

# 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.

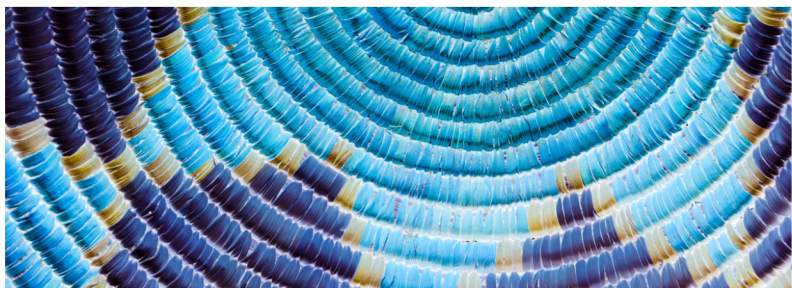
## **Ways to Celebrate:**

- 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





## 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



### **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.



**INTERNATIONAL  
MENS DAY**



## 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.