



► MULTICULTURAL
ALLIANCE



► NATIONAL WELCOMING
WEEK



► Family Engagement

Culturally Speaking

Cultural Diversity Resources

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MULTI-ETHNIC LEADERSHIP & COMMUNITY DEVELOPMENT

Updates on Community Innovation Project Community Collaboration and Partnerships

Cultural Diversity Resources (CDR) was awarded a Bush Foundation Community Innovation Grant for "Leadership and Capacity Building of Multi-Ethnic Communities in Collaboration with Community Partners" project which started in August 2014. The Community Innovation Grant program is designed to inspire and support communities to use problem-solving processes that lead to more effective, equitable, and sustainable solutions.

CDR organized monthly community meetings where minorities and New Americans met to share information about their issues and challenges. One-on-one meetings were also conducted with individual ethnic nonprofits/groups to identify goals for collaboration on common programs and activities. These meetings & ongoing community discussions have resulted in collaboration among several community partners through a Multicultural Alliance.

MULTICULTURAL ALLIANCE COLLABORATION

Goal: Advance common interests and causes while leveraging resources to assist New Americans and minorities to achieve educational, social and economic self-sufficiency.

COLLABORATION ON COMMON PROJECTS & SERVICES

Currently, Multicultural Alliance members have identified two key community needs that require the collaboration of community partners to coordinate the following services:

- (1) **English classes** which are taught by bilingual trainers to meet the needs of increasing numbers of Somali and Arabic clients with limited or no English Proficiency. English classes are held on Saturdays and Sundays between 4:00-6:00 p.m. in the 'New Americans Development Agency' office in South Moorhead and open to clients from Fargo.
- (2) **Job Development** to assist clients with resume creation, job searches, online job applications, job interviews, and orientation about American work culture. Many of these clients, are secondary refugees from other states, who also require bilingual interpreters, assistance with transportation, car pooling and community resources for low income families.

MULTICULTURAL ALLIANCE PARTNERS

Multicultural Alliance holds regular meetings and training sessions which have included topics on grant research, basics on grant writing and leadership skills. Currently, there are four community partners in the Multicultural Alliance with their presidents and executive directors serving as community liaisons for the ethnically diverse communities.

Cultural Diversity Resources, Executive Director, Yoke Sim Gunaratne
New Americans Development Agency, President Kamaludiin Mohamed
United Hearts, President, Paul Aladin
Fargo Social Outreach, Executive Director, Ben Boway

Next Community Training:

Date: Nov 18th 2015

Time: 7:00 pm

Location: Fargo Public Library

Topic: How to Ask for Money from
Individuals

Partnership between Fargo Public
Library and CDR.



National Welcome Week Celebration

NATIONAL WELCOMING WEEK (Sept. 12-20)

During the week of September 12-20, 2015, Welcoming America, www.welcomingamerica.org, and its partners across the country hosted National Welcoming Week, a nationwide event that highlighted the contributions of immigrants to American communities. Throughout the country, these events brought together immigrants and U.S.-born community members in a spirit of unity.

COMMUNITY TABLE (September 13)

As part of national Welcoming Week, the City of Fargo, Cultural Diversity Resources, Growing Together, and diverse partner organizations hosted the Community Table, a locally grown and prepared lunch for 500 community members at 11:30am on Sunday, September 13, 2015 in Rabanus Park, 4315 18th Avenue Southwest in Fargo. The Community Table with lunch and cultural performances were free and open to the first 500 community members who sign up at www.communitytable.weebly.com. This event provides a prime opportunity to share, learn and connect with new and established neighbors in our community. The menu highlighted cultural dishes of vegetables grown by Growing Together's network of community gardens, and inspired by the New American families who participated.

**Cultural Diversity Resources was also a co-partner in two other activities: Color and Culture of Somalia at Fargo Main Library (Sept. 20 at 2 p.m.) and Soccer Tournament at Johnson Soccer Complex (Sept 19 at 10 a.m.-6:00 p.m.)*

Inside CDR

New Computer Lab!!!

Going back to school for many kids doesn't just require paper, pencils, and pens but the need of a computer. Cultural Diversity Resources and 'PC for People' teamed up and held a computer giveaway at the downtown Fargo library to help those in need. Pre-selected lower income families received a free refurbished computer desktop with antivirus and office software included.

From the computers that were received for the office we were able to complete our computer center. The center will be used for our job development program which helps New Americans and minorities in becoming job ready by assisting in resume creation, online job searches, interview skills and routine work ethics.

A big THANK YOU to all who volunteered and enjoyed in the fun!



Multi-ethnic Summer Picnic

A multi-ethnic summer picnic, sponsored by Hornbacher's Foods, took place on August 8 in Lindenwood Park, South Fargo. About 165 family members, from Somalia, Vietnam, Bhutan, Liberia, and Middle East, enjoyed the diverse ethnic foods and connecting with each other!

Family Engagement Program

(Integration of parents, schools and community)

The Family Engagement Program will prepare the children and parents whole family to move towards academic, social and economic success and independence.

AMERICORP PROMISE FELLOW Youth & Family Development

Between September 1st 2015 to July 2016, Cultural Diversity Resources serve as a host site to supervise Americorp Promise Fellow, Hamida Dakane. She will work with 30 students, (grade 6-10) at Moorhead High School and Horizon Middle School, to ensure students in need will have caring adults, in and out of school activities and tutoring to improve their academic performance. She will also assist Cultural Diversity Resources as a home and community liaison for students and their families.



MISSION

**“ Building Communities that
Value Diversity ”**

Family & School Project :

FAMILY & SCHOOL PROJECT: “Building Family & School Partnerships”

CDR received a grant from Consensus Council with a focus on a project titled “Building Family & School Partnerships” in Carl Ben Eilsen Middle School with the following goals:

1. Teach families about the school system (PTA) and how to collaborate with school teachers and staff to improve students learning and well-being.
2. Engage families with opportunities to participate in and out of school events and activities.
3. Strengthen family’s access to community information and resources to serve families in need.

Why join the PTA

The number one reason to join the Parent Teacher Association is to benefit your child. In doing so, you also help your school. But there are many more advantages. Here are just a few:

- ☐ **Get Connected.** There’s no better way to know what’s happening in your school.
- ☐ **Discover Great Resources.** The PTA offers a variety of programs designed for parents as well as students.
- ☐ **Tap into a Network.** Parenting is not easy—it helps to share ideas, concerns and experiences with other parents and educators in the community.
- ☐ **Watch Yourself Grow.** By volunteering with your PTA, you gain valuable experiences.
- ☐ **Speak Up.** Because the PTA is a forum for exchanging ideas, you are encouraged to make suggestions.

PTA can be a way for you to more effectively suggest change at your child’s school!

Kids Korner



Healthy Eating for children starts at the dinner table:

Soccer practices, dance rehearsals, playdates, and other scheduling conflicts make family mealtime seem like a thing of the past. Suddenly, we're feeding our kids breakfast bars during the morning commute, sneaking 100-calorie packs at our desks, and grabbing dinner at the drive-thru window.

A 2000 survey found that the 9- to 14-year-olds who ate dinner with their families most frequently ate more fruits and vegetables and less soda and fried foods. Their diets also had higher amounts of many key nutrients, like calcium, iron, and fiber. Family dinners allow for both discussions of nutrition and discussions about how the family as a whole is doing.

So prepare a wonderful meal, put the electronics away and enjoy family time along with a lifetime of good health..

10 tips

Nutrition
Education Series

cut back on your kid's sweet treats

10 tips to decrease added sugars



Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions
It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter
Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert
Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun
Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks
Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle
Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods
Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

