



San Luis Obispo  
Chamber of Commerce  
Diversity Committee

**Building** Stronger Business Communities Through Inclusion and Access

# DIVERSITY

# NEWSLETTER

April ~ May ~ June ~ 2009

2nd Quarter ~ Volume 2

*Join us commemorating some of the 2009 second quarter diversity celebrations proclaimed by the President of the United States\* and other "unofficial" entities. Enjoy this newsletter as well as take the time to inform others about the great history involved! Diversity celebrations included in this Newsletter are:*

*National Parkinson's Awareness Month  
Passover*

*Asian/Pacific American Heritage Month\**

*Jewish-American Heritage Month\**

*Cinco de Mayo*

*Mother's Day\**

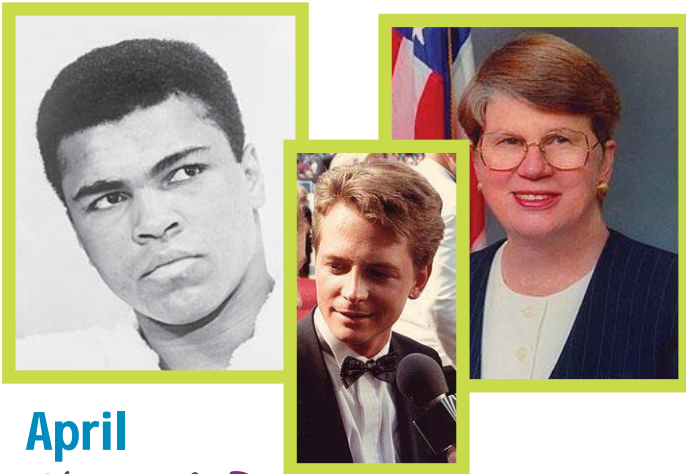
*Gay & Lesbian Pride Month\**

*World Environment Day*

*Flag Day\**

*Father's Day\**

# APRIL



April

## National Parkinson's Awareness Month

Parkinson's disease is a brain disorder. It occurs when certain nerve cells (neurons) in a part of the brain called the substantia nigra die or become impaired. Normally, these cells produce a vital chemical known as dopamine. Dopamine allows smooth, coordinated function of the body's muscles and movement. When approximately 80% of the dopamine-producing cells are damaged, the symptoms of Parkinson's disease appear.

What are the signs and symptoms of Parkinson's disease?

The loss of dopamine production in the brain causes the primary symptoms of Parkinson's disease.

The key signs of Parkinson's disease are:

- Small, cramped handwriting
- Stiff facial expression
- Shuffling walk
- Muffled speech
- Depression

Other signs of Parkinson's disease may include:

- Tremor (shaking)
- Slowness of movement
- Rigidity (stiffness)
- Difficulty with balance

Info/Photo From: <http://www.parkinson.org/Page.aspx?pid=225>

Diagnosed with Parkinson's per [http://en.wikipedia.org/wiki/List\\_of\\_Parkinson%27s\\_disease\\_patients](http://en.wikipedia.org/wiki/List_of_Parkinson%27s_disease_patients)

Janet Reno  
Michael J. Fox  
Muhammad Ali

flatbread made of white plain flour and water. The dough is pricked in several places and not allowed to rise before or during baking, thereby producing a hard, flat bread. It is similar in preparation to the Southwest Asian lavash and the Indian chapati[1].

Matza is the substitute for bread during the Jewish holiday of Passover, when eating chametz—bread and leavened products—is forbidden. Eating matza on the night of the seder is considered a positive mitzvah, i.e., a commandment. In the context of the Passover seder meal, certain restrictions additional to the chametz prohibitions are to be met for the matza to be considered “mitzva matza”, that is, matza that meets the requirements of the positive commandment to eat matza at the seder.

Info & Photo from: <http://en.wikipedia.org/wiki/Matzo>



## April 8 Passover

The holiday of Passover marks the anniversary of the birth of the Jewish nation. The story of the Jewish nation is one of individuals who became a family who became a people. The great individuals who laid the spiritual foundation of Jewish peoplehood were Abraham and Sarah, their son and daughter-in-law Isaac and Rebecca, and their son and daughters-in-law Jacob, Rachel, and Leah.

Info From: <http://www.aish.com/holidays/passover/>

Matza (also Matzah, Matzoh, or Matsah) Hebrew: in Ashkenazi matzo or matzoh, and, in Yiddish, matze) is a cracker-like

## Did you Know?

*Caregiving Fact: Informal caregivers (unpaid family or friends of seriously ill loved ones) provide more care in the home than the federal government provides in all settings combined.*

Info From: <http://www.caregiver.org/caregiver/jsp/home.jsp>

*Parkinson's Disease usually develops after the age of 65, 15% of those diagnosed are under 50.*

Info From: <http://www.parkinson.org/Page.aspx?pid=201&srcid=-2>





**May is:**

## *Asian/Pacific American Heritage Month*

One of the chief characteristics of English is its teeming vocabulary, an estimated 80% of which has come from other languages! Linguistic borrowing has occurred over many centuries, whenever English speakers have come into contact with other cultures, whether through conquest and colonization, trade and commerce, immigration, leisure travel, or war.

While English has borrowed most heavily from the languages of Europe and the Near East, it has also acquired many loan words from Asia, sometimes through the intermediary of Dutch, the native language of the merchant-sailors who dominated the Spice Islands trade in the 17th century.

Many of these borrowed words no longer seem foreign, having been completely assimilated into English. Some examples are boondocks, gingham, and ketchup. Others are still strongly associated with their country of origin, such as terms for specific "ethnic" dishes or the different schools of martial arts.

Info From: <http://www.infoplease.com/spot/asianwords1.html>

Photo From: [http://teacher.scholastic.com/activities/asian-american/angel\\_island/chapter5.htm](http://teacher.scholastic.com/activities/asian-american/angel_island/chapter5.htm)



**May is:**

## *Jewish-American Heritage Month*

Long before the Lower East Side became the heart of modern Jewish American history, before Levi's, Barbie Dolls and Spielberg, Jews around the world shared a rich international heritage from Abraham to William Alexander Leidesdorff, California's own Jewish pioneer, to Albert Einstein and Israel and America's more recent technological advances in the green revolution. Today, this rich, varied tradition continues around the world with strong Jewish communities in almost every continent on the globe.

Info & Image from: <http://www.jhfsac.com/node/10>

**May 5:**

## *Cinco de Mayo!*

It was May 5, 1862 when the Mexican militia defeated the French at Puebla, Mexico. This victory eventually led to the unifying of the Mexican people. This is not their day of independence, but rather a successful effort toward driving the French from their country. Mexico's Independence Day is actually September

16. Info from: <http://www.real-restaurant-recipes.com/pico-de-gallo-recipe.html>

Photo From: <http://www.time.com/time/daily/special/diana/photoessay/9.html>



**May 10:**

## *Mother's Day*

Quotes about motherhood

"My mother could make anybody feel guilty – she used to get letters of apology from people she didn't even know." – Joan Rivers

"The best way to keep children home is to make the home atmosphere pleasant – and let the air out of the tires." – Dorothy Parker

"A mother's arms are more comforting than anyone else's." – Diana, Princess of Wales

Info From: Quotes from: [http://womenshistory.about.com/od/motherhood/a/mother\\_quotes.htm](http://womenshistory.about.com/od/motherhood/a/mother_quotes.htm)

## *Did you Know?*

*The highest officially recorded number of children born to one mother is 69, to the first wife of Feodor Vassilyev (1707-1782) of Shuya, Russia. Between 1725 and 1765, in a total of 27 confinements, she gave birth to 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. 67 of them survived infancy.*

Info from: <http://www.real-restaurant-recipes.com/pico-de-gallo-recipe.html> & <http://www.ask.com>



## June is:

## Gay & Lesbian Pride Month

June is the month people are welcomed regardless of sexual orientation. The gay and lesbian community tries to break the stigma associated with their sexual orientations. Gay and lesbian groups host parties, parades and all other kinds of community gatherings. The gay and lesbian community uses June to educate the public regarding the gay movement and the many social challenges the gay and lesbian community face in everyday life.

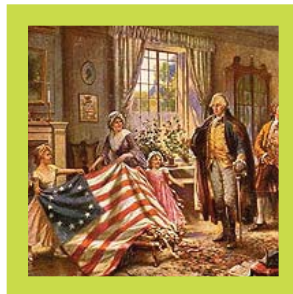
Excerpt From: [http://www.associatedcontent.com/article/265200/june\\_is\\_gay\\_and\\_lesbian\\_pride\\_month.html](http://www.associatedcontent.com/article/265200/june_is_gay_and_lesbian_pride_month.html)



The theme for WED 2009 is 'Your Planet Needs You-UNite to Combat Climate Change'. It reflects the urgency for nations to agree on a new deal at the crucial climate convention meeting in Copenhagen some 180 days later in the year, and the links with overcoming poverty and improved management of forests.

This year's host is Mexico which reflects the growing role of the Latin American country in the fight against climate change, including its growing participation in the carbon markets

Info & logo from: <http://www.unep.org/wed/2009/english/content/about.asp>



## June 14:

## Flag Day

According to legend, in 1776, George Washington commissioned Philadelphia seamstress Betsy Ross to create a flag for the new nation. Scholars debate this legend, but agree that Mrs. Ross most likely knew Washington and sewed flags.

To date, there have been twenty-seven official versions of the flag, but the arrangement of the stars varied according to the flag-makers' preferences until 1912 when President Taft standardized the then-new flag's forty-eight stars into

six rows of eight. The forty-nine-star flag (1959-60), as well as the fifty-star flag, also have standardized star patterns. The current version of the flag dates to July 4, 1960, after Hawaii became the fiftieth state on August 21, 1959.

Info & Image from: <http://memory.loc.gov/ammem/today/jun14.html>



## June 21:

## Father's Day

Need some Father's Day present ideas for your little ones? Check out Father's Day Printables at Nick Jr. Link to [http://www.nickjr.com/printables/all-shows/seasonal\\_fathers-day/all-ages/index.jhtml](http://www.nickjr.com/printables/all-shows/seasonal_fathers-day/all-ages/index.jhtml). image from: [http://en.wikipedia.org/wiki/Blue's\\_Clues](http://en.wikipedia.org/wiki/Blue's_Clues)



### Pride Week Mission

Specifically, GALA hopes, through a variety of venues and events, to create opportunities for people to publicly connect and reconnect with friends and allies in order to:

**CELEBRATE** - our lives on the Central Coast and our accomplishments as a community;

**EDUCATE** - the public about our culture, our place in society, and our issues of concern; and

**DEMONSTRATE** - our diversity, our normalcy, our numbers, and how proud we are to be who we are. Info & Logo from: <http://www.slopride.com/gala.cfm>

*Cal Poly's Got It!*

*Check out the Cal Poly Cultural Connections website*

<http://studentaffairs.calpoly.edu/culturalconnections/index.html>

*Did you Know?*

*The Rainbow Flag: Each color of the flag does have a meaning and they are as follows: Red for life, Orange for healing, Yellow for sun, Green for serenity with nature, Turquoise for art, Indigo for harmony, and Violet for spirit.*

Info [http://www.associatedcontent.com/article/265200/june\\_is\\_gay\\_and\\_lesbian\\_pride\\_month.html](http://www.associatedcontent.com/article/265200/june_is_gay_and_lesbian_pride_month.html)