

ARWG October Diversity Message

Announcement: I want to take a moment and let you all know that I have added Captain Robert Melgosa (115th) and Major Garrick St. Pierre (801st) to the ARWG Diversity team, if you will take a moment when you see them and say thank you for helping the ARWG Diversity team. Look forward to messages coming from them soon.

Among other observances, October is **Global Diversity Awareness Month**. Now you might ask, “why do we need Diversity?” I have heard this many times, so I know it is on some of your minds. Well, I, for one, am unfamiliar with many other cultures and observances outside of my normal social spheres. By celebrating diversity, we get to learn a little more about someone else, and give them a chance to shine. It helps others to feel a sense of belonging, inclusion, and gives us a little insight into something outside of our norm.

As a dedicated, lifelong learner, I embrace the opportunity to learn something new about the world around me, and enjoy sharing that with you. Sometimes, I find similarities between groups that I hadn’t realized were there, and this helps in making connections with others.

From National Today, **5 Ways We’re All Better Because of Diversity:**

1. Diversity prepares you for work in a global society
2. Diversity increases your knowledge
3. Diversity prepares you for career success
4. Diversity enhances social development
5. Diversity enhances self-awareness

How to Celebrate:

1. Connect with People - make a friend on the other side of the world.
2. Learn about another culture - any culture, just pick one. Do some research.
3. Make an effort to stay informed - keep up with global happenings and events. (I personally don’t like this part, current events are often depressing, but knowing what is happening is an easy way to be aware of things that are important to and affect those around us).

October is also **Breast Cancer Awareness Month**. If you haven’t had a breast exam lately, or ever, now is the time to schedule that. Guys, this means you as well. The third week in October is **Male Breast Cancer Awareness week**. It may be rare for you guys, but it still affects some of you. Do self exams, call a doctor if you find anything suspicious. Don’t roll your eyes, and ignore this, it’s super easy to do.

October 9th was **Indigenous People’s Day** and though it currently coincides with Columbus Day, there is a current campaign to change Columbus Day to Indigenous People’s Day completely. In South Dakota it’s known as Native Americans’ Day, Hawaii calls it Discoverers’ Day, and in the State of Alabama it’s known as American Indian Heritage Day.

October 10th was **World Mental Health Day**. Over 50% of the LGBT community and 20% of all adults have experienced mental illness. Even though the day has passed, take a moment, and reach out to someone today, let them know you are there for them. Sometimes we all just need someone to talk to.

Religious Observances for October

October 15 to October 24 – Navaratri: A festival in the Hindu faith that celebrates the Goddess Durga

October 16 – Birth of the Bab: A day honoring the birthday of a co-founder of the Baha'i faith

October 17 – Birth of Baha'u'llah: One of the nine holy days in the Baha'i faith that honors the birthday of one of the co-founders.

October 24 – Dussehra: The final day of 10 Hindu holy days that honors Asuj Navratras

If you have any questions, suggestions or replies, don't hesitate to reach out and let me know.

Major Janice Podgurski