

Celebrating Diversity

At



October 2018

The Month of October Marks...

Disability Awareness Month



National Disability Employment Awareness Month (NDEAM) is a national campaign held in October. The campaign celebrates the many contributions of workers with disabilities as well as raises awareness about employment issues faced by people with disabilities. This October marks the 70th anniversary of NDEAM as we salute the economic contributions made by people with disabilities and also celebrate the legal rights and employment opportunities made available to all people regardless of disability, race, religion, and gender.

For more information, go to:

<https://www.awarenessdays.com/awareness-days-calendar/national-disability-employment-awareness-month-2018/>

Italian Heritage Month



Italian Heritage Month (formerly National Italian-American Heritage Month) recognizes the many achievements, contributions, and successes of Italian Americans. Celebrations tend to revolve around food, as well as events highlighting Italian art by famous artists including Michelangelo and Leonardo da Vinci pasta.

For more information, go to:

<https://www.thoughtco.com/italian-heritage-month-celebrations-4088878>

Polish American Heritage Month

During October We Salute Our
Friends and Neighbors Celebrating
Polish American Heritage Month



A National Celebration of Polish History, Culture and Pride in Cooperation
with the Polish American Congress and Polonia Across America

Polish American Heritage Month is an annual event celebrated each October. It was first celebrated in Pennsylvania back in 1981 and was organized by Michael Blichasz, president of the Polish American Cultural Center in Philadelphia. In 1986, the month was changed to October in order to allow for schools to participate and for the fact that October holds significance as the month when the first Polish settlers came to Jamestown, Virginia.

For more information go to: https://en.wikipedia.org/wiki/Polish_American_Heritage_Month

Hey, did you know...

Simchat Torah starts sundown **October 1st**



Simchat Torah, which translates to “The Joy of the Torah” is the second in a short succession of holidays celebrated during this time period by individuals of Jewish faith. This holiday is characterized by utterly unbridled joy, which reaches its climax on Simchat Torah, when people of the Jewish faith celebrate the conclusion—and restart—of the annual Torah-reading cycle. The highlight of Simchat Torah is the hakafot, held on both the eve and the morning, in which celebrators march and dance with the Torah scrolls around the reading table in their synagogue

For more information, go to:

https://www.chabad.org/library/article_cdo/aid/4464/jewish/What-Is-Shemini-Atzeret-Simchat-Torah.htm

International Day of Non-Violence observed on **October 2nd**

**International Day
of Nonviolence**
OCTOBER 2ND



The International Day of Non-Violence is observed on October 2, the birthday of **Mahatma Gandhi**. Mahatma Gandhi was the leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence. According to the UN General Assembly the day is an occasion to "disseminate the message of non-violence, including through education and public awareness". The resolution reaffirms "the universal relevance of the

principle of non-violence" and the desire "to secure a culture of peace, tolerance, understanding and non-violence."

For more information, go to: <http://www.un.org/en/events/nonviolenceday/>

German American Heritage Day is on **October 6th**



**German - American
Heritage Day**

In the United States, **National German-American Day** is observed on October 6 to commemorate the 13 German Mennonite families from Krefeld who landed in Philadelphia. These families founded Germantown, Pennsylvania on 10/6/1683 which was the first German establishment in the original thirteen American colonies. After WW1 celebration of the holiday began to dwindle until President Ronald Reagan made his world tour in 1982, which included West Germany amidst the cold war and a divided Germany. To honor the 300th anniversary of German-American immigration and culture into the US, in 1983 Reagan proclaimed October 6 as German-American Day.

For more information, go to:

<https://germangirlinamerica.com/what-is-german-american-day/>

Indigenous Peoples Day & Columbus Day are on **October 8th**

Depending on the State, October 8th is observed in the United States as Indigenous People Day OR Columbus Day



Indigenous People's Day is a holiday that celebrates the indigenous peoples of America. It is celebrated across the US, and is an official city/State holiday in various localities around the country. It began as a counter-celebration to the Federal holiday of Columbus Day and is intended to celebrate Native Americans and commemorate their shared history and culture in developing the country.

Columbus Day is a national holiday in many countries of the Americas in celebration of the anniversary of European explorer Christopher Columbus' arrival to the American lands.



For more information on both holidays visit:

https://en.wikipedia.org/wiki/Indigenous_Peoples%27_Day

or

https://en.wikipedia.org/wiki/Columbus_Day

Dia de la Raza is on **October 8th**



October 12 (or the nearest Monday to it) is traditionally celebrated throughout the Americas as the day Christopher Columbus arrived in 1492.

While history has often credited Columbus with discovering America, Native American tribes and civilizations predate his famous voyage, and Columbus' treatment of those peoples remains a point of contention and controversy today. Columbus forced thousands of natives into labor and kidnapped hundreds more to send back to Spain, which had commissioned his voyage.

Therefore, many Spanish-speaking countries and communities do not honor Columbus Day, but instead, they celebrate "**Día de la Raza**", or Day of the Race.

The alternative holiday celebrates the Hispanic heritage of Latin America and honors many of the countries that were conquered by Spain and other European explorers. During the Day of the Race, many Spanish-speaking countries like Argentina, Colombia, Ecuador, Chile, El Salvador, Honduras, Mexico, Costa Rica, Nicaragua, Venezuela, Uruguay and plenty of others recognize the people, traditions and cultures that were wiped out because of Columbus' colonization.

The holiday also serves as a moment for Hispanic and Latin countries to reflect on the current challenges indigenous people in various nations are facing still to this day.

For more information, go to:

<http://www.theyucatantimes.com/2017/10/columbus-day-not-in-mexico-here-we-celebrate-dia-de-la-raza/>

Canadian Thanksgiving is on **October 8th**



Canadian Thanksgiving is a public holiday in Canada that is celebrated on the second Monday in the month of October. On this day, millions of Canadians celebrate the bountiful harvest and good fortune that has blessed the country and its citizens.

Although Canadian Thanksgiving is a public holiday in most parts of Canada, it is still an optional holiday in some areas. And while the holiday falls on a Monday, since it is a part of a large weekend, many people choose to celebrate it either the Saturday or Sunday before the actual holiday.

Many of the foods that are eaten on Canadian Thanksgiving are either the same as the American version or similar in some way. For example, roasted turkey with stuffing, mashed potatoes and cranberry sauce are often served, along with sweet potatoes and corn, but some people also add traditional Canadian elements to the meal. Some people make a poutine (fries or potatoes topped with gravy and cheese curd). Pumpkin pie in Canada is generally spicier, while American pumpkin pie is generally sweeter. Also, Canadian sweet potatoes are baked, while American sweet potatoes are usually made into a casserole topped with marshmallows.

Another difference between the American and Canadian versions of this holiday is that the American version usually focuses on heavy shopping on the day of the holiday and the day after, while the Canadian version usually doesn't. However, the two holidays do share a love of parades and a love of football.

For more information, go to: <http://www.holidayscalendar.com/event/canadian-thanksgiving/>

National Coming Out Day is on **October 11th**



National Coming Out Day is a holiday that is celebrated every year on October 11th to recognize lesbian, gay, bisexual and transsexual individuals and the issues they face in modern society.

This holiday was created back in 1988 by Robert Eichberg and Jean O'Leary in celebration of the second gay march held in Washington, D.C the previous year. Eighteen states participated in his first celebration of this holiday. This was picked up by the media and shown all over the world. Within the next two years, all 50 states in the U.S began celebrating it. Today, it is celebrated the world over.

National Coming Out Day can be celebrated in a number of different ways. Members of the LGBT community can choose this day to come out to their parents, family or friends, or can use this day to celebrate gay pride. Straight friends and family can celebrate this day by allying with their gay friends or family members and help promote the causes of the LGBT community.

For more information, go to: <http://www.holidayscalendar.com/event/national-coming-out-day/>

Dashain is on **October 19th**



Dashain is a very religious Hindu festival. In Nepal. It is the longest and most notable festival on the calendar, and many Nepalese expatriates actually return to Nepal specifically to observe Dashain Festival in their homeland. It is also observed by many Buddhists in Nepal as well as by Hindus and Nepalese in practically every other part of the planet where they live.

According to Hindu religious writings, Dashain is celebrated to mark the victory of Ramayan over the evil demon-king, Ravana, and over the demon Mahisasur, who cruelly terrorized the people of India in the form of a raging water buffalo. The Hindu goddess Durga was said to be instrumental in winning these victories, so she is especially worshiped at this time. In general, the holiday season of Dashain is a celebration of “the triumph of good over evil,” though it is tied to specific Hindu stories.

The people of Nepal celebrate Dashain with great festivity. Some of their traditions associated with the holiday include flying kites, playing card games, thoroughly cleaning and ornately decorating homes, purchasing and wearing new clothing, and animal sacrifices.

Some things for tourists to look for and take part in Nepal for Dashain Festival include attending fairs, listening to Nepalese musical programs and observing processions.

For more information, go to: <https://publicholidays.asia/nepal/dashain-festival/>

Dussehra is on **October 19th**



Like Dashain, Dussehra celebrates the Hindu god Rama's victory over the demon king Ravana and the triumph of good over evil. Many people of the Hindu faith observe Dussehra through special prayer meetings and food offerings to the gods at home or in temples throughout India. They also hold outdoor fairs (melas) and large parades with effigies of Ravana (a mythical king of ancient Sri Lanka). The effigies are burnt on bonfires in the evening. Dussehra is the culmination of the *Navaratri* festival.

There are many local celebrations in some areas in India that can last for up to 10 days. Local events include:

- Performances of the *Ramlila* (a short version of the epic *Ramayana*) in Northern India.
- A large festival and procession including the goddess Chamundeshwari on a throne mounted on elephants in the town of Mysore in the state of Karnataka.
- The blessing of household and work-related tools, such as books, computers, cooking pans and vehicles in the state of Karnataka.
- The preparation of special foods, including *luchi* (deep fried flat bread) and *alur dom* (deep fried spiced potato snacks), in Bengal.

Many Hindus also believe that it is lucky to start a new venture, project or journey on Dussehra. They may also exchange gifts of leaves from the Shami tree (*Prosopis spicigera*) as a symbol of the story of the Pandavas brothers' exile in the Mahabharata stories.

For more information, go to: <https://www.timeanddate.com/holidays/india/dussehra>

United Nations Day is on **October 24th**



Commemorating the day when the United Nations was created, United Nations Day celebrates and honors all the work this organization has done to promote peace around the world and all the good it has done with its network of specialized agencies. This day is celebrated on, or around, October 24th and events are held all over the world. Traditionally, United Nations Day is celebrated with a myriad of different exhibits, discussion groups, and meetings. Activities showcase the achievements of the U.N and help to lay out its goals. However, this holiday has an even greater purpose – as represented by all those who celebrate it. For instance, many schools all over the world celebrate the diversity of their student body by honoring United Nations Day. These celebrations often include cultural performances with dancing, music, presentation, and food from different countries.

In Kosovo, United Nations Day is observed as an official non-working day. In the Philippines, schoolchildren will often dress in the national costumes of their countries of origin in order to celebrate the holiday. In the United States, the President will issue a proclamation recognizing United Nations Day. This has been done since 1946.

People all over the world can also celebrate United Nations Day on their own if they wish by showing pride in the cultural practices of their country of origin or the country of origin of their ancestors and also taking the time to learn about another culture.

For more information, go to <http://www.holidayscalendar.com/event/united-nations-day/>

Halloween is on **October 31st**



Many people around the world celebrate Halloween, which occurs annually on October 31. It is the day before All Saints' Day, and is also sometimes called All Hallows' Eve and Halloweenmas Eve. Costume parties are held and many children go trick-or-treating around this time of the year.

Halloween celebrations include costume parties where people dress as witches, ghosts, and animal figures associated with Halloween, or as fictitious characters from horror films, television shows or books. Costume parties are often held at people's homes, a hired venue, or venues that are supposedly haunted.

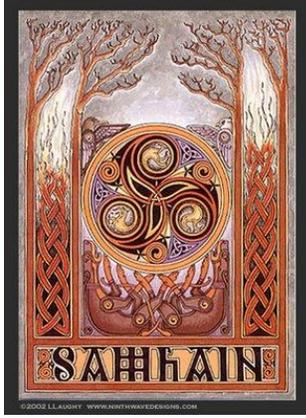
Halloween originated from the ancient Celtic festival known as Samhain, which marked the start of winter and the start of the New Year. It was believed that the spirits of the dead could return to the Earth around that time.

This date later became known as All Hallows' Eve during early Christian times and was a time to pray for the dead and honor the saints.

Many people participating in Halloween celebrations in modern times light candles in jack-o-lanterns rather than bonfires. Other elements of the Pagan celebration are retained, as Halloween is still a night to remember the spirits and other supernatural themes.

For more information, go to: <https://www.timeanddate.com/holidays/common/halloween>

Samhain begins on **October 31st** and ends **November 1st**



Samhain, (Celtic: “End of Summer”) also spelled Samain in ancient Celtic religion, is one of the most important and sinister calendar festivals of the year. At Samhain, the world of the gods was believed to be made visible to humankind, and the gods played many tricks on their mortal worshippers; it was a time fraught with danger, charged with fear, and full of supernatural episodes. Sacrifices and propitiations of every kind were thought to be vital, for without them the Celts believed they could not prevail over the perils of the season or counteract the activities of the deities. Samhain was an important precursor to Halloween.

Virtually all present Halloween traditions can be traced to the ancient Celtic day of the dead. Halloween is a holiday of many mysterious customs, but each one has a history, or at least a story behind it. The wearing of costumes, for instance, and roaming from door to door demanding treats can be traced to the Celtic period and the first few centuries of the Christian era, when it was thought that the souls of the dead were out and around, along with fairies, witches, and demons. Offerings of food and drink were left out to placate them.

As the centuries wore on, people began dressing like these dreadful creatures, performing antics in exchange for food and drink. This practice is called mumming, from which the practice of trick-or-treating evolved. To this day, witches, ghosts, and skeleton figures of the dead are among the favorite disguises. Halloween also retains some features that harken back to the original harvest holiday of Samhain, such as the customs of bobbing for apples and carving vegetables, as well as the fruits, nuts, and spices cider associated with the day.

For more information, go to: <https://www.timeanddate.com/holidays/common/halloween>

Dia de los Muertos begins on **October 31st** and ends on **Nov 2nd**



El Dia de los Muertos (the Day of the Dead), is a Mexican celebration in honor of those who have departed. The spirit of the dead are believed to visit their families on October 31st and leave on November 2nd. On this day in Mexico, the streets near cemeteries are decorated with papel picado (Mexican folk art made out of decorative craft paper which is cut into elaborate designs), flowers, candy, calaveras (skeletons and skulls), and parades. Families of the departed also make altars and place food offerings such as pan de Muertos (Mexican sweet bread of the dead) baked in the shape of skulls and figures, candles and incense, cempazuchitl (yellow marigolds), and a photo of the departed which is placed on the altar. Although Mexicans mourn the death of their loved ones, it also comes with happiness and joy. Living alongside death means that they have learned to accept death within their lives.

For more information, go to: <https://www.niu.edu/newsplace/nndia.html>

Food For Thought...

Wiener schnitzel

Wiener schnitzel from the German word Wiener Schnitzel, meaning 'Viennese cutlet', is a type of schnitzel made of a thin, breaded, pan-fried veal cutlet.



Ingredients:

- 1 1/2 pounds veal cutlets
- 1/2 cup all-purpose flour
- 3 tablespoons grated Parmesan cheese
- 2 eggs
- 1 teaspoon minced parsley
- 1/2 teaspoon salt

- 1/4 teaspoon pepper
- 1 pinch ground nutmeg
- 2 tablespoons milk
- 1 cup dry bread crumbs
- 6 tablespoons butter
- 4 slices lemon

Directions

1. Place each veal cutlet between two pieces of plastic wrap, and pound with the flat side of a meat mallet until about 1/4 inch thick. Dip in flour to coat.
2. In a medium bowl, stir together the Parmesan cheese, eggs, parsley, salt, pepper, nutmeg and milk. Place bread crumbs on a plate. Dip each cutlet into the egg mixture, then press in the bread crumbs to coat. Place coated cutlets on a plate and refrigerate for 1 hour or overnight.
3. Melt butter in a large skillet over medium heat. Cook the breaded cutlets until browned on each side, about 3 minutes per side. Remove to a serving platter, and pour the pan juices over them. Garnish with lemon slices.

Miraculous Canadian Sugar Pie

Ingredients

- 2 cups brown sugar
- 1/4 cup butter, softened
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 1/2 cup all-purpose flour
- 1 1/2 cups milk



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch pie dish.
2. Place the brown sugar and butter in a mixing bowl, and beat them together with an electric mixer until creamy and very well combined, without lumps. Beat in eggs, one at a time, incorporating the first egg before adding the next one. Add the vanilla extract and salt; beat the flour in, a little at a time, and then the milk, making a creamy batter. Pour the batter into the prepared pie dish.
3. Bake in the preheated oven for 35 minutes; remove pie, and cover the rim with aluminum foil to prevent burning. Return to oven, and bake until the middle sets and the top forms a crusty layer, about 15 more minutes. Let the pie cool to room temperature, then refrigerate for at least 1 hour before serving.

Diversity Happenings around the agency...



A Message from the Diversity Newsletter Committee

We hope you have enjoyed this issue of the Diversity Newsletter and have found the contents to be informative. Please remember that this is your newsletter and we would like to include items of interest and importance to you.

Please forward any ideas, recipes, and news about events you may have held or suggestions you may have for future editions to:

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Thank You

The Diversity Newsletter Committee