EMBRACING DIVERSITY & INCLUSION
NEWSLETTER
Volume 5, Issue 3
October 2016

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“It is time for parents to teach young people early on that in diversity there is beauty and there is strength.”
- Maya Angelou
October is a time when several awareness months, heritage months and holidays are celebrated. With all of these important causes and celebrations of culture receiving attention this month, there is increased opportunity to advocate for inclusion within our diverse community.

These are a few of the awareness months, heritage months, and holidays celebrated in October:

Awareness Months
- Mental Illness Awareness Week
- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- National Disability Employment Awareness Month
- Bullying Prevention Month
- Down Syndrome Awareness

Heritage Months
- Italian American Heritage Month
- Polish American Heritage Month
- Hispanic Heritage Month (Sept. 15-Oct. 15)

Holidays
- Rosh Hashanah (Jewish New Year)
- Yom Kipper (Day of Atonement)
- Muharram (Islamic New Year)
This year’s National Disability Employment Awareness Month (NDEAM) theme is “#InclusionWorks”, reflecting the important role disability plays in workforce diversity. Observed each October, NDEAM celebrates the contributions of workers with disabilities and educates our society about the value of a diverse workforce inclusive of their skills and talents.

Signed into law in 1990, the Americans with Disabilities Act (ADA) is civil rights legislation that works to increase the inclusion of people with disabilities in all aspects of community life, including employment. NDEAM works toward ensuring that the promise of the ADA is realized, not only for today’s workers with disabilities, but also future generations.

“Talent Has No Boundaries: Workforce Diversity INCLUDES: Workers With Disabilities” - United States Department of Labor

Click here to learn more about NDEAM and the ADA.

“My disability is one part of who I am.”

At work, it’s what people CAN do that matters!
Coming Out (verb):
Coming out is when a person accepts and appreciates their sexual orientation or gender identity and shares it with others. It may be a lifelong process. An individual may be "out" to important people in their life, but may continually "come out" to new people such as medical providers, new friends and co-workers.

Coming out and living openly aren’t something you do once, or even for one year. It’s a journey that is made every single day. Every coming out experience is unique and must be navigated in the way most comfortable for the individual. Whether it's for the first time ever or the first time today, coming out can be an arduous journey. It is also a brave decision to live openly and authentically.

On October 11, 1987, half a million people participated in the March on Washington for Lesbian and Gay Rights. It was the second such demonstration in our nation's capital. Four months later, 100 lesbian, gay, bisexual, transgender, and queer activists gathered and came up with the idea of having a national celebration of coming out and chose the anniversary of the October 11 March on Washington to mark it.

Each year on October 11, National Coming Out Day continues to promote a safe world for LGBTQ individuals to live truthfully and openly. National Coming Out Day isn’t so much about coming out on this specific day as it as about increasing awareness about issues surrounding life both in and out of the closet.

Celebrate National Coming Out Day at SIUE
Tuesday, October 11, 11 am—1 pm
MUC Goshen Lounge
Hosted by the Office of Institutional Diversity & Inclusion
As Hispanic Heritage Month comes to an end in mid-October, the SIUE community is offering a few more ways to celebrate this diverse culture.

**Latin Night, October 8, 6 pm - 9 pm**
**MUC Hickory Room**

Alpha Psi Lambda, in collaboration with Gamma Phi Omega, Campus Activities Board, and Hispanic Student Union, are hosting a first annual Latin Night. This event on October 8th will incorporate music, dance lessons and much more! Alpha Psi Lambda is a Hispanic/Latino based fraternity that emphasizes the importance placed on academics, diversity, and community involvement.

**Film Showing:**
**Viva La Causa: The Story of César Chávez**
**October 13, 11 am - 12 pm**
**MUC Goshen Lounge**

This film shown in honor of Hispanic Heritage month will kick off the Fall 2016 Diversity and Inclusion Film Series. This film tells the story of how the powerless stood up to the powerful and gained victory through non-violent means.
CALLING ALL STUDENT PARENTS: Parent University is Here For You!

The objectives of the program are the following:

1. Provide a space for students who are parents to talk, encourage each other, and share ideas for balancing life, parenting and school.

2. Provide suggestions to the university on how to support and retain students who are balancing school and parenting.

3. Provide a space where parents can celebrate their resilience and strengths in balancing school, work and parenting.

4. Finally, have some fun, share a few laughs and build a network of support.

Parent University is a pilot mentoring program for students who are also parents. The goal of the mentoring program is to provide support to students who have to balance a number of roles and still work to complete their education.

To register, please click here
For more information, please contact 650-5382 or siueidi@siue.edu

Friday, October 21st
4:30 p.m. – 6 p.m.
MUC, 2nd Floor
Multicultural Center

Friday, November 4th
4:30 p.m. – 6 p.m.
MUC, 2nd Floor
Multicultural Center

Friday, March 3rd
4:30 p.m. – 6 p.m.
MUC, 2nd Floor
Multicultural Center

Friday, April 14th
4:30 p.m. – 6 p.m.
MUC, 2nd Floor
Multicultural Center
## Upcoming Diversity & Inclusion Events

### OCTOBER 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location &amp; Time</th>
<th>University Units and/or Organizations contacted for collaborations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, October 3</td>
<td><strong>Black Lives Matter Conference: We Are One...Are We?</strong></td>
<td>8 a.m.-11:30am MUC Conference Center</td>
<td>Historical Studies Department, Marketing and Communications, Conference Services Entire University Community</td>
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<tr>
<td>Thursday, October 6</td>
<td><strong>Celebrating Italian and Polish American Month and German American Day</strong></td>
<td>11 a.m. – 1 p.m. MUC Goshen Lounge</td>
<td>Office of International Student &amp; Scholar Services Foreign Language &amp; Literature</td>
</tr>
<tr>
<td>Saturday, October 8</td>
<td><strong>Latin Night</strong></td>
<td>6 p.m.—9 p.m. MUC Hickory Room</td>
<td>Entire University Community</td>
</tr>
<tr>
<td>Tuesday, October 11</td>
<td><strong>Celebrating National Coming Out Day</strong></td>
<td>11 a.m.-1 p.m. MUC Goshen Lounge</td>
<td>Safe Zone Gay Straight Alliance</td>
</tr>
<tr>
<td>Thursday, October 13</td>
<td><strong>Film: Viva La Causa: The Story of Cesar Chavez</strong></td>
<td>11 a.m – 12 p.m. MUC Goshen Lounge</td>
<td>Entire University Community</td>
</tr>
<tr>
<td>Monday-Friday, October 17-21</td>
<td><strong>Diversity Week</strong></td>
<td>Student Government</td>
<td>Entire University Community</td>
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<tr>
<td>Monday, October 17</td>
<td><strong>International Day for the Eradication of Poverty</strong></td>
<td>11 a.m.-2 p.m. MUC Display Table</td>
<td>Alliance of Students Against Poverty Social Work Department</td>
</tr>
<tr>
<td>Thursday, October 20</td>
<td><strong>Campus Activities Board Event: Taste of Culture</strong></td>
<td>10:30 a.m.-2 p.m. MUC Goshen Lounge</td>
<td>Entire University Community</td>
</tr>
<tr>
<td>Friday, October 21</td>
<td>**Parent University Part 1: “Who Am I? Balancing Life As A Student Parent”</td>
<td>4:30 p.m.-6 p.m. MUC, 2nd Floor Multicultural Center</td>
<td>Counseling Services University Housing</td>
</tr>
<tr>
<td>Monday, October 24</td>
<td><strong>United Nations Day</strong></td>
<td>11 a.m.-1 p.m. MUC Goshen Lounge</td>
<td>Office of International Student &amp; Scholar Services</td>
</tr>
<tr>
<td>Tuesday, October 25</td>
<td><strong>Celebrating National Disability Employment Awareness Month</strong></td>
<td>9 a.m.-4 p.m. Educational Display 2nd floor MUC</td>
<td>Disability Support Services Career Services</td>
</tr>
<tr>
<td>Friday, October 28</td>
<td><strong>Diwali (Indian festival of Lights)</strong></td>
<td>7 p.m.-10 p.m. MUC Meridian Ballroom</td>
<td>Entire University Community</td>
</tr>
</tbody>
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Month in Review: SEPTEMBER 2016

Diversity & Inclusion on Campus

The Celebrating Hispanic Heritage Month event was held on Monday September 19 in the MUC Goshen Lounge. Several student organizations participated in sharing and celebrating Hispanic/Latino culture with the SIUE community.

SIUE launched a new event series to raise awareness about what we can do to work towards preventing suicide in our community. Counseling Services and Student Government recognized International Suicide Prevention Awareness Week on September 6th through 12th. The week included a film screening, informational booths and a community art project directed by the Student Art Therapy Association. Perhaps one of the most moving events of the week was the Send Silence Packing exhibit held in the MUC Quad. Send Silence Packing is a nationally recognized traveling exhibition of 1,100 donated backpacks, representing the number of college students lost to suicide each year. Over 250 of the backpacks have personal stories, photos, and messages attached, from loved ones affected by suicide. This event will be followed by free depression screenings on October 4 from 11am-2pm in the Goshen Lounge.

National Day of Encouragement was celebrated on Monday September 12. On this day, messages of encouragement were passed out to the SIUE community, in hopes of spreading kindness and empowerment throughout the university.

See something missing from this "Month in Review" that you feel celebrated diversity and inclusion in the SIUE community? We want to hear from you! Contact siueidi@siue.edu
The Multicultural Center is located on the 2nd floor of the Morris University Center:
Come see us Monday – Friday from 8:30 a.m. – 4:30 p.m.

Up to 10 pages of FREE PRINTING is now offered to students/student organizations in the Multicultural Center!

Have you liked us on Facebook?
Keep in touch with the Multicultural Center!
Remember to check out news & events on our:
Facebook, Twitter, & Instagram pages.

#siue  #siuemcc
EMBRACING DIVERSITY & INCLUSION

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TASTE OF CULTURE

recipes

OCTOBER IS
Italian-American Heritage Month

PENNE PASTA WITH SPICY SAUSAGE
PENNE CON SALSICcia PICCANTE

“Salsiccia Calabrese” or “soppressata” are the names to look for when buying the key element of this recipe. It is a chorizo-like pork sausage made in the Calabria region of Italy, but with added spice from chilies and hints of fennel.

Ingredients:

- 400 g (14 oz) Penne rigate pasta
- 75 ml (3 fl oz) Extra virgin olive oil
- 1 Clove of garlic (sliced)
- 90 g (3 1/2 oz) Spicy Italian sausage
- 1 tablespoon of tomato purée
- A small handful of parsley (finely chopped)

1. Put the olive oil into a wok (or a deep frying pan) and heat it on a medium-low heat.
2. Add the garlic and sweat off for few minutes until the garlic becomes slightly golden, then remove it.
3. Turn the cooker to low heat and add the sausage discs.
4. Stir for a couple of minutes.
5. Add the tomato purée.
6. Give a quick stir in order to melt the tomato purée in the olive oil.
7. Then, add the parsley.
8. Stir for 30 seconds and turn the heat off.
9. When you are draining the pasta, turn the cooker on again and pour the pasta into the wok.
10. Stir to coat all the pasta with sauce and serve immediately.

Buon appetito!

Recipe from: italyum.com
National Coming Out Day Word Search

Bisexual  Gay  Identity
Love  Equality  Inclusive
Transgender  Ally
Lesbian  Gender