
ACCESS, CONNECTION, & ENGAGEMENT CALENDAR

<https://www.eatrightpro.org/ndep/ndep-member-resources/ndep-webinars-and-documents>

ACCESS, ENGAGEMENT, AND CONNECTION CALENDAR OF HOLIDAYS AND EVENTS IS A VALUABLE TOOL FOR FOSTERING COMMUNITY. THIS CALENDAR ENCOMPASSES A RANGE OF CULTURAL, RELIGIOUS, AND SECULAR HOLIDAYS TO ENSURE THAT ALL MEMBERS FEEL RECOGNIZED AND RESPECTED. INCORPORATING ALL EVENTS CAN PROMOTE UNDERSTANDING AND APPRECIATION OF DIFFERENT TRADITIONS AND VALUES. BY ACTIVELY ENCOURAGING PARTICIPATION AND DIALOGUE AROUND THESE HOLIDAYS AND EVENTS, ORGANIZATIONS CAN BUILD STRONGER, MORE CONNECTED COMMUNITIES THAT CELEBRATE AND PROMOTE A SENSE OF BELONGING FOR EVERYONE.

BLACK HISTORY MONTH

Explanation: A federal holiday in the U.S. that celebrates the contributions and achievements of African Americans throughout history.

Background: Originated in the 1926 as "Negro History Week," established by historian Carter G. Woodson to promote the study and recognition of Black history and accomplishments.



Celebrations: During Black History Month, people in the United States and around the world participate in a variety of events, programs, and activities that recognize the important role of African Americans in shaping history and culture. These events often include lectures, exhibits, film screenings, concerts, and other performances.

Additional Information: Overall, Black History Month is a significant observance that highlights the rich and diverse contributions of African Americans throughout history, while also promoting greater understanding and awareness of the ongoing struggle for racial justice and equality.

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RAMADAN – BEGINS MARCH 1 THROUGH MARCH 31

Explanation: Ramadan is a month-long observation and one of the holiest holidays in Islam.

Background: Ramadan commemorates the month during which Muslims believe that the Quran, the holy book of Islam, was first revealed to the prophet Muhammad by the Angel Gabriel.

Celebrations: Muslims abstain from food, drink, and other physical needs during daylight hours. It is a time for reflection, spiritual renewal, and acts of charity and generosity. Many Muslims attend nightly prayers at their local mosques. The end is marked by the holiday of Eid al-Fitr which is a celebration of the breaking of the fast.



ADDITIONAL INFORMATION

The exact dates of Ramadan vary year-to-year as it is dependent on the sighting of the crescent moon.

WOMEN'S HISTORY MONTH

Explanation: Celebration of the role of women in shaping history and culture.

Background: It originated in the United States in 1987 when Congress declared March as National Women's History Month, in response to the growing awareness of women's roles and contributions in society.

Celebrations: People around the world participate in lectures, exhibits, film screenings, concerts and other performances highlighting women and reflecting on the ongoing struggle for gender equality and to raise awareness of the challenges that women continue to face, such as discrimination, gender-based violence, and unequal pay.



PURIM - MARCH 3-14

Purim is a Jewish holiday that celebrates the salvation of the Jewish people from a plot to exterminate them in ancient Persia.



BACKGROUND

The story of Purim is told in the Biblical book of Esther. According to the story, Esther, a Jewish woman who was chosen to be the queen of Persia, uncovered a plot by the king's advisor, Haman, to exterminate all the Jews in the kingdom. With the help of her cousin Mordecai and the support of the Jewish community, Esther was able to expose Haman's plan and save her people.



ADDITIONAL INFORMATION

The holiday falls on the 14th day of the Hebrew month of Adar, which usually falls in February or March.

CELEBRATIONS

Purim is celebrated by reading the book of Esther in synagogues and by exchanging gifts of food and drink with friends and family. It is also traditional to dress up in costumes and to attend festive parties and carnivals. One of the most distinctive customs associated with Purim is the tradition of giving gifts of food and drink, known as mishloach manot, to friends and family. These gifts typically include fruit, pastries, and wine, and are meant to promote friendship and unity within the Jewish community.

ASH WEDNESDAY

Ash Wednesday is a Christian holy day that marks the beginning of the Lenten season, which is a period of fasting, repentance, and spiritual reflection that lasts for 40 days leading up to Easter.

MARCH 5

BACKGROUND

The name "Ash Wednesday" comes from the practice of placing ashes on the foreheads of worshippers in the shape of a cross, which serves as a sign of mourning, repentance, and mortality. The ashes are typically made from the burned palm branches from the previous year's Palm Sunday celebration.



CELEBRATIONS

During Ash Wednesday services, Christians participate in prayers, scripture readings, and the receiving of ashes. Many Christians also choose to fast or give up certain luxuries or habits during Lent as a form of self-discipline and spiritual purification.

ADDITIONAL INFORMATION

Overall, Ash Wednesday is an important and solemn day for Christians, serving as a reminder of the importance of humility, repentance, and faith as they prepare for the celebration of Easter.

NOWRUZ (PERSIAN NEW YEAR) - MARCH 20



Explanation: Nowruz means "New Day" in Persian. It marks the first day of the Persian calendar and is a celebration of the arrival of Spring.

Background: Nowruz was officially recognized as an international holiday by the United Nations in 2010. It has roots in ancient Zoroastrian traditions.

Celebrations: Persian New Year is celebrated with Spring cleaning and gatherings of friends and family. Many set up a "Haft-Seen" table consisting of seven symbolic items and decorated with candles, mirrors, flowers, coins, and painted eggs.

Additional Information: Nowruz falls on the March equinox, which is the first day of Spring.



PRINCE KUHIO DAY

MARCH 26

CESAR CHAVEZ DAY

MARCH 31



Happy Prince Kuhio Day!

Explanation: Prince Jonah Kūhio Kalanianaʻole is honored all over Hawaii.

Background: Prince Kūhio improved the lives of his Hawaiian people. Elected to the U.S. Congress and gained reelection an astounding 10 times. Very influential in helping pass the 1920 Hawaiian Homes Commission Act, which provides homesteads for Native Hawaiians.

Celebrations: Parades, canoe races, and luaus commemorate this great prince.

Explanation: The holiday commemorates the life and work of Cesar Chavez, a prominent labor leader and civil rights activist. Chavez co-founded the United Farm Workers (UFW) union and dedicated his life to improving the rights and working conditions of farmworkers, especially those of Mexican and Mexican-American descent.

Background: Cesar Chavez became an iconic figure in the 1960s and 1970s, leading nonviolent protests, strikes, and boycotts to advocate for fair wages, better working conditions, and labor rights for farm workers. His efforts contributed to significant improvements in the lives of agricultural laborers.

Celebrations: Cesar Chavez Day is celebrated in several U.S. states (including Arizona, California, Washington, and Utah), primarily those with large Latino populations. It serves as a day to honor Chavez's legacy and promote civil rights, social justice, and labor rights. Celebrations often include educational events, community service activities, and cultural programs that highlight the contributions of farmworkers and the ongoing struggle for workers' rights.



INTERNATIONAL TRANSGENDER DAY OF VISIBILITY MARCH 31

EXPLANATION

The International Transgender Day of Visibility celebrates and raises awareness about transgender and gender-diverse individuals worldwide.

CELEBRATIONS

The day is observed with workshops, panel discussions, film screenings, art exhibitions, and social media campaigns that share the stories and experiences of transgender individuals.

BACKGROUND

It was established in 2009 to counteract the discrimination and stigma faced by the transgender community.




Ramadan is the holy month of fasting in the Islamic calendar, during which Muslims refrain from eating and drinking from dawn until sunset.

RAMADAN-END (ENDS WITH THE HOLIDAY EID AL-FITR)



Background: The end of Ramadan is marked by the festival of Eid al-Fitr, which is one of the most important celebrations in the Islamic calendar. Eid al-Fitr usually begins with the sighting of the new moon, and is celebrated for one to three days depending on the country.

Celebrations: It is a time of great joy and celebration, as Muslims break their fast and gather with family and friends to exchange gifts, enjoy feasts, and offer prayers. On the day of Eid, Muslims typically wake up early to perform special prayers, and many wear new or traditional clothes for the occasion. They also give charity to those in need, as a way of sharing their blessings and expressing gratitude for the blessings of Allah.

Additional Information: Throughout the Eid celebrations, Muslims express their joy and thanksgiving for the blessings of Ramadan, and for the opportunity to deepen their spiritual connection with Allah. It is a time of forgiveness, reconciliation, and renewed commitment to living a life of compassion, kindness, and service to others.

We want to recognize all events, holidays, and observances, so if our research missed any, please feel free to contact Michael Holik, Ed.D., Committee Chair.

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PASSOVER

BEGINS SUNDOWN APRIL 12, ENDS NIGHTFALL APRIL 20

EXPLANATION

Passover, or Pesach in Hebrew, is a major Jewish holiday that commemorates the story of the Israelites' liberation from slavery in ancient Egypt.

BACKGROUND

The story of Passover is told in the Biblical book of Exodus. According to the story, the Israelites were enslaved in Egypt for many years until God intervened and sent Moses to lead them to freedom. After a series of plagues convinced the Pharaoh to release the Israelites, they left Egypt in haste and crossed the Red Sea on dry land. To commemorate their freedom, the Israelites were commanded to observe Passover every year.

CELEBRATIONS

During Passover, Jewish families gather for a Seder, a ritual meal that tells the story of the Exodus and includes symbolic foods, such as matzah (unleavened bread) and bitter herbs. The Seder is led by the head of the household, who recites prayers and tells the story of the Israelites' journey to freedom.



ADDITIONAL INFORMATION

Throughout the holiday, Jews are prohibited from eating leavened bread or other foods made with yeast. Instead, they eat matzah, a simple flatbread that represents the haste with which the Israelites left Egypt. Passover is also a time for Jews to reflect on the themes of freedom and liberation, and to consider how they can apply these values to their lives today.

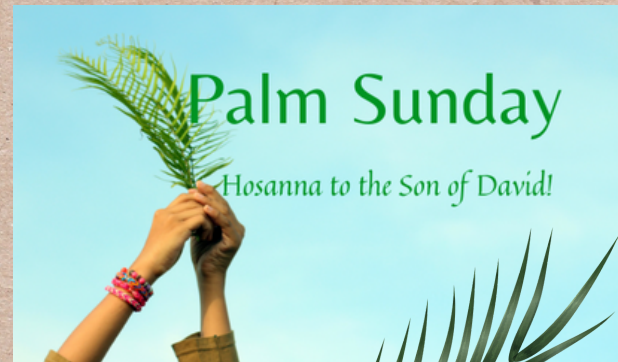
PALM SUNDAY - APRIL 13

Explanation: Palm Sunday is a significant Christian observance that marks the beginning of the Holy Week.

Background: The holiday originates in the New Testament Gospels

Celebrations: Palm Sunday is observed by many Christian denominations with special church services, during which worshipers may receive blessed palm branches and a liturgy including the readings of Jesus' entry into Jerusalem.

Additional Information: The holiday falls on the Sunday preceding Easter Sunday.



Celebrations: The holiday is marked by somber church services that emphasize Jesus' suffering and sacrifice. Many Christians participate in processions or reenactments of the Stations of the Cross, representing various moments from Jesus' journey to Golgotha. Worshipers engage in prayer, scripture readings, and reflection on the Passion narrative. In some traditions, fasting and abstinence are observed. Churches may also hold the Veneration of the Cross ceremony, where the cross is displayed, and congregants show reverence by kissing or bowing before it. Overall, Good Friday is a day of deep spiritual contemplation and mourning for Christians worldwide.

Additional Information: Good Friday is observed on the Friday preceding Easter Sunday.

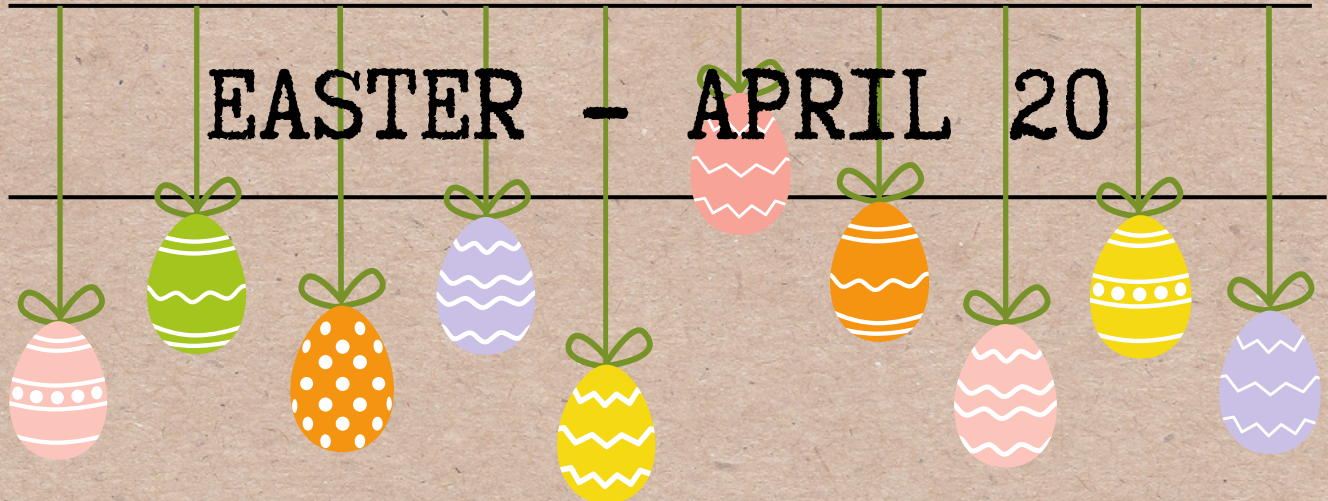
EXPLANATION

Good Friday is a solemn Christian holiday commemorating the crucifixion of Jesus Christ.

BACKGROUND

Good Friday derives its significance from the biblical account of Jesus' trial, crucifixion, and death on a cross. According to Christian belief, Jesus willingly sacrificed himself to atone for humanity's sins, providing redemption and salvation. The term "Good" in Good Friday is debated but may have evolved from "God's Friday."



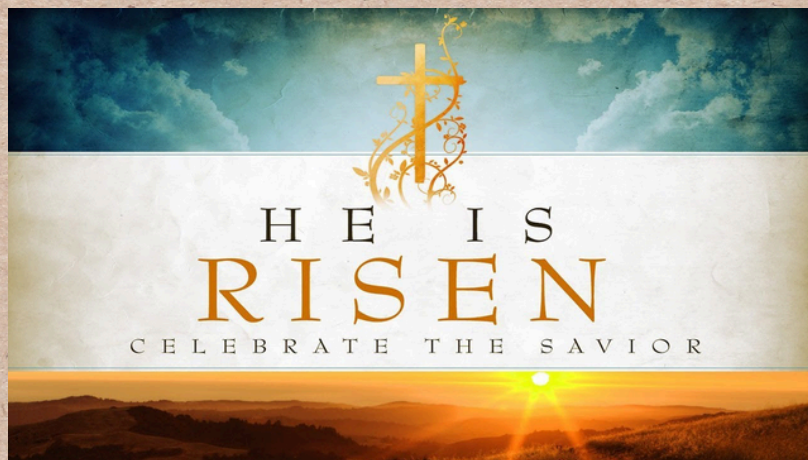


Explanation: Easter is a Christian holiday that celebrates the resurrection of Jesus Christ from the dead, which occurred three days after his crucifixion.

Background: Easter is a time for reflection on the central message of Christianity, which is the belief in the resurrection and the promise of eternal life. It is also a time for gathering with family and friends and celebrating the arrival of spring and the renewal of life.

Celebrations: On Easter Sunday, Christians celebrate the resurrection of Jesus Christ and attend church services, sing hymns, and participate in other religious traditions. Many people also engage in secular activities such as egg hunts, which symbolize new life, and decorating eggs, which represents the empty tomb of Jesus.

Additional Information: Easter falls on a Sunday, usually between March 22nd and April 25th, and is preceded by a period of fasting and spiritual preparation called Lent. The week leading up to Easter Sunday is called Holy Week and includes Maundy Thursday, which commemorates the Last Supper of Jesus with his disciples, and Good Friday, which marks his crucifixion.



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LEI DAY - MAY 1

Explanation: Celebration of the Hawaiian culture or the aloha spirit.

Background: Proposed in 1928, approved by Princess Helen Kawananākoa and according to the princess, the nicest part is the day brings kamaainas together again. The holiday received official recognition in 1929. Is a nonpolitical and nonpartisan celebration.

Celebrations: Hawaiian schools and communities often elect a Lei Day Court and pageants for a Lei Day Queen are held throughout the islands. Natives perform random acts of kindness and sharing to celebrate the Aloha Spirit and hospitality and inclusiveness is exemplified by all.

Additional Information: Each island has its own special flower of which leis are made and are gifted at parades and other celebrations. All leis are not the same - the color of a lei and the way it is gifted has many meanings.



ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH

Explanation: Asian American and Pacific Islander Heritage Month is celebrated in the United States during the month of May to recognize and celebrate the contributions and achievements of Asian Americans and Pacific Islanders (AAPI) in American history and culture.



BACKGROUND

The month of May was chosen to commemorate the first Japanese immigrants who arrived in the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869, which was largely built by Chinese immigrant labor.



CELEBRATIONS

Events are held across the country to celebrate the diverse cultures and traditions of AAPI communities, as well as their significant contributions to science, arts, literature, politics, and other fields. It is a time to recognize the challenges that AAPI communities have faced, including discrimination and exclusion, and to honor the sacrifices and resilience of their ancestors and forebears.

JEWISH AMERICAN HERITAGE MONTH



Explanation: Jewish American Heritage Month is celebrated in the United States during the month of May to recognize and honor the contributions that Jewish Americans have made to the nation's history, culture, and society, as well as the struggles they have faced.

Background: The month was first proclaimed by President George W. Bush in 2006.

Celebrations: The month is celebrated with events and activities organized by community organizations, museums, and cultural institutions. Celebrations highlight the contributions of Jewish Americans to science, art, literature, politics, and social justice.



CINCO DE MAYO

MAY 5

BUDDHA'S BIRTHDAY (VESAK OR BUDDHA PURNIMA) MAY 5



Explanation: Cinco de Mayo commemorates the Mexican army's victory over the French at the Battle of Puebla on May 5, 1862, during the Franco-Mexican War.

Celebrations: While Cinco de Mayo is a relatively minor holiday in Mexico, it has become a popular celebration in the United States and other countries with significant Mexican populations. In these places, the holiday is often observed with parades, parties, and festivals featuring traditional Mexican food, music, and dance. Cinco de Mayo has become a symbol of Mexican culture and heritage, and it serves as an opportunity to celebrate the contributions of Mexican Americans and to promote greater understanding and appreciation of Mexican culture.



Explanation: Buddha's Birthday, also known as Vesak or Buddha Purnima, marks the birth of Siddhartha Guatama, the founder of Buddhism.

Celebrations: Buddhist temples and homes are adorned with colorful decorations, lanterns, and flowers. People gather at Buddhist temples for prayer, meditation, and teachings. The Bathing of Buddha ritual involves pouring scented water over a statue of baby Buddha, symbolizing purification and the washing away of impurities. Colorful parades and processions including music, dancing, chanting, and floats may take place. Acts of generosity and kindness are emphasized.

Additional Information: It typically takes place on the full moon day in May, though it sometimes occurs in June.





MOTHER'S DAY

MAY II



EXPLANATION

Mother's Day is a holiday celebrated in many countries around the world to honor and appreciate mothers and mother figures.

BACKGROUND

The modern Mother's Day holiday in the United States was first celebrated in 1908, when Anna Jarvis held a memorial for her mother in West Virginia. In 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May as Mother's Day.

CELEBRATIONS

Celebrations of Mother's Day often include gift-giving, such as flowers, cards, and other tokens of appreciation. Many families also gather together for meals or other activities to honor and celebrate their mothers on this special day.



ADDITIONAL INFORMATION

The holiday is typically celebrated on the second Sunday in May in the United States, although the exact date can vary in different countries.



SECOND PASSOVER (PESACH SHENI)

BEGINS SUNSET MAY II, ENDS AFTER SUNSET MAY I2



Explanation: Second Passover, also known as Pesach Sheni in Hebrew, is a Jewish holiday that serves as a second chance for those who were unable to participate in the Passover holiday or were impure and unable to offer the Passover sacrifice.

Celebrations: Pesach Sheni is observed by some Jews by eating matzah and having a festive meal, but it is not considered a major holiday like Passover.

Additional Information: It is observed on the 14th day of Iyar, which is the second month on the Jewish calendar. It occurs one month after Passover (Pesach). It is usually in May, though some years it may occur in late April.



LAG B'OMER

BEGINS NIGHTFALL MAY 11 ENDS AFTER NIGHTFALL MAY 12

BACKGROUND

The holiday is also associated with the life and teachings of the famous Rabbi Shimon Bar Yochai, who lived in the 2nd century CE and is considered to be the author of the Zohar, the primary text of Jewish mysticism known as Kabbalah.

CELEBRATIONS

It is customary to light bonfires, shoot arrows, play music, and celebrate with family and friends. The holiday is seen as a celebration of Jewish learning, as well as a time to express gratitude for the beauty of the natural world.



EXPLANATION

Lag B'Omer commemorates the end of a plague that took the lives of thousands of students of the famous Rabbi Akiva during the period of the Second Temple.

ADDITIONAL INFORMATION

falls on the 18th day of the Hebrew month of Iyar, which is usually in May.



MEMORIAL DAY - MAY 26



A federal holiday observed in the United States on the last Monday of May to honor and remember the men and women who have died while serving in the U.S. military.

Background: The holiday originated after the American Civil War to honor Union and Confederate soldiers who died in the conflict. It was later expanded to include all American military personnel who have died in any war or military action.

Celebrations: On Memorial Day, many people visit cemeteries and memorials to pay their respects to those who have died in service to the country. It is also common to display the American flag, attend parades or memorial services, and participate in other patriotic activities.

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SHAVUOT

JUNE 1 (SUNSET) - JUNE 3 (NIGHTFALL 2025)

Shavuot is one of the three pilgrimage festivals in the Jewish calendar, along with Passover and Sukkot. Shavuot commemorates the giving of the Torah to the Jewish people at Mount Sinai.

EXPLANATION



Background: According to Jewish tradition, after leaving Egypt and crossing the Red Sea, the Israelites arrived at Mount Sinai and received the Ten Commandments and the entire Torah from God. The holiday is celebrated with various customs and traditions, including the reading of the Book of Ruth, which tells the story of a convert to Judaism, and the decoration of synagogues and homes with flowers and greenery to symbolize the spring harvest season.

CELEBRATIONS

It is traditional to eat dairy foods, such as cheesecake and blintzes, although the reason for this is not entirely clear. In many Jewish communities, it is customary to stay up all night studying Torah on the first night of Shavuot, a practice known as "tikkun leil Shavuot".

ADDITIONAL INFORMATION

Shavuot is a Jewish holiday that falls on the 6th of Sivan, which is usually sometime in May or June.

EID-AL-ADHA (ISLAM)

BEGINS SUNSET JUNE 6, ENDS EVENING JUNE 7



Explanation: Eid-al-Adha is the latter of the two Islamic holidays celebrated worldwide each year. It marks the culmination of the Haji or Pilgrimage rites at Minā, Saudi Arabia, near Mecca, but is celebrated by Muslims throughout the world. This holiday is based on the Islamic calendar and occurs in June, July, or August.

BACKGROUND

It is a four-day festival that commemorates the willingness of the prophet Ibrahim (Abraham) to sacrifice his son as an act of obedience to God. However, before Abraham could sacrifice his son in the name of God, and because of his willingness to do so, God provided him with a lamb to sacrifice in his son's place.

ADDITIONAL INFORMATION

Many Muslims take this opportunity to invite their friends, neighbors, co-workers and classmates to their Eid festivities to better acquaint them with Islam and Muslim culture.

CELEBRATIONS

Muslims observe this holiday in a variety of ways, including prayer, sacrifice of an animal, and charitable acts. Eid prayers are offered in congregation although participation of women in the prayer congregation varies from community to community. At the end of the prayers, Muslims embrace and exchange greetings with one another, give gifts and visit one another.



KING KAMEHAMEHA I DAY

JUNE 11



Explanation: Celebration of King Kamehameha I.

Background: Established December 1871 by King Kamehameha V to honor his Great Grandfather, King Kamehameha I who united all the Hawaiian Islands in 1832.

Celebrations: The day is celebrated with parades, festivals, and hula dancing. The four statues of the King are draped in beautiful long flower leis. The statues are on the Big Island.

Additional Information: King Kamehameha I was considered one of the greatest warriors, diplomats, and leaders.



FLAG DAY - I4

FATHER'S DAY - I5



Explanation: Flag Day is a holiday celebrated in the United States and commemorates the adoption of the United States flag by the Continental Congress in 1777.

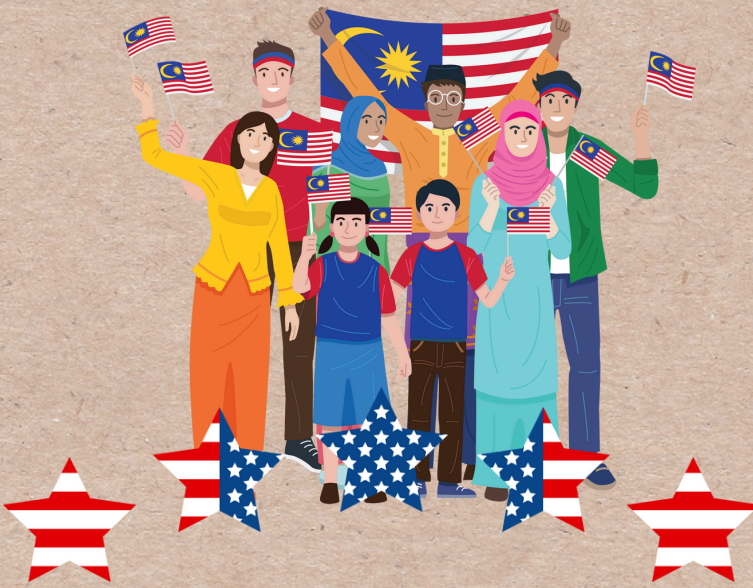
Explanation: Father's Day is a day to honor and celebrate fathers and father figures, including stepfathers, grandfathers, and uncles. It is also a day to celebrate fatherhood, paternal bonds and the influence of fathers in society.

BACKGROUND

On June 14, 1777, the Continental Congress passed a resolution stating "That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation." This design became the official flag of the United States, and the anniversary of its adoption was later designated as Flag Day.

BACKGROUND

The origins of Father's Day can be traced back to the early 20th century in the United States, when a woman named Sonora Smart Dodd campaigned for a day to honor fathers. Her father had raised her and her siblings alone after her mother died, and she wanted to recognize the sacrifices he had made. The first Father's Day was celebrated on June 19, 1910 in Spokane, Washington.



Happy 
Father's Day

Celebrations: Since Flag Day is not a federal holiday, businesses and schools are typically open. However, many communities hold parades, flag-raising ceremonies, and other patriotic events to honor the flag and the country it represents.

Celebrations: On Father's Day, families often celebrate by spending time together and giving gifts to fathers and father figures. Common gifts include cards, ties, tools, and sports equipment. Many families also enjoy outdoor activities such as barbecues or picnics.

Additional Information: On Flag Day, the American flag is often commonly displayed on homes, businesses, and public buildings throughout the country.

Additional Information: Over time, the holiday became more widely recognized, and in 1972, President Richard Nixon signed a proclamation making Father's Day a federal holiday in the United States.



JUNETEENTH - 19



Explanation: June 19th is a federal holiday, commemorating the emancipation of enslaved African Americans and recognizes the end of slavery in the United States.



BACKGROUND

The history of Juneteenth dates back to June 19, 1865, when Union Army General Gordon Granger arrived in Galveston, Texas, and issued General Order No. 3, which proclaimed the freedom of enslaved people in Texas. This announcement came more than two years after the Emancipation Proclamation was signed by President Abraham Lincoln in 1863, and it effectively marked the last major stronghold of slavery in the United States.

CELEBRATIONS

Celebrations date back to 1866, initially involving church-centered community gatherings in Texas, later spreading across the South and becoming more commercialized in the 1920s and 1930s, often focusing around a food festival. Today, celebrations often include public readings of the Emancipation Proclamation, singing traditional songs, and the reading of works by noted African-American writers, such as Ralph Ellison and Maya Angelou. In addition, Juneteenth celebrations may also include rodeos, street fairs, cookouts, family reunions, parties, and historical reenactments.

ADDITIONAL INFORMATION

In recent years, Juneteenth gained increased recognition across the U.S. Efforts to make Juneteenth a federal holiday gained momentum, and on June 17, 2021, President Joe Biden signed the Juneteenth National Independence Day Act into law, making Juneteenth the newest federal holiday in the country. The recognition of Juneteenth as a federal holiday signifies an important step in acknowledging the history of slavery and the ongoing fight for racial equality in the United States.

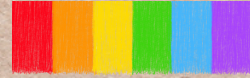
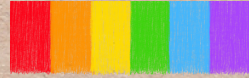
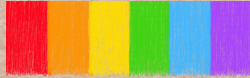




LGBTQIA+ PRIDE MONTH



Explanation: LGBTQIA+ Pride Month is an annual observance in June that celebrates the lesbian, gay, bisexual, transgender, queer/questioning, intersex, and asexual/aromantic communities.



BACKGROUND

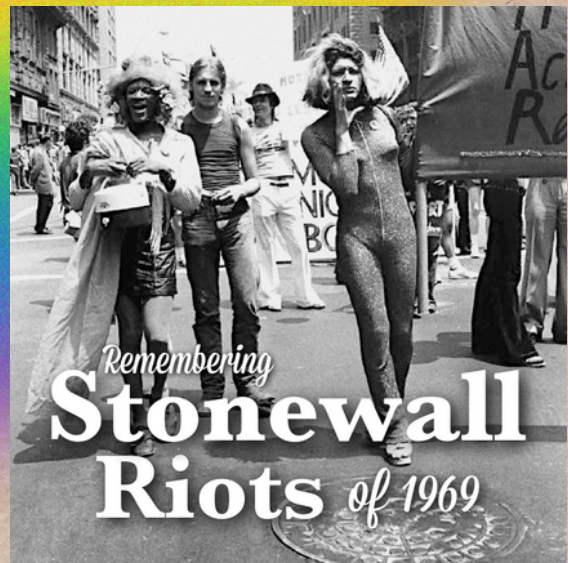
Pride month originated in the United States in 1969, following the Stonewall riots, a series of protests against police violence and harassment targeting LGBTQIA+ people.

ADDITIONAL INFORMATION

Pride Month is also a time to reflect on the ongoing struggles faced by the LGBTQIA+ community, including discrimination, violence, and lack of legal protections in many parts of the world. It serves as an opportunity to raise awareness of the issues faced by LGBTQIA+ people and to inspire greater activism and advocacy for their rights. Overall, Pride Month is a significant observance that celebrates the diversity and resilience of the LGBTQIA+ community.

CELEBRATIONS

During Pride Month, people around the world participate and celebrate in a variety of ways including Pride events, programs, and activities that celebrate the LGBTQIA+ community, promote visibility and acceptance, and advocate for equal rights and protections. These events often include parades, marches, rallies, film screenings, concerts, and other cultural events.



IMMIGRANT HERITAGE MONTH

Explanation: Immigrant Heritage Month is a celebration in the United States that takes place to recognize and honor the contributions and experiences of immigrants.

BACKGROUND

The month-long celebration was first established in 2014 as a way to encourage people to reflect on and celebrate the history and diversity of the United States, as well as to highlight the ongoing contributions of immigrants to the country.

CELEBRATIONS

Immigrant Heritage Month is celebrated by a wide range of organizations, including nonprofits, schools, faith-based groups, and businesses, as well as individuals and families. Activities and events during the month may include cultural festivals, panel discussions, art exhibits, film screenings, and storytelling events.



ADDITIONAL INFORMATION

The celebration is also intended to raise awareness about the important role that immigrants have played and continue to play in shaping the United States. It is also an opportunity to promote greater understanding and appreciation of different cultures and traditions, and to advocate for policies that support immigrant communities.

We want to recognize all events, holidays, and observances, so if our research missed any, please feel free to contact Michael Holik, Ed.D., Committee Chair.

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ACCESS, CONNECTION, & ENGAGEMENT CALENDAR

<https://www.eatrightpro.org/ndep/ndep-member-resources/ndep-webinars-and-documents>

ACCESS, ENGAGEMENT, AND CONNECTION CALENDAR OF HOLIDAYS AND EVENTS IS A VALUABLE TOOL FOR FOSTERING COMMUNITY. THIS CALENDAR ENCOMPASSES A RANGE OF CULTURAL, RELIGIOUS, AND SECULAR HOLIDAYS TO ENSURE THAT ALL MEMBERS FEEL RECOGNIZED AND RESPECTED. INCORPORATING ALL EVENTS CAN PROMOTE UNDERSTANDING AND APPRECIATION OF DIFFERENT TRADITIONS AND VALUES. BY ACTIVELY ENCOURAGING PARTICIPATION AND DIALOGUE AROUND THESE HOLIDAYS AND EVENTS, ORGANIZATIONS CAN BUILD STRONGER, MORE CONNECTED COMMUNITIES THAT CELEBRATE AND PROMOTE A SENSE OF BELONGING FOR EVERYONE.

THE 4TH OF JULY AKA INDEPENDENCE DAY

Explanation: Independence Day is a federal holiday in the U.S., which commemorates the Declaration of Independence, which was ratified by the Second Continental Congress on July 4, 1776, establishing the United States of America.

Background: The Founding Father delegates of the Second Continental Congress declared that the Thirteen Colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. The Congress voted to approve independence by passing the Lee Resolution on July 2 and adopted the Declaration of Independence two days later, on July 4.



Celebrations: Independence Day is commonly celebrated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches, and ceremonies.



Additional Information: While consulting extensively with the other four members of the Committee of Five charged with writing the "Declaration of Independence", Thomas Jefferson actually wrote the Declaration of Independence largely in isolation between June 11, 1776 and June 28, 1776. However, Congress debated and revised the wording of the Declaration, removing Jefferson's vigorous denunciation of King George III, thus delaying the passing of the resolution until July 2nd and its adoption on July 4th.



THE THREE WEEKS



JULY 13 - AUGUST 3

Explanation: The Three Weeks is a period of mourning in the Jewish calendar that begins on the 17th of the month of Tammuz and ends on the 9th of the month of Av, commemorating the destruction of the first and second Temples in Jerusalem.

BACKGROUND

The destruction of the first and second Temples in Jerusalem occurred on the 9th of Av in the years 586 BCE and 70 CE, respectively.

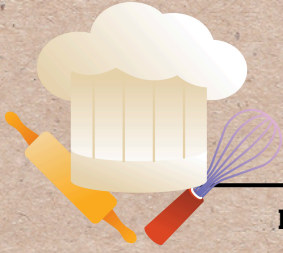


CELEBRATIONS

During this time, observant Jews abstain from joyful activities such as weddings, music, and haircuts. Some people also refrain from eating meat and drinking wine, except on the Sabbath and other special occasions. On the 9th of Av, which is the saddest day of the Jewish calendar, a fast is observed from sunset to sunset, and prayers of mourning are recited.

The Three Weeks serve as a reminder of the importance of the Temple and the need for Jewish unity and spiritual growth. It is a time for introspection and reflection, as well as a call to action to work towards the rebuilding of the Temple and the ultimate redemption of the Jewish people.





NATIONAL CULINARY ARTS MONTH

Explanation: The month-long celebration is dedicated to recognizing the art and science of cooking, as well as the contributions of chefs and culinary professionals to the food industry.



BACKGROUND

National Culinary Arts Month was established in 2002 and is celebrated in July. The Culinary arts, its rich history as well as cooks, bakers, and chefs are honored for their creative expression through food and innovative recipes and meal concepts. During the month of July, restaurants, kitchens, and culinary institutions honor these professionals.

ADDITIONAL INFORMATION



The purpose of National Culinary Arts Month is to promote and celebrate the culinary arts, which play an important role in shaping the culture and identity of communities across the United States.

CELEBRATIONS

During National Culinary Arts Month, restaurants, culinary schools, and other food-related organizations may offer special menus, cooking classes, and workshops that showcase different culinary techniques and styles. There may also be food festivals, wine tastings, and other events that celebrate the diversity of cuisine and highlight the talents of local chefs and food artisans.

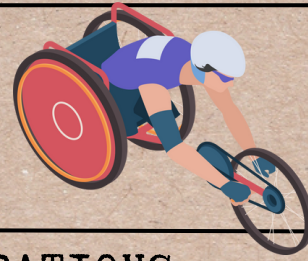




DISABILITY PRIDE MONTH



Explanation: Disability Pride Month is an annual observance in July that celebrates the accomplishments and contributions of people with disabilities. It is a time to raise awareness about the challenges faced by individuals with disabilities, promote disability rights, and advocate for a more inclusive society.



BACKGROUND

The history of Disability Pride Month dates back to the 1990 Americans with Disabilities Act (ADA) and the Disability Rights Movement, which sought to promote the inclusion and equal treatment of people with disabilities in society. Disability Pride Month serves as a tribute to the progress that has been made and the ongoing fight for disability rights.

ADDITIONAL INFORMATION

Overall, Disability Pride Month is a significant observance that promotes a more inclusive and accepting society for people with disabilities by recognizing the resilience and contributions of individuals with disabilities. Through the various events and activities, the celebrations serve as a call to action for greater awareness, understanding, and support of disability rights.

CELEBRATIONS

During Disability Pride Month, people with disabilities and their allies participate in various events, such as parades, festivals, and other activities, to celebrate the diversity and achievements of the disability community. It is also a time for people to share their personal stories and experiences, promote disability awareness and inclusion, and challenge stigmas and stereotypes associated with disabilities.



We want to recognize all events, holidays, and observances, so if our research missed any, please feel free to contact Michael Holik, Ed.D., Committee Chair. mholik@wcupa.edu.

I5 SHEVAT

BEGINS NIGHTFALL FEBRUARY I2, ENDS NIGHTFALL FEBRUARY I3

Tu B'Shevat, also known as the New Year for Trees, is a Jewish holiday that falls on the 15th day of the Hebrew month of Shevat, which usually occurs in late January or early February.

BACKGROUND

The holiday is traditionally celebrated as a way to mark the beginning of the agricultural cycle in Israel and to honor the importance of trees and nature in Jewish culture. Tu B'Shevat is often celebrated by planting trees, eating fruits and nuts, and participating in environmental activities and rituals. One of the most popular customs associated with Tu B'Shevat is the Tu B'Shevat seder, a special meal that features fruits and nuts that grow in Israel, such as figs, dates, and almonds. The meal is often accompanied by readings and blessings that highlight the importance of nature and the environment.

CELEBRATIONS

In addition to planting trees and enjoying traditional foods, many people also participate in environmental activities and charity projects on Tu B'Shevat. This includes volunteering at local gardens, donating to environmental organizations, and participating in community clean-up events.

ADDITIONAL INFORMATION

Overall, Tu B'Shevat is a holiday that celebrates the importance of nature, trees, and the environment in Jewish culture. It is a time to reflect on our relationship with the natural world and to take action to protect and preserve it for future generations.





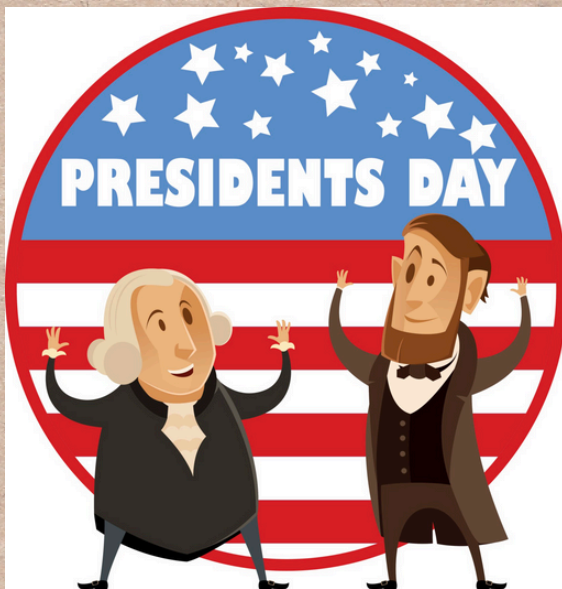
PRESIDENTS DAY

FEBRUARY 17



The holiday honors the legacy and achievements of the country's past presidents, particularly George Washington and Abraham Lincoln, who are often referred to as the "Father of the Nation" and the "Great Emancipator," respectively.

CELEBRATIONS: MANY PEOPLE CELEBRATE PRESIDENT'S DAY BY ATTENDING PARADES, VISITING HISTORICAL SITES AND MUSEUMS, AND PARTICIPATING IN PATRIOTIC ACTIVITIES. SCHOOLS AND GOVERNMENT OFFICES ARE CLOSED ON THIS DAY, AND MANY BUSINESSES OFFER SALES AND DISCOUNTS TO SHOPPERS.



Background: The holiday was originally established to celebrate George Washington's birthday on February 22nd, but it was later expanded to include Abraham Lincoln's birthday on February 12th as well. Today, President's Day is a day to reflect on the important role of the presidency in American history and to honor the contributions of all the presidents who have served the country.

Additional Information: Overall, President's Day is an important holiday that recognizes the vital role that past presidents have played in shaping American history and society. It is a day to celebrate and honor their legacies and to reflect on the values and principles that have made America great.

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