

THE OFFICE OF EQUITY AND INCLUSION

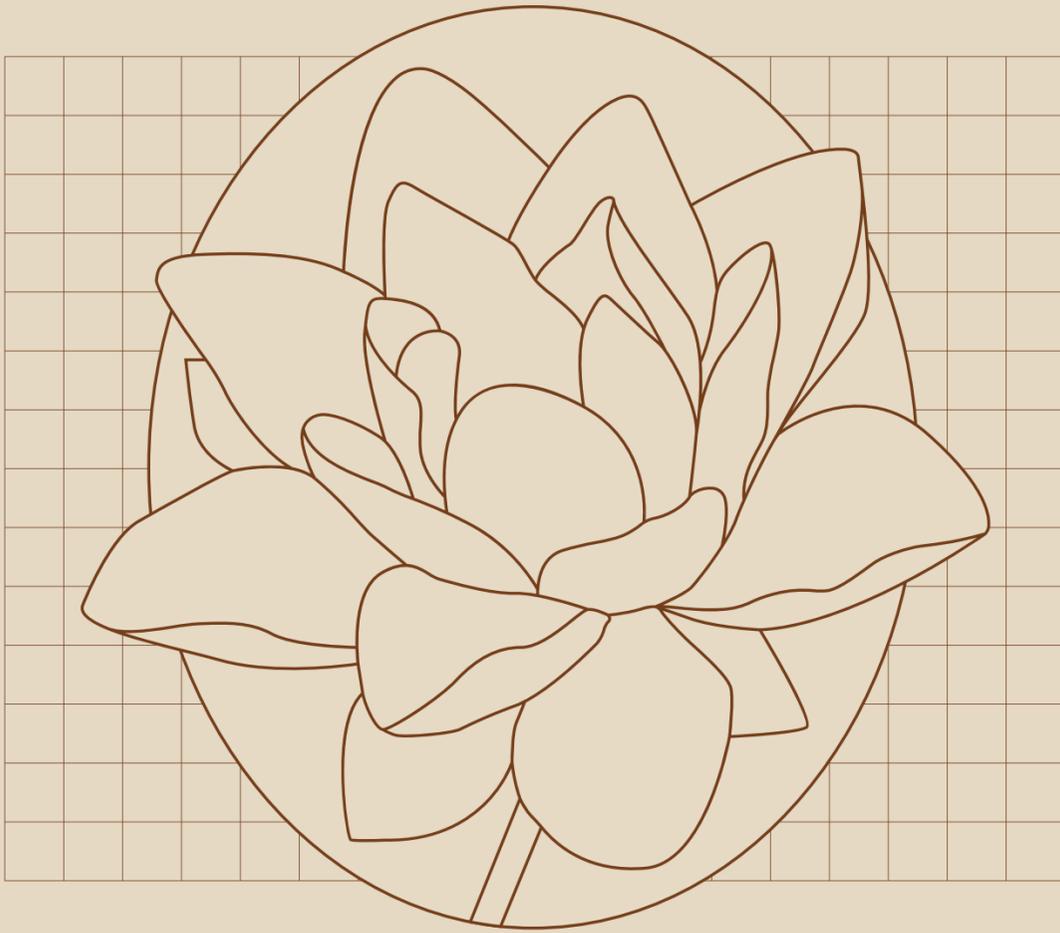
**ASIAN AND  
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ISLANDER**

**HERITAGE MONTH**



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# In this Issue

- Diversity & Equity Center
- Asian and Pacific Islander Month
- Mental Health Awareness Month
- Facts about Cinco De Mayo

# Important Dates & Upcoming events

- Wellness Fest
- Spring Fest
- Movie Showing:
  - Everything Everywhere All At Once

# Diversity & Equity Center

*The Diversity and Equity Center is a space where everyone is welcome! The goal is to reach the entire campus community – students, faculty, and staff. Please join us in our effort to explore equity and inclusion initiatives and learn from each other. We also invite you to stop in and share your traditions and holidays with us. The more we learn about each other, the more our global community can thrive and we invite you to be a part of this important journey.*

The Diversity and Equity Center showed the documentary No Impact Man on April 27th and had a discussion that centered on the accessibility of sustainability. We also had wonderful art pieces installed in our space, so please come visit us when you have a moment to admire student and guest artists work. We are located in CC1-002.



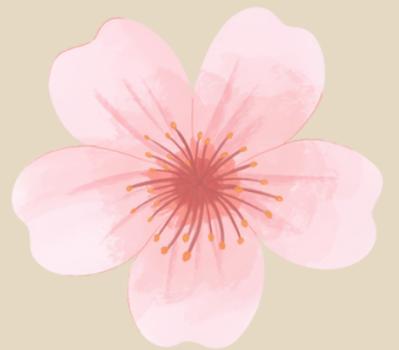
# Important Dates

## AAPI Month

Asian and Pacific Islander Month (AAPI) is a celebration of Asian and Pacific Islanders people and culture in the United States. The Asian and Pacific islands encompasses all of the Asian continent and the Pacific islands of Melanesia, Micronesia and Polynesia. AAPI Month marks the immigration of the first Japanese person to come to the United States on May 7, 1843, and the completion of the transcontinental railroad on May 10, 1869. The majority of the workers constructing the railroad were Chinese immigrants and AAPI heritage month honors the contribution of Asians and Pacific Islanders in U.S. history and calls people's attention on the culture. ([asianpacificheritage.gov](http://asianpacificheritage.gov))

## Cinco De Mayo

Contrary to popular belief, Cinco De Mayo is not Mexican Independence Day (which is actually Sept. 16th this year). It is actually the commemorative day the day that Mexico won a battle during the Mexican-French. While in the U.S. they call it Cinco De Mayo, the day's official name is El Dia de la Batalla de Puebla or "The Day of the Battle in Puebla". During this battle, many thought that Mexico wouldn't be able to win but they beat the odds and came out victorious. As part of the "Good Neighbor Policy" Franklin D. Roosevelt wanted to celebrate the day and recognize the signfigants of the battle and lucky students in Mexico also get the day off from school. (2023, [history.com](http://history.com))



# Mental Health Awareness Month

From Tamara Wood and the Mental Health Club:

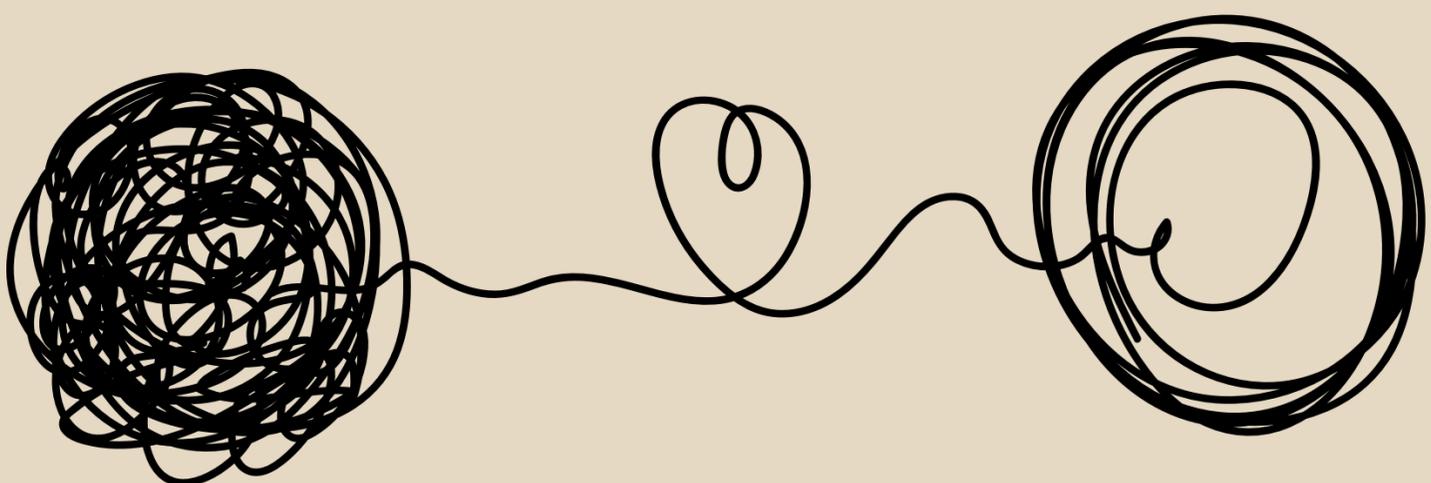
Hello fellow Kodiaks,

As a Mental Health Club officer, I wanted to bring awareness to Mental Health Awareness Month and send some resources your way as we move through the last half of the Spring quarter. The Mental Health Club at Cascadia partners with NAMI, a national organization and local partners, the Health and Wellness Center, and the Counseling Center, among many others. This past year we have hosted events to help promote mental health and well-being on campus and we've also advocated for an increase in counseling and health and wellness services here on campus.



Also, a reminder to not forget that Cascadia students have free access to the counseling center for intake appointments or if they are having a mental health crisis. I recently have had to use the center as I felt the early stages of a panic attack, and they did an excellent job in helping me find grounding so I could continue on to my class.

Visit our [link tree](#) to learn more about the club, find campus resources and also some really helpful resources from NAMI.



# Events



## Wellness Fest

The Office of E&I is participating in Wellness Fest this year! Please join us on May 11th from 12:30-4:00pm to learn de-stressing and anxiety reducing techniques in the ARC Overlook.

## Movie Showing

The Diversity and Equity Center will be showing Everything Everywhere All At Once on May 10th at 12pm in the Center (CC1-002)

The discussion to follow will talk about representation in media and the (Asian-American) identity.



## Spring Fest

Spring Fest is happening at the end of the month and the Center will be hosting a food tour and information session on desserts found around Asia and the Pacific Islands. Keep an eye out on our social media for updates.