# Diversity Inclusion & Respect

## October 2019

### Happening on Grounds

#### Culturefest
Culturefest features a variety of cultural performances, interactive tables, and international cuisine. An exciting celebration of multiculturalism at UVA completely produced and presented by UVA students. **Free lunch provided.**

Amphitheater  
*(Rain Site: Newcomb Ballroom)*  
Saturday, October 19, Noon – 1:30 p.m.

#### Safe Space Training
The Safe Space network is made up of University faculty, staff, and students who are committed to being allies to the entire LGBTQ+ community.

Newcomb Hall’s Lower Level  
*(Near Multicultural Student Center)*  
Wednesday, October 2, 4-6 p.m.  
Friday, October 18, 11 a.m. - 1 p.m.  
Tuesday, October 29, 4-6 p.m.

For a list of University Events  
[https://www.virginia.edu/calendar](https://www.virginia.edu/calendar)

To register & learn more about LGBTQ+ UVA Community visit  
[https://lgbtq.virginia.edu/programs](https://lgbtq.virginia.edu/programs)

### Happening Around Charlottesville

#### Journey from Slavery to Freedom
Experience the African American transition from slavery to freedom. Visit sites and original structures that bring to life the generations of enslaved individuals who lived at Montpelier. Learn how citizenship in America evolved from slavery through emancipation and Jim Crow to the present.

Saturday, October 12  
at James Madison’s Montpelier  
11350 Constitution Highway  
Montpelier Station, VA 22957  
[https://www.montpelier.org/events](https://www.montpelier.org/events)

#### Oktoberfest
**Saturday, October 5, Noon - 7 p.m.**  
at Frontier Culture Museum  
1290 Richmond Road  
Staunton, VA  
[http://www.frontiermuseum.org](http://www.frontiermuseum.org)

#### The 10th Annual Festy
**Music & Mindfulness**
Friday-Sunday, October 11-13  
**Tickets Required**  
IX Art Park  
Charlottesville, Virginia  
[http://thefesty.com](http://thefesty.com)

#### Religion, Race & Democracy Lab
Experience the best of the Lab’s documentaries, featuring student and faculty work, and clips from the new podcast, **Sacred & Profane**

Friday, October 18, 5:30-6:30 p.m.  
Violet Crown Charlottesville  
200 West Main Street  
Charlottesville, VA 22902

#### Business Women’s Round Table
**Thursday, October 17, 12:30-2 p.m.**  
The Shops at Stonefield  
2020 Bond St.  
Charlottesville, VA 22901  
HOLIDAYS AROUND THE GLOBE

October is National Disability Employment Awareness Month. This observance was launched in 1945 when Congress declared the first week in October as “National Employ the Physically Handicapped Week.” In 1998, the week was extended to a month and renamed. The annual event draws attention to employment barriers that still need to be addressed.

October is LGBT History Month, a U.S. observance started in 1994 to recognize lesbian, gay, bisexual and transgender history and the history of the gay-rights movement.

“Diversity is being invited to the party; Inclusion is being asked to dance.”
Verna Myers

NATIONAL HOLIDAYS

<table>
<thead>
<tr>
<th>Date</th>
<th>Holiday</th>
<th>Details</th>
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<tbody>
<tr>
<td>Oct. 8 &amp; 9</td>
<td>Yom Kippur</td>
<td>the holiest day on the Jewish calendar, a day of atonement marked by fasting and ceremonial repentance.</td>
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<td>Oct. 13-20</td>
<td>Sukkot</td>
<td>a seven-day Jewish festival giving thanks for the fall harvest.</td>
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<td>Oct. 16</td>
<td>International Pronouns Day</td>
<td>seeks to make respecting, sharing, and educating about personal pronouns commonplace.</td>
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<td>Oct. 27-31</td>
<td>Diwali</td>
<td>the Hindu, Jain, and Sikh five-day festival of lights celebrates new beginnings and the triumph of good over evil and lightness over darkness.</td>
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<td>Oct. 31</td>
<td>Reformation Day</td>
<td>a Protestant Christian religious holiday celebrated alongside All Hallows' Eve (Halloween) during the triduum of Allhallowtide in remembrance of the onset of the Reformation.</td>
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NATIONAL INDIGENOUS PEOPLES DAY

October 14: National Indigenous Peoples Day, an alternative celebration to Columbus Day, gives recognition to the indigenous populations affected by colonization. Charlottesville City Council has decided to officially observe Indigenous Peoples Day instead of Columbus Day.

ITALIAN-AMERICAN HERITAGE MONTH

This October marks Italian-American Heritage Month by recognizing the contributions and achievements of Italian-Americans. Over 26 million Americans of Italian descent currently reside in the U.S. — making up America’s seventh largest ethnic group. The heritage month is in October to coincide with Columbus Day — the national holiday celebrated on the second Monday of the month.

D.I.R. LEARNING CORNER

Books of the Month

UGH!?! NOT ANOTHER DIVERSITY BOOK
by Justin LaKyle Brown

CAN WE TALK ABOUT RACE?
by Beverly Daniel Tatum, Ph.D.

RECIPE OF THE MONTH

A taste of Persia Submitted by Narges Sinaki

PERSIAN LENTIL RICE RECIPE

“Persian foods are inspired by special occasions and customs including different seasons. There is a reason behind every single ingredient that makes the food a good source of nutrition for your mind and body in different situations. In that spirit, let’s talk about one of the popular Persian foods for Fall, Adas Polo (Persian Lentil Rice). It is so colorful which reminds you of beautiful colors of leaves in Fall. Warm ingredients like raisins, dates and lentils will keep your body’s energy high. More importantly, Adas Polo doesn’t require any exotic ingredients”.

~Narges Sinaki

Full recipe & instructions on page 3
RECIPE OF THE MONTH
A taste of PersiaSubmitted by Narges Sinaki
PERSIAN LENTIL RICE RECIPE

INGREDIENTS

For the filling
- 1 cup lentils
- 2 cups water
- 2 tablespoons vegetable oil
- 1 onion finely chopped
- 8 ounces ground beef
- 1 teaspoon turmeric
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 2 tablespoons bloomed saffron divided
- 1 cup raisins
- 1 cup Medjool dates pitted

For the rice
- 6 1/3 cups water divided
- 2 cups basmati rice washed and drained rice
- 6 cups of water plus 1/3 cup
- 1 ½ teaspoon 1 ½ teaspoons salt
- 7 tablespoons vegetable oil divided
- 2 potatoes sliced
- 1 cup raisins
- 1 cup Medjool dates pitted
- 2 tablespoons bloomed saffron

Instructions

FILLING
1. Cook the lentils in a pot of boiling water over medium heat for 20 minutes, until they are half cooked. Drain and rinse with cold water. Set aside.
2. In a large pan, heat the vegetable oil. Sauté the onion until it’s golden. Add the ground beef and cook until it’s light brown. Add the turmeric, cinnamon, salt, and bloomed saffron. Stir until ground beef is cooked completely. Set aside.
3. Wash the raisins and spread them on a kitchen towel. Dry them, then place them in a small heat-proof bowl. Set aside.

RICE
1. Pour 6 cups of water in a large nonstick pot and bring to a boil over high heat. Add the rice and salt, and boil about 10 minutes. Check one grain with your fingers by pressing it between your thumb and index finger; you should be able to break the grain but it should still be firm. Add the drained lentils to the pot and boil for 30 seconds.
2. Place a colander in clean sink and drain the rice and lentils. Place the pot back on medium heat. Make sure the bottom of the pot is dry. Heat 3 tablespoons of vegetable oil in the pot and place the potato slices in the bottom of the pot so they cover the bottom entirely.
3. Scoop 1/3 of the rice into the pot and layer 1/3 of the beef mixture on top of the rice. Repeat with the remaining rice and filling. Carefully pour 1/3 cup of water around the edges of the pot. Wrap the lid in a clean towel and put it on the pot. Let the rice cook for 20 minutes, until the steam starts to escape from the bottom of the pot. Pour 3 tablespoons of vegetable oil on the rice. Place the bowl of raisins and the dates on top of the rice. Cover and steam for 10 minutes more.
4. In a small bowl, mix 1 cup of the lentil rice with 2 tablespoons of bloomed saffron. Serve the lentil rice in a large platter, topped with dates, raisins, and the saffron lentil rice.

Serve with herb platter or plain Greek yogurt on the side.