

Celebrating Diversity

Committee Members:

- Terry Miller (chairperson)
- Keisa Brooks-Bacote
- Terrence Charles
- Anne George
- Cynthia Smith
- April Kitchens

What is Inside?

Native American Culture

- Contributions 1
- Religion 2
- Navajo Code Talkers 2

Staff Spotlight 3

Diversity in Ethics 3

Our Environment 4

Saving Our Planet 5

The Green Workplace 5

Featured Recipe 6

Native Americans

The Census Bureau states that there were roughly 2 million Native Americans registered in the U.S. in 2004. Many suspect this number is low, and the number of American Indians continues to grow annually.

Gaining insight into the rich Native American culture requires one to shed their television and history book preconceptions and start fresh. Summing up their plight in one article would be futile and lack justice. Native Americans are a group of people who have endured lies, betrayal, and almost total annihilation at the hands of the English, Spanish, and other western groups who sought land, gold and other resources.

Ironically, thousands of applications each year are turned down for free education and grants for

those claiming Native American ancestry. Some Native Americans take offense to this trend.

Even in today's diverse society, many stereotypes about Native Americans persist. Many continue to believe that they are all alike, although there are actually more than 500 culturally distinct federally recognized tribes. Other stereotypes paint them as uncivilized people who wear feathers, ride horses, and live in tipis. Contrary to the common myths, Native Americans do value women and live in homes and cities outside of reservations.

Unfortunately, Native Americans have the highest rates of unemployment and poverty in the U.S. Indians/Alaska Native youth have more serious problems with mental health disorders



including depression, anxiety and substance abuse. The suicide rate for Native Americans is higher than the overall US suicide rate. When compared to other racial and ethnic groups, Native Americans tend to underutilize mental health services due to a lack of culturally appropriate services, lack of funding and a shortage of mental health professionals.



Contributions to American Life

- the toboggan, moccasins, snowshoes
- asphalt, the canoe, the kayak, and lacrosse
- the eagle seal on the back of the dollar bill is taken from a centuries old seal of the 6 Nations of the Iroquois
- a new way of looking at the environment, thus the term 'ecology'
- the Navajo secret code of World War II
- the oldest published book in the world, a Hopi book entitled *Popov*

Native American Religion



Moon mask on display at Just Art Gallery in Port McNeil Northern Vancouver Island

Teaching about Native American religion is a challenging task because the Indian systems of belief and rituals are as numerous as the tribes inhabiting North America. However, there are three general similarities among groups.

One similarity is a coherent religious system that includes cosmologies - creation myths transmitted orally from one generation to the next.

Second, most groups worship an all-powerful, all-knowing Creator or "Master Spirit," a being that can assume a variety of forms and both genders.

Third, Native Americans believe in the immortality of the human soul and an afterlife, the main feature of which is an abundance of every good thing.

These premises parallel the beliefs of early Europeans, both Catholic and Protestant. Those cultures also credited a creation myth (as set forth in Genesis), venerated a Creator God, dreaded a malicious subordinate deity (Lucifer), and looked forward to the individual's afterlife. They also approach their deity with prayers and offerings and relied upon specially trained clergy to sustain them

during periods of crisis.

The most important contrast is that Native Americans do not distinguish between the natural and supernatural. They perceive the "material" and "spiritual" as a unified realm of being—a kind of extended kinship network. In their view, plants, animals and humans partook of divinity through their close connection with "guardian spirits." According to writer Joseph Riverwind, "Most important is the Native American philosophy of life...respect for land, every form of life and for living in harmony with nature."

The Navajo Code Talkers



The first twenty-nine Code Talkers were sent by train to boot camp at Fort Elliot in California where they became the 382nd Platoon, USMC. There, they had to learn to survive the harsh environment they would encounter in the Pacific. Due to their ancestral background and way of life, the Navajos proved to have outstanding physical endurance and qualities.

The Navajo Code Talkers were essential to America's success in World War II. They were Navajo Marines who created a secret code that made it possible for the United States to defeat the Japanese in World War II and end the war. Before World War II, every code that the United States had created for warfare had been broken. The success of this code was largely due to the complexity of the Navajo language.

At the outbreak of World War II, there were only thirty non-Navajos who could speak the language, and not all of them could speak it fluently. Philip Johnston had grown up on the Navajo Reservation and could speak Navajo very well. With skeptical approval by the U.S. Marines, his idea for the recruitment of Code Talkers began in the spring of 1942. Many of the recruits were just school-age boys who lied about their age in order to

have the opportunity to go and fight for their country and protect it from the Japanese. After the code was created, it was tested on some Navajos who weren't Code Talkers and they were unable to understand it. The Marines then decided to start training 200 more men.

The Navajo Code Talkers handled all of the major battlefield communications while the Americans were fighting the Japanese in the Pacific. None of their messages were ever deciphered. Those who returned from the war participated in the *Enemy Way*, a native ritual performed to get rid of evil spirits. It is almost certain that America wouldn't have been able to win the war without the Navajo Code Talkers. It's hard to estimate the number of American lives that they saved.

Staff Spotlight- Dorothy Gant



Date of birth:
Sept 3, 1950

Place of birth:
Allendale County

Family of Origin: African American.

Hobbies:
Quilting and cooking

Talents: I seem to have a natural ability to enhance and be creative.

Core values/beliefs:
Honesty and trust.

Most important life experiences: my spouse surviving cancer, my grandkids

Most influential people in my life: mother and father

Goals/Missions in life:
To find joy in every journey and laughter in the face of adversity, making the best of every day.

Diversity and Professional Ethics

An Augusta State University graduate student has filed suit against ASU, ASU's president and three professors after facing possible dismissal from the University's counseling program, alleging she was threatened with dismissal from the counseling program unless she changed her beliefs on homosexuality and gender identity.

Jennifer Keeton wrote in a term paper on the gay, lesbian, bisexual and transgender, or GLBT community, that "it would be hard to work with this population." She also told a fellow student that she would tell gay clients "their behavior is morally wrong and then help the client change that behavior."

Members of the program's faculty have expressed

concern over Keeton's support of conversion therapy for homosexuals, which the American Counseling Association's ethics committee has concluded may be harmful to clients.

The University maintains that it is not Keeton's *personal beliefs* that have threatened her standing in the counseling program, but her refusal to work toward being able to counsel homosexual clients. The University's response explains that Keeton was asked to complete a remediation plan as part of the program to help her to learn how *not* to impose her own beliefs on others. This plan consisted of attending counseling workshops, reading counseling journals regarding the GLBT community, increasing her exposure to the gay

population and writing reflections on what she learned from these experiences.

Standard A.1.a of the American Counseling Association's code of ethics states that the "primary responsibility of counselors is to respect the dignity and to promote the welfare of clients." The counselor's job is to assist clients in understanding their feelings and behaviors and to help them to reach the goals they have established for themselves, not to dictate what a client's goals should be, what morals they should hold, or what values they should adopt. This means counselors must respect others regardless of their values, beliefs and opinions, even if they are different from their own. The therapeutic relationship must be built on dignity and mutual respect.



Continued on page 6

Focus on Environment



Our planet is in trouble!

Almost every day we seem to hear of yet another problem affecting the environment - pollution, acid rain, climate change, the destruction of rainforests and other wild habitats, the decline and extinction of thousands of species of animals and plants....and so on.

As a result, there is a growing "Go Green" culture to address these threats. Many of us are very worried about the future of our planet and unless we can find a way of solving the problems we have made, the environment will suffer even more. It all sounds hopeless, but everyone can do something to help slow down and reverse some of the damage. We cannot leave the problem-solving entirely to the experts - we all have a responsibility for our environment. We must learn to live in a sustainable way (i.e. learn to use our natural resources which include

air, freshwater, forests, wildlife, farmland and seas without damaging them). As populations expand and lifestyles change, we must keep the world in good condition so that future generations will have the same natural resources that we have. Here are just a few examples of the threats to our environment.

Waste

We humans create such a lot of rubbish! Between 1992 and 2008 household waste increased by 16% and we now produce just less than half a ton per person each year. Most of this is taken away by dustmen and buried in enormous landfill sites or burned in incinerators.

Rainforests

These are valuable habitats. About half of all the species of animals and plants in the world live in rainforests and a possible 50,000 species a year are becoming extinct. Rainforest plants contain substances that can be used in medicines. They

also provide us with oxygen and help regulate the world's climate.

Pollution

The air, water and soil of habitats all over the world have been and are still being polluted in many different ways. This pollution affects the health of living things. Air is damaged by car and lorry fumes, and power stations create acid rain which destroys entire forests and lakes. When fossil fuels i.e. oil, gas and coal are burned to provide energy for lighting, cooking etc. they form polluting gases.

Endangered Habitats and their Wildlife

Wild habitats all over the world are fast disappearing. Forests are cut down, rivers and seas are polluted, heartlands built on, hedgerows pulled up, ponds filled in - the destruction seems endless. As the habitats decrease, so do their communities of animals and plants.



This poster and other green products can be purchased at

<http://www.zazzle.com/go+green+gifts>

The Greenhouse Effect

Certain gases in the atmosphere, mainly carbon dioxide, methane, nitrous oxide and fluorocarbons, act like the glass in a greenhouse, allowing sunlight through to heat the Earth's surface but trapping some of the heat as it radiates back into space.



The Ozone Layer

Fifteen to thirty miles above the Earth lays the stratosphere, a broad band of gases and one of these gases is ozone. Ozone is only a small part of the stratosphere, but is very important because it prevents too some of the sun's ultra violet rays from reaching us. Too many ultra violet rays can give us skin cancer and destroy plankton.

Saving Our Planet

Waste

- Read the newspaper on-line.
- Go online to view and pay your bills; it would save over 16 million trees.
- Recycle paper, cans, glass, and plastic.
- Use leftover paper or plastic bags for your trash cans
- Keep organic matter e.g. potato peelings, left over food, tea leaves etc. and transfer straight to a compost heap in the garden to use as a good, natural fertilizer

Energy

- Use public transportation whenever possible. This reduces yearly gas consumption.
- Never preheat an oven for more than 10 minutes.
- Move your heater's thermostat down 2 degrees in winter and up two degrees in summer. This saves over 2,000 pounds of Co2 emissions- over \$100 annually on bills.
- Insulate your home's attic, pipes, ductwork, and floors to save 25 percent on energy
- Sell, donate, or recycle your old electronics rather than throwing them away
- Unplug your appliances when you're away on vacation. Residential households in the U.S. spend more than 5 billion dollars annually on standby power alone

Water

- While washing your hands and brushing your teeth, turn off the water.
- Collect rain water to water indoor plants



"Going Green" in the Workplace

How Does Your Agency Measure Up?

A greener workplace means a lighter ecological footprint, a healthier and more productive place to work, and good news for the bottom line. Whether you're the boss or the employee, whether your office is green already or still waiting to see the light, some practical steps can lay the groundwork for a healthy, low-impact workspace.

- Optimizing the energy settings for computers and other devices
- New software like [Greenprint](#) helps eliminate blank pages from documents before printing and can also convert to PDF for paperless document sharing
- Reuse boxes and use shredded waste paper as packing material
- Use the front & back of paper when printing
- Use scrap paper for faxes
- Buy recycled supplies (paper, pencils, and print cartridges)
- Avoid clothes that need to be dry cleaned & give old clothes to charities
- Instant messaging, video conferencing, and other innovative workflow tools make effective telecommuting a reality. If you can, telecommute, hold phone conferences, or take online classes
- Bring lunch to work in reusable containers & use reusable plates, utensils, and napkins



ABMHC Diversity Committee

1135 Gregg Hwy
Aiken, SC 29801

PHONE:
(803) 641-7700

FAX:
(803) 641-7713

E-MAIL:
tbm37@scdmh.org
kbb14@scdmh.org

Diversity and Professional Ethics. continued from page 3

In order to be an effective counselor, one must be able to separate personal beliefs from the counseling relationship and to accept that others can have values and beliefs that, while different, may be equally valid. Equally difficult is the task of gaining awareness

of the ways one's own cultural background, experiences, attitudes, and values influence thoughts, behaviors and stereotypes developed as a way of helping us to better understand the world. Professionals must make an effort to prevent

prejudices and biases from negatively impacting others, particularly those who are seeking help. A counselor's personal biases should not add to the emotional pain a client is already experiencing.

HUMMUS- Middle Eastern

Hummus is one of the more popular Middle Eastern dips. It makes for a great snack or appetizer. Tahini is an important part of the hummus recipe and cannot be substituted. However, it can be omitted. Prep Time: 10 mins, Total Time: 10 mins
Ingredients:

- 1 16 oz can of chickpeas or garbanzo beans
- 1/4 cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice (depending on taste)
- 1 1/2 tablespoons tahini
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil

Preparation: Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth. Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate. Variations: For a spicier hummus, add a sliced red chile or a dash of cayenne pepper.

Storing: Hummus can be refrigerated for up to 3 days or in the freezer for up to one month. Add a little olive oil if it appears to be too dry.

References

Augusta Chronicle
American Counseling Association, Code of Ethics, 2005
National Geographic
Rolf Hicker Photography
Joseph Riverwind (Taino)
Center for Disease Control and Prevention
American Indians: Stereotypes and Realities by Devon Mihesuah 1996
<http://www.native-languages.org/kidfaq.htm>
<http://www.navajocodetalkers.org>
<http://www.census.gov/prod/2007pubs/acs-07.pdf>
www.planetgreen.discovery.com
<http://www.inventors.about.com>