



May:

Asian American and Pacific Islander Heritage Month

Did You Know?

KROST DEIB COMMITTEE EXPLAINS

We celebrate Asian American and Pacific Islander Heritage Month annually in May to acknowledge and appreciate the culture, traditions, and many contributions of Asian and Pacific Islanders to the United States. AAPI Heritage Month originated with Congress in 1978 and took 10 years to become a permanent month-long celebration. The month of May is significant and commemorates the first Japanese immigration to the United States on May 7, 1843, it also includes the anniversary of the transcontinental railroad which was completed on May 10, 1869, by mostly Chinese immigrant workers.



A great way to celebrate and appreciate a culture other than your own is to self educate with documentaries or history books. You can also celebrate in May by dining at your neighborhood Asian-owned restaurants and supporting Asian-founded brands, you can find a list of some brands [here](#).

There are many other ways you can learn more about and celebrate AAPI Heritage Month, whether it be through art, food, history, or music!

We want to know about your traditions, customs, and cultural recipes.

[TELL US!](#)

We recognize this list is not comprehensive. If we missed a celebration that is important to you, please share with us!



MAY 1

May Day / International Workers Day

May day is the halfway point between spring and summer. It can be traced back to Ancient Roman times for celebrations of the goddess Flora. In modern times it is a day to celebrate workers rights. It is usually celebrated with maypole dances.

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MAY 3

Eid-e-Fetr (End of Ramadan)

Fasting that started back in April soon comes to an end. The End of Ramadan is on May 3. This is when Muslim families gather together for morning Prayers, Feasts, and huge Celebrations.

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MAY 5

Yom Ha'atzmaut

Israel's Independence Day is celebrated on the fifth day of the month of Iyar(April). In 2022, it will be celebrated in May. Which commemorates the Establishment of the modern state of Israel.

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MAY 5

Cinco de Mayo

Cinco de Mayo commemorates the Battle of Puebla and a victory over France. Although it is not a major holiday in Mexico, in the US it has evolved to celebrate culture and heritage.

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MAY 8

Mother's Day (US)

Mother's Day was created to honor the many sacrifices that mothers make for their children. Families usually give mothers a day off from chores. Different versions of this holiday are celebrated worldwide on different days.

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ALL MONTH

Mental Health Awareness

In May we spread awareness about mental health. Mental health is very important for our overall well-being. Many resources are available online, at local events, and through organizations, that reach out to communities to provide screenings.

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MAY 12

International Nurses Day

An annual observance that commemorates the birth of Florence Nightingale. The event was established in 1974 by the International Council of Nurses.

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MAY 19

Lag BaOmer (Jewish)

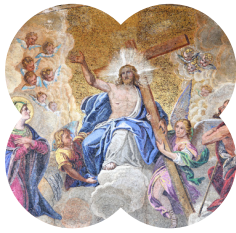
This Jewish holiday is celebrated with bonfires surrounded by friends and family. It symbolizes resilience of the Jewish spirit, and is the one day during the 49 days of Omer (mourning) when celebrating is allowed.

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MAY 21

Armed Forces Day

Celebrates and honors all of the men and women who are currently serving in the military. Along, with those who have served. Typically celebrated on the third Saturday of May right before Memorial Day.

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MAY 26

Ascension Day (Catholic)

Ascension Day commemorates the ascension of Jesus into heaven 39 days after the resurrection on Easter. It is also known as Holy Thursday, it is customary to attend mass on this day.

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MAY 30

Memorial Day

An annual event to honor both men and women who died serving in the Military. Traditionally held on the last Monday in the month of May. The event is held by families gathering in Cemeteries or memorials.

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