

CELEBRATING NATIVE AMERICAN HERITAGE MONTH

November is Native American Heritage Month, honoring the original inhabitants of North America, including the Native Americans, Alaska Natives, and Native Hawaiians. It is a time to celebrate rich and diverse cultures, traditions and histories, and recognize the important contributions of Native people. It is also an opportunity to educate the general public about tribes, raise awareness about the unique challenges Native people have faced and continue to encounter, and acknowledge the ways in which tribal citizens have worked to conquer these challenges.

To follow are some ways to celebrate and appreciate Native American culture and contributions throughout the month and all year long. Please also check with local institutions and organizations—such as libraries, schools, and cultural groups—for events being hosted in your area.

CONNECT WITH HISTORY AND CULTURE

Indigenous Heritage: People and Places

The National Park Service is committed to telling the stories of Native American, Alaska Native and Native Hawaiian people and preserving the places associated with their history and heritage. Visit [nps.gov](https://www.nps.gov) to learn more about these people and places...you might also consider planning a trip to one of the featured parks, trails, monuments or heritage areas.

Native American Heritage on PBS

In a special collection of films, documentaries and resources from [Public Television](https://www.pbs.org), learn about the

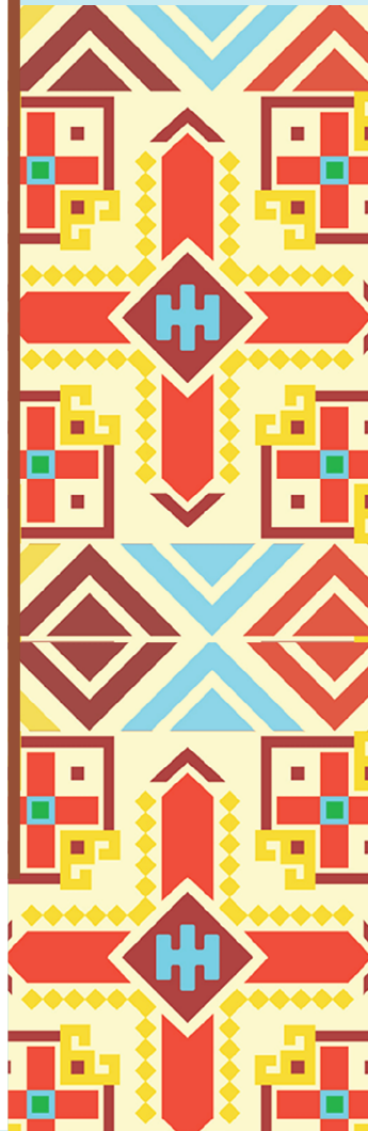
Native Americans who served in the U.S. Military, how Indigenous women influenced early suffragists, and more largely-untold stories.

Native Voices Playlist

GoUSA TV has launched a collection of streaming videos highlighting the culture and traditions of American Indians, Alaskan Natives and Native Hawaiians. Click [here](#) to explore the collection, curated by Sherry L. Rupert, AIANTA's Chief Executive Officer.

Learn How to Dance Powwow

Powwow is an energetic and fun dance, which can be a great addition





CELEBRATING NATIVE AMERICAN HERITAGE MONTH

to your cardio! There are a number of tutorials on YouTube. Click [here](#) if you have 10 minutes and [here](#) if you have at least 45.

The Pow Wow Calendar from [PowWows.com](#) features hundreds of Native American Pow Wow listings across North America. Click [here](#) to browse upcoming events near you.

Read the Work of Native Authors

A great way to learn about the Native American experience, history, and culture is to read a book by a Native American author. Work your way through reading lists by [First Nations Development Institute](#) or [Native American Heritage Month Books for Teens](#) by the Chicago Public Library. Find more inspiration from [Goodreads](#), [St. Joseph's Indian School](#), and [Readers Digest 12 Untold Stories of Native American Heroes](#).

SHOW YOUR PRIDE

#RockYourMocs

Established in 2011, Rock Your Mocs is a week-long social media event aimed

at uniting indigenous people worldwide and honoring our Native American ancestors. To join in, wear your moccasins, take a video or picture and upload it to Facebook, Instagram or Twitter with the hashtag #RockYourMocs2022. Click [here](#) to learn more.

SUPPORT INDIGENOUS-OWNED BUSINESSES AND CHARITIES

There are many great ways to support Native communities while also contributing to worthwhile causes that work to empower Native communities both economically and socially. Here are just a few to help you get started:

- [Etsy](#)
- [NativeWeb](#)
- [Native Wellness Institute](#)
- [Warrior Woman Project](#)
- [First Nation's COVID-19 Emergency Response Fund](#)

However you choose to commemorate the month, we hope your all of your celebrations are safe and meaningful.

PHONE:
800-833-8707

WEB:
www.myccaonline.com

