NSULA Gail Metoyer Jones
Center for Inclusion and Diversity

November is Native American Heritage Month

Tracing its origins to 1916 commemorating “American Indian Day” in New York State, President George H. W. Bush signed into law a joint resolution designating the month of November as the first National Native American Heritage Month in 1990.

Ways to Celebrate:

- Recognize What Native Land You Are On.
- Participate in Native American Cultural Events.
- Explore Native American Cuisine.
- Read Native American Literature.
- Listen to Native American Podcasts.
- Support Native American Art and Artists.
- Engage with Native American Communities.

Upcoming Event:

Imagining The Indian: The Fight Against Native American Mascoting
Film Screening + Panel Discussion
Varnado Hall Ballroom
Monday, Nov. 13 at 5:30pm

VISIT OUR WEBSITE
Upcoming Events

Strategic Management Class and the CID presents:

Size and Body Image NICSS
Russell Hall Room 223
**Tuesday, Nov. 14 at 11:00am**

Join us in the NICSS session to learn more about how our campus can prevent size and body discrimination.

Cultural Bridge Builders will be hosting a booth at the Boys and Girls Clubs of Acadiana Fall Festival

**Thursday, Nov. 16th at 5pm-7pm**

400 Martin Luther King Dr
Natchitoches, LA 71457

Last Month

We celebrated Hispanic Heritage Month in many ways! We hope to see you next year!

To celebrate Creole Heritage Month we hosted Dr. Lindsay Gary and her documentary “Who Yo People?”

Tip of the month

**Use gender-inclusive language.**

Research has shown that using gender-inclusive language at work is associated with better well-being for employees who identify as LGBTQ, so ensure that the language you use is gender-neutral. For example, using “people” instead of “guys” can make everyone feel included.

Dates to Know

**International Men’s Day**

**November 19**

International Men’s Day celebrates worldwide the positive value men bring to the world, their families and communities. This day highlights positive role models and raises awareness of men’s well-being. The theme for 2023 is “Zero Male Suicide”. Together we can stop male suicide.

WAYS TO HELP:

- DONATE TO CAUSES ASSOCIATED WITH MEN’S MENTAL HEALTH
- ASK A MAN ABOUT HIS MENTAL HEALTH
- EDUCATE YOURSELF ON WAYS TO PREVENT MALE Suicide

**Transgender Day of Remembrance**

**November 20**

Transgender Day of Remembrance (TDOR) was started in 1999 by transgender advocate Gwendolyn Ann Smith as a vigil to honor the memory of Rita Hester, a transgender woman who was killed in 1998. The vigil commemorated all the transgender people lost to violence since Rita Hester’s death, and began an important tradition that has become the annual Transgender Day of Remembrance.