

Tackle Box

NOVEMBER - 2024 - MI AFS DEIJB COMMITTEE NEWSLETTER

AWARENESS MONTH & DAYS

- [National Alzheimer's Disease Awareness Month](#)
- [National Diabetes Awareness Month](#)
- [National Native American & Alaska Heritage Month](#)
 - [Smithsonian](#)
 - [National Park Service](#)
- [National Veterans and Military Families Month](#)
- [Movember](#) - Men's health Month
- Nov 9 – [World Freedom Day](#)
- Nov 9 – [World Adoption Day](#)
- Nov 11 – [Veterans Day](#)
 - [History of Veterans Day](#)
- Nov 13 – [World Kindness Day](#)
- Nov 16 – [International Day for Tolerance](#)
- Nov 19 – [International Men's Day](#)
- Nov 20 – Transgender Day of Remembrance
- Nov 20 – [World Children's Day \(Human Rights, U.N.\)](#)

Pushing it to the Edge

2024 has seen two women achieve what many found to be impossible, by setting new ultra long-distance running records.



Jasmin Paris (left), a 40-year-old senior veterinary lecturer at the University of Edinburgh, became the 1st woman to finish the Barkley Marathon, a 100- mile race with 54,133.86 feet of elevation gain. Although over the years more than 1,000 people have attempted this ultramarathon, Jasmin is now one of the 20 people that have

completed the race under the 60-hour time limit. This is not Jasmin's first record breaking run. In 2019 she became the first woman to win the grueling 268-mile Montane Spine Race with a time of 83 hours, 12 minutes and 23 seconds. During this race she not only shattered the course record by 12 hours but also stopped to express breast milk for her baby at aid stations along the route. Read the Guardian articles about these races, they can be found [here](#) and [here](#).

On September 21st thirty-one-year-old Tara Dower (right) became the fastest person in history to complete the Appalachian Trail, covering the 2,168-mile trail in 40 days, 18 hours, and five minutes, which beat the standing record by 13 hours. On her journey, Tara averaged 53 miles a day, traveled through 14 states and climbed a total of 465,000 feet. Her journey raised funds for [Girls on the Run](#) and Tara said, "I hope more women get out there...It's not about beating men, it's about finding our true potential...". Read more about Tara Dowers extraordinary run [here](#).



Transgender Day of Remembrance

The brutal murder of Rita Hester, a transgender African American woman from Boston, sparked the flame that would become the Transgender Day of Remembrance (TDOR). Every November since her death in 1998 people have gathered to remember Rita and other transgender individuals that have been lost to violence. TDOR helps to raise awareness of hate crimes against transgender people, as well as offers the opportunity to gather and publicly mourn the lives of trans individuals who might otherwise be forgotten. The below candles hold the names of transgender people in Michigan who lost their lives to violence since 1987. The information for this memorial was taken from Remembering Our Dead. Please take a moment to reflect that each flame represents a sole snuffed out before their story could fully unfold.

Resources and information

- NBC News - [Her death sparked Transgender Day of Remembrance. 22 years later, still no answers.](#)
- PFLAG - [Transgender Day of Remembrance](#)
- [Transgender Michigan](#)
- GLAAD - [Transgender People](#)



Michigan Transgender Day of Remembrance Events

- [Michigan State Trans Day of Remembrance Banquet](#) - Nov 20th
- Honor and Remember - [Unitarian Universalist Congregation of Grand Traverse](#) - Traverse City Nov 20th
- Transgender Day of Remembrance - [Queer Families of Livingston](#) - [Howell Carnegie District Library](#) - Howell Nov 20th
- Transgender Day of Remembrance - OU Annual Vigil - [Oakland University Gender & Sexuality Center](#) - Nov 20th



Listen, Read, Watch & Learn for National Native American and Alaskan Native Heritage Month

November is Native American and Alaska Native Heritage Month, and this celebration originates from 1986, when President Reagan designated November 23-30 as "American Indian Week." Every President since 1995, has issued annual proclamations designating the month of November as Native American and Alaska Native Heritage Month. November is a time to celebrate indigenous culture, accomplishments, and contributions; while reflecting on the struggle these communities face due to the negative impacts of colonization. We encourage you to celebrate Native American and Alaska Native Heritage Month by learning from indigenous and native voices. Below is a list of a few resources for you to enjoy, but we encourage you to find other works by indigenous and native individuals.

- Listen
 - [Reservation Math: Navigating Love in Native America](#)
 - [Raven and the Box of Daylight](#)
 - [Cherokee Story Slam](#)
 - [All My Relations](#)
 - [The Red Nation Podcast](#)
 - [Young and Indigenous Podcast](#)
 - [Native Opinion an American Indian Perspective](#)
 - [This Land](#)
 - [Indigenae Podcast](#)
 - and more at [MacEwan University Indigenous Studies](#)
- Read
 - [An Indigenous Peoples' History of the United States](#)
 - [The Rediscovery of America: Native Peoples and the Unmaking of U.S. History](#)
 - [Boarding School Seasons: American Indian Families, 1900-1940](#)
 - [Holding Our World Together: Ojibwe Women and the Survival of Community](#)
 - [My Grandfather's Knocking Sticks](#)
- Watch
 - [PBS - Native American Alaska Native Heritage Month](#)



The Michigan Chapter of the American Fisheries Society invites you to join the

MENTORSHIP PROGRAM

Hosted by the DEIJB Committee

What's MI AFS?

- MI AFS is a professional organization interested in maintaining high standards for the fisheries profession and ensuring conservation of Michigan's aquatic resources.
- Activities of the Michigan Chapter revolve around annual meetings, continuing education workshops, newsletters, and committees.

Mentorship Program:

- Participants will be paired with individuals in different stages of their career to foster a sense of belonging and provide mutual learning opportunities
- People of all experience levels and backgrounds are welcome
- AFS Membership is not required

Diversity, Equity, Inclusion, Justice, & Belonging Committee Mission:

- Cultivate a chapter culture that ensures all members feel welcome and respected
- Recruit and retain members with underrepresented identities and backgrounds
- Create and advocate for policies and procedures that promote DEIJB at the chapter, regional, and international levels

To register, scan QR Code or email miafsdeiib@gmail.com
michigan.fisheries.org

Featured Artist

Kelly Church is a skilled black ash basket maker, fiber artist, educator, and activist from the Gun Lake Band in Michigan, descended from the Grand Traverse Band of Ottawa and Ojibwe. She belongs to the largest unbroken black ash weaving family in the Great Lakes. Through her art, she raises awareness about important issues, such as the emerald ash borer invasion. Kelly conducts workshops to teach harvesting, processing, and weaving black ash while instilling values of patience, commitment, and pride in Native traditions. She actively advocates for Native culture and the preservation of the black ash tree through national and international art programs, exhibitions, and partnerships with government agencies.



Ally Corner

Men's Health Month

In the U.S., men's life expectancy is nearly six years less than women. Although this doesn't seem like much of a difference, it means more often, men are missing out on important life events, such as watching their grandbaby(s) grow into adolescence. This discrepancy is largely due to the higher occurrences of life-threatening conditions, as well as the lack of regular health checks and preventative screening in men. For example, men are more likely to die from chronic illnesses such as heart disease and cancer. Men are also nearly four times more likely to die from suicide than women, suggesting they may be less likely to seek help

for mental health issues. Luckily, there are simple steps that can be taken to help address these health discrepancies. So, this November we encourage you to talk to the men in your life about:

- **Scheduling routine health screening and doctor appointments** - these visits can identify the early signs of serious illness(s), helping to slow or even prevent the advancement of life-threatening ailments. For instance, early detection of prostate cancer, one of the leading causes of death in men, can significantly improve chances of recovery.
- **Making positive lifestyle choices** - simple everyday activities like eating healthy, exercising, getting enough sleep and drinking alcohol in moderation can all help to guard against serious health conditions.
- **Supporting their mental health** - men often fear judgment when facing mental health challenges. So be supportive and encourage the men in your life to seek help if you think something is wrong or troubling them. Men should not feel obligated to hold to the outdated stereotype of strong, stoic, and silent. Remind them they are not alone, and that help is available to them.

Before our normal closing, we would like to apologize for the misprint that occurred in the October addition of the Tackle Box. It was brought to our attention by one of the readers that the caption on the bottom of the second page read "Michigan Insurance People's Day Events" instead of the intended "Michigan Indigenous People's Day Events". We are deeply apologetic and embarrassed by this mistake. We are dedicated to improving our attention to detail to prevent mistakes in the future. Please do not hesitate to reach out to us with concerns about Tackle Box content. We appreciate your feedback.

If you would like more information about the DEIJB committee or have suggestions for upcoming editions please contact us via email (miafsdeij@gmail.com) or anonymously.

Warm Wishes -

Kyle Brumm (he/him), Dana Castle (she/her), Lydia Doerr (she/her), Tracy Galarowicz (she/her), Kynzie House (she/her), Maggie Haite (they/them), Taylor Skiles (she/her), Kathleen Quebedeaux (she/her)