

OCTOBER NEWSLETTER

Welcome to the Fall Quarter!

Excitement is in the air, and a lot is happening this quarter. Check out our events and stop by the Diversity & Equity Center to say hello, eat a treat, and meet our new intern, Kylah, and our returning ambassador, Robert. Also, let us know if you'd like to collaborate - we love opportunities to team up.

As we move through the year, we hope to heed this invitation: "Dare to use your voice for those who lost their[s]...Dare to make love a part of your life."

Michaela Deprince.



This Month's Celebrations

Hispanic Heritage Month

Filipino American History Month

Disability Employment Awareness Month

2: International Day of Non-Violence and Mahatma Gandhi's Birthday

10: World Mental Health Day

14: Indigenous Peoples Day

31: Halloween



Filipino American Heritage Month

Kira McBride

Filipino American History Month commemorates the rich heritage and contributions of Filipino Americans to the United States. Filipino American History Month was first introduced in 1992, but later officially recognized by U.S. Congress in October 2009. Filipinos first arrived in what is now Morrow Bay, California on October 18, 1587 from the Spanish galleon Nuestra Señora de Buena Esperanza, and Filipino American history month was established to celebrate this first significant wave of Filipino immigration.

Filipino Americans have made significant impacts in U.S. history, including notable contributions to aid the U.S. during World War II, both in military service and in support roles. Thousands of Filipinos served in the U.S. armed forces and supported on the home front by working in defense industries, providing labor in factories, and participating in civil defense activities. Then after the war, Filipino healthcare workers helped fill the nursing shortages in the U.S. Today, Filipinos continue to have a strong presence in the American healthcare system, oftentimes fighting on the frontlines in bedside and critical care units. Filipino Americans have also contributed to the labor and civil movements in the U.S. Larry Itliong serves as an influential figure, particularly in the labor movement and the fight for farmworker's rights. The Delano grape strike of 1965 was a labor strike organized by Itliong's Agricultural Workers Organizing Committee (AWOC). The effective implementation of boycotts, along with the partnership between Filipino and Mexican farm workers to unionize farm labor led to the creation of the United Farm Workers (UFW) movement, with Itliong among the leaders of the organization. The UFW continues in activism and protects thousands of farm workers in California, Oregon, and Washington state.



Filipino American Heritage Month

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Filipinos have influenced American society in many ways including, but definitely not limited to, cuisine and entertainment. Filipino food has gained popularity across the U.S, with fried chicken and burgers at Jollibee, which has a location in Tukwila, to Michelin star Kasama in Chicago. Popular Filipino dishes include Adobo (meat simmered in vinegar, soy sauce, and garlic), Lumpia (deep-fried spring rolls), and Sinigang (sour and savory soup/stew). Not one restaurant or family makes their dishes the same, so I highly encourage trying Filipino food every chance you get! Along with cuisine, Filipinos have been in the spotlight in the entertainment industry, including popular musicians like Bruno Mars, Nicole Scherzinger, and Olivia Rodrigo, actors Vanessa Hudgens, Manny Jacinto, and Dave Bautista, and former Seahawks player, Doug Baldwin.

Filipino American history deserves to be more visible and recognized. We oftentimes are left out of history books, despite the strong contributions in history from the community. A great place to start would be including Filipino American history in curriculum. Hawaii was actually the first to offer a Filipino history course, an initiative led by a group of Filipino students. And for the first time, Seattle public schools now offer a Filipino American history course for high school students. I hope that this sparks initiatives to include Filipino American history curriculum in more schools, including Cascadia.



Filipino American Heritage Month

Kira McBride

I am half Filipino, and half white. by being mixed race, I oftentimes found myself struggling with my cultural identity, not sure how to balance the traditional Filipino values my mom taught me with the American norms I was surrounded by. As I've gotten older, I've learned to appreciate both sides of my upbringing because they make me who I am today. I'd like to share a bit about what being Filipino means to me: it all starts with my mom, who is my hero. a child of 10 siblings, she left home at age 12 to work as a caretaker to send money back to her family. she later survived the eruption of Mount Pinatubo. Then left everything she ever knew to move to the United States and begin a new life with my dad. Her experience is a testament to her strength and resilience. From what I have lived and observed through the community and my mom's story, I believe that resilience is the epitome of Filipino culture. Filipinos are remarkably adaptable in the face of adversity, whether it's economic hardship, natural disasters, or migration. we always find, or even create a community around us. We use humor, faith, and traditions to cope in times of hardship and we are proud to be Filipino.



Filipino American Heritage Month

Kira McBride

Here are some ways you can participate in Filipino American History Month, and learn more about Filipino culture:

- Eat at Jollibee: <https://www.jollibeefoods.com/>
- Eat/drink at Hood Famous Cafe + Bar: <https://www.hoodfamousbakeshop.com/>
- Read Arsenic and Adobo (a cozy mystery novel written by a Filipina author, with a Filipina main character): <https://www.goodreads.com/book/show/54351235-arsenic-and-adobo>
- Visit the Wing Luke Museum: <https://www.wingluke.org/eventscalendar/2024-filipino-presence-in-seattle-cid-on-site>
- Watch Trese (animated TV series based on the Filipino comic series): <https://www.netflix.com/title/81012541>
- Watch Lolo and the Kid (Filipino drama film): <https://www.netflix.com/title/81750553>
- Cook sinigang (my favorite food): <https://www.kawalingpinoy.com/sinigang-na-baboy/#wprm-recipe-container-17881>

Links to more resources:

- Learn about Filipino nurses: <https://time.com/6051754/history-filipino-nurses-us/>
- Learn about Larry Itliong: <https://www.nps.gov/people/larry-itliong.htm>
- Learn about United Farm Workers: <https://ufw.org/about-us/our-vision/>
- Learn about Delano Grape Strike: https://en.wikipedia.org/wiki/Delano_grape_strike
- Hawaii offers Filipino history curriculum: <https://www.hawaiinewsnow.com/2023/10/29/hawaii-be-first-offer-filipino-history-culture-course-public-school-curriculum/>
- Seattle offers Filipino American history class: <https://www.seattletimes.com/seattle-news/education/seattle-public-schools-offers-new-filipino-american-history-class/>

More ways to celebrate Filipino American history month:

<https://artsandculture.google.com/story/10-ways-to-celebrate-filipino-american-history-month/4wXB6NUFZ2t0cQ?hl=en>



Disability Employment Awareness Month

October is National Disability Employment Awareness Month (NDEAM), which celebrates the contributions of people with disabilities to the workforce. NDEAM also brings awareness of the many barriers the community still experiences in achieving economic stability. Yet...research shows that employees with disabilities add significant value to the workplace. The Accenture report, for example, found that companies leading on disability inclusion had “1.6 times more revenue, 2.6 times more net income and 2 times more economic profit than other companies... outperform[ing] industry peers in productivity by 25%.” You can learn more with these resources from The Arc:

- Companies That Lead in Disability Inclusion Outperform Peers Financially (Accenture)
- Disability as a Source of Competitive Advantage (Harvard Business Review)
- Seven Reasons Why Hiring People With Disabilities Is Good for Business (Forbes)

Join us to watch the documentary “Let’s Work,” following the journey of eight young adults as they navigate the job market.



Solid Foundations: Allyship

In the Foundations course, we begin discussing allyship with this title: “Allyship and Why You Shouldn’t Call Yourself an Ally?” (Foundations of E&I Course) Why? Because allyship is a long process of building trust, consistency, and accountability. More importantly, allyship is not self-defined.

1. A Definition:

“An ally is any person that actively promotes and aspires to advance the culture of inclusion through intentional, positive and conscious efforts that benefit people as a whole.”

Atcheson, S. (2021, December 10). Allyship - The Key to Unlocking the Power of Diversity. FORBES.

<https://www.forbes.com/sites/shereeatcheson/2018/11/30/allyship-the-key-to-unlocking-the-power-of-diversity/#3e1977c449c6>

The operative word is “actively.” Allies do their homework, listen to the communities they seek to be an ally for, and take the time to build the bridges and connections to do the work.

2. Resource:

This short video offers a quick way to understand allyship. It reminds us that if we want to help a friend with something we’ve never done before, say, building a house, we “should put on some protective gear and listen to the person in charge” or someone might get hurt.

[5 Tips For Being An Ally - YouTube](#)

3. Takeaway

The world needs bridgebuilders and allies, maybe more than ever. We do not need to achieve a “state of perfection” to be an ally. We do need, however, to pay attention, listen to, and learn with the communities we want to engage with. Allyship “is about their perception of you and not your perception of yourself.” (Foundations of E&I Course)



Indigenous Peoples' Day

In its 2021 proclamation in Indigenous Peoples' Day, President Biden formally marked the date's celebration. The President highlighted "the invaluable contributions and resilience of Indigenous peoples," acknowledging "their inherent sovereignty," and committing the federal government to honor its obligations to Tribal Nations.

Before the formal federal proclamation, cities, and states observed the day. Indigenous Peoples proposed the celebration concept at a United Nations meeting in 1977.* South Dakota became the first state to celebrate it in 1989,*

Indigenous Peoples' Day offers an alternative to celebrating Columbus Day. The shift invites reflection on a more comprehensive understanding of U.S. History - "It's all about reflection, recognition, celebration education." Mandy Van Heuvelen, Smithsonian's National Museum of the American Indian.

Mark your calendars to celebrate the date at Cascadia. Dr. Begay is hosting a large event on Monday, October 14, at Mobius Hall, with the participation of the City of Bothell and various local school districts. We hope you can join the Cascadia community in learning about and celebrating the date together.

*<https://www.npr.org/2021/10/11/1044823626/indigenous-peoples-day-native-americans-columbus>



At the Diversity & Equity Center



There is a lot coming up at the Center. Please save these dates - we hope you can make it!

10/1 (11:30 -1pm): Meet us Outside: Tabling with E&I! Visit our tent to learn about the Diversity & Equity Center, the Scholars Program, and resources around campus. Or...simply stop by to say hello and enjoy a treat!

10/2 (12pm-1pm and 5:30pm-6:30pm): Eat Dessert First: Why not? The year is off to a great start and we (always) deserve a treat.
10/16 (1:30pm-

10/16 (1:30pm -3:30pm): Movie screening: "A Million Miles Away." Learn about the true story of José Hernández, from his origins in a migrant farm worker family to his career as an astronaut.

10/22 (11am-12pm; CC1-011): Bystander Intervention Workshop. Learn about strategies to safely intervene and deescalate tense encounters. The Chinese Information and Service Center (CISC) expert facilitators will help us understand the nuts and bolts of safe intervention.

10/29 (12pm-1pm; CC1-002): Story Circle – Trust. Join the E&I Team for our Story Circle Series. Once a quarter, we'll offer a space for listening to each other's stories. This fall, our theme is "Trust." Story Circles are effective tools for healing, restorative justice, and the joy that comes from being in community.

10/29 (2:30 -2:30pm): Documentary screening: "Let's Work." Learn the stories of eight young adults with disabilities as they find their place in the workforce.

10/30 - 11/5 (all day; CC1-002): Ofrenda at the D&E Center. Visit the Ofrenda and learn about its significance as a celebration of El Día de Los Muertos



(Free) Community Resources

Indigenous Peoples Day

<https://www.seattleurbannatives.org/events-calendar/2024-indigenous-peoples-day-citywide-celebration>

Hispanic Heritage Month:

<https://www.mexamnwfestival.com/>

<https://visitseattle.org/press/press-releases/hispanicheritagemonth/>

<https://intentionalist.com/blog/latinx-heritage-month-2024/#:~:text=Keep%20an%20eye%20on%20our,Latinx%20Downed%20business%20you%20love.>

<https://guides.lib.uw.edu/research/lacs/books>

El Día de Los Muertos

[Día de Muertos Festival Seattle \(seattlecenter.com\)](https://seattlecenter.com)
[\(20+\) Day of the Dead in Seattle opening day FREE. Día de los Muertos en Seattle inauguración. GRATIS. |](#)

[Facebook](#)

[Día de los Muertos - El Centro de la Raza](#)

[Día de los Muertos - City of Kirkland \(kirklandwa.gov\)](#)

[Events | King County Library System | BiblioCommons](#)

[Dia de los Muertos - Metro Parks Tacoma](#)

[2024 Dia de Los Muertos Tickets, Fri, Nov 1, 2024 at 6:00 PM | Eventbrite](#)

