



Caribbean-American For Community Involvement in Florida, Inc.

Our mission is to enhance, maintain and sustain the quality of life for the community consistent with the culture and traditions of our diverse ancestral heritage.

MAY

2023

Caribbean-American For Community Involvement  
& The Village of Royal Palm Beach  
present



# Cultural Diversity Day

Saturday, May 13, 2023  
1 pm – sundown  
Veterans Park  
1036 Royal Palm Beach Blvd, Royal Palm Beach, FL

*A diverse array of live entertainment and much more!*  
Bring your chairs, blankets & tents for a fun-filled day.  
Food Vendors | Displays | Raffles

**FREE EVENT**



**FAMILY FRIENDLY**



For additional information please contact:  
Hildreth Stoddart-Brown, CAFCI Cultural Committee Chair at 561-889-1143

## BOARD OF DIRECTORS

### OFFICERS

President..... Dennis Wright  
1<sup>st</sup> Vice President..... Genieve White  
2<sup>nd</sup> Vice President..... Rhonda Ferrin-Davis  
Treasurer..... Diana Bishop-McIntosh  
Recording Secretary..... Doreen Baker  
Corresponding Secretary..... Paul Baker

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Winsom Genus-Martin ★ Carolyn Hmara  
Hildreth Stoddart-Brown

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Lawrence Logan ★ Shirley Morrison  
Junette Powell ★ Barbara Walker  
Thalia White Lauren

## COMMITTEE CHAIRPERSONS

Alliance..... Genieve White  
Annual Friendship Ball..... Dennis Wright  
Budget..... Radcliffe Brown  
Bylaws..... Barbara Walker  
CAFCI Home..... Radcliffe Brown  
Cultural..... Hildreth Stoddart-Brown  
Finance..... Genieve White  
Grants..... Shirley Morrison  
Historian/Protocol..... Rhonda Ferrin-Davis  
Membership..... Audrey Smith  
Newsletter..... Junette Powell  
..... & Thalia White Lauren  
Parliamentarian..... Nadine White-Boyd  
Picnic..... Diana Bishop-McIntosh  
Program..... Rhonda Ferrin-Davis  
Relay for Life..... Nova Brown  
Student Assistance Fund..... Junette Powell  
..... & Nadine White-Boyd  
Sunshine..... Paul Baker  
Talent Show..... Junette Powell  
..... & Nadine White-Boyd  
Toys for Tots..... Lauriston Simms  
Venue/Reservations..... Lawrence Logan  
Ferrin Memorial Scholarship Fund.....  
..... Genieve White  
Website..... Radcliffe Brown  
Youth..... Rhonda Ferrin-Davis

## CONTACT US

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675 Royal Palm Beach Boulevard  
Suite #134  
Royal Palm Beach, FL 33411  
561.790.4002  
cafcib@bellsouth.net ★ [www.cafcibpc.org](http://www.cafcibpc.org)  
[www.facebook.com/cafcibpc](http://www.facebook.com/cafcibpc)

**General Membership Meetings**  
**2<sup>nd</sup> Saturday of the month**

**Board Meetings - 4<sup>th</sup> Thursday of the month**  
**See back page for calendar of events.**

## PRESIDENT'S MESSAGE

During the first several months of this year there have been non-stop activities at CAFCI. Beginning with MLK Day celebration, birthday celebrations, funerals, picnic, graduations, tea party and supporting other organizations' events, it has been a busy year so far. Thank you to all our friends and supporters who have continued to keep this organization going for 34 years.

**CULTURAL DIVERSITY DAY:** This year's Cultural Diversity Day program will be held on Saturday, May 13<sup>th</sup> at Veterans Park in Royal Palm Beach. The Village Council and Mayor Pinto of Royal Palm Beach are strong supporters of this event, and I would like to thank them for showing such strong faith in our organization. Please invite your friends and family to participate in this day of sharing our rich cultural and diverse heritages.

**PICNIC:** The annual picnic was held on Saturday, April 29<sup>th</sup>. Attendance at this year's event exceeded pre-pandemic levels and included several members and supporters who we had not seen since the pandemic. Needless to say, this was a fun-filled event. Thanks to all the members, friends and supporters of CAFCI who came out to make this year's picnic an enjoyable day. The kids had a ball with well-organized games, activities, treats and prizes. Special thanks to the entire picnic committee, led by Yvonne Wright, who worked so hard to make this event the most successful in many years. Thanks to all the people who jumped in and helped at the event and to Lauriston Simms and his entire recreation team for making this year's picnic a success. Thanks to Aldin Smith for providing the music and to all who donated food, money, refreshments, desserts and time. Your true spirit of volunteerism is greatly appreciated. A very special thank you to Loraine Cargill and Norma Smith-Hill who led the organized games and activities. Please see the detailed write-up elsewhere in this newsletter to thank all who went above and beyond to make this event successful.

**ANNUAL FRIENDSHIP BALL:** Our 32<sup>nd</sup> Annual Friendship Ball is scheduled for Saturday, September 16, 2023, at the Downtown Marriott Hotel in West Palm Beach. Please save the date for our signature event. More details will be provided in upcoming issues of the newsletter.



Dennis Wright



**MAY 16 - 31**

Nadine White-Boyd	17
Audrey Gordon	18
Owen Smith	18
Andrew Blackwood	21
Tinu Pena	23
Karl Russell-Brown	23
Ethel Palmer	24
Patricia Charlton	25
Colgate Gordon	25
Adrius Adams	26
Victoria Nangle	31

**JUNE 1 - 15**

Glenis Chambers	04
Diana Bishop-McIntosh	07
Kenesha Dixon	07
Ivan Bruno-Gaston	11
Douglas Lawton	11
Shirley Palmer	11
Norma Rose	14

*If you are a CAFCI member and notice that your birthday or the birthday of another member has not been acknowledged, please send us an email to CAFCI ([cafcib@bellsouth.net](mailto:cafcib@bellsouth.net)) and we will update the birthday list. We apologize for any oversight.*

## COMFORT AND SUPPORT TO:

Renaud Baker,  
son of Paul and Doreen Baker

Christine Ferguson, daughter-in-law of  
Henworth and Lena Ferguson

Sha'Nya Allen, granddaughter of  
Shauna and Lauriston Simms

## CONDOLENCES TO:

Yvonne Elliott on the loss of her uncle

## Please Let Us Know...

*We want our members to know that we, the Board and Sunshine Committee, are always here to support you. Please contact (or ask someone else to contact) one of our Sunshine Committee members if*

- you are ill or know of any CAFCI member who is ill or*
- you have or know of a close family member of a CAFCI member who is ill or*
- you have, or know of a CAFCI member who has, lost a family member.*

*Remember, if we are not notified, we cannot share it in the Newsletter.*

Elet Cyris, Chair.....561.791.9087  
Paul Baker.....561.784.0067  
Samuel Baxter.....561.358.3737



## GENERAL MEMBERSHIP MEETING CANCELLED FOR MAY

### CAFCI CULTURAL DIVERSITY DAY

Saturday, May 13, 2023 at 1 pm  
Veterans Park, Royal Palm Beach

The Cultural Committee has an awesome Cultural Diversity Day program lined up. The event is a collaborative effort between the Village of Royal Palm Beach and CAFCI and supported by a grant from the Cultural Council for Palm Beach County. This is a free event. Invite your friends and family to participate in a day of sharing the rich and diverse cultural heritage which brings our community together to experience and enjoy our food, language, dance and customs. Vendors are invited to purchase a space and sell their merchandise. Therefore, if you are - or know anyone who would be - interested, email CAFCI at [cafcipbc.org](mailto:cafcipbc.org). See the flyer with further details and the vendor form in this newsletter and/or on the CAFCI website at [www.cafcipbc.org](http://www.cafcipbc.org).

CAFCI's upcoming Cultural Diversity program was featured on WPTV on Wednesday, May 10<sup>th</sup>. For those of you who missed it, see the link below.

<https://www.wptv.com/news/region-c-palm-beach-county/royal-palm-beach-celebrating-caribbean-cultures-on-cultural-diversity-day>

## CAFCI 32<sup>nd</sup> ANNUAL FRIENDSHIP BALL

Saturday, September 16, 2023

Downtown Marriott Hotel, West Palm Beach

The excitement is building as we prepare for the CAFCI 32<sup>nd</sup> Annual Friendship Ball to be held at the Downtown Marriott Hotel in West Palm Beach. The Ball Committee is working hard to put everything in place for a successful event. Please be sure to save the date and get your tickets early from a CAFCI member when available. Look out for more details on the CAFCI website and in future issues of the newsletter.



**Congratulations**  
**JUDGE MAXINE CHEESMAN**  
Public Official of the Year

17<sup>th</sup> Annual Legacy Power Gala  
honoring  
The Most Powerful and Influential  
Black Business Leaders for 2023  
May 13, 2023



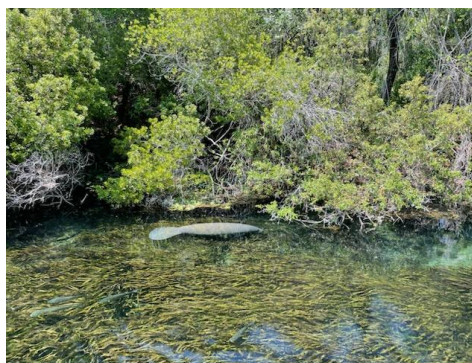
### CAFCI Scouts BSA Troop 111:

Scouts of Troop 111 have had a wonderful month. We had an extremely fun time at Sandhill Scout Reservation for our monthly camping trip. Scouts enjoyed playing and "chilling" out at the cool waters of Weeki Wachee Springs Park. Recently, several of our Life scouts have had their Eagle Projects approved by the Eagle Scout Board. These Scouts are extremely happy that they were approved which means that they are one step closer to achieving the Eagle rank.

Scouts are even closer to summertime, which means our annual Council Summer Camp. We are also heading North to out of state Camp Raven Knob located in North Carolina's Blue Ridge Mountains. Scouts will earn many merit badges and also have great fun doing High Adventures at these campouts.



L to R: Kirill Montoya, Micah Johnson, Caleb McNally, Jackson Doeren, Landon Girard, Jackson Eubanks



Weeki Wachee Manatee

As Troop 111 Scouts move forward to higher ranks, some scouts will step down from leadership positions and new scouts will take over. This takes place at the Court of Honor advancement recognition ceremony. At the end of May, I will step down from my position as Senior Patrol Leader and pass the leadership of the Troop on to our next SPL. I want to personally thank CAFCI for the wonderful opportunities and support that they give us.



Weeki Wachee Mermaid Show

By Jackson Doeren  
Troop 111, Senior Patrol Leader

## OUR CHILDREN ARE OUR FUTURE

CAFCI and the Student Assistance Fund (SAF) Committee would be honored to recognize the accomplishments of its members and/or their relatives. Please share your good news with us and we will publish as space permits.

### STUDENT ASSISTANCE FUND

*Empowering Youth & Investing In Our Future*

For more information, visit the Student Assistance Program section on CAFCI's website at

<https://www.cafcipc.org/studentassistanceprogram> or contact

Nadine White-Boyd at 561.351.6895 or Junette Powell at 561.346.2353



### IN-PERSON AND VIRTUAL AWARDS CEREMONY

DATE: Saturday, June 17, 2023 at 4:30 pm  
VENUE: Original Wellington Mall  
12794 W Forest Hill Blvd., Ste. K3, Wellington, FL 33414  
ZOOM: [www.Zoom.com](https://www.zoom.com)  
Meeting ID: 851 3539 5650; Passcode: SAF

*Highlights of the Awards Ceremony will include keynote speaker Ijahala Pottinger, 2016 Recipient. You will have an opportunity to "meet" the award recipients as well as view a video presentation with the current and past recipients. Please save the date and join us to congratulate the recipients.*

### CAFCI CONGRATULATES CLASS OF 2023 GRADUATES!

On behalf of the Board of Directors and CAFCI's Student Assistance Fund Committee, congratulations to all CAFCI family and friends who have relatives who have graduated or will be graduating from high school, college, university or institute of higher learning.

A big thank you to everyone who has supported by donating to the 2023 SAF Awards funds including those who donated via our FaceBook, Golden Krust Restaurant, The Goodies Factory/Poppin Popcorn fundraisers. The list of 2023 Donors and Sponsors will be posted on CAFCI's website at [www.cafcipc.org/studentassistanceprogram](https://www.cafcipc.org/studentassistanceprogram).

### MESSAGE FROM PAST SAF AWARD RECIPIENTS

Elizabeth Wilson,  
2022 Award Recipient

May 8, 2023

*I hope all is well. I'm writing here today to update everyone with my first year at UF. It was definitely tough, but all my hard work paid off as I got accepted into Nursing School at the University of Florida as a freshman! Thank you for all your help and support during the year. I will always be grateful for your involvement and encouragement in my career pathway.*

*Best Regards,*



CONGRATULATIONS



**CLASS OF 2023**

JOIN US TO CELEBRATE AND HONOR

**C A F C I's**

(CARIBBEAN-AMERICAN FOR COMMUNITY INVOLVEMENT)

**STUDENT ASSISTANCE FUND  
AWARD RECIPIENTS**

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**SATURDAY | JUNE 17, 2023**

4:30 PM

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KEYNOTE SPEAKER

**IJAHALA POTTINGER**

2016 SAF AWARD RECIPIENT

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**IN-PERSON AND VIRTUAL AWARDS CEREMONY**

ORIGINAL WELLINGTON MALL  
12794 W FOREST HILL BLVD., STE. K3  
WELLINGTON, FL 33414

ZOOM.COM

[HTTPS://US02WEB.ZOOM.US/J/85135395650?](https://us02web.zoom.us/j/85135395650?pwd=BZK1CZV3V2RAB0XJENDAUSTZMGX0QT09)  
[PWD=BZK1CZV3V2RAB0XJENDAUSTZMGX0QT09](https://us02web.zoom.us/j/85135395650?pwd=BZK1CZV3V2RAB0XJENDAUSTZMGX0QT09)

MEETING ID: 851 3539 5650

PASSWORD: SAF

OR

CALL-IN: +1 305 224 1968  
MEETING ID: 851 3539 5650  
PASSWORD: 175834





CAFCI members, friends and supporters came out in droves for our annual picnic held on Saturday, April 29, 2023. Despite bad weather including rain and even a tornado in other parts of Palm Beach County, the gods were smiling down on us at Okeeheelee Park where the weather was beautiful and



the view of the water and activities around the Osceola Pavilion breathtaking. There were a few CAFCI members in attendance whom we have not seen in almost three years. This event was strongly supported by members of Grace Episcopal Church, St. Christopher's Episcopal Church, St. David's Episcopal Church and other 501C organizations.

The food was delicious and for those who were able to get the fish dinner, the feedback was great. The kids and adults participated in organized games including bean bag toss and musical chairs. Of course, as in the past years, the adult musical chairs created a lot of excitement. There were prizes for the kids and drawings for three baskets all donated by Grace Foods. The adults enjoyed great conversation while viewing the activities. Some also engaged in playing dominoes and other board games with family and friends. DJ Aldin Smith kept the crowd rocking and dancing to a wide variety of music.

Thanks to the picnic committee for all the upfront preparation and for soliciting donations for the event. Picnic committee: Paul Baker, Phyllis Charlton, Winsom Martin, Jennifer Powell-Pittman, Audrey Smith, Jeff Webb, Dennis Wright and Yvonne Wright. Thanks to members who supported this event: Johnny Davis, Lauriston Simms, William Turner and Percival Wood - donating and preparing barbecue chicken; Diana Bishop-McIntosh - donating and preparing festivals; Johnny Davis - providing special barbecue sauce; Phyllis and Trevor Charlton - donation and preparing fish; Aldin Smith - providing the music; Audrey Smith - green salad; Audrey Campbell - Coconut cake; Yvonne Wright - Coconut Drops and rice and peas; Hazel Hamilton -



Soup and Pudding; Winsom Martin - sodas; Kareem Bishop - donating ice. Helpers at Picnic included: Nova Brown, Radcliffe Brown, Doreen Baker, Judith Lytle, Jennifer Powell-Pittman, Alvin Nembhard and Percival Wood. Special thanks to Piquant Cuisine for donating the labor at no charge to CAFCI for preparing the Jerk Chicken and Jerk Pork. Thanks to the following for their cash donations: Doreen and Paul Baker, Henry Brown, Rhonda Ferrin-Davis, Patsy Lopez, Carolyn and Jeff Hmara, Junette Powell, Marjorie Mendez, Nadine White-Boyd and Percival Wood. A very special thank you to Lorraine Cargill and Norma Smith-Hill who led the organized games and activities. If you were not in attendance, you missed a wonderful day.



Thanks again to all who helped to sell tickets. Your true spirit of volunteerism is greatly appreciated.

Contributed by Dennis Wright

Photography by Carol Porter





## Please Pour Me Another...

### ...Divine Wine & High Tea with a Vintage Flair

"Life is like a cup of tea, it's all in how you make it." The members of the Vivian and Adrienne Ferrin Memorial Scholarship Fund (VAFMSF) Board certainly took that to heart as they hosted their recent *Divine Wine and High Tea with a Vintage Flair* at the Royal Palm Beach Cultural Center. The event took place on April Fool's



Day, but no foolin' this was a fantastic evening of fashion, fabulosity, friendship, and a striking example of how adept CAFCI members and friends are in putting the FUN in fundraising!

The eagerly anticipated tea party was the first since the pandemic temporarily halted attendance at in-person events, and people's excitement was reflected in the fact that it was a sold-out event—

kudos to those who tirelessly promoted it and all who attended and supported this very worthwhile cause to benefit the young people of the community.



The room was tastefully decorated, and its elegance was rivaled only by the finery of the beautiful ladies and dapper gentlemen in attendance. The evening began with a "Mix and Mingle" as guests were treated to a wine tasting where they were able to sample a variety of exotic wines, and an opportunity to make bids at the silent auction featuring an eclectic display of items with a broad range of appeal.



"Encore" is the word that comes to mind when describing the evening's entertainment! DJ Aldin Smith, Soul Rebels provided the rhythmic backdrop for the festivities and set the mood for what was to follow. Junior Stevens (Silverbirds Steel Pan) wowed the audience with his flair and finesse on the steel drums. The crowd swayed to the beat and sang along to much beloved tunes (even Mayor Fred Pinto felt compelled to join him on the stage and serenade a few lines to the audience). Junior brought the house down with the finale to



his set which was his musical rendition of Michael Jackson's "Beat it" accompanied by his totally on point dance moves complete with hat and glove! And for a personal touch, VAFMSF Board member, Lori Cabrera, serenaded the audience with her acapella rendition of "Fly Me To The Moon."



But wait, there's more...The fashion show put on by Elsie Stephenson with fashions from Modern Girl Trend and make-up by Kenesha Dixon was riveting entertainment. The guests were treated to the latest fashion trends displayed to full advantage by the stunning models who owned the stage as they twirled, dipped, and danced to loud applause and a steady refrain of oohs and aahs. Guests were inspired by the evening's entertainment,





and they turned up their style and swagger in the wonderful display of their own dance moves and fashion flair as both gentlemen and ladies took part in the hat competition that capped off the evening.

It took the work of a lot of creative and dedicated volunteers to put together such a successful event that entertained guests, renewed a sense of camaraderie and community, and inspired the generosity that is the hallmark of CAFCI's members and supporters who believe in its civic mission and vision.

It has been my pleasure to once again serve as the Mistress of Ceremonies for the annual VAFMSF Tea Party. And remember, hats transform one from ordinary to extraordinary.

By Leonie Escoffery

**VAFMSF Board**

Genieve White, *Chair*

Rhona Bernard

Lori Cabrera

Rhonda Ferrin-Davis,

Pat Forde

Thalia Lauren

Shirley Palmer

Lauriston Simms

Audrey Gordon, *Event Planner*



Photography by Dapbygrissom



## WAYS TO SUPPORT CAFCI . . . WE NEED YOU!!!

CAFCI website: <https://www.cafcipc.org/donation-center>

GoFundMe: Visit <https://gofund.me/7319cf9a> • Please share with your friends and family.

### HAVE YOU JOINED OR RENEWED YOUR MEMBERSHIP TO CAFCI???

2023 MEMBERSHIP DUES (Single - \$60 • Couple - \$100)

Submit your membership dues online at: <https://www.cafcipc.org/membership-dues> OR

Mail to: CAFCI Attention: Lawrence Logan,

675 Royal Palm Beach Boulevard, Suite #134, Royal Palm Beach, FL 33411

## A For C.A.F.C.I.



Unfortunately, the condominium referenced last month was on the 2nd floor of a strip mall-like building with stairs. It is 1,259 square feet and previously used as a medical office. It has multiple rooms used for examinations (4) along with a main conference room, a single private restroom, an open waiting area. Although the price was in our range, the facility would most likely not be suitable for hosting our monthly meetings or other events. I will continue to look out for other opportunities that would best suit our requirements.

The Finance committee will be looking at possible options of funding the procurement of a facility. These options may include operating a business as one of the means of paying any loans and funding the maintenance of the building.

If you have information about potential investor(s) who may be able to help with funding, share your ideas or provide information about available property, email [cafcipbc@bellsouth.net](mailto:cafcipbc@bellsouth.net), copying [radcliffewoody@aol.com](mailto:radcliffewoody@aol.com) or call 561.790.4002 and leave a message.

Participation in the **Home of Our Own** project is available through the Buy-A-Brick program. Visit the web page at [www.cafcipc.org](http://www.cafcipc.org) and click on the "Home of Our Own" tab or call Radcliffe "Woody" Brown at 561.791.3344 for more information. **We have made it easier to take part in the program by facilitating monthly payments to buy a brick. Monthly payments of \$50 for a \$1,000 brick and \$150 for a \$3,000 brick are available.**

Submitted by Radcliffe "Woody" Brown, CAFCI Home Of Our Own Chair

### CAFCI'S VALUES STATEMENT:

Caribbean American for Community Involvement acknowledges and honors the fundamental value and dignity of all individuals and pledges itself to creating and maintaining an environment that respects diverse traditions, heritages, and experiences. We believe in giving a voice to all people and respecting all people regardless of ethnicity or socioeconomic background.

We support the participation in and promotion of events that lead to respect and mutual understanding among the various cultural, ethnic and socioeconomic groups in our community. We believe in promoting honesty and integrity by being transparent in all our dealings, having fun and fellowship with each other while volunteering and caring for the young and elderly and helping those in need.

**DISCLAIMER:** The views and opinions expressed in this newsletter are not necessarily the views and opinions of CAFCI's members and/or the Newsletter Committee members.

**CAFCI MEMBERS.....**If you would like to share any accomplishments of close relatives (eg. child, grandchild, niece and/or nephew) with your CAFCI Family in the "Our Children Are Our Future" section of the NEWS, please provide the information to Paul Baker (email: [ujama4@aol.com](mailto:ujama4@aol.com) or phone 784-0067). If there is any other information you would like to be included in the NEWS, please submit information to Junette Powell ([junettep56@gmail.com](mailto:junettep56@gmail.com)).

**IMPORTANT:** Include "CAFCI NEWS" in the subject line when sending e-mails. Inclusion of articles submitted will be at the discretion of the Newsletter Committee and based on space availability.

### LET'S DO BUSINESS

In Royal Palm Beach • Wellington  
Western West Palm Beach  
(up to Vista Parkway)

**Let's Support Businesses in our Community**

**WOODY'S OF WELLINGTON, INC.**

**FOOTWEAR & LEATHER ACCESSORIES REPAIR**

Located in Original Wellington Mall.

12794 Forest Hill Blvd., Suite 3

Wellington, FL 33414

561.798.1440

[www.woodysatwellington.com](http://www.woodysatwellington.com)

Monday to Friday 9 am - 5 pm

Saturday 9 am - 3 pm

If you would like to recommend a business to be featured in "Let's Do Business" in our Newsletter, please contact the Newsletter Committee at [junettep56@gmail.com](mailto:junettep56@gmail.com) or [thaliaec@gmail.com](mailto:thaliaec@gmail.com) so that we can share it with our members.



# MAY ... A MONTH OF CELEBRATIONS

## "Dear Mother"

I'm writing you to tell you that I love you  
Something I hardly ever do.  
I never tell you enough how much I love you and  
It's something I must do.

I need to let you know mother how much  
You really mean to me  
So I'm telling you now you mean the world to me.  
I need to thank you for all you do for me.

Your unconditional love toward me means a lot to me.  
You've never turned your back on me and  
I know it's something you'll never do.  
Anytime I need someone to talk to  
You're always there to help me through  
And anytime I need a favor you always seem  
To be there, too  
There's nothing in this world that I could do  
To pay you back for all you do.

When God gave me to you,  
That's the best thing he could ever do,  
So this poem is dedicated to you  
Because I don't know how else to say  
Thank You.

**HERMAN VYMISLICKY**

woman's day



## ~ NATIONAL NURSES MONTH ~

The impact you make on health care is unparalleled. For the past 3 years and counting, ANA (American Nurses Association) has



AMERICAN NURSES ASSOCIATION

championed a month-long celebration that allows for greater opportunities to promote understanding and appreciation of the invaluable contributions of nurses like you!

You truly make a difference by influencing and shaping health policy decisions that ensure all Americans have access to high-quality, affordable healthcare coverage.

That's why we've selected the evergreen theme, You Make a Difference, to honor your varying nursing roles as well as the positive impact you have on everyone's lives.

Source: National Nurses Month 2023 | American Nurses Association (nursingworld.org)

## ~ HAITIAN HERITAGE MONTH ~

A nationally recognized month celebrated in May every year. It is a great time to celebrate the vibrant culture, distinct art, delectable cuisine, and to get to know people of Haitian origin. If you're wondering why we are celebrating Haitian culture in May, we are here with the answer.



Haitian Heritage Month is an expansion of the

annual Haitian Flag Day, which falls on May 18. The flag day is observed with much pomp and splendor even by the diaspora. That's how it found its way to the U.S., a country that's home to a large Haitian population. Moving on to cultural practices, Haitians are a joyous lot.

Dancing is a way of life for this community and you can see this on any public occasion, be it a wedding or a church function. The practice of voodoo is also quite prevalent on the island and it entails the act of dancing as a ritual. Like in most communities of Caribbean origin, carnivals are a much-loved affair for Haitians. Their love for dance and music isn't restricted to their national boundary alone. You can experience a similar festive vibe in Palm Beach County, Florida, where the Haitian community hosts the biggest and most visited heritage month celebrations every year.

If you're planning to attend the celebration in Florida, dress up in a vibrant Karabela or a Dashiki shirt and dance and sing to your heart's content. Have fun!

Source: <https://nationaltoday.com/haitian-heritage-month/>

## MENTAL HEALTH AWARENESS MONTH

The goal is to raise awareness about mental illness and to reduce the stigma that surrounds it. During this month, we strive to educate the community about the importance of mental health and how it affects us all, especially how it affects our youth.

Changes in mental health and signs of distress in young people can show up in many ways. Some examples of mood changes are irritability, anger and withdrawal. Other signs can be changes in their thoughts, appearance, performance at school and sleeping or eating patterns. ADHD, anxiety problems, behavior problems and depression are the most commonly diagnosed mental disorders in children.

It is important to note that having a mental disorder was most common in children with depression: about 3 in 4 children with depression also had anxiety and almost 1 in 2 had behavior problems. What we know is that depression and anxiety have increased over time. And keep in mind that, for adolescents, depression, substance use and suicide are important concerns.

Basically, mental health conditions are real, common and treatable. People experiencing mental health challenges deserve support, compassion, and care – not stigma and shame.

And of course, let's not forget, COVID-19 added to pre-existing challenges that youth faced and many are still facing. Since the pandemic began, rates of psychological distress among young people have increased. The pandemic is most heavily affecting those who were already vulnerable. This includes youth with disabilities, racial and ethnic minorities, LGBTQ+ youth and other marginalized communities.

Source: [Mental Health Awareness Month more important than ever | Parentally Speaking \(yahoo.com\)](#)





## ~ NATIONAL STROKE AWARENESS MONTH ~

Stroke is a common condition caused by abnormal brain blood vessels. Someone in the United States has a stroke every 40 seconds. Stroke kills more than 130,000 Americans each year and many people who survive become temporarily or permanently disabled.

There are two major types of stroke. The first and more common type is *ischemic stroke*. This type of stroke happens when blood flow through the artery that supplies oxygen-rich blood to the brain becomes blocked.

The second major type of stroke is called hemorrhagic stroke. In this type of stroke an artery in the brain leaks blood or ruptures and floods the brain tissue with blood. The leaked blood puts too much pressure on brain cells, which damages them. There are 2 subtypes of hemorrhagic stroke: 1) intracerebral hemorrhage, which occurs when an artery in the brain bursts, flooding the surrounding tissue with blood and 2) subarachnoid hemorrhage, which occurs when there is bleeding in the area between the brain and the thin tissues that cover it.

In addition to the two major types of stroke, there is another type called a *transient ischemic attack* (TIA) also known as a mini-stroke. In this type blood flow to the brain is blocked for only a short time—usually no more than 5 minutes. This limits the damage that is done to the brain.

**What causes stroke?** Ischemic stroke occurs when the arteries that supply oxygen to the brain become narrowed or blocked, reducing or completely stopping blood supply to the brain. Ischemic strokes are often caused by a blood clot or debris of tissue carried by the blood. Hemorrhagic stroke on the other hand can be caused by uncontrolled high blood pressure (hypertension), anticoagulants, and/or weak spots in the blood vessel walls (aneurysms). Risk factors of stroke include both lifestyle factors (weight, diet, physical activity, smoking and alcohol consumption, etc.) and medical conditions (high cholesterol, high blood pressure, diabetes, etc.).

**Diagnosing stroke** - It is important to recognize the signs of stroke early. The sooner treatment begins, the smaller the damage to the brain tissue will be. Some of the main signs of stroke include speech difficulty, arm weakness, and a drooping face. See “Additional resources” for more information on stroke signs. It is very important to dial 911 as soon as you recognize the signs of stroke in yourself or another person.

Your doctor will diagnose your stroke based on your signs and symptoms, and your medical history. Common diagnostic tools for stroke are medical imaging tools such as Brain Computed Tomography, Magnetic Resonance Imaging, and Carotid Ultrasound.

**How is stroke related to aphasia?** Stroke is the most common cause of aphasia. When either ischemic or hemorrhagic stroke result in brain tissue damage in areas of the brain that are of particular importance to speech and language, a person may develop aphasia. For most people, these areas are in the left side of the brain, although the right side of the brain is also involved in aspects of speech and language production. Depending on the size of brain tissue damaged during stroke, the loss of speech and language abilities may be temporary or long-term. Size of brain damage also affects how quickly and how successfully a person can improve with speech therapy.

Source: [Stroke - National Aphasia Association](#)



### Know Your Hurricane Risk

Hurricanes are not just a coastal problem. Find out how rain, wind, water and even tornadoes could happen far inland from where a hurricane or tropical storm makes landfall. [Start preparing now.](#)

### Make an Emergency Plan

Make sure everyone in your household knows and understands [your hurricane plans](#). Include the [office, kids' day care, and anywhere else you frequent](#) in your hurricane plans. Ensure your business has a [continuity plan](#) to continue operating when disaster strikes.

### Know your Evacuation Zone

You may have to evacuate quickly due to a hurricane if you live in an evacuation zone. [Learn your evacuation routes](#), practice with your household and pets, and identify where you will stay.

- Follow the instructions from local emergency managers, who work closely with state, local, tribal, and territorial agencies and partners. They will provide the latest recommendations based on the threat to your community and appropriate safety measures.

### Recognize Warnings and Alerts

Have several ways to receive alerts. [Download the FEMA app](#) and receive real-time alerts from the National Weather Service for up to five locations nationwide. [Sign up for community alerts](#) in your area and be aware of the Emergency Alert System (EAS) and Wireless Emergency Alert (WEA), which require no sign up.

### Those with Disabilities

Identify if you may need additional help during an emergency if you or anyone else in your household is an [individual with a disability](#).

### Review Important Documents

Make sure your [insurance policies and personal documents](#), such as ID, are up to date. Make copies and keep them in a secure password-protected digital space.

### Strengthen your Home

De-clutter drains and gutters, bring in outside furniture, and consider hurricane shutters.

### Get Tech Ready

[Keep your cell phone charged](#) when you know a hurricane is in the forecast and purchase backup charging devices to power electronics.

### Help your Neighborhood

Check with neighbors, [senior adults](#), or those [who may need additional help](#) securing hurricane plans to see how you can be of assistance to others

### Gather Supplies

[Have enough supplies](#) for your household, include medication, disinfectant supplies and [pet supplies](#) in your go bag or car trunk. You may not have access to these supplies for days or even weeks after a hurricane.

To be sure you are prepared, visit <https://www.ready.gov/hurricanes>



## ~ THE ORIGINS OF MEMORIAL DAY ~



Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans — the Grand Army of the Republic (GAR) — established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared it should be May 30. It is believed the date was chosen because flowers would be in bloom all over the country. The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C. The ceremonies centered around the mourning-draped veranda of the Arlington mansion, once the home of Gen. Robert E. Lee. Various Washington officials, including Gen. and Mrs. Ulysses S. Grant, presided over the ceremonies. After speeches, children from the Soldiers' and Sailors' Orphan Home and members of the GAR made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers and singing hymns.

### Local Observances Claim To Be First

Local springtime tributes to the Civil War dead already had been held in various places. One of the first occurred in Columbus, Miss., April 25, 1866, when a group of women visited a cemetery to decorate the graves of Confederate soldiers who had fallen in battle at Shiloh. Nearby were the graves of Union soldiers, neglected because they were the enemy. Disturbed at the sight of the bare graves, the women placed some of their flowers on those graves, as well. Today, cities in the North and the South claim to be the birthplace of Memorial Day in 1866. Both Macon and Columbus, Ga., claim the title, as well as Richmond, Va. The village of Boalsburg, Pa., claims it began there two years earlier. A stone in a Carbondale, Ill., cemetery carries the statement that the first Decoration Day ceremony took place there on April 29, 1866. Carbondale was the wartime home of Gen. Logan. Approximately 25 places have been named in connection with the origin of Memorial Day, many of them in the South where most of the war dead were buried.

### Official Birthplace Declared

In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the "birthplace" of Memorial Day. There, a ceremony on May 5, 1866, honored local veterans who had fought in the Civil War. Businesses closed and residents flew flags at half-staff. Supporters of Waterloo's claim say earlier observances in other places were either informal, not community-wide or one-time events. By the end of the 19th century, Memorial Day ceremonies were being held on May 30 throughout the nation. State legislatures passed proclamations designating the day, and the Army and Navy adopted regulations for proper observance at their facilities. It was not until after World War I, however, that the day was expanded to

honor those who have died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress, though it is still often called Decoration Day. It was then also placed on the last Monday in May, as were some other federal holidays.

### Some States Have Confederate Observances

Many Southern states also have their own days for honoring the Confederate dead. Mississippi celebrates Confederate Memorial Day on the last Monday of April, Alabama on the fourth Monday of April, and Georgia on April 26. North and South Carolina observe it on May 10, Louisiana on June 3 and Tennessee calls that date Confederate Decoration Day. Texas celebrates Confederate Heroes Day January 19 and Virginia calls the last Monday in May Confederate Memorial Day. Gen. Logan's order for his posts to decorate graves in 1868 "with the choicest flowers of springtime" urged: "We should guard their graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic." The crowd attending the first Memorial Day ceremony at Arlington National Cemetery was approximately the same size as those that attend today's observance, about 5,000 people. Then, as now, small American flags were placed on each grave — a tradition followed at many national cemeteries today. In recent years, the custom has grown in many families to decorate the graves of all departed loved ones. The origins of special services to honor those who die in war can be found in antiquity. The Athenian leader Pericles offered a tribute to the fallen heroes of the Peloponnesian War over 24 centuries ago that could be applied today to the 1.1 million Americans who have died in the nation's wars: "Not only are they commemorated by columns and inscriptions, but there dwells also an unwritten memorial of them, graven not on stone but in the hearts of men." To ensure the sacrifices of America's fallen heroes are never forgotten, in December 2000, the U.S. Congress passed and the president signed into law "The National Moment of Remembrance Act," P.L. 106-579, creating the White House Commission on the National Moment of Remembrance. The commission's charter is to "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity" by encouraging and coordinating commemorations in the United States of Memorial Day and the National Moment of Remembrance. The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation. As Moment of Remembrance founder Carmella LaSpada states: "It's a way we can all help put the memorial back in Memorial Day."

Source:

<https://www.va.gov/opa/publications/celebrate/memday.pdf>

## 2023 MEMBERSHIP DUES

(Single - \$60 \* Couple - \$100)

Submit your membership dues online at [www.cafcipc.org](http://www.cafcipc.org) OR

Mail to CAFCI Attention: Lawrence Logan, 675 Royal Palm Beach Boulevard, Suite #134, Royal Palm Beach, FL 33411

## MARK YOUR CALENDAR

### CAFCI'S EVENTS

Dates are subject to change. Please check the current issue of the NEWS and the website.

*May General Membership Meeting Cancelled*

Saturday, May 13: **Cultural Diversity Day**, 1 pm, Veterans Park

Saturday, June 10: **General Membership Meeting**, 7 pm, Hybrid (in person and Zoom)

Saturday, June 17: **Student Assistance Fund Awards Ceremony**, 4:30 pm, Original Wellington Mall

Saturday, July 8: **General Membership Meeting ~ Business Awareness**, 7 pm, Hybrid (in person and Zoom)

Saturday, August 12: **General Membership Meeting ~ Membership Appreciation**, 7 pm, Hybrid (in person and Zoom)

Saturday, September 9: **General Membership Meeting**, 7 pm, Hybrid (in person and Zoom)

## SAVE THE DATE!!!

Saturday, September 16, 2023

### CAFCI'S ANNUAL FRIENDSHIP BALL

Saturday, October 14: **General Membership Meeting ~ Games Night**, 7 pm, Location TBA

Saturday, November 11: **General Membership Meeting ~ Board Nominations**, 7 pm, Hybrid (in person and Zoom)

Saturday, December 9: **General Membership Meeting ~ Toys for Tots**, 7 pm, Hybrid (in person and Zoom)

Sunday, December 31: **CAFCI New Year's Eve Gala**, 8 pm, Location TBA

## AROUND TOWN

- **Saturday, June 3<sup>rd</sup>, 2 pm to sundown:** Come out in your black, green and gold and celebrate with **Free Spirit** at their **Family Fun Day** at Veterans Park in Royal Palm Beach. For information call 561.692.1508.
- Visit the **Kravis Center** at <https://www.kravis.org/> for upcoming events. If you are interested in joining the CAFCI Group to see performances at the Kravis Center, please text Genieve White at 561.876.4161.
- Visit the **Cultural Council for Palm Beach County** at <https://events.palmbeachculture.com/> for upcoming events and activities.
- For information on what's going on around Wellington, go to **AroundWellington.com**.
- **Mondays & Fridays, 12 pm to 1 pm: Senior Meal Program** – Royal Palm Beach Recreation Center Senior Games & Activities are held before and after starting at 10:30 am – 2 pm.
- **1<sup>st</sup> Tuesday of every month, 3:30 pm to 5 pm: FREE Technology Workshops** for Seniors at the Royal Palm Beach Recreation Center.



**CAFCI**

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Suite #134  
Royal Palm Beach, FL 33411

