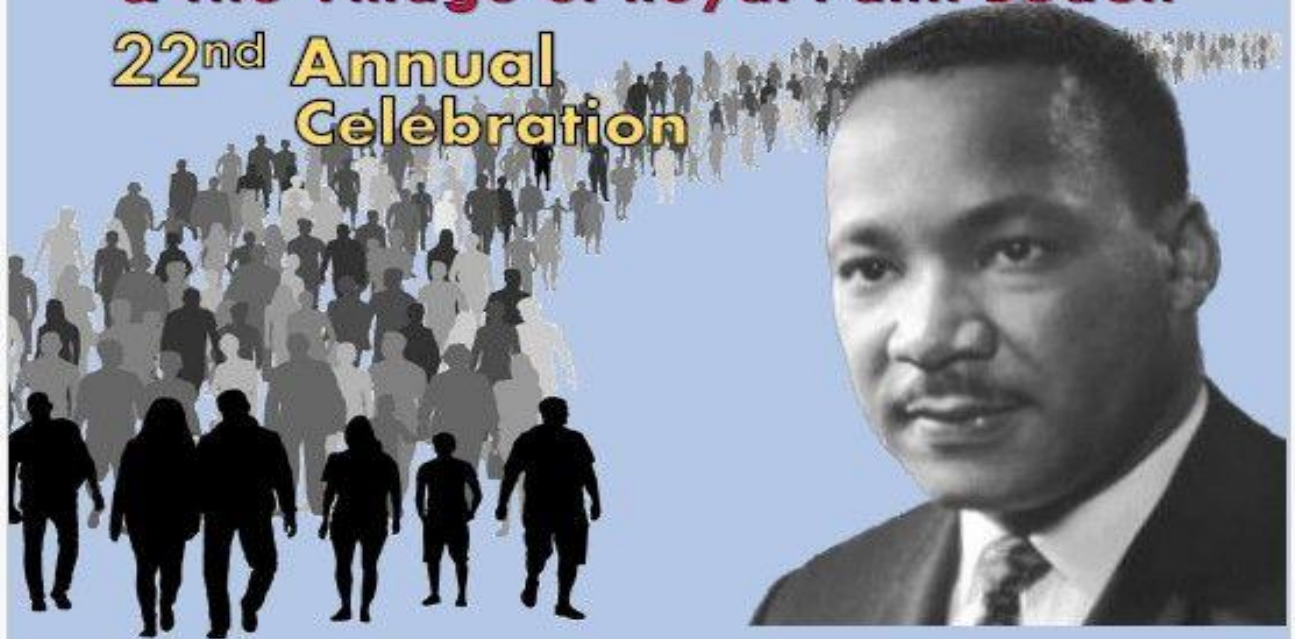




Caribbean-American For Community Involvement in Florida, Inc.

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.

Caribbean American For Community Involvement in Florida, Inc. & The Village of Royal Palm Beach 22nd Annual Celebration



“Everybody can be great, because anybody can serve.”

Dr. Martin Luther King, Jr.

Monday, January 15, 2024

Continental Breakfast 8:30 am – 9:30 am

FREE EVENT

Program begins at 10:00 am

Royal Palm Beach Cultural Center

151 Civic Center Way

Royal Palm Beach, Florida

Contact Hildreth Stoddart-Brown for info 561-889-1143



BOARD OF DIRECTORS

OFFICERS

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

DIRECTORS

Norma Smith-Hill
Hildreth Stoddart-Brown
Charlesworth "Barclay" Varlack

NEWSLETTER COMMITTEE

Thalia White Lauren * Lawrence Logan
Shirley Morrison * Junette Powell
Max Smith * Barbara Walker

COMMITTEE CHAIRPERSONS

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

CONTACT US

Caribbean-American For
Community Involvement
675 Royal Palm Beach Boulevard, Suite
#134
Royal Palm Beach, FL 33411
561.790.4002
cafcib@bellsouth.net * www.cafcibpc.org
www.facebook.com/cafcibpc

General Membership Meetings
2nd Saturday of the month
Board Meetings
4th Thursday of the month

See back page for calendar of events.

PRESIDENT'S MESSAGE

This year CAFCI will be celebrating our 35th anniversary as a charitable organization. We are incredibly grateful for our community of partners, supporters, members and participants, and look forward to another year of working together to fulfil our mission, vision and values. I wish all our members, friends and supporters a happy, healthy and prosperous new year. I thank each of you for your support and contributions over the last 34 years. This will be yet another year of great expectations and extraordinary accomplishments.

Thank you to all returning board members for your continued service. Welcome to the two new directors: Norma Smith-Hill and Charlesworth "Barclay" Varlack. Special thanks to outgoing board members Carolyn Hmara and Winsom Genus-Martin for your many years of dedication and service. With our new board in place, this year we will focus on acquiring a home of our own as our top priority. While we are working on that task, we will also be looking for a venue to hold our monthly general membership meetings in order to facilitate more in-person meetings. You will be hearing more about this and several initiatives we will be considering to raise the necessary funds for the Home-Of-Our-Own project.

We will complete the work we started to amend our bylaws by the end of the first quarter; and put in place a task force to review all our committees to ensure that they are properly staffed, and their goals and objectives are still relevant. Last year we saw double digit growth in new membership. We are excited about the diverse talents and abilities of our new members and of the many new ways in which their contributions will further help to grow the organization. We welcome and urge all members to get involved in our programs and add your distinctive talents to our remarkable community.

On that note, as we continue to grow our organization, we are committed to engaging more youths and young adults in our mission in 2024. The energy and innovation of our youth will be the added fuel to the outstanding growth we envision.

(continued on next page)



JANUARY 16 - 31

Herbert Chambers	16
Marcia Hayden	18
Berman Patterson	18
Kareem Ali	19
Lorraine Cargill	21
Karen Morris-Clarke	25
Hilary Varlack	30

FEBRUARY 1 - 15

Valerie Dorsey	01
V. Alvin Nembhard	02
Brandon Boyd	04
Yvonne Lawrence	04
Yvonne Richardson	06
Patrick McLaughlin	08
Yvonne Wright	08
Sandra A. Gordon	13
Radcliffe Brown	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) and we will update the birthday list. We apologize for any oversight.

GET WELL WISHES TO:

Cindy Beckles ~ Ronald Dawson

CONDOLENCES TO:

The family of Marjorie Aiken
The family of Keith McKenzie
Junette and Neil Powell on the loss of her cousin,
Audley Russell, Jr.
Audrey and Aldin Smith on the loss of her sister, Beverly Smith
Loretta and Frank Watson on the loss of his brother, Keith Watson

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, or offer our support.

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

PRESIDENT'S MESSAGE *(continued)*

NEW YEAR'S EVE GALA: As chair of the New Year's Eve Gala Committee, I extend my deepest appreciation to committee members: Cindy Beckles, Charmaine Henry, Alvin Nembhard, Hildreth Stoddart-Brown and Genieve White. Thanks to all the others who assisted with various tasks in preparation for the celebration. The event was enjoyable, the food delicious and the music entertaining. We rang in 2024 in style.

DR. MARTIN LUTHER KING, JR. DAY CELEBRATION: Please join us for our first major event of the year, our 22nd annual celebration of the Dr. Martin Luther King, Jr. holiday on Monday, January 15, 2024, at the Cultural Center in Royal Palm Beach, 151 Civic Center Way, Royal Palm Beach, Florida. A continental breakfast will be included.

Our next General Membership meeting will be Saturday, February 10th. Location will be announced later. Our new board will be sworn in at this meeting. **PLEASE NOTE THAT THERE WILL BE NO MEETING IN JANUARY.**

If you would like to serve on our 2024 Friendship Ball Committee, please contact me.



Dennis Wright

MARTIN LUTHER KING, JR. DAY CELEBRATION

Monday, January 15, 2024 at 8:30 am

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

The Cultural Committee and the Village of Royal Palm Beach are putting the final touches to the 22nd Annual MLK Day Celebration, which will be held on Monday, January 15, 2024. There will be a continental breakfast from 8:30 to 9:30 am, followed by a formal cultural arts entertainment program at 10 am. Among the performers will be the energetic and enthusiastic entertainer, steel band player Junior Stevens.

To join the event online, visit CAFCI Facebook or browse irietimes.com on YouTube.

LET'S DO BUSINESS

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

Let's Support Businesses in Our Community.

AMBER COVE, INC.
Residential Assisted Living Facility

Rhonda and Winston Davis
561.507.5695

www.ambercoveALF.com

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 or thaliaec@gmail.com so that we can share it with our members.

RELAY FOR LIFE

Western Palm Beach County

HOPE AROUND THE WORLD

Saturday, March 9, 2024 at 3 pm to 10 pm

South Florida Fairgrounds,
9067 Southern Boulevard, West Palm Beach



The Relay for Life Western Palm Beach County event will be Saturday March 9, 2024, at the South Florida Fairgrounds, 9067 Southern Blvd from 3 to 10 pm.

The theme for 2024 is "HOPE AROUND THE WORLD" with each team representing a country. CAFCI chose to represent Jamaica.

Our fundraising goal this year is \$3,000. Everyone will have to do their part for us to meet our goal. We have created several opportunities for you to do so.

There will be a silent auction at the event. All teams are encouraged to bring items to the silent auction tent where people will bid on these items throughout the day. Winners will be announced at 7:45 pm the night of the event. If you have anything to donate to the auction, please contact me at starnovaja@gmail.com or 561-329-4352, and I will arrange to get them from you.

For the past several years CAFCI has been recognized by the Relay for Life organization for our participation and fundraising efforts. Let us keep it going! Come out and have dinner with us and support the fight against cancer.

Cancer is an awful disease and just about everyone knows someone who has been touched by it. I would also like to encourage everyone to go online to the CAFCI Relay for Life page on the CAFCI website where you can join our team, make donations, and purchase luminarias in memory or in honor of your relatives and friends. Luminarias cost \$10 each and can be purchased through the CAFCI website (<https://www.cafcipc.org>).

Everyone is encouraged to set a personal goal and ask friends and family to help you reach that target. We would like to meet or exceed our \$3,000 goal. The CAFCI Relay For Life webpage can be accessed directly at <http://main.acsevents.org/goto/cafcipc> or via the CAFCI website <https://www.cafcipc.org>. From the CAFCI Relay webpage, you can make a donation, join our team, purchase a luminaria and register as a survivor. *Please note, to solicit donations from friends and family and register as a survivor on behalf of CAFCI, you must join our team first.*

Let's go "Island Steppers" as we participate in the fight against cancer! Go team!

Submitted by Nova Brown, Relay for Life Chair

Member Spotlight

HAVE YOU MET ... GENIEVE WHITE?



When you say Genieve White, virtually every CAFCI member knows who you are speaking of. That's because Genieve is a long-standing CAFCI veteran whose passion, and commitment have remained indefatigable over 33-years of membership.

Genieve is a past CAFCI president, having served in that office from 2008-2012. She currently serves as first vice president and has alternated between that position and the position of second vice president over the course of her three-decade membership.

Originally from Hanover, Jamaica, Genieve moved to Royal Palm Beach in 1990. She was drawn to CAFCI because the organization practiced a mission of service to community, was serious about its volunteerism, and was intentional about providing the next generation with scholarships and other supports to help them develop to their highest potential.

"From a young age I engaged in giving back to the community: From my service as a member of the Jaycees of Jamaica of north St. Catherine—a business organization for young professionals—to my involvement in the church. So when I came to Florida and saw how serious CAFCI was about serving community, I thought, *This is the organization for me.*"

Beyond her leadership roles, Genieve has served on practically every CAFCI committee. She currently serves as chair of both the Alliance, and Finance committee and is a member of the Friendship Ball, the Relay for Life, and the Cultural committees.

One of her proudest roles is as the chair of the *Vivian and Adrienne Ferrin Memorial Scholarship Fund (VAFMSF)*. The fund is a CAFCI subsidiary and was created in honor of two founding members who were equally prominent in the larger community. It distributes a number of scholarships to deserving college-bound Eagle Scouts and other student scholars, in addition to contributing to CAFCI's Student Assistance Fund.

Genieve's multifaceted talents extend to her professional background. A businesswoman who owned her own printing company, and book and variety store in Linstead, Jamaica, once she immigrated to the U.S. she worked in the finance departments of several major banks. Later she worked for the Palm Beach County Clerk & Comptroller's Office, where she served as a coordinator in their Traffic Violations Division. She retired from that position after 23½ years.

Genieve says she remains passionate about CAFCI because the organization operates as a skilled business whose mission is results driven.

Her biggest concern now is developing the next generation of CAFCI leadership. "I would like to see more young people be involved because there is so much to offer. My life experience shows the more you give of yourself, the more you gain. I have been extremely blessed in my life and I think it stems from serving others and being passionate about what you do."

Genieve is the proud mother of four, and grandmother to five high-achieving grandchildren. She says, "To me family and community are everything. We have to care about each other, reach out to each other, and be of service. A little outreach goes a long way."

Member Spotlight serves as an opportunity to share information about yourself and your interests with our CAFCI family. If you are interested in being featured or have someone you would like to recommend, please let us know by emailing us at:

*cafcj@bellsouth.net; junettep56@gmail.com;
thaliaec@gmail.com; or maxsandrox@gmail.com.*

Thanks in advance CAFCI family. We look forward to shining the spotlight on you.

By Max Smith

CAFCI EXTENDS
Congratulations!

If you would like to share your good news in our Newsletter, please contact the Newsletter Committee at junettep56@gmail.com or thaliaec@gmail.com so that we can share it with our members.

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 it as space permits.

STUDENT ASSISTANCE FUND

EMPOWERING YOUTH & INVESTING IN OUR FUTURE

Each year the Student Assistance Fund (SAF) Committee offers deserving local high school seniors the opportunity to apply for a monetary "Student Assistance Award" from CAFCI. We need your help! A donation of any amount will help CAFCI's SAF Committee reach its fundraising goal.

To donate to the Student Assistance Fund and/or sponsor an award recipient, you can use one of the methods listed below:

1. Mail check payable to CAFCI, Attention: SAF (write "SAF" on your check in the notes line to make sure it is posted to the SAF program), 675 Royal Palm Beach Blvd, Suite #134, Royal Palm Beach, FL 33411.
2. Donate online at <https://www.cafcipc.org/donation-center>. Select the Student Assistance option.

If you cannot donate, please share the fundraiser link (<https://www.cafcipc.org/studentassistanceprogram>) to help spread the word with family, friends and social media contacts.

The SAF Committee extends a big THANK YOU to Clayton Robinson and Golden Krust Restaurant (Okeechobee Blvd. & Jog Road) for donating 10% of purchases to CAFCI's SAF for purchases made upon presentation of the coupon from November 15, 2023 through January 15, 2024. Thanks to all who participated by supporting Golden Krust. Thanks also to everyone who has supported our fundraisers (Popcorn, Giving Tuesday, FaceBook). The list of 2023 Donors and Sponsors is posted on CAFCI's website at www.cafcipc.org/studentassistanceprogram.

SAF AWARD APPLICATIONS:

Applications are now being accepted for students graduating in 2024. Visit <https://www.cafcipc.org/student-assistance> or [Click Here](#) for eligibility requirements and to apply.

Please share the application with Palm Beach County's graduating seniors, and your friends and family. Application deadline is March 1, 2024.

In the past we have spoken with CAFCI members and friends whose children, grandchildren, or relatives had graduated from high school recently and when asked, 'Did you have them fill out the application?' their response was, "Oops, we forgot." Don't let that be you.

For more information, please contact Nadine White-Boyd at 561.351.6895 or Junette Powell at 561.346.2353. Thanks in advance for your continued support.

Message from Past SAF Award Recipient

SHEVAUNA DUMAY
2019 SAF AWARD RECIPIENT

December 22, 2023

Good Afternoon Ms. Junette,

I'm currently in my 3L year and will start my last semester mid-January. Right now I don't have much going on since I'm focusing mostly on bar prep! But I'm happy to say I passed the MPRE first try (took it in November).

Kind Regards,
Shevauna Dumay

Message from Past SAF Award Recipient

KATE DEVINEY
2022 SAF AWARD RECIPIENT

December 26, 2023

Dear Ms. Baker, Ms. Powell, Ms. Blackwood, and Ms. White-Boyd,

I hope this note finds you well this holiday season. I am enjoying some downtime, having just completed the fall semester of my sophomore year at Florida State University. I am grateful for the 2022 college scholarship you awarded me and am writing to update you on my progress and activities.

I earned a 3.9 GPA this past semester. I continue to work very hard on my studies, and am thrilled that my diligence has earned me a spot on the Dean's List (GPA 3.5 and above) each semester since starting at FSU. I am enrolled in the University Honors Program and am really enjoying the special coursework the program offers, such as the fascinating Honors Signature Course on Global Urbanization that I just completed.

I am also an Honors Legal Scholar, which provides me with many enriching opportunities to interact with faculty and students at the Florida State University College of Law. This past semester I attended several law school events, such as presentations by FSU Admission Directors and law professors. These special events give me valuable information to help me prepare for the law school application process and my future as a law student and lawyer.

I also served as Social Chair and Executive Board Member for the FSU Women in Pre-Law Society. I really enjoyed planning and executing the organization's social events, which the members also enjoyed.

Last semester, I also served as a research assistant to a PhD. candidate in the Florida State University Askew School of Public Administration and Policy, through the Undergraduate Research Opportunity Program. I am analyzing data on government structures and their influence on certain disparities through the lens of government responsiveness. I will continue my research next semester and will ultimately present my findings at the Undergraduate Research Symposium on campus in the spring.

After a competitive selection process last semester, I was also chosen to become an Engage 100 Leader, an honor that will allow me to teach a class—which I will design—to FSU freshmen. Next semester, I will take a class that will teach me how to design the class I will teach. The following semester (the first semester of my junior year), I will teach the class to a select group of freshman students, via live lectures. I look forward to this opportunity, which will strengthen my existing skills, such as public speaking, and will give me the experience of teaching a class.

Community service remains an essential part of my life. This past semester, I rendered 195 hours of community service in Tallahassee, which are verified on my "ServScript," which is the FSU transcript for community service. I logged many of those hours through my volunteer work as Director of Community Engagement and Executive Board Member for "The Big Event" Tallahassee.

"The Big Event" is one of the nation's largest one-day student-run community service projects. As Director of Community Engagement, I establish and oversee alliances between Tallahassee non-profit organizations and the hundreds of college-based student, faculty, and staff volunteers from three local colleges and universities, who will provide community service to these organizations on the day of "The Big Event," in the Spring of 2024.

This past September, my team and I successfully coordinated and executed "The Little Event," in which university students gave a day of community service to a few Tallahassee non-profit organizations, such as Catholic Charities, Bond Community Health Center, and the Leon County Sheriff's Office. "The Big Event," which will take place in a few months, will involve hundreds more volunteers rendering a day of community service at many more service sites. I will work hard with the rest of "The Big Event" team" to ensure that this day is also a resounding success.

Lastly, I am pleased to have been selected to study abroad in Costa Rica next summer. I am minoring in Spanish at FSU, and aim to become a fluent Spanish speaker, which will assist me in my future legal career, and more generally.

Next semester I will take two Spanish courses at FSU, which will refresh my four years of high school Spanish and build my skills in Spanish grammar and conversation. When the spring semester ends, I will depart for Costa Rica, where, throughout the summer, I will take four classes taught completely in Spanish at The Instituto San Joaquin de Flores. I look forward to experiencing a new culture, having new adventures, and growing as a person, as I work towards my goal of becoming bilingual.

None of my collegiate achievements would have been possible without your support. I cannot thank you enough for that! Thank you, again, for your unyielding support. Words can't express how grateful I am.

I look forward to giving you future updates. May the rest of your holiday season and new year be filled with peace, love, and joy!

Warmly,
Kate Deviney



Caribbean-American For Community Involvement (CAFCI) in Florida, Inc. **STUDENT ASSISTANCE FUND**



WHO WE ARE

CAFCI was founded by a group of residents in an effort to enhance, maintain and sustain the quality of life for the community, consistent with the culture and tradition of our ancestral origins. The organization was incorporated as a non-profit corporation under the provisions of Chapter 617 of Florida Statutes on August 13, 1999.

CAFCI is a 501(c)(3) organization committed to volunteerism and social activities, with special emphasis on our youths and senior citizens. Our annual affairs continue to serve and help the social, educational and health needs of the community.

OUR MISSION

CAFCI's mission is to maintain and sustain the quality of life for the community, consistent with the culture and tradition of our diverse ancestral heritage.



STUDENT ASSISTANCE FUND AWARD PROGRAM



Each year we offer deserving local high school graduates the opportunity to apply for a monetary "Student Assistance Award" from our organization.

Past student awards ranged from \$500 - \$1,500 per student.

AWARD CEREMONY

Each year in the month of May or June, CAFCI holds an award ceremony for students, their families, and members and friends of CAFCI.

We invite community leaders, Student Assistance Fund Committee members (past and present), past award recipients, the general public and friends of CAFCI to attend and participate in the event.



STUDENT ELIGIBILITY REQUIREMENTS

- Students applying must have at least a cumulative 3.0 GPA and demonstrate continuous academic success in their high school tenure to be eligible.
- Applicants must show that they have participated in school and community activities.
- Applicants must show interest in the Caribbean community.
- The monetary assistance is awarded to students who are going on to a college, university, or other accredited institution of higher learning.
- If selected, the student must provide proof of acceptance from the school before receiving the award.

To apply visit cafcipbc.org/student-assistance.

Deadline to apply is March 1, 2024.

How YOU Can Help Our Students

1. Make check or money order payable to:
C.A.F.C.I. (Note for Student Assistance Fund)
2. Donate by going to CAFCI's website www.cafcipbc.org and click on Donate to Student Assistance Fund.
3. It is preferred that your generous donation be received on or before **April 30, 2024**, in preparation for our Award Ceremony.

No contribution is too small. On behalf of the students, their families and CAFCI, Thank You Very Much.

CONTACT US

Caribbean-American for Community Involvement (CAFCI) In Florida, Inc.
675 Royal Palm Beach Blvd., Suite 134, Royal Palm Beach, FL 33411
561.790.4002 ~ cafcipbc@bellsouth.net ~ www.cafcipbc.org ~ Search: CAFCI



Caribbean-American For Community Involvement, in Florida, Inc.

A 501(c)(3) Organization – (EIN #65-0965408)

675 Royal Palm Beach Boulevard • Suite #134 • Royal Palm Beach, FL 33411
www.cafcipc.org • E-mail: cafcipc@bellsouth.net • Phone: 561.790.4002

Follow us on Facebook

January 10, 2024

Dear Prospective Student Assistance Fund Donor:

Caribbean-American For Community Involvement in Florida, Inc. (CAFCI) continues its more than 34 years of service to the community. CAFCI, a 501(c)(3) organization, functions due to 100% of dedicated volunteers and is committed to advancing our youths' higher education. For the past 30 years, CAFCI has raised funds to assist well deserving college-bound high school students in our communities to achieve their educational goals. Your financial donation and dedication to CAFCI will help to open college doors to students. With your financial support, CAFCI will be able to award between \$500 to \$1,500 to each deserving student.

Many ambitious students are denied access to a college education due to financial constraints. As you can imagine, many high school students may hold the key to a cure for a disease but may never have the opportunity to maximize their potential. Many have innovative ideas for probable solutions to social problems, yet may never have a chance to expand on them. Others are discouraged simply because the first step to higher education may seem financially impossible.

CAFCI's Student Assistance Fund Committee is requesting your financial help. Your contribution will make a difference in the lives of our youth as your donation will not only provide hope for more students but will also help to ease their financial burden. We look forward to receiving your life-changing contribution to help with assisting students as they embark on one of their lifelong endeavors to begin college. We will publicly acknowledge you on our *List of Donors*. **You may make your donation online by going to www.cafcipc.org/donation-center and select **Student Assistance** or by mailing your donation by **April 30, 2024, to:****

CAFCI
Attn: Student Assistance Fund
675 Royal Palm Beach Boulevard, Suite 134
Royal Palm Beach, FL 33411

For more information about our organization and past recipients, please visit our website at www.cafcipc.org/studentassistanceprogram. Thank you in advance for your donation. Should you have any questions, please do not hesitate to contact us at 561.790.4002.

Respectfully,

Nadine White-Boyd
Nadine White-Boyd
Co-Chair, Student Asst. Committee

Junette Powell
Junette Powell
Co-Chair, Student Asst. Committee

Dennis Wright
Dennis Wright
President

CAFCI SCOUTS BSA TROOP 111



New Year's Greetings CAFCI,

December has been a very busy and fun month for Troop 111. We held our annual Chopped Cooking competition at "Camp Davis". We were excited to have Troop 111 Alumni, Steven Peterson, be the Master of Ceremonies. Scouts from the Majestic Tigers Patrol to the Elusive Bucks Patrol participated. Since it was also the Troops' 20th Anniversary, we had several special guests in attendance such as Mr. Pantone, First Scoutmaster and Mr. Thomas, former Assistant Scoutmaster. Former Troop 111 scout Connor Thomas had a great time making dishes,



Isabella Paige, Kyndell Thompson, Jonathan Schnick Baker, Landon Girard, Haroon Almasoudi, Jackson Doeren, Steven Peterson, Mohammed Almasoudi, Jackson Eubanks, Luke Estevez, Robert Lombardo



David Pantone, Steven Peterson

talking to friends and eating food. Mrs. Schnick Baker, Mr. Thomas and Connor Thomas also served as the judges for the event.

As an added bonus, Troop 111 had the pleasure of having some Cub Scout Packs join us. They had fun playing holiday games created by our Advancement Chair, Mrs. Estevez. These young scouts also prepared food with Committee Chair, Mrs. Cabrera, earning their Cast Iron Chef Rank Adventure. We also had a community outreach recently at the Commons Park Winter Fest where we talked about scouting and attempted to recruit more youth to Troop 111 and new Girls Troop 4111.



Seated: Mrs. Schnick Baker, Mr. Thomas, Connor Thomas
Standing: Landon Girard, Jackson Doeren



Visiting cub scouts and siblings



Jackson Doeren, Lorianne Cabrera, Luke Estevez, Kirill Montoya, Irina Montoya, Paul Estevez



Sincerely,
Luke Estevez
Senior Patrol Leader
Scouts BSA Troop 111



To apply for membership in BSA Troop 111 or to volunteer for scouting, visit <https://my.scouting.org/VES/OnlineReg/1.0.0/?tu=UF-MB-085taa0111>



CAFCI Toys for Tots



CAFCI, in collaboration with Grace Episcopal Church, made "Toys For Tots" 2023 another huge success. Thanks to the generosity of our CAFCI members who dropped off toys and gifts or made cash donations to purchase toys. Thanks also to the members of Grace Episcopal Church and CAFCI's Scout Troop 111 who donated toys, along with food and clothes. In addition to the toys, 36 packages of food were also distributed which was donated to CAFCI by Primrose School in Royal Palm Beach for needy families in the community. Special thanks to Shciheen Zolghadar, Assistant Director and Shaunteicl Powell, Education Coach, for delivering the food to our office. Thanks to Winsom

Genus-Martin and Hildreth Stoddart-Brown for packaging the food. Chairman of the committee, Lauriston Simms, along with Hildreth Stoddart-Brown, Barbara Gordon, Eileen Armstrong, and Cynthia Jackman, were met by the Belle Glade Sherriff's Office and escorted to an area where the need was great. Food, toys and clothes were distributed. The smiles and tears



of all the recipients spoke volumes of how tremendously appreciative they were. Your donations continue to make our programs successful and made a lot of kids and adults happy this past Christmas.





Ring in the *New Year* with CAFCI

CAFCI's New Year's Eve Party was a wonderful occasion and it was well attended. Everyone had a great time. The hall was beautifully decorated with just the right touches. The food was great and with the touch of Caribbean flavors which made it even better. DJ Mansta did a wonderful job with his mix of music which kept the dance floor bustling. With the traditional champagne toast, guests rang in the new year with the promises of peace, health, prosperity and happiness for 2024.



RINGING IN THE *NEW YEAR* WITH CAFCI (CONTINUED)



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???

2024 MEMBERSHIP DUES (Single - \$80 • Couple - \$140)

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.



At the November Board meeting, Barclay Varlack presented a business proposal to the Board on behalf of the Finance Committee. The proposal was approved and the Finance Committee was directed to investigate the details required to set up the proposed business. This will require a few months to complete. The purpose of this step is to get legal advice and, if favorable, create a more detailed business plan for the Board to review for approval. If approved, the next step would be to implement the plan and start the business.

The business plan is required by the organization we have solicited to help us acquire funding for a building and related capital expenses. They will help us secure financing prior to finding a space.

If you have information about potential investors who may be able to help with funding, please share your ideas and information about available properties by calling 561-790-4002 and leaving a message, or by emailing cafcipc@bellsouth.net, and copying radcliffewoody@aol.com. We thank you, in advance, for your assistance.

Participation in the Home of Our Own project is available through the Buy-A-Brick program. Visit the web page at 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 the accomplishments of a close relative (e.g., 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 or phone 561.784.0067). If there is any other information you would like included in the NEWS, please submit the information to Junette Powell (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.

JANUARY... A MONTH OF CELEBRATIONS & AWARENESS

JANUARY IS NATIONAL MENTORING MONTH

What is National Mentoring Month 2024? National Mentoring Month 2024 is the latest iteration of this important initiative, aiming to inspire individuals to engage in mentoring activities and support those who are already making a difference as mentors. During this month, communities, organizations, and schools across the country come together to celebrate the impact of mentoring and promote the expansion of mentorship programs.

When is National Mentoring Month 2024? National Mentoring Month is celebrated throughout January each year. It's a time for communities to engage in various mentoring-related activities and for individuals to reflect on the importance of mentorship in personal and professional growth.

How to Participate in National Mentoring Month 2024? -- Participating in National Mentoring Month can be a rewarding experience that benefits both mentors and mentees. Here are some ways to get involved:

- **Become a Mentor:** Consider becoming a mentor in your community or workplace, sharing your knowledge and skills with someone in need of guidance.
- **Support Mentorship Programs:** Contribute to or volunteer with organizations that offer mentoring programs for youth, students, or aspiring professionals.
- **Share Your Mentoring Stories:** Share your mentoring experiences and stories on social media, inspiring others to become mentors or mentees.
- **Attend Mentorship Events:** Participate in mentoring-related events, workshops, and seminars to learn more about effective mentoring practices.
- **Educate Yourself:** Learn about the impact of mentoring on personal development, education, and career success.
- **Recognize Outstanding Mentors:** Acknowledge and celebrate outstanding mentors in your community or organization.

Source: [National Mentoring Month 2024 - Awareness Days Events Calendar 2023](#)

Submitted by Junette Powell

FIVE THINGS MEN CAN DO TO SLOW DOWN AGING

By Jaime Joshi Elder

All of us are getting older and dealing with everything that comes along with aging – more wrinkles, a slower metabolism, lower testosterone and creaking joints. While most of us can't tap into the secrets of immortality, there are a few tricks we can start incorporating into our lives to ensure we look as young as we feel.

1. Drink Less Alcohol / Drink More Water

In addition to being dehydrating and damaging to the skin which makes you look older, excessive alcohol consumption can lead to the risk of stroke, high blood pressure, liver disease and excessive drinking increases the risk of cognitive and neurological issues like dementia. Put down the cocktail and pick up a water bottle. Around 13 cups a day (or 104 oz) is recommended for men – more if you work outside, are physically active or live in a warm climate like South Florida.

2. Better Living Through Chemistry

Testosterone levels decline at a rate of 1% annually after the age of 30. This can mean anything from a decrease in muscle mass to a lower sex drive to hair loss to mental health issues like anxiety and depression.

Declining hormone levels are a natural part of life but there are still steps we can take to restore hormonal balance. If planning on utilizing Hormone Replacement Therapy, make sure to consult with your healthcare provider to determine which treatment option is best for you.

3. Mind-Body Connection

The mind-body connection is crucial to anti-aging and researchers state that practicing low impact forms of exercise such as yoga and pairing it with mindfulness and meditation can lead to a decrease in the cortisol-driven stress response in both mind and body.

4. Eat This, Not That

We owe it to ourselves and our bodies to eat a well-rounded diet that suits our needs. The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet not only targets neurological health but also features foods high in antioxidant properties and heart-healthy foods such as lean proteins like chicken and fish, lentils and leafy green vegetables.

5. Slather Up

Regular sunscreen use protects against the effects of photoaging like wrinkling, spotting and loss of elasticity. Increased unprotected UV exposure will also increase your risk of skin cancer.

For the full article visit <https://www.aroundwellington.com/five-things-men-can-do-to-slow-down-aging/>

MEMBERSHIP DUES

(Single - \$80 * Couple - \$140)

Submit your membership dues online at 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.

Monday, January 15th at 8:30 am
Martin Luther King, Jr. Day Celebration
Royal Palm Beach Cultural Center, 151 Civic Center Way, Royal Palm Beach

Saturday, February 10: General Membership Meeting, 7 pm, Hybrid, Location TBA

Saturday, March 9: General Membership Meeting, 7 pm, Hybrid

April (Date, Time & Venue TBA)
CAFCI Annual Picnic

May (Date, Time & Venue TBA)
Cultural Diversity Day

Saturday, May 11: General Membership Meeting, 7 pm, Hybrid

June (Date, Time & Venue TBA)
Student Assistance Fund Award Ceremony

Saturday, June 8: General Membership Meeting, 7 pm, Hybrid

Saturday, July 13: General Membership Meeting, 7 pm, Hybrid

Saturday, August 10: General Membership Meeting, 7 pm, Hybrid

Saturday, September 14: General Membership Meeting, 7 pm, Hybrid

Saturday, October 12: General Membership Meeting, 7 pm, Hybrid

Saturday, November 9: General Membership Meeting, 7 pm, Hybrid

Saturday, December 14: General Membership Meeting, ~ Toys for Tots | Christmas Potluck, 7 pm, Hybrid

AROUND TOWN

- Saturdays thru April 27th, 9 am to 1 pm | Green Market & Bazaar, Lakeside Village Hall, Royal Palm Beach
- Friday, January 12th to Monday, January 28th: South Florida Fair, 9067 Southern Boulevard, West Palm Beach
- 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. CAFCI Group performances are:
 - Righteous Brothers, March 7th
 - Tina - The Tina Turner Musical, March 12th - 17th (limited seats)
 - Shen Yun, April 30th
 - Hamilton, April 10th - 21st
- 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.

CAFCI

675 Royal Palm Beach Boulevard

Suite #134

Royal Palm Beach, FL 33411

*On behalf of the Board and members of the Newsletter Committee,
we wish everyone a
Happy, Healthy and Prosperous 2024!!!*

