



Diversity, Equity, Inclusion and Belonging

Cultural Observances, Awareness Information & Events

DEIB #59
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How You Can Honor Martin Luther King, Jr.

Have a dialogue with your family and friends. Ask them what they think about Dr. King's legacy. Ask them about their favorite leaders who made an impact on their lives.

Learn to accept others for who they are no matter their race, religion, creed or sexual orientation. Advocate for acceptance and equality.

Continue Dr. King's work to improve the well-being of all people – not only in our own country but in every country around the world. Setting an example of acceptance and equality on your own sends a message to all of those around you.

Create a wave of positivity that could spread around the world. Dr. King once said, "Our lives begin to end the day we become silent about things that matter." This quote can make the difference in your life depending on how you choose to process it.

January is **National Mentoring Month**.

Lt. Col. Bonnie Braun has served CAP for almost 36 years. She recently stepped down from NCR Diversity Officer. Having been her assistant for the last few years, I've witnessed her mentoring spirit in action. Join me in wishing all the best to her.

Martin Luther King, Jr. Day: A National Day of Service

Monday, January 20, 2025, the Dr. Martin Luther King, Jr. holiday will mark its 30th anniversary as a National Day of Service. This day was established to honor the life and legacy of Dr. King, and to encourage all Americans to volunteer to improve their communities.

Dr. King advocated for nonviolent resistance to overcome injustice as a means of lifting racial oppression. He created change with organized sit-ins, marches, and peaceful demonstrations that highlighted issues of inequality.

On April 4, 1968, at the age of 39, he was assassinated in Memphis, Tennessee as he stood on the balcony of his hotel.

Here are a few volunteer ideas. All are opportunities to meet the Cadet Community Service Ribbon requirement.

Collect US Flags. Plan US Flag retirement ceremony, invite the public.

Give a Day of Volunteering in Your Community.

Send Care Packages to deployed troops, veterans, and wounded soldiers. Write a letter of gratitude for their service, and include snacks and personal care items. Check out **Operation Gratitude** and **Give 2 the Troops** organizations to learn where to send your care packages.

Pitch-in for the Elderly. Organize your group to rake leaves, shovel snow, carry groceries or do housework for elderly neighbors. If you don't have an elderly neighbor, consider contacting a senior citizen/community center for helpful ideas.

Adopt a Park. Decide on a park to adopt. Grab some trash bags and pick up the trash to beautify the park.

Donate Old Linens to an Animal Shelter. Donate old bath towels, blankets, and sheets to a local animal shelter.

Help A Child to Read. Become a literacy volunteer to tutor children at your local library or at an afterschool program.

Donate Food to a Food Bank. Collect non-perishable food items and donate them to a local food bank.