

BELONGING-BRIDING THE DIVIDE

June 2023



OUR STORIES

Juneteenth - Poem by Delores Williams (North Region)

Growing up in this society I couldn't be
free

I was brought up and told that my
sassiness offends people around me
But the way that I move and talk it just
me

No one wanted to hang around or be
friends with me
But still in this society I rise, free to be
me

I was always taught to be kind to
others even if they are mean to me
My grandmother always told me God
has a special place in his heart for me
So no matter what you do or say I will
always be free

Just like Maya Angelou said, I rise and I
am free

WELCOME

Summer sun and fun is here. June marks the beginning of summer. Summer is a time for us to appreciate and build on the those opportunities to be revived, renewed, and rejuvenated under the summer sun. The opportunity to reclaim our whole fun loving selves. To get out and be a community, to have cook outs, attend outside concerts, go to amusement parks, and to just be with one another, renewed. To build a community that is inclusive, to bridge our differences and find commonalities. To be honest, to know we are a community, to hold each other accountable for change, and for embracing all that we celebrate.



SOURCE: PRACTITIONERSPATH.WORDPRESS.COM

IN THIS EDITION

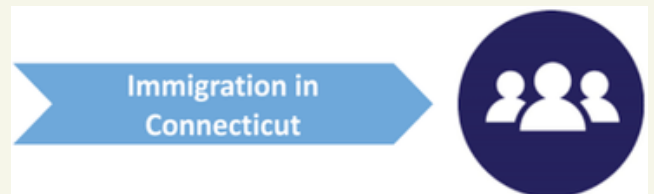
- Pride Month,
- Immigrant Heritage Month
- Caribbean American Heritage Month
- Native American Citizenship Day
- Juneteenth - Emancipation Day
- Litha - Summer Solstice
- Eid al Adha

Immigrant Heritage Month



IMMIGRANT HERITAGE MONTH FIRST CELEBRATED IN 2014 IS MEANT TO RECOGNIZE AND HONOR IMMIGRANTS IN THE UNITED STATES. IT IS A SPECIAL TIME WHERE WE CAN COMMEMORATE PIECES OF OUR HERITAGE AND ADMIRE THE ACCOMPLISHMENTS OF SIMPLY BEING ABLE TO SURVIVE IN AN UNKNOWN PLACE.
(SOURCE: /GBPI.ORG/WORLD-REFUGEE-DAY-AND-IMMIGRANT-HERITAGE-MONTH-REFLECTION/)

THERE IS IMMIGRANT REPRESENTATION ALL AROUND US, YET WE CONTINUE TO LEAVE IMMIGRANT ISSUES ON THE BACKBURNER. IMMIGRATION HAS ALWAYS BEEN CONTROVERSIAL IN THE U.S.. TWO CENTURIES AGO THERE WAS CONCERN TO MANY GERMAN IMMIGRANTS WERE FLOODING AMERICA WHICH WAS PREDOMINANTLY BRITISH CULTURE AT THE TIME. IN THE MID 1800'S IT WAS CONCERN FOR IRISH IMMIGRANTS AND ROMAN CATHOLICS. NOT A CENTURY AGO IT WAS THE POLISH, ITALIANS, AND RUSSIAN JEWS. TODAY IS LATIN AMERICANS AND ASIANS.
(SOURCE:WWW.CATO.ORG)



- ONE IN SEVEN CONNECTICUT RESIDENTS IS AN IMMIGRANT, WHILE ONE IN SIX RESIDENTS IS A NATIVE-BORN U.S. CITIZEN WITH AT LEAST ONE IMMIGRANT PARENT.
- IN 2018, 520,262 IMMIGRANTS (FOREIGN-BORN INDIVIDUALS) COMPRISED 15 PERCENT OF THE CT POPULATION.
- THE TOP COUNTRIES OF ORIGIN FOR IMMIGRANTS COMING TO CT WERE INDIA (9 PERCENT OF IMMIGRANTS), JAMAICA (7 PERCENT), DOMINICAN REPUBLIC (5 PERCENT), POLAND (5 PERCENT), AND ECUADOR (5 PERCENT).
- NEARLY 60,000 U.S. CITIZENS IN CONNECTICUT LIVE WITH AT LEAST ONE FAMILY MEMBER WHO IS UNDOCUMENTED.
- 3,560 ACTIVE DACA RECIPIENTS LIVED IN CONNECTICUT AS OF MARCH 2020, WHILE DACA HAS BEEN GRANTED TO 4,886 PEOPLE IN TOTAL SINCE 2012.
- ONE IN SIX CONNECTICUT WORKERS IS AN IMMIGRANT, MAKING UP A VITAL PART OF THE STATE'S LABOR FORCE.

(SOURCE: WWW.AMERICANIMMIGRATIONCOUNCIL.ORG/)

WHAT IMMIGRATION MEANS TO CONNECTICUT



519,648 immigrants make up **14.5%** of the state's population.

IMMIGRANT ENTREPRENEURS INVIGORATE THE ECONOMY



Almost one in four self-employed business owners in Connecticut is an immigrant.



\$1,854,700,000

the total annual revenue generated by these immigrant-owned businesses.

IMMIGRANTS ARE AN INTEGRAL PART OF COMMUNITIES



Nearly half of all immigrants in Connecticut are naturalized U.S. citizens.



More than four in five immigrants in Connecticut speak English "well" or "very well."

IMMIGRANT HOUSEHOLDS STRENGTHEN THE ECONOMY



\$13,800,000,000
in spending power.



\$3,300,000,000
in federal taxes.



\$1,800,000,000
in state and local taxes.

IMMIGRANTS ARE ESSENTIAL TO THE LABOR FORCE

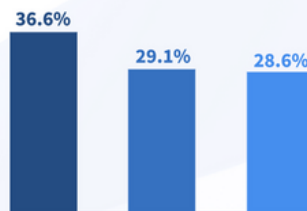


One in six workers in the Connecticut labor force is an immigrant.



More than a quarter of workers in Connecticut's construction industry are immigrants.

The largest shares of immigrants in Connecticut's labor force work in the following occupations:



- Building and Grounds Cleaning and Maintenance
- Construction and Extraction
- Production



PRIDE MONTH



Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. Stonewall Uprising took place on a hot summer's night in New York on June 28, 1969, police raided the Stonewall Inn, a gay club in Greenwich Village, which resulted in bar patrons, staff, and neighborhood residents rioting onto Christopher Street outside. Among the many leaders of the riots was a black, trans, bisexual woman, Marsha P. Johnson, leading the movement to continue over six days with protests and clashes. The message was clear – protestors demanded the establishment of places where LGBT+ people could go and be open about their sexual orientation without fear of arrest. (Source: nationaltoday.com)

The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. Pride Month is largely credited as being started by bisexual activist Brenda Howard. Known as 'The Mother of Pride,' Brenda organized Gay Pride Week and the Christopher Street Liberation Day Parade a year after the Stonewall Riots. This eventually morphed into what we now know as the New York City Pride March and was the catalyst for the formation of similar parades and marches across the world. The New York Pride Parade is one of the largest and most well-known parades to take place, with over 2 million people estimated to have taken part in 2019. (Source: nationaltoday.com)

Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts. Pride Month events attract millions of participants from around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. (Source: www.loc.gov/lgbt-pride-month/) Bill Clinton was the first U.S. President to officially recognize Pride Month in 1999 and 2000. Then, from 2009 to 2016, Barack Obama declared June LGBT Pride Month. In May 2019, Donald Trump recognized Pride Month with a tweet announcing that his administration had launched a global campaign to decriminalize homosexuality. (Source: nationaltoday.com)



A BRIEF HISTORY OF OUR LGBTQIA2-S PRIDE FLAG

Submitted by Kai Berzinskas-Willard

June is Pride Month! You may have seen different kinds of Pride flags at community events and parades, outside people's homes, on crosswalks, and even raised over Capitol buildings throughout the country. Flags are sociopolitical symbols of community membership, unity, and visibility. Over the years, the Pride flag has evolved to promote greater inclusion and recognize the many communities that celebrate Pride. Read on to find out about the history behind this imagery.

You may be familiar with the rainbow-striped Pride flag. In recent years, this flag has been updated and expanded to represent the intersectional diversity of lesbian, gay, bisexual, transgender, queer, intersex, asexual, and Two-Spirit (LGBTQIA2-S) communities. Before rainbow-striped Pride the flag, many LGBTQIA2-S communities used a pink triangle as a visual representation. This was adapted from a badge that gay prisoners were forced to wear in Nazi concentration camps. Perhaps the most well-known usage of the pink triangle symbol was by ACT-UP during the height of the HIV/AIDS epidemic. Other symbols used by LGBTQIA2-S groups include green carnations, purple handprints, the Greek symbol lambda, blue feathers, and ace playing cards.

In the late 1970s, Harvey Milk – a member of the San Francisco Board of Supervisors and the first openly gay man elected to public office – asked his friend Gilbert Baker to design a symbol to represent (what was then referred to as) the gay community. Baker collaborated with his friend Lynn Segerblom (also known as Faerie Argyle Rainbow) to design the rainbow-striped flag with eight colors. Baker and Segerblom's flag debuted at the Gay Freedom Day Parade in SF in 1978. Each of the original eight colors had its own unique symbolism. Hot pink: sex; Red: life; Orange: healing; Yellow: sunlight; Green: nature; Turquoise: magic and art; Indigo: serenity; and Violet: spirit. The original flag's hot pink and turquoise stripes were soon removed because of difficulty in manufacturing and/or dyeing the fabric, resulting in the six-color rainbow flag we are familiar with today.

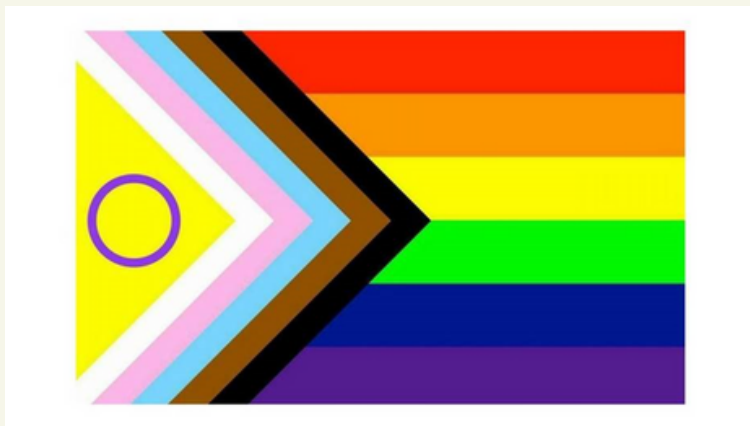
Many groups within the LGBTQIA2-S community have their own Pride flags. There are specific flags celebrating the identities of transgender, bisexual, lesbian, pansexual, asexual, and other communities. Still, the rainbow-striped flag has historically been the most used and recognized symbol representing Pride for the LGBTQIA2-S community overall.

In 2017, the Philadelphia Office of LGBT Affairs released the Philadelphia Pride flag, which added black and brown stripes to the rainbow Pride flag to recognize and uplift people of color in LGBTQIA2-S communities. This was in response to a longstanding history of discrimination and exclusion toward Black, Indigenous, and other People of Color (BIPOC) within predominantly white LGBTQIA+ spaces. In 2018, Daniel Quasar, an artist based in Portland, OR, designed the Progress Pride Flag. This flag incorporated the black and brown stripes of the Philadelphia Pride flag in addition to pink, white, and blue stripes in reference to the Trans Pride flag. The Progress Pride Flag has been celebrated by many in the LGBTQIA2-S community for its inclusivity. Quasar's approach to representing multiple historically marginalized groups within LGBTQIA2-S communities is especially important given the role of transgender and gender-diverse people of color in 1969's Stonewall Uprising, which we commemorate each year during Pride Month. In 2021, Valentino Vecchietti designed an intersex-inclusive Pride flag, which includes a purple circle over a yellow triangle as a reference to the Intersex pride flag that was created in 2013 by Morgan Carpenter. Purple and yellow are used as intentional contrasts to blue and pink, which are typically thought of as gendered colors. Like BIPOC and transgender communities, intersex people have largely been underrepresented – or outright ignored – within broader LGBTQIA2-S movements.

This year and in the future, we will continue to uplift and celebrate the many communities that give us Pride as LGBTQIA2-S people!

(Sources: them.us; The Atlantic)

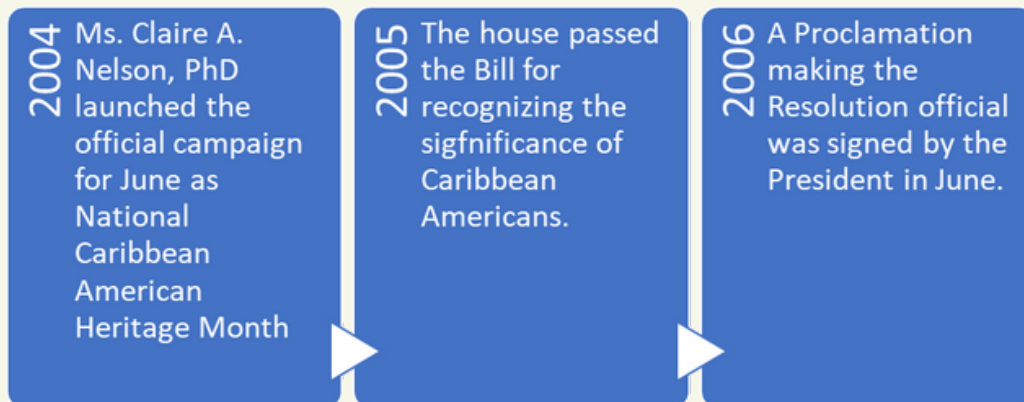
OUR LGBTQIA2-S PRIDE FLAG



NATIONAL CARIBBEAN-AMERICAN HERITAGE MONTH

SINCE 2006, JUNE HAS BEEN DESIGNATED AS CARIBBEAN AMERICAN HERITAGE MONTH BY PRESIDENTIAL PROCLAMATION. THE MONTH-LONG OBSERVANCE PROMOTES THE RICH CULTURE AND HERITAGE OF THE CARIBBEAN-AMERICAN PEOPLE AND THEIR CONTRIBUTION TO THE UNITED STATES OF AMERICA. (SOURCE: WWW.ARCHIVES.GOV/NEWS/TOPICS/CARIBBEAN-AMERICAN-HERITAGE#)

IN THE 19TH CENTURY, THE U.S. ATTRACTED MANY CARIBBEAN WHO EXCELLED IN VARIOUS PROFESSIONS SUCH AS CRAFTSMEN, SCHOLARS, TEACHERS, PREACHERS, DOCTORS, INVENTORS, COMEDIANS, POLITICIANS, POETS, SONGWRITERS, AND ACTIVISTS. SOME OF THE MOST NOTABLE CARIBBEAN AMERICANS ARE ALEXANDER HAMILTON, FIRST SECRETARY OF THE TREASURY, COLIN POWELL, THE FIRST PERSON OF COLOR APPOINTED AS THE SECRETARY OF THE STATE, JAMES WELDON JOHNSON, THE WRITER OF THE BLACK NATIONAL ANTHEM, CELIA CRUZ, THE WORLD-RENOWNED "QUEEN OF SALSA" MUSIC, AND SHIRLEY CHISHOLM, THE FIRST AFRICAN AMERICAN CONGRESSWOMAN AND FIRST AFRICAN AMERICAN WOMAN CANDIDATE FOR PRESIDENT, ARE A FEW AMONG MANY. (SOURCE: WWW.DOI.GOV - NATIONAL CARIBBEAN-AMERICAN-HERITAGE-MONTH-INFOGRAPHIC.PDF)



Source: www.doi.gov



Source: www.caribbeanamericanmonth.org

TEST YOUR CARIBBEAN KNOWLEDGE

1. Born and raised in Brooklyn, NY this political trailblazer was the first Caribbean-American female elected to the U.S. Congress:

- a) Shirley Chisholm
- b) Lelia Foley-Davis
- c) Constance Baker Motley

2. Founding Father and first U.S. Secretary of Treasury, Alexander Hamilton, was born on which of these Caribbean islands?

- a) Nevis
- b) Barbados
- c) Guadeloupe

3. Nassau is the Capital of what Caribbean Island

- a) Bermuda
- b) Puerto Rico
- c) The Bahamas

4. True or False some beaches in the Caribbean have black and white sands

- a) True
- b) False

5. True or False Bermuda was named after an Indian tribe

- a) True
- b) False

6. True or False Puerto Rico is a state within the United States.

- a) True
- b) False

7. True or False Jamaica was a colony of both Spain and Great Britain.

- a) True
- b) False

8. True or False The name Barbados means "bearded"

- a) True
- b) False

9. True or False there are thirteen sovereign island nations that are considered the Caribbean

- a) True
- b) False

10. How many of the sixteen independent countries in the Caribbean have a republic government

- a) 10
- b) 16
- c) 8

NATIONAL NATIVE AMERICAN CITIZENSHIP DAY

American Indian Citizenship Day is observed on June 2. It was on this day in 1924 that the Indian Citizenship Act by Congress granted citizenship to all American Indians born in the U.S. President Calvin Coolidge signed into law the Indian Citizenship Act, which marked the end of a long debate and struggle, at a federal level, over full birthright citizenship for American Indians. (Source: constitutioncenter.org) Since the drafting of the U.S. Constitution, American Indians were in a unique spot. Article 1 of the Constitution stated that “Indians not taxed” could not be counted in the voting population of America.

American Indians were also part of the Dred Scott decision of 1857. The Dred Scott decision was a ruling by the U.S. Supreme Court that declared that living in free territory did not entitle Dred Scott, an enslaved person, to his freedom. (Source: nationaltoday.com) Chief Justice Roger Taney argued that Native Americans, unlike enslaved blacks could become citizens, under congressional and legal supervision. (Source: constitutioncenter.org) In July 1868, the 14th Amendment overturned the Dred Scott decision and made anyone born in the U.S. citizen, with equal protection and due process under American law. And yet, interpretations of this amendment excluded American Indians from U.S. citizenship. (Source: constitutioncenter.org)

It was the Dawes Act of 1887 that gave conditioned citizenship to American Indians. The Dawes Act in 1887 gave American citizenship to all Native Americans who accepted individual land grants under the provisions of statutes and treaties, and it marked another period where the government aggressively sought to allow other parties to acquire American Indian lands. Before the Civil War, citizenship was limited to those American Indians who had less Indian blood. In 1888, American Indian women who married U.S. citizens were given citizenship. The American Indian WWI veterans got their citizenship in 1919. (Source: constitutioncenter.org)

Finally, it was in 1924 that all American Indians were conferred with U.S. citizenship as a result of the Indian Citizenship Act. During this time, almost 125,000 out of an estimated 300,000 of the American Indian population did not have citizenship. (Source: nationaltoday.com) The Indian Citizenship Act still didn't offer full protection of voting rights to Indians. As late as 1948, two states (Arizona and New Mexico) had laws that barred many American Indians from voting, and American Indians faced some of the same barriers as blacks, until the passage of the Civil Rights Act of 1965, including Jim Crow-like tactics and poll taxes. (Source: constitutioncenter.org)





What is Juneteenth and why is it a holiday? *Juneteenth commemorates the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. It combines the words June and nineteenth, the day the last Confederate community freed their slaves. (Source: www.history.com)*

Is Juneteenth a federal holiday? *President Joe Biden signed the legislation that made Juneteenth a federal holiday in June 2021, establishing the Juneteenth National Independence Day Act into law. Juneteenth has long been celebrated in African American/Black communities with presentations, art shows, and community dinners, (Source: nmaahc.si.edu)*

Were Federal Troops used to ensure the last of the enslaved people were free? *Federal troops arrived in Galveston, Texas on June 19, 1865, to ensure that all enslaved people be freed. The troops arrived came a full two and a half years after signing the Emancipation Proclamation. (Source: www.history.com)*

When was the first Juneteenth celebration held? *In 1865, freedman in Texas organized the first annual celebration of "Jubilee Day" on June 19 featuring music, barbecues, prayer services and other activities. As Black people migrated from Texas to other parts of the country, such Juneteenth traditions and celebrations spread. (Source: www.history.com)*

What state made Juneteenth an official holiday? *In 1979 Texas became the first state to make Juneteenth an official holiday, almost 42 years before it was recognized as a national holiday. (Source: www.history.com)*



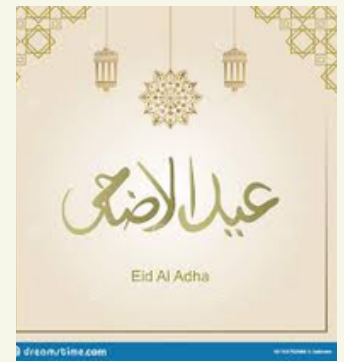
Happy summer! This year, the June solstice occurs on Wednesday, June 21, marking the astronomical first day of summer in the Northern Hemisphere. (Source: www.almanac.com) The summer solstice occurs when one of Earth's poles has its maximum tilt toward the Sun. The summer solstice is the day with the longest period of daylight and the shortest night of the year when the Sun is at its highest position in the sky. (Source: en.wikipedia.org) Because the Sun travels across the sky in its most elongated path during the summer solstice, that day has the most daylight hours. (Source: nationaltoday.com) In the Southern Hemisphere, it's the opposite: the June solstice marks the astronomical start of winter, when the Sun is at its lowest point in the sky. (Source: www.almanac.com)

Cultures have celebrated this day for thousands of years including ancient Mesopotamians, Celtic Druids, Chinese, and Egyptians, and all of these cultures had their own ways of celebrating. People in Celtic, Slavic, and Germanic cultures traditionally celebrated it by lighting bonfires to bolster the Sun's vigor. In Ancient Egypt, June Solstice helped the Egyptian tribes predict the annual flooding, as this day corresponded to the rise of the Nile River. They used this day as a marker to schedule their planting and harvesting of crops. In Northern Europe, they refer to it as 'midsummer,' while other neo-pagan religions such as Wiccans refer to it as 'litha.' (Source: nationatltoday.com)





EID AL-ADHA



Eid al-Adha (Arabic: عيد الأضحى 'Īd al-'Aḍḥā [*ˈiːd æl ʔadʰæː*], "Feast of the Sacrifice") or the Feast of Sacrifice is the second and the larger of the two main holidays celebrated in Islam. (Source: en.wikipedia.org) Eid al-Adha, or the "Feast of Sacrifice," signifies the willingness of the Prophet Ibrahim, known as Abraham in Christianity and Judaism, to sacrifice his son, Ismail as ordered by Allah (God).

Usually lasting three to four days, and celebrated by millions of Muslims worldwide, the holiday begins on the 10th day of the Muslim calendar lunar month of Dhul-Hijja, at the time of Hajj, the annual pilgrimage to Mecca. (Source: www.history.com) Eid al-Adha, which follows the completion of the annual Hajj pilgrimage, at the time of Qurbani (sacrifice). The act of Qurbani consists of slaughtering an animal as a sacrifice to mark this occasion. The Qurbani meat can then be divided into three equal portions per share; one-third is for you and your family, one-third is for friends, and the final third is to be donated to those in need.

The day of Eid-al-Adha falls on the tenth day in the final (twelfth) month of the Islamic Lunar Calendar; Dhu-al-Hijjah. The day that celebrations fall on is dependent on a legitimate sighting of the moon, following the completion of the annual Holy Pilgrimage of Hajj - which is an obligation for all Muslim's who fit specific criteria, one of the important Five Pillars of Islam. (Source: www.mulimaid.org)

Depending on the country, the celebrations of Eid-al-Adha can last anywhere between two and four days. The act of Qurbani (sacrifice) is carried out following the Eid Salaah (Eid Prayers), which are performed in congregation at the nearest Mosque on the morning of Eid. (Source: www.mulimaid.org)



ANSWERS TO TEST YOUR CARIBBEAN KNOWLEDGE

1. Born and raised in Brooklyn, NY this political trailblazer was the first Caribbean-American female elected to the U.S. Congress: **a) Shirley Chislom**
2. Founding Father and first U.S. Secretary of Treasury, Alexander Hamilton, was born on which of these Caribbean islands? **a) Nevis**
3. Nassau is the Capital of what Caribbean Island **c) The Bahamas**. **Nassau is the largest city, it is also home to just over 70% of the Bahamian population.**
4. True or False some beaches in the Caribbean have black and white sands **a) True**. **Some beaches in the Caribbean have black and white sands. Monserrat, Dominica and Martinique have black basalt sands produced by volcanic activity**
5. True or False Bermuda was named after an Indian tribe **b) False**. **The Bermuda Islands, in the North Atlantic Ocean, were named for a Spanish explorer named Juan de Bermudez, who visited them in 1503 (www.britannica)**
6. True or False Puerto Rico is a state within the United States. **b) False**. **Puerto Rico is a commonwealth, a partial colony of the United States. The Caribbean island has self-government in most local affairs.**
7. True or False Jamaica was a colony of both Spain and Great Britain. **a) True**. **Most of Jamaica's people are of African origin. Their ancestors were brought to the island in slavery when Jamaica was a colony of Spain and then of Great Britain.**
8. True or False The name Barbados means "bearded" **a) True**. **Barbados is thought to have received its name from the Portuguese word for "bearded" because of the bearded fig trees that grow on the island**
9. True of False there are thirteen sovereign island nations that are considered the Caribbean **a) True**. **The Caribbean is home to thirteen sovereign island nations: Antigua and Barbuda, Bahamas, Barbados, Cuba, Dominica, Dominican Republic, Grenada, Haiti, Jamaica, Saint Kitts and Nevis, St Lucia, St Vincent and the Grenadines, and Trinidad and Tobago.**
10. How many of the sixteen independent countries in the Caribbean have a republic government **c) 8**. **Of the sixteen independent countries in the Caribbean, only eight are republics. This includes Barbados, Cuba, Dominica, Dominican Republic, Guyana, Haiti, Suriname, and Trinidad & Tobago. The other eight have a unitary parliamentary constitutional monarch government or federal parliamentary constitutional monarchy government and are members of the commonwealth realm with their monarch and head of state as King Charles III. This includes Antigua & Barbuda, The Bahamas, Belize, Grenada, Jamaica, Saint Kitts & Nevis, Saint Lucia, and Saint Vincent & the Grenadines. There are eighteen islands in the Caribbean that remain dependencies in one form or another to France, the Netherlands, the United Kingdom, and the United States. (source: www. Caribbeanandco.com)**



A DAY(S) TO CELEBRATE

Loving Day: 5 Facts About Anniversary of SCOTUS Decision To Legalize Interracial Marriages

June 12 marks Loving Day, a celebration of the landmark 1967 Loving vs. Virginia Supreme Court case which legalized interracial marriage at the federal level.

1. Loving Day is named after an interracial couple, Richard and Mildred Loving.
2. Mildred Loving took their case to the Supreme Court.
3. Loving Day becoming a holiday is attributed to Ken Tanabe. Designer Ken Tanabe,
4. It's recognized as an official holiday in several cities and states.
5. The Loving Day flagship celebration happens in New York City.

Source: hollywoodlife.com
Article submitted by neely
Colleen, WR

[For more information click here](#)



Image Credit: REX/Shutterstock



Celebrate Helen Keller's Birthday (Submitted by Natasha Cole, West Region)

"The Hawaii State Library for the Blind and Print Disabled (LBPD) is celebrating the birthday of Helen Keller, the author, political activist, and educator who was the first deaf-blind person to earn a Bachelor of Arts degree. She was born on June 27, 1880 and became blind and deaf at 19 months old. The inspirational story of how she overcame her physical disabilities as a child and learned to communicate, has been widely told in books, plays and film. Throughout the first half of the 20th century, Keller tackled social and political issues, and tirelessly worked on behalf of others living with disabilities." (Source: librarieshawaii.org)



More

In a meeting I recently attended someone brought up the concept of “identity first”. Identity first language puts the disability first in the description, e.g., “disabled” or “autistic.”

Language, such as diabetic person, autistic individual, deaf people, etc. ” Identity first language puts the disability first in the description, e.g., “disabled” or “autistic.” Person first or identify first language is equally appropriate depending on personal preference. people with disabilities have the freedom to identify and refer to themselves as they choose. When in doubt, ask the person which they prefer. Language can have an immense impact on a community, good and bad so please be careful with your words. (Source: askearn.org)



From Yardie taking place in Jamaica to Mala Mala portraying the lives of the trans community in Puerto Rico, here’s a list of films, documentaries and more that were either created by Caribbean filmmakers or speak to those living within the Caribbean as recommended by Amissa Patter of www.intheknow.com.

Sprinter -A Jamaican teen who is burdened by an unstable father and an unruly older brother hopes a meteoric rise in track-and-field can reunite him with his mother, who has lived illegally in the U.S. for over a decade. Executive produced by Jada Pinkett and Will Smith.

Mala Mala - A documentary about the power of transformation told through the eyes of 9 trans-identifying individuals in Puerto Rico.

Yardie - Idris Elba helped bring the debut novel of Jamaican-born British writer Victor Headley to life. The story of Yardie takes place in the 1970s and 1980s in Jamaica and London, about a young man struggling with the tragic death of his brother, eager to get revenge, while conflicted with trying to walk on a somewhat righteous path.

Loving-This 2016 historical romance film follows the story of Mildred and Richard Loving, the couple that inspired the holiday, and whose 1967 U.S. Supreme Court case ([Loving v Virginia](#)) brought an end to state bans against interracial marriage. (Submitted on behalf of SACs)



I would like to acknowledge a mistake from last month's newsletter. In the talking movies and books the book Mimi Lee Gets a Clue by Jennifer J. Chow was submitted by Colleen Neely. Thank you for the contribution and we appreciate your support. We look forward to future submissions.

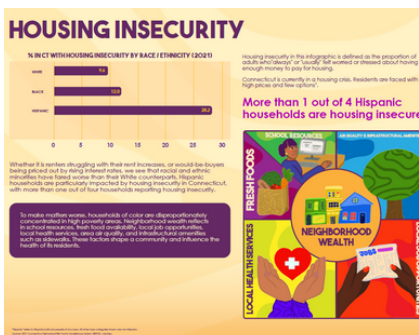
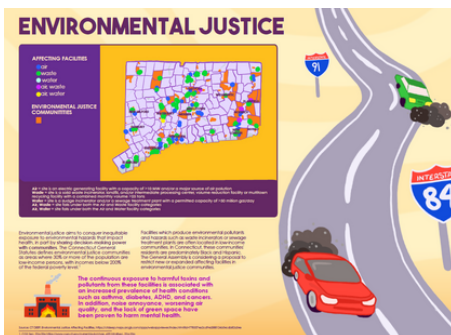
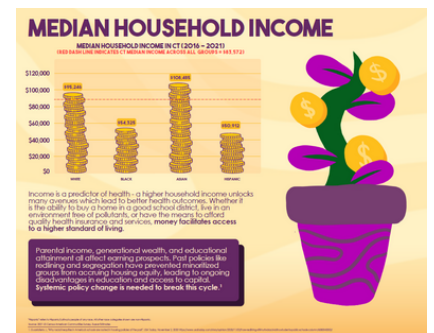
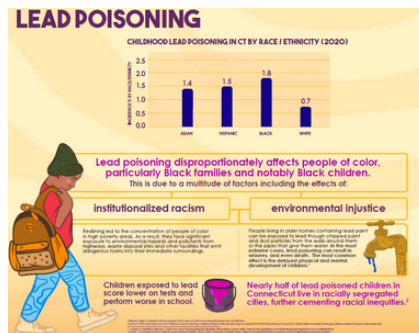
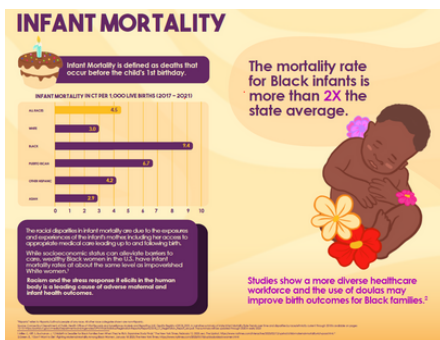


LOOKING AT THE NUMBERS

Submitted by Ricardo Salas Murillo, Durational Project Manager, BI Analytics Unit

I want to share some statistics they come from the CT Commission on Racial Equity in Public Health—a legislative commission established as part of Public Act 21-35 to conduct research on the impact of systematic racism on public health outcomes. The Commission recently opened a Data Disparity Gallery, made up of posters that use race and ethnicity data to visualize and describe disparities in health outcomes and social determinates of health throughout the state. It is on display at the LOB concourse until the end of May, but I'll save you the trip. Attached are highlights from the digital versions of the posters.

The posters are also on the Commission's website. This is the [link](#).



FOOD FOR THOUGHT

THE WORLD'S COOKBOOK

Caribbean cuisine is a fusion of African, Creole, Cajun, Amerindian, European, Latin American, Indian/South Asian, Middle Eastern and even Chinese. People have come to this part of the world from all over, bringing their food traditions and flavors.

Today we are presenting you the Best of the Best Caribbean recipes.

Doubles

Doubles are a Trinidadian street food staple. This doubles recipe features curried channa stuffed between two lightly fried baras. Recipe by sweetandsorrel.com



Ingredients

Bara

- 2 cups AP flour
- 1 tsp instant yeast
- 1/2 tsp baking powder
- 1 tsp brown sugar
- 1 tsp turmeric
- 1/2 tsp curry powder
- salt
- 1/2 cup warm water (plus more if needed)
- 1 tbsp oil + more for frying

Channa

- 15.5 oz can chickpeas, drained
- 1/4 small onion, diced
- 3-4 cloves garlic
- 1 tbsp curry powder
- 2 tsp turmeric
- 1/2 tsp ground coriander
- 2 tbsp chopped cilantro/culantro
- 1 tbsp olive oil
- water
- salt

INSTRUCTIONS

- In a large mixing bowl, whisk together flour, instant yeast, baking powder, brown sugar, salt, turmeric, and curry powder. Slowly pour in warm water. Use hands to gently work dough into a ball. Pour oil over the dough and knead until the dough forms a sticky ball. Cover dough with a paper towel and let it sit for 30 minutes, until it doubles in size.
- Fill a 5 qt dutch oven with about 4 cups of oil and heat on medium-low. Uncover dough and pull off a small piece. Use your hands to flatten and shape the baras, and then place on a small saucer to stretch. Working with one bara at a time, fry dough in the oil for 5 seconds, then flip and fry for another 5 seconds. If the baras do not fry up immediately, the oil is not hot enough. Use tongs to remove bara from hot oil and place on a plate lined with paper towels. Repeat for the rest of the bara.
- To prepare the channa, heat oil in a medium sauté pan. Add garlic and onions. Sauté until the onions become translucent, about 3 minutes. Add spices and cook for another minute. Add chickpeas and water, then cook uncovered for another 15 minutes. Stir in diced cilantro/culantro and coriander, use a fork to crush up a few of the chickpeas. Let channa simmer for another 5 minutes.
- To serve, spoon a generous amount of channa onto one of the baras, then top with another bara. Garnish with hot sauce, cilantro sauce, and fresh cilantro. You can also serve an open faced sandwich using one bara. Serve immediately.

Cuban Beef Picadillo

Picadillo (pronounced *pi-kuh-di-low*) is a Latin American dish made of ground (or finely chopped) meat, tomatoes or tomato sauce, and other ingredients that vary according to region. The name comes from the Spanish word “picar, ” meaning “to chop”. The origins of the dish are unknown, since it is quite popular in many countries across Latin America and also the Philippines. (Source: www.oliviascuisine.com)

Submitted by West Region



Ingredients

1 tablespoon olive oil
1 ½ pounds lean ground beef
1 medium onion, *finely chopped*
1 small red bell pepper, *finely diced*
4 cloves garlic, *minced*
Salt and freshly ground black pepper, *to taste*
⅓ cup dry white wine, *(optional)*
2 teaspoons dried oregano
½ teaspoon paprika
½ teaspoon cumin
1 (14oz) can crushed tomatoes
1 tablespoon tomato paste
¼ cup Worcestershire sauce
⅓ cup dried currants or raisins
½ cup green pitted olives
⅓ cup chopped parsley



Instructions

Heat the olive oil in a large skillet, over medium-high heat. Once hot, add the ground beef and cook, crumbling it with a wooden spoon, until browned, about 5 to 8 minutes. Season with salt and pepper.

Lower the heat to medium and add the onion and bell pepper, sautéing until softened about 2-3 minutes. Then, stir in the garlic and sauté until fragrant, about 1 minute.

Optional: pour in the white wine and cook, scraping the bottom of the skillet with a wooden spoon to release any browned bits, until evaporated.

Stir in the paprika, cumin, oregano, crushed tomatoes, tomato paste, Worcestershire sauce and a pinch of salt and pepper.

Cover and simmer on medium-low for 15 minutes.

Add the currants (or raisins) and olives and continue cooking, uncovered, for another 10-15 minutes.

Taste and adjust seasonings as needed.

Stir in the chopped parsley and serve!

Fried Catfish Fingers

Submitted by Dory Michael-Martusis

Fried catfish is a Soul Food staple found not just across the South, but across America. This favorite is flaky and tender on the inside, crunchy and slightly spicy on the outside. Soaking the catfish in buttermilk for a short time adds a tangy flavor, and if you whisk in a little hot sauce you get an extra layer of heat that can't be beat!

Ingredients

- 4 catfish fillets, cut into thick strips
- 2 cups buttermilk
- 1 teaspoon hot sauce, optional
- 1 cup fine yellow cornmeal
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dry mustard
- 1/2 teaspoon cayenne pepper
- Vegetable oil, for frying
- 1 teaspoon Lemon Parsley Salt (recipe follows)
- 1 lemon, cut into wedges
- Lemon Parsley Salt:
 - 12 to 15 parsley leaves
 - 1/2 cup kosher salt
 - Zest of 1 lemon



Place the catfish strips in a large shallow dish and pour the buttermilk over the top (if using the hot sauce, whisk the hot sauce into the buttermilk first). Turn the strips to make sure they are coated in the buttermilk. Allow to marinate for at least 15 minutes and up to 1 hour.

Mix the cornmeal, flour, baking powder, salt, black pepper, garlic powder, dry mustard and cayenne together in a large shallow dish.

Fill a large (10- or 12-inch) skillet with vegetable oil to a depth of 1/2 inch and heat over medium-high heat until very hot: A pinch of the cornmeal mixture should sizzle when it hits the oil.

Remove the catfish strips from the buttermilk and discard the buttermilk. Let the excess liquid drip off the strips before dredging. Dredge the catfish strips in the cornmeal mixture until evenly coated, shaking off the excess.

Carefully lay the first strip into the hot oil, then add as many strips as can comfortably fit into the pan without overcrowding; you want to keep an inch or so of space between each piece. Fry the strips until golden brown, 2 to 3 minutes per side, then transfer the strips to a wire rack to drain. Repeat with the remaining strips, adding more oil if necessary (be sure to reheat the oil if you add more).

Sprinkle the catfish fingers with Lemon Parsley Salt and serve with lemon wedges.

Lemon Parsley Salt:

Place the parsley leaves on a plate covered with a paper towel. Microwave on medium-high heat in 30-second intervals until the parsley dries out (but retains color), about 2 minutes depending on your microwave.

Blend the salt with the lemon zest and parsley leaves in a spice grinder or blender until fine. Makes about 1/3 cup.

HAPPENINGS CALENDAR OF EVENTS

May 31 from 4pm-5pm Pagie's Topic of the Month - How to be Confident

June 8 from 6pm-7:30pm free webinar on Supported Decision Making Coalition
Click here to register

June 14 Self Advocate Employment Group 4:00PM

June 14 Coffee Conversation 9am-10am- Stonewall Speakers

June 15 Monthly Statewide Diversity Meeting 3pm-4pm

June 19 - Community Juneteenth Celebrations see attached thanks to Jeremy Powell

Fourth Tuesday Forum 3pm

The Amistad Center
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AT THE WADSWORTH ATHENEUM MUSEUM OF ART

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32ND ANNUAL JUNETEENTH CELEBRATION
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2023 Spirit of Juneteenth
Honorees

 Sanford Biggers Visual Artist and Sculptor	 Nelba Márquez-Greene Activist and Philanthropist	 Jimmy Greene Jazz Saxophonist
 Leslie Mayes NBC Connecticut Anchor	 Hon. Sharen T. Wooden Former Connecticut State Treasurer	

Master of Ceremonies

Ticket and sponsorship information is available on Eventbrite

amistadcenter.org

Thank you Jeremy Powell for the information



CONNECTICUT Strawberry Festival & Craft Show

SAT. & SUN.
June 10 & 11
10 - 6pm

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Sunday 12 noon - 5 p.m.



- VISIT OUR BACK PATIO-TAVERNA
SEPARATE BAR, BAND &
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- * GREEK MUSIC NIGHTLY *
 - * TAVERNA *
 - * KAFENION (COFFEE HOUSE) *
 - * CATHEDRAL TOURS **
 - * FESTIVAL DANCE TROUPE *



Dear DDS Community, we will be looking for contributions to the July newsletter. If you have a story to share, a recipe, interesting fact, or a photo, please feel free to send it to Cheryl.Ellis@ct.gov. Submissions are due by June 21st.