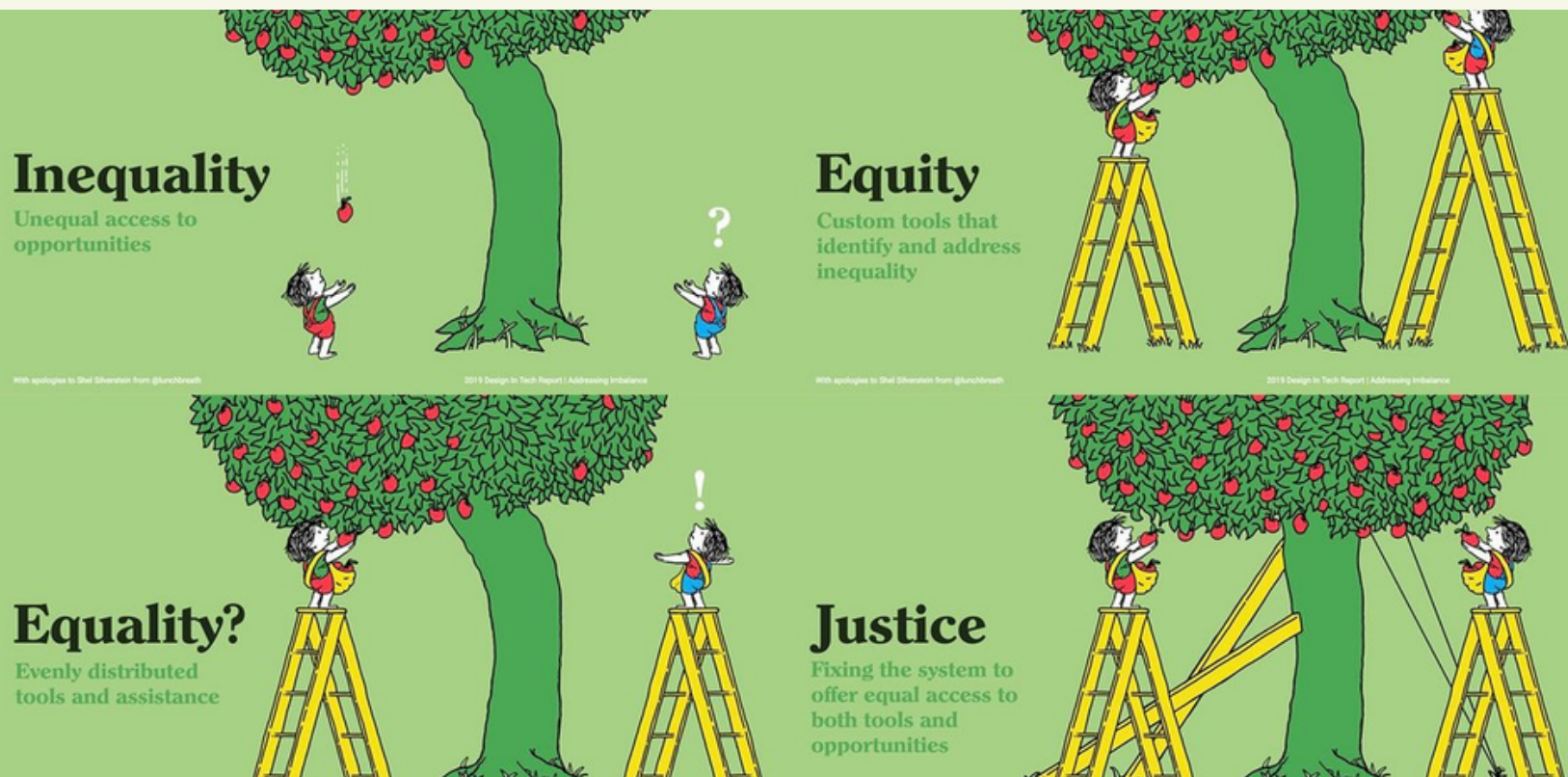


BELONGING

EQUITY



What is Equality? Equality is dividing resources and giving all the same thing, but it does not factor in need, ability, or difference. Everyone is seen as the same. What is Equity? Equity is the belief that you factor in the difference and make adjustments to account for this difference. (Source: achievethecore.org) Equity and Equality are often interchanged to mean that people are given fair opportunities. That everyone has the same opportunity, same advantages; that we all start at the same starting line.

Equality and Equity are just parts of the move to create opportunities for everyone. When we look at all having equal rights, equal opportunities, equal advantage we cannot forget the early inequalities in the systems of the world and the justices. For equity and equality to exist justice has to be part of the equation. We all have the right to exist equally, equitably, and justly in this world.

- In this issue:**
- **Marcus Garvey Day**
 - **World's Indigenous People Day**
 - **International Day for the Remembrance of the Slave Trade**
 - **Women's Equality Day**
 - **National Left Handers Day**
 - **Hungry Ghost Festival**

TO SUBMIT INFORMATION FOR SEPTEMBER'S NEWSLETTER EMAIL CHERYL.ELLIS@CT.GOV



On behalf of Ashley Barr, learn about Marcus Garvey and why he is honored on Marcus Garvey Day.

MARCUS GARVEY

AUGUST 17TH

"WHO IS MARCUS GARVEY?"; YOU MAY ASK, TO WHICH YOU WILL FIND HE IS ONE OF THE PROMINENT LEADERS IN THE UNIVERSAL NEGRO IMPROVEMENT ASSOCIATION FORM; A CRITICAL LINK IN THE BLACK AMERICAS' CENTURIES-LONG STRUGGLE FOR FREEDOM. (1)

(2) GARVEY WAS BORN ON AUGUST 17, 1887 IN ST. ANN'S BAY, JAMAICA. DROPPING OUT OF SCHOOL AT THE AGE OF 14, HE WORKED AS A PRINTER THEN JOINED JAMAICAN NATIONALIST ORGANIZATIONS. FROM THERE HE TOURED CENTRAL AMERICA AND SPENT TIME IN LONDON. AFTER SPENDING TWO YEARS IN LONDON- WHERE HE RECEIVED AN EDUCATION THAT WOULD HAVE LIKELY BEEN UNAVAILABLE TO HIM IN THE AMERICAS BECAUSE THE COLOR OF HIS SKIN- GARVEY RETURNED TO JAMAICA. DURING THIS TIME IN JAMAICA, HE ASPIRED TO OPEN A TUSKEGEE-TYPE INDUSTRIAL TRAINING SCHOOL; THIS IS WHEN GARVEY STARTED THE UNIVERSAL NEGRO IMPROVEMENT ASSOCIATION. GARVEY'S BRAND OF BLACK NATIONALISM HAD THREE COMPONENTS- UNITY, PRIDE IN THE AFRICAN CULTURAL HERITAGE, AND COMPLETE AUTONOMY. GARVEY BELIEVED PEOPLE OF THE AFRICAN DESCENT COULD ESTABLISH A GREAT INDEPENDENT NATION IN THEIR ANCIENT HOMELAND OF AFRICA.(3) IN 1916 HE WAS INVITED BY BOOKER T. WASHINGTON TO COME TO AMERICA BUT ARRIVED JUST AFTER WASHINGTON DIED.

WHEN GARVEY ARRIVED IN AMERICA, IT WAS DURING THE DAWN OF THE "NEW NEGRO" ERA. GARVEY EMBARKED ON A PERIOD OF TRAVELING AND LECTURING, WHERE HE SETTLED IN NEW YORK CITY. THERE HE ORGANIZED A CHAPTER OF THE U.N.I.A. IN 1917 IN HARLEM AND BEGAN PUBLISHING THE NEGRO WORLD NEWSPAPER.

IN 1919, HE AND HIS ASSOCIATES SET UP A SHIPPING COMPANY, CALLED THE BLACK STAR LINE; THIS SHIPPING LINE WOULD GO ON TO TRANSPORT PASSENGERS BETWEEN AMERICA, THE CARIBBEAN, AND AFRICA. GARVEY WANTED TO ENRICH AND STRENGTHEN HIS MOVEMENT TO FOSTER BLACK TRADE. THE BLACK STAR LINE BECAME A POWERFUL RECRUITING TOOL FOR THE U.N.I.A, BUT IT WAS UNFORTUNATELY SUNK BY EXPENSIVE REPAIRS, DISCONTENTED CREWS, AND TOP-LEVEL MISMANAGEMENT AND CORRUPTION.

WHY DO WE CELEBRATE MARCUS GARVEY? WE CELEBRATE GARVEY AS HE WAS CREDITED WITH STARTING THE BACK TO AFRICA MOVEMENT. THE UNIVERSAL NEGRO IMPROVEMENT ASSOCIATION WAS THE FIRST OF ITS KIND TO ADDRESS THE SOCIAL DISPARITIES OF THE AFRICAN DESCENDENT PEOPLE. GARVEY'S GOAL WAS TO CREATE A SEPARATE ECONOMY AND SOCIETY RUN FOR AND BY AFRICAN AMERICANS. HIS VISION FOR BLACK SEPARATISM AND "BACK TO AFRICA" NEVER CAUGHT ON WITH MOST AFRICAN AMERICANS, AND HE AND HIS MOVEMENT SOON FADED AWAY.

GARVEY DIED IN 1940, AN ALMOST FORGOTTEN MAN (4)

1 [HTTPS://WWW.PBS.ORG/WGBH/AMERICANEXPERIENCE/FEATURES/GARVEY-BIOGRAPHY/](https://www.pbs.org/wgbh/americanexperience/features/garvey-biography/)

2 LICENSED UNDER CC BY-NC-ND

3 [HTTPS://NATIONALHUMANITIESCENTER.ORG/TSERVE/TWENTY/TKEYINFO/GARVEY.HTM#:~:TEXT=HIS%20BRAND%20OF%20BLACK%20NATIONALISM,THEIR%20ANCIENT%20HOMELAND%20OF%20AFRICA.](https://nationalhumanitiescenter.org/tserve/twenty/tkeyinfo/garvey.htm#:~:text=his%20brand%20of%20black%20nationalism,their%20ancient%20homeland%20of%20africa.)

4 GRANT, COLIN (2008). NEGRO WITH A HAT: THE RISE AND FALL OF MARCUS GARVEY. LONDON: JONATHAN CAPE. ISBN 978-0-09-950145-9.



World's Indigenous People Day

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE IS CELEBRATED GLOBALLY ON AUGUST 9TH. IT MARKS THE DATE OF THE INAUGURAL SESSION OF THE WORKING GROUP ON INDIGENOUS POPULATIONS IN 1982. THE THEME DETERMINED BY THE UN THIS YEAR IS INDIGENOUS YOUTH AS AGENTS OF CHANGE FOR SELF-DETERMINATION. THE RIGHT OF PEOPLE TO SELF-DETERMINATION OCCUPIES AN IMPORTANT PLACE IN HUMAN RIGHTS LAW AND IS RECOGNIZED AS A FUNDAMENTAL RIGHT BY THE UNITED NATIONS CHARTER.

INDIGENOUS YOUTH PLAY AN ACTIVE ROLE IN EXERCISING THEIR RIGHT TO SELF-DETERMINATION, WORKING AS AGENTS OF CHANGE AT THE FOREFRONT OF CRISES FACING HUMANITY. IMPORTANTLY, WAYS OF LIVING FOR INDIGENOUS YOUTH ARE CHANGING DUE TO EVOLVING SOCIAL, CULTURAL, POLITICAL, AND ECONOMIC CONTEXTS. FOR EXAMPLE, EDUCATION SYSTEMS THAT ARE NOT CULTURALLY APPROPRIATE AND DO NOT INCLUDE OR VALUE THE CULTURAL REALITY OF INDIGENOUS KNOWLEDGE, THE MISUSE OF NEW COMMUNICATIONS TECHNOLOGIES THAT STEREOTYPE INDIGENOUS WAYS OF LIFE, AND THE EXPANSION OF EXTRACTIVE AND RESOURCE-EXPLOITATION COMPANIES THAT UNDERMINE INDIGENOUS PEOPLES' VALUES AND SOCIETIES. HOWEVER, INDIGENOUS YOUTH HAVE BEEN CHANGING THIS REALITY AND BECOMING KEY PLAYERS IN THE GLOBAL CLIMATE ACTION MOVEMENT.

ACCORDING TO THE UN, DISCRIMINATION IMPACTS THE LIVES OF INDIGENOUS YOUTH IN WAYS THAT AFFECT THEIR SELF-ESTEEM, LOSS OF SPIRITUAL RICHNESS, LOSS OF LANGUAGE AND DENIAL OF THEIR CULTURAL ROOTS. MANY INDIGENOUS YOUTH FACE MULTIPLE BARRIERS, CULTURAL CLASHES, AND DIFFERENT INFLUENCES THAT OVER TIME, PUSH THEM TO ACQUIRE AN IDENTITY THAT IS FOREIGN TO THEIR PLACE OF ORIGIN, IN EXTREME CASES REJECTING THEIR CULTURE, LANGUAGES, AND ANCESTRAL PRACTICES AND CUSTOMS. IN SOME CASES, ENTIRE GENERATIONS OF INDIGENOUS YOUTH HAVE GROWN UP OUT OF THEIR COMMUNITIES BUT HAVE RETAINED A CONNECTION TO THEIR LANDS AND TERRITORIES THROUGH THEIR FAMILIES, INDIGENOUS PEOPLES' ORGANIZATIONS OR OTHERS. THE NEW GENERATION OF INDIGENOUS ADVOCATES ARE MOBILIZING TO SHIFT THE NARRATIVE AROUND INDIGENOUS PEOPLES. THEY HAVE BECOME THE DRIVING FORCE FOR SOCIETAL CHANGE THROUGH SOCIAL MOBILIZATION, MAKING USE OF ONLINE PLATFORMS TO SHOWCASE AND CELEBRATE THEIR CULTURES, LANGUAGES, AND KNOWLEDGE SYSTEMS TO A WIDER AUDIENCE, AND TO HIGHLIGHT INJUSTICES WITHIN THEIR COMMUNITIES. THROUGH THEIR VOICES, INDIGENOUS YOUTH ARE SHARING THEIR STORIES AND BUILDING SOLIDARITY AMONG OTHER YOUNG PEOPLE, IN TURN RAISING AWARENESS OF INDIGENOUS PEOPLES' ISSUES. AS THEY FIND THEIR PLACE IN SOCIETY, IDENTITY IS FUNDAMENTAL FOR INDIGENOUS YOUTH. INDIVIDUAL AND COLLECTIVE IDENTITY IS ALSO ATTACHED TO THE LAND, LANGUAGE, TRADITIONAL LIVELIHOODS, CEREMONIES, ARTS, CRAFTS, AND FAMILY MEMBERS AND SOCIETY AS A WHOLE. IDENTITY IS TRANSFERRED THROUGH FAMILY TIES: THE TRANSMISSION OF THE HISTORY OF THE LAND AND THE TRANSFER OF KNOWLEDGE. INDIGENOUS ELDERS TEACH INDIGENOUS YOUTH AND CHILDREN THE IMPORTANCE OF FAMILY, COMMUNITY, NATURE AND THEIR RESPONSIBILITIES WITHIN THESE STRUCTURES. THEREFORE, THE CONNECTION BETWEEN THE GENERATIONS IS A CRUCIAL ASPECT OF INDIGENOUS PEOPLES' WELLBEING. (SOURCE: SOCIALDESA.UN.ORG)

INTERNATIONAL DAY FOR THE REMEMBRANCE OF THE SLAVE TRADE AND IT'S ABOLITION

On the night of August 22 to 23, 1791, Saint Domingue, today the Republic of Haiti, saw the beginning of the uprising that would play a crucial role in the abolition of the transatlantic slave trade. It is against this background that the International Day for the Remembrance of the Slave Trade and its Abolition is commemorated on August 23 each year. It was first celebrated in a number of countries, in particular in Haiti (23 August 1998) and Gorée Island in Senegal (23 August 1999).

This International Day is intended to inscribe the tragedy of the slave trade in the memory of all peoples. This day should offer an opportunity for collective consideration of the historic causes, the methods and the consequences of this tragedy, and the impact for future interactions and generations all over the world. (Source: www.unesco.org)

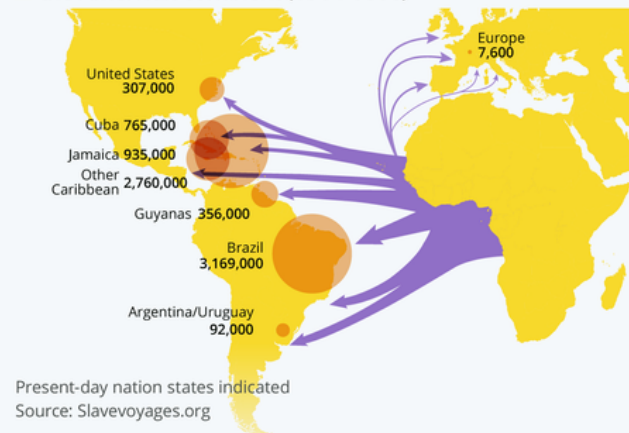


Known as "the spice of the Caribbean", the island of Granada pays tribute to the slaves who died during the crossing. The sculptures by Jason deCaires Taylor, an Anglo Guyanese sculptor, testifies to the sad fate of his many African slaves thrown into the sea by slave ships during the transatlantic slave trade. "if the sea could speak, it would tell us the sorrow and despair of its two million African who drowned." (Source: afroculture.net)

It is estimated that close to 20 million Africans were forced into slavery. Enslaved Africans arrived across the Atlantic as early as 1514, on Spanish or Portuguese ships. The United States are heavily associated with slavery and the capture and forceful relocation of Africans. Around 300,000 disembarked in the U.S. directly, while many more arrived via the inter-American slave trade to the Caribbean or Latin America. It is estimated that almost 4.5 million enslaved Africans arrived in the Caribbean and another 3.2 million in present-day Brazil. Many more died on the way because of lack of food and water and horrid conditions aboard the slave ships. Others were uprooted in the trans-Saharan, the red sea and the Indian slave trade, which partly predated the trans-Atlantic slave trade. By the 1800's the slave trade "decimated the African population to half the size it would have been had slavery not occurred." (Source: www.statista.com)

The Trans-Atlantic Slave Trade Uprooted Millions

Number of enslaved Africans arriving on the American continent (1514-1866)



Women's Equality

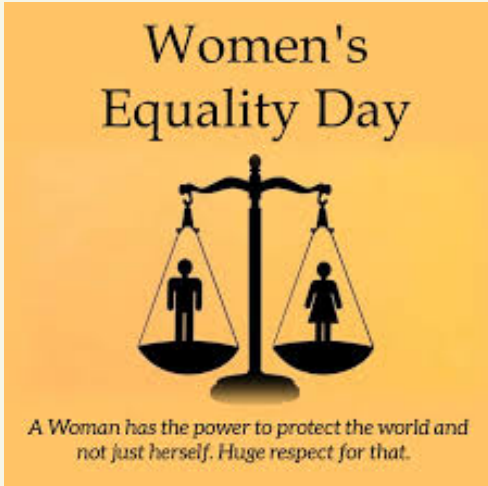
DAY



On behalf of Natasha Cole, Self-Advocate Coordinator:

Women's Equality Day, August 26th, commemorates the struggles of women to be heard, as fierce advocates who gained the statutory right to vote. Also, known as women's suffrage, the 19th Amendment to the U.S. Constitution, guarantees all American women the right to vote.

In 1971, Representative Bella Abzug championed a bill in the U.S. Congress to designate August 26 as "Women's Equality Day." The bill says that "the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote."



On behalf of Jeremy Powell, Self-Advocate Coordinator,



[Click on this link for more information](#)



Vice President Thomas Marshall was the one who signed the bill.

Passed by Congress on June 4, 1919, and ratified on August 18, 1920. The 19th Amendment is legally guaranteeing a woman's right to vote.

Ways to Celebrate Women's Equality Day

- Support a local female owned business.
- Educate someone about women's rights.
 - Wear the color purple!
- Flood social media with pictures of people wearing purple.





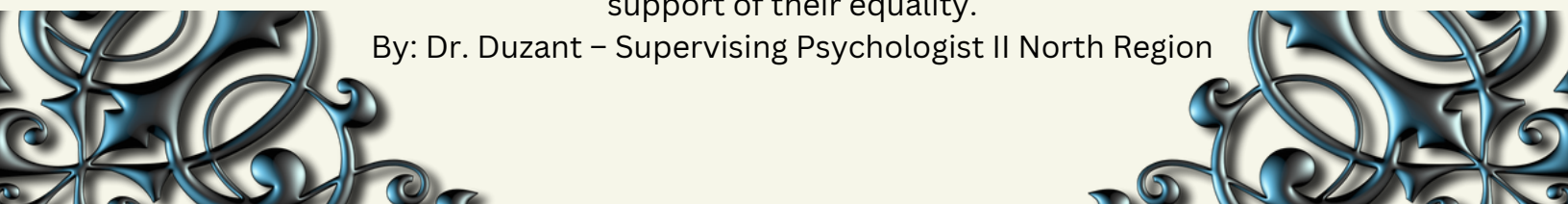
Women's Equality Day

Alice Paul was one of the women who introduced the idea for the Equal Rights Amendment (ERA) in 1923, saying, "We shall not be safe until the principle of equal rights is written into the framework of government." She was born into a Quaker family with reportedly equal rights among the genders, but when she was in college, just shy of her final semester, she had to drop out because she wed her husband. During those times, if you were married, you could not attend school as a woman, so that was not a demonstration of equality. In 1912, Alice Paul joined the National American Women's Suffrage Association (NAWSA), which led a silent protest outside the white house during President Wilson's presidency regarding women's rights. Many women involved in the women's rights movement were also participating in the Civil Rights Movement, and the strategies of peaceful protests were used. It did not go unnoticed that the Women's Rights and the Civil Rights Act of 1964 had still excluded equality as it related to gender. So as women continued to protest, many were jailed and then committed to what were then places for persons deemed to not be in their right mind. The inhumane conditions at these locations resulted in the release of many, including Alice Paul, who then continued fighting for equal rights leading to the passage of the 19th Amendment. Women's equality can be viewed as a systemic issue that remains in our society today, and on

Women's Equality Day, we should vow to try to make a systemic ripple in this issue. For example, although many qualified women have run for either presidency or vice presidency seats in the United States, it has only been since January 20, 2021, that Kamala Harris became the first female Vice President of the United States. That is 149 years after Victoria Claflin Woodhull, later Victoria Woodhull Martin's first attempt at election as the president. In our legal system at the highest court judiciary branch, the United States Supreme Court, where the justices typically serve the term for their lives unless retirement is selected, we have a staggering number of gender inequality. Only six of the 115 justices have been women: Sandra Day O'Connor, Ruth Bader Ginsberg, Sonia Sotomayor, Elena Kagan, Amy Coney Barrett, and Ketanji Brown Jackson. Of note, four are currently serving. The pay differential based on gender continues, with pewresearch.org reporting, "In 2022, women earned an average of 82% of what men earned." Feel free to read more in the article "Gender pay gap in the U.S. has not changed much in two decades" at <https://www.pewresearch.org/short-reads/2023/03/01/gender-pay-gap-facts/>. These statistics are difficult to understand when the Pew Research Center also highlights in their article, "Women now outnumber men in the U.S. College-educated labor force" (<https://www.pewresearch.org/short-reads/2022/09/26/women-now-outnumber-men-in-the-u-s-college-educated-labor-force/>) mainly post-pandemic.

As we approach Women's Equality Day on August 26, 2023, we encourage you to think of the ways you can serve as a mentor to a woman, serve as an advocate for equality of women everywhere, be a partner in systemic change, and overall be compassionate to the inequalities that still exist for women. Remember, these women are your wives, mothers, sisters, daughters, grandmothers, aunts, friends, co-workers, and neighbors. Women serve multiple hats in our society, and we benefit from their contributions so continue to stand in support of their equality.

By: Dr. Duzant – Supervising Psychologist II North Region



AUGUST 13TH - NATIONAL LEFT HANDERS DAY

[Click here for video Why Are Some People Left-Handed?](#)



It's National Left-Hander's Day, a celebration founded by the Left-Handers Club to honor leftie style.

Now in its 17th year, the day has been celebrated with right vs. left sports matches, left-handed drinking events and other activities, the club says. In honor of the day, some tidbits about sinistrality: Sinistrality is the formal name for left-handedness and carries quite a history.

About 10% of the world's population is believed to be left-handed, although the number ebbs and flows with time and place, researchers say. In more free-wheeling times and cultures, researchers say, left-handedness is more common, while in more restrictive times and places, the incidence seems to be reduced.



At least four of the past seven presidents have been left-handed: Barack Obama, Bill Clinton, George H.W. Bush and Gerald Ford.



Source: www.cnn.com



"If the left half of the brain controls the right half of the body then only left-handed people are in their right mind."

W.C. FIELDS

LEFTYFRETZ.COM



**ON BEHALF OF LISA FIORAVANTI, CELEBRATE THE HUNGRY GHOST FESTIVAL
AND LEARN MORE ABOUT THIS TRADITIONAL FESTIVAL IN CHINA.**



THE HUNGRY GHOST FESTIVAL IS A TRADITIONAL FESTIVAL HELD ANNUALLY IN CHINA. THE FESTIVAL FALLS ON THE 15TH DAY OF THE SEVENTH MONTH OF THE LUNAR CALENDAR. THE HUNGRY GHOST FESTIVAL 2023 IS ON AUGUST 30 THIS YEAR. THE GHOST MONTH 2023 IS FROM AUGUST 16 TO SEPTEMBER 14. THE CHINESE BELIEVE THAT DURING THIS PERIOD, THE SPIRITS OF THE ANCESTORS ROAM THE LIVING WORLD. TO MAKE THE GHOSTS HAPPY, PEOPLE PREPARE FOOD OFFERINGS AND BURN JOSS, OR IDOL PAPERS, TO HONOR THEIR ANCESTORS.



[For more information click here](#)



**ZHONG YUAN JIE (中元节),
ALSO KNOWN AS THE HUNGRY
GHOST**





MORE TO CELEBRATE

Raksha Bandhan observed on August 30 is a Hindu festival that celebrates the bond between a brother and a sister. Traditionally, the sister ties a sacred thread on the wrist of the brother. The brother gives his sister presents and takes an oath to protect her and always keep her out of harm's way. There are many stories revolving around the origin of Raksha Bandhan. One account tells that Raksha Bandhan might have started during the time of the "Mahabharata," an epic poem and one of the two major events in Hindu mythology. The story dates back to an incident when Krishna cut his finger and Draupadi helped him. Draupadi cut a piece of cloth from her saree and tied it around the wound to prevent further bleeding. After this act of sisterly love, Krishna pledged to protect her as a brother. The cloth later became a thread and a symbol of the bond between a brother and a sister. (Source: nationaltoday.com)

Lughnasadh or Lughnasa is an official Irish holiday and Gaelic festival marking the beginning of the harvest season. Historically, it was widely observed throughout Ireland, Scotland and the Isle of Man. In Modern Irish it is called Lúnasa, in Scottish Gaelic: Lùnastal, and in Manx: Luanistyn. Traditionally it is held on 1 August, or about halfway between the summer solstice and autumn equinox. (Source: en.wikipedia.org)



Obon (お盆) is an annual Buddhist event commemorating ancestor, whose spirits are believed to temporarily return to this world in order to visit their relatives during August 13-16.

Traditionally, lanterns are hung in front of houses to guide the ancestors' spirits, obon dances (bon odori) are performed, graves are visited, and food offerings are made at house altars. At the end of Obon, floating lanterns are put into rivers, lakes and seas in order to guide the spirits back into their world. The customs followed vary strongly from region to region. (Source: www.japan-guide.com)

What Does Social Justice Mean?

Justice is the concept of fairness. **Social justice** is fairness as it manifests in society. That includes fairness in healthcare, employment, housing, and more. In a socially-just society, human rights are respected, and discrimination is not allowed to flourish. What's the origin of the phrase "social justice?" It was most likely first used in the 1780s and appears in Paper #7 of The Federalist Papers. As the Industrial Revolution wound down, American legal scholars applied the term to economics. Today, its use has expanded significantly and applies to all parts of society. It's seen through the lens of traits like race, class, sexuality, and gender.

(Source:www.humanrightscareers.com)

Movies + More

ON THE BASIS OF SEX' (2018 FILM)

RUTH BADER GINSBURG WORKED FOR DECADES AS A LAWYER AND THEN A SUPREME COURT JUSTICE, LAYING OUT THE BLUEPRINT FOR WOMEN'S RIGHTS ALONG THE WAY. BUT IT'S THE BEGINNING OF HER CAREER WHERE ACTRESS FELICITY JONES FITS IN. PLAYING THE JUSTICE IN THE LATE '50S WHEN GINSBURG WAS A STUDENT AT HARVARD LAW, JONES TAKES AUDIENCES THROUGH GINSBURG'S CAREER, TACKLING GENDER DISCRIMINATION CASES AND OTHERS THAT WOULD PAVE THE WAY TO HER SEAT ON THE HIGH COURT, WHILE ALSO ILLUSTRATING THE ROCK-SOLID BOND BEHIND HER AND HER HUSBAND, MARTIN GINSBURG.

(Book)



CROSSINGS

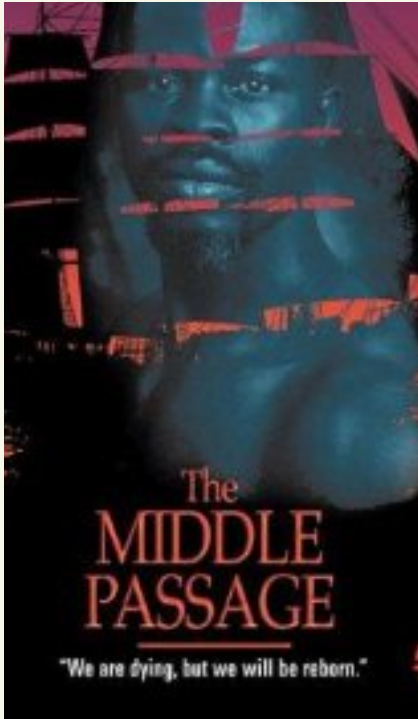
*Africa, the Americas
and the
Atlantic Slave Trade*

JAMES WALVIN

In the book *Crossings*, eminent historian James Walvin travels back to the story's origins in Africa and south to Brazil, in an effort to explore the broad sweep of slavery across the Atlantic.

Reconstructing the transatlantic slave trade from an extensive archive of new research, Walvin seeks to understand and describe how the trade began in Africa, the terrible ordeals experienced there by people sold into slavery, and the scars that remain on the continent today. Walvin also reveals the answers to vital questions that have never before been addressed, such as how a system that the Western world came to despise endured so long and how the British—who were fundamental in developing and perfecting the slave trade—became the most prominent proponents of its eradication.

The most authoritative history of the entire slave trade to date, *Crossings* offers a new understanding of one of the most important, and tragic, episodes in world history. (Source: press.uchicago.edu)



The Middle Passage is a 2000 docudrama film directed by Guy Deslauriers about the trans-Atlantic voyage of black slaves from the West Coast of Africa to the Caribbean, a part of the triangular slave trade route called the Middle Passage. It portrays the transportation of slaves from Senegal to the sugar plantations of Martinique and the miserable and often fatal conditions on board the slave ship. (Source: en.wikipedia.org)



HELLO, PRIVILEGE. IT'S ME, CHELSEA

CHELSEA HANDLER IS A WHITE WOMAN WHO HAS RECOGNIZED THE PRIVILEGE THAT'S SHE'S RECEIVED BECAUSE OF HER SKIN TONE. CHELSEA IS INVESTIGATING HOW WHITE PRIVILEGE HAS IMPACTED AMERICAN CULTURE AND HOW IT HELPED HER WITH PURSUING SUCCESS IN HER LIFE AND CAREER. (STREAM ON NETFLIX)



A DRAMA, SET IN LONDON, THAT TRACKS THE STORY OF THE FOOT SOLDIERS OF THE EARLY FEMINIST MOVEMENT, WOMEN WHO WERE FORCED UNDERGROUND TO PURSUE A DANGEROUS GAME OF CAT-AND-MOUSE WITH AN INCREASINGLY BRUTAL STATE. THESE WOMEN WERE NOT PRIMARILY FROM THE GENTEEL EDUCATED CLASSES, THEY WERE WORKING WOMEN WHO HAD SEEN PEACEFUL PROTEST ACHIEVE NOTHING. RADICALIZED AND TURNING TO VIOLENCE AS THE ONLY ROUTE TO CHANGE, THEY WERE WILLING TO LOSE EVERYTHING IN THEIR FIGHT FOR EQUALITY- -THEIR JOBS, THEIR HOMES, THEIR CHILDREN, AND THEIR LIVES. MAUD WAS ONE SUCH FOOT SOLDIER. THE STORY OF HER FIGHT FOR DIGNITY IS AS GRIPPING AND VISCERAL AS ANY THRILLER, IT IS ALSO HEARTBREAKING AND INSPIRATIONAL. (SOURCE: WWW.IMDB.COM)

THE WORLD'S COOKBOOK

SENEGAL IS A COUNTRY LOCATED IN WEST AFRICA, HOME TO SEVERAL BEAUTIFUL BEACHES, EXCEPTIONAL ART, AMAZING MUSIC, CAPTIVATING WILDLIFE AND MANY WORLD HERITAGE SITES. THE POPULATION OF SENEGAL IS COMPOSED OF SEVERAL DIFFERENT ETHNICITIES, INCLUDING THE WOLOF (WHICH IS THE LARGEST SINGLE ETHNIC GROUP IN THE COUNTRY), THE FULA AND TOUCOULEUR (THE SECOND BIGGEST GROUPS), FOLLOWED BY THE SERER AND MANY MORE, SUCH AS JOLA, MANDINKA, MAURES, SONINKE, BASSARI AND OTHER SMALLER COMMUNITIES. SENEGALESE CUISINE IS UNDOUBTEDLY A REFLECTION OF THE COUNTRY'S DIVERSITY, WITH MANY UNIQUE DISHES TO TRY.



4 Servings



DOMODA (AFRICAN PEANUT STEW) IS A LEMON SAUCE BASE. WITH INGREDIENTS SUCH AS BEEF, VEAL, LAMB AND BALLS OF FISH.

INGREDIENTS

1 LB BEEF STEAK OR 1 LB CHICKEN BREAST CUT INTO 1/2 INCH CHUNKS (OR USE BONE-IN CHICKEN PIECES AND SIMMER THEM IN THE SAUCE; ONCE COOKED LEAVE THE PIECES WHOLE OR REMOVE THE MEAT FROM THE BONES AND ADD IT BACK TO THE STEW.)

1 LARGE ONION DICED

2 TABLESPOONS OLIVE OIL

3 CLOVES GARLIC MINCED

3 ROMA TOMATOES DICED

1/2 CAN 3 OZ TOMATO PASTE

3/4 CUP NATURAL UNSWEETENED PEANUT BUTTER

4 MAGGI OR KNORR TOMATO BOUILLON CUBES

3 CUPS WATER

SCOTCH BONNET CHILIES DICED, ACCORDING TO HEAT PREFERENCE

4 CUPS PUMPKIN OR SWEET POTATO DICED

SALT AND PEPPER TO TASTE

INSTRUCTIONS

HEAT THE OIL IN LARGE DUTCH OVEN. SAUTE THE ONIONS UNTIL GOLDEN. ADD THE BEEF AND GARLIC AND CONTINUE TO SAUTÉ UNTIL THE BEEF IS NO LONGER PINK. ADD THE TOMATOES AND COOK FOR 3 MINUTES. ADD THE TOMATO PASTE, CHILIES, PEANUT BUTTER AND STIR TO COMBINE. ADD THE WATER AND BOUILLON CUBES. BRING TO A BOIL, REDUCE HEAT, COVER, AND SIMMER FOR 15 MINUTES, STIRRING OCCASIONALLY. ADD SQUASH, COVER, AND CONTINUE TO COOK FOR 35-40 MINUTES OR UNTIL THE PUMPKIN IS TENDER, STIRRING OCCASIONALLY. SEASON WITH SALT AND PEPPER. SERVE HOT WITH RICE. THIS STEW TASTES EVEN BETTER THE NEXT DAY.

DDS HAPPENINGS

Thursday, August 3, 4:30 PM - 5:30 PM

Everday Heroes: Bullying

[Teams Link](#)

Hosted by South Region Self Advocate Coordinator Carol Grabbe

Wednesday, August 9, 9 AM- 10 AM

Coffee Conversation: Equality and Women

[Team Link](#)

Hosted by Diversity Office

Tuesday, August 29, 3Pm - 4:30 PM

Fourth Tuesday Forum: Staying Connected Through Technology

[Teams](#)

Hosted by DDS - Deputy Commissioner

