

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.

JULY 2024



BOARD OF DIRECTORS OFFICERS

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Carolyn Hmara Norma Smith-Hill Charlesworth "Barclay" Varlack



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CONTACT US

Caribbean-American For Community Involvement 675 Royal Palm Beach Boulevard, Suite #134

> 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

MEMBERSHIP MEETING: Great news! Our in-person general membership meeting will resume on Saturday, July 13, 2024. Thanks to First Vice President Genieve White for securing the space. We have added several new members since our last general membership meeting in December and this will be an opportunity to meet them and to greet other members who you may not have seen in a while. We will have a special Healthcare Literacy Series presentation by two of our new members. It will offer valuable information to our community. We recommend it. Please come out to the meeting and invite others to attend as well. The meeting will be held at Level-X Fitness Center, 10287 Okeechobee Blvd., Suite A-5, Royal Palm Beach, FL 33411 (Target Plaza -- corner of Okeechobee Boulevard and US 441).

ANNUAL FRIENDSHIP BALL: Our 33rd Annual Friendship Ball will be held on <u>Saturday</u>, <u>September 28, 2024</u>. This is our signature event where we raise most of the funds used to finance our programs throughout the year. Please consider giving a donation or providing sponsorship to one or more of our Ball activities. For details, see Ball information elsewhere in this newsletter.

STUDENT ASSISTANCE FUND AWARDS CEREMONY: On June 8th we held our annual Student Assistance Fund Awards Ceremony at the Original Wellington Mall in Wellington, joined by a number of local officials and educators. This event was made possible by contributions from members and supporters, and grants and donations from many champions for education. Thanks to all our members and supporters who contributed. A special thank you to Junette Powell and Nadine White-Boyd, cochairs of the Student Assistance Fund Program, and to the rest of the committee.

With warm regards,

Dennis Wright

TABLE OF CONTENTS	Page#
CAFCI Annual Friendship Ball	1
President's Message	2
Board, Committees &	2
Contact Information	
Member Acknowledgements	3
CAFCI Events	
- General Membership Meeting	4,5
- Friendship Ball	4
Let's Do Business Feature	5
Member Spotlight	6
Our Children Are Our Future	
- Scouts	7
- Student Assistance Fund	8-10
CAFCI Values Statement	11
Ways to Support CAFCI	
- Membership	11
- Home Of Our Own	11
- Friendship Ball Support	12-15
Opportunities	
VOTE: It's Your Right & Responsibility	16
Month of Celebrations & Awareness	17
Calendar of Events	18
Hurricane Awareness	19

GET WELL TO:

Lawrence Logan

COMFORT AND SUPPORT TO:

Mother of Doreen (and Paul) Baker

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

Welcome New Member
MARIAMA WILLIAMS



JULY 16 - 31

	JULY 16 - 31
Lascelles Harris	16
Debbian Livingstone	16
Bernice Morgan	17
Hugh Walters	18
Florence Osbourne	21
Lavern Blackwood	22
Mark Morrison	24
Loretta Watson	24
Thalia White Lauren	26
Patricia Charlton	28
Sheena Bouchét Simmons	30
Alliseen Kelly-Rambeau	31

AUGUST 1 - 15

Sam Roman	03
Juliette Bramwell	04
Larry Buck	04
Nigel Charlton	04
Karlene Stephenson	14
Robin Ferguson	15
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 an email to CAFCI (cafci@bellsouth.net) and we will update the birthday list. We apologize for any oversight.

GENERAL MEMBERSHIP MEETING

Health Awareness

Saturday, July 13, 2024 In-Person & Via Zoom Level-X Fitness Center 10287 Okeechobee Boulevard, Suite A-5 Royal Palm Beach

Join us on <u>Saturday</u>, <u>July 13th at 7 pm</u> at our new membership meeting location. Two of our newer members, Robin Ferguson and Micaela Ferguson, will be presenting Part 1 of the featured Healthcare Literacy Series, <u>Healthcare Transparency</u>: What You Should Know About Your Care.

You don't want to miss it. What you don't know can hurt you. Come and check out the new location and meet and greet some old and new friends.

IN-PERSON:

Level-X Fitness Center
10287 Okeechobee Boulevard
Suite A-5
Royal Palm Beach
(located at the Target Plaza, corner of Okeechobee
Boulevard and State Road 7 / US 441)

VIRTUAL Via Zoom:

Visit website: www.cafcipbc.org Select "Enter Zoom Meeting" OR

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

https://us02web.zoom.us/j/85318987422?pwd=dllLNER0a2JuNlht YUZl VkZzYmRSdz09 OR

www.zoom.com Select "Join A Meeting" Meeting ID: 853 1898 7422 | Password: 478705

Call-In: +1 646 558 8656

Meeting ID: 853 1898 7422 | Password: 478705

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

NEXT UP: The CAFCI Annual Friendship Ball at the Hilton Palm Beach Airport in West Palm Beach on Saturday, September 28th. Are you ready? If you aren't, you need to get ready. This year's Ball promises to surpass all the others. The Ball Committee is working diligently to put everything in place for an event that knocks your socks off! Great food, excellent company, music that enthralls! Maestro please! Entertainment will be provided by Spirit & Soul Band and DJ Mansta. A word to the wise: Be sure to save the date and get your tickets early from a CAFCI member. Look out for more CAFCI details on the website. www.cafcipbc.org. and in future issues of the newsletter.

FRIENDSHIP BALL

Sponsorship, Support & Advertising Opportunities

The Ball Journal Committee is asking all members and friends to assist with the solicitation of sponsorship, support and ads for the Journal You may also place a member message in the Ball Journal. Forms detailing support opportunities (sponsorship, Ball advertising and member message) included in the newsletter and are available on CAFCI's website. For more information, please contact Genieve White at 561.876.4161 or gen_white@msn.com; Audrey Campbell at 561.792.1129 or acampbell@cruiseplanners.com Audrey Smith at 561.601.8856 terrisjanice@hotmail.com.



JOIN US FOR OUR NEXT CAFCI MEMBERSHIP MEETING

Saturday, July 13, 2024 @7pm 10287 Okeechobee Blvd. Level-X gym Suite A-5, Royal Palm Beach, FL 33411 (Target Plaza corner of Okeechobee Blvd & 441)

Zoom:

https://us02web.zoom.us/j/85318987422?pwd=dllLNER0a2JuNlhtYUZlVkZzYmRSdz09

Featured Topic:

Healthcare Literacy Series

Healthcare Transparency: What You Should Know and Need to Know About Your Care!

Presented by: Robin & Micaela Ferguson

LET'S DO BUSINESS

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

HOOK FISH AND CHICKEN BELVEDERE

This Hook location is owned & operated by the Yapp Family. "Our mission is to prepare and serve our food with love and provide friendly service to our customers. We promise fresh food, made to order daily with exceptional service."

955 Sansbury's Way, West Palm Beach, FL 33411 (The only entrance is from Belvedere Road) 561.249-0070 | www.hookpbc.com

Mon. – Thu. 11 am –9 pm • Fri. – Sat. 11 am – 10 pm Sun 12 pm – 9 pm

Closed 3 Times A Year: Easter, Thanksgiving and Christmas Day

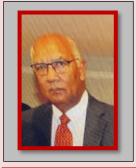
If you would like to recommend a business to be featured in "Let's Do Business" section in our Newsletter, please contact the Newsletter Committee at: junettep56@gmail.com or thaliaec@gmail.com so that we can share it with our members.

Things that make you go HMMMM.

First time I heard about paraprosdokians, I liked them. Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. *(Winston Churchill loved them).* Here are a few.

- 1. Where there's a will, I want to be in it.
- 2. The last thing I want to do is hurt you ...but it's still on my list.
- 3. Since light travels faster than sound, some people appear bright until you hear them speak.
- 4. If I agreed with you, we'd both be wrong.
- 5. We never really grow up -- we only learn how to act in public.
- 6. War does not determine who is right, only who is left.
- 7. Knowledge, is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- 8. To steal ideas from one person is plagiarism. To steal from many is research.
- 9. I didn't say it was your fault, I said I was blaming you.
- 10. In filling out an application, where it says, "In case of an emergency, notify..." I answered, "a doctor."

Member Spotlight



Have You Met ... Charlesworth 'Barclay' Varlack?





Charlesworth Varlack is enterprising, self-driven and visionary. Called Barclay by his family, all his life he has created his own opportunities.

Born in Tortola, a mountainous isle in the British Virgin Islands known for its white sand beaches, Barclay's family moved to the U.S. Virgin Islands in 1965. Seven months after arriving in the USVI, he was drafted into the U.S. army at the age of 19. The year was 1966, near the height of the Vietnam war. With South Korea being a U.S. ally and North Korea backing Vietnam, Barclay was stationed for 13 months along the demilitarization zone (DMZ) separating the two Koreas. Though his unit did not experience the ongoing fighting occurring in Vietnam, there were occasional skirmishes, with one occurring in November 1966 when President Johnson visited the region. The DMZ was fraught with danger, punctuated by the awareness that conflict could explode at any minute.

It was a time that Barclay describes as 'horrible,' during which he and his fellow recruits lived in foxholes that were cold, damp, and wet while guarding the border. He recalls Dr. Martin Luther King, Jr. calling out America for the disproportionate number of Blacks being drafted, only to return to their families in body bags.

When Dr. King was assassinated, many of the White soldiers celebrated. The cheering that lit up base camp rings in Barclay's memory. "It was a hard thing to take. These were people you were sharing the same foxhole with; you were eating with them, sleeping in the same space with them, and they were rejoicing."

Those tough times did not break Barclay. Instead, driven by the teachings he'd gotten as a boy in the islands watching his grandfather, a master boat builder, build some of the best boats on the island, and hearing the parental drum beat about the importance of education, Barclay made it his mission to get an education and do all he could to create a future of possibility for himself and his family.

He would spend two years in the army, eleven months of which he was stationed in the U.S. Upon his discharge, Barclay settled in the Bronx, New York and began attending college. Twenty-one years old and living on his own, Barclay got a job as a bank clerk. It was while working there that his knack for spotting an opportunity first struck. Noticing the many legal documents coming into the bank and being assigned to a special unit, Barclay asked his supervisor who handled them. The answer: paralegals and the legal department. Barclay immediately responded that if an opening arose in that department, he wanted to work there. In preparation, he studied to become a paralegal. When a position opened up, he was ready.

During this time, Barclay earned an associate's degree, and later a bachelor's in public administration, all while working during the day and attending school at night. (He would later start work on a master's degree, but his many responsibilities prevented its completion.)

From the bank, Barclay went on to work as a paralegal for a Wall Street stock brokerage, a job he held for 12 years before deciding to open an insurance agency.

He opened the agency he says because "At that time minorities had a difficult time progressing on Wall Street, so I left and started my own insurance agency selling property and casualty, as well as life and health insurance."

Barclay operated the business successfully for 24 years before retiring in 2012. During the last 7 years, having moved to Florida in 2005, he commuted back and forth to New York bi-weekly.

Prior to starting his insurance agency, even as he worked as a paralegal, Barclay ran what today would be called a side hustle. One day, driving down Sutphin Boulevard in Queens, he noticed a van stopping at local corner grocery stores and delivering candy and snack items. Barclay followed the van's route, then went back to the stores. He asked the store owners, based in majority Black neighborhoods, if they had any Black suppliers. When they said no, Barclay seized the opportunity.

Partnering with his brother, Barclay purchased a van, connected with wholesalers and became the supplier for 50 bodegas. When they sold the business seven years later, they had opened the doors of opportunity. Several other Black and Hispanic suppliers now serviced the territory.

Today, Barclay and his wife Hilary are CAFCI members. Barclay says they chose CAFCI because "It's more than a social organization. It actively gives back to the community; that's important."

Barclay is the proud father of two, and grandpops to three. His wife Hilary, a Jamaican, says honesty and hard work define him: "All he ever did was work hard and service his clients. Even when they had million-dollar houses he never oversold them or took advantage. He always did what was best for the client."

Barclay and Hilary will celebrate their 50th wedding anniversary in August.

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.

CAFCI SCOUTS TROOPS 111 & 4111

Royal Palm Beach, FL

Greetings CAFCI members,

Troop 111 & 4111 had an amazing time at Tanah Keeta Summer Camp this year. Not only did we receive the highest score on our campsite inspection out of any other troop, but we also

earned the Honor Troop Award. Each day we

showed our Scout spirit by dressing up to match the daily theme. Monday was Sports, Tuesday the Wild West, Wednesday Winter Holidays, Thursday was Superhero, and Friday was Hawaiian or Pirate. There were plenty of fun events, such as night climb with glow sticks, open swim, line dancing, decorating ornaments, and making cardboard gingerbread houses. The most fun of them all was the cardboard boat regatta. The troop designed a boat wrapped in at least 10 rolls of

duct tape to help it be waterproof.

The name of the vessel was the "Troop 111 Pepto Bismol".

Overall, it was a wonderful experience at TK, and we will definitely be returning next year. We have plans to attend Sea Base High Adventure Camp in the Keys and also Daniel Boone Camp in North Carolina later this month. With that, it has been a fun summer so far, and hopefully it will only get better. Many thanks to CAFCI for their support which makes these amazing adventures possible.





Jonathan Schnick Baker, Landon Girard, Caleb McNally, Victoria Montoya, Keenan Stack



Front: Landon Girard, Keil Grieser, Lucas Schnick Baker, Luke Estevez Back: Jackson Eubanks, Benjamin Recio, Haroon Almasoodi



Yours in Scouting, Jonathan Schnick Baker Senior Patrol Leader 5.28.24 - Present Scouts BSA Troop 111



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

CAFCI Honors Students at its 31st Student Assistance Fund Awards Ceremony

Expressing the value of education in words is no easy task, but Malcolm X captured it so well when he wrote "Education is our passport to the future, for tomorrow belongs only to the people who prepare for it today." As part of its mission and guiding philosophy, CAFCI believes that investing in the education of our young people is the best investment we can make for the future. On Saturday, June 8, 2024 at the Original Wellington Mall, CAFCI celebrated the educational journey of eight outstanding Palm Beach County high school seniors at its 31st Annual Student Assistance Fund Award Ceremony. The recipients were:

- 1. Rachelle Jenna Alcin (Michelle and Robert Diffenderfer Award); College: Florida International University
- 2. Nirvani Balkaran (Gloria Edwards Award); College: Florida State University
- 3. Kellie Cargill (Ferrin Student Leadership Award); College: Florida International University
- 4. Karlye Drake (Jess and Victoria Santamaria Award); College: Fisk University
- 5. Tyson Elliott (Audrey Martin Award & CAFCI Junior Citizen Recipient) College: Florida State University
- 6. Jamir Hutchinson (The Genieve White Family Award); College: University of Central Florida
- 7. Anne Osme (Alpha and Dominque McDonald Award) College: Palm Beach State College
- 8. Briana Ulysse (Amanayea Abraham Award); College: Clark University



Rachelle Alcin, Dennis Wright



Nirvani Balkaran, Dennis Wright



Kellie Cargill, Rhonda Ferrin-Davis



Genieve White, Jamir Hutchinson, Nadine White-Boyd

The recipients and their families, along with CAFCI members and guests, celebrated with refreshments catered by Golden Krust Restaurant.



Christopher Santamaria, Karlye Drake



Tyson Elliott, Dennis Wright



Alpha McDonald, Anne Osme, Dominique McDonald



Brianna Ulysse, Dennis Wright

Each student received a Student Assistance Fund Award for educational excellence, valued at \$1,500, and one student, Tyson Elliott, also received the CAFCI Junior Citizen Award in recognition of exemplary community and civic service, and an additional \$500.00. Reinforcing CAFCI's mission, the theme for this year's event was "Empowering Youth & Investing In Our Future."



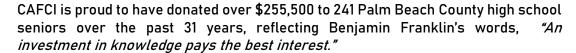
Tyson Elliott

Tyson Elliott got the evening off to a powerful start with his stirring guitar rendition of the National Anthem. The students received inspiring messages of congratulations and encouragement from Royal Palm Beach Mayor, Fred Pinto, and School Board District 6 member, Marcia Andrews, among others. Videotaped messages of congratulations, enthusiastic support, and valuable advice were provided to the awardees from past award recipients whose academic progress serve as a tribute to the investment and commitment that CAFCI has made to education and the youth in our community.

Summer A. Hill, a Critical Care Registered Nurse and motivational speaker, delivered a rousing and inspirational keynote address. She skillfully wove humor into her uplifting personal narrative exhorting the students to believe in themselves, show up *and* turn up,

and know that their efforts and dedication are the keys to opening doors of opportunity and endless possibilities for success.

The ceremony ended on a high note as Samara Lewis got a standing ovation for her incredible musical tribute of *The Prayer* to the awardees.





Summer Hill



Thanks to our dynamic and dedicated Student Assistance Fund Committee: Co-chairs Nadine White-Boyd and Junette Powell; Treasurer, Leonie Escoffery; members, Doreen Baker; Lavern Blackwood; Marva Wilks and Norma Smith-Hill. This group worked around the clock and pulled out all the stops. As a result, the awards ceremony was well attended, well executed, warm and familial; in short, an excellent showcase of CAFCI's guiding mission.

Committee members, we are ever grateful to you. Likewise, we extend a big thank-you to

everyone who supported the students by donating to the 2024 SAF Awards. None of this would be possible without you.



Sheena Bouchét Simmons, Jannette Sharpe-Paul



Marva Wilks, Max Smith



Royal Palm Beach Mayor Fred Pinto, Port of Palm Beach Commissioner Dr. Jean Enright



2024 DONORS & SPONSORS

THANK YOU FOR YOUR FINANCIAL SUPPORT AND COMMITMENT TO

CAFCI'S STUDENT ASSISTANCE FUND

BENNETT & BODDEN, CARLOS BODDEN, ESQ. *

LORIANNE AND DENNIS CABRERA

CLAUDETTE "PAT" AND LUKIE CHRISTIE

JOHNNY DAVIS

ROBERT AND MICHELLE ROBERT DIFFENDERFER*

VALERIE DORSEY

WENDY EDWARDS AND YVONNE EDWARDS*

ESCOFFERY FAMILY AND MARTIN FAMILY*

VIVIAN AND ADRIENNE FERRIN MEMORIAL SCHOLARSHIP FUND*

GOLDEN KRUST, CLAYTON ROBINSON

LINCOLN GARDENS, LLC, STEVEN MORRISON ALPHA AND DOMINIQUE MCDONALD*

MARJORIE MENDEZ

SHIRLEY AND MARK MORRISON

NEXTERA ENERGY | FLORIDA POWER & LIGHT COMPANY*

YEETA PANDEY

VALERIE PAYTON

PORT OF PALM BEACH, HONORABLE WAYNE RICHARDS

JUNETTE AND NEIL POWELL

OPAL SANGSTER

JESS AND VICTORIA SANTAMARIA*

SHEENA BOUCHET SIMMONS

RICHARD VALUNTAS

GENIEVE WHITE FAMILY*

MARVA WILKS

JEAN AND RICHARD WILLIAMS

Thank you to everyone who donated their time and talent to help raise money for the Student Assistance Fund.

Your support of, and commitment to, our mission is greatly appreciated.

* DONATIONS OF \$1,000 OR MORE



SPECIAL THANK YOU TO KAREEM GORDON
FOR PRODUCING THE STUDENTS' CONGRATULATIONS VIDEO.

THANKS TO THE STUDENT ASSISTANCE FUND COMMITTEE FOR
THEIR DEDICATION TO AND INVESTMENT IN CAFCI:
JUNETTE POWELL & NADINE WHITE-BOYD, CO-CHAIRS
DOREEN BAKER, LAVERN BLACKWOOD, LEONIE ESCOFFERY,
NORMA SMITH-HILL, MARVA WILKES

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

A



For C.A.F.C.I.



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

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

If you have information about potential investors who may be able to help with funding, please share your ideas and information about available properties by calling 561-790-4002 and leaving a message, or by emailing 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.



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

675 Royal Palm Beach Boulevard • Suite #134 • Royal Palm Beach, FL 33411 www.cafcipbc.org • E-mail: cafci@bellsouth.net • Phone: 561.790.4002 Follow us on Facebook

FRIENDSHIP LALL

Celebrating CAFCI
35 Years Strong in Community Involvement

Saturday, September 28, 2024

CAFCI's annual Friendship Ball will be held on **Saturday, September 28, 2024** at **8 pm** at the Hilton Palm Beach Airport. The theme for this premier event is **CAFCI: 35 Years Strong in Community Involvement.** This event attracts a large cross section of Palm Beach County and its neighboring counties. Proceeds from the Ball are earmarked for our Student Assistance Fund and community outreach programs such as the Annual Martin Luther King, Jr. Day Celebration, Cultural Diversity Day as well as other events that benefit the community at large.

Please consider supporting this worthy cause by becoming a Sponsor or purchasing an advertisement in our Annual Friendship Ball Journal. The Ball Journal recognizes our sponsors and advertisers as well as showcase the programs that CAFCI continues to produce in service to our community. The circulation of the Journal provides our sponsors and advertisers significant recognition and visibility on our website and at the Ball. Sponsorship & Support Opportunities as well as Advertising Request Forms are available online at www.cafcipbc.org/annual-friendship-ball and are also enclosed.

We extend an invitation to you, your staff, family and friends to attend the Friendship Ball. You may purchase tickets (\$110 each) or make a donation via our website at www.cafcipbc.org/annual-friendship-ball. If you have any questions or would like to purchase tickets, you may also contact CAFCI's office at 561.790.4002 or cafci@bellsouth.net or any of the persons listed below:

- Genieve White, Sponsorship Committee Chair: 561.876.4161; gen_white@msn.com
- Dennis Wright, President: 561.653.1586; denban22@aol.com

Your support would be very much appreciated. Please respond by July 31st.

We look forward to hearing from you soon.

Sincerely,

Dennis Wright

Attachments

President

Genieve White

1st Vice-President/Sponsorship Committee Chair



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

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NAME	DATE	
ADDRESS		
CITY, STATE, ZIP		
PHONE		
E-MAIL		
COMMENT		
BE A PART OF C	AFCI'S HISTORY BY PLACING YOUR PERSONALIZED MESSAGE IN THE 2024 BALL JOURNAL.	
MESSAGE (text only – max. 20 words) BUSINESS CARD SIZE MESSAGE (2" x 3 1/4") \$75	
Examples of person	alized message:	
★ We salute and cor	ngratulate CAFCI on their commitment to the community	
 Congratulations of 	n Graduation, Newborn, Engagement, etc.	
 In loving memory 		
 Birthday greeting. 	s to	
Message		
	Submit message and image (if applicable) to cafci@bellsouth.net.	
Include "CAFCI 2024 BALL Message" in the Subject line.		
	All messages due on or before July 31, 2024.	

METHOD OF PAYMENT

Check or money order payable to: CAFCI

Attn: Sponsorship & Journal Committee, 675 Royal Palm Beach Blvd, Ste. #134 Royal Palm Beach, FL 33411

OR

Pay Online by PayPal/Credit Card (additional charges apply) www.cafcipbc.org/annual-friendship-ball



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

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



35 Years Strong in Community Involvement Saturday, September 28, 2024

COMPANY	
CONTACT NAME	
ADDRESS	
CITY, STATE, ZIP	
PHONE	
E-MAIL	
WEBSITE	
SIGNATURE	DATE
CAFCI REP. SIGN.	DATE
COMMENT	

Please select ($\sqrt{}$) the type of advertisement and complete the Payment and Setup Section below. Retain a copy of this document for your records. Submit camera ready ad electronically to <u>cafci@bellsouth.net</u>. Include "CAFCI 2024 BALL AD" in the Subject line. **All advertisements are due on or before July 31, 2024.**

SELECT	TYPE OF ADVERTISEMENT	PRICE
	Outside Back Cover (8½" x 11")	\$700
	Inside Back Cover (8½" x 11")	\$650
	Inside Front Cover (8½" x 11")	\$650
	Full Page (8½" x 11")	\$500
,	Half Page (5½" x 8 ½")	\$275
	Quarter Page (4 ¼" x 8½")	\$150
	Business Card (2" x 3 1/4")	\$80

PAYMENT			
Ad Price Selected \$		\$	
Additional Set-up Charges (if applicable)		\$	
-	Business Card: \$15 min.		
_	¼ Page: \$20 min.		
-	½ Page: \$25 min.		
13. 7 1.	Full Page: \$35 min.		
Additional Tax-Deductible Donation		\$	
TOTA	L PAYMENT	\$	

METHOD OF PAYMENT

CAFCI CAFCI

Attention - Sponsorship & Journal Committee 675 Royal Palm Beach Boulevard, Suite #134 Royal Palm Beach, FL 33411

OR

Pay Online by PayPal/Credit Card www.cafcipbc.org/annual-friendship-ball (additional charges apply)

Journals are available upon request and based on availability, following the event.



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Friendship Ball Full page color s Ball Journal Recognition in vio the Ball Ball Journal recognition	deo presentation at gnizing sponsorship e for one year with sor's website or ad by July 31st to	\$2,500 * Four (4) tickets for the Annual Friendship Ball * Full page color sponsorship ad* in Ball Journal * Recognition in video presentation at the Ball * Ball Journal recognizing sponsorship on CAFCI's website for one year Please submit full color ad by July 31st to cafci@bellsouth.net.	# Two (2) tickets for the Annual Friendship Ball # Full page color sponsorship ad* in Ball Journal # Recognition in video presentation at the Ball # Ball Journal recognizing sponsorship on CAFCI's website for one year Please submit full color ad by July 31st to cafci@bellsouth.net.
SUPPORT I/We would like to sup Annual Friendship Ball with a contribution of: \$500 \$250 \$\$\$\text{\$	and its mission : \$\Boxes\$	I/We would like to purchase tickets at \$110 each table of ten (10) for \$1,100. Ball tickets are also available on-line at	PAYMENT Check or money order payable to: CAFCI Attn: Sponsorship & Journal Committee 675 Royal Palm Beach Blvd., Suite #134 Royal Palm Beach, FL 33411 OR
You may also donate of https://www.cafcipbc.friendship-ball.		https://www.cafcipbc.org/annual- friendship-ball.	Pay on-line by PayPal/Credit Card www.cafcipbc.org/annual-friendship-ball (additional charges apply)

THREE WAYS TO VOTE

Deadline to register or change party affiliation: July 22

EARLY VOTING: August 10 - 18, 2024, 7 am to 7 pm. You can vote in person or drop off your Vote-by-Mail ballot at any Early Voting location during this time.

VOTE-BY-MAIL: We plan to begin mailing ballots to overseas and absent military voters on July 3, 2024, and to domestic voters on July 12, 2024. Voted ballots must be in the Palm Beach County Supervisor of Elections Office by 7 pm August 20. To receive a Vote-by-Mail ballot, you must request one. The deadline to request a Vote-by-Mail ballot is 5 pm August 8, 2024.

ELECTION DAY: August 20, 2024, 7 am to 7 pm To vote in person on Election Day, you must vote in the polling place assigned to your precinct.

CLOSED PRIMARIES

Your party affiliation will determine which partisan races are on your Primary Election ballot because Florida has closed primaries. However, the 2024 Primary Election also includes nonpartisan races for school board and judges, a countywide question, and a Universal Primary Contest* for Public Defender, 15th Judicial Circuit that all registered voters, including those registered with a different party or not affiliated with a party.

The deadline to change your political party affiliation for this election is July 22.

*A Universal Primary Contest occurs when all the candidates for an office belong to the same party and the winning candidate will have no opposition in the General Election.

SAMPLE BALLOT

The races on your Primary ballot are determined by where you live and your party affiliation in partisan races. Look up your voter information here to find your specific sample ballot.

The links to "All Races" sample ballots below show all of the races that are included in this election, including those that are district-specific. 2024 Republican Primary Election All Races Sample

https://www.votepalmbeach.gov/Portals/PalmBeach/20 24%20Elections/Compressed%20Republican%20Party%2 0Sample%20Ballot%20Primary%20Election%202024.pdf? ver=lvui0SplT_Hg9F2gEQTBkA%3d%3d

2024 Democratic Primary Election All Races Sample Ballot

https://www.votepalmbeach.gov/Portals/PalmBeach/20 24%20Elections/Compressed%20Democratic%20Party% 20Sample%20Ballot%20Primary%20Election%202024.pdf ?ver=xH7xE6brULzADDM4oDARpA%3d%3d

2024 Nonpartisan Primary Election All Races Sample Ballot

https://www.votepalmbeach.gov/Portals/PalmBeach/20 24%20Elections/Compressed%20Nonpartisan%20Sampl e%20Ballot%20Primary%20Election%202024.pdf?ver=HT U8U3i8SeuWobtHID6LBQ%3d%3d

CHECK YOUR STATUS

Visit the My Status page:

https://www.votepalmbeach.gov/Voters/My-Status

- Review and update your voter registration information
- Look at your personalized sample ballot
- Check your Vote-by-Mail requests
- Track your Vote-by-Mail ballot to see when it went out and when it was received by our office
- Find out where you vote on Election Day
- See your voter activity for the past 12 months

ELECTION DAY POLLING PLACES & POLLING PLACE CHANGES

Verify Your Assigned Election Day Polling Place at https://www.votepalmbeach.gov/Voters/Precinct-Finder

We've Moved!

Palm Beach County Supervisor of Elections Main Office and Voting Equipment Center 4301 Cherry Road, West Palm Beach, FL 33409

Source: https://www.votepalmbeach.gov/

JULY ... A MONTH OF CELEBRATIONS & AWARENESS



INTERNATIONAL SELF CARE DAY July 24, 2024

10 SELF-CARE TIPS FOR NURTURING MENTAL WELLNESS

We live in a fast-paced society with demands coming at us from every

angle - work, relationships, social media, and more. It's no wonder, according to the National Alliance on Mental Illness, 1 in 5 U.S. adults experience mental illness. With this in mind, prioritizing mental wellness is more crucial than ever. Practicing self-care is one of the most important ways to improve and maintain a healthy mind and psyche. Here are ten self-care tips to help you nurture your mental wellness:

GET ENOUGH SLEEP: Adequate sleep, 7-9 hours each night, is fundamental for mental and physical health. Some tips for the best quality sleep are to eat a well-balanced bedtime snack, limit screen time before bed, and sleep in total darkness.

PRACTICE MINDFULNESS AND MEDITATION: Integrate mindfulness techniques into your everyday schedule. Whether through meditation, deep breathing exercises, prayer, or simply pausing to be fully present, these practices can alleviate stress, enhance self-awareness, and sharpen mental clarity.

REGULAR PHYSICAL ACTIVITY: Movement is not only beneficial for your physical health but also for your mental well-being. Find activities you enjoy, whether it's walking, yoga, dancing, or cycling, and aim for at least 30 minutes of exercise most days of the week.

NOURISH YOUR BODY: Consuming a nutrient-rich diet and balancing blood sugar supports hormone health which has a direct and positive effect on mental health. Make a habit of eating breakfast within 30 minutes to an hour of waking each morning, combine lean protein with healthy carbs and fats, and consume plenty of water throughout the day.

LEARN TO SAY NO: Whether it's to commitments or people that drain your energy and create stress, it's healthy to set boundaries. Establishing limits in your personal and professional life is essential for protecting your mental well-being and preserving your time and energy for activities that bring you joy.

MAKE TIME FOR SUPPORTIVE RELATIONSHIPS: CARVE out space for purposeful time with friends and loved ones. Surround yourself with people who uplift and support you. Share your thoughts and feelings openly with people who are trustworthy, and don't hesitate to seek help or professional support when needed.

ENGAGE IN ACTIVITIES YOU ENJOY: Make time for hobbies and activities that bring you joy and fulfillment. Making time for

things you love to do can boost your mood and reduce stress.

PRACTICE GRATITUDE: Develop a mindset of gratitude by regularly identifying and focusing on the positive aspects of your life. Keep a gratitude journal and practice writing down things you're thankful for. Focusing on gratitude can enhance your overall outlook and increase feelings of happiness and contentment.

UNPLUG AND DISCONNECT: Ever heard of FOMO? In today's digital age, "fear of missing out" can be overwhelming and cause you to think you should be constantly connected. Set aside designated times to unplug from technology and disconnect from social media. Allow yourself to fully engage in the present moment without distractions. When you are connected, remember that much of what you see on social media is a "highlight reel" and not often a reflection of reality. If you feel worse after being on social media, consider disconnecting from it indefinitely.

SEEK PROFESSIONAL SUPPORT WHEN NEEDED: Reach out for professional help if you're struggling with your mental health. Therapists, counselors, and mental health professionals can provide support, guidance, and resources to help you navigate life's challenges and improve your overall well-being. A great resource for ways to find affordable mental health support is:

https://jedfoundation.org/resource/7-ways-to-get-affordable-mental-health-care/

Source: 10 Self-Care Tips for Nurturing Mental Wellness (christineortollcharity.org)



PARENTS' DAY July 28, 2024

The fourth Sunday in July is Parents' Day in the USA. This holiday is a combination of Father's Day and Mother's Day. And what a celebration this should be! The holiday was established in 1994 by President Bill Clinton as the day that recognizes, uplifts and

supports the role of parents in the rearing of children.

This observance is more consistent, because it minimizes traditional sex-based differences in parental roles. But as far as Mother's Day and Father's Day are very popular in the USA, its unlikely Parents' Day will replace them any time soon.

So if you are parents then give yourself a break today and treat yourself. Or if you have or know some hardworking, lovely parents – remind them how special they are today!

Source: https://www.awarenessdays.com/awareness-days-calendar/parents-day-in-the-usa-2024/

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.

Saturday, July 13: General Membership Meeting, 7 pm, Hybrid Saturday, August 10: General Membership Meeting, 7 pm, Hybrid Saturday, September 14: General Membership Meeting, 7 pm, Hybrid

Saturday, September 28, 2024 at 7pm

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

- Now through July 31 | Kids Get in Free! Palm Beach Zoo, 1301 Summit Boulevard, West Palm Beach. For more information, go to https://events.palmbeachculture.com/.
- July 11 28 | SHAKESPEARE BY THE SEA XXXIV & SHAKESPEARE BY THE PALMS IV. King Lear at Royal Palm Beach Commons Park Amphitheatre, 11600 Poinciana Boulevard, Royal Palm Beach. For more information, go to https://events.palmbeachculture.com/
- Friday, July 19 at 5:30 pm | TASTE OF THE CARIBBEAN In celebration of Caribbean American Heritage Month, join the Caribbean Bar Association, the Haitian Lawyers Association, the Jamaican-American Bar Association, the Puerto Rican Bar Association, and the Broward County Bar Association for networking island-style at the Broward County Bar Association, 1051 SE 3rd Avenue, Fort Lauderdale.
- Saturday, July 20 from 11 am to 2:30 pm | Grace Episcopal Church Women presents their 23^{eo} ANNUAL LUNCHEON at Embassy Suites Hotel, 1601 Belvedere Road, West Palm Beach; Contribution: \$65 per person. For additional information, contact Maureen George at 561.315.0575 or Laxine Squire at 352.216.4189.
- <u>July 22 28 | SHARK PRESERVATION WEEK at Cox Science Center and Aquarium, 4801 Dreher Trail N, West Palm Beach.</u> For more information, go to https://events.palmbeachculture.com/
- Saturday, August 3 | Free Spirit Outreach in association with Caribbean Teeze presents a PRE-INDEPENDENCE CELEBRATION at Caribbean Teeze Restaurant and Lounge, 6295 Lake Road, Lake Worth. For more information, call 561.692.1508 or visit give@fsocharity.org.
- Visit the 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.
- For information on what's going on around Wellington, go to AroundWellington.com.

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

2024 HURRICANE SEASON IS HERE - BE SAFE AFTER!!!

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

- Follow reentry guidance from local authorities and return home from an evacuation only when it is safe to do so.
- Have a professional inspect your damaged property before attempting to clean up or repair any damage. Wear
 protective clothing and use caution during cleanup.
- Stay away from floodwater. Floodwater can contain a variety of hazards, including sharp objects, downed power lines, sewage, bacteria, chemicals and wild or stray animals.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.
- Document any property damage with photographs. Contact your insurance company to file an insurance claim. Register with FEMA for additional assistance.
- You are the help until help arrives. Be careful when helping people who may be trapped or injured. Floodwaters may contain hazards and buildings may be unstable.

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.

See May Issue of CAFCI NEWS for: PREPARE NOW; June Issue of CAFCI NEWS for: SURVIVE DURING Source: https://www.ready.gov/hurricanes#before



HURRICANE BERYL RELIEF

Our thoughts are with all those who have been affected by Hurricane Beryl.

Please support the organizations collecting funds and supplies to help all those who were affected!