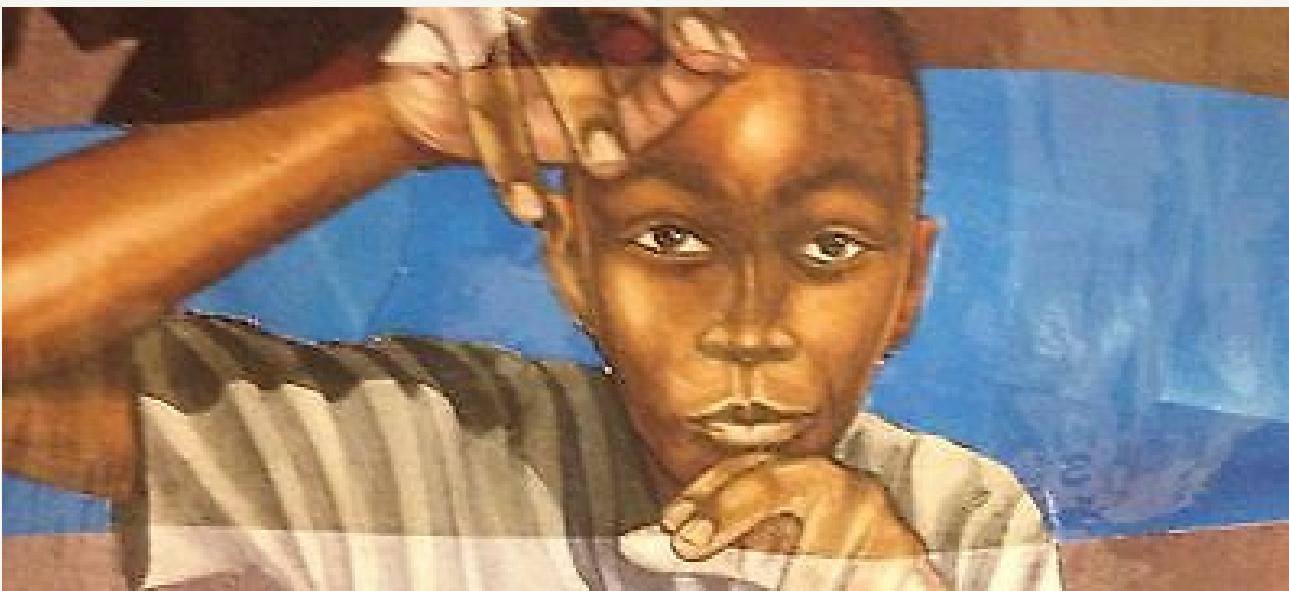


Belonging

I TOO, AM AMERICA

Langston Hughes



WELCOME

February is the celebration of Black History Month, an aspect of American history that is now coming into question. As President Gerald Ford said in 1976, when he officially recognized Black history month, we need to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history".

Black History is American History, Please enjoy learning, reading, and discussing. Remain curious. Be well Cheryl Ellis, PsyD. Director of Diversity Equity, & Inclusion

THE POEM

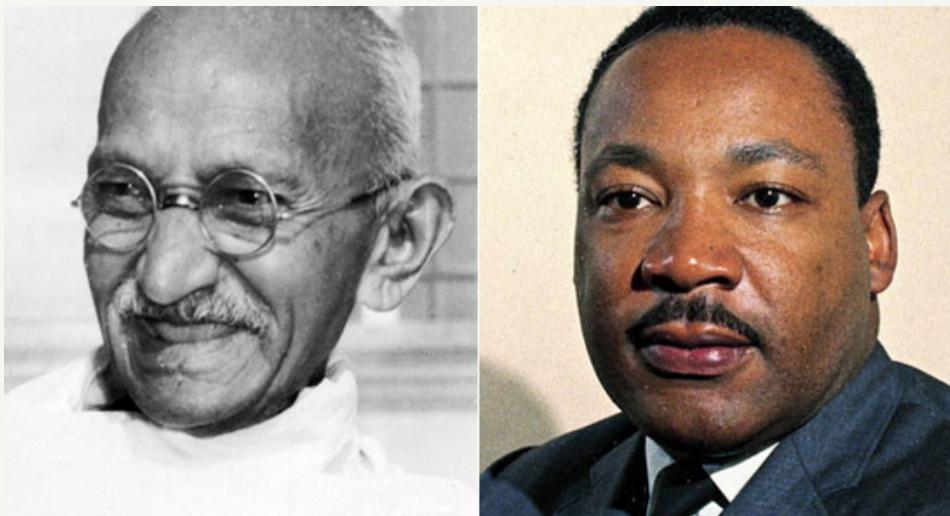
I, too, sing America. I am the darker brother. They send me to eat in the kitchen When company comes, But I laugh, And eat well, And grow strong.

Tomorrow, I'll be at the table When company comes. Nobody'll dare say to me "Eat in the kitchen," Then. Besides, They'll see how beautiful I am And be ashamed--
I, too, am America

Our Stories

MARTIN LUTHER KING AND I HAVE SOMETHING IN COMMON. I FIGHT FOR MY RIGHTS, AND I AM PASSIONATE. SOME THINGS THAT MLK FOUGHT FOR ARE EQUALITY, RESPECT, EQUITY, AND FAIRNESS. I ALSO FIGHT EVERY DAY AGAINST DISCRIMINATION AND EQUALITY, RESPECT, EQUITY, AND ACCEPTANCE. HIS EMPOWERING SPEECH INSPIRES ME TO CONTINUE TO ADVOCATE, FIGHT WITH FIERCENESS AND CONTINUE TO ENCOURAGE OTHERS. HE ALSO LIVED IN POVERTY. DR. MARTIN LUTHER KING ALSO BELIEVED HE COULD MAKE A CHANGE AND NOT JUST A CHANGE BUT GO DOWN IN HISTORY FOR ACCEPTANCE OF ALL HIS BROTHERS AND SISTERS AROUND THE WORLD AND ALL MINORITIES. HE BELIEVED THAT THEY WILL OVERCOME AND ONE DAY WE ALL BE INCLUDED. I TOO HAVE A DREAM THAT ALL PEOPLE CAN BE PART OF THE WORLD AND BE ACCEPTED FOR WHO THEY ARE.

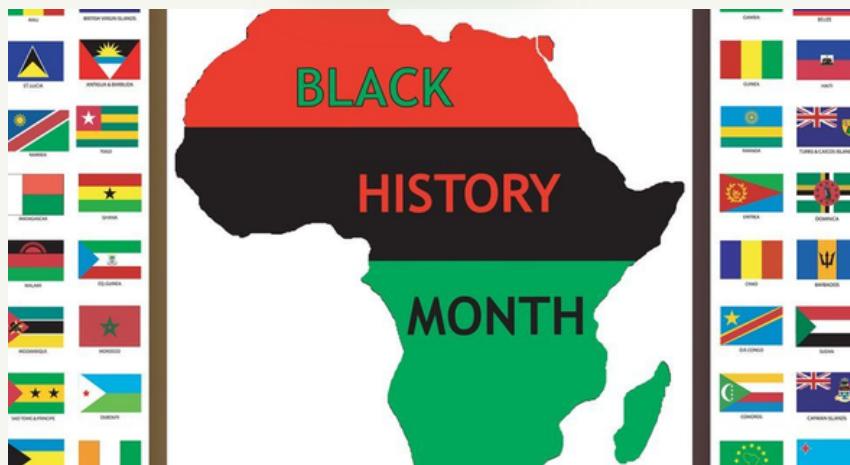
SUBMITTED BY JOSSIE TORRES, SELF ADVOCATE COORDINATOR, WR



DID YOU KNOW?

Dr. Martin Luther King 's philosophy of nonviolence was influenced by Mahatma Gandhi's philosophy of satyagraha ("love force"). Mahatma Gandhi, an activist in India, believed that people should refuse to do anything they believe is wrong. Dr. King adopted this philosophy because of his strong ideals of love and realization that nonviolence could be a powerful weapon in the "struggle for freedom".

BLACK HISTORY MONTH



LOIS J. CURTIS

(SUBMISSION FROM ROBIN CARLSON, DS CASE MANAGER)

LOIS JEANETTE CURTIS WAS AN AMERICAN BLACK ARTIST AND ACTIVIST WITH INTELLECTUAL AND PSYCHIATRIC DISABILITIES. GROWING UP IN GEORGIA, SHE SPENT MUCH OF HER TEENAGE CHILDHOOD AND YOUNG ADULT YEARS IN INSTITUTIONAL SETTINGS. HER REQUESTS TO LIVE IN THE COMMUNITY WERE DENIED. SHE SUED THE STATE OF GEORGIA, AND HER CASE WENT TO THE SUPREME COURT. IN THE L.C. V. OLMSTEAD DECISION, THE COURT RULED THAT PEOPLE WITH DISABILITIES HAVE A RIGHT TO LIVE IN THE COMMUNITY WITH APPROPRIATE SUPPORT. THE COURT RULED UNNECESSARY INSTITUTIONALIZATION IS A FORM OF SEGREGATION AND IS ILLEGAL UNDER THE AMERICANS WITH DISABILITIES ACT. IN 2007, LOIS RECEIVED THE HARRIET TUBMAN ACT OF COURAGE AWARD. CURTIS LIVED OUT HER YEARS IN COMMUNITY SETTINGS OF HER CHOOSING WHILE PRODUCING HER ART. IN 2011, SHE WAS AN INVITED GUEST TO THE WHITE HOUSE WHERE SHE PRESENTED PRESIDENT OBAMA WITH A PIECE OF HER ARTWORK. SHE DIED IN NOVEMBER OF 2022 AT AGE 55 FROM CANCER.

SOURCE:

"BLACK HISTORY MONTH: LOIS CURTIS ARTIST AND DISABILITY ADVOCATE PAVED THE WAY". THE ART OF AUTISM, NOVEMBER 12, 2022

Uniting the Diaspora





BLACK HISTORY INTERVIEW BY JEREMY POWELL WITH MICHELE BRABANT

INTERVIEWS

1. WHAT DOES BLACK HISTORY MEAN TO YOU? HAVING BLACK HISTORY MONTH ACKNOWLEDGES MANY FAMOUS BLACKS WHO MADE CONTRIBUTIONS THROUGH THEIR TALENTS AS WRITERS, SCIENTISTS, ACTIVISTS, PHILOSOPHERS, ETC. THAT HAVE BETTERED OUR SOCIETY.
2. WHAT ARE YOUR VIEWS ON BLACK HISTORY? SEE ABOVE.
3. WHAT CHALLENGES DO OUR INDIVIDUALS IN OUR NATION FACE TODAY? ALL AMERICANS NEED TO BE EDUCATED ON BLACK WALL STREET, JUNETEENTH DAY, ETC.
– WE NEED TO LEARN TO SUPPORT IDEAS AND POLICIES.
4. WHAT DO YOU KNOW ABOUT CIVIL RIGHTS? MOVEMENT THAT FOUGHT FOR EQUALITY IN EMPLOYMENT, PAY, VOTER RIGHTS, USE OF PUBLIC SPACES – FIGHTS FOR RACIAL JUSTICE NEEDS TO BE OCCURRING EVERY DAY, ALL DAY – MANY TIMES MOVEMENTS DON'T GAIN MOMENTUM OR RECOGNITION UNTIL A TRAGEDY OCCURS.
5. DO BLACK HISTORY AFFECT OR CHANGE OUR SOCIETY FOR OUR INDIVIDUALS? YES – MOVEMENTS LED BY BLACKS FOR EQUALITY CREATED THE 14TH AMENDMENT IN 1866 AND THE CIVILS RIGHTS ACT OF 1964 – NOT ONLY DID THESE CONSTITUTIONAL RIGHTS AND LAWS MAKE IT ILLEGAL TO SEGREGATE SCHOOLS AND NOT HIRE SOMEONE BASED ON THEIR COLOR OF THEIR SKIN, BUT ALSO RACE, RELIGION, SEX, AND NATION OF ORIGIN – THESE MOVEMENTS HELPED WOMEN AND BECAME A FOUNDATION FOR THE LGBTQAI COMMUNITY, THUS SOCIETY AS A WHOLE.

MORE INFORMATION FOR BLACK HISTORY MONTH ON BEHALF OF THE WR SACS:

DID YOU KNOW?

MAE C. JEMISON IS AN AMERICAN ASTRONAUT AND PHYSICIAN WHO, ON JUNE 4, 1987, BECAME THE FIRST AFRICAN AMERICAN WOMAN TO BE ADMITTED INTO NASA'S ASTRONAUT TRAINING PROGRAM. ON SEPTEMBER 12, 1992, JEMISON FINALLY FLEW INTO SPACE WITH SIX OTHER ASTRONAUTS ABOARD THE ENDEAVOUR ON MISSION STS47, BECOMING THE FIRST AFRICAN AMERICAN WOMAN IN SPACE. IN RECOGNITION OF HER ACCOMPLISHMENTS, JEMISON HAS RECEIVED SEVERAL AWARDS AND HONORARY DOCTORATES.



BLACK HISTORY INTERVIEW BY JEREMY POWELL WITH LISA FIORAVANTI

1. WHAT DOES BLACK HISTORY MEAN TO YOU?

BLACK HISTORY IS A CELEBRATION OF AFRICAN AMERICAN ACHIEVEMENTS AND AN OPPORTUNITY TO LEARN AND UNDERSTAND MORE ABOUT THE RICH CULTURAL EVENTS AND LIVES OF AFRICAN AMERICANS THROUGHOUT OUR NATION'S HISTORY.

2. WHAT ARE YOUR VIEWS ON BLACK HISTORY?

BLACK HISTORY IS A TIME TO HONOR THE MANY ACCOMPLISHMENTS OF AFRICAN AMERICANS. BY LISTENING, LEARNING, AND ENGAGING IN VALUABLE CONVERSATIONS WITH OPEN HEARTS AND MINDS, WE CAN ENRICH ALL OF OUR LIVES.

3. WHAT CHALLENGES DO OUR INDIVIDUAL IN OUR NATION FACE TODAY?

WE FACE MANY CHALLENGES IN OUR NATION TODAY WITH TOO MANY SHOOTINGS, HEALTH CONCERNS, POVERTY, AND HOUSING ISSUES IN OUR CITIES. WE CAN STRIVE TO MAKE A DIFFERENCE IN OUR OWN COMMUNITIES TO END RACIAL DISCRIMINATION BY WORKING TOGETHER, TREATING EACH OTHER WITH KINDNESS AND RESPECT, AND WORKING TOGETHER TOWARD A MORE INCLUSIVE, DIVERSE, AND EQUITABLE SOCIETY.

4. WHAT DO YOU KNOW ABOUT CIVIL RIGHTS?

CIVIL RIGHTS GRANT US PROTECTION FROM DISCRIMINATION AND UNFAIR TREATMENT IN ALL ASPECTS OF SOCIETY. I TREASURE OUR FREEDOM TO PURSUE LIFE, LIBERTY, AND HAPPINESS AS PROMISED IN THE DECLARATION OF INDEPENDENCE AND CHERISH THESE PROTECTIONS FOR ALL PEOPLE OF EVERY RACE, COLOR, SEX, RELIGION, OR NATIONAL ORIGIN.

5. DO BLACK HISTORY AFFECT OR CHANGE OUR SOCIETY FOR OUR INDIVIDUALS?

YES, EDUCATION CAN MAKE A DIFFERENCE! THE MORE WE LEARN AND UNDERSTAND ABOUT BLACK HISTORY, THE MORE WE GROW AND APPRECIATE EACH OTHER. WE CAN ALL MOVE TOWARD CREATING A MORE EQUITABLE, DIVERSE, AND INCLUSIVE COMMUNITY WITH OPEN HEARTS AND MINDS BY SHARING IN CONVERSATION AND LEARNING MORE ABOUT EACH OTHER. EDUCATION, KINDNESS, AND RESPECT GO A LONG WAY!





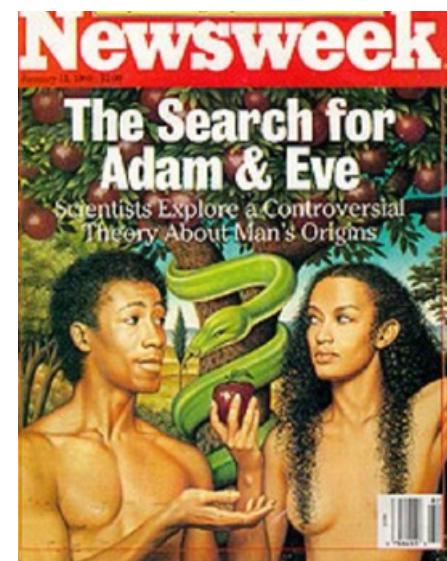
Black history did not begin or end with slavery, yet often when we talk of Black history we reference the arrival of the first slaves in Jamestown, VA in 1619. We don't often speak of the rich history of the African continent with its rich empires and kingdoms.

The Mali Empire, The Kingdom of Aksum, The Kingdom of Dahomey, and Yoruba culture, to just name a few. While exploring, researching and learning of Black history it is important to show the connection among Africa, the Americas, and the rest of the world. The knowledge that it goes beyond the slave trade and how those connections affect our world today. For more information view www.pbs.org/show/africas-great-civilizations.



The San People of Southern Africa

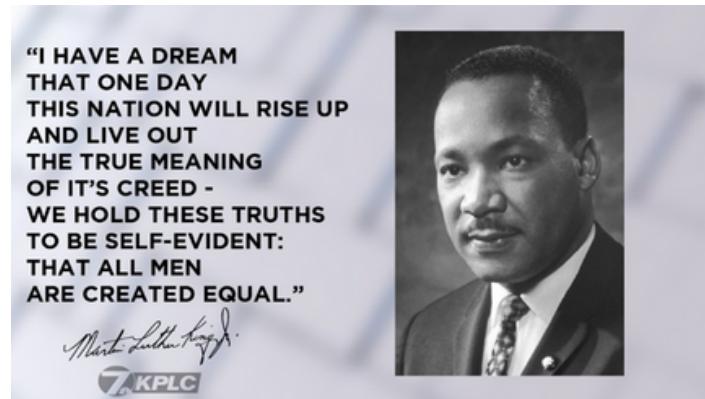
SCIENTISTS HAVE STUDIED THE GENOMES OF MORE THAN 1,200 INDIGENOUS AFRICANS LIVING IN THE SOUTHERN PART OF THE CONTINENT TODAY. GENETICISTS AT GARVAN INSTITUTE OF MEDICAL RESEARCH AND THE UNIVERSITY OF SYDNEY DISCOVERED THAT HUMANS ORIGINATED IN AFRICA ROUGHLY 200,000 YEARS AGO. THE SAN PEOPLE OF SOUTHERN AFRICA CARRY ONE OF THE OLDEST MATERNAL DNA LINEAGES ON EARTH. (SOURCE: WWW.LIVESCIENCE.COM/MITOCHONDRIAL-EVE-FIRST-HUMAN-HOMELAND.HTML)



Newsweek cover story in January 1988

NATASHA COLE, DDS SELF-ADVOCATE COORDINATOR:

MY FAVORITE QUOTE FROM MARTIN LUTHER KING IS



HOW MLK INSPIRED YOU WITH HIS I HAVE A DREAM SPEECH?

THIS IS MY ANSWER TO HIS SPEECH: WE ARE ALL EQUAL AND RISE UP AND MAKE YOUR VOICE HEARD AND LIVE OUT AND BE HONEST CITIZENS IN THIS COUNTRY. I INSPIRE MLK AS A HONEST MAN WHO IS AN ACTIVIST IN OWN RIGHT, IF HE WAS ALIVE TODAY I WOULD BE BY HIS SIDE AND SPREAD THE WORD ENOUGH IS ENOUGH WE SHOULD BE ALL RESPECTED. I LIVE UP TO DR KING'S LEGACY STAND UP FOR WHAT'S RIGHT DON'T JUDGE THE COLOR OF BLACK PEOPLE THEY HAVE THE SAME RIGHTS AS WE DO. THEY HAVE THE RIGHT TO STAND UP AND SPEAK UP NO ONE WILL TAKE THAT AWAY FROM YOUR LIFE AND THEIR FREEDOM WE ALL HAVE THE SAME FEELINGS, JUSTICE, EQUAL RIGHTS AND HOW TO VOTE.....ETC.



TEST YOUR KNOWLEDGE

1. What African chief founded the Ashanti Nation in 1695?

- Osei Tutu
- Shaka Zulu
- Nefertiti
- Tutankhamon

2. This ancient Nubian empire ruled over what is now Sudan and was an economic center that operated a lucrative market in ivory, incense, iron, and gold.

- Kingdom of Mali
- Kingdom of Egypt
- Kingdom of Kush
- Great Kingdom of Zimbabwe

3. The country where the oldest human-like fossils have been found?

- Ethiopia
- Egypt
- Kenya
- Asia

4. Ancient Egypt was once called Kemet. True or False

5. This person invented the fire extinguisher

- Daniel Hale Williams
- Granville Woods
- T.J. Marshall
- Hiram Thomas

6. This person invented the air conditioning unit in 1949

- Granville Woods
- Frederick Jones
- George Washington Carver
- WEB Dubois

7. "American Beach" was co-founded in 1935 by Black millionaire Abraham Lincoln Lewis. True or False

8. Two well-known Freedom Colonies or Freedmen's Towns were destroyed in the race massacres and movies were made depicting their stories.

- Hartford, CT, and Boston, MA
- Whitesboro, NJ, and Statesville, NC
- Rosewood, FL and Tulsa OK
- Petersburg, VA and Charlotte SC



SUBMITTED BY DANIEL JACQUES, DDS PROGRAM MANAGER OF INDIVIDUAL BUDGETS

"I HAVE A SPECIAL AFFINITY FOR WORLD WAR II STORIES AND HOW PEOPLE SACRIFICED TO HELP OTHERS. I LOOKED HIM UP ON WIKIPEDIA AND READ MORE ABOUT HIS BRAVERY DURING PEARL HARBOR. HE ALSO HAD A SHIP NAMED AFTER HIM, THE FRIGATE USS MILLER. IN THE FUTURE, HE WILL ALSO HAVE NUCLEAR POWERED AIRCRAFT CARRIER NAMED AFTER HIM."



DORIS "DORIE" MILLER

DORIS "DORIE" MILLER WAS ONE OF THE BRAVEST MEN WHO EVER LIVED, AND WAS THE FIRST AFRICAN AMERICAN MAN TO RECEIVE THE NAVY CROSS IN HISTORY FOR COURAGE UNDER FIRE.

BORN IN WACO, TEXAS IN 1919, MILLER WORKED ON HIS FATHER'S FARM UNTIL AGE 19.

WITH DREAMS OF BECOMING A MILITARY MAN, MILLER ENLISTED IN THE UNITED STATES NAVY IN 1938 TO PROVIDE FOR HIS FAMILY AND DEFEND HIS HOMELAND. THE ACTIONS OF "DORIE" MILLER WERE – AT FIRST – UNRECOGNIZED BY THE NAVY. ON THE 15TH OF DECEMBER, A LIST OF AWARDS WAS RELEASED COMMENDING THE ACTIONS OF THE SAILORS THAT DAY. AMONG THEM WAS ONE COMMENDATION FOR AN "UNNAMED NEGRO".

THE NAACP REQUESTED THAT PRESIDENT ROOSEVELT AWARD THE UNNAMED NEGRO WITH THE DISTINGUISHED SERVICE CROSS. IT WASN'T UNTIL MARCH OF THE FOLLOWING YEAR, 1942, THAT DORIS MILLER WAS ANNOUNCED AS THE UNNAMED NEGRO, AND FINALLY IN MAY, "DORIE" WAS PERSONALLY AWARDED THE NAVY CROSS BY THE COMMANDER OF THE PACIFIC FLEET, ADMIRAL CHESTER NAMITZ. THE NAVY CROSS WAS THE THIRD HIGHEST AWARD THAT COULD BE EARNED AT THE TIME, FIRST WAS THE MEDAL OF HONOR AND SECOND THE NAVY DISTINGUISHED SERVICE MEDAL.

DORIS MILLER WAS A TRUE PATRIOT LIKE MANY OTHERS DURING THE WAR, AND CONTINUED TO SERVE HIS COUNTRY WELL AFTER THE EVENTS OF THE PEARL HARBOR RAIDS. EVENTUALLY ASSIGNED TO THE USS LISCOME BAY, MILLER WAS KILLED BY A TORPEDO FROM A JAPANESE VESSEL OFF OF THE COAST OF BUTARITARI ISLAND, ALONG WITH OVER TWO-THIRDS OF THE SAILORS ON BOARD. THE FIRST AFRICAN AMERICAN IN UNITED STATES HISTORY TO BE AWARDED THE NAVY CROSS, DORIS MILLER WAS AN INSPIRATION TO ALL, PROVING THAT THE BONDS FORMED BETWEEN BROTHER IN ARMS ARE MUCH MORE THAN SKIN-DEEP.



The African American Experience in Connecticut

WWW.CTEXPLORED.ORG/AFRICAN-AMERICAN-HISTORY-IN-CONNECTICUT-2/#PRETTYPHOTO

LEWIS HOWARD LATIMER

LEWIS HOWARD LATIMER WAS AN INVENTOR. HE LIVED IN BRIDGEPORT, WHERE HE WAS A MEMBER OF THE BRIDGEPORT SCIENTIFIC SOCIETY, AND WORKED FOR THE U.S. ELECTRIC LIGHTING COMPANY. HE INVENTED THE FIRST CARBON FILAMENT FOR THE MODERN INCANDESCENT LIGHT BULB.

R S T

CONSTANCE BAKER MOTLEY

CONSTANCE BAKER MOTLEY WAS THE FIRST AFRICAN AMERICAN WOMAN TO ARGUE A CASE BEFORE THE STATE COURT AND TO SERVE AS A FEDERAL JUDGE. MOTLEY WAS BORN SEPTEMBER 14, 1921 IN NEW HAVEN, AND WAS THE FIRST AFRICAN AMERICAN WOMAN TO ARGUE A CASE BEFORE THE STATE COURT TO SERVE AS A FEDERAL JUDGE.

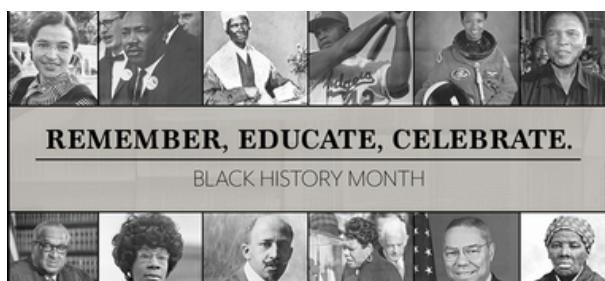


EDWARD ALEXANDER BOUCHET

IN 1876, NEW HAVEN RESIDENT EDWARD ALEXANDER BOUCHET BECAME THE FIRST BLACK PERSON AND THE SIXTH PERSON EVER TO RECEIVE A PHD IN PHYSICS FROM AN AMERICAN UNIVERSITY. BOUCHET WAS BORN IN 1852, AND WAS THE YOUNGEST CHILD WITH THREE OLDER SISTERS. HIS FATHER WAS A FREED SLAVE, AND HIS FAMILY WAS ACTIVE IN THE ABOLITIONIST MOVEMENT. WHILE HE WAS NOT THE FIRST BLACK STUDENT TO ENTER YALE, HE WAS THE FIRST TO GRADUATE.

REP. QUENTIN WILLIAMS

FIRST BLACK STATE ASSEMBLYMAN TO REPRESENT MIDDLETON, CT



LONDON

THE FIRST BLACK GOVERNOR MENTIONED IN HISTORICAL SOURCES IS LONDON, WHO WAS A SLAVE OF CAPTAIN THOMAS SEYMOUR. HE WAS ELECTED IN HARTFORD IN 1755.

MARIAN ANDERSON

A DANBURY OPERA ICON BECAME THE FIRST BLACK WOMAN TO SING AT THE MET

SARAH BOONE

SARAH BOONE WAS A BLACK AMERICAN DRESSMAKER AND INVENTOR IN NEW HAVEN. IN 1892, SHE BECAME THE FIRST AFRICAN-AMERICAN WOMAN AWARDED A PATENT FOR HER INVENTION - THE MODERN DAY IRONING BOARD.

SHELLY CARTER

FIRST AFRICAN AMERICAN FEMALE FIRE CHIEF IN NEW ENGLAND, NOW FIRE CHIEF AT SOUTHBURY TRAINING SCHOOL

BLACK HISTORY IN CT

OTHER HAPPENINGS

FEBRUARY 1ST IS NATIONAL FREEDOM DAY, CELEBRATES THE SIGNING OF THE THIRTEENTH AMENDMENT, WHICH ABOLISHED SLAVERY IN THE UNITED STATES IN 1865.



FEBRUARY 3RD IS SETSUBUN-SAI (BEGINNING OF SPRING), THE DAY BEFORE THE BEGINNING OF SPRING IN JAPAN, CELEBRATED ANNUALLY AS PART OF THE SPRING FESTIVAL.

FEBRUARY 5TH IS MAGHI-PURNIMA, A HINDU FESTIVAL ESPECIALLY FOR WORSHIPPERS OF LORD VISHNU. DEVOTEES TAKE A HOLY BATH ON THIS DAY AND CARRY OUT CHARITY WORK.



FEBRUARY 19–21 IS LOSAR, THE TIBETAN BUDDHIST NEW YEAR, IS A TIME OF RENEWAL THROUGH SACRED AND SECULAR PRACTICES.

FEBRUARY 21ST IS MARDI GRAS, THE LAST DAY FOR CATHOLICS TO INDULGE BEFORE ASH WEDNESDAY STARTS THE SOBER WEEKS OF FASTING THAT ACCOMPANY LENT. THE TERM “MARDI GRAS” IS PARTICULARLY ASSOCIATED WITH THE CARNIVAL CELEBRATIONS IN NEW ORLEANS, LOUISIANA.

FEBRUARY 1ST–2ND IS IMBOLC, A GAELIC, PAGAN, AND WICCAN TRADITIONAL FESTIVAL THAT REPRESENTS MAKING WAY FOR SPRING AND THE REBIRTH OF NATURE.

FEBRUARY 6TH IS LANTERN FESTIVAL, THE FIRST SIGNIFICANT FEAST AFTER THE CHINESE NEW YEAR; PARTICIPANTS ENJOY WATCHING PAPER LANTERNS ILLUMINATE THE SKY ON THE NIGHT OF THE EVENT.



FEBRUARY 27TH IS BEGINNING OF GREAT LENT IN THE ORTHODOX CHRISTIAN FAITH IS ALSO KNOWN AS CLEAN MONDAY.

THE WORLD'S COOKBOOK!

SOUP JOUMOU (SOUPE DE GIRAUMON OR HAITIAN PUMPKIN SOUP)

INGREDIENTS

3 POUNDS CALABAZA PUMPKIN OR BUTTERNUT SQUASH, SKIN REMOVED AND CUT INTO LARGE CHUNKS
4 CUPS WATER ROOM TEMPERATURE, MORE OR LESS IF NECESSARY
2 POUNDS BEEF NECK BONES OR BEEF SHANKS, CUT INTO CUBES
1 LIME/LEMON CUT IN HALF AND JUICED RESERVE LIQUID (ABOUT 2 TABLESPOONS)
3 - 4 SCALLIONS FINLEY CHOPPED
6 - 8 GARLIC CLOVES FINELY CHOPPED
1 SMALL SCOTCH BONNET PEPPER OR HABANERO PEPPER WHOLE NOT CHOPPED
2 ONIONS SLICED
2 - 3 SPRIGS THYME
2 - 3 SPRIGS PARSLEY CHOPPED
1 TABLESPOON SALT
1 TEASPOON GROUND BLACK PEPPER
2 TABLESPOON OLIVE OIL
1 LEEK SLICED THINLY, AND OPTIONAL
2 CELERY STALKS CUT IN $\frac{1}{2}$ INCH PIECES
2 MEDIUM CARROTS PEELED AND SLICED
2 MEDIUM PARSNIPS PEELED AND SLICED,
2 TURNIPS PEELED AND QUARTERED
2 LARGE POTATOES PEELED AND CUT IN 4 TO 6 PIECES
3 CABBAGE LEAVES CHOPPED OR SLICED
3 WHOLE CLOVES
 $\frac{1}{2}$ CUP PASTA NOODLE OR SPAGHETTI
1 TABLESPOON BUTTER
1 LARGE TOMATO CUBED, AND OPTIONAL



INSTRUCTIONS

CUT AND CLEAN MEAT WITH ADDITIONAL LIME/LEMON OR VINEGAR. RINSE WITH COLD WATER, PAT DRY, AND ADD TO POT. IN THE SAME POT, ADD RESERVED LIME/LEMON JUICE, SCALLIONS, WHOLE HOT PEPPER, 4 OF THE GARLIC CLOVES GARLIC, 1 OF THE ONIONS, THYME, PARSLEY, BLACK PEPPER AND SALT. MIX ALL INGREDIENTS TOGETHER. PLACE IN A COVERED BOWL AND LET MARINATE IN THE REFRIGERATOR FOR AT LEAST 30 MINUTES TO 1 HOUR OR OVERNIGHT FOR FLAVOR ENHANCEMENT.

ON MEDIUM HIGH HEAT, BRING MEAT TO A BOIL. ADD WATER WHEN MARINADE HAS ALMOST EVAPORATED AND LET SLOWLY COOK. CHECK MEAT OCCASIONALLY AND ADD MORE WATER WHEN NECESSARY AND UNTIL MEAT IS FULLY COOKED. (MORE WATER IS ONLY NECESSARY DEPENDING ON THE CUT AND SIZE OF MEAT; BE CAREFUL WITH THE WHOLE PEPPER SO IT DOES NOT BURST). WHEN COOKED, REMOVE POT OF MEAT FROM HEAT AND SET ASIDE.

IN A LARGE STOCKPOT, ADD SQUASH AND COVER WITH WATER AND LET COOK UNTIL SOFTENED OVER MEDIUM HIGH HEAT ON STOVE. MAKE SURE THE POT IS COVERED FOR FASTER COOKING. ONCE THE SQUASH PIECES ARE COOKED, LET COOL FOR 10 MINUTES AND PURÉE WITH HAND BLENDER OR REGULAR BLENDER AND SET ASIDE. YOU MAY HAVE TO STRAIN THE MIXTURE FOR A SMOOTHER SOUP (BUT NOT NECESSARY). MIXTURE CAN STAY IN STOCKPOT FOR EASY USE LATER ON.

IN A LARGE STOCKPOT, ADD OIL, LEEK, ONION, AND CELERY STALKS AND LET COOK FOR 5 MINUTES WHILE STIRRING. ADD PARSNIPS, TURNIPS, CARROTS, CABBAGE, AND CLOVES. COOK UNCOVERED FOR 10 MINUTES. ADD PUMPKIN PUREE AND BRING TO A BOIL. ADD MORE WATER IF NECESSARY TO THIN OUT THE MIXTURE.

ADD THE PASTA AND POTATOES AND CONTINUE TO BOIL FOR ANOTHER 20 TO 30 MINUTES UNTIL ALL INGREDIENTS ARE COOKED. ADD COOKED MEAT WITH STRAINED OR UNTRAINED COOKING LIQUID IN THE LAST 10 MINUTES OF COOKING WITH BUTTER; ADD ADDITIONAL SALT AND PEPPER TO TASTE. SERVE HOT WITH BREAD IF PREFERRED.

THE SACS IN THE WEST REGION ENCOURAGE YOU TO SHARE A RECIPE VIRTUALLY THAT REPRESENTS BLACK HISTORY.

GOOGLE - THIS ARTICULATE ENTITLED - A 28-RECIPE VIRTUAL POTLUCK TO CELEBRATE BLACK HISTORY MONTH

BY: MEIKO AND THE DISH

NOTED SOUL FOOD SCHOLAR AND JAMES BEARD FOUNDATION AWARD-WINNING AUTHOR ADRIAN MILLER DESCRIBES SOUL FOOD AS “A LIGHTNING ROD IN OUR CULTURE.” WITH MANY AFRICAN AMERICAN TRADITIONS CENTERED AROUND A COMMUNAL TABLE, IT’S NO WONDER THAT DISHES LIKE FRIED CHICKEN, MACARONI AND CHEESE, COLLARD GREENS, FRIED OKRA, AND SKILLET CORNBREAD ARE TIME-CHERISHED FAMILY RECIPES. -

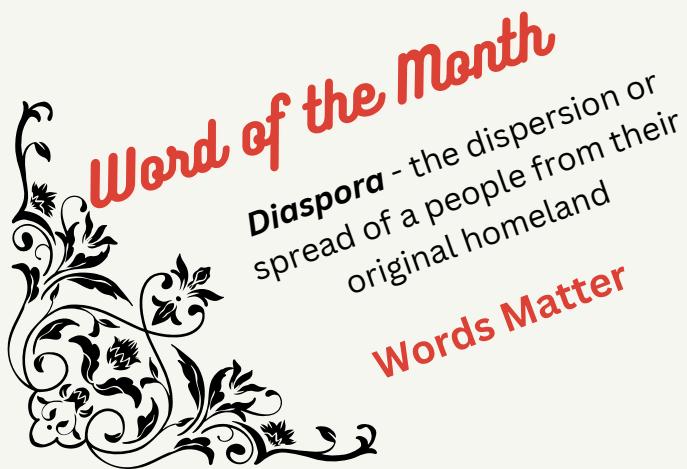
TAKEN FROM ARTICLE.

LINK TO BLACK EYE PEAS TO BRING GOOD LUCK IN THE NEW YEAR
BLACK EYED PEA RECIPES TO BRING GOOD LUCK IN THE NEW YEAR - ABC NEWS

For more information and recipe click [here](#)



Source: Daily Soul Food Quotes



COMMUNITY EVENTS

FEB 9

SERVING UP HISTORY: PRINCE MORTIMER REVISITED (VIRTUAL PROGRAM AT WEBB DEANE STEVENS MUSEUM)

FEB 9

THE PENNINGTON LECTURE WITH DR. JELANI COBB | THE HALF-LIFE OF FREEDOM: RACE AND JUSTICE IN AMERICA TODAY (5PM AT HARTFORD, WADSWORTH ATHENEUM MUSEUM)

FEB 11

BLACK CONNECTICANS, ORDINARY AND EXTRAORDINARY SESSION 1 (11AM-12PM AT CT HISTORICAL SOCIETY, HARTFORD)

FEB 11

BLACK CONNECTICANS, ORDINARY AND EXTRAORDINARY SESSION 2 (2PM-3PM AT CT HISTORICAL SOCIETY, HARTFORD)

FEB 11

SECOND SATURDAYS FOR FAMILIES: BLACK HISTORY MONTH (12NOON-2PM AT WADSWORTH ATHENEUM MUSEUM OF ART)

FOR MORE CT EVENTS GO TO WWW.CTVISIT.COM

DDS Happenings

Central Office - Black History Month Exhibit - Month of February

Feb 8 - 9AM - Coffee Conversation - Passing - the impact of racial identity

Feb 15- 4PM - Self Advocate Employment Focus Group Meeting

Feb 16 - 3PM Monthly Statewide Diversity Meeting

Feb 28 - 3PM Housing Forum

Keep your eyes open for fliers of other upcoming events in your Region.



DDS COMMUNITY, WE ARE LOOKING FOR CONTRIBUTIONS TO THE MARCH 2023 NEWSLETTER. IF YOU HAVE A STORY, A RECIPE, INTERESTING FACT, OR PHOTO, PLEASE FEEL FREE TO CONTACT ME OR SEND TO CHERYL.ELLIS@CT.GOV. SUBMISSIONS ARE DUE BY FEBRUARY 16.