



July 2023

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. — Nelson Mandela

[International Non-Binary People's Day](#)

July 14, 2023

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.

According to the Canadian Centre for Gender + Sexual Diversity (CCGSD), non-binary is “a gender identity and umbrella term for those whose gender identity does not exist within the gender *binary*. Some Non-Binary folks use the label of *transgender* as well if they do not at all identify with their gender assigned at birth.”

The more you know:

[Workplace Pride - International Non-Binary People's Day](#)

[Nelson Mandela International Day](#)

July 18, 2023

In 2009, the UN General Assembly declared July 18 as Nelson Mandela International Day to recognize the former South African president's contribution to the culture of peace and freedom. Resolution [A/RES/64/13](#), adopted on November 10, 2009, recognizes Mandela's “values and his dedication to the service of humanity in: conflict resolution; race relations; promotion and protection of human rights; reconciliation; gender equality and the rights of children and other vulnerable groups; the fight against poverty; the promotion of social justice.”

[Nelson Mandela Rules](#)

In adopting resolution [A/RES/70/175](#) on December 17, 2015, the UN General Assembly decided to extend the scope of Nelson Mandela International Day to serve as an impetus for the promotion of “humane conditions of imprisonment; raise awareness about prisoners being a continuous part of society; and to value the work of prison staff as a social service of particular importance”.

The United Nations Standard Minimum Rules for the Treatment of Prisoners are known as the “[Nelson Mandela Rules](#)”, to honour the legacy of the late President of South Africa, who spent twenty-seven years in prison in the course of his struggle referred to above. [The Rules](#) are based on an obligation to treat all prisoners with respect for their inherent dignity and value as human beings, and to prohibit torture and other forms of ill-treatment, offering detailed guidance on a wide variety of issues ranging from disciplinary measures to medical services.

[International Self-Care Day](#)

July 24, 2023

July 24 is International Self-Care Day. It is an opportunity to raise awareness about self-care and the important role it plays in leading a healthy lifestyle. The chosen date—7/24—is a reminder that self-care is important to lifelong health, and its benefits are experienced 7 days a week, and 24 hours a day.

The [World Health Organization](#) (WHO) defines self-care as “individuals, families and communities' promoting and maintaining their own health, preventing disease, and coping with illness and disability, with or without the support of a health worker”.

According to the [Global Self-Care Foundation](#), it is the “practice of individuals looking after their own health based on the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed”.

News from CUPE Ontario

The [2023 Action Plan](#) was adopted at the 59th CUPE Ontario Annual Convention held this year.

We invite you to review the section on ‘Human Rights’ to learn about the pertinent issues covered at this year's convention. To learn about the CUPE Ontario Human Rights Committee, click [here](#).

Passion 2023 EPIC Carnival

[CUPE Ontario](#) is proud to be participating in EPIC Carnival 2023. Carnival is not only a celebration of Caribbean culture but also symbolizes the revolt of the Caribbean people against oppression.

This year, CUPE Ontario has partnered with EPIC Carnival, a growing non-profit organization with a passionate and creative team that shares a goal of integrating Caribbean culture into our multicultural community. EPIC builds and supports local artists, musicians, small businesses of the Caribbean community and beyond. The grand parade will be held on August 5, 2023.

Resources to add to your toolkit:

CUPE Connects!

- [Webisode 3 – From Ally to Accomplice: Becoming an Anti-Racist Activist](#)
- [Webisode 6 – From Land Acknowledgement to Land Back](#)
- [Webisode 8 – Fighting Anti-Black Racism in the Workplace](#)



The CUPE Cast

By CUPE Ontario

The official podcast of CUPE Ontario.

[Human Rights and Union Rights](#) (Jan 31, 2023)

CONTACT US

If you are interested in joining the RJC or have comments, please contact us at cupe2424@carleton.ca.

