



# TALXAN

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## The Somali News Link

### Ahmed Sahid Wins Local Hero Award for Black History Month

By Paige Newman, Somali Family Service

**Ahmed Sahid**, President/CEO of Somali Family Service (SFS), was recognized at the 12th Annual Local Heroes Awards sponsored by KPBS and Union Bank. Ahmed Sahid and Randy Jones from the Office of the US Attorney received awards for Black History month at an event on Nov. 16 at the Museum of Contemporary Art San Diego in La Jolla. Ten other leaders were also honored for Women's History Month, Asian Pacific American Heritage Month, Jewish Heritage Month, Hispanic Heritage Month, and American Indian Heritage Month. The event featured an awards ceremony with live music by Orchestra Nova, and a reception followed.



Sahid, President of SFS, addressing the crowd

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### Ha I Ga'doomin Gabadhyahay, Qaybtii Koowaad

WQ: Axmed Ismaaciil Maxamuud "Axmed Deeq"



**Waxay ugu** daran tahay marka aad guursato qof aadan jeclayn. Waxayse ka sii xun tahay marka ay ooridaada noqoto qof aan ku jeclayni. Waxay ugu wanaagsan tahay marka ay afadaada noqoto qof aad is jece-shihiin. Waxase ugu fiican marka aadan gurba isku deyin. Waayo gurka sabankani ma buuq yara, rabshadna ka naf-taadu kugu hayso ayaaba kun jeer kaa badan.

Yaase arrintan darensan? in yar. Oo tolow dadkaa yar ma ka mid baan ahay? Maya. Oo haddaa hawlahaan yaa ila socodsiiyay? Gadaal baad ka ogaan. Sidaan shaqo ugu foognaa ayuun baan ku hanbararay aniga oo nin weyn noqday. Markasaan bilaabay inaan bilicda dharkayga dhag ka dhigo.

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## Local Hero Award continued from p1

*"I am incredibly honored to be among the heroes nominated for such important work in the San Diego community. I am proud to be part of the solution of helping the underserved community become productive members of our society,"* said Sahid.

When he began volunteering in 1990 and then in 2000 founded Somali Family Service, Sahid's goal was to bridge a gap between the community of approximately 30,000 East Africans in San Diego and the larger community and to be a voice for the underserved. He has accomplished this by collaborating extensively with law enforcement, schools and other organizations with similar missions. With programs in leadership development, health services, economic development, youth mentorship, and a new program helping asylees with housing and other social services, Sahid has made great strides in increasing self-sufficiency, serving over 1500 families annually. Through leadership

development, Sahid helps newcomers navigate the school system and find housing, employment and other social services. This program works with the San Diego Refugee Forum and other local organizations to build capacity among the refugee population, teaching them how to advocate for themselves and improve their communication skills.

Partnering with community leaders, residents, healthcare providers and other agencies, Sahid addresses access to healthcare issues in the East African community, as well as producing the annual SFS Health Fair in Honor of World Refugee Day. SFS also gives mental and physical health trainings, home visits and social service referrals for Somali seniors.

In order to address difficulties including cultural barriers, lack of transportation, large households with limited income, and more, SFS created an economic development program to help people start

businesses, find employment and learn about money management, credit and savings. SFS has helped about 850 youth since Sahid started the East African Youth Organization (EAYO) in partnership with the San Diego Police Department years ago. EAYO focuses on preventing gangs and problems with drugs and alcohol by directing youth toward positive educational and recreational activities and increasing parent and school involvement and career opportunities.

Project Refuge brings much needed assistance to the growing San Diego East African asylee population -- who suffered from extreme violence, torture and persecution in their homelands -- by providing safe housing and a network of community services.

With language barrier challenges and the community lacking printed material, Sahid spearheaded *Taxan*, the only bilingual publication for the East African community in Southern California.

He meets with elected officials in San Diego and has advocated with a member of Congress and the Office of Refugee Resettlement in Washington DC on local and national issues such as human rights and integrating refugees into the larger community. Sahid has also served on numerous boards and committees with organizations and foundations such as the State Advisory Council and The San Diego Refugee Forum. Currently, in order to expand beyond the East African community, he is a Board member of The MAAC Project and the San Diego Police Department African Advisory Board. See [somalifamilyservice.org](http://somalifamilyservice.org) for a video of Sahid's KPBS interview.

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

## Ha I Ga'doomin Gabadhyahay continued from p1

Xubnaha jidhkaygana gig ka siiyo. Waxaan u talaabsaday sida diigga oo dhulkaan iska dhowray siduu ila dumayo. Timaha ayaan la ogaaday maqas, kabahana waxaan ugu roonaaday masax. Afka ayuun baan ka hadli jiraye, waxaan ku lammaaneeyay indho ka hadal iyo Khaakhaayiraad. Hadalkaygu caadi buu ahaaye waxaan ku daray xawaash iyo geedo. Muddo ka dib waxaan arkay hablo aan badnayn oo si hoose iyo si koreba ii danaynaya. Aniga laftaydu waxaan

dareemay ladh aan garan waayay goor uu igu samaysamay oo igu soo kacdoomaya. Galab carraw iyo guuro bahallayn ayaan ka bixi waayay. Danahaygii baan gabay oo waxaan cag dhigi waayay goobtii shaqada. Waxaan hadba ku gaaf wareegayaa geenyooyinka (Hablaha) kacay. Daawashadooda iyo hadal hayntooda ayaan ka jeclaa la kulankooda iyo la haasawgooda. Waayo calool adayggii gabadh lagu haasaawin lahaa ayaaban iska

waayay. Midda kale xilligaa carrabkii ayaa iga balaadhay oo waxaan ogaadey inaan waxbarashada oo kaliyi yaraanta ku wanaagsanayn ee haasaawuhuna inta la da' yar yahay ku wacan yahay in la barto. Waxa suuragal ah in dadka qaarkii yidhaa oo haasaawuhu ma aqoonbaa maxaa laga baranayaa? Jawaabtu waa aqoon keliya ma'aha ee waa fan. Oo fanku badane laantee buu galaa? Wuxuu galaa laanta hadal barashada. Oo miyaanay

hooyaday I hadal barin? Way ku hadal bartay, laakiin waxay ku bartay hadalka guud. Hadana laan hadalka ka mid ah ayaad baranaysaa oo la yidhaa haasaawe. Oo yaan ka baranayaa? Waxaad ka baranaysaa haweenka. Oo iyagu halkay ka barteen? Badankoodu way ku dhasheen. Haya waan bilaabayaa, waanan ka baranayaa. Kol alla kolka aan gabadh is hor taago ayaan is dhex dhigan jiray, oo laydhka iyo biyahaba la iga goyn jiray.

## Ha I Ga'doomin Gabadhyahay continued from p2



Bariidada ayaan macno tiri jiray, oo aan shan jeer ku celin jiray, aniga oo marba marka ka danbaysa si ka sii macno daran u dhigaya. Hadal aad nuxur badan xambaarsanayn iyo khajilaad korkayga oo dhan ka muuqata ayaan la shir tagaa.

Afafka qalaad marka la baranayo xuruufta ka dib waxa lagu bilaabaa; Magacaa? Iska waran? Xageed ka timid/ ama u socotaa? Af-soomaaligu xaaladaha marka aan ku jiro iigama duwanayn af qalaad, waayo intaa in ka badan ku maba odhan karayn.

Waxay ugu daran tahay marka uu damac kaa galo hablaha kuwooda afka gaaban, waayo hadalada yar ee kaa soo baxaya oo Alle og yahay sidaad ku keentay, ayaa halkay ka sii tarmin lahaayeen waxay kuugu jawaabayaan" Haa ama Maya". Markasaa haasaawihii yaraa ee aad damacsanayd afka u dhacayaa, oo uu aabihii fuudka la cabayaa. Oo tolow armay iyaguba "Haada iyo Mayada" dirqi ku leeyihiin oo ay nafi ka keenaysaa!! Oo haddii ay nafi ka keenayso maxay haasaawaha u soo baran waayeen oo ay ragga uga kala tuurayaan inta yar ee uu dirqiga ku keenay? Wallaahi inaanay wax loo dulqaato ahayn.

Daqiiqadaha kooban ee aad ku sii socotaan kobtii aad ku kala leexan lahaydeen ayaa saacado ama sannado ka badnaanaya. Cidhiidhi nafsadeed iyo cabsi wadneed ayaa sidaa kuu gilgilaya. Marar waxaad is odhanaysaa ma iskaga baxsataa. Waayo waxaad ku hadasho iyo waxaad ka hadasho ayaad garan waayaysaa. Xaaladdan kama duwanid dhagax, iyaduna kama duwana loox. Waxaad tihiin dhagax iyo loox wada socda.

Mar alla marka aad kala hadhaan ee ay kaa libidho ayaa maanka iyo miyirkuba kugu soo noqonayaan. Waxaad bilaabaysaa is canaanasho. Maxaad sidaa iyo sidaa ugu odhan wayday? Markay ku tidhi sidaa maxaad sidaa ugu jawaabi weyday. Hadalkaa maxay ka wadday? Maxaad hadalkaa ugu tidhi way dhibsatay.

Jidhiidhico badanaa gabadh aad arrin ka lahayd oo inaad u sheegato daaye aad haasaawin kari weyday. Waxaad is odhanaysaa waxay kaa qaadatay fikrad qaldan. Oo maxay noqon kartaa fikradaasi? Marka ay ugu sahlan tahay waa fulaynimo. Oo ma fulay baan ahay sawka aan raggu igu soo dhicin? Haddii aadan ahayn maxaad la kabash kabash

laynaysay markii aad gabadha la socotay? Waan baqayay. Oo maxaad ka baqaysay miyaa lagu cunayay? Wallaahi garan maayo.

Laakiin fulay nineed ma ihiye waxaan ahay fulay naageed. Oo horta kaalay in la kala baqo maxaa u sabab ah? Waxa u sabab ah in la kala awood roonaado. Oo raggu miyaanu dumarka ka awood badnayn muxuu la baqaa? Wuu ka awood badan yahay, waxase jira laba awoodood, mid muuqata iyo mid dahsoon. Markaa raggu wuxuu leeyahay ta muuqata, dumarkuna badi ta dahsoon. Waxa inta badan awood roon ta dahsoon. Yaab, oo haddii ay leedahay awood dahsoon maxay la il gabadh laynaysay ee ay faraha la cunaysay markii aannu wada soconay iyada oo baqaysa? awoodeeda markaa waxa ku dahaadhaa dareen xishood ama khajil ama jacayl.

Oo annigu maxaan dareen qaldan uga qaadan waayay hadal yaraanteed? Waxaad uga qaadan wayday adigu nin baad tahay. Oo haddii aan ahayna? Dee daadihintaa haasaawuhu waa hawl raggu leeyahay oo uu ku ammaan yahay haddii uu ka soo baxo, haddii kalena mooyi.

Oo yaa nagu xukumay annaga oo kaliya? Waxa idinku waajibiyay awawyaashiin. Oo maxay hawsha culayskaa leh noogu waajibiyeen godka laguma cadaabayaashu? Way idinka af tahansanaayeen oo hadalku dabnahooda ayuu saar saarnaa. Oo haddii uu saar saarnaana iyagu dumarro dhagaysanaya ayay haysteen ee annagu ma dumar baannu meesha ku haynaa. Oo haddaa maxaad ku haysaan? Waxaanu ku haynaa rag. Been

baad sheegtay. Qof weyn laguma yidhaa been baad sheegtay. Haddaa maxaa lagu yidhaa? Waxaa lagu yidhaa waad is moodsiisay. Haddaba waad is moodsiisee, raggii hore waxay ahaayeen arrin keen, dumarkooduna aqbal keen. Hadda idinku ma tihidin arrin keen, dumarkiinuna ma'aha aqbal keen. Oo haddaa maxaanu nahay? Waxaad tihiin isma dhaanto. Inaad na ceebayso ayaad u soo xadhko xidhatay annaga iyo dumarkayaga. Oo ma ceeb baad taqaannaan? Haddaannaan aqoon ma na bar baanu ku nidhi (Waa nagaa sidii dumarka kuula hadalnaye). Oo dumarka miyaad darajo dhaantaan, sidooda ayaad u hadashaan, u dhaqantaan, u fikirtaan, u ficiltantaan, u fududihiin ama si ka sii liidata'e. Joog walaahi waxaad ku hadlaysaa waa wixii la isku dili jiraye! Rag aan ogahayna haddii ay ku maqlayaan maanta goor hore ayay ajasha kaa jarri laahaayeen. Waxaanse kuu sheegayaa waxaa dumarada ha maqashiin. Haddii aad maqashiisana xabaashaada sii qodo. **Waa socotaa.....**

***Kala soco qaybta labaad cadadka kowaad 2011-da ee Wargeysga Taxan***





## Where are YOU Headed? A Look at Today's Youth

By Mohamed Sahid, Tenth Grade

Many youth in modern society are plagued with multiple distractions that make it difficult to focus on items of utmost importance. Whether it be school, family-related activities, or other responsibilities, the fact is that many of today's youth lose sight of their goals. For example, CNN reported that approximately 6.2 million students in the United States between the ages of 16 and 24 dropped out of high school during the year 2007. The total represents 16 percent of all people in the United States in that age range in 2007. These statistics show the intensity of the problem, which is rising since then.

With the innovations and advancements made in technology, social networking is particularly at fault. With the growth of such fields, I speak from experience when I say it develops into a distraction, particularly when doing homework or any other tasks that involve a computer.

Another area that is dissuading students from their learning is

association with peers whose ambition has never existed, or if it ever did, has left them entirely. These individuals negatively influence you, whether skipping class or school entirely, becoming involved in gang activity, narcotics, etc. Another unfortunate fact is that the majority of these students are minorities. Minorities are the majority in this case, which is a bit ironic. The neighborhood they are raised in usually has a negative effect that lasts a lifetime.

I believe no matter what environment they grow up in,

students who have drive and ambition will succeed in their endeavors. This is absolutely relevant -- with statistics periodically collected, we often see students in the worst neighborhoods and schools graduate and achieve their dreams. Fighting social, cultural, and any other obstacles placed before them, they achieve. This works in the opposite direction as well, we also hear of the number of students in rich and advanced schools failing or dropping out. Which really poses the question, where are YOU headed? No matter the lectures, advice

monologues, and interactive discussions given to you throughout your life, in the end the decision-making is left to you. You hear of the statistics, numerous graduates in prestigious positions, who against all odds overcame their distractions and challenges, and have become significant, contributing members of society. Which poses the question: where are YOU headed? The choice is yours, so decide well.

## Somali Community Starts Dialogue with Law Enforcement

By Abdi Mohamoud, Executive Director, Horn of Africa

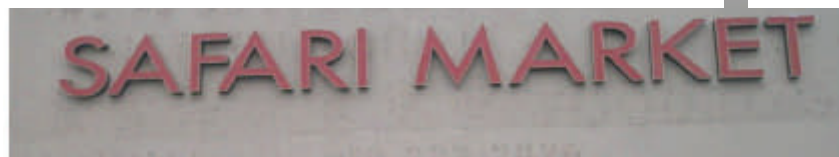
On December 1, the Somali community in San Diego met with government law enforcement officials to begin a dialogue of constructive engagement that both sides hoped would break down barriers and increase a collaborative working relationship. San Diego is believed to have the second largest Somali community in the United States, behind only the Twin Cities of Minnesota. The meeting was held at the San Diego Police Department's Multi-Cultural Community Relations office in City Heights.

Ms. Laura Duffy, U.S. Attorney for Southern Division and her team were present to explain to the community the procedures in place to safeguard civil liberties and that the government does not simply pick on individuals because of their political views. Duffy also talked about her belief that it's important to have a dialogue with the communities.

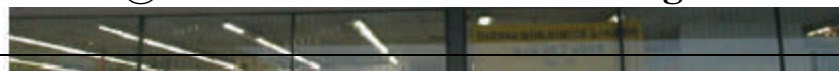
Keith Slotter, FBI Special Agent in Charge of the San Diego office, and other FBI officials talked about the different types of terrorist groups the FBI considers a threat to the National Security of United States. The meeting was attended by roughly 60 Somali community members representing different segments of the community, of all ages and differing professional levels. Many representatives were very positive about this type of approach as it helps to build bridges.

Several questions from the community members focused on how and when authorities can file charges, and what is considered legal or illegal under the law. Some questioned whether the FBI was creating these cases by volunteering to assist suspects in carrying out attacks when the suspects do not have the means or knowledge to carry out attacks.

Along with me, Ahmed Sahid of Somali Family Service and Asad Mohamed of the San Diego Police Department introduced guests and took questions from the audience.



@ 4348 54th Street in San Diego.





## Asylees Find Warm Welcome Through Project Refuge

By Paige Newman

The growing East African asylee population is being welcomed to San Diego by Project Refuge, a partnership between Somali Family Service (SFS) and the La Jolla Golden Triangle Rotary Club, with much support from other local Rotary Clubs. Project Refuge provides for newly-arrived refugees from Somalia and other parts of East Africa who have fled war-torn areas of intense conflict, and who have been victims of violence and persecution. East African refugees who have been granted political asylum and newly released from detention centers in Southern California are given priority. Approximately 32 clients will be served annually; 11 people have been served so far.

*"After working with this population for several years, and witnessing their struggles, the daunting obstacles they face, and their resilience, it is deeply*

*satisfying to help build a 'network of caring' around them, providing not only a safe and welcoming home for awhile, and connections to community services, but also many forms of personal support by many caring people,"* said Dory Beatrice, LCSW and President of La Jolla Golden Triangle Rotary Club.

Volunteers from SFS and different Rotary Clubs in San Diego assist with case management and legal documents, interpretation, and transportation, and help the asylees find ESL classes and employment. Other local organizations contribute as well. Casa Cornelia assists with the process of being granted asylum. Survivors of Torture International does mental health evaluations, and International Rescue Committee helps with case management, cash assistance, food stamps, and such. Catholic Charities

provide health assessments.

Project Refuge has a pair of two-bedroom apartments, one for four men and one for four women (without children), who stay up to three months while working towards self-sufficiency. The apartments are close to bus lines and support services.

*"The program is a well-needed service to the community and the asylees. Everyone benefits by having the asylees productive and independent as soon as possible, rather than a burden on the community,"* said Ayan Mohamed, the Program Manager for Project Refuge at SFS.

*For more info, see [www.projectrefuge.org](http://www.projectrefuge.org) or contact Ayan Mohamed at 619-265-5821 or Dory Beatrice at 858-449-0558*

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# GARDEN FRESH GRILL & SMOOTHIE

## MEDITERRANEAN CUISINE – SMOOTHIE & JUICE BAR

Halal meat لحم حلال

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.



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

Looking for a little extra income and cultural exchange? Newly-arrived asylees from East Africa are seeking a shared housing situation in the City Heights area. Please contact Ayan Mohamed at 619-265-5821 or amohamed@sfssd.org.

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

Somali Family Service offers interpretation and translation services as well as cultural presentations to help those working with Somalis and experiencing language or cultural barriers. Please contact Paige Newman at 619-265-5821 or pnewman@sfssd.org.

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 Thursday at SDSU. Location varies — contact Abdirahiin (Hawada) for updates at (619) 410-7988.

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

***Want to advertise your local business? Taxan classifieds coming soon!***



Taxan is sponsored by the **Somali Family Service of San Diego** located at 6035 University Ave., Ste. 6 San Diego, CA 92115 Tel: 619-265-5821 Email: [editors@sfssd.org](mailto:editors@sfssd.org)

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