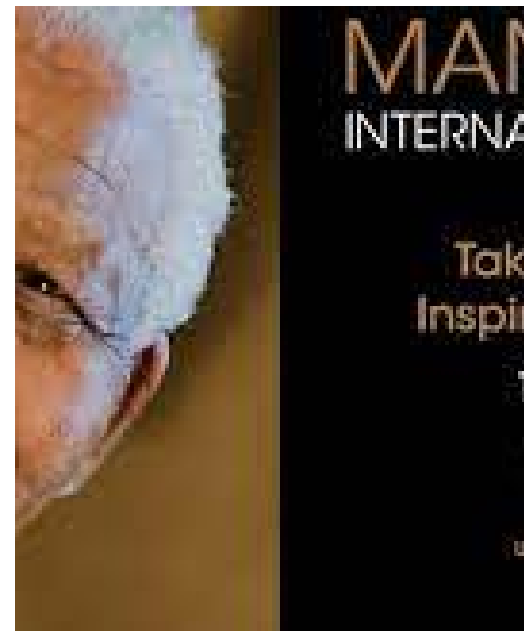




Belonging-Unity



Welcome

On April 8th I was fortunate to see a rainbow in its entirety. I mean the full circle. Some of you may know this but the true shape of a rainbow is not an arc but a full circle. The only reason I know this was on that day when I saw the full circled rainbow, I thought it was one of the most special scenes ever. I did a search and found that a rainbow in its true form is a circle, yet it is rarely seen this way. yet it is rarely seen this way.

This only reminded me of the wonder of the full circle of life, unity of people, circumstances, and time. It wasn't by chance but by privilege that I was reminded of the world's oneness that day, the connectedness of being human, being on this planet, and being unified by so many factors of life. Enjoy this newsletter.

Inside:

- Independence Day - July 4th
- World Population Day - July 11th
- International Non-Binary People's Day - July 14th
- Nelson Mandela International Day - July 18th
- National Disability Independence Day - July 26th
- International Day of Friendship - July 30th
- DDS Happenings



ON JULY 4, 1776, THE SECOND CONTINENTAL CONGRESS UNANIMOUSLY ADOPTED THE DECLARATION OF INDEPENDENCE, ANNOUNCING THE COLONIES' SEPARATION FROM GREAT BRITAIN. THE DECLARATION OF INDEPENDENCE'S ASSERTION "ALL MEN ARE CREATED EQUAL," IS BELOVED AND OFTEN QUOTED BY THE AMERICAN PEOPLE. PHILADELPHIANS MARKED THE FIRST ANNIVERSARY OF AMERICAN INDEPENDENCE WITH A SPONTANEOUS CELEBRATION, WHICH IS DESCRIBED IN A LETTER BY JOHN ADAMS TO HIS DAUGHTER, ABIGAIL. HOWEVER, OBSERVING INDEPENDENCE DAY ONLY BECAME COMMONPLACE AFTER THE WAR OF 1812. IN 1859, THE BANNEKER INSTITUTE OF PHILADELPHIA, PENNSYLVANIA, URGED AFRICAN AMERICANS TO CELEBRATE INDEPENDENCE DAY WHILE BEARING WITNESS TO THE INCONSISTENCIES BETWEEN THE IDEALS ESPOUSED IN THE DECLARATION OF INDEPENDENCE AND THE PRACTICE OF SLAVERY. CHAIRMAN OF THE MEETING, MR. JACOB C. WHITE JR., ALSO PROMISED HIS AUDIENCE A BRIGHTER FUTURE:

"WE HAVE LEARNED BY EXPERIENCE AND BY THE COMPARISON OF OURSELVES WITH PEOPLE SIMILARLY SITUATED, TO HOPE THAT, AT SOMEDAY NOT VERY FAR IN FUTURITY, OUR GRIEVANCES WILL BE REDRESSED, THAT OUR LONG LOST RIGHTS WILL BE RESTORED TO US, AND THAT, IN THE FULL STATURE OF MEN, WE WILL STAND UP, AND WITH OUR ONCE CRUEL OPPONENTS AND OPPRESSORS REJOICE IN THE DECLARATION OF OUR COMMON COUNTRY, AND HAIL WITH THEM THE APPROACH OF THE GLORIOUS NATAL DAY OF THE GREAT REPUBLIC".

BY THE 1870S, THE FOURTH OF JULY WAS THE MOST IMPORTANT SECULAR HOLIDAY ON THE CALENDAR. CONGRESS PASSED A LAW-MAKING INDEPENDENCE DAY A FEDERAL HOLIDAY ON JUNE 28, 1870. (SOURCE: LIBRARY OF CONGRESS.GOV)

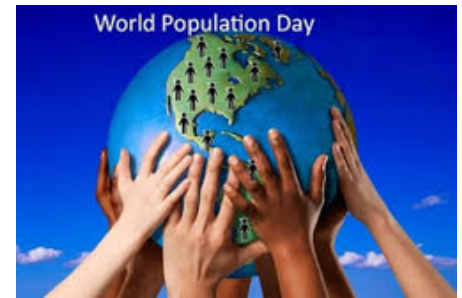


July 4th Parade. [Nome, Alaska], July 4, 1915. Carpenter Collection. Prints & Photographs Division.



Fourth of July, or American Independence Day, Fireworks Light Up the Sky Over Denver, Colorado's Downtown Civic Center. Carol M. Highsmith, photographer, July 3, 2016. Highsmith (Carol M.) Archive. Prints & Photographs Division

WORLD POPULATION DAY



You may or may not know there are more than 7 billion people on Earth right now. But how often do we think about what that really means? World Population Day, which seeks to focus attention on the urgency and importance of population issues, was established by the then-Governing Council of the United Nations Development Programme in 1989, an outgrowth of the interest generated by the World Day of Five Billion, which was observed on 11 July 1987. (Source: un.org)

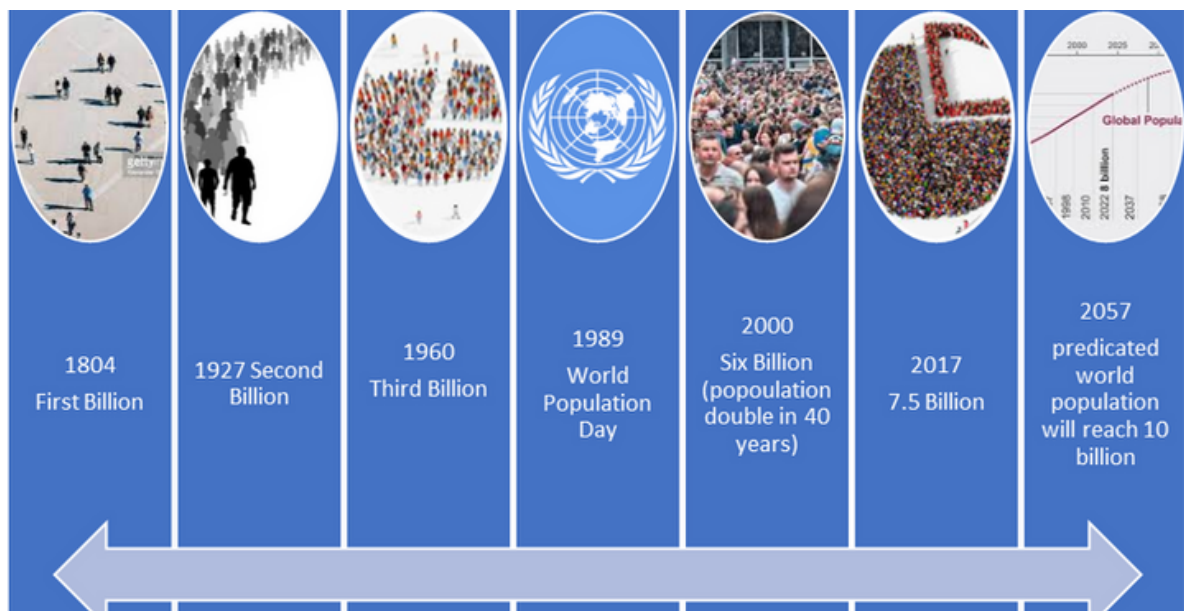
Five Billion Day in 1987, was to acknowledge the day the world's population reached 5 billion, which supposedly happened on July 11, 1987. (Source: nationaltoday.com). By resolution 45/216 of December 1990, the United Nations General Assembly decided to continue observing World Population Day to enhance awareness of population issues, including their relations to the environment and development. (Source: un.org)

World Population Day serves to highlight growing areas of concern that come with a growing population. Overpopulation is a critical issue, especially considering that "world resources are depleting at an unsustainable rate". The increasing population also raises awareness about health problems particularly those faced by women during "pregnancy and childbirth". (Source: nationaltoday.com)

[For more information click here](#)



The world's population reached 7 billion on 31 October, 2011. Pictured near an entrance to UN Headquarters is a banner for a global campaign by UNFPA to build awareness of the opportunities and challenges posed by this milestone. UN Photo/Rick Bajornas

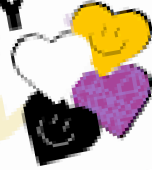




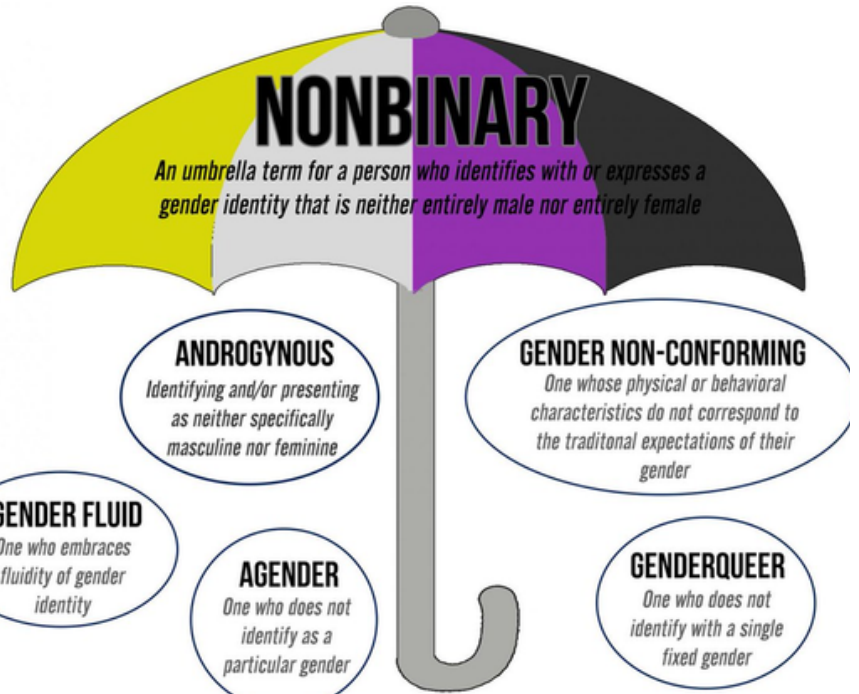
HAPPY INTERNATIONAL NON-BINARY PERSON'S DAY

July 14 is recognized around the world as International Non-Binary People's Day. This occasion shines a light on those who identify as non-binary and celebrates the rich diversity of the community.

SOURCE:HRC.ORG

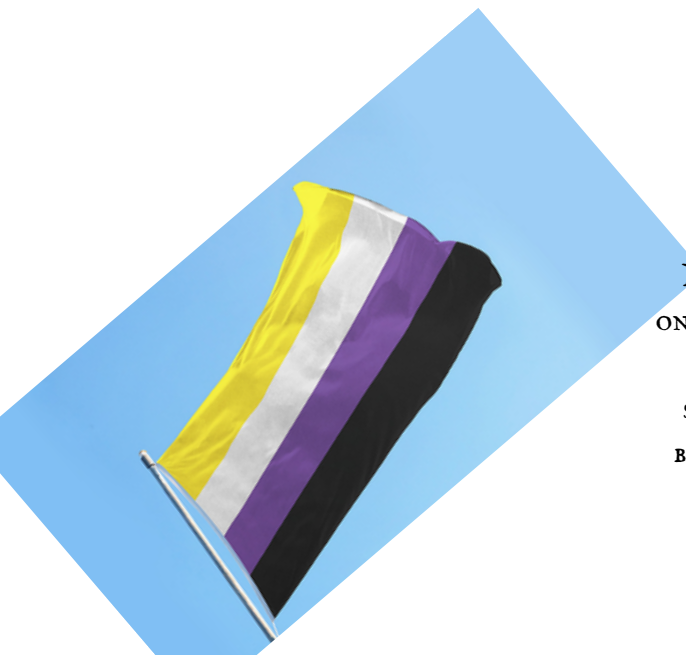


THE TERM “NON-BINARY” DESCRIBES SOMEONE WHO DOES NOT IDENTIFY EXCLUSIVELY AS A MAN OR A WOMAN. NON-BINARY FOLKS MAY IDENTIFY AS BEING BOTH A MAN AND A WOMAN OR AS FALLING COMPLETELY OUTSIDE THESE CATEGORIES. MANY NON-BINARY PEOPLE ALSO IDENTIFY AS TRANSGENDER, THOUGH NOT ALL DO. (SOURCE: HRC.ORG)

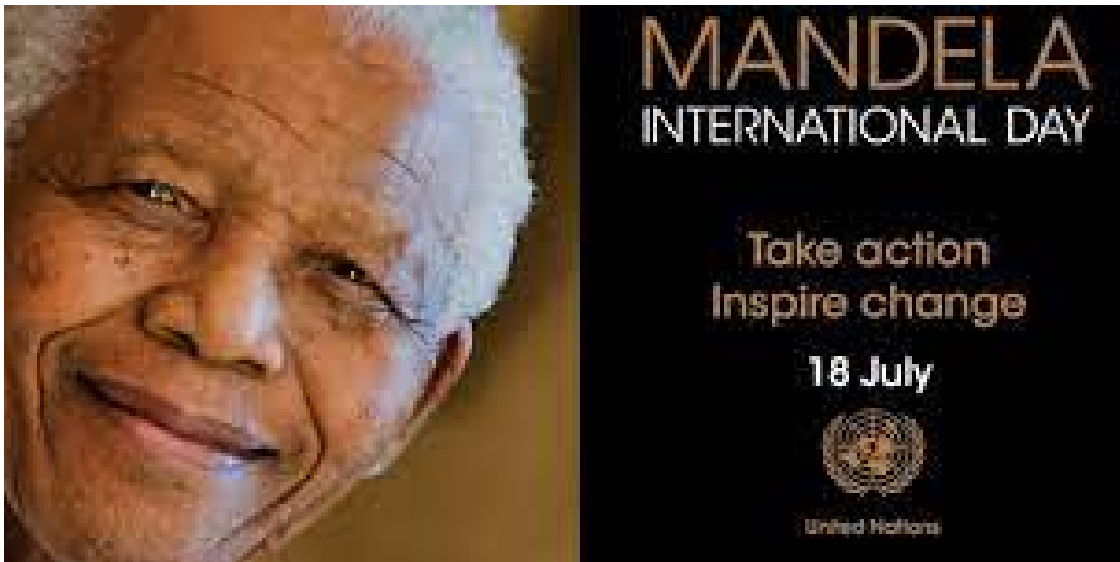


GRAPHIC ILLUSTRATION BY SRINIDHI SESHADI

Source: Outright International



NON-BINARY PEOPLE SHOW US EVERY DAY THAT KNOWING ONE'S SELF AND IDENTITY IS A POWERFUL THING THAT NO ONE CAN STRIP AWAY. THERE'S A LOT OF WORK TO BE DONE IN SECURING FULL PROTECTIONS AND RIGHTS FOR OUR NON-BINARY COMMUNITY, BUT AMID THAT WORK WE MUST TAKE TIME TO CELEBRATE AS WELL. (SOURCE: HRC.ORG)



The Nelson Mandela International Day is celebrated every year on July 18, also his birthday. This day was officially declared by the United Nations in 2009 through a resolution in the General Assembly, and the first UN Mandela Day was held on July 18, 2010. The day is not meant as a public holiday but to celebrate the life and works of Nelson Mandela through volunteering and community service. (Source: www.business-standard.com)

We celebrate Nelson Mandela International Day every year to shine a light on the legacy of a man who changed the 20th century and helped shape the 21st. This is a moment for all to renew the values that inspired Nelson Mandela, ABSOLUTE DETERMINATION. In times of turbulence, Nelson Mandela shows us the power of resisting oppression, of justice over inequality, of dignity over humiliation, of forgiveness over hatred. As the world takes forward the 2030 Agenda for Sustainable Development and strives to overcome new sources of adversity, let us recall the lessons of Nelson Mandela's life, and the essential humanism that guided him: "For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." (Source: unesco.org)

Mandela Day is also known as 67 Minutes Mandela Day. The phrase "67 minutes" is used to convey the message that people should do something good for 67 minutes on this day, one minute for each year that Mandela served his nation. (Source: www.business-standard.com)

Mandela had announced the idea of continued commitment to injustice during his 90th birthday celebration, saying: "It is time for new hands to lift the burdens. It is in your hands now." (Source: www.business-standard.com)

WHAT IS THE AMERICANS WITH DISABILITIES ACT (ADA)?

ON BEHALF OF NATASHA COLE, SELF-ADVOCATE COORDINATOR:



THE AMERICANS WITH DISABILITIES ACT (ADA) BECAME LAW IN 1990. THE ADA IS A CIVIL RIGHTS LAW THAT PROHIBITS DISCRIMINATION AGAINST INDIVIDUALS WITH DISABILITIES IN ALL AREAS OF PUBLIC LIFE, INCLUDING JOBS, SCHOOLS, TRANSPORTATION, AND ALL PUBLIC AND PRIVATE PLACES THAT ARE OPEN TO THE GENERAL PUBLIC. THE PURPOSE OF THE LAW IS TO MAKE SURE THAT PEOPLE WITH DISABILITIES HAVE THE SAME RIGHTS AND OPPORTUNITIES AS EVERYONE ELSE. THE ADA GIVES CIVIL RIGHTS PROTECTIONS TO INDIVIDUALS WITH DISABILITIES SIMILAR TO THOSE PROVIDED TO INDIVIDUALS ON THE BASIS OF RACE, COLOR, SEX, NATIONAL ORIGIN, AGE, AND RELIGION. IT GUARANTEES EQUAL OPPORTUNITY FOR INDIVIDUALS WITH DISABILITIES IN PUBLIC ACCOMMODATIONS, EMPLOYMENT, TRANSPORTATION, STATE AND LOCAL GOVERNMENT SERVICES, AND TELECOMMUNICATIONS. THE ADA IS DIVIDED INTO FIVE TITLES (OR SECTIONS) THAT RELATE TO DIFFERENT AREAS OF PUBLIC LIFE.

IN 2008, THE AMERICANS WITH DISABILITIES ACT AMENDMENTS ACT (ADAAA) WAS SIGNED INTO LAW AND BECAME EFFECTIVE ON JANUARY 1, 2009. THE ADAAA MADE A NUMBER OF SIGNIFICANT CHANGES TO THE DEFINITION OF "DISABILITY." THE CHANGES IN THE DEFINITION OF DISABILITY IN THE ADAAA APPLY TO ALL TITLES OF THE ADA, INCLUDING TITLE I (EMPLOYMENT PRACTICES OF PRIVATE EMPLOYERS WITH 15 OR MORE EMPLOYEES, STATE AND LOCAL GOVERNMENTS, EMPLOYMENT AGENCIES, LABOR UNIONS, AGENTS OF THE EMPLOYER AND JOINT MANAGEMENT LABOR COMMITTEES); TITLE II (PROGRAMS AND ACTIVITIES OF STATE AND LOCAL GOVERNMENT ENTITIES); AND TITLE III (PRIVATE ENTITIES THAT ARE CONSIDERED PLACES OF PUBLIC ACCOMMODATION).



National Disability Independence Day

61 million adults in the US live with a disability.

1 in 4 adults in the US have some type of disability.

1 in 4 women have a disability.

by Mary Liz McNamara

National Disability DAY

National Disability Independence Day, celebrated annually on July 26, commemorates passage of the Americans with Disabilities Act, the U.S. law prohibiting discrimination against those with disabilities.

According to the NCD's "2020 Progress Report on National Disability Policy: Increasing Disability Employment," nearly two-thirds of the 22 million working-age Americans with disabilities have been left out of the labor market. And those that are actively looking for work, experience an unemployment rate twice that of workers without disabilities.



The American disability movement began in earnest in the 1960s with grassroots efforts to resist the centuries-old notion that its members were defective and lacking and needed to be segregated from civic life.

The underlying causes of underemployment in the disability community varies, is complex, and extends well beyond the limits of the ADA.

For instance, stereotypes that people with disabilities don't belong in the workplace or are incapable of contributing still linger.



On behalf of the West Region, **celebrate friendship** and learn more about the International Day of Friendship on the website,

Interntional Day of Friendship, United Nations



Group of friends playing at a beach in Gaza Strip.
PHOTO:UN Photo/Shareef Sarhan

Our world faces many challenges, crises, and forces of division – such as poverty, violence, and human rights abuses – among many others – that undermine peace, security, development, and social harmony among the world's peoples.

To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms – the simplest of which is friendship. Through friendship, we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.

Actions to Promote a Culture of Peace

- foster a culture of peace through education;
- promote sustainable economic and social development;
- promote respect for all human rights;
- ensure equality between women and men;
- foster democratic participation;
- advance understanding, tolerance and solidarity;
- support participatory communication and the free flow of information and knowledge;
- promote international peace and security.



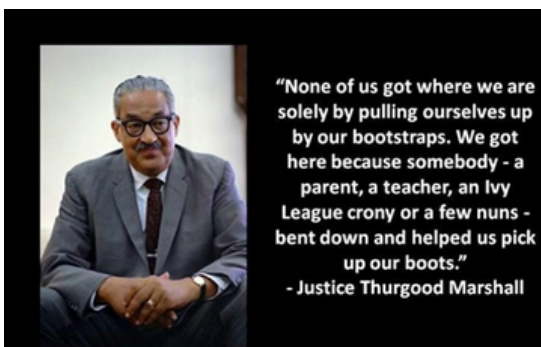
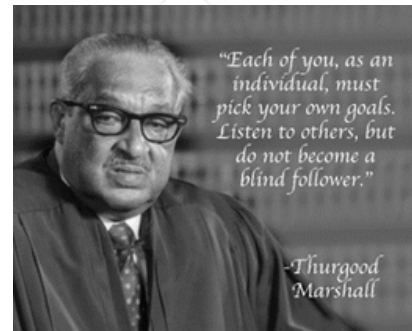
ADDITIONAL INFORMATION

More to Know

ON BEHALF OF JEREMY POWELL, SELF-ADVOCATE COORDINATOR, LEARN MORE ABOUT THURGOOD MARSHALL.

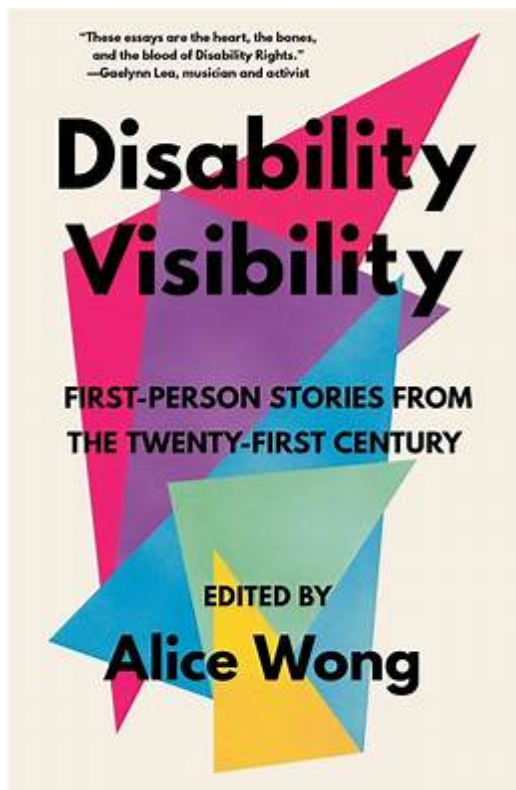


THURGOOD MARSHALL WAS BORN ON JULY 2, 1908, TO HIS PARENTS NORMA AND WILLIAM CANFIELD MARSHALL. HIS MOM WORKED AT AN ELEMENTARY SCHOOL AND HIS FATHER HAD VARIOUS JOBS LIKE A WAITER IN A HOTEL. MARSHALL ATTENDED LINCOLN UNIVERSITY AND HOWARD UNIVERSITY SCHOOL OF LAW. HE WAS THE SUPREME COURT'S FIRST AFRICAN AMERICAN JUSTICE. IN 1961 PRESIDENT JOHN F. KENNEDY APPOINTED MARSHALL TO THE U.S. COURT OF APPEALS. HE WAS AN ATTORNEY WHO FOUGHT FOR CIVIL RIGHTS, LEADING THE NATIONAL ASSOCIATION FOR THE ADVANCEMENT OF COLORED PEOPLE (NAACP) LEGAL DEFENSE. HE WAS NOMINATED BY LYNDON B. JOHNSON TO THE SUPREME COURT IN 1967 AND SERVED UNTIL HIS RETIREMENT IN 1991.



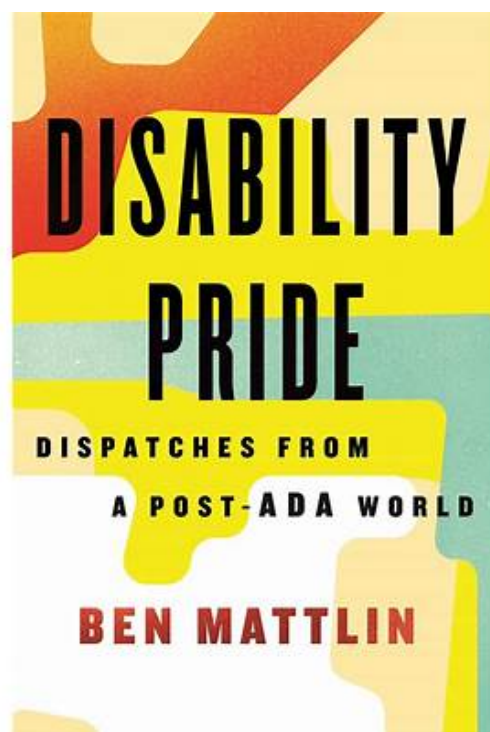
THURGOOD MARSHALL PASSED AWAY ON JANUARY 24, 1993. HE WAS TRULY AN ICON OF DIVERSITY, EQUITY, AND INCLUSION.

Take a Look at
the Books



“Disability rights activist Alice Wong brings tough conversations to the forefront of society with this anthology. It sheds light on the experience of life as an individual with disabilities, as told by none other than authors with these life experiences. It's an eye-opening collection that readers will revisit time and time again.” —Chicago Tribune


An eye-opening portrait of the diverse disability community as it is today, and how disability attitudes, activism, and representation have evolved since the passage of the Americans with Disabilities Act (ADA)



Word of the Month

Oppression Olympics

Oppression Olympics is a characterization of marginalization as a competition to determine the relative weight of the overall oppression of individuals or groups, often by comparing race, gender, socioeconomic status or disabilities, in order to determine who is the worst off, and the most oppressed. (Source:en.wikipedia.org)



We need to stop playing Privilege or Oppression Olympics because we'll never get anywhere until we find more effective ways of talking through difference. We should be able to say, "This is my truth," and have that truth stand without a hundred clamoring voices shouting, giving the impression that multiple truths cannot coexist.

— Roxane Gay —

AZ QUOTES

THE WORLD'S COOKBOOK



FRIDA KAHLO'S SHRIMP TACOS (SUBMITTED BY WR SELF ADVOCATE COORDINATORS)
RECIPE BY: FAMILIAKITCHEN.COM

CELEBRATE ART AND DIVERSITY BY LEARNING MORE ABOUT FRIDA KAHLO BORN
JULY 6TH A WELL-KNOWN MEXICAN PAINTER. - "I AM MY OWN MUSE, THE
SUBJECT I KNOW BEST."
- FRIDA KAHLO

INGREDIENTS

2 MEDIUM ONIONS, CHOPPED

4 SERRANO CHILES, CHOPPED

4 TBSP BUTTER

3 MEDIUM TOMATOES, PEELED, SEEDED AND CHOPPED

SALT, TO TASTE

PEPPER, TO TASTE

1 LB SHRIMP, COOKED

24 TORTILLAS

DIRECTIONS

SAUTÉ ONION AND CHILES IN BUTTER UNTIL ONION
BECOMES TRANSLUCENT.

ADD TOMATOES WITH SALT AND PEPPER, TO TASTE.
COOK FOR 10 MINUTES, UNTIL THE TOMATOES ARE
THOROUGHLY COOKED. IF THE SAUCE BECOMES TOO
THICK, THIN IT WITH CHICKEN BROTH OR WATER.

ADD THE PRECOOKED SHRIMP AND SAUTE FOR 2 MINUTES,
JUST UNTIL THEY ARE HEATED THROUGH.

FILL THE TORTILLAS WITH THE SHRIMP MIXTURE AND
SERVE PIPING HOT.

SECRET RECIPES FROM NELSON MANDELA'S CHEF



ON BEHALF OF DORY MICHAEL-MARTUSIS, PLEASE
SEE THE LINK TO SECRET RECIPES FROM NELSON
MANDELA'S CHEF. [LINK](#)

HERE IS ONE RECIPE FROM THIS GREAT LINK ([EVERYTHINGZOOMER.COM](#))

INGREDIENTS (SERVES 20)

60ML (2 OUNCES) OLIVE OIL

4 ONIONS, CHOPPED

30ML (1 OUNCE) CRUSHED GARLIC AND GINGER MIXTURE

2.5KG (5.5 LBS) BUTTERNUT, SKINNED, SEEDED AND CUBED

10ML (2 TEASPOONS) MILD CURRY POWDER (MORE OR LESS TO TASTE)

3 LITRES (12 CUP) CHICKEN STOCK

1 7/8 CUPS CREAM

SALT AND WHITE PEPPER TO TASTE

DIRECTIONS

IN A LARGE POT SAUTÉ, THE OIL, ONION, GARLIC, AND GINGER.

ADD THE BUTTERNUT, CURRY POWDER. MIX WELL AND ALLOW TO GENTLY FRY FOR TWO MINUTES THEN ADD THE STOCK.

COVER AND SIMMER GENTLY FOR ABOUT 25 MINUTES UNTIL THE VEGETABLES ARE TENDER.

PURÉE THE SOUP. SEASON TO TASTE. BLEND IN THE CREAM AND GENTLY REHEAT.

DDS HAPPENINGS

July 12th 12PM- Mandela Celebration West Region Cultural Committee - Cheshire Office (open to WR staff only)

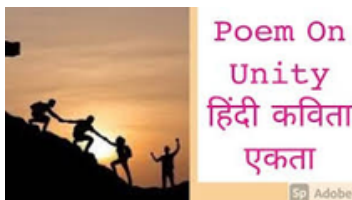
July 12th 4PM- Self Advocate Employment Group - Jossie Torres (open to everyone)

July 14th 9AM - Diversity Retreat (open to Diversity Committee Chairs and liaisons)

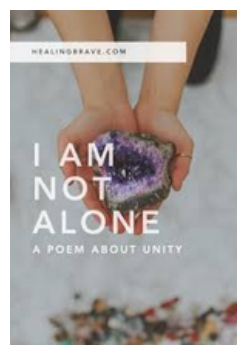
July 19th 1PM - North Region Cultural Competency Committee (open to NR staff)

July 24th 10AM - APRA Individual and Family Committee Meeting

July 25th 3PM - 4th Tuesday Forum



What you might not realize is that the shape of a rainbow isn't a “bow” or an “arc” at all, but rather a full circle. The only reason you see part of that full circle, under most conditions, is because the Earth itself (or other foreground features) are in the way, preventing you from seeing the entire rainbow. (Don't let our blinders keep us from seeing the full rainbow).



COMMUNITY EVENTS



Sat, Jul 22, 10 AM – 5 PM

Whitneyville Cultural Commons
1253 Whitney Ave, Hamden, CT

The 6th annual Compassionfest is a festival dedicated to community, equality, and kindness. This event aims to gather people together who value justice, kindness, equality, and compassion



Welcome to The Vendor Expo Pt 6! This is the 6th edition of our annual event where vendors from all over the region gather to showcase their products and services. Join us on **Sun Jul 16 2023** at 1253 Whitney Avenue, Hamden, CT 06517 for a day of fun and networking. Doors open at 3:00 PM EDT

Sat, Jul 29, 4 PM – Sun, Jul 30, 10 PM

Danbury City Center Green
Danbury, CT



The Danbury International Festival (DIF) is an annual initiative organized by the MOSAIC Coalition consistent with its vision to build an inclusive and equitable society in the State of Connecticut.