



Maron Marvel Bradley Anderson & Tardy LLC
2021 Diversity Calendar
May 2021

Day(s)	Group, Culture or Cause Recognized
All Month	<p data-bbox="459 541 1432 835"><u>ASIAN PACIFIC AMERICAN HERITAGE MONTH</u> Asian Pacific American Heritage Month recognizes the contributions and culture of Asians and Pacific Islanders in the United States. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. Most of the workers who laid the tracks on the project were Chinese immigrants.</p> <p data-bbox="459 877 1417 1129"><u>HAITIAN HERITAGE MONTH</u> Haitian Heritage Month is a celebration in the United States of Haitian heritage and culture. It is an expansion of the Haitian Flag Day, a significant patriotic day and celebration in Haiti and the Diaspora. It was first celebrated in Boston, Massachusetts, in 1998. Massachusetts has the largest population of Haitians and/or Haitian Americans in the United States.</p> <p data-bbox="459 1171 1414 1507"><u>JEWISH AMERICAN HERITAGE MONTH</u> Jewish American Heritage Month honors the contributions of Jewish people to American culture, history, military, government, and more. Formally proclaimed in 2006 by President George W. Bush, Jewish American Heritage Month was the result of a concerted effort by American Jewish leaders to introduce resolutions in both the U.S. Senate and the House urging the President to proclaim a month specifically recognizing Jews in America and their contributions to the United States.</p> <p data-bbox="459 1549 1422 1801"><u>MENTAL HEALTH AWARENESS MONTH</u> Mental Health Awareness Month has been observed in May in the United States since 1949 by media outlets, local events, and film screenings. It was started by the Mental Health America (MHA) organization. Each year in May, MHA and its affiliates conduct a number of activities based upon a different theme and offering toolkits in furtherance of the theme. Click here to download the 2021 toolkit.</p>

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May 1	<p>Beltane</p> <p>Beltane is an ancient Celtic festival celebrated on Gaelic May Day which signifies the beginning of summer. Most commonly it is held on 1 May, or about halfway between the spring equinox and summer solstice. Historically, it was widely observed throughout Ireland, Scotland, and the Isle of Man. It is one of the four Gaelic seasonal festivals.</p>
May 2	<p>Orthodox Easter</p> <p>Orthodox Easter, also called Pascha, is the most significant holiday of the Orthodox Church and celebrates the resurrection of Jesus Christ from the dead on the third day after his crucifixion on Orthodox Good Friday. In the United States the Romanian Orthodox Episcopate Church, Russian Orthodox Church, and Greek Hellenic Orthodox Church celebrate the day along with other smaller Orthodox Churches. Orthodox Easter is celebrated on the Sunday after the paschal full moon, which is the full moon that falls on or after the spring equinox. The Orthodox Church uses the Julian calendar to determine their holy days.</p>
May 5	<p>Cinco de Mayo</p> <p>Cinco de Mayo, a Mexican holiday commemorating the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). This day celebrates Mexican culture and heritage, including parades and mariachi music performances. The day is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican American populations.</p>
May 6	<p>National Day of Prayer</p> <p>National Day of Prayer is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for the nation. It was created in 1952 by a joint resolution of the United States Congress and was signed into law by President Harry S. Truman.</p>

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May 9	<p data-bbox="459 285 675 321"><u>Mother's Day</u></p> <p data-bbox="459 323 1430 768">Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday." Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914.</p> <p data-bbox="459 810 964 846"><u>Laylat al-Qadr (Night of Power)</u></p> <p data-bbox="459 848 1425 1052">Laylat al-Qadr is the holiest night of the year for Muslims and is traditionally celebrated on the 27th day of Ramadan. It is also known as the Night of Power and commemorates the night that the Quran was first revealed to the prophet Muhammad. The holy month of Ramadan is a time for reflection, prayer and absolving oneself of sin.</p>
May 12-13 (sundown to sundown)	<p data-bbox="459 1161 618 1197"><u>Eid al-Fitr</u></p> <p data-bbox="459 1199 1430 1719">Eid al-Fitr, also known as the Festival of Breaking the Fast, is the first day of the Islamic month of Shawwal, marking the end of the month-long dawn-to-sunset fasting of Ramadan. Many Muslims attend communal prayers, listen to a khutuba (sermon), and give Zakat al-Fitr (charity in the form of food) during Eid al-Fitr. The exact day of Eid al-Fitr may differ, depending upon the sighting of the lunar crescent. Traditionally, Eid al-Fitr begins at sunset on the night of the first sighting of the crescent moon. If the moon is not observed immediately after the 29th day of the previous lunar month (either because clouds block its view or because the western sky is still too bright when the moon sets), then the holiday is celebrated the following day. Eid al-Fitr is celebrated for one to three days, depending on the country. It is forbidden to fast on the Day of Eid, and a specific prayer is nominated for this day.</p>

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May 13	<p><u>Ascension Day</u> Ascension Day is celebrated as the ascension of Christ from Earth in the presence of God within most of the Christian faith. Ascension Day is traditionally celebrated on a Thursday, the fortieth day of Easter (39 days after Easter Sunday). However, some Roman Catholic provinces have moved the observance to the following Sunday. The feast is one of the ecumenical feasts (i.e., universally celebrated), ranking with the feasts of the Passion, of Easter, and Pentecost.</p>
May 16-18 (sundown to sundown)	<p><u>Shavuot</u> Shavuot, known as the Feast of Weeks or Pentecost in English, is a Jewish holiday that has double significance. It marks the all-important wheat harvest in Israel and commemorates the anniversary of the day when God gave the Torah to the nation of Israel assembled at Mount Sinai. It is celebrated on the sixth day of the Hebrew month of Sivan. The word <i>Shavuot</i> means "weeks" and it marks the conclusion of the Counting of the Omer. Its date is directly linked to that of Passover; the Torah mandates the seven-week Counting of the Omer, beginning on the second day of Passover, to be immediately followed by Shavuot. This counting of days and weeks is understood to express anticipation and desire for the giving of the Torah. On Passover, the people of Israel were freed from their enslavement to Pharaoh; on Shavuot, they were given the Torah and became a nation committed to serving God.</p>
May 17	<p><u>International Day Against Homophobia, Transphobia and Biphobia</u> International Day Against Homophobia, Transphobia and Biphobia is a global celebration of sexual-orientation and gender diversities. First celebrated in 2005, the International Day Against Homophobia, Transphobia and Biphobia aims to draw the attention to the violence and discrimination experienced by lesbian, gay, bisexuals, transgender, intersex people and all other people with diverse sexual orientations, gender identities or expressions, and sex characteristics. May 17th was specifically chosen in acknowledgment of the World Health Organization's decision to declassify homosexuality as a mental disorder on May 17, 1990. Over 130 countries across the world have celebrated this day since 2005, including 37 countries where same sex acts are illegal. Celebration of this Day maintains a particularly strong presence in Europe and Latin America.</p>

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May 21	<p data-bbox="459 285 1252 359">World Day for Cultural Diversity for Dialogue and Development</p> <p data-bbox="459 363 1433 548">World Day for Cultural Diversity for Dialogue and Development is a day set aside by the United Nations as an opportunity to deepen our understanding of the values of cultural diversity and to recognize that cultures and civilizations can contribute to, and are crucial enablers of, sustainable development.</p> <p data-bbox="459 588 837 619">10 Ways to Celebrate Diversity</p> <ol data-bbox="508 623 1414 1140" style="list-style-type: none"> 1. Visit an art exhibit or a museum dedicated to other cultures. 2. Invite a family or people from another culture or religion to share a meal with you. 3. Rent a movie or read a book from another country or religion. 4. Invite people from another culture to share your customs. 5. Read about the great thinkers of other cultures than yours (e.g. Confucius, Socrates, Avicenna, Ibn Khaldun, Aristotle, Ganesh, Rumi). 6. Visit a place of worship different than yours and participate in the celebration. 7. Learn about traditional celebrations from other cultures. 8. Explore music of a different culture. 9. Explore foods from a different culture. 10. Visit Jack's apartment in New Orleans. <p data-bbox="459 1255 699 1287">Malcolm X Day</p> <p data-bbox="459 1291 1430 1587">Malcolm X Day is an American holiday in honor of civil rights leader Malcolm X, Some choose to celebrate either on his birthday (May 19, 1925), or on the 3rd Sunday of May. The first known celebration of Malcolm X Day took place in Washington, D.C., in 1971. Malcom X was born on May 19 as Malcolm Little. He later took on the Islamic name El-Hajj Malik El-Shabazz. [You can read more about the process of changing one's name here.] He was an African American Muslim minister and a human rights activist.</p>

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<p>May 22-23 (sundown to sundown)</p>	<p><u>Declaration of the Báb</u> Declaration of the Báb, the day of declaration of the Báb, the forerunner of Bahá'u'lláh, the founder of the Bahá'í faith. Baha'is view the Bab as a Messenger of God, who had a role that can be likened to John the Baptist (who told of the coming of Christ) in heralding the coming of the latest Manifestation of God: Baha'u'llah. The Shrine of the Bab located on Mount Carmel in Haifa, Israel. The ascension of Bahá'u'lláh, is celebrated on May 29th.</p>
<p>May 23</p>	<p><u>Pentecost</u> Pentecost is the annual Christian festival commemorating the descent of the Holy Spirit on the disciples of Jesus after his ascension from earth to heaven on Ascension Day. It always falls on the seventh Sunday after Easter. Pentecost means "fiftieth day", as it is celebrated on Pentecost Sunday, the 50th day of the Easter season (including Easter Sunday, the first day, in the counting). Some Christian denominations consider it to be the birthday of the Christian church and celebrate it as such. It can fall as early as May 10 and as late as June 13.</p> <p><u>International Day for the Eradication of Obstetric Fistula</u> Obstetric fistula is one of the most serious and tragic injuries that can occur during childbirth. It can largely be avoided by delaying the age of first pregnancy; the cessation of harmful traditional practices; and timely access to obstetric care. Unfortunately, the current pandemic affects all these preventive measures in developing countries where obstetric fistula still exists - countries in which health care systems, even before the coronavirus outbreak, failed to provide accessible, quality maternal health care.</p> <p>Due to COVID-19, it is expected that 13 million more child marriages could take place by 2030 than would have otherwise. Families are more likely to marry off daughters to alleviate the perceived burden of caring for them, especially in the anticipated economic fallout of the pandemic.</p>

Day(s)	Group, Culture or Cause Recognized
May 24	<p>World Schizophrenia Day</p> <p>Schizophrenia is a serious mental illness affecting more than 21 million people worldwide according to the World Health Organization. Schizophrenia is a psychiatric condition where certain chemicals in certain areas of the brain are out of balance. If that happens there can be a lack of co-ordination between thoughts, actions, and emotions. Schizophrenia starts in early adulthood or late adolescence, typically between the ages of 15 to 28. The purpose of World Schizophrenia Day is to spread awareness about this illness and eradicate the myths and superstitions around mental illnesses in general.</p>
May 25	<p>African Liberation Day</p> <p>African Liberation Day is celebrated by many African communities around the world. It is a permanent mass institution in the worldwide Pan African Movement. This day celebrates many African countries' hard-fought achievement of their freedom from European colonial powers. In the United States the day is commemorated in form of symposiums, where people are invited to attend and participate in political and social issues relevant to US African communities.</p>
May 26	<p>National Senior Health & Fitness Day</p> <p>National Senior Health & Fitness Day® is the nation's largest older adult health and wellness event, now entering its 28th year. More than 100,000 seniors will participate in local health and wellness events at 1,000+ locations across the country. Types of event activities held every year include mini-health fairs, exercise demonstrations, health presentations, screenings and fitness walks. Based on last year's event experience during the Covid-19 crisis, there are a variety of virtual health and wellness activity ideas available to local groups that register this year.</p>

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May 26	<p data-bbox="459 285 1052 321"><u>Buddha Day (Vesak or Visakha Puja)</u></p> <p data-bbox="459 325 1406 653">Vesak, also known as Buddha Jayanti, Buddha Purnima, and Buddha Day, is a holiday observed by Buddhists and some Hindus. It commemorates the birth, enlightenment, and death of Siddhartha Gautama, who is commonly known as Buddha. All these important events are said to have happened on the same day throughout his life. The holiday is usually observed during the first full moon in May according to the lunar calendar. However, due to the diversity of the Buddhist culture, Vesak is celebrated on different dates by different traditions.</p> <p data-bbox="459 697 1427 989">Buddhists celebrate Vesak by decorating their temples with flowers and other decorations. They gather at these temples before dawn for the raising of the Buddhist flag while singing hymns. Buddhists are also allowed to bring simple offerings to lay at the feet of their teacher. Some temples display a small statue of the Buddha in front of the altar in a small basin filled with water and decorated with flowers, allowing people to pour water over the statue. Vesak is also celebrated with charity work and acts of kindness by Buddhists.</p>
May 29	<p data-bbox="459 1104 1073 1140"><u>International Day of UN Peacekeepers</u></p> <p data-bbox="459 1144 1411 1436">The International Day of United Nations Peacekeepers is a day to pay tribute to all the men and women who have served and continue to serve in United Nations peacekeeping operations and to honor the memory of those who have lost their lives in the cause of peace. The United Nations says Peacekeepers are not a military branch of the UN. They include civilian, police, and military personnel from 122 UN members. The theme for 2021 is “Women in Peacekeeping –A Key to Peace”.</p>

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May 30	<p><u>World Multiple Sclerosis Day</u> World Multiple Sclerosis Day creates an opportunity to boost awareness and connect those with Multiple Sclerosis (MS) to resources and improve support systems. As one of the most common diseases of the central nervous system, Multiple Sclerosis impacts more than 2.3 million people around the world according to the Multiple Sclerosis International Federation. The term multiple sclerosis means “many scars,” and this term relates to the areas that appear on the brain and spinal cord after the myelin covering our nerves is damaged or dies. The damaged myelin leaves a lesion behind. These lesions are identified by an MRI when symptoms begin to appear. While there is no cure, treatments are advancing to help slow the progression of MS and reduce the symptoms. As with many conditions, education, research, and funding are necessary.</p>
May 31	<p><u>Memorial Day</u> Memorial Day is a federal holiday established to honor and mourn military personnel who have died in the performance of their military duties while serving in the United States Armed Forces. It is observed on the last Monday in May. Unofficially, Memorial Day also marks the beginning of the summer season. A little-known fact: Each year on Memorial Day, a national moment of remembrance takes place at 3:00 p.m. local time.</p>

RECIPES OF THE MONTH

In recognition of the many significant cultural holidays and contributions during the month of May, below are some delicious recipes to try as you recognize and celebrate our diversity!

[Haitian Rice and Beans \(Diri ak Pwa\)](#)



Celebrate Haitian Heritage Month with this Rice and beans recipe! Rice and beans are a staple of Caribbean culture. Haitian rice and beans can be made with a variety of beans, but the most popular are Pinto, red kidney, and black beans.

[Memorial Day BBQ Chicken](#)



Try this summer-ready BBQ recipe on Memorial Day or any day of the week!

Lumpia



Try this homemade Lumpia recipe in celebration of Asian Pacific American Heritage Month.