

November
2025

The Tackle Box

MI AFS DEIJB COMMITTEE NEWSLETTER

Awareness Month & Days

National Alzheimer's Disease
Awareness Month

National Diabetes Awareness
Month

National Native American & Alaska
Heritage Month

National Veterans and Military
Families Month

November - Men's health Month

Nov 9 - World Adoption Day

Nov 9 - World Freedom Day

Nov 11 - 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.)

Recommend Listen:

*That Brunch in
the Forest*

History shows that the "first Thanksgiving" was not a well-organized feast but rather a casual gathering to celebrate the fall harvest—a tradition shared by both the European settlers and the Native Americans who joined them. The holiday we know today emerged in the mid-1800s, when a desire for a National Day of Gratitude was blended with romanticized accounts of life at Plymouth Plantation.

Native Americans are inseparably tied to Thanksgiving, yet the images that come to mind are often romanticized and bear little resemblance to the actual participants in that day's events. The Smithsonian's podcast *That Brunch in the Forest* explores how, despite centuries of persecution, Native Americans have occupied a powerful but often distorted place, in the national imagination.

Through conversation with Paul Chaat Smith, curator at the Smithsonian's National Museum of the American Indian, the episode examines America's long fascination with Native imagery in culture and branding— think the Boston Tea Party and Indian Motorcycles to Land O'Lakes butter and the Kansas City Chiefs. Smith discusses both the positive and troubling sides of this mythologizing, urging listeners to reflect on how these representations shape our understanding of history and identity. That Brunch in the Forest offers a fascinating look at Thanksgiving's origins and the complex place Native Americans hold in the story of our nation.



A stylized illustration depicts a Thanksgiving table featuring a roasted turkey, green salad, lit candles, wine glasses, and a bottle, all set on a red and white geometric-patterned cloth inspired by Native American designs.

Finding Food Assistance During Uncertain Times

With the federal government shutdown extending into November, there is a risk that the Supplemental Nutrition Assistance Program (SNAP) could be suspended or significantly reduced, limiting millions of Americans' access to food. In Michigan, 15% of the population relied on SNAP in 2024, meaning any reduction or loss of the program would have a major impact on our communities.

It's important that these individuals—or anyone experiencing food insecurity—know that alternative resources are available. Food banks are common across Michigan and can serve as vital sources of support. Sharing information about local food resources widely is essential to ensuring that those in need can access help. If you have the means, please consider donating to your local food pantry. In addition to food, pantries are always in need of personal care items such as feminine hygiene products, baby wipes, and diapers.

While community support is essential, there are also creative ways individuals can make limited budgets stretch further. Turning to lower-cost stores like Dollar Tree and ALDI doesn't mean you have to sacrifice quality or creativity in the kitchen. Influencers such as [Dollar Tree Dinners](#) (Instagram: [dtdinners](#), TikTok: [dollartreedinners](#)) and ALDI's "[Host Thanksgiving for 10 for Just \\$40](#)" campaign offer affordable food and practical meal ideas that make cooking both accessible and enjoyable.

As we enter the season of giving, please help those around you celebrate the holidays as warmly as your own family. Below are several resources to help locate food pantries and other community services in your area.

Resources

- [Findhelp](#)
- [Feeding America](#)
- [211 Michigan](#)
- [Food Finder](#)
- [Food Bank Council of Michigan](#)

Transgender Day of Remembrance

November 20th marks Transgender Day of Remembrance (TDOR), offering an opportunity not only to publicly mourn the lives of transgender individuals cut short but also to raise awareness of the unacceptable increase in anti-trans sentiment and violence. Nationally, between the 2023 and 2024 TDOR at least 372 transgender or gender-expansive individuals fell victim to fatal violence. Each candle below represents a trans person from Michigan who lost their life to violence. The yellow flame, behind some candles, denotes the four new additions to the memorial since its publication last year. For more information about the lives of each of these victims please visit [Remembering Our Dead](#).

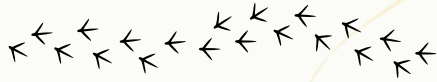
In recent years, there has been a global increase in anti-trans sentiment, rooted in disinformation, conversion efforts, and conspiracy theories. Within the United States, anti-trans disinformation has been used to spread falsehoods, which has translated into heightened anti-trans sentiment and violence towards community members. This has restricted trans people's ability to live freely, safely, and experience the same opportunities as cisgender people. The negative public attention and misconceptions have exacerbated the physical and mental health disparities this community already faces. The mistreatment of trans people not only deepens existing disparities but also reflects how we treat those with the least power in our society. In turn, this reveals our collective values and how we choose to treat everyone. As allies we should work to dispel disinformation that feeds into the physical and societal harm to our trans neighbors.

TDOR not only serves as a day of mourning for the lives of trans individuals lost to violence, but also as a reminder of the ongoing threats the trans community faces. Wherever possible, we must stop the spread of disinformation, as it has serious and far-reaching consequences for trans people everywhere. Now more than ever, it is important to stand with our trans family, friends, and coworkers, as they need our unwavering support during these difficult and charged times.

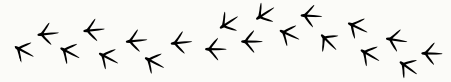


Featured Art: Ideas for your turkey!

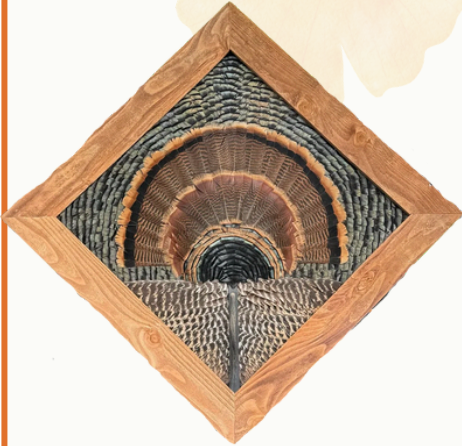
Were you one of the lucky ones to harvest a turkey this fall? Wondering what you can do with those vibrant body and tail feathers? Consider some of these techniques to preserve your beautiful birds!



PC: [Turkey Fan Man Products LLC](#)



PC: [Texas Fowl Co.](#)



Display the fan!!



Create a beard display!

PC: [Rocky Mountain Scrimshaw and Arts](#)



Use the spurs to make jewelry!

PC: [Tenkara Angler](#)



Use the feathers to tie your flies!

Woman alone in the woods



A smiling Dana dressed in forest camo enjoys a beautiful fall day.

Dana Castle writes on her experiences as a female hunter. Not only does she dress to camouflage herself from game species, but to conceal her gender. Too often we take for granted the luxury of feeling safe enough to enjoy our hobbies

while remaining authentic to ourselves. Members of underrepresented groups must frequently consider optimizing their safety when participating in an activity or social setting that lacks diverse people like themselves. This is her story.

Put away the glitter
Put away the bows
Put away the pink
You want to make sure no one knows
Don't leave your hair down
Hide it away
You don't want to draw attention today
Are your nails painted
Better change that
Planning on putting on makeup?
Just put on a hat
Preferably one that covers your face
You don't want to be pretty today
Don't forget to bring the mace
Maybe you'll need it for a bear
Don't look like a girl
I know it's not fair, but a woman alone in the woods has to take care
A car drives by, instant fear
Voices in the distance
Will they know I'm here?
When you're a woman alone in the woods
You don't want anyone to know
For someone could find you
And they could be a foe



Ally Corner: Tips for your Thanksgiving meals

As with many great holidays, Thanksgiving is a way to share our love and appreciation for friends and family over a steaming plate of delicious foods. Whether it be family recipes that have been passed down for many generations, or a new dish that you bravely took on for the occasion, one thing remains true: the preparation and sharing of food has long been a tradition meant to bring people together. In order to ensure that all of your holiday guests can experience this language of love, please consider these cooking tips.

Gluten Free

Look out for wheat ingredients when preparing your meal. Typically found in flour, bread, breading, cakes, and pie crusts.



1:1 baking flour can be swapped for wheat flour



Slightly alter stuffing recipes with gluten free bread



Look for ready-made pie crusts and gluten free cake mixes

Vegan

Animal products can sneak their way into foods with gelatin, whey, artificial vanilla, and other more obvious ingredients like meat, dairy products, and eggs.



Swap in plant-based butter products



Use almond milk or non-dairy creamers and vegetable broth for green bean casserole



An apple crisp with rolled oats and coconut sugar as a dessert replacement

Always check ingredient lists and food labels for the most accurate information. Be mindful of cross-contamination that may occur during the cooking process. Common sources of cross-contamination can come from reusing utensils and unwiped surfaces used for food preparation.



Know you are part of a caring community and never alone. The DEIJB Committee is working to foster an inclusive environment, ensuring MI AFS is welcoming to all. Get involved by reaching out to share resources or connect. Your voice matters! Contact us at mifishcastafs@gmail.com or submit items anonymously.

Warm Wishes -

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)