



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
& The Village of Royal Palm Beach
presents



Cultural Diversity Day



Saturday, May 14, 2022

1 pm – sundown

Veterans Park

1036 Royal Palm Beach Blvd, Royal Palm Beach, FL

A diverse array of live entertainment and much more!

Bring your chairs, blankets & tents for a fun-filled day.

Food Vendors | Displays | Raffles



For additional information please contact:

Hildreth Stoddart-Brown, CAFCI Cultural Committee Chair at 561-889-1143

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 Youth Rhonda Ferrin-Davis

CONTACT US

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

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

PRESIDENT'S MESSAGE

CULTURAL DIVERSITY: This year's Cultural Diversity Day event will be held on Saturday, May 14, 2022 at Veterans Park in Royal Palm Beach. We have received strong support from our partner, Village of Royal Palm Beach and a grant from the Cultural Council for Palm Beach County. We will have a wide variety of entertainment that includes a reggae band, Lion Dancers and other groups. In addition, there will be vendors selling various types of food and much more. Please invite your friends and family to participate in this day of sharing our rich cultural and diverse heritages.

ANNUAL FRIENDSHIP BALL: Our 31st Annual Friendship Ball is scheduled for Saturday, September 17, 2022 at the Downtown Marriott Hotel in West Palm Beach. Please save the date for the return of our signature event. More details will be provided in upcoming issues of the newsletter and on the website (cafcipbc.org).

PICNIC: The Annual Picnic held on Saturday, April 16th was well attended with positive feedback. Thanks to all the members, friends and supporters of CAFCI who came out to make this year's picnic an enjoyable day. The kids had fun with well-organized games including an Egg Hunt, treats and prizes. Special thanks to all the members of the Picnic Committee for making this event a success. Diana Bishop-McIntosh chaired the team and the committee members included: Phyllis Charlton, Charmaine Henry, Lauriston Simms, Audrey Smith, Jeff Webb, Percival Wood and Yvonne Wright. Thanks to Aldin Smith for providing the music and to all who donated food, money, refreshments, desserts and time. Your true spirit of volunteerism is greatly appreciated. A special thank you to Hildreth Stoddart-Brown who led the organized games and activities and Cindy Beckles who coordinated the Town Crier's coverage of the event.



Dennis Wright



MAY 16 - 31

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 us an email to CAFCI (cafcib@bellsouth.net) and we will update the birthday list. We apologize for any oversight.

GET WELL WISHES TO:

Charlesworth "Barclay" Varlack

CONDOLENCES TO:

Henworth Ferguson
 on the loss of his brother

Hope Francis
 on the loss of her mother-in-law

Lascalles Harris
 on the loss of his wife, Hazel Harris

Alvin Nembhard
 on the loss of his brother

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

The General Membership Meeting has been CANCELLED for the month of May

CAFCI CULTURAL DIVERSITY DAY

Saturday, May 14, 2022

Veterans Park, Royal Palm Beach

The Cultural Committee is diligently working on an awesome Cultural Diversity Day program. Cultural Diversity Day is a collaborative effort between the Village of Royal Palm Beach and CAFCI and is supported by a grant from the Cultural Council for Palm Beach County. Entrance to this event is free. Invite your friends and family to participate in a day of partaking in the rich cultural and diverse heritage which brings our communities together to share their food, language, dance and customs. See the flyer on the front page with all the details. Please don't miss this wonderful event.

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 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 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.

CAFCI Congratulates Nadine White-Boyd



April 18, 2022, 3:32 p.m. ET
Alexandra Petri Reporting from Boston

Nadine White-Boyd, 54, has run a lot of races, but none has compared to today. "I don't think there was a spot where people weren't cheering," White-Boyd said as the Boston Marathon [returned to its traditional springtime spot](#) on the calendar.



CAFCI ANNUAL PICNIC

The weather was beautiful for the CAFCI Annual Picnic which was held on Saturday, April 16, 2022 in Okeehetee Park, Alligator Pavilion. By all accounts, the picnic was a lot of fun and the food was scrumptious. The Easter Egg Hunt was enjoyed by a handful of kids. The adults participated in musical chairs and dominoes. Thanks to Diana Bishop-McIntosh and Yvonne Wright and their entire recreation team: Phyllis Charton, Charmaine Henry, Lauriston Simms, Audrey Smith, Jeffrey Webb and Dennis Wright, for making this year's picnic a huge success. We also thank everyone who gave the committee a helping hand in whatever capacity including: Doreen and Paul Baker, Kareem Bishop, Nova and Radcliffe Brown, Audrey Campbell, Johnny Davis, Rhonda Ferrin-Davis, Winsom Genus-Martin, Yvonne Gray, Hazel Hamilton, Kitty Lannaman, Peaches McGhee, Annette Morris, Alvin Nembhard and Genieve White. DJ Aldin Smith was awesome, playing a variety of music. We give special recognition to emcees Cindy Beckles and Hildreth Stoddart-Brown who worked their magic to keep the entire crowd entertained. There was a beautiful raffle basket which was won by Marva Lawes. If you were not in attendance, you missed a wonderful day, so mark your calendars for next year for the usual date (Saturday before Easter) and don't miss it.



Photos by Denise Fleischman

<https://gotowncrier.com/2022/04/cafc-celebrates-with-easter-picnic-at-okeehetee/>

OUR CHILDREN ARE OUR FUTURE

CAFCI and the Student Assistance Fund (SAF) Committee are honored to recognize its members and their relatives for their accomplishments, so please share your good news with us, and we will publish as space permits.

CAFCI STUDENT ASSISTANCE FUND (SAF)

Empowering Youth & Investing In Our Future

For more information, visit the Student Assistance Program section on CAFCI's website <https://www.cafcipc.org/studentassistanceprogram> or contact Nadine White-Boyd at 561.351.6895 or Junette Powell at 561.346.2353.

STUDENT ASSISTANCE FUND VIRTUAL AWARDS CEREMONY

Date: **Saturday, June 11, 2022 at 6 pm**

Venue: Zoom Video Conferencing - www.Zoom.com

Meeting ID: 872 6413 1651

Passcode: 351970

<https://us02web.zoom.us/j/87264131651?pwd=V0tFV2hrNy9ONIRkQnVKS3ZxZTBBSQT09>

Highlights of the Awards Ceremony will include keynote speaker Judge Bradley Harper, along with a special performance by Samara Lewis who has a debut single, "Mismatch Me." Samara's aim is to create music that can evade the boundaries of age, appealing to all age groups and subsequently bringing them together. You will have an opportunity to "meet" the award recipients as well as view a video presentation with the current and past recipients. Please save the date and join us to congratulate the recipients.

CAFCI CONGRATULATES CLASS OF 2022 GRADUATES

On behalf of the Board of Directors and CAFCI's Student Assistance Fund Committee, congratulations to all CAFCI family and friends who have relatives who have graduated or will be graduating from high school, college, university or institute of higher learning. Congratulations also to the following four CAFCI 2022 Student Assistance Fund award recipients:

- Kate Deviney – Audrey C. Martin Award & Junior Citizen Award
- Naomie Francisco – Amanayea Abraham Award
- Wole Senat – VAFMSF/The Alan and Arlene Olinksi Award
- Elizabeth Wilson – Cassie's Castle/Simms Award

A big thank you to everyone who have supported by donating to the 2022 SAF Awards funds including those who donated via our FaceBook, Golden Krust Restaurant, The Goodies Factory/Poppin Popcorn, Where's the Food and Where's the Picnic fundraisers. The list of 2022 Donors and Sponsors will be posted on CAFCI's website at www.cafcipc.org/studentassistanceprogram.

PAST SAF AWARD RECIPIENTS UPDATES

Marie Sintulaire, 2019 Award Recipient

April 9, 2022

Good morning Nadine,

I hope that this email finds you well. My name is Marie Sintulaire; I am a 2019 recipient of the CAFCI scholarship. I want to kill two birds with one stone by updating CAFCI about my school endeavors and asking for help searching for a local summer internship.

Currently, I am in my junior year at Florida State University, double majoring in Finance and Management Information Systems. I have chosen research as the foundation of my involvement at FSU. Last year, I served as a research assistant aiding in researching consumer behavior during the early stages of the pandemic. This year, I was promoted to a leadership position within the Undergraduate Research Opportunity Program. I now mentor other business students in finding and excelling in on-campus research opportunities. Both roles have been rewarding and have helped shape my career interests.

At this point in the semester, I am looking to secure a summer finance internship (preferably corporate finance) with a small company in South Florida. I would greatly appreciate any advice or information about any opportunities you or your colleagues are aware of. Attached to this email is my resume; I look forward to your response.

Kind regards,

Loncey Elie, 2019 Award Recipient

April 9, 2022

This is Loncey Elie. I am a former recipient of the scholarship and I wanted to keep you posted about my current life. I am a senior at Florida Atlantic University majoring in Biological Sciences with plans to graduate this fall of 2022. I plan to apply to medical school after I graduate. I also have two important questions.

My two questions are:

- 1. Am I able to join the Board? I was informed by this email that CAFCI is "seeking young members to join the Board." Since I am a college student who is currently working as a tennis coach at the Delray Swim and Tennis Club, I know I am eligible and I am highly interested. How can I sign up for this opportunity, please?*
- 2. Am I able to reapply for the CAFCI student assistance fund award, please?*

SCHOLARSHIPS & FINANCIAL AID RESOURCES

School District of Palm Beach County

For more information on financial aid and scholarships, visit

https://palmbeachschools.org/students_parents/scholarships_and_financial_aid



Congratulations 2022 Graduates

Join us to Celebrate and Honor

**CAFCI
STUDENT ASSISTANCE FUND
AWARD RECIPIENTS**

Virtual Awards Ceremony
Saturday, June 11, 2022 at 6 pm

Keynote Speaker
Honorable Bradley Harper

Musical selection by Samara Lewis

Samara has a debut single, "Mismatch Me."

*Her aim is to create music that can evade the boundaries of age,
appealing to all age groups and subsequently bringing them together.*

Via Zoom

<https://us02web.zoom.us/j/87264131651?pwd=V0tFV2hrNy90NlRkQnVKS3ZxZTB5QT09>

Zoom.com

Meeting ID: 872 6413 1651

Password: 351970

OR

Call-In: +1 646 558 8656

Meeting ID: 872 6413 1651

Password: 351970

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.

For those who were not able to attend our last General Membership meeting on April 9, 2022, the following main points were made during the presentation:

- * Home Of Our Own program funding has been combined with the previous capital assets funding.
- * Donations made to Home Of Our Own program and previous Capital Assets program cannot be used for any other purpose and are held in bank accounts/instruments that are separate from operating accounts.
- * Current biggest challenge is the cost of property with structures and our ability to obtain financing.
- * Our proposed strategy moving forward
 - Acquire property that we can afford (mostly land).
 - Reduce the desired minimum acreage from 2 acres.
 - Purchase looked at as an investment.
 - If land is purchased, put a trailer on it and use for scouts and as our office.
 - Continue to search for the right opportunity.



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.

You can assist in the effort to find a home for CAFCI by putting on an event or promoting an activity to raise funds. To share your ideas or provide information regarding available property, or if you have a question, please send an email to cafcipbc@bellsouth.net, radcliffewoody@aol.com or call 561.791.4002 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 participate in the program by facilitating monthly payments to purchase 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 SUPPORTING THE COMMUNITY



April 18, 2022

CAFCI
Attn: Rhonda Davis
675 Royal Palm Beach Boulevard
Suite 134
Royal Palm Beach, FL 33411

Dear Mrs. Davis,

As Gulfstream Goodwill Industries (GGI) serves and assists people with disabilities through employment, training, and housing, and is the largest homeless services provider in Palm Beach County, it is because of donors like CAFCI that we are able to carry out our mission. Thank you for the very generous donation of 30 backpacks filled with supplies to help our youth clients at our The Lake Village at the Glades homeless shelter. We are humbled by your continued support over the years to help end homelessness.

Homelessness is devastating, leaving people vulnerable and isolated. GGI believes everyone deserves a hand up. Your support has never been more vital and will make a lasting difference for those most in-need.

Please enjoy the enclosed pictures.

Sincerely,

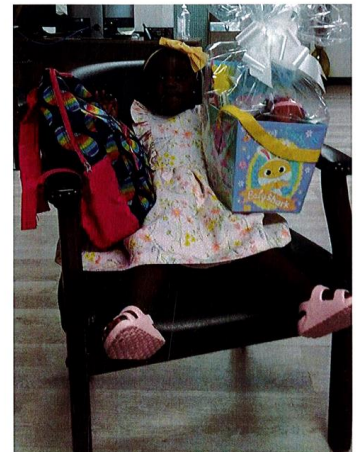
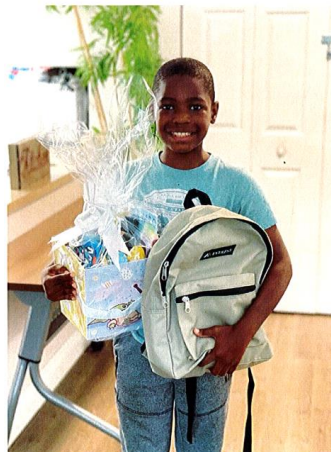
Keith Kennedy
President and CEO

1715 Tiffany Drive East, West Palm Beach, FL 33407
P: 561.848.7200 • F: 561.408.0737

GoGGI.org



The clients at our GGI The Lake Villages at the Glades homeless shelter enjoyed a wonderful Easter Sunday. Thank you so much for the donation of backpacks to make it even more special! For them.



A TIME IN HISTORY

Doris Adelaide Derby

An American Activist



Doris Adelaide Derby
11/11/1939 – 03/28/2022

Doris Adelaide Derby was an American activist, documentary photographer, and director of Georgia State University's Office of African-American Student Services and Programs and adjunct associate professor of anthropology. She was active in the Mississippi civil rights movement, and her work discusses the themes of race and

African-American identity. She was a working member of the Student Nonviolent Coordinating Committee (SNCC), as well as co-founder of the Free Southern Theater, and the founding director of the Office of African-American Student Services and Programs. Her photography has been exhibited internationally. Two of her photographs were published in *Hands on the Freedom Plow: Personal Accounts by Women in SNCC*, to which she also contributed an essay about her experiences in the Mississippi civil rights movement.

Doris Derby's parents met in New York and married in the mid-1930s. Born on November 11, 1939, Derby was raised in Williamsbridge, the outskirts of the Bronx. During her time in a predominantly white elementary school, she started to notice a lack of black representation in her textbooks, movies, advertisements, and in the arts. For this reason, in her early age, she was motivated to make a change. In this she was encouraged by her parents, Hubert Derby, an engineer and later civil servant who had to change jobs several times because of discrimination, and Lucille (nee Johnson). Her grandmother, Edith Delaney Johnson, had started a chapter of the NAACP in Maine in the 1920s.

She began to formally study dance while in elementary school and gravitated towards African-centered dance traditions. Derby received a scholarship to study at the Katherine Dunham African dance classes at the Harlem YMCA.

Derby's association with the civil rights movement began when she joined the NAACP Youth Chapter in her hometown of New York City at her church at the age of 16. She continued her association with the Student Nonviolent Coordinating Committee (SNCC) while attending Hunter College in New York. At the college, she was a member of the Christian Human Relations Group where they discussed topics such as segregation, sit-ins, and the Freedom Riders. As a student

activist, she was on the front lines of the civil rights movement. Derby worked primarily with SNCC in New York, Albany, Georgia, and throughout the state of Mississippi.

Derby was approaching her last year in college in 1960 when she visited countries such as Nigeria, France, and Italy. During her time she began appreciating the differences in cultures and learning about the struggles the countries were facing. She visited the Navajo Indian Reservation where she saw the economic inequalities the population was experiencing.

In 1963, before the March on Washington, Derby, an elementary school teacher at the time, was recruited to work in an adult literacy program initiated by the SNCC at Tougaloo College located in Mississippi. During this time, Derby recalled rooming with Sandra "Casey" Hayden and Hellen Jean O'Neal-McCray who contributed in developing literacy materials to help prepare black people to pass the required, yet discriminatory literacy test for voter eligibility in Mississippi. As a SNCC organizer in Jackson, Mississippi, Derby felt compelled to work in the South as she saw a need for change through her life experiences.

Her experience moving to the South as a native northerner sparked and ignited her. A war on the home front had been started. For this reason, people from all walks of life, backgrounds and ethnic groups were called to work together for a greater cause. Many individuals participated and were committed to the movement, however, black people were most impacted by the injustice of the South and took this time to really take a stance.

Derby made many contributions during her time at Tougaloo College with John O'Neal, another SNCC worker on the literacy project as well as Gilbert Moses, a journalist for the Jackson Free Press. Most notably, she co-founded the Free Southern Theater (FST), Derby felt that a repertory theater company could travel throughout the state and incorporate all of the arts through the development of a cultural format. Creating a space for interaction with the people in the movement and the grassroots community who had suffered the most. The theater would be a vehicle that could be used to inform and perhaps reveal new creative strategies to deal with the institution of segregation. "We needed to look into ourselves in order to empower ourselves and reclaim the freedom we did not have in Mississippi and other southern states."

To be continued in the NEWS June 2022 Issue

Source: https://en.wikipedia.org/wiki/Doris_Derby

Submitted by
Marcia Hayden & Barbara Walker, Newsletter Committee

CELEBRATE & HONOR IN THE MONTH OF MAY



MEMORIAL DAY, observed on **May 30** (the last Monday of May), **honoring the men and women who died while serving in the U.S. Military.** In case you didn't know, the National Moment of Silence Remembrance Act sets aside 3 pm local time on Memorial Day as a moment to pause during the day.

Five Facts About Memorial Day:

1. Memorial Day was originally referred to as Decoration Day.
2. Shortly after the Civil War, General John A. Logan called for a "Decoration Day" to honor those who died during the bloody struggle.
3. According to History.com, Logan, a leader of an organization for Northern Civil War veterans, said, "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land."
4. More Americans (approximately 620,000) were killed in the Civil War than in any other war in American history. Over time, Decoration Day became known as Memorial Day.
5. For a long time, it was observed on May 30. It wasn't until Congress passed the Uniform Holiday Act in 1968 that Memorial Day was officially recognized on the last Monday in May. This law went into effect in 1971.

Memorial Day is also known as a kick-off for the summer, and with many Americans celebrating the holiday out of town, the roads are typically filled with people traveling.

Source:

www.westernjournal.com/5-fast-facts-about-memorial-day/

NATIONAL NURSES WEEK

MAY 6-12, 2022

From assisting with life-threatening ER crises to delivering babies and caring for the elderly in their last moments, nurses perform some of the most difficult and heartbreaking tasks in the medical world. As workers who perform the most essential healthcare tasks, nurses serve as the first point of contact for most patients.

National Nurses Week honors their contributions and sacrifices and reminds us to thank the medical professionals who keep us healthy. It is celebrated between May 6, National Nurses Day, and May 12, the birthdate of celebrated nurse Florence Nightingale.

SOME LITTLE KNOWN FACTS

May 6-12, 1994 - First National Nurses Week Celebrated

-- The American Nursing Association officially designates May 6-12 as National Nurses week.

1923 - First U.S. Nursing School Opens -- The first independent nursing school in the U.S. opens at Yale and accepts women into the program, an unusual practice at the time.

1863 - First Modern Nursing Courses Offered - The Woman's Hospital of Philadelphia begins offering a six-month nursing program, considered the first state chartered nursing school in the U.S.

250 B.C.E. - First Recorded Nursing School -- The first recorded nursing school was established in India in 250 B.C.E. Only men, deemed more "pure" than women were allowed to attend.

NATIONAL NURSES WEEK ACTIVITIES

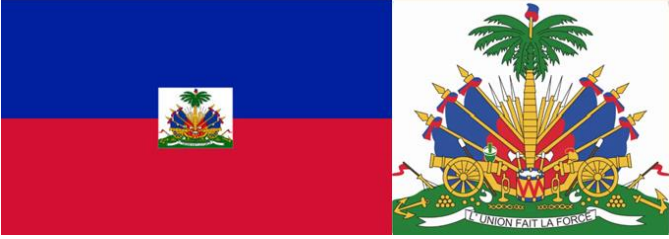
- ✦ **Thank a nurse with a fresh meal or massage** -- Nurses work long hours with few breaks and deserve a treat. Send a nurse in your life a surprise meal or spa session to show your appreciation!
- ✦ **Donate blood** -- If you are eligible, donating blood is an easy way to help ensure our healthcare system has the resources it needs to save lives.
- ✦ **Write a thank-you note to the nurses you know** -- Write a heartfelt thank you note to a nurse (or several.) Let them know you see and appreciate their efforts.

Source: Excerpt from

<https://nationaltoday.com/national-nurses-week/>

CELEBRATE & HONOR IN THE MONTH OF MAY

HAITIAN HERITAGE MONTH A CELEBRATION OF HISTORY, CULTURE, AND PRIDE



May is referred for Haitians all over the world as **Haitian Heritage Month**. It has great historical and cultural significations based upon the traditions inherited since Haiti's independence in 1804, and have been passed on from generations to generations.

Over the past few years, Haitians in Boston, NY, Florida, Philadelphia, and New Jersey have celebrated proudly the month of May with parades, flag raising, conferences, radio and TV programs, festivals, and exhibits, etc. It's a pride-filled month that carries out exciting events within the Haitian community and bring memorable souvenirs, such as patriotic songs recalling the creation of the flag blue and red and the symbol of unity that made us free forever.

May reminds Haitians of the historic pact signed by the Black and Mulatto officers at the May 1803's congress. As a result, those officers created the Haitian Flag on the last day of the congress, on May 18, 1803. Under that flag, they fought and expelled the French army, so Haiti became the first Black independent country in the world on January 1, 1804.

The Haitian Slave Revolution of August 14, 1791 would have never been the only successful slave revolution in the world if General Toussaint Louverture, who was born on May 20, 1743, had not used his military genius to organize and lead the slaves from victory to victory against the powerful armies of Spain, Great Britain and France.

Source: Excerpt from
<http://www.haitiantreasures.com/haitianflag.html>

NATIONAL STROKE AWARENESS MONTH

The National Stroke Awareness Month is run by the National Stroke Association who help individuals 'Save A Life' by educating them about:

- Stroke risk factors
- Stroke symptoms
- Stroke preventative measures



National Stroke Awareness Month is also a timely reminder of stroke survivors and how organizations such as the National Stroke Association supports stroke survivors through their lifelong journey of recovery. The National Stroke Awareness Month program places emphasis on making the public aware about **Acting FAST**. According to the National Stroke Association, a person experiencing a stroke can be treated if people have acted FAST - 80% of strokes can also be prevented.

FAST being an acronym for things to check in a suspected stroke victim:

- **F - Face** / Does the face droop on one side when the person smiles?
- **A - Arm** / After raising both arms, does one of the arms drift downwards?
- **S - Speech** / After repeating a simple phrase, does the person's speech sound slurred or strange?
- **T - Time** / If any or all of the above are observed call for 9-1-1 (if in US or 999 in UK) and ask for medical assistance.

Source:
[Stroke Awareness Month - May 2022 \(whathealth.com\)](http://www.whathealth.com)

**MAY IS
STROKE
AWARENESS MONTH**

STOP Stroke • Act F.A.S.T. • Spread HOPE

HOPE ALL THE MOTHERS, GRANDMOTHERS,
AUNTS, GODMOTHERS AND ALL WHO PLAY
THE ROLE OF MOTHER HAD A HAPPY
MOTHER'S DAY!

Her Hands

by Anna Hempstead Branch

My mother's hands are cool and fair,
They can do anything.
Delicate mercies hide them there
Like flowers in the spring.
When I was small and could not sleep,
She used to come to me,
And with my cheek upon her hand
How sure my rest would be.
For everything she ever touched
Of beautiful or fine,
Their memories living in her hands
Would warm that sleep of mine.
Her hands remember how they played
One time in meadow streams, —
And all the flickering song and shade
Of water took my dreams.
Swift through her haunted fingers pass
Memories of garden things; —
I dipped my face in flowers and grass
And sounds of hidden wings.
One time she touched the cloud that kissed
Brown pastures bleak and far; —
I leaned my cheek into a mist
And thought I was a star.
All this was very long ago
And I am grown; but yet
The hand that lured my slumber so
I never can forget.
For still when drowsiness comes on
It seems so soft and cool,
Shaped happily beneath my cheek,
Hollow and beautiful.

DOING BUSINESS

Let's Support Businesses In Our Community

561CEVICHE

(Peruvian Restaurant)

Village Royale Plaza

1155 Royal Palm Beach Boulevard

561.238.4243

Dine-in, Curbside pickup, No-contact delivery

<http://www.facebook.com/561cevice>



ARE YOU READY???

Hurricane Season Is Almost Here!

Atlantic Hurricane Season

June 1-November 30

To be sure you are prepared, visit

<https://www.ready.gov/hurricanes>

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 VACCINE

Covid-19 -- Frequently Asked Questions about COVID-19 Vaccination
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

2022 MEMBERSHIP DUES

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

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.

- Saturday, May 14: **Cultural Diversity Day**, 1 pm, Veterans Park, Royal Palm Beach
- Saturday, June 11: **Student Assistance Fund Awards Ceremony** 6 pm, Via Zoom Video Conferencing
- Saturday, July 9: **General Membership Meeting**, 7 pm, Via Zoom Video Conferencing
- Saturday, August 13: **General Membership Meeting/Member Appreciation Night**, 7 pm, Via Zoom Video Conferencing
- Saturday, September 10: **General Membership Meeting**, 7 pm, Via Zoom Video Conferencing

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**, 7 pm, Via Zoom Video Conferencing
- Saturday, November 12: **General Membership Meeting**, 7 pm, Via Zoom Video Conferencing
- Saturday, December 10: **General Membership Meeting**, 7 pm, Via Zoom Video Conferencing
- 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.
- May 1 to May 31: MOSAIC**, the Month of Shows, Art, Ideas, and Culture in The Palm Beaches! Explore an array of wonderful offers at MOSAICPBC.com! Then click on the deals you want, register for a unique QR code, and get more for less! Call 561.214.8082, email conciierge@palmbeachculture.com, or visit MOSAICPBC.com.
- Saturday, May 21, 2022; 6:00 pm – 10:00 pm**: The City of Miramar's presents their annual Haitian Cultural Celebration at Shirley Branca Park, 6900 Miramar Parkway, Miramar, FL 33023. Enjoy food, drinks and dancing to the music of live bands in a celebration of Haiti's independence and culture Hosted by Commissioner, Alexandra P. Davis. Bring your own lawn chairs and blankets! For more information, please call 954.602.3178 or <https://www.eventbrite.com/e/haitian-cultural-heritage-celebration-tickets-293254180147>
- June 11, 2 pm until sundown**: Free Spirit presents their **Back-To-School Barbecue and Fish Fry** at Veterans Park in Royal Palm Beach. For more information, contact Ms. Chinnny's at 561.692.1508.

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

LAUGHTER ... IS THE BEST MEDICINE

Mother decided that 10-year-old Cathy should get something "practical" for her birthday.

"Suppose we open a savings account for you?" Mother suggested. Cathy was delighted.

"It's your account, darling," Mother said as they arrived at the bank, "so you fill out the application."

Cathy was doing fine until she came to the space for "Name of your former bank." After a slight hesitation, she put down "Piggy."

