

ARWG Diversity Message for April 2024
From Capt. Melgosa,

Happy April everyone, hopefully you didn't get fooled too much this month and if you celebrate it have a great Easter. Welcome to Celebrate Diversity Month.

April is Celebrate Diversity Month, which started in 2004 to recognize the diversity that is around us every day. There are a few significant observances this month, but I would like to talk about Earth Month and World Autism Awareness Month.

Earth Day/Month has been something I have celebrated since I was a kid when we were worried about acid rain and ozone layers and started recycling soda cans and plastic bottles at school. I have done my fair share of planting trees and have zeroscaped my yard when I was stationed in the desert. And while I still do what I can to help the environment it is World Autism Awareness that affects me the most due to my youngest son being on the spectrum.

He is one of the smartest and kindest people I have ever known. He has an innate curiosity for many things and is affected on a personal level when he sees something bad happen to someone, either in real life or on shows/movies. He loves his family, friends, and music. It hurts me to know that some people will never look past his diagnosis to see the great person that he is. The interactions I have had with other kids and adults on the Spectrum have all been positive.

The following are a couple more significant observances than a breakdown by date of other events this month.

National Arab American Heritage Month

April is also National Arab American Heritage month – a time to recognize the contributions and achievements of Arab-Americans. It's a time to celebrate and learn more about the Arab heritage and identity, while connecting Arab Americans with each other.

Stress Awareness Month

Since the pandemic, many of us have become acutely aware of the impact stress can have on our lives. When we fail to manage our stress, it can affect our mental and physical health, our relationships, and our success at work. It's important to know how to recognize when you – or members of your team – are stressed and what tools can help you manage stress and build resilience.

April 2

World Autism Awareness Day

Did you know that one in 44 children and one in 45 adults have autism? World Autism Month focuses on sharing stories and providing opportunities to increase understanding and acceptance of people with autism.

April 6

National Employee Benefits Day

HR and people teams work tirelessly to provide employee benefits that truly impact their lives. That's why there's a whole day dedicated to appreciating all the planning, research and implementation that goes into employee benefits.

April 10*

Eid al-Fitr

The first of two canonical festivals of Islam, Eid al-Fitr is the "Festival of Breaking Fast," marking the end of Ramadan. This holiday is a time to get together with friends, give gifts, wear new clothes, and visit the resting places of dead relatives.

April 12

Day of Silence

All around the country, students and allies take a vow of silence to protest the harmful effects of harassment and discrimination of LGBTQ+ people in schools. The day often ends with rallies and events where students can share their experiences and bring attention to ways schools and communities can become more inclusive.

April 15

National ASL Day

Did you know that the first lasting school for the deaf opened on April 15, 1817? Over 200 years later, we celebrate American Sign Language on April 15th.

April 22

Earth Day

Earth Month encourages us to raise environmental awareness, including awareness of the issues affecting our planet. (Note: April 22 is Earth Day, one of the largest secular observances in the world, marked by over 1 billion people each year. First held in 1970, this holiday is observed as a day of action to create global, national, and local policy changes to positively impact the environment.)

April 23*-30

Passover

One of the most widely observed holidays in the Jewish religion, Passover is a weeklong festival commemorating the Israelites' escape from slavery in Egypt. This holiday includes several rituals, including the seder – a traditional Passover meal with the retelling of the exodus tale.

April 24

Administrative Professionals Day

Keeping the company office running smoothly is no small feat – whether in-person, fully remote or hybrid. Administrative Professionals Day was created to recognize those who work behind the scenes to keep things organized and efficient.