

Middle Eastern Student Resource Guide



Table of Contents

Mission Statement	2
Relevant Courses.....	3
Student Groups	4
Cultural and Religious Centers	6
Upcoming Events	9
Restaurants and Markets	10
Recipes	14
Online Resources	20
Student Submissions	23
Contact	24



Mission Statement

The mission of the Middle Eastern Student Resource Guide is to provide a way in which to connect to Middle Eastern culture in and around Santa Cruz. It is our hope to offer a dynamic framework of accessible information to students who identify as Middle Eastern or to those interested in Middle Eastern culture. The guide consists of helpful suggestions ranging from relevant classes offered at UCSC to local restaurants and cultural centers.

This is the first time the Middle Eastern Student Resource Guide has been assembled. We are open to amendments and are still looking for opinions and suggestions. We also welcome and appreciate creative submissions in the form of poetry, prose, or artwork.

To submit work or get involved, please contact
UCSCMidEast@yahoo.com

or search Facebook for
Middle Eastern Students Represent!



Relevant Courses

These courses may not always be offered. Consult the Schedule of Classes for current course listings.

American Studies 188: 9/11
Anthropology 130D: Peoples and Cultures of the Middle East
Arabic 1, 2, 3: Instruction in the Arabic Language
Community Studies 112: In the Eye of 9/11
Community Studies 114: Whiteness, Racism, and Anti-Racism
Feminist Studies 80C: Third World Feminisms
Feminist Studies 102: Feminist Critical Race Studies
Feminist Studies 120: Transnational Feminisms
History 41-01: Making of the Modern Middle East
Literature 107A: Reading Egyptian Hieroglyphics
Literature 121: Ancient Novel
Literature 124: Hebrew Bible
Literature 127: Jewish Mystical Texts
Literature 144A: Jewish Diaspora, Ethnicity, and Urban Life
Literature 144G: Global Jewish Writing
Literature 144J: Jewish Travel Narratives
Literature 144: Pre- and Early Modern Jewish Cultures
Literature 132A: Paris and Cairo
Literature 190A: Topics in World Literature and Cultural Studies
Literature 144E: Hebrew Poetry
Literature 144F: Israeli Literature
Music 10: Eurasian Ensemble
Music 80A: Music Cultures of Asia
Music 801: Music of Modern Israel
Politics 72: Politics of War on Terrorism
Politics 109: Orientalism
Politics 140E: Postcolonial States and Societies
Politics 177: The United States and the World

Student Groups

Committee for Justice in Palestine (CJP)

The Committee for Justice in Palestine is a student run organization formed in order to educate students and the local community about the Palestinian struggle for independence in the light of the ongoing Israeli occupation. Educational documentaries, controversial speakers, and cultural events will be part of the agenda of exposing the struggle to UCSC students and general community. The CJP welcomes everyone to their meetings, and will not discriminate against anyone due to their political, social, or ideological views. The CJP is only here to educate and help create an understanding of the Palestinian people and their struggle.

For more information about CJP, check out:

<http://www.cjp.vze.com>

<http://www.facebook.com/group.php?gid=2200782351>

Contact:

lkhoury@ucsc.edu

maki@asquaref.com

mereikat@ucsc.edu

Muslim Student Alliance (MSA)

The MSA strives to embody the concepts of unity, strength and activism and implement these in our daily lives. We are dedicated to spreading truth, increasing awareness (political, social, religious, etc.) in our community, dissolving stereotypes, resisting oppression, and strengthening the bonds between Muslims and humanity at large. We seek to educate, and be educated; to promote a better understanding of Islam among Muslims and people of other faiths – and to provide a space to gather and unite the Muslim student body.

For more information about MSA check out:

www.ucscmsa.org

<http://www.facebook.com/group.php?gid=2200611949>

Contact:

yfadli@ucsc.edu

Iranian Student Network (ISN)

The Iranian Student Network is a student-run political and social organization at UCSC. We at ISN believe that it is vital to educate and familiarize people with Iranian culture, history, politics, people, etc. especially at a crucial time like this. ISN will try to show students a different side of Iran that is not seen in the American media. We will organize political and social events (speeches, films, etc.) in which different issues concerning Iran are brought up and discussed. ISN is also a social organization for both Iranians and non-Iranians.

For more information about ISN check out:

<http://www.facebook.com/group.php?gid=2226981267>

Contact:

aataei@ucsc.edu

Santa Cruz Israel Action Committee (SCIAC)

Pro-Israel, pro-peace, SCIAC is an educational organization that advocates for Israel, promotes discussion, and spreads Israel awareness to the UCSC campus. At our meetings we discuss what it means to be a Zionist 60 years after the creation of Israel, strategize how to combat anti-Israel sentiment on campus, and plan events to spread the love for Israel. We find ourselves across the political spectrum, but all of us support Israel's right to exist in peace and security as a Jewish democratic state. And we aren't just political; we also celebrate our Israeli cultural heritage!

For more information about SCIAC check out:

<http://www.facebook.com/group.php?gid=5625424455>

Contact:

mlburger@ucsc.edu

iheartisrael@gmail.com



Cultural and Religious Centers

Chabad by the Sea is the Santa Cruz center of the worldwide Chabad Lubavitch movement. Chabad-Lubavitch is a philosophy, a movement, and an organization. It is considered to be the most dynamic force in Jewish life today.

Chabad is located on the corner of Mission St. and Highland, one short block from the junction of Hwy. 1 and Mission St.

406 Mission Street, Suite B
Santa Cruz, CA 95060
(831) 454-0101
www.chabadbythesea.com

Chadeish Yameinu is an egalitarian Jewish Renewal Chavurah located in Santa Cruz. We seek spirit in community, and community in spirit. We enjoy participatory davenen, Torah study, chanting, singing, dancing, and Bibliodrama. We experiment with form, content, and leadership in our spiritual quests. All of our worship services are free and open to anyone. We invite to you to come to a Shabbat or other event and become acquainted with our community.

P.O. Box 3578
Santa Cruz, CA, 95063-3578
For more general information please contact Rabbi Eli Cohen at 831-429-6936.
www.chadeishyameinu.org

Hillel's mission is to maximize the number of Jewish students doing Jewish together. Here at Santa Cruz Hillel, we do this by providing the resources for student initiated programs, including social activities, Israel programs, religious and holiday celebrations, educational programs, and social action outreach. Santa Cruz Hillel is in Santa Cruz, California, just below the base of the UCSC campus. We're right next to the 7-11.

Santa Cruz Hillel
222 Cardiff Pl.
Santa Cruz, CA 95060
Phone: 831-426-3332
Email: info@santacruzhillel.org

Since its founding **Congregation Kol Tefillah** has found its enduring strength as a Jewish community to be rooted in certain core values and principles that embody and enhance the shared religious values of its membership. Congregation Kol Tefillah is constituted as a traditional congregation. The Torah is our guide, informing us how to act as a community in the service of G-d. Congregation Kol Tefillah
Services are held at 200 Washington St. Santa Cruz
Phone- 831 457 0264
www.koltefillah.org

A community of awakening and discovery, where the joy of Jewish living is made accessible and relevant to contemporary life, with a focus on worship, learning, and community, exemplified by our commitment to tikkun.

Temple Beth El is at 3055 Porter Gulch Road in Aptos. It is at the corner of Soquel Drive and Porter Gulch Road, next to Cabrillo College.
831.479.3444
www.tbaptos.org

Muslim Islamic Center of Santa Cruz
4401 Capitola Rd. #2,
Capitola, CA 95010
Tel: (831) 479 8982
www.islamic-center-santa-cruz.org

The mission of **Bosch Bahá'í School** is to provide classes and seminars that assist with the education of the American Bahá'í community as well as those seeking an understanding of the Bahá'í Faith. It is our goal to serve those who attend our classes, with the purpose of facilitating their education of various aspects of the Bahá'í Faith, including its history, core teachings, and spiritual principles. This life-long process of education is fundamental in that without a priesthood or clergy, every Bahá'í is asked to take an active part in their investigation of the fundamental verities of her/his faith. Bosch Bahá'í School is located in the Central Californian mountains of Santa Cruz at:
500 Comstock Lane
Santa Cruz, CA 95060
(831) 423-3387
www.bosch.org

At **Rhythm Fusion** we specialize in percussion instruments of the world: drums, rattles, bells, shakers, whistles, and more common and weird sound makers that we import from many different countries. Some of them we improve and design ourselves...

Rhythm Fusion 1541-C Pacific Ave Santa Cruz, CA 95060

Store Hours: Mo-Sat: 11am-6pm, Sun-12-5.Dec. May be open until 8:30pm. Please call to confirm times.

Tel: 831/423-2048

Email: rhythm@rhythmfusion.com

Egyptian and Turkish belly dance, and Egyptian and Moroccan Folkdance. Instruction, performance and productions. See her website for info on classes, events, performances, workshops, etc. as well as for her bio. She teaches "locally" at her studio in Felton and at the Walnut Avenue Women's Center in Santa Cruz, as well as abroad.

Helene International Oriental Dance School

phone: 408-335-4567

Santa Cruz, CA USA

Website: <http://www.enchantedcreek.com/slvculture/helene.html>

We are the **Muslim Community Association of the San Francisco Bay Area**. In cooperation with Muslim communities around the Bay Area, our mission is to: Live our faith as a congregation, inspired by the teachings of the Quran and Prophet Muhammad (Pbuh) as individuals and as a collective body, and to foster a mission of peace, justice and compassion for all within our Mosque, our community and the world.

3003 Scott Blvd, Santa Clara, CA 95054

Website: <http://www.mcabayarea.org/>



Upcoming Events

Visit events.mercurynews.com for up-to-date events 30 days in advance.

SAN JOSE

Rosicrucian Egyptian Museum

Ancient Egyptian Cooking - 09/01/07-09/05/15 - \$9 General/\$7 Students

Ancient Egyptian Henna - 09/02/07-09/06/15 - \$9 General \$7 Students

Introduction to Hieroglyphs - 09/03/07-09/26/15 - \$9 General \$7 Students

Ancient Egyptian Cosmetics - 09/08/07-09/12/15 - \$9 General \$7 Students

Ancient Egyptian Oils & Perfumes - 09/09/07-09/13/15 - \$9 General \$7 Students

Ancient Egyptian Armbands - 09/15/07-09/19/15 - \$9 General \$7 Students

The Kite Runner - 03/21/09-04/19/09 - \$18-\$52 @ San Jose Repertory Theatre

Hafla at Hoover Middle Eastern Dance - 2/9/2010 @ Hoover Theatre, San Jose

Iranian New Year Celebration - TBD - Free @ 740 E. Arques Avenue, Sunnyvale

Leadership in Islam - TBD - Free @ San Jose City Hall Rotunda

Sabeen Raja Lecture - TBD @ Palo Alto Art Center

Jean Alexis Smith Classical Piano Recital - TBD @ Le Petit Trianon Theater

*"Be happy for this moment
This moment is your life."
-Omar Khayyam*



Restaurants and Markets

Joe's Pizza and Subs

Quarry Plaza UCSC

Offers an assortment of Italian and Middle Eastern dishes

Falafel Hut

309 Beach St

Santa Cruz, CA 95060

(831) 423-0567

Lebanese, family-owned

Falafel of Santa Cruz

1501 Mission St

Santa Cruz, CA 95060

Falafel of Santa Cruz

(831) 459-0486

Halal

Falafel House Santa Cruz

113 Walnut Avenue,

Santa Cruz, CA 95060

Khyber Pass

814 Pacific Avenue

Santa Cruz, CA 95060

Afghan/Pakistani restaurant

Sitar Indian Cuisine

1133 Pacific Ave

Santa Cruz, CA 95060

(831) 427-3000

Sri-Sri Lankan Restaurant

736 Water Street

Santa Cruz, CA 95060

Jumping Monkey Natural Indian Cafe

418 Front Street

Santa Cruz, CA 95060

Zameen Mediterranean Cuisine

7528 Soquel Drive
Aptos, CA 95003
(831) 688-4465

Wait-on-Me, Inc.

14407 Big Basin Way
Saratoga, CA 95070
(408) 438-3741

Turkish, Middle Eastern, and other cuisines

Negeen Persian Restaurant

801 W Hamilton Ave
Campbell, CA 95008
(408) 866-6400

Fusion Mediterranean Grill

5815 Cottle Road
San Jose, CA 95123
(408) 281-4001

Yas Restaurant

1138 Saratoga Ave
San Jose, CA 95129
(408) 241-5115
yaasrestaurant.com

Reyhan Restaurant

1625 Almaden Rd
San Jose, CA 95125
(408) 293-3600

Sahand Persian Restaurant

4628 Meridian Ave
San Jose, CA 95124
(408) 267-1288

Esfahan-Kabab & Beryani

3014 Union Ave # A
San Jose, CA 95124
(408) 559-1555

Falafel Drive In

2301 Stevens Creek Blvd
San Jose, CA 95128
(408) 294-7886

Thea Mediterranean

3090 Olsen Dr
San Jose, CA 95128
(408) 260-1444

Filfela

3284 El Camino Real
Santa Clara, CA 95051-2820
Phone: (408) 260-0120

Chatanoga Restaurant

2725 El Camino Real # 108
Santa Clara, CA 95051
(408) 241-1200
Persian restaurant

Wrap This Mediterranean Cuisine

2281 The Alameda
Santa Clara, CA 95050
(408) 246-9727
(408) 247-6653

Kabob House Halal

2521 Newhall St
Santa Clara, CA 95050
(408) 984-2204
(408) 260-7070

City Kabob

755 S Mathilda Ave
Sunnyvale, CA 94087
(408) 732-0013

House of Kabobs

161 S. Sunnyvale Ave.
Sunnyvale, CA 94086
(408) 735-8199

Persian Afghan Kabob

604 S Mary Ave
Sunnyvale, CA 94087
(408) 733-5262

Dishdash Restaurant

190 S. Murphy street
Sunnyvale, CA 94086
(408) 774-1889

Chelokababi Restaurant

1236 S Wolfe Rd
Sunnyvale, CA 94086
(408) 737-1222

Attari-International Food Market

582 South Murphy Ave.
Sunnyvale, CA 94086
(408) 738-3030
Israeli and international goods and kosher items..

Cafe Baklava

341 Castro Street
Mountain View, CA 94041
(650) 969-3835
(650) 969-3784 - Mobile



Recipes

Shish Kebab- 2 lbs leg of lamb

- Cut meat into 2 inch cubes
- Marinate in mixture for 24 hrs

Mixture:

2 medium sized onions

- ¼ cup chopped parsley
 - 2 teaspoons black pepper
 - 2 teaspoons salt
 - 1 clove garlic, crushed
 - 1 cup burgundy wine
 - Sliced red bell peppers
 - Mushrooms cut in half
- Thread meat, onions, bell pepper, and mushrooms on skewers and barbeque over hot coals until meat is cooked

Kufta

Keyma: outside layer

- 1 lb lean lamb, ground twice
- 1 cup very fine bulghour (wheat)
- Salt and pepper
- 1 soup bone for broth
- Mix the meat, salt, pepper with bulghour while adding a little bit of water and knead like dough
- Knead about 15 minutes until medium soft dough
- Roll up in ball size like large walnut
- Make a dent with the middle of your thumb and press all around the inside wall to make a round opening for the filling
- Place the filling in this hole and bring the open edges of the kofta together to a seal.

Filling

- 1 lb lamb- ground with fat
 - 4 large onions(chopped)
 - ½ green peppers(chopped)
 - A dash of cayenne
 - ½ cup parsley(chopped)
 - ½ teaspoon each mint, cut fine, sweet basil, pepper, and paprika
 - ¼ teaspoon each cumin and cinnamon
- Fry in pan than proceed to fill in the dough.

Dolma

- 10 medium sized tomatoes
- 6 small round red bell peppers
- 6 medium zucchini squash
- cut tops off tomatoes, leaving $\frac{1}{4}$ of the lid attached
- repeat same procedure for peppers, scooping out seeds
- cut zucchini in thirds

Filling

- 1 lb ground lean beef
 - $\frac{1}{2}$ lb ground lamb
 - $\frac{1}{2}$ cup rice
 - 1 medium onion
 - $\frac{1}{3}$ cup parsley
 - 1 teaspoon rahan
 - Garlic salt and pepper
 - $\frac{1}{2}$ cup tomato sauce
 - $\frac{1}{2}$ cup madzoon
- mix all together
 - then fill out all seed-scooped vegetables with filling
 - then pour 1 can tomato juice over vegetables in a pan and bake for 45 minutes.

Cheese Borag

- Two 8 ounce packages of cream cheese
- $\frac{1}{2}$ lb butter, soft
- 2 $\frac{1}{2}$ cups flour
- $\frac{1}{3}$ cup water

-Mix all together like pie dough

-Let chill

-Roll out like a pie

-Crust: cut in circles, about 5 inch circle or squares

-Fill with cheese filling-seal

Bake at 350°.

Cheese filling:

- 1 lb jack cheese, grated
- $\frac{1}{2}$ pt. cottage cheese
- 1 cup parsley
- $\frac{1}{2}$ teaspoon salt

Tanabour Soup

- ½ cup zezads (whole wheat)
- ¼ teaspoon salt
- 4 cups cold water
- Garlic salt
 - start with 4 cups of cold water and add ½ cup zezads and salt. Bring to boil and let cook over medium heat
 - Remove from heat and add one cup of cold water and stir. Let stand until cool
 - Whisk madzoon and pour zezads into madzoon. Add garlic salt and refrigerate.

Chorag

- 6 eggs beaten
- 1 small can evaporated milk
- 1 cup of water
- 2 cubes butter, melted
- ½ cup sugar
- 1 tablespoon Crisco, melted
- 5-6 cups flour
- 2 teaspoon salt
- 2 yeast cakes, dissolved in warm water
 - Mix all liquid ingredients together and add dry ingredients and knead well
 - Let rise till double in size. Then shape in desired form. I take two long strips and criss-cross them together
 - Brush on beaten eggs and sprinkle sesame seed
 - Bake at 350°.

Tahn (drink)

Dilute madzoon (yogurt) with water to a consistency of milk and add salt to taste. Add ice cubes and slices of cucumbers and let chill. Great drink to cool off during the summer.

Yalanchi

- ¾ cup oil (Mazola)
- 8 onions, chopped
- 2 green peppers, chopped
- 1 can stewed tomatoes
- Juice of 3 lemons
- Grape leaves
- 1 teaspoon dill seed
- 2 cups rice
- ½ bunch parsley
- Salt and pepper
- 1 tablespoon mint leaves
- ¼ cup chopped celery

Mix:

- Fry onions and green peppers in oil until wilted
- Add seasonings and tomatoes
- Cook 5 min- then add rice
- Add 2 cups boiling water
- Cook until water is absorbed
- Add parsley and lemon and set aside
- Spread out grape leaves and place 1 teaspoon rice mix in each one
- Roll turning in ends
- Place a few course leaves on the bottom of a pan
- Arrange grape leaves side by side and arrange in layers until all are used
- Add 2 cups boiling water and lemon juice, then cook.

Roejig

- 3 quarts white grape juice
 - 3 cups flour
 - 3 cups sugar
 - 1 cup cornstarch
 - Walnuts
-
- Blend flour, sugar, and cornstarch together
 - Add juice and mix together
 - Take a string and big needle and string the walnuts
 - Be sure you use the complete half of walnuts only
 - The first two half walnuts should come back to back in the middle of the string
 - Then string the rest of the nuts in the same position as the first two
 - Tie the ends of the string to a stick leaving a space of 3 inches between them in order to keep the row of nuts apart and also to hand conveniently
 - Cook half the amount of the grape juice stirring it constantly until thick
 - Dip the strung nuts into this juice several times
 - Hang to dry overnight
 - Cook the remaining juice the next day
 - Dip the nuts several time and hang to dry again
 - Takes about several days to dry well. When dry cut any size you like and roll in cornstarch
 - Keep in covered jar.

Lahmajoon

- 5 lb flour
- 1 yeast
- 1 lb Crisco
- 2 teaspoons salt
- 5-6 cups of water

Dissolve yeast in small amount of luke warm water, then add to ingredients. Knead until dough is soft. Cover and let rise in a warm place for 2 to 3 hours. Shape into small balls the size of walnuts. In the meantime make the filling:

- 5 lbs ground lamb or beef
- 2-2 ½ cans tomato(whole)
- 1 large can tomato sauce
- 3 bunches of parsley
- 4 onions
- Garlic
- 1 large can tomato paste
- 2 green peppers

- Chop up parsley, green peppers, garlic, onion fine then mix all ingredients together

- Add a little flour to thicken

-Spread evenly over the rolled-out dough and bake at 400° for 15-20 min

- Take each ball of dough and roll out to the size of 6-7 inches in diameter on floured board. Should be thinner than pie crust. Place on greased baking sheet and spread filling evenly over surface. Bake

- This freezes very well. After lahmajoon is cooled completely put meat sides together and stack in packages and freeze. When ready to use heat in oven.



Online Resources

Blogs

angryarab.blogspot.com
blogsbyiranians.com
jewschool.com
kabobfest.com
muslimahmediawatch.blogspot.com
sepiamutiny.com

Websites

almashriq.hiof.no (Levantine site full of resources)
radio-locator.com/cgi-bin/nation (radio from any country)
persiancenter.org (Berkeley-based Iranian cultural center)
pzo.info (San Jose-based Persian Zoroastrian organization)
farsinet.com (Iranian directory and resource site)
payvand.org (Cupertino-based Iranian community site)
irany.com (Northern California Iranian yellow pages)
aff.org (Arab Film Festival in Northern California)
araborganizing.org (Bay Area Arab Resource & Organizing Center)
asata.org (Alliance of South Asians Taking Action)
taaca.org (Turkish American Association of California)
ancsf.org (Bay Area Armenian National Committee)
sfbayecalendar.com (Bay Area Armenian E-Calendar)
acsnc.org (Azerbaijan Cultural Society of Northern California)
arabculturalcenter.org (Arab Cultural & Community Center of SF)



Additional Resources

Asian American/Pacific Islander Resource Center

459-5349
aapirc@ucsc.edu
www2.ucsc.edu/aapirc

African American Resource and Cultural Center

459-3207
african@ucsc.edu
www2.ucsc.edu/aasl

American Indian Resource Center

459-2881
dtibbett@ucsc.edu
www2.ucsc.edu/narc

Chicano Latino Resource Center (El Centro)

459-5608
cab@ucsc.edu
www2.ucsc.edu/raza

Disability Resource Center (DRC)

459-2089
drc@ucsc.edu
www2.ucsc.edu/drc

Educational Opportunity Programs (EOP)

459-2296
handy@ucsc.edu
www2.ucsc.edu/eop

Lionel Cantú Gay, Lesbian, Bi, Trans, Intersex Resource Center (GLBTIRC)

459-2468
glbtcenter@ucsc.edu
www2.ucsc.edu/glbtcente

Services for Transfer and Re-Entry Students (STARS)

459-2552

sal@ucsc.edu (re-entry)

transfer@ucsc.edu (transfer students)

<http://stars.ucsc.edu>

Student Organization Advising and Resources (SOAR)

459-2934

soar@ucsc.edu

<http://soar.ucsc.edu>

Women's Center

459-2072

women@ucsc.edu

www2.ucsc.edu/wmcenter

*"Speak, this brief hour is long enough
Before the death of body and tongue:
Speak, 'cause the truth is not dead yet,
Speak, speak, whatever you must speak."
-Faiz Ahmed Faiz*



Student Submissions

To submit material, see contact information on opposite page



"Gandhi" by Asha Sudra Finkel

Contact

Asian American/Pacific Islander Resource Center
Bay Tree Building, 3rd Floor, UCSC
<http://www2.ucsc.edu/aapirc>

Email
UCSCMidEast@yahoo.com

Facebook
<http://www.facebook.com/group.php?gid=15722267250>



The students of CMMU 42N, The Middle Eastern Diaspora in the United States, created this guide.

DO YOU IDENTIFY AS A
**MIDDLE EASTERN
STUDENT**

Do you feel underrepresented?

*Do you think there is a lack of resources for
Middle Eastern-identified students on campus?*

The students in CMMU 42N, "The Middle Eastern Diaspora in the United States" are compiling a Middle Eastern Student's Resource Guide and need your input!

Send us your:

Artwork!

Poetry!

Essays!

Pictures!

Critiques!

Rants & Raves!



UCSCMidEast@yahoo.com

