

# HUNTER:

DIVERSITY IN ACTION NEWSLETTER

# DECEMBER



**CELEBRATING WINTER HOLIDAYS!**

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December is the season of giving, gratitude and festive celebrations, and we're thankful for the many warm memories we've made with our fellow HUNTERs over the last twelve months. Here's to many more shared adventures in 2024.

In this month's newsletter, we'll learn the history behind some of the world's most widely celebrated winter holidays, share an example of work that matters, and explore several DEI resources that will help keep inclusivity and mindfulness top of mind. Happy holidays!

# HOLIDAY ORIGINS

## Hanukkah (Dec 7 – Dec 15)

The Jewish festival of lights known as Hanukkah (which means “dedication”) is a tradition that revolves around the lighting of a nine-branched menorah every night for eight days. As [TIME](#) reports, the ritual “symbolizes how one day’s worth of oil miraculously lasted for eight days during a battle between a small group of Jewish people and the powerful Greek-Syrian army in 165 B.C.” As part of the celebrations, traditional Hanukkah foods tend to be fried in oil such as latkes (potato pancakes) and sufganiyot (jam-filled donuts).



## Christmas (Dec 25)

According to [History](#), Christmas is “both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature.” Traditionally, gifts are exchanged, Christmas trees are decorated, families and friends share food and go to church, and children eagerly await the arrival of the mythical Santa Claus. Christians tend to celebrate Christmas Day “as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion.”

HAPPY KWANZAA



## Kwanzaa (Dec 26 – Jan 1)

Kwanzaa is a weeklong celebration honoring African heritage and culture, founded by Dr. Maulana Karenga in 1966. The celebration draws its inspiration from various African harvest festivals, emphasizing seven principles known as the Nguzo Saba: unity, self-determination, collective work, responsibility, cooperative economics, purpose, creativity, and faith.

During the festivities, families and communities come together to light the seven candles of the Kinara. Revelers exchange gifts, tell stories, listen to music and dance. Kwanzaa is a time for meaningful reflection that fosters a sense of unity and pride among African Americans and people of African descent worldwide.

## Other Year-End Holidays Around the World

Of course, that’s just the tip of the iceberg. Around the globe, different cultures celebrate different holidays in December, from Bohdi Day (a time of meditation celebrated by Buddhists) to the Neo-Pagan festival of Yule. Learn more [here](#).

# WORK THAT MATTERS

## Meals on Wheels America – Save Lunch

The fate of the 2024 federal budget is still uncertain. That's why Meals on Wheels America, the leadership organization dedicated to addressing senior isolation and hunger, is urging Congress to [#SaveLunch](#) for millions of American seniors in communities across the country

It only takes a few minutes to make an impact: just send a direct message to your Members of Congress and insist that they safeguard and enhance funding for Meals on Wheels services in 2024.

With potential budget cuts threatening essential nutrition programs, the organization is begging American citizens to act now. Over the last few months, HUNTER has been helping Meals on Wheels America raise awareness of this critical issue among the American people. You can learn more by visiting [www.savelunch.org](http://www.savelunch.org).



## DEI RESOURCES

### [\*\*\*“An Inclusive Approach to Holidays, Observances, and Celebrations”, Feminiuty.org\*\*\*](#)

A perfect resource for anyone “who wants to be more inclusive and accommodating of non-dominant holidays, observances, and celebrations in the workplace throughout the calendar year.

### [\*\*\*“Should I Say ‘Merry Christmas’ at Work? ‘Happy Holidays’ is the Better, More Inclusive Choice”, The Diversity Moment\*\*\*](#)

Holidays are the perfect time to use inclusive language at work, since people don't celebrate “the same winter holidays. There's Hanukkah, Christmas, Kwanzaa, Winter Solstice, New Year's Day, and more.”

### [\*\*\*“Realistic New Year's Resolutions for Your Mental Health”, National Council for Mental Wellbeing\*\*\*](#)

These self-care strategies can help you set achievable New Year's resolutions to positively impact your mental health.