

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.

MAY 2024



BOARD OF DIRECTORS OFFICERS

DIRECTORS

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Bylaws Barbara Walker
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Cultural Jannette Sharpe-Paul
FinanceGenieve White
GrantsShirley Morrison
Historian/Protocol Rhonda Ferrin-Davis
MembershipAudrey Smith
NewsletterJunette Powell
& Thalia White Lauren
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PicnicYvonne Wright
ProgramRhonda Ferrin-Davis
Relay for LifeNova Brown
Student Assistance Fund Junette Powell
& Nadine White-Boyd
SunshinePaul Baker
Toys for TotsLauriston Simms
Ferrin Memorial Scholarship Fund
Genieve White
WebsiteRadcliffe Brown
YouthRhonda Ferrin-Davis

CONTACT US

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Royal Palm Beach, FL 33411 561.790.4002

cafci@bellsouth.net * www.cafcipbc.org www.facebook.com/cafcipbc

> 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

We continue to see high interest in our organization from people of Caribbean descent and others relocating to Palm Beach County. Some request additional information from what is posted on our website, a few have expressed interest in joining, and some have joined. We look forward to welcoming others soon. We will be resuming in-person meetings starting in July. More information on location will be posted in the June newsletter.

CULTURAL DIVERSITY DAY: The Cultural Diversity Day program will be held at Veterans Park in Royal Palm Beach on Saturday, May 11th. We have developed a strong partnership with the Village of Royal Palm Beach and we thank them for their continued support. Entertainment will include Latin dancers, reggae bands, steel pan, food trucks and much more. Please invite your friends and family to participate in this day of sharing our rich cultural and diverse heritage.

ANNUAL PICNIC: The annual picnic will be held on Saturday, May 25th at Commons Park in Royal Palm Beach. We are hoping to have a great turnout like we had last year. The Picnic Committee is working hard to make sure we have delicious food and great entertainment for the day. We are reaching out to all the members, friends and supporters of CAFCI to contribute and support this event. Please see the flyer in this newsletter for all the details.

STUDENT ASSISTANCE FUND: The Student Assistance Fund Awards Ceremony will be held at the Original Wellington Mall, on Saturday, June 8th. The Student Assistance Fund Awards Program is one of CAFCI's significant events. Please plan to come out and show your support for our young students.

ANNUAL FRIENDSHIP BALL: The Friendship Ball Committee is in the process of planning this year's event for Saturday, September 28th which will be held at the Hilton Palm Beach Airport. The venue is quite large, and we believe we will have a safe and enjoyable ball at this location. We are still looking for members who would like to help plan and execute this year's event and we will also need people to help with the journal. Please give me a call or send an email if you are willing to serve on the Committee. CAFCI relies heavily on fundraising efforts to achieve our mission and goals and this year we will need to do more. Please support all our events.

Wishing all our members, friends, and supporters Happy Mother's Day!

With warm regards,

Dennis Wright

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GET WELL TO:

Charlesworth "Barclay" Varlack

CONDOLENCES TO:

Yvonne Lawrence and family
on the loss of her uncle, Calvin Small
Sybell Dawson and family
on the loss of her husband, Ronald
Babbette and Carlos Bodden
on the loss of her uncle, Erland Blake
Winsom Genus Martin
on the loss of her uncle, Rupert Mitchell

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





M	ΑY	16	-	31	

	טו ואויו	J
Nadine White-Boyd	17	
Audrey Gordon	18	
Owen Smith	18	
Andrew Blackwood	20	
Tinu Pena	23	
Karl Russell-Brown	23	
Ethel Palmer	24	
Patricia Charlton	25	
Colgate Gordon	25	
Adrius Adams	26	
Victoria Nangle	31	

JUNE 1 - 15

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

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

MAY GENERAL MEMBERSHIP MEETING IS CANCELLED



CAFCI CULTURAL DIVERSITY DAY

Saturday, May 11, 2024 ● 1 pm to Sundown Veterans Park

1036 Royal Palm Beach Blvd., Royal Palm Beach

The Cultural Committee is diligently working on what will unquestionably be a stellar Cultural Diversity Day program. The event is a collaborative effort between the Village of Royal Palm Beach and CAFCI and is supported by the Cultural Council for Palm Beach County.

Admission to this event is free, so come and get your culture on! Invite your friends and family to celebrate the rich and diverse heritage of our community. Let us come together to celebrate our multifaceted food, language, dance and cultural customs. Vendors are invited to purchase a space to sell and showcase their goods. If you are, or know anyone who may be interested, please email CAFCI at cafci@bellsouth.net.

The flyer and Vendor Registration form are included in this issue of the newsletter (pages 11-12) and on the CAFCI website at www.cafcipbc.org. Remember, save the date and be sure to spread the word to your contacts.



CAFCI ANNUAL PICNIC

Saturday, May 25, 2024 • 1 pm to Sundown Commons Park 11600 Poinciana Blvd., Royal Palm Beach

The planning is underway for the Annual Picnic at Commons Park in Royal Palm Beach. This promises to be a fun-filled day for the entire family with lots of delicious food and games. If you would like to volunteer, please contact Dennis Wright at 203.482.5079. See the flyer with all the details on the cover as well as on the CAFCI website (cafcipbc.org).

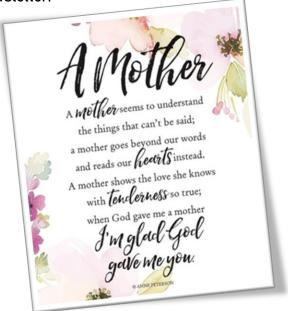
SAVE THE DATE

CAFCI Annual FRIENDSHIP BALL

CAFCI: 35 Years Strong in Community Involvement

Saturday, September 28, 2024 Hilton Palm Beach Airport West Palm Beach

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



LET'S DO BUSINESS

in Royal Palm Beach • Wellington Western West Palm Beach (up to Vista Parkway) Let's Support Businesses in Our Community.

THE BALMORE HOUSE
ASSISTED LIVING FACILITY
Fae Smith

12137 86th Road N. West Palm Beach, FL 33412

561.784.4920 or 561.644.7753; smithfae@yahoo.com www.balmoreassistedliving.com

If you would like to recommend a business to be featured in "Let's Do Business" section 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.



VAFMSF Celebrates 20th Anniversary at the annual Divine Wine & High Tea "Floral English Garden" Tea Part

Sip, Savor, Serve ...

With classic CAFCI elegance and flair the members of the Vivian and Adrienne Ferrin Memorial Scholarship Fund (VAFMSF) Board served up an evening filled with friendship, fashion, fundraising, and festivity as they hosted their recent Divine Wine and High Tea with a Floral English Garden theme at the Grande Ballroom, Wellington Community Center on Saturday, April 27th.



The Tea Party is an occasion for fun and fellowship; however, that should not overshadow the very worthy community service that this event sustains. All proceeds from the Tea Party benefit the Vivian and Adrienne Ferrin Memorial Scholarship Fund which supports CAFCI's Troop 111 Eagle Scout Award and the CAFCI Ferrin Student Leadership Award. CAFCI members and friends know how to party with a purpose as reflected in the incredible attendance and wonderful positive vibe that reverberated throughout the room. This is a testament to those who tirelessly promoted the event and dedicated their time and effort to making it a resounding success!

The tables were beautifully decorated showcasing creative interpretations of the Floral English Tea Garden theme. Ladies and gentlemen in attendance clearly brought their fashion "A" game to the celebration wearing attire that was resplendent in exquisite style and color. The evening began with a "Mix and Mingle" as guests sampled delicacies from the Wine and Cheese Station and took the opportunity to make bids at the Silent Auction and Chinese Auction which featured eclectic displays of items with a broad range of appeal.



Soul Rebel with DJ Aldin Smith never fails to delight! He set the tone for the evening's entertainment with music that had everyone swaying, whether in their seats or on their feet. Weaving between the tables Saxophonist Julien "Jay" Wray thrilled the audience during the tea service with rich, mellow, and soulful sounds played by a masterful entertainer. Next up was poet Anndi Writes who brought the room to a standstill with her passionate and inspiring spoken word performance as she exhorted everyone to be empowered by learning to love who they are as they are!



The evening was just getting started with more thrills in store for the attendees as the Grande Ballroom was transformed into a catwalk. Fabulous models displayed captivating fashions for both ladies and gentlemen as they strutted and danced throughout the room. Loud applause reflected the delight of the crowd. Elsie Stephenson with fashions from Modern Girl Trend and Mike Small of Moo7 Styles were the creative minds responsible for the highly entertaining fashion show.



In recognition of the artistic prowess behind the gorgeous table decorations, top prizes were awarded to PNC Bank, "Sugar & Spice" Red Hat Society, and Patricia Gonzalez. Special thanks to all the table designers for their beautifully creative and elegant designs. Fashion, flair, and fabulosity were not limited to designers, models, and table decorators but guests had a chance to demonstrate their unique and charming sense of style as they took part in the ever-popular hat competition that capped off the evening.



Such a successful event does not happen overnight, but requires innumerable hours of time, talent, and hard work from a lot of dedicated volunteers who believe in and support CAFCI's civic mission and vision. Thanks to their efforts, CAFCI's members and friends were treated to a wonderful evening where for a moment they could "escape to the tea garden and let their worries steep away."



Member Spotlight

HAVE YOU MET ... PATRICIA GONZALEZ?



Vincentian Patricia Gonzalez is a self-starter, a creative whirlwind and an indefatigable optimist. A mother of three, and grandmother of 5—soon to be of 6—Patricia did not go to college until she was 40. This was because she married young and got busy taking care of family.

Once she went, she did so with a fervor, getting her associate's and bachelor's in business management in three and a half years. Patricia works as a commercial lease administrator with CSL Plasma, one of the world's largest plasma pharmaceutical networks. The company collects plasma, which is then repurposed into critical life-saving products. CSL has 320 locations nationwide and Patricia manages the leasing agreements and administrative issues for half of them.

Her job with CSL is just one of her many interests. An admitted creative, her creativity unleashes itself through baked Caribbean delicacies and other cakes and cookies. She sews all manner of things, some expected—like tiny whimsical nightdresses for her grandkids—others less so—like the bumpers, crib sheets and twin-bed sheets she makes for children in foster care. She is in the process of sewing a batch of sheets and bumpers for *Kids in Distress*, a nonprofit that serves foster kids in Broward County.

Patricia also upcycles furniture—taking old or worn furniture and recycling, redesigning and reimagining it. She has two ETSY shops: one is PeeGee Creations, where she sells her specialized baked goods made to order. Her top seller is her Caribbean bread pudding, most often requested by non-Caribbeans across the country.

Her second Etsy shop, PG Upcycle—launched this week—is the storefront for her upcycled furniture pieces, which range from \$1,000 for a round black and gold breakfast table, to \$1,400 for a table and four chairs: if purchased locally, the products cost \$700 to \$1,000 because of reduced shipping and other costs.

Patricia's dream is to house her creative pursuits under one physical location: a storefront with a breakfast café serving her goodies and utilizing her upcycled furniture, a kitchen that she would rent out to professional caterers who lack their own kitchens, and a section for making and selling the furniture that she loves to upcycle.

Patricia joined CAFCI the week of the VAFMF Tea Party on April 27th. She says fellow CAFCI member Norma Smith-Hill lauded the organization's singular commitment to the next generation and its reverence for celebrating Caribbean culture. She is excited about joining the organization's event-planning committees and finding other ways in which to contribute.

In addition to Kids in Distress, Patricia previously volunteered for Hospice by the Sea, and 4Kids, another foster care nonprofit.

When asked what people might be surprised to learn about her, she says it would be that her first name isn't Patricia, but 'Min true'—a name which sounds Asian and seems decidedly fitting given her love for Korean films, food and culture. Her dream vacation would be a trip to South Korea.

Patricia has been married for 32 years to her love, John Gonzalez. She has four sisters and three brothers. Her favorite childhood memory is of when her family would go for cookouts on the beach in St. Vincent and her father would set his fish pots out on the ocean. Patricia is a born-again Christian. She has lived in England, New York, and Boca Raton, and now happily resides in Wellington.

By Max Smith, Newsletter Committee Member

Member Spotlight is an opportunity to share your story. If you would like to be featured or have someone to recommend, please email us at: junettep56@gmail.com or thaliaec@gmail.com.

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

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



On behalf of the Board of Directors and CAFCI's Student Assistance Fund Committee, congratulations to all CAFCI family and friends who have relatives who have graduated or will be graduating from high school, college, university or institutes of higher learning. A big thank you to everyone who has supported by donating to the 2024 SAF Awards. The list of 2024 supporters will be in the June issue of the newsletter and posted on CAFCI's website at www.cafcipbc.org/studentassistanceprogram.



STUDENT ASSISTANCE FUND AWARDS

IN-PERSON AND VIRTUAL AWARDS CEREMONY
Saturday, June 8, 2024 at 4:30 pm
Original Wellington Mall
12794 W Forest Hill Blvd., Ste. K3, Wellington, FL 33414

This award ceremony will be an opportunity to meet the award recipients, hear motivational speech from the keynote speaker to inspire and encourage the recipients and attendees and view a video presentation with past recipients. Please save the date and join us to congratulate the recipients.

Should you choose to join via zoom, please see the link below or the invitation for access: https://us02web.zoom.us/j/89946094622?pwd=YVZBN3ZjcHdoQzR2OUxhNWFoazR4Zz09 Meeting ID: 899 4609 4622

Passcode: 812162 or call 1-305-224-1968 and provide Meeting ID and Passcode

Message from Past SAF Award Recipient

DANIELLE NELSON
2021 SAF AWARD RECIPIENT

Hi Ms. Junette!

A little update on how I'm doing. I will be graduating with a Bachelor's in Marketing this August from Florida State University. In September I will be starting my Masters in Curating Contemporary Art at Glasgow School of Art (in Scotland) and I would like to say thank you to CAFCI for all the support over the years. Congrats to all the scholarship winners this year, and I know you will all go on to do great things!

I hope everyone is doing well and apologies again for taking so long.

Wishing you all the best,

Danielle



CLASS OF 2024

JOIN US TO CELEBRATE AND HONOR

CAFCI'S

(CARIBBEAN-AMERICAN FOR COMMUNITY INVOLVEMENT)

STUDENT ASSISTANCE FUND AWARD RECIPIENTS

SATURDAY | JUNE 8, 2024

4:30 PM

IN-PERSON AND VIRTUAL AWARDS CEREMONY

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

ZOOM.COM

HTTPS://US02WEB.ZOOM.US/J/89946094622? PWD=YVZBN3ZJCHDOQZR2OUXHNWFOAZR4ZZ09

MEETING ID: 899 4609 4622 **PASSWORD: 812162**

OR

CALL-IN: +1 305 224 1968 MEETING ID: 899 4609 4622

PASSWORD: 812162

light refreshments will be served.



CAFCI SCOUTS BSA TROOP 111

Royal Falm Basck, F2

Greetings CAFCI Members,

This is Caleb McNally, coming to you once again with your monthly Troop 111 update. This month the Troop has been busy with advancements and camping. Multiple scouts have advanced further along their scouting journey by earning their next rank. Robert Lombardo earned Tenderfoot, Kirill Montoya earned Second Class, and Landon Girard earned Life. They have all taken another step towards earning the Rank of Eagle.



Keil Grieser, Landon Girard, Victoria Montoya, Isabella Paige



Keil Grieser

Front: Isabella Paige, Victoria Montoya, Patrick Kelly Back: Jonahan Schnck Baker, Keenan Stack

As I mentioned above, we have also been

camping this month. As is tradition, we held a new Scout Campout to welcome our new friends into the Troop and show them the Troop 111 way of camping. Activities included working on Scout Rank requirements, voting on the Patrol

name and yell for the new scout patrols, learning the patrol method while setting up camp and preparing meals, and ending the day with a fun and entertaining campfire program. It was not just the Scouts that learned lessons on the Troop 111 way and the Patrol method, but also the new scout parents did as well. They even had an opportunity to participate in the campfire program. The evening wrapped up with T111 Scoutmaster, Mr. McNally, teaching the new scouts and parents how to orient themselves by the stars, and a wonderful dump cake courtesy of T4111 Scoutmaster, Ms. Pfister and Assistant Scoutmaster, Mrs. Montoya.

CAFCI, thank you once again for all of your support for Troop 111. Without you, our Scouting adventures would not be possible.



Yours in Scouting, Caleb McNally 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

"On my honor, I will do my best, to do my duty, to God and my country, and to obey the Scout Law, to help other people at all times, to keep myself physically strong, mentally awake, and morally straight." - Scout Oath

"A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent." - Scout Law



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???

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

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

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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 cafci@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.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

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.

Caribbean-American For Community Involvement In Florida, Inc.



The Village of Royal Palm Beach present



Gultural Diversity Day



Come Join Us

Saturday, May 11, 2024 1 pm - sundown

at

Veterans Park

1036 Royal Palm Beach Blvd., Royal Palm Beach, FL

Food Vendors I Creative Displays I Prizes | & Much More

A diverse array of live entertainment

featuring DJ Richness, Mariachi band, Junior Steven's Silver Bird Steel Pan

and much much more!



for a fun-filled day.

It's Free



FOR ADDITIONAL INFORMATION, PLEASE CONTACT:

JANNETTE SHARPE-PAUL AT 728.201.2623 | JAUNETTE69@GMAIL.COM

PAUL BAKER AT 561.385.0737| UJAMA4@AOL.COM





Caribbean-American For Community Involvement in Florida, Inc.

675 Royal Palm Beach Boulevard, Suite 134, Royal Palm Beach, FL 33411 561.790.4002 • email: cafci@bellsouth.net • www.cafcipbc.org

VENDOR REGISTRATION

EVENT:	CULTURAL DIVERSITY DAY	DATE: MAY	/ 11, 2024
ADDRESS:	VETERANS PARK, 1036 Royal Palm Bea	ach Boulevard, Royal Palm	n Beach, FL 33411
VENDOR /	DRGANIZATION:		
ADDRESS:_			
CITY:		STATE:	ZIP:
CONTACT P	ERSON:		
EMAIL:			
	HONE:		
PRINCIPAL	OWNER / OFFICER:		
TYPE OF B	OOTH / DISPLAY:		
	ring your chairs, tables and portable tents if necess	ary for your display.	DONATION
Pre-package	from the Health Department to Food Vendors: ed cake, cookies, etc. Please have gloves and tools fo eter is required. Hot food to be at 140 degrees; Cold		\$50
Release and In considerat (CAFCI) Caril volunteers, a that liability entities and behalf at thi	Hold Harmless: ion of allowing my, and anyone entitled to act on my bean-American for Community Involvement in Florid nd sponsors of this event from all claims and/or liability arise out of negligence or carelessness on the particle persons to use any image, photograph, motion pictures sevent for legitimate purposes. I understand the Villagor my assigns may incur if all or part of the event is candon	behalf, participation in the <u>Cultura</u> la, Inc. & The Village of Royal Palr ties of any kind arising from my pa of the persons named in the waiver. e, recording, and all or any other re ge of Royal Palm Beach and CAFCI a	m Beach and its employees, agents, rticipation in the event even though I grant permission to all the forgoing ecord of me or anyone acting on my re not responsible for any monetary
Applicant Signature	gnature	I	Date
	Payment may be made via check, pay	able to CAFCI or visit www.ca	fcipbc.org.

For additional information contact:

Jannette Sharpe-Paul at 728.201.2623 | jaunette69@gmail.com ● Paul Baker at 561.385.0737 | ujama4@aol.com

MAY ... A MONTH OF CELEBRATIONS & AWARENESS

HAITIAN HERITAGE MONTH is a nationally recognized month celebrated in May every year, and it's a terrific time to celebrate the vibrant culture, distinct art, delectable cuisine, and people of Haitian origin. The celebration is an expansion of the annual patriotic Haitian Flag Day, which falls on May 18.

In celebration, the Haitian Heritage Museum in Miami's Art District takes part in a series of exciting and valuable events and programming, offering a cadre of events throughout the community where Haitians and non-Haitians alike can get a taste of Haitian culture without leaving or needing a passport.

Learn more at https://www.haitianheritagemuseum.org/haitian-heritage-month/.

MEMORIAL DAY on MONDAY, MAY 24™ is more than just a great excuse for a cookout and a day off from work. The holiday was created to honor the many American men and women who died in military service. This focus on those who made the ultimate sacrifice sets it apart from Veterans Day, which honors all military veterans, living and dead.

Poppies are associated with those who died during wartime since World War I. In the US, people wear the red poppy on Memorial Day to honor those who died trying to protect the country, according to <u>The Department of Veterans Affairs</u>. In Canada, poppies are worn on Remembrance Day, November 11th.

In Flanders Fields

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly. Scarce heard amid the guns below.

We are the dead. Short days ago We lived, felt dawn, saw sunset glow, Loved, and were loved, and now we lie In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Colonel John McCrae

Source: When is Memorial Day 2024: Facts and Traditions - Farmers' Almanac (farmersalmanac.com)

NATIONAL NURSE'S WEEK is the highlight of the year for nurses.

Every year from MAY 6^{TH} TO 12^{TH} , nurses are recognized for their service and dedication to caring for others and improving the health of patients nationwide through National Nurses Week. Throughout the week, healthcare organizations celebrate their teams, and you'll even see nurses featured on the news. People across the nation thank the nurses who have made a difference in their lives.

Nurses Week celebrates the effort, dedication, and sacrifice nurses make every day. Nurses are essential members of America's healthcare workforce who provide care through every stage of life, working with patients at their most intimate and vulnerable moments. Nurses Week offers a chance to highlight and celebrate nurses for all they do.

The week is just a part of the larger National Nurses Month, which is celebrated from May 1 to the 31st. This year's theme is "Nurses Make the Difference" and, according to the American Nurses Association (ANA), "honors the incredible nurses who embody the spirit of compassion and care in every health care setting."

The theme is accompanied by the campaign #NursesLightUpTheSky where, around the world, landmarks will be lit up to celebrate nurses and rally support for all that they do.

Source: National Nurses Week 2024 | May 6th-12th

NATIONAL STROKE AWARENESS MONTH

Atrial Fibrillation (AFib) is a type of irregular heartbeat that can cause blood clots to form in the heart. People with AFib are 5 times more likely to suffer a stroke than someone with a regular heartbeat. With AFib, most blood clots that lead to stroke are formed in an area of the heart called the left atrial appendage (LAA). The LAA is a pouch connected to the left atrium that can be surgically closed to prevent clots from escaping into the rest of the body.

A factor that is associated with an increased risk of stroke is the presence of a patent foramen ovale (PFO). A PFO is an opening in the heart between the two upper chambers that never fully closed after birth. This opening can allow clots to bypass the lungs and cross to the left side of the heart. From there, they can be pumped to the brain, causing a stroke.

Source: Reduce Stroke Risk | AFib and PFO Treatment (structuralheart.abbott)

MEMBERSHIP DUES

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

Submit your membership dues online at www.cafcipbc.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.

NO GENERAL MEMBERSHIP MEETING IN MAY

Saturday, May 11th, 1 pm to Sundown Cultural Diversity Day Veterans Park, Royal Palm Beach

Saturday, May 25th, 1 pm to Sundown Annual Picnic Commons Park, Royal Palm Beach

NO GENERAL MEMBERSHIP MEETING IN JUNE

Saturday, June 8th at 6 pm Student Assistance Fund Awards Ceremony Original Wellington Mall, Wellington

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

SAVE THE DATE

Saturday, September 28, 2024
CAFCI ANNUAL FRIENDSHIP BALL
Celebrating CAFCI: 35 Years Strong in Community Involvement
Hilton Palm Beach Airport, 150 Australian Avenue, West Palm Beach

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

- Sunday, May 12th | MARCIA GRIFFITHS & FRIENDS (Freddie McGregor/Busy Signal/Tanya Stephens) CELEBRATING 60 YEARS, Veterans Hall, 5001 Flamingo Rd., Miramar, FL. For more information, go to AOR2024.eventbrite.com.
- Thursday, May 16th, 6 8 pm | FLORIDA RISING is holding a PEOPLES' ASSEMBLY FOR PALM BEACH RESIDENTS to turn out and voice their ideas about what the housing needs and priorities should be for the community at Geniusville Academy, 1127 48th Street, Mangonia Park, FL 33407. The meeting is free and open to the community. Come out and voice your opinion about what needs to happen to make housing affordable to all of Palm Beach's residents. If you would like to attend the meeting, learn more or become a member, contact Max Smith at 516-415-9243.
- Thursday, May 16th, 6 7:30 pm | PBC REMEMBRANCE PROJECT AND THE EQUAL JUSTICE INITIATIVE will host a performance by the brilliant dancer, Clarence Brooks at The Barker Center, The Benjamin School, 11000 Ellison Wilson Rd., North Palm Beach, FL 33408. This is a free event; reservations strongly suggested. For more information, please visit: https://pbcremembrance.org.
- Saturday, June 1st | FREE SPIRIT OUTREACH presents its annual FAMILY FUN DAY (Black Green & Gold event) under the theme "A Fi Wi Picney Dem Help Wi Tek Care A Dem"; Veteran's Park, 1036 Roal Palm Beach Blvd., Royal Palm Beach. Contribution: Fish \$25; Chicken/Pork \$20. For more information, call 561.692.1508; website: freedspiritourreach.org.
- Saturday, June 29th, 1 5 pm | ISLAND SPACE CARIBBEAN MUSEUM, Broward County Florida and Community Foundation of Broward present ANANCY FESTIVAL, a family-friendly, fun-filled day with stories of mischief and friendship at Island Space Museum, 8000 W. Broward Blvd, #1202, Plantation, FL. RSVP: ISLANDSPACEFL.ORG/ANANCY24.
- May | MOSAIC (MONTH OF SHOWS, ART, IDEAS AND CULTURE) rings in its seventh year in 2024! The one and only month-long celebration of arts and culture in The Palm Beaches features more than 25 cultural offers for you to enjoy throughout the month of May. Please visit MOSAICPBC.COM to see all of the offers available to you.

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

2024 HURRICANE SEASON IS HERE - PREPARE NOW!!!

Eastern Pacific: May 15-November 30 | Atlantic: June 1-November 30 | Central Pacific: June 1-November 30

- Know your area's risk of hurricanes and consider your personal risk of experiencing impacts.
- Review your insurance policy for hurricane-related hazard coverage. Standard insurance policies do not cover flooding you may need to purchase additional policies.
- Sign up to receive emergency alerts and notifications from your local emergency management office. Learn what common alerts and warnings mean before you are impacted by a hurricane.
- Monitor weather reports and updates from the National Hurricane Center. Be on alert for heavy rain.
- Practice going to a safe shelter for high winds, such as a FEMA safe room, an International Code Council (ICC) 500 storm shelter or a small, interior windowless room in a sturdy building. Make sure your safe shelter is on the lowest level that will not be affected by floodwater.
- Develop an emergency communication plan that you can use to contact family, friends and neighbors during a hurricane. Plan to text or message because you may not be able to make or receive phone calls.
- Develop an evacuation plan based on your evacuation zone. Consider where you will evacuate to and how you will get there. Practice your plan using your evacuation route.
- Gather enough food, water and emergency supplies to last you several days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- Keep important documents in a dry, safe place such as a fireproof and waterproof box, and create password-protected digital copies.
- Protect your property. Install hurricane shutters or reinforce windows. Declutter drains and gutters. Secure outdoor items and furniture or move them indoors.

Take an Active Role in Your Safety Go to Ready.gov/hurricanes and use FEMA's Guide for Alerts and Warnings to learn more about hurricane watches and warnings. Download the FEMA app to get more information about how to prepare.

Source: https://www.ready.gov/hurricanes#before