



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.



THE OFFICERS & MEMBERS OF
CARIBBEAN-AMERICAN FOR COMMUNITY INVOLVEMENT
IN FLORIDA, INC.

CORDIALLY INVITES YOU TO THEIR

31st Annual Friendship Ball

Saturday September 17th, 2022

7:00 PM - 1:00 AM

West Palm Beach Marriott

1001 Okeechobee Blvd.

West Palm Beach, FL

Dinner Served

at 8:00PM

Dress: Semi-Formal

Door Prizes

Raffle

Cash Bar



Music by:



Tickets \$100 per person

Advanced Ticket Sales Only



Steve Higgins, Singer/International Recording Artist

Tickets can be purchased using PayPal

For tickets or information:

Dennis Wright: 561-653-1586

Alvin Nembhard: 561-670-8113 • Lawrence Logan: 561-791-0162

CAFCI: 561-790-4002

www.cafcipc.org • Email: cafcipbc.org

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1st Vice President Genieve White
2nd Vice President..... Rhonda Ferrin-Davis
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Corresponding Secretary..... Paul Baker

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Shirley Morrison ★ Junette Powell
Barbara Walker ★ Thalia White Lauren

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Bylaws Barbara Walker
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..... & Thalia White Lauren
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..... & Nadine White-Boyd
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..... & Nadine White-Boyd
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Venue/Reservations Lawrence Logan
Ferrin Memorial Scholarship Fund
..... Genieve 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
cafcibellsouth.net ★ www.cafcibpc.org
www.facebook.com/cafcibpc

Board meetings - 4th Thursday of the month
See back page for calendar of events.

PRESIDENT'S MESSAGE

MONTHLY MEMBERSHIP MEETINGS: We have not had an in-person general membership meeting since the start of the COVID-19 pandemic in March 2020. Some members are inquiring as to when we will start in-person meetings again. COVID is still with us although conditions have improved significantly from two years ago. I would like feedback from our members if you feel comfortable in returning to in-person meetings again or not. As you know, we must rent meeting space for General Membership meetings, so based on your feedback, we will plan accordingly. You can send an email to cafcibellsouth.net or you can join us for our monthly Zoom meeting on Saturday, July 9, 2022 and give your feedback at the meeting.

ANNUAL FRIENDSHIP BALL, September 17:

The Ball Committee is working hard to complete the planning and preparation for this year's Annual Friendship Ball which will be held at the Downtown Marriott Hotel in West Palm Beach. As most members know, this is our major fundraising event for the year and proceeds are used to fund many of our programs, including the Student Assistance Fund. We request your support for this event by purchasing raffle and ball tickets. Please see details on the upcoming ball elsewhere in this newsletter.

Thanks to all our committee chairs and members who continue to help us fulfill our mission every year.



Dennis Wright

CAFCI IN THE NEWS

CAFCI featured in

PBS On The Town In The Palm Beaches

Click on the following link to view the feature and check out some interesting information about Caribbean restaurants, music, and art in Palm Beach County

[Celebrating Caribbean American Heritage | On The Town in the Palm Beaches - YouTube](#).

Welcome
New Member
BRANDON BOYD

**HAPPY
BIRTHDAY**

JULY 16 - 31

Lascelles Harris	16
Bernice Morgan	17
Hugh Walters	18
Florence Osbourne	21
Lavern Blackwood	22
Mark Morrison	24
Loretta Watson	24
Thalia White Lauren	26
Alliseen Kelly-Rambeau	31

AUGUST 1 - 15

Sam Roman	03
Juliette Bramwell	04
Larry Buck	04
Nigel Charlton	04
Karlene Stephenson	14
Barbara Walker	15
Genieve White	15

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 (cafcibellsouth.net) and we will update the birthday list. We apologize for any oversight.

GET WELL WISHES TO:

Charlesworth "Barclay" Varlack

Please Let Us Know...

*Please contact (or ask someone else to contact) one of our Sunshine Committee members if you are ill, know of anyone who is ill or would like to share any condolences and would like it to be announced in the newsletter. **If no one tells us, we cannot share it.***

Elet Cyris, Chair561.791.9087
Paul Baker561.784.0067
Samuel Baxter561.798.2864

GENERAL MEMBERSHIP MEETING

Saturday, April 9, 2022 at 7 pm
VIA ZOOM

Join us for our General Membership meeting on Saturday, July 9th where Attorney Varisa Dass will speak about "The Rising Costs in Homeowner's Insurance Coverage - What We Should Know and What Can We Do". Please make sure to join us to get some useful information. We conduct our monthly membership meetings via Zoom until further notice.

You will need a mobile device (smart phone/tablet) or a computer/laptop with a microphone to participate in the meeting. You may also call in. See instructions below.

Click on link or copy and paste link in your browser:

<https://us02web.zoom.us/j/85318987422?pwd=dllNER0a2JuNIhtYUZlVkJZzYmRSdz09>

OR

Visit website: www.cafcipbc.org

Select "Enter Zoom Meeting"

OR

Download the ZOOM App: www.zoom.com

Select "Join A Meeting"

Meeting ID: 853 1898 7422

Password: 478705

OR

Call-In:

+1 646 558 8656

Meeting ID: 853 1898 7422

Password: 478705

SAVE THE DATE

CAFCI 31st ANNUAL FRIENDSHIP BALL

Saturday, September 17, 2022

Downtown Marriott Hotel, West Palm Beach

The excitement is building as we prepare for the CAFCI 31st Annual Friendship Ball to be held on Saturday, September 17, 2022 at the Downtown Marriott Hotel in West Palm Beach. The Ball Committee is working hard to put everything in place for a successful socially distanced event. Please be sure to save the date and purchase your tickets from a CAFCI member as soon as possible. See additional details on the flyer on the front page of this newsletter and on the CAFCI website.

BALL JOURNAL

The comprehensive Annual Friendship Ball Journal showcasing CAFCI's activities, community involvement and more will not be published this year; however, a condensed Ball Program will be printed for the event. Therefore, we are still seeking Sponsorships (starting at \$1,000) as well as Member Messages (starting at \$20). Details will be sent out shortly as well as posted on the CAFCI website, www.cafcipbc.org.



CAFCI Scouts BSA Troop 111

had a great time at Tanah Keeta Summer Camp. We provided TK with another successful service project where the Troop cleared a pathway that can be used as a shortcut.

We were invited to the Provisional Scout campsite where staff members took the time to teach us "Sticks". This was a fun, unique game that we all learned. There are great

scouts in our Troop that stood out to be selected as the scout of the day; Monday, Mason Scott for picking up trash left behind by other scouts, Tuesday, Noah Cabrera for taking charge when he recognized that things needed to get done, Wednesday, Landon Girard for being very helpful at camp, and Thursday, Caleb McNally for taking the initiative and knowing what was expected and needed as Quartermaster. All the scouts enjoyed Thursday night as it was movie night for our troop. The feature movie was Sonic 2. Even though the campout was cut short, all of us had an exciting time making new friends and earning merit badges.



Life Scouts, Jackson Doeren and Jackson Eubanks, are attending this year's Summit High Adventure Camp in West Virginia. We wish them safe travels as this is their next step towards the Triple Crown National High Adventure Award they are hoping to earn.

Lastly, we are preparing for our out of state campout in Woodruff, Georgia, where we will be heading in July. The High Adventure group will be whitewater rafting. Base Camp scouts will be earning merit badges like horseback riding and also enjoy some fun rafting experiences. Stay tuned for more about this adventure next month.

By William Hicks, Senior Patrol Leader, Troop 111

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; so please share your good news with us and we will publish as space permits.

Thank you to everyone who supported the 2022 Student Assistance Award Fund through your donations and to those who donated via the following fundraisers: Facebook, Golden Krust Restaurant's dining-to-donate, The Goodies Factory/Poppin Popcorn, Where's the Food and Where's the Picnic. The list of 2022 Donors and Sponsors is featured in this newsletter and posted on CAFCI's website.

ONGOING SUPPORT: To donate to the Student Assistance Fund and/or sponsor an award recipient, please contact Nadine White-Boyd at 561.351.6895; Junette Powell at 561.346.2353; or donate on CAFCI's website at <https://www.cafcipbc.org/donation-center> and select the Student Assistance option. A donation of any amount will help CAFCI's Student Assistance Fund Committee reach its fundraising goal. If you cannot donate, please share the fundraiser link (<https://www.cafcipbc.org/studentassistanceprogram>) to help spread the word with family, friends, and social media contacts. Thanks in advance for your continued support.

CAFCI's STUDENT ASSISTANCE FUND AWARDS CEREMONY

Empowering Youth & Investing In Our Future

On Saturday, June 11, 2022, Caribbean-American for Community Involvement in Florida, Inc. (CAFCI) held its 29th Annual Student Assistance Fund Award Ceremony at a well-attended virtual event on Zoom. The Mistress of Ceremony, Leonie Escoffery, kept the audience engaged throughout the evening in her usual entertaining fashion.

Congratulations to the four outstanding Palm Beach County high school seniors who received Student Assistance Fund awards in the amount of \$1,500 each for educational excellence and exemplary community and civic service recognition: **Kate Deviney** (Florida State University); **Naomi Francisco** (University of South Florida); **Wole Senat** (Florida State University) and **Elizabeth Wilson** (University of Florida). Congratulations also to Kate Deviney who also received CAFCI's Junior Citizen Award in the amount of \$500.

Keynote speaker, Judge Bradley Harper, delivered a passionate, motivating speech encouraging the students to keep their heart in the right place, and look and pray to God each and every day as they embark on their college career and beyond.

The theme "Empowering Youth & Investing In Our Future" was not lost on the attendees as every speaker acknowledged the educational and personal challenges faced by the students who had to maintain academic excellence while trying to navigate new learning modalities in a virtual environment during a global pandemic.

Local songstress, Samara Lewis, opened the ceremony with the National Anthem, followed by CAFCI's President Dennis Wright, who congratulated the students and recognized local dignitaries. Committee member Marva Wilks introduced the committee and recognized the sponsors and donors.

The students received inspiring messages of congratulations and encouragement from Royal Palm Beach Mayor Fred Pinto and School Board District 6 member Marcia Andrews. This was followed by a video with "thank you" messages from the current recipients and "congratulatory" messages, enthusiastic support and valuable advice from 1997 through 2021 past recipients. Past recipients Leevens Cherisma (2018 recipient) and Brandon Boyd (2014 recipient) attended the ceremony and delivered words of encouragement and tips and tools for successful transition to college life. The academic and career progress of the past recipients is a tribute to the investment and commitment that CAFCI has made to education and the young people of our community.

Thank you to the Student Assistance Fund Committee Members: Doreen Baker, Lavern Blackwood, Leonie Escoffery, Doreen Grayson, Alpha McDonald, Marva Wilks and chaired by both Junette Powell and Nadine White-Boyd, Esq.

As mentioned in Doreen Baker's summary of the Awards Program, CAFCI is proud to have donated over \$231,500 to 225 Palm Beach County high school seniors over the past 29 years.

The link to the SAF Awards Ceremony on the CAFCI Student Assistance Fund page is <https://www.cafcipbc.org/studentassistanceprogram> and the direct YouTube link is <https://www.youtube.com/watch?v=rdeqSmv7Hr0>.

You may also view a video of the 2022 SAF award recipients and messages from past award recipients at <https://www.cafcipbc.org/2022-student-assistance-video>.

Please join us once again to wish the four award recipients all the very best in their future endeavors.

2022 CAFCI STUDENT ASSISTANCE FUND AWARD RECIPIENTS



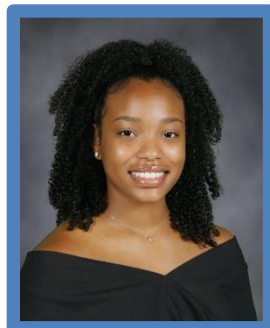
KATE DEVINEY

Audrey C. Martin Award & CAFCI Junior Citizen Award

A graduate of Alexander W. Dreyfoos School of the Arts as an AP (Advanced Placement) Scholar with Distinction Award.

Plays the violin, performed with the Dreyfoos Philharmonic and Palm Beach County All-County Orchestra. A member of the National Honor Society, National English Honor Society, National Spanish Honor Society, and the National History Honor Society. Serves on the Teen Advisory Council, Prime Time Palm Beach County Youth After School Program, and Future Leaders.

Accepted at Florida State University
Major: Political Science; Minor: Spanish



NAOMI FRANCISCO

Amanayea Abraham Award

A graduate of Suncoast Community High School as an AP Scholar.

A member of the Varsity Girls Weightlifting, National Honor Society, and the Black Student Union. Also, a member of EmpowHer Leadership Academy for Girls, as well as Delta GEMS (Growing & Empowering Myself Successfully) sponsored by Delta Sigma Theta Sorority, Inc.

Accepted at the University of South Florida
Major: Marketing



WOLE SENAT

Vivian & Adrienne Ferrin Memorial Scholarship Fund "The Alan and Arlene Olinsky" Award

A graduate of Village Academy.

Participated in basketball, cross country, bound for college, and suits for seniors. Recipient of awards such as the Omega Psi Phi achievement week award, the black history month essay award and being selected to partake in Scholastic Achievement Foundation of Palm Beach County.

Accepted at Florida State University
Major: Computer Engineering



ELIZABETH WILSON

Cassie's Castle / Simms Family Award

Graduate of Seminole Ridge Community High School.

A member of the National Honor Society, Mu Alpha Theta, and the Science Honor Society. Recipient of an AICE (Cambridge Advanced International Certificate of Education) Diploma and the National African American Recognition Program Scholar award. Earned a Biotechnician Assistant Credentialing Exam (BACE) Certification.

Accepted at the University of Florida
Major: Nursing

A MESSAGE OF THANKS

by Lavern Blackwood

Honorable Guests, Board of Directors, and most valued invited guests and members, it is my great honor to bring the vote of thanks on this special occasion.

On behalf of CAFCI's Board of Directors, the Student Assistant Fund Committee, all CAFCI members and the 2022 Award Recipients, heartfelt thanks to each of you for being here this evening. I was brought up to believe that it takes a village to raise a child. Thanks to you all for being a part of the village that has prepared our amazing 2022 awardees on their journey toward a bright and promising future.

We can all agree that it took tremendous effort to get to this moment. Our students have worked hard and are deserving of these awards, and we wish them well. Congratulations again to our 2022 Awards Recipients. You are the future, and the future is yours!

Many thanks to the family members, Moms, Dads, Sisters, Brothers, Grandparents, Aunts, Uncles, the teachers, school support staff and those who have contributed time, efforts, and resources to support, guide and care for these students.

Sincere thanks to our Donors and Sponsors, many of whom are families, and members of CAFCI, local businesses, and community partners, who have generously donated to our Student Assistant Fund. Your financial support helps to further our mission and recognize our students for their accomplishments. Your support is invaluable to us, thank you.

Thanks to our past recipients for your video messages congratulating this year's award recipients. We appreciate you taking the time to share your experiences with them and offer words of encouragement.

Special thanks to guest speaker, Judge Bradley Harper, for your message. We can all benefit from the inspiration and trust that your words will inspire, encourage and motivate our scholars to greater heights.

To our honorable representatives and public Officials, thank you for your participation and your support of our programs. Your presence here tonight is a testament to your dedication and commitment to our communities and residents.

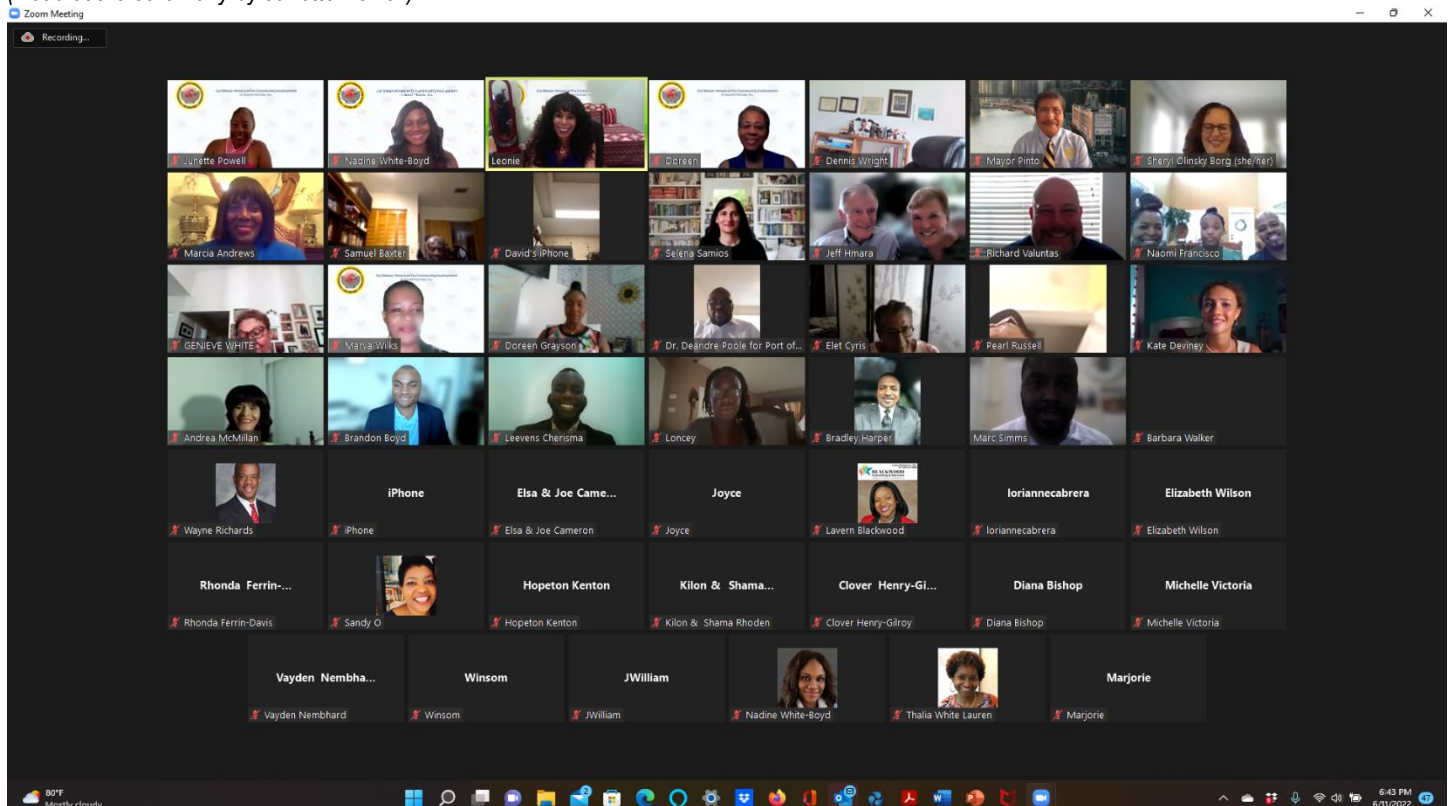
Thank you to Nadine White-Boyd, Co-Chair of the CAFCI Student Assistant Fund Committee, Junette Powell, Co-Chair, and all the committee members. You have worked tirelessly to make this event a success.

Special Thanks to Kareem Gordon for working with the committee to develop the video presentation for today's ceremony.

Thank you to our Board of Directors for your direction, support and dedication to CAFCI's purpose.

Please, let's give a round of applause for our 2022 Awards Recipient. We are proud of you, and we wish you much success in college and beyond!

(Read at the ceremony by Junette Powell)





Thank You

for your financial support and commitment to
CAFCI's Student Assistance Fund.

2022 Donors & Sponsors

Dawn & Larry Abraham
Anthony Baker
Doreen & Paul Baker
Sandra Jean Ballantyne
Margarita Beers
Nova & Radcliffe "Woody" Brown
Cassie's Castle/Lauriston Simms
Claudette & Lukie Christie
Deere Law Firm/Chioma Deere, Esq.
Michelle Diffenderfer, Esq. &
Robert Diffenderfer, Esq.
Kalinthia Dillard, Esq.
Sonia & Richard Elliott
Yvonne & Vincent Elliott
The Escoffery Families
Facebook Donors
Florida Power & Light
Golden Krust/Clayton Robinson
Gulfstream Real Estate Solutions, Inc.
Yvonne Gray & Jason Gray, Esq.
Michelle & Kinta Gumbs
Lakeside Funeral Home & Cremation
Care/ Shama & Kilon Rhoden
Carolyn & Councilman Jeff Hmara
Nicholas C. Johnson, Esq.
Dorothy Jacks, CFA, AAS
Jane Krier
Thalia & Timothy Lauren

Melissa Martin
Pat & Raymond Martin
Shihein & Adam Martin
Alpha McDonald
Charmain McCray
Lillian McGann
Andrea McMillan, Esq.
Shirley & Mark Morrison
Alex & Jamee Moses
Denise Mutamba, Esq. &
Masimba Mutamba, Esq.
David C. Prather, Esq.
Junette & Neil Powell
Helen & Dr. Karl Russell-Brown
Opal Sangster
Victoria & Jess Santamaria
Mary & Peter Scott
Ivette & Jose E. Sanchez
Dorothy & Phillip Thompson
Adrienne and Vivian Ferrin
Memorial Scholarship Fund
Alva Weathers
Genieve White
White-Boyd Law, P.A./
Nadine White-Boyd, Esq.
Christine Wilks
Jean & Richard Williams
Yvonne & Dennis Wright

Special thanks to Kareem Gordon for putting together the students' Thank You and congrats video. Thanks to the Student Assistance Fund Committee for their dedication and investment to CAFCI: Doreen Baker, Lavern Blackwood, Leonie Escoffery, Doreen Grayson, Marva Wilkes, Alpha McDonald, Junette Powell (co-chair) and Nadine White-Boyd (co-chair).

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

CAFCI website: <https://www.cafcipbc.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???

2022 MEMBERSHIP DUES (Single - \$60 • Couple - \$100)

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

Mail to: CAFCI Attention: Lawrence Logan,

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



DO YOU SHOP ON AMAZON???

Help support CAFCI when shopping online at Amazon ...

IT'S EASY!

1. Just sign into or create your account at <https://smile.amazon.com>
2. Select **Caribbean American for Community Involvement in Florida** as your preferred charity.

Amazon will donate 0.5% of the price of your eligible purchases to CAFCI, thereby helping to fund CAFCI programs such as the Student Assistance Fund for college bound students, Scouts, annual Martin Luther King, Jr. Day Celebration and Cultural Diversity Day as well as other events that benefit the community.

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



Although changes in our criteria have resulted in more leads, we still have not found suitable property. I am currently looking at various options that will allow us to acquire commercial property and run a business venture to cover the cost of the facility.

We will continue to search for that ideal gem both in and outside our preferred search area based on the outlined strategy. Our preferred search area is bounded on the north by Orange Boulevard, Jog Road to the east, Lake Worth Road to the south and Seminole Pratt Whitney Road to the west.

If you have information about potential investor(s) who may be able to help with funding, would like to share your ideas or provide information about available property, email cafcibellsouth.net, copying 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.cafcipbc.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

A TIME IN HISTORY



HISTORY IN THE MAKING . . .

Congratulations to **KETANJI BROWN JACKSON**, a former public defender who rose to become a judge on a powerful federal appeals court, making history on Thursday, June 30, 2022, as the first Black woman to sit on the Supreme Court. Jackson, 51, a Miami native and Harvard-trained lawyer was confirmed by the Senate nearly three months ago and will take the seat vacated by Associate Justice Stephen Breyer after serving for 28 years.

FLYING AFRICANS

African cultures, like all other cultures, have many stories that stretch the imagination and therefore have been classified as legends, myths or folklore.

One such story is that of the 'flying Africans.' This story, which seems to have been orally transmitted over several generations, is said to have served as more than a mythical tale, for it was purportedly used as secret code language to help slaves escape during the time of the underground railroad. Secret plans or opportunities for escape were communicated openly by reciting poems and stories or singing songs "flying away." Promises of "flying away" from unbearable conditions were included in Negro Spirituals and poetry to inspire hope and strength to persevere when life seemed hopeless; and are still used in today's stories and poems. "Swing Low, Sweet Chariot" and "Steal Away To Jesus," songs written by Wallace Willis, a Black Native American, who as a slave had walked the Trail of Tears with his owner, both pinned hope on 'flying away' from the harsh conditions of slavery. Two different accounts of Flying Africans appear to have originated from, or been adapted to, narratives of Africans having successfully fled slavery in the United States; Stories of Return and Stories of Rising Above. In stories of return, "newly arrived Africans take one look at the conditions facing them in the New World and turn their back on slavery. Dismayed and revolted, they take wing and fly back across the ocean." In stories of rising above, "...often set in the fields, someone chants or sings particular words then takes flight. Sometimes the chant or song gives the gift of flight to others nearby and language becomes a tool of collective liberation."¹

One story, once treated as folklore but now believed to be factual, is the story of enslaved Africans who committed suicide rather than submit to slavery. "Igbo Landing (also called Ibo Landing, Ebo Landing, or Ebos Landing) is a historic site at Dunbar Creek on St. Simons Island Glynn County, Georgia. It was the setting of a mass suicide in 1803 by captive Igbo People who had taken control of their slave ship and refused to submit to slavery in the United States. The event's moral

value as a story of resistance towards slavery has symbolic importance in African American folklore as the flying Africans legend, and in literary history... The chained enslaved people

Igbo Landing



A 1930 post card showing moonlight on Dunbar River, Glynn Haven, St. Simons Island, Georgia

Date	May 1803
Participants	A group of 75 Igbo enslaved people ^[1]
Outcome	Mass suicide in opposition to slavery in the United States. Notable influence on African American folklore and literature
Deaths	13 bodies of drowned enslaved people were recovered ^[1] and 3 white overseers drowned ^[2] but actual numbers of deaths uncertain

subsequently, under the direction of a high Igbo chief among them, walked in unison into the creek singing in the Igbo language "The Water Spirit brought us, the Water Spirit will take us home"²

¹Teachrock.org: Handout 1 – FLYING AFRICAN TESTIMONIALS

²https://en.wikipedia.org/wiki/Igbo_Landing

Submitted by
Barbara Walker, Newsletter Committee

were packed under the deck of a small vessel named The Schooner York to be shipped to the island (other sources say the voyage took place aboard The Morovia). During this voyage the Igbo slaves rose up in rebellion, taking control of the ship and drowning their captors, in the process causing the grounding of the Morovia in Dunbar Creek at the site now locally known as Igbo Landing. Apparently the Africans went ashore and



Jamaica Celebrates its 60th Year of Independence

This holiday is the National Day of Jamaica and celebrates independence from the United Kingdom on this day in 1962. It is observed on August 6th, however if August 6th falls on a Sunday, Independence Day will be observed as a public holiday on Monday August 7th.

History of Jamaican Independence Day - Jamaica was one of the first colonies in the so-called new world. Spanish rule began in 1509. Nearly 150 years later, the island was taken by the British on May 11th 1655 during the Anglo-Spanish War.

With the breakup of the British Empire in the 1950s, Jamaica had several amendments to its constitution to allow greater self-government and a Prime Minister. In 1958, Jamaica became a founding member of the West Indies Federation, a political union of various islands in the Caribbean that were colonies of the United Kingdom. In September 1961, Jamaican dissatisfaction with the Federation and the slow pace of moves to independence led to a referendum in Jamaica that resulted in 54% of voters wanting to leave. The elections of 1962 were won by the Jamaica Labour Party under the leadership of Alexander Bustamante.

This led to the Jamaica Independence Act being passed by the United Kingdom Parliament on July 19, 1962, granting independence on August 6, 1962 when the Jamaican flag was flown for the first time. Bustamante became Jamaica's first Prime Minister and Jamaica joined the Commonwealth of Nations.

The main event of Independence Day is the Jamaica Festival, which is celebrated with a grand parade, traditional music, the World Reggae Dance Final and other events.



Did you know?

Jamaica is the only country in the world whose flag does not contain the colors of red, white or blue! Mauritania also used to be in this club, but they amended their flag in 2017 to include two red stripes.

The national flag features a golden cross on the center, creating two black and two green triangles.

This distinctive design was chosen in a national contest and earned this flag the nickname "The Cross." The flag's colors have their own symbolic meanings: green represents the Jamaican island itself, gold symbolizes the sun that shines onto it, and black signifies the peoples' strength in the face of hardship.

Source: [Independence Day in Jamaica in 2022 | Office Holidays](#)

Even though Jamaica is small in land mass, this Caribbean country has a global influence that dwarfs its size at least tenfold. It is known as the home of the Reggae music, Rastafari religion Jerk Chicken and is internationally prominent in sports, most notably cricket, sprinting and athletics.

The Jamaican proverb "Wi likkle but wi tallawah" is a phrase that is synonymous to describe how this tiny island produces so many great people around the world.

The Jamaica 60th theme is "Reigniting a Nation," and the island is encouraging Jamaicans living abroad to "come home" to rediscover their roots and reignite their passion for Jamaican culture.

Source:

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjgk4bd2tH4AhW_EFkFHRq1DEk_QFnoECAUQAQ&url=https%3A%2F%2Fcaribvibetv.com%2Fjamaica-60th-anniversary%2F&usg=AOvVaw1vtrXyJWCiYMPwP1An435

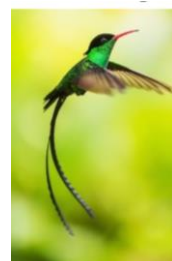
SYMBOLS OF JAMAICA



Coat of Arms & Motto



National Heroes



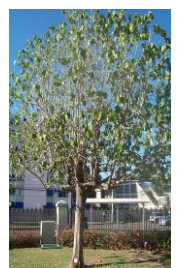
Hummingbird
(aka Dr. Bird)
National Bird



Ackee
National Dish



Lignum Vitae
National Flower



Blue Mahoe
National Tree

YOUR HEALTH MATTERS

HERBAL REMEDIES IN A PANDEMIC

Plant based medicines have been around ever since the first warrior hunter got wounded and stemmed the bleeding with some leaves. Of course, when there was no meat from the hunt we stuck with our old diet of leaves, fruits, roots and shoots. Then we started noticing the smells, flavors and tastes of plants. Some were only edible in small amounts, because they were too bitter, pungent or sour. We started to separate plants by their useful and sensory properties. Roots and fruits were very sustaining with their ample sugars and starches. Flowers and leaves could add flavor to our tastebuds and later to pots and medicine cabinets.

Herbs have specific and broader definitions, such as perennials or biennial leafy plants without woody trunks or stems. Or plants with any part that impart medicinal properties, from leaves, shoots, flowers, stems, barks or roots. They can also be used for flavoring food or as medicines; and when dried or cured, as spices. From the ancient warrior, shaman, Sumerians, Theophrastus, Galen to the Rasta man; herbs have been an integral part of our medicines. It was the isolation and decoction of herbal essences that led to the birth of modern pharmacy. Pharmacognosy.

Herbal life has always been popular but in the 1970's there was a rebirth of the interest in the natural world. Smoothies were born! The hippy generation had opened up the young to psychedelic drugs and their more benign analogs in medicines, and the organic revolution was started. Clearly, some herbal medicines have their benefits. The doctors of native Americans had long found the willow bark can ease painful injuries. Quinine from the cinchona bark, saw palmetto from the dwarf palm, being among many others affording us their palliation. And, naturally, there are many poisonous plants from foxglove, deadly nightshade to aconitum, wolf's bane. The German Commission E is a compendium of all known herbs and their effectiveness or lack thereof.

So, we started whole foods, browner rice and flours and juicing every plant, nut, fruit and vegetable. We also veered away from fertilizers, insecticides and mass produced everything. Organic became the buzz word of our time. Meat would become the Mount Doom of cholesterol. The dieticians would carve out the Mediterranean diet, the paleo and the keto. Our hunter gatherer forebearers would be horrified. The vegan had become the paradigm of healthful living.

Then another movement started in the 2000's. Modern medicine, as advanced as it was becoming with gene therapy and recombinant technology, was also becoming a bane. Drugs had side effects and even genetic effects. Take one drug then another two would be needed to treat unforeseen effects. The giant pharmaceutical industry was making billions off our maladies. A whole generation would turn back to nature for their ills. And out of this, along with an increasing distrust in government, came the anti-vaccination movement. By 2017 whooping cough, long vanquished by vaccines, had returned in California and began to spread across the country. Soon the vaccine had to be reconstituted for the families of every pregnant mother. People could now threaten the newly born with disease.

And then SARS-2, COVID-19 struck. Sars-1 arose in the early 2000's and had limited impact on humans but as it was related to another

coronavirus, Mers-Cov, in the middle east, also with limited effects on humans and camels, furious research on coronaviruses began. A more virulent variant could have serious consequences for us all. And, by 2019, that virus arrived and circumvented the globe. A pandemic to rival the plagues of the 14th and 17th centuries was upon us.

How would the naturalists among us react to a deadly disease among the vulnerable? Would they accept the seriousness of a pandemic and accept the fruits of modern medicine, vaccines twenty years in the making from genetic and molecular biology? Adapt to the mitigations recommended by epidemiologists? Or the natural ways of their shamans? Would parents long eschewing the old public vaccines accept the covid newfangled ones that manipulated our genes, mRNA? Or even vaccines in the traditional way? Would they condemn the virologists and epidemiologists and turn to nature for herbal remedies?

Everything happened. Some unexpected. Nature people turned to even pharmaceuticals, hydroxychloroquine, ivermectin. Some even tried bleach. Vitamins, always a prominent part of the herbal set, has its constant proponents. And among the herbal remedies emerged a star, ginger! Ginger root, ginger tea, ginger drops, ginger mints. Ginger.

By Ledlo "Neil" Powell, RPH

COVID-19

For the most up-to-date and accurate information about COVID-19 and vaccinations visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/covid-19

For the latest COVID-19 vaccine updates in Florida visit
<https://floridahealthcovid19.gov/vaccines/>

The Florida Health COVID-19 24-hour hotline is available to answer general vaccine questions: 866.779.6121

Senior Hotline: 866.201.6754

**Appointment line for seniors over 65
who do not have access to a computer.**

IN THE NEWS ...

**COVID-19 TESTING SITES,
VACCINE INFORMATION, VACCINE LOCATIONS, OR
FREE MONOCLONAL ANTIBODY THERAPY TREATMENTS**

Visit <https://floridahealthcovid19.gov/>.

If you are still having a hard time finding what you need you can always contact the Florida Department of Health at 866-779-6121 or by e-mail at COVID-19@flhealth.gov



HURRICANE SEASON IS HERE!!!

**Atlantic Hurricane Season
June 1 – November 30**

Be Prepared and . . .

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>



VOTE . . . It is your civic duty, your responsibility to yourself, your community and the future generation.

VOTING IS IMPORTANT

Participating in elections is one of the key freedoms of American life. Many people in countries around the world do not have the same freedom, nor did many Americans in centuries past. No matter what you believe or whom you support, it is important to exercise your rights.

Be informed! Read up on political issues (both local and national) and figure out where you stand.

<https://education.nationalgeographic.org/resource/why-voting-important>

It's Never Been Easier To Vote In Palm Beach County! There Are 3 Different Ways To Cast Your Vote.

VOTE BY MAIL... Voting by mail is the easiest and most convenient way to vote. Make an online request that your ballot be mailed to you, or call 561.656.6200. Completing your ballot at home allows you to take your time making your selections. You can return your ballot by mail, at an early voting location, or in person at any of our four offices.

<https://palmbeach.electionsfl.org/Voters/Mail-Ballot-Request-Service>

EARLY VOTING... Early Voting is another easy and convenient way to vote. Any eligible registered voter in Palm Beach County can vote in any of the Early Voting sites open. Early Voting differs from Election Day voting because, on Election Day, you must vote in the polling place assigned to your precinct.

<https://www.pbcelections.org/Voters/Early-Voting>

VOTE ELECTION DAY... Many voters choose to cast their vote on Election Day. On Election Day, you must vote at the polling place that is assigned to your precinct. Your precinct and polling place is printed on your Voter Information Card and available online. Polling places are open from 7 a.m. - 7 p.m. on Election Day. Click on the link below to find your correct precinct and voting location.

<https://www.pbcelections.org/Voters/Precinct-Finder>

For more information, visit <https://www.pbcelections.org/>

DOING BUSINESS

Let's Support Businesses In Our Community

FIRST WATCH

Two (2) locations

*Café chain for the health-minded
breakfast, brunch & lunch.*

Everyday

7 am - 2:30 pm

Dine-in • Takeout • No-contact delivery

Southern Palm Crossing

11151 Southern Blvd., Suite 100, Royal Palm Beach
561.461.4241

Wellington Green

2335 S State Rd 7, Suite 1100, Wellington
561.795.5500

2022 MEMBERSHIP DUES

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

Submit your membership dues online at www.cafciabc.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.

Saturday, July 9: **General Membership Meeting**, 7 pm, Via Zoom
Saturday, August 13: **General Membership Meeting/Member Appreciation Night**, 7 pm, Via Zoom
Saturday, September 10: **General Membership Meeting**, 7 pm, Via Zoom

SAVE THE DATE

Saturday, September 17, 2022
ANNUAL FRIENDSHIP BALL
Downtown Marriott Hotel, West Palm Beach

Saturday, October 8: **General Membership Meeting/International Games Night/ Membership Appreciation**, 7 pm, Via Zoom
Saturday, November 12: **General Membership Meeting**, 7 pm, Via Zoom
Saturday, December 10: **General Membership Meeting**, 7 pm, Via Zoom
Saturday, December 31: **New Year's Eve Gala**, 8 pm, Location TBA

AROUND TOWN

- Visit **Cultural Council for Palm Beach County** at <https://events.palmbeachculture.com/> for upcoming events and activities.
- 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 with the name of the performance, date and preferred seating.
- **Friday, July 15th, 6 pm to 11 pm**: Mark J. Golding, MP in partnership with the City of Miramar, hosts **Jamaica Independence Street Dance in celebration of Jamaica 60th Diamond Jubilee** at Miramar City Hall, 2300 Civic Plaza, Miramar, FL. The event is free. For further information, send an email to: JAOppositionTourFL22@gmail.com or call 954.532.8946.
- **Sunday, July 31st, 2 pm to 4:30 pm**: Children of Helen Alliance Inc. & Saint Lucia Association of South Florida presents "**Shaped from the Fire**", a lecture presentation with drama and dance, in celebration of Saint Lucia's emancipation at Wellington Branch Library, 1951 Royal Fern Drive. Admission is free and donations are welcome. For information, contact Dr. Travis Weekes at 347.351.9394 or Richard C. Ambrose on Instagram constantin758.
- **Friday, August 12th, 9 pm to 2 am** – Celebrate **Jamaica's 60th Independence** with Fab 5 and DJ Radcliffe at The Casino at Dania Beach, Stage 954, 301 E. Dania Beach Blvd. Tickets are \$40. For ticket information call 305.794.8782 or 561.333.8853.

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 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).

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.

CAFCI

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

For a Happy Life :

***Make** sure one of the paths in your life leads to the beach, the forest, and on some days a table full of cake and chocolate.

***Walk** barefoot wherever and whenever you can.

***Learn** to love your alone time.

***Always** let your heart hope and dream and love.

***Be** honest with yourself.

***Turn** the page you are stuck on.
Expand the story.

***Make** enjoyment important in your life.

***See** your age as a gift and not a curse.

