



NEWS

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.

November

2010

BOARD OF DIRECTORS OFFICERS

President Genieve White
 President Emeritus J. Amanayea Abraham
 1st Vice President Elaine Ealy
 2nd Vice President Tinu Peña
 Treasurer Junette Powell
 Recording Secretary Nadine White-Boyd
 Corres. Secretary J. Amanayea Abraham

DIRECTORS

Nova Brown
 Henworth Ferguson
 Lauriston Simms

NEWSLETTER COMMITTEE

J. Amanayea Abraham ~ Lascalles Harris
 Lawrence Logan ~ Shirley Morrison
 Junette Powell ~ Barbara Walker ~ Thalia White

COMMITTEE CHAIRPERSONS

Alliance Genieve White
 Annual Friendship Ball J. Amanayea Abraham
 Budget Frederick Pinto
 Business Awareness J. Amanayea Abraham
 Bylaws Frederick Pinto
 Cultural Elet Cyrus
 Finance Tinu Peña
 Food Marjorie Aiken
 Grants Frederick Pinto
 Headquarters Administrator Lawrence Logan
 Historian Rhonda Ferrin-Davis
 Membership Lawrence Logan
 Nominations Ernie Garvey
 Parliamentarian Nadine White-Boyd
 Program Elaine Ealy
 Protocols/Advisor to Board... Rhonda Ferrin-Davis
 Recreation Recreation Team
 Recruitment & Retention Bill Turner
 Relay For Life Glenis Chambers
 Student Assistance Sandra Gordon
 Sunshine Elet Cyrus
 Talent Show Nadine White-Boyd
 Task Force Newbolt Wilson
 Toys for Tots Lauriston Simms
 Venue Reservations Kathleen Lannaman
 Vivian Ferrin Memorial Genieve White
 Website Winston Davis/Radcliffe Brown
 Youth Rhonda Ferrin-Davis

UPCOMING FOR CAFCI

General Membership Meeting Board Elections

Saturday, November 13 at 7pm
 Kevin Harvin Center
 1030 Royal Palm Beach Blvd, Royal Palm Beach

CAFCI's Christmas Party

at the monthly membership meeting
 Saturday, December 4th
 Kevin Harvin Center
 Start shopping for
 "Toys for Tots" collection

For more information on "Toys for Tots"
 please contact Lauriston Simms

CAFCI's New Year's Eve Ball

Friday, December 31st

Royal Palm Beach Cultural Center
 151 Civic Center Way, Royal Palm Beach

It's that time again. If you would like to serve on the New Year's Eve Ball planning committee please contact one of the board members.

This is a special time of the year with all the changes in our country we need to come together and support each other as we embrace 2011.

In The Community

Help for Haiti

Amanayea Abraham will be collecting clothing for Haiti. If you have anything to donate, please contact her at 561-791-1618.

Scouts

Our scouts have started a vegetable garden at Camp Davis. They are growing tomatoes, collard greens, beans etc. The garden looks great.

Next Meeting

General Membership

November 13, 2010 at 7 pm

Board of Directors

November 18, 2010 at 7 pm
 (re-scheduled due to Thanksgiving)

CONTACT US

1030 Royal Palm Bch. Blvd. Box 11
 Royal Palm Beach, FL 33411
 561-790-4002
 email: info@cafcipbc.org
 Website: www.cafcipbc.org

Monthly Meetings

General Membership:
 2nd Saturday, 7 pm
 Board: 4th Thursday at 7 pm

GET WELL WISHES TO:

Gerald Damon; Pearl Damon;
 Henworth Ferguson; Hazel Harris;
 Joyce Sibble

CONDOLENCES TO:

Marjorie Aiken
 on the loss of her relative
 Elet Cyrus
 on the loss of a family member
 Yvonne and Vincent Elliot
 on the loss of a family member
 Fred Pinto and family
 on the loss of his wife
 Yvonne and EatonRichardson
 on the loss of her mother
 Alva and Livingston Weathers
 on the loss of her brother

Please Let Us Know...

If you know of a member who needs cheer or support, or who would like to share some happy event, please contact a member of the Sunshine Committee:

Elet Cyrus, Chair791-9087
 Paul Baker784-0067
 Marjorie Schleifer793-4861

CAFCI

1030 Royal Palm Beach Blvd
 Box 11
 Royal Palm Beach, FL 33411

Giving Thanks!!!

The initial "Thanksgiving" feast, held in 1621, was really a traditional English harvest celebration. The Pilgrims shared it with the Native Americans because they had taught the colonists to plant crops and hunt wild game. Without the Native Americans, the Pilgrims may not have survived the harsh winter and been able to celebrate their first harvest of plentiful crops in the New World. The colonists' first harvest feast lasted for three days. Food was served all at once, instead of in courses, so people ate whatever they pleased in the order that they desired. The more important members at the feast were given the best pieces of meat, while the rest of the diners ate whatever was closest to them. Since the Pilgrims didn't use forks or plates, they ate their meal straight off the table with spoons, knives or their fingers. They used large napkins to wipe their hands and also wrapped it around food when it was too hot to hold.

The history of Thanksgiving demonstrates that feasts like the one at Plymouth were held throughout the colonies after fall harvests. However, all thirteen colonies did not celebrate Thanksgiving at the same time. In 1789, George Washington became the first president to declare Thanksgiving a holiday. By the mid-1800s, many states observed the Thanksgiving holiday. Meanwhile, the poet and editor, Sarah J. Hale, had begun lobbying for a national Thanksgiving holiday. During the Civil War President Abraham Lincoln looking for ways to unite the nation, discussed the subject with Hale. In 1863 he gave his Thanksgiving Proclamation declaring the last Thursday in November a day of Thanksgiving.

What is Thanksgiving today? At its heart, it's a holiday where family and friends congregate to catch up, reminisce, tell jokes, share scrumptious food and generally give thanks for all the good things in life-exactly what they did at the very first Thanksgiving.

Have a Happy Turkey Day and remember, always Give Thanks!

HAPPY BIRTHDAY TO:**NOVEMBER**

Norman Martin	16
Carlos Bodden	18
Winsom Genus-Martin	18
Junette Powell	21
Dr. Elaine Ealy	22
Norman Stephens	28
J. Amanayea Abraham	30

DECEMBER

Carol Sharpe	02
Caswell M. Brown	03
Beverly McKenzie	03
Kenneth McKenzie	03
Hazel Harris	05
Doreen Baxter	06
Ernie Garvey	11
Wismick St-Jean	12
Dr. A. Ronald Peterson	13

PRESIDENT'S MESSAGE

Greetings:

This year we celebrate twenty one years of diverse cultures. Once again we were able to accomplish most of the planned programs through 100% voluntary service. The year has been a challenging one, not only for the State, County and communities, but also for CAFCI. In spite of all the challenges, CAFCI continues to successfully reach out to the community and our ethnic groups and I am proud to outline some of our achievements for the year 2010. Patrons of the Ball included many elected officials and representatives from other community organizations.

Our significant Cultural Projects held each year are: the Martin Luther King Celebration held in January, and Cultural Diversity Day in May. Under the chairmanship of Elet Cyris, funded through a grant from Palm Beach County Cultural Council and co-hosted by the Village of Royal Palm Beach, we continue to exceed expectations through the artistic and cultural events presented. The Youth Talent Show chaired by Nadine White-Boyd, promotes self expression and excitement among our youths. Members and supporters also shared in the Annual Picnic and our International Games night. The annual Friendship Ball was held with its usual elegant flare opening with the President's Reception and Silent Auction.

The Business Awareness Chair, J. Amanayea Abraham, is highly commended for presenting an outstanding and successful event, bringing together the businesses in our community. Thanks to the Palms West Chamber of Commerce for partnering with CAFCI in this event.

Under the chairmanship of Glenis Chambers and her committee, we partnered with the American Cancer Society Relay for Life and raised over three thousand dollars. The Sickle Cell Foundation also benefitted from a collection effort at the MLK Celebration. CAFCI was among the nominees for the coveted Clerk & Comptroller Best Practices Award. CAFCI was invited by the Kravis Center for the Performing Arts to host an evening of the African-American Film Festival, hosted by AnEta Sewell. On March 18th, the organization was well represented and enjoyed a successful evening at the presentation of the Jamaican film, "The Harder They Come."

*Six students were presented with awards at the general meeting in May dedicated to our Student Assistant Program. There were two CAFCI Educational Excellence award recipients, **Jabyes Cross** and **Wilson Etheta**, the CAFCI Junior Citizen award recipient was **Ethan Morrison**, The Vivian Ferrin Memorial Scholarship recipient was Eagle Scout **Bo Lint**; the Simm's Award for Educational Excellence awarded to **Gilberto Bennette**, was donated by one of our own CAFCI member, Lauriston Simms and was highly appreciated; and My Brother's Sister's Keeper Scholarship recipient was **Caitlin Clements**. Congratulations to all six 2010 recipients. Thanks to the Student Award Committee chaired by Sandra Gordon, the Vivian Ferrin Memorial Scholarship Committee and the judges for selecting the students and for coordinating the Awards Ceremony.*

At the December 4, 2010 "Christmas Potluck and Christmas Caroling" meeting at the Harvin Center, I ask for your support for the Annual "Toys For Tots" project, chaired by Lauriston Simms. Please bring or send an unwrapped toy which will be distributed to the less fortunate children.

CAFCI will again end the year and welcome the new year with the Annual New Year's Eve Party on December 31st at the Royal Palm Beach Cultural Center. We need a volunteer as chairperson for this event. Please mark your calendar and invite your friends. Details will be posted on the website www.cafcipbc.org.

As charter organization for Scout Troop 111 and Cub Scout Pack 120, it amazes me how much each group has accomplished. Troop 111 logged over 1,000 camping nights, over 300 community service hours, outstanding performances and achievements. The leaders and parents go beyond the limit to achieve such success. Special commendation goes to leaders Amanda and David Pantone. This year the Scouts organization celebrated their 100th Anniversary.

Congratulations to Kathleen Lannaman who was presented with the Outstanding Citizen award at CAFCI's Annual Friendship Ball. Mrs. Lannaman is a devoted mother and wife who serves on many committees in her church, volunteers at the Royal Palm Beach Cultural Center and has served CAFCI for many years as Board member and on many committees.

The Sunshine committee continues to bring support to our home bound members and visits hospitals and nursing homes. Our condolences go out to all members who have lost family members. This year, we lost some of our members: Dudley Detrich, Vernal Sibble, Newton and Yvonne Blackwood, and life-time member Brenda Pinto, wife of the Honorable Fred Pinto.

On behalf of the Board and members, I would like to thank our sponsors, the Village of Royal Palm Beach, the Palm Beach County Cultural Council, the Kravis Center for the Performing Arts and the many supporters and friends of CAFCI for making it possible to serve our community. I would personally like to thank all CAFCI members who contributed and worked hard to keep the high standards and goals of CAFCI.

*Genieve White,
President*

Caribbean Nutrition Talk

IN OUR quest for healthier eating choices, we are encouraged to eat foods with less fat and sodium, more fiber, more complex carbohydrates and lower in calories. The foods that are most promoted are usually the imported ones since more is known about them than about our local foods. We may therefore seek out whole grain cereals and breads, fruits such as the American apple, plum and grapes and vegetables such as broccoli and cauliflower. How do our local foods compare?

Who has not heard the adage, 'an apple a day keeps the doctor away'? This is probably because the American apple has fiber to facilitate gut health and rid the body of waste. But do you know that one guava has four (4) times the amount of fiber, slightly more potassium and nineteen (19) times the amount of vitamin C as an American apple? In comparison to a whole bunch of grapes, one (1) guava has twenty five (25) times more vitamin C, four (4) times more fiber and about the same potassium. Likewise, it would take fifteen (15) American apples to supply the vitamin C content of only one (1) West Indian cherry.

Cranberry juice has become very popular because of its benefits to bladder health. But have you thought that similar benefits could be had from coconut water at less than half the calories and with appreciably more potassium? A glass of cranberry juice will provide about 150 - 200 calories while the same glass of coconut water contains only 50 calories while giving 400mg potassium compared to the 60mg for cranberry juice. For those concerned about the sodium content of coconut water, be assured that a single glass will provide only 60mg sodium compared to the 700 mg in V8 canned vegetable juice. Also, be assured that the coconut water has no fat.

The fat of the coconut resides in the jelly and will thus be found in coconut milk, but there is no cholesterol since the coconut is of plant origin and cholesterol is found

only in foods of animal origin. This means that butter will have cholesterol but coconut milk, like the vegetable margarines is free of cholesterol. Moreover, the traditional way of cooking with coconut milk for flavor is better than using margarine which is often substituted in porridge, rice and peas and soups. A tablespoon of coconut milk has only 38 calories and 4g fat compared to 111 calories in the same amount of margarine and 11.5 g fat. Also, the fat in coconut is healthier for the body than margarine fats. Two other sources of fat that are often mislabeled are the Jamaican ackee and the Avocado pear. Neither has any cholesterol and the fat is monounsaturated - the same type of fat that we pay so much for in the olive oil. Admittedly, broccoli, cauliflower and brussel sprouts, like other vegetables will provide vitamin C, minerals, flavonoids and other phyto chemical but they are no match for our local callaloo (amaranth) in terms of calcium, iron or vitamin A. Callaloo has more than four times the calcium, two or more times the iron with more than twice the vitamin A as the American vegetables. The whole grain cereals are indeed a good source of fiber but calorie for calorie our provisions are equally beneficial.

The Irish potato, brown rice and whole kernel corn provide the least fiber per serving. Those of better value are whole wheat bread, green banana and sweet potato providing 1.5 g per serving of about 70 calories. Richer still is rolled oats at 1.96g but topping the list, you guessed it, our local breadfruit at 2.45 for a serving of two (2) slices.

So next time you reach for the foreign goods on the shelf, don't forget our local products are the best.

Patricia Thompson M.Sc.
Registered Nutritionist
The Nutrition Centre, Eden Gardens

Submitted by J. Amanayea Abraham

Herbal Tid Bits by Amanayea

Sore Throat Remedy:

Gargle with ¼ teaspoon of cayenne pepper in 8 oz of warm water every half hour.

Put some vaseline on your lips so it won't burn.

High Blood Pressure

Drink plenty of coconut water.