th</sup> 2011 was a great success. There was fun for the entire family, complete with outdoor entertainment for the kids. The adults enjoyed four educational presentations on mental health, disaster preparedness, senior wellness and the importance of immunizations. The speakers were Dr. Joe Reimann, Senior Clinical

Psychologist and SFS board member, Dora Arnold from the American Red Cross, Bonnie Copland and Shukri Adam from the County of San Diego and Kara Anderson. In addition, several local health care agencies and other community organizations provided information on their services to the participants. The fair was concluded by a 2-mile-long senior walk around the park to encourage regular exercise as an important part of well-

Somali Family Service would like to thank the speakers and local agencies that participated in the Health Fair, as well as the County of San Diego and Target Mission Valley store, Mini Haha Market and VIP Discount Store which made a donation for the senior walk participants to receive gift bags. Very special thanks goes to our generous community sponsor, Community Health Group, Red Cross America and Mental Health America.

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## The SYL Help continued from p1

organized a car wash which took place over two consecutive weekends.

The result of the car wash was astonishing as many people came and donated. This also generated more awareness and youth membership increased exponentially.

The second event involved a banquet dinner, whereby 350 guests attended. This again gave the youth an opportunity to address the action they had taken and to invite more people to donate generously and make pledges to help our brothers and sisters. Again the Somali Youth did an excellent job hosting the event. They invited a number of organizations and inspirational speakers who had mentored them and gave them support to carry on with their magnificent endeavor. Within a short time frame of just three weeks, the Somali Youth of San Diego has managed to raise \$24,660 which was donated to the American Relief Agency in Horn of Africa (A R A H A) www.araha.org. This success has motivated the youth and they are still determined to carry on. Their mission is continuing fund raising and awareness about the tragedy in the Horn of Africa. Their motto is simple; children should not die of thirst and hunger when we can make a difference.

The SYL of San Diego hopes that their actions will be an inspiration to all Somali people in the diaspora who are in a position of making a difference but lack the stamina. Apparently, the dire situation of the drought victims is not a



### A Mixer of the Youth and Guests

secret. And the youth of today is the future generations of Somalia. In summary, I hope you have been inspired by this and you do your part by reviving the Horn of Africa. Jazakallaah. Special thanks to:

- Dr. Aaron Bruce, Prof at San Diego State University**
- Dr. Jesse Mills, Prof at University of San Diego**
- Dr. Adam Jeffers from SDSU**
- Dr. Ismail Moalim at Veterans Affairs in SD**
- Mr. Asad Abdi, Community Police Officer**
- Mr. Abdulmalik Buul, Somali Youth League Chairman**
- Mr. Abdikarim Tukri, Youth Speaker**
- Mr. Ibrahim Ainab, Youth Speaker**
- Mr. Abdullahi Arab, Youth Speaker**
- East African Community Center**
- Scripps Hospital**
- Iftin Charter School**
- Immigration Law Office of Mariana Hanna**
- Horn of Africa**
- Somali Family Service**
- and all Somali Restaurants in SD**

Especial thanks to all San Diego Somali Youth League, we couldn't do it without you guys. Much Love!!

*By Ladane Hassan Ali, The SYL of San Diego Member*



Ainab & Abdulmalik addressing the media    Ladane & Ayan signing in



Dr. Aaron Bruce of SDSU



Dr. Jesse Mills of USD



Asad, Com. Police Officer



Dr. Adam Jeffers of SDSU





## Project Refugee Celebrates Its First Anniversary

By SFS Staff

Project Refuge will be celebrating its first anniversary next month. On the Project's first anniversary, Somali Family Service and La Jolla Golden Triangle Rotary Club, the two agencies running the project, are proud to announce that the expected number of clients served was increased. The housing part of the project accommodated 40 clients, while another 35 were served by the Project's additional services.

Project Refuge started in September 2010 as a response to the increasing number of people granted asylum status who entered through the U.S./Mexico border. The project funds and maintains two, fully furnished, two-bedroom apartments - one for four men and the other one for four women. Clients can live in the apartments for up to three months while they establish themselves in the community. However, the Project does not only provide housing services, its mission is to provide missing links in the transition of those recently granted asylum status to self-sufficiency. Next to the transitional housing that satisfies the immediate need for shelter, Project Refuge also offers a centralized access to a network of established and supportive community services.

The project started as a collaborative project between Somali Family Service of San Diego (SFS) and the La Jolla Golden Triangle Rotary Club (LJGTC). While LJGTC raised the funds to sustain

the project throughout the first year, SFS is responsible for management of the project, staffing, case management, providing referral services to other agencies and additional services such as transportation and translation. In addition, SFS holds ESL and financial literacy classes in its offices and provides referrals to other local agencies.

The ESL teacher Jean Kerr said about her students: "They are so giving--I've never seen anything like it. They are incredible people who don't want to live off the system--they want to make a new life for themselves and contribute to American society."

Clients themselves expressed lots of gratitude for the project. One stated: "I was granted asylum and got released (from the detention center). Since I don't have anyone, either family or distant relative to help me here, I was worried about where I could get ac-

commodation. Luckily, one day after my release I went to the Somali Family Service's office and they provided me with home to sleep. They also provided me with an English class to learn English for free. I really really appreciate the Somali Family Service how they help and assist the newcomers."

Another client stated: "Asc walasha qaaliga ah aad ayan ugu faraxsanahay sida qadirinta leh aadiigu so dhaweysen wadanka marekanka mana aqan waxan ku abaal gudo lakin waxan jeclaan lahaa in an kaga mahad celiyo si farxada badan oo an soo koobi karin oo aad ii so dhaweysen marka hore iyo hada oo aad waqtigiina ii so hurten waliba aad hurdada dartay uga so kacden my abayo qali ah mahadasaniidiin kunjeer I'll keep contact insha'allaah my ayaan mahamed biikole and sowdo ugas LOVELY SISTERS."

For more information on the project and ways to help out please check:

[www.projectrefuge.org](http://www.projectrefuge.org)



Muslimiinta San Diego iyo Nawaaxigeeda oo u Ciiday si Heer Sare ah



SOMALI YOUTH LEAGUE OF SAN DIEGO

**Somali Youth League of San Diego will organize a Walk fundraising for the Famine of the Horn of Africa - Place and time of the event is to be determined. Check out SYLSD Facebook for updates.**

***Taxan Newsletter will soon launch a new section for youth activities.***



### 3rd Annual Health Fair Continued from Page 1

By Hana Mandikova, SFS Development Coordinator



Joe Reichmann, SFS Board Member



Community Members listening to a presentation



Dora Arnold from American Red Cross



SFS Staff and Volunteers



Participants enjoying Somali sambosas



HHS Representatives from Central Region







## Tour & Workshop Highlight Somali Community

By Paige Newman

As part of an annual Office of Refugee Resettlement (ORR) workshop, Somali Family Service and Horn of Africa facilitated a tour that highlighted the San Diego Somali community for locals and people from out of state.

The International Rescue Committee (IRC) and its partner the Nationalities Service Center held the 2011 Project SOAR/ ORR Annual Workshop for Ethnic Self-Help and Supplemental Services Program Grantees March 7-9 at the Kona Kai Resort in San Diego. Grantees and refugee-serving organizations in San Diego were invited.

The first day addressed priority refugee community issues such as youth violence, mental health, and women's leadership. ORR leadership spoke and led a Q&A session. Day two focused on organizational development topics including resource development, strategic planning, volunteer recruitment, board development, and more. The final day covered priority programming topics such as case management for supervisors, employment, earned income and cooperative programs. A tour of IRC San Diego's New Roots Community Garden was held in the early afternoon.

The community tour planned by Somali Family Service and Horn of Africa was held on the evening of March 6. Eighteen people from California and other parts of the country, attended. A group of Somali Bantus came from Arizona. Half the people who came were attendees of the SOAR conference and half from local organizations working with the

Somali population. One special attendee was Somalia's former Deputy Minister of Health Raqiya Abdille.

Ahmed Sahid and Abdi Mohamoud, executive directors of Somali Family Service and Horn of Africa, respectively, narrated for the guests. SFS staff gave a welcome speech on different immigration waves of Somalis to the U.S., a short historical background of Somalia and the main challenges the community faces today.

Two minivans were filled with interested attendees who stopped at key sites within the Somali community, including Project Refuge, a temporary housing program which provides a network of social services for asylees. They also visited the Safari Market which houses several East African businesses, and enjoyed buying scarves and other clothing as well as a traditional Somali dinner at the African Spice restaurant.

With San Diego being home to the largest East African community in California, and the second largest nationwide, the tour gave participants an in-depth understanding of the challenges and resourcefulness of the community and how community-based social service providers address them to ensure the successful integration of refugees from Somalia into their new communities in San Diego. The group wanted to learn how to work with Somali clients, how to bridge the gap between the community at large and the East African refugee community, and to see how Somalis transition into life in U.S.

"The tour lasted a very productive three hours that educated service providers about the successes and

challenges confronting the Somali community," said Mohamoud.



SKY is the Limit Store in Safari Market



Nur's Store



An inside of a random Store



JOURNEY HOPE SPIRIT CELEBRATION COMMUNITY

# SAVE THE DATE

## 10.19.11

### OceanLeaf Awards Celebration

*A journey of hope and celebration of the spirit.*

Join us for the First Annual **OceanLeaf Awards Celebration**

Wednesday, October 19, 2011  
6:00 - 8:45 pm

**Location:** Jacobs Center, Market Creek Plaza

Join us to honor and celebrate the achievements of San Diego's residents and leaders who have contributed to the transition of Somali and East African immigrants and refugees as New Americans.

Learn more about the power of the **Ocean** and **Leaf** in this extraordinary story of resilience and hope.

Information or Sponsorship: Contact Hana, Event Manager at 619.265.5821 or [hmandikova@sifssd.org](mailto:hmandikova@sifssd.org)  
Registration: [www.brownpapertickets.com](http://www.brownpapertickets.com)

Somali Family Service of San Diego  
6035 University Ave, #6  
San Diego, CA 92115





# GARDEN FRESH GRILL & SMOOTHIE

## MEDITERRANEAN CUISINE – SMOOTHIE & JUICE BAR

Garden Fresh Grill & Smoothie is an authentic Mediterranean/Lebanese restaurant providing the freshest and highest quality healthy foods with the finest ingredients. It is a family owned and operated. The restaurant opened for business in September 2009. It is open daily, 8am to 9pm, and serves breakfast, lunch and dinner for dine-in or take-out. Located at Campus Plaza Shopping Center on El Cajon Blvd., near San Diego State University.

Halal meat لحم حلال



Garden Fresh Grill & Smoothie's menu offers a variety of food items and focused on fresh ingredients, including many vegetarian choices. Traditional Mediterranean foods



are featured with flavor and herbs, including Shawarma, Gyros, Kabobs, falafel, hummus, baba ghanouj, tabouli, spanakopita, kibbie and grape leaves (dolmas). There are also zaatar pie, cheese pie, meat pie and spinach fatayer baked fresh daily. Also there are several sandwich choices with pita bread and several side salad choices and full meal Mediterranean salads topped with a variety of meat items. All food items are freshly prepared and made to order.

Recently, the restaurant started daily special menu including Makloubeh مقلوبة, Baked Kafta كفتة, Sayadieh صيادية سمك, Kouzi قوزي, Kabsh كبسة, Stuffed Grape Leaves, Cabbage and Squash محاشي, and Mensaf منسف. At Garden Fresh, a selection of deserts including baklava, warbat, kinafa, mamoul and harisa.



The Smoothie and Juice Bar at Garden Fresh offers a variety of high-quality, premium smoothie and juice drinks. It includes both fruit and vegetable drinks. The restaurant is comfortable and attractive setting for very good food and hospitality, with affordable prices.



**Phone: 619 287-2373**

6165 El Cajon Blvd, Suite F  
San Diego, CA 92115

(Vons Shopping Center, corner of  
College Ave & El Cajon Blvd)

[www.gardenfreshsd.com](http://www.gardenfreshsd.com)





## Events Calendar

Southern Sudanese Community Center of San Diego offers free Arabic classes for all ages, both beginner and intermediate levels. Contact their office for the fall schedule at [www.sccsd.org](http://www.sccsd.org).

Want to know more about Somali culture and dealing with language and cultural barriers? Somali Family Service offers presentations – please contact us for details at 619-265-5821.

The San Diego Refugee Forum meets the third Tuesday of each month from 10:30 a.m.—noon at 5348 University Ave. For more information, the website is [www.sdrefugeeforum.org](http://www.sdrefugeeforum.org).

The biweekly meeting of Somali Student Council will be held every other Monday at 6pm at SDSU, by the pond area. For more information contact Nawal at (858)216-6278.

San Diego SomaliTV broadcasts every Friday @ 10:00 p.m. For further info, contact Abdisalam, the head of SD SomaliTV at [sdsomalitv@hotmail.com](mailto:sdsomalitv@hotmail.com).

Iftin Charter Board meets the first Friday of each month @ 5:00 p.m. For further info contact Dr. Mohamed at (619) 265-2411. The event is open to the public unless otherwise announced.

Back to School—workshop for both students and their parents on the rights of responsibilities in school settings. Friday, September 24th at the Springfield College. For more information call Somali Family Service at (619) 265-5821.



Broken Dreams,  
Documentary by Fathia Absie,  
Is coming back to San Diego!  
Come to learn about the story of lost Somali Boys.

When: September 21st @ 5 pm  
Where: City Heights/Weingart Library, Performance Annex

Sponsored by Somali Family Service and City of San Diego



Taxan  
team is  
wishing a  
blessed Eid  
to all!



Taxan is sponsored by the  
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