



# CONNECTED

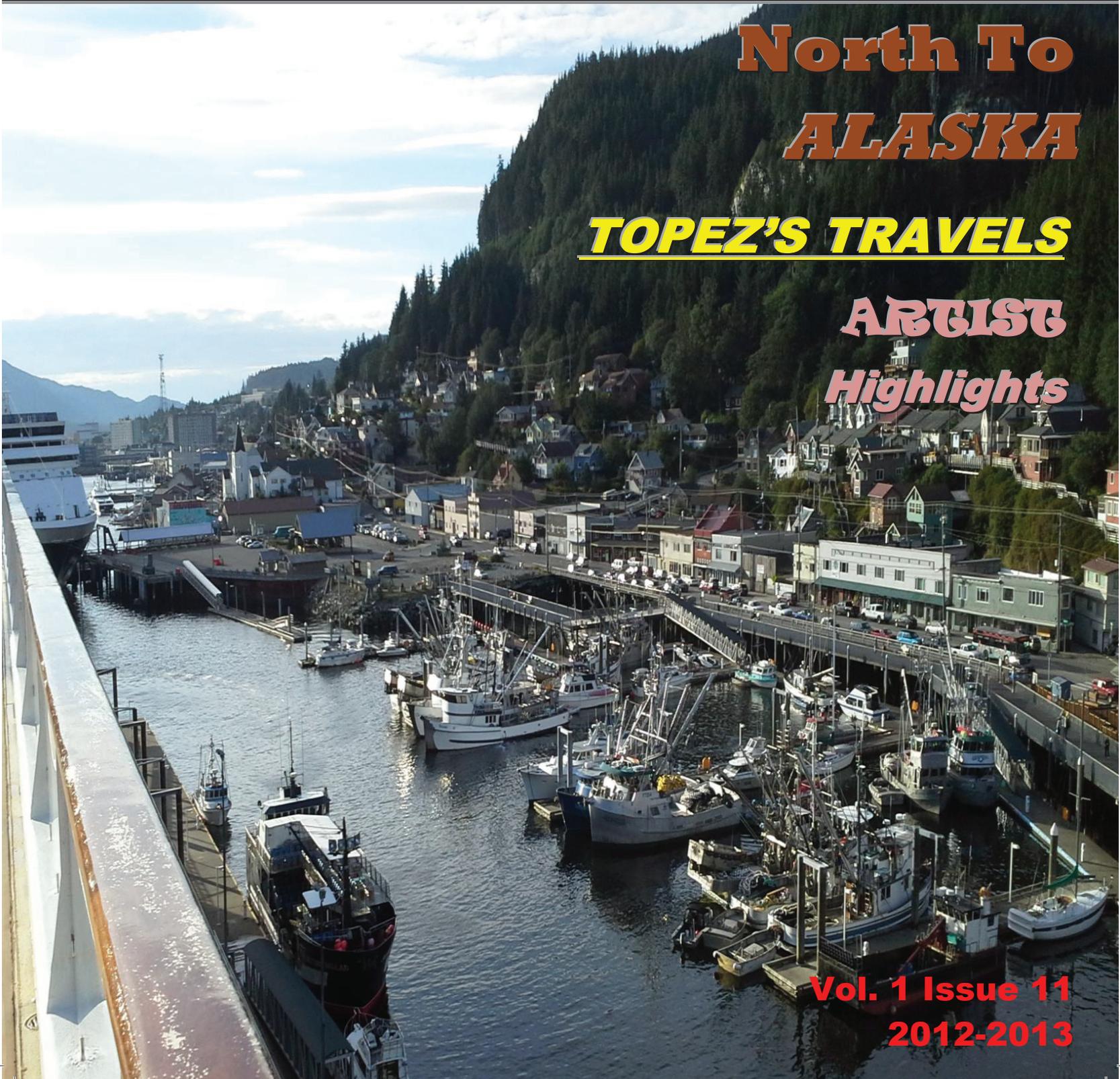
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**North To  
*ALASKA***

**TOPEZ'S TRAVELS**

**ARTIST  
*Highlights***



**Vol. 1 Issue 11  
2012-2013**





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**RANDY GUYER  
JULIANNE BARNES  
NILIA URIBE**



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**COMING SOON!...Watch for – New Logo, designed by Chris Uribe and  
New Additional Content by Nilia Uribe in our 2014 issue.**

**UNITED BUT DISTINCT**



## From the Editor's Desk

### *PICEI Connected*

Pamoja International Cultural Exchange, Inc. (PICEI)



*Mildred Glenn, Editor*

**WELCOME TO THE BOARD.** Christian Uribe has joined the Board of Pamoja International Cultural Exchange, Inc. (PICEI) in the capacity of *Co-Director of the Marketing Division*. His wife, Nilia Uribe has also joined the PICEI Board as well.

**LAST SHALL BE FIRST 50/50 RAFFLE**  
The annual "Last Shall Be First 50/50 Raffle"

drawing was held on October 12, 2013, at the Brasshorse Lounge. There was also a Chinese Auction and a Fund Raiser held on that same day for Betty Swamp, one of our most active members, who is in critical condition at this time.

We had our 7-day Cultural Conference aboard the Celebrity cruise ship "Century" to Alaska. The cruise was from August 18 to August 25, 2013. The ports of call that we visited were Vancouver, British Columbia, Icy Strait Point, Juneau, and Ketchikan, Alaska. See the Alaska article for more interesting and informative views on this great state.

A poem written by Maya Angelou about Nelson Mandela entitled, "*His day is Done*" is included in this publication. Mandela, a strong and powerful man was President of South Africa from 1994 to 1999. He passed away on December 5, 2013 at the age of 95 years old.

PICEI Connected publication will soon have a 'new' face and some new and interesting articles. Our new Co-Director of Marketing will share in making this happen.

PICEI is available for seminars and workshops throughout the year. Schools and individuals should contact us at (718.774.9032) regarding the Scholarship/Award program.

We have worked hard for over 30 years to do what we can to bring as many cultures together as we can. Understanding each other unites us in ways that will make the world a better place. We would be delighted if you would move forward with us by sharing your stories or taking part in our special events and travel. Visit our Web site [www.picei.org](http://www.picei.org) or join our social network by liking us on Facebook, or Call us at 866 660 5116 and give us your ideas.

*Giving ourselves to the Universe...will keep us all linked.*

*Help us keep the link growing and reaching  
to the Universe.*

Visit the PICEI website at [www.picei.org](http://www.picei.org)  
or write PICEI at its E-mail address:  
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NEW AND RECYCLED FASHION



## Expressions from the Founder

Florence Ghoram Patterson

*Words, I shared with my mother when I was a little girl, I now wish to share with you...*



While sitting down talking to my Mom (which we often did when she was not working, taking care of other children and cleaning their homes) in our little apartment on 145<sup>th</sup> street in Harlem many, many years ago, I said "Mom, when I return home (meaning when I die,) I am going to

run over to you and hug you so tight because I want to always be with you (assuming that she would return home before I did). She immediately said, no, you won't do that, because all of us **will be one** and there will be no difference there." She went on to say, "all of our energy will be together as one, as it should be here on earth." I will never forget her comeback words to me...

Perhaps, we should revisit that thought from time to time and maybe, just maybe we will be able to love one another on **this** journey of life...

## Cultural Sharing

By Florence G. Patterson

**The members of PICEI** have traveled to many countries and several continents together sharing and learning about other nationalities way of life. However, some of our members have not yet lived among the people of the motherland, **Africa**. Our plans for next year 2015 cultural experience are to live with families of Senegal and visit the historical Island of Goree. This small Island is where I lived and worked for the Peace Corps from 2000 to 2004. Hopefully, our trip will also include South Africa, home of Nelson Mandela.

Those interested in traveling with us, please contact us by **September 15, 2014** to be among those authorized to Fund Raise for the trip with PICEI. Call 1 866 660 5116 or go the PICEI website: [www.picei.org](http://www.picei.org)

Our delegation will be greeted by the Mayor of Goree, the people of Goree Island, and selected dignitaries of Senegal with a visit to the "Door of No Return". You will always want to go back to Goree Island. **"I KNOW I DO"**

### AND HOW ARE THE CHILDREN?

**Among the many fabled and accomplished tribes of Africa, no tribe was considered to have warriors more fearsome or more intelligent than the mighty Masai. It's surprising, then, to learn the traditional greeting passed among the Masai warriors; "Casserian Engeri," one would always say to each other. And what it meant was, "And how are the children?"**

**It is still the traditional greeting of the Masai, acknowledging the high value the Masai placed on the children's well being. Even warriors with no children of their own would always give the traditional answer, "All the children are well." This meant, of course, that peace and safety prevail; the priorities of protecting the young and the powerless are in place; that the Masai people had not forgotten their reason for being, their proper function, and their responsibilities.**

**All the children are well" means life is good. It means the daily struggles of existence, even among poor people, include the proper care of the young and defenseless.**

*(Continued on page 7)*



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# Tidbits of Culture

## Iranian People

Source: Wikipedia

*This article is about the ethno-linguistic group. For the peoples of [Iran](#),*

### Iranian People

The **Iranian people** or **Iranic people** are an Indo-European ethno-linguistic group that comprise the speakers of Iranian languages, a major branch of the Indo-European language family, as such forming a branch of the Indo-European-speaking people. Their historical areas of settlement were on the Iranian plateau (mainly Iran, Afghanistan and Azerbaijan) and certain neighboring areas of Central Asia (such as Tajikistan, Uzbekistan, western Pakistan, northern Iraq and eastern Turkey, and scattered part of the Caucasus Mountains) reflecting changing geopolitical range of the Persian empires and the Iranian history. Their current distribution spreads across the Iranian plateau, and stretches from Pakistan's Indus River in the east to eastern Turkey in the west, and from Central Asia and the Caucasus in the north to the Persian Gulf in the south – a region that is sometimes called the Iranian cultural continent, or Greater Iran by scholars, and represents the extent of the Iranian languages and influence of the Iranian people, through the geopolitical reach of the Iranian empire.

The Iranian group emerges from an earlier Iranian group during the Late Bronze Age, and it enters the historical record during the Early Iron Age.

The Iranians comprise the Persians, Pashtuns, Balochs, Kurds, Medes, Scythians, Bactrians, Parthians, Sarmatians, Alans, Ossetians, Cimmerians and their sub-groups. The Iranians had domesticated horses, had traveled far and wide, and from the late 2<sup>nd</sup> millennium BCE to early 1<sup>st</sup> millennium BCE they had migrated to and settled on the Iranian Plateau.

### Diversity

It is largely through linguistic similarities that the Iranian people have been linked, as many non-Iranian people have adopted Iranian languages and cultures. However, other common traits have been identified as well, for example, a stream of common historical events have often linked the southern Iranian people, including Hellenistic conquests, the various empires based in Persia, Arab Caliphates and Turkic invasions.

### Culture

Following the Iranian split from the Indo-Iranians, the Iranians developed an increasingly distinct culture. Various common traits can be discerned among the Iranian people. For example, the social event Norouz is an Iranian festival that is practiced by nearly all of the Iranian people as well as others

in the region. Its origins are traced to Zoroastrianism and pre-historic times.

Some Iranian cultures exhibit traits that are unique unto themselves. The Pashtuns adhere to a code of honor and culture known as Pashtunwali, which has a similar counterpart among the Baloch, called Mayar that is more hierarchical.

### Religion

The early Iranian people worshipped various deities found throughout other cultures where Indo-European immigrants established themselves.<sup>[68]</sup> The earliest major religion of the Iranian people was Zoroastrianism, which spread to nearly all of the Iranian people living in the Iranian plateau. Other religions that had their origins in the Iranian world were Mithraism, Manichaeism, and Mazdakism, among others.

Mazari Sharif's Blue Mosque in Afghanistan is a structure of cobalt blue and turquoise minarets, attracting visitors and pilgrims from all over the world. Many such Muslim architectural monuments can be attributed to the efforts of the



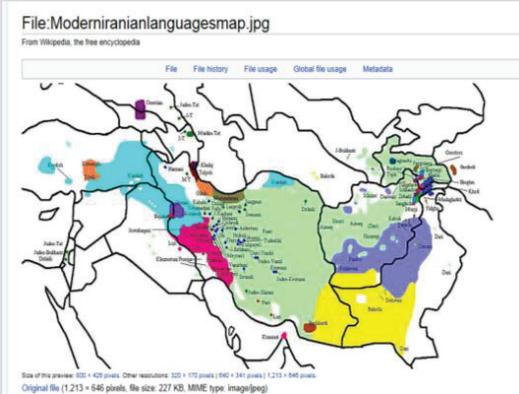
Iranian people who are predominantly followers of Islam today.

Modern speakers of Iranian languages mainly follow Islam. Some follow Judaism, Christianity, Zoroastrianism, and the Bahá'í Faith, with an unknown number showing no religious affiliation. Overall the numbers of Sunni and Shia among the Iranian people are equally distributed. Most Kurds, Tajiks, Pashtuns, and Baloch are Sunni Muslims, while the remainder are mainly Twelver Shi'a, comprising mostly Persians in Iran, and Hazaras in Afghanistan. Zazas in Turkey are largely Alevi, while the Pamiri peoples in Tajikistan and China are nearly all Ismaili. The Christian community is mainly represented by the Armenian Apostolic Church, followed by the Russian Orthodox and Georgian Orthodox Ossetians followed by

*(continued on page 7)*

(Iranian People ...continued from page 6)

Nestorians. Judaism is followed mainly by Persian Jews,



Kurdish Jews, Bukharian Jews (of Central Asia) and the Mountain Jews (of the Caucasus), most of whom are now found in Israel.

The historical religion of the Persian Empire was Zoroastrianism and it still has a few thousand followers, mostly in Yazd and Kerman. They are known as the Parsis in the Indian subcontinent, where many of them fled in historic times following the Arab conquest of Persia, or Zoroastrians in Iran.

Another ancient religion is the Yazidi faith, followed by some Kurds in northern Iraq, as well as the majority of the Kurds in Armenia. Elements of pre-Islamic Zoroastrian and shamanistic beliefs persist among some Islamized groups today, such as the Tajiks, Pashtuns and Pamiri peoples.

### Cultural Assimilation

In matters relating to culture, the various Turkic-speaking ethnic groups of Iran (notably the Azerbaijani people) and Afghanistan (Uzbeks and Turkmen) are often conversant in Iranian languages, in addition to their own Turkic languages and also have Iranian culture to the extent that the term *Turko-Iranian* can be applied. The usage applies to various circumstances that involve historic interaction, intermarriage, cultural assimilation, bilingualism and cultural overlap or commonalities.

### Internal Diversity & Distant Affinities

Overall, Iranian-speaking populations are characterized by high internal diversity. For Afghanistan, "It is possibly due to the strategic location of this region and its unique harsh geography of mountains, deserts and steppes, which could have facilitated the establishment of social organizations within expanding populations, and helped maintaining genetic boundaries among groups that have developed over time into distinct ethnicities" as well as the "high level of endogamy practiced by these groups".



### Gallery



A Persian woman playing the Daf, from a painting on the walls of Chehelsotoon palace, Isfahan, 17th century



Painting from Hasht-Behesht palace, Isfahan, Iran, from 1669



Anahita statue in city of Fuman, Iran

(And How Are the Children?...continued from page 5)

### These questions asked by unknown author

*I wonder how it might affect our consciousness of our own children's welfare if we took to greeting each other in the same daily question, "And how are the children?"*

*I wonder, if we heard that greeting passed along to each other a dozen times a day, whether it would begin to make a difference in the reality of how children are thought of and cared for in this country. I wonder what it would be like if every adult among us—parent and non-parent alike—felt an equal weight of responsibility for the daily care and protection of all the children in our town, in our state, and in our country. I wonder whether we could truly say without hesitation, "The children are well. Yes, all the children are well."*

*What would it be like if the President began every press conference, every public appearance by answering the same question: "And how are the children, Mr. President?" If every governor of every state had to answer the same question at every press conference: "And how are the children, Governor? Are they well?" Wouldn't it be interesting to hear their answer?*

# Artist Highlights

## Cheryl Boyce-Taylor

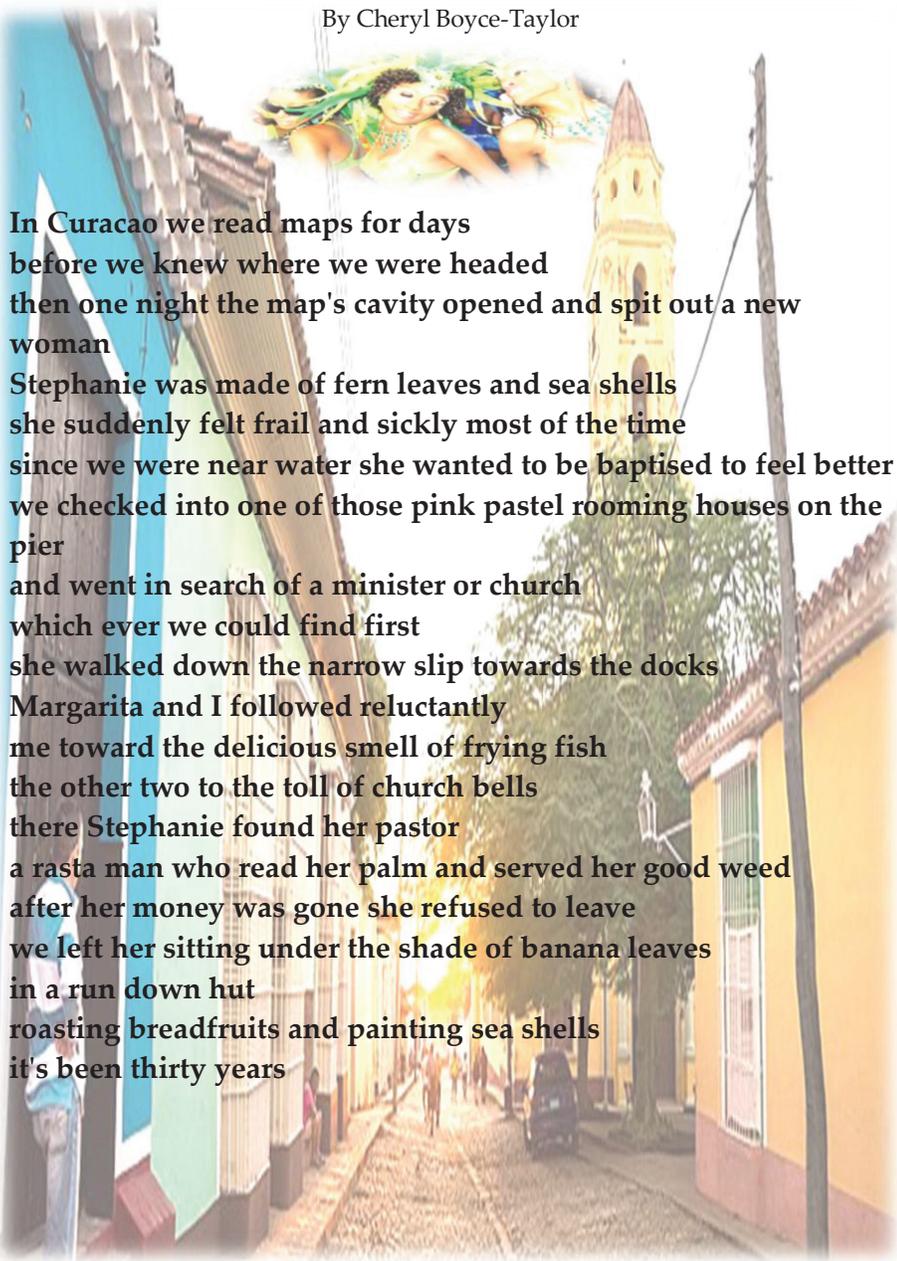


Photo taken by PETER DRESSEL

Born in Trinidad and raised in Queens, New York, Cheryl is the author of three collections of poetry, *Raw Air*, *Night When Moon Follows*, and *Convincing the Body*. Her poetry can be seen in Diane Samuel's *Lines of Sight* in a permanent exhibit at Brown University. A graduate of Stonecoast MFA Poetry Program, Cheryl's poetry has been widely published in literary journals such as; *Caribbean Erotica*, *The Well & Often Reader*, *So Much Things To Say:100 Calabash Poets*, *The Mom Egg*, and *Aloud:Voices from the Nuyorican Poets Cafe*. Cheryl is working on a memoir and a new collection of poetry.

### CONVERT

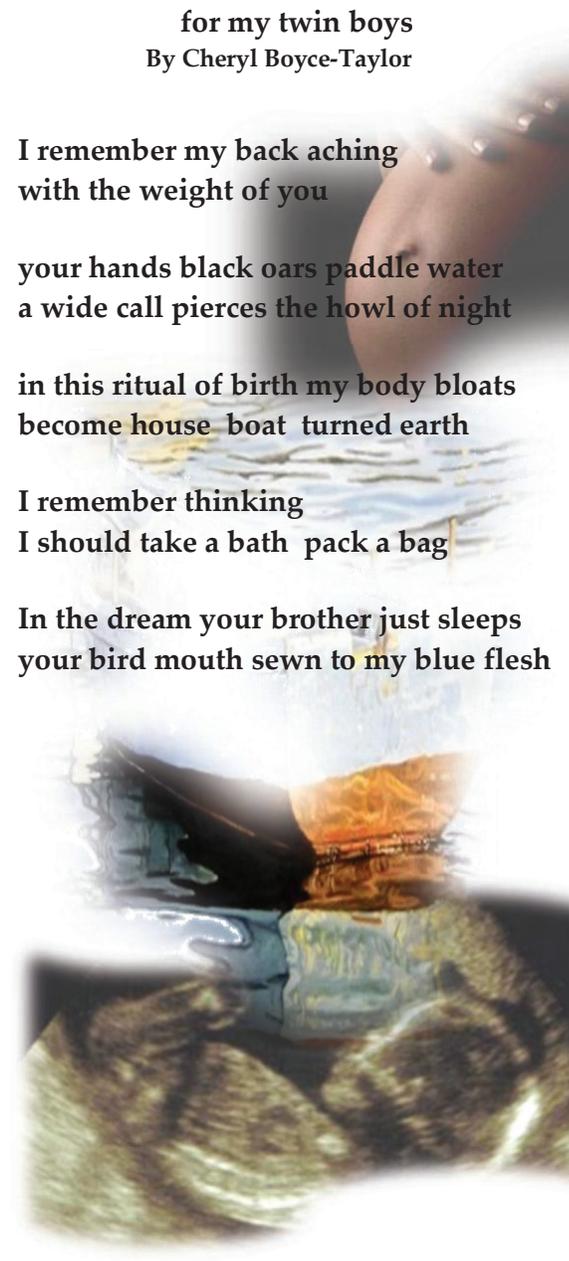
By Cheryl Boyce-Taylor



In Curacao we read maps for days  
before we knew where we were headed  
then one night the map's cavity opened and spit out a new woman  
Stephanie was made of fern leaves and sea shells  
she suddenly felt frail and sickly most of the time  
since we were near water she wanted to be baptised to feel better  
we checked into one of those pink pastel rooming houses on the pier  
and went in search of a minister or church  
which ever we could find first  
she walked down the narrow slip towards the docks  
Margarita and I followed reluctantly  
me toward the delicious smell of frying fish  
the other two to the toll of church bells  
there Stephanie found her pastor  
a rasta man who read her palm and served her good weed  
after her money was gone she refused to leave  
we left her sitting under the shade of banana leaves  
in a run down hut  
roasting breadfruits and painting sea shells  
it's been thirty years

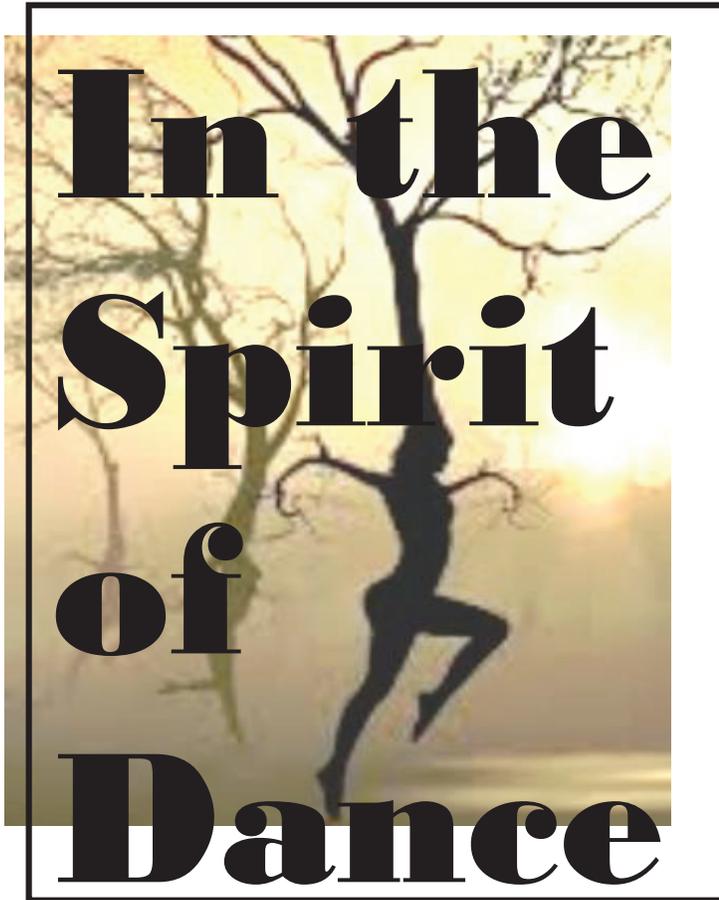
### HOUSE

for my twin boys  
By Cheryl Boyce-Taylor



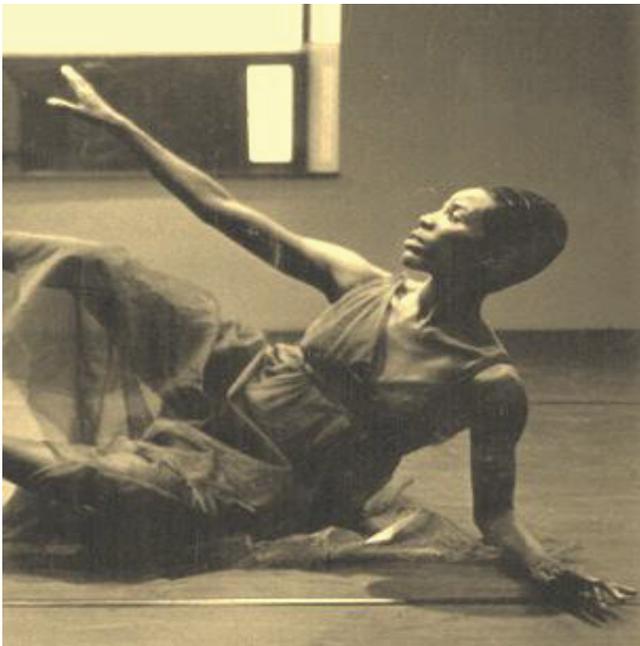
I remember my back aching  
with the weight of you  
  
your hands black oars paddle water  
a wide call pierces the howl of night  
  
in this ritual of birth my body bloats  
become house boat turned earth  
  
I remember thinking  
I should take a bath pack a bag  
  
In the dream your brother just sleeps  
your bird mouth sewn to my blue flesh

# Artist Highlights



*This is a short piece on my sister, Elaine Shipman, the brilliant choreographer and modern dancer.*

*By Cynthia Shipman, PICEI Board Member*



Elaine was born through our mother in Raleigh, North Carolina in 1939—her way of getting to Earth—but was never contained by family, religion, race or global dogmas. There was no conformity for her! She was all about the business of making something new. My sister never labeled herself or liked to be labeled, so I must be careful not to cross that line while singing her praises. Now having said that, here are some subjective memories:

Elaine was raised in New York City. This was perfect for her mission in life, which was, quite simply, to create great beauty in this world, which could be shared with others. During her youth, she went in search of other creative artists, which took her all around the world. She finally found Merce Cunningham's Dance Company and applied for a scholarship. Merce awarded her lifetime use of his studio for study and classes.

My sister founded her own dance company called SITU, which stands for Society for the Investigation of Things Unnamable. SITU events are not in conventional settings. At their events, the audience feasts their eyes on live dancers, live poets, live musicians, film, and photography, all in different and wonderful spaces. All of this movement is done as if it were on an artist's canvas.

My sister and SITU has been a permanent fixture in the dance world of New York, Germany, France, Costa Rica, Greece, Holland and especially, her beloved Mexico. She was truly global! As one friend said, "Everyone wanted to know 'what country did you come from?'" Others, such as Minerva Durham, her Celtic sister, asked "Where did this infinitely beautiful creature come from and where has she gone?" The universe or God might keep that a secret, but I believe she's everywhere!

## **OBITUARY FROM THE NEW YORK TIMES**

SHIPMAN Elaine died peacefully on Saturday, March 16, 2013. A dancer and choreographer, beautiful, brave, and generous spirit, she was surrounded in her last illness by many loving friends and colleagues. She continued with her life until the last possible moment, taking class at the Merce Cunningham Trust Studio, attending performances, spreading joy among all who knew her. Funeral services will be held at Crestwood Memorial Chapel,

[Continued on page 10]

[Continued from page 9]

199 Bleecker Street, New York City, at 10:30am on Sunday, March 24. A memorial will be held at Carl Seltzer's Studio, 185 East Broadway, at 2pm on Sunday, April 7. Further information, and post messages, at [www.elaineshipman.tumblr.com](http://www.elaineshipman.tumblr.com).

### DANCE MAGAZINE ARTICLE

A dancer and choreographer, beautiful, brave, and generous spirit, Elaine Shipman died March 16 in Manhattan. She was surrounded in her last illness by many loving friends and colleagues. She continued with her life until the last possible moment, taking class, creating performances, spreading joy among all who knew her. She seemed eternally youthful.

Born in Raleigh, North Carolina, and raised in New York City, the teenaged Elaine Shipman danced with the companies of Charles Weidman and Pearl Primus. After four years of study at the Martha Graham School, she came to the Cunningham Studio.

There was always something elusive about Elaine, however much you loved her, and however much she loved you. One thing you could always be certain of: if she was in town, she would be in class at the Merce Cunningham Studio in Westbeth, or, after that closed, in the Cunningham Trust Studio at the City Center. Elaine would be at the back of the class, peering myopically at the teacher. But as Merce said, she always saw what it was, she always got the rhythm right, even if she couldn't do the step. Merce adored her—and of course it was mutual—and gave her a permanent scholarship at the Studio. When she wasn't there, she was probably off somewhere doing a workshop, in Mexico or Germany or Holland. She also had various odd jobs: modeling for painters, ushering at the Metropolitan Opera, as a hostess for special events at the Metropolitan Museum.

It was in Paris in 1972 that Elaine and Linda Wilder Blondel and Harry Whittaker Shepherd formed the company that presented her choreography, which they called SITU. The initials, Harry said, stood for Society for the Investigation of Things Unnamable. The company was even formally incorporated as a non-profit dance-arts organization in 1988. The list of her pieces is impressive, and you can see one or two of them on You Tube—Elaine herself dances in one performed in New London, Connecticut, in March 2010, with Marya Ursin. Marya and Linda dance in another performed at Westbeth in 2012.

Her great friend Alma Guillermoprieto wrote about her work in her book *Dancing with Cuba* (2004): "Year after year she has remained incapable of self-betrayal or attempting anything that looks the least bit fake. Her childhood dance teachers were descended from Isadora Duncan's school of movement, and she retains that arcadian, lyrical, spontaneous, and organic vision of dance.... To this day, Elaine's work very much resembles her....it remains so natural that one can't help being charmed, and it is filled with startling moments of evocative power."

In those last days in Beth Israel, Elaine lay there, hardly stirring. But somehow we could tell that she knew who was there and what they said to her, or if we read poems by Yeats or sang to her. People poured in every day, dancers, musicians, artists, and writers: It seemed that there were always six or seven people at the bedside. We all miss her already, it is hard to believe that she won't turn up at a performance as she used to when you least expected to see her. —David Vaughan



*Elaine was dearly loved by her family. Pictured here from left, nephew Tete, sister Cynthia, great-nephew Kwame and Elaine.*

To see some of Elaine's movement work and photos, visit <http://www.elaineshipman.tumblr.com/>

# Artist Highlights

## The Art of a Global Woman

HERBI FRANCIS

*For those who did not have the opportunity to obtain the December 1<sup>ST</sup> issue of the "PRESS-REPUBLICAN", PICEI would like to share our view point with a few excerpts reported by ROBIN CAUDELL (Associated Press) from the Spectrum section of the newspaper. We are certain you would want to read the entire article, which we feel was so well written. We suggest you do your best to obtain a copy from the archives of the Press Republican.*

*It's about PICEI... our own Herbi Francis, who in her own right has emerged into a great artist and world traveler of our time. Her poems are moving and her way of embracing every culture should not be unique, but it is. We do our best to share this gift with the world. Can PICEI count on you to take that leap? Join us...*



Herbi M. Francis's yen to travel began while listening to her father's exploits far away from Akwesasne

*(Excerpts from PRESS REPUBLICAN)*

AKWESASNE - Around Akwesasne campfires, Michael P. Francis, a U.S. Marine Corps and Army National Guard veteran, spun stories of his military life overseas to his children.

Herbi M. Francis, the middle child of seven, listened to her father's riveting tales, and her wanderlust was born. She never leaves the "Land where the Partridge Drums" without a camera or pen.



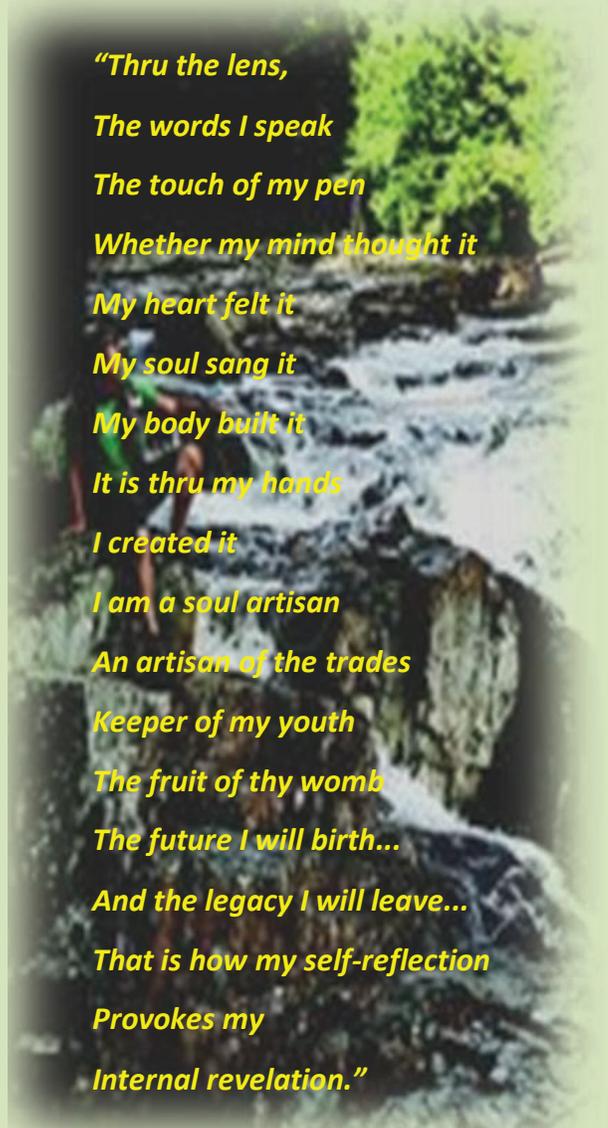
"Eyes of Wonder"

Photos by Herbi Francis



"War Cry"

She writes:



*"Thru the lens,  
The words I speak  
The touch of my pen  
Whether my mind thought it  
My heart felt it  
My soul sang it  
My body built it  
It is thru my hands  
I created it  
I am a soul artisan  
An artisan of the trades  
Keeper of my youth  
The fruit of thy womb  
The future I will birth...  
And the legacy I will leave...  
That is how my self-reflection  
Provokes my  
Internal revelation."*

Photo by Herbi Francis

# TOPEZ'S TRAVELS



by Topez Patterson

**Alaska** in the summer was always a dream trip of mine. I wanted to hear the call of the bald eagles as they soared through the sky, watch the whales swimming in the ocean, touch a cool glacier, and taste fresh wild salmon. With PICEI, I was able to tick all of those boxes on my Alaskan dream trip wish list and then some!

In August, after a week of driving through the Pacific Northwest and exploring Seattle, Portland, the Redwood Forest, and the beautiful Oregon Coast, my boyfriend and I made our way to Vancouver to meet the other PICEI members and board the Celebrity Century Horizon cruise ship.

Our first stop was in Icy Strait Point, Alaska, a small remote fishing town with unique character. On a peaceful 20-minute walk in the crisp fresh air we meandered along the inlet towards town.

We looked up towards a strange high-pitched staccato chirping sound to see a bald eagle perched above our heads in a tree. We also saw a bald eagle snatch a fish right out of the water, and a giant nest with two juveniles bravely exploring the branches on which it sat. As we continued along our walk we heard a puff of air and turned to watch whales feeding in the inlet. As the tide went out we



members comparing our cultures while discovering our similarities. We shared special moments on the ship decks watching for wildlife and cruising along the edge of the Hubbard Glacier.



Our second port was Juno, Alaska. The PICEI members visited the Mendenhall Glacier and we were able to hold and touch an icy chunk of it. My boyfriend and I hiked to a waterfall where freshly melted glacier plunges strikingly into the milky glacial lake. We learned that sadly because of rising temperatures, this impressive natural feature will not be around for long and will continue to melt away to reveal newly carved Alaskan landscape.

peered down at the auburn, violet, golden and sapphire colored starfish clinging to the black polished rocks. On our way back to the ship, we stopped to place the cedar chips we were given when entering the village into the eternal fire sharing in the Tlingit tradition. We then enjoyed some time cruising and being treated like celebrities onboard the ship. We enjoyed Vegas style shows, musical performances, educational and interactive presentations and amazing meals. We experienced a PICEI workshop where we got to know the PICEI

The final port and my favorite was impressive Ketchikan Alaska. I rode in a floatplane for the first time here. I learned that the floatplanes are very important as they are the main method of transporting mail and important goods in the winter when much of Alaska is cut off by snow and ice. We toured the landscape and landed in Misty Fjords National Monument. A fjord is a steep inlet carved by glaciers. It felt like we were the only people

*(Continued on page 30)*

# Poetry Corner

## Children of the World by Karen Glenn

*Let's play together  
With the innocence of a child.  
They see no color  
Just a happy smile.*



*Let's play school  
Teach me your culture  
I teach you mine  
Let's live together  
'Til the end of time.*



*Let's play dress up  
Show me how to  
Wrap your headdress in  
an African style.*

*Show me how to put on  
My kimono somehow  
Show me how to walk  
In little Dutch shoes  
And don't forget to tell me  
The Rules.*



*Teach me to say  
"I Love You"  
In all the languages of the*



*world*

*So I can say it to all  
The Boys and Girls...*



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# Poetry Corner

## *His Day is Done*

A Tribute Poem for Nelson Mandela  
by MAYA ANGELOU



*His day is done.  
Is done.*

*The news came on the wings of a wind, reluctant to carry its burden.  
Nelson Mandela's day is done.  
The news, expected and still unwelcome, reached us in the United States,  
and suddenly our world became somber.  
Our skies were leadened.*

*His day is done.  
We see you, South African people standing speechless at the slamming  
of that final door through which no traveler returns.  
Our spirits reach out to you Bantu, Zulu, Xhosa, Boer.  
We think of you and your son of Africa, your father, your one more  
wonder of the world.*

*We send our souls to you as you reflect upon your David armed with a  
mere stone, facing down the mighty Goliath.*

*Your man of strength, Gideon, emerging triumphant.*

*Although born into the brutal embrace of Apartheid, scarred by the  
savage atmosphere of racism, unjustly imprisoned in the bloody maws  
of South African dungeons.*

*Would the man survive? Could the man survive?*

*His answer strengthened men and women around the world.*

*In the Alamo, in San Antonio, Texas, on the Golden Gate Bridge in San  
Francisco, in Chicago's Loop, in New Orleans Mardi Gras, in New York  
City's Times Square, we watched as the hope of Africa sprang through  
the prison's doors.*

*His stupendous heart intact, his gargantuan will hale and hearty.*

*He had not been crippled by brutes, nor was his passion for the rights of human beings  
diminished by twenty-seven years of imprisonment.*

*Even here in America, we felt the cool, refreshing breeze of freedom.*

(Continued on page 15)



*(Continued from page 14)*

*When Nelson Mandela took the seat of Presidency in his country where formerly he was not even allowed to vote we were enlarged by tears of pride, as we saw Nelson Mandela's former prison guards invited, courteously, by him to watch from the front rows his inauguration.*

*We saw him accept the world's award in Norway with the grace and gratitude of the Solon in Ancient Roman Courts, and the confidence of African Chiefs from ancient royal stools.*

*No sun outlasts its sunset, but it will rise again and bring the dawn.*

*Yes, Mandela's day is done, yet we, his inheritors, will open the gates wider for reconciliation, and we will respond generously to the cries of Blacks and Whites, Asians, Hispanics, the poor who live piteously on the floor of our planet.*

*He has offered us understanding.*

*We will not withhold forgiveness even from those who do not ask.*

*Nelson Mandela's day is done, we confess it in tearful voices, yet we lift our own to say thank you.*

*Thank you our Gideon, thank you our David, our great courageous man.*

*We will not forget you, we will not dishonor you, we will remember and be glad that you lived among us, that you taught us, and that you loved us all.*



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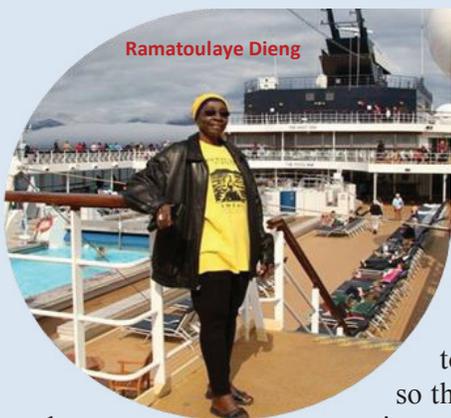
**UNDER THE STARS**



# Alaska Trip by way of New York and Vancouver

by  
**Florence Patterson and her son, Carl Patterson, Jr**

Our trip to Alaska began with a trip to New York in order to meet up with a couple of members, Chrysetta Patterson from Brooklyn and Ramatoulaye Dieng from



Dakar, Senegal that were traveling with us. Other members; Topez Patterson and Roberto Chiemi from Long Island went by way of

Seattle, Washington in order to drive to Vancouver

so that they could take in the scenic route. Unfortunately, many of our members who had planned to attend PICEI's Cultural Seminar aboard Ship and to enjoy the experience of the Alaskan Culture were not able to travel with us due to illness, such as Betty Swamp and her family to mention a few.

Carl Patterson and Faye Fredenburg did a wonderful job driving Janice Brown, Rebecca Benedict and me down to New York. It was a safe trip, but very challenging at the airport as we had to unload many pieces of luggage at the departure gate. We had luggage inside the van and on top of the van. We had food that I had prepared for the trip that was not eaten on the way and we had to return the rented van to the rental car company, which was not located nearby. Carl and I had to take a subway train, than a bus to get back to the group at JFK airport, after returning the

van. But finally we were off to a pleasurable and safe flight.

### Lesson Learned

As a result of changes in our flight time, in order to get the best price possible, our arrival in Vancouver, Canada was too early to board the ship. We were told by one of the airline officials that we would be very comfortable at the Visitor Conference Center, which is open all night with comfortable lounge chairs. Of course we tipped him and went on our merry way. We proceeded to leave the airport by taxis to the Visitor Conference Center, only to find out that the building was closed.



Now here we were with our luggage and by now a little tired, and perplexed. Some younger people in the group, Carl and Chrys, began to seek out hotels in the

*[continued on next page]*

[Alaska Trip...continued from page 16]

area, only to find out they were all booked up. Now, this presented a problem because some of us are diabetics, and needed food and rest.

However, there were lessons to be learned, (little did we know at the time). We began to request a cab to take us to a restaurant that might still be open at that time of night. Needless to say most places were closed. There was one pastry shop, "Breka Bakery and Café" 24/7 that was still open. It was not too far from the place of departure for the ship and so the taxi took us there. Chrys and Carl had negotiated with the hotel night manager to allow our luggage to be placed in a locked room.

We were again on our merry way to a place we thought we could sit until daylight and then we would be on our way to the cruise ship with all its known comforts, like food, a bed, shower, entertainment, etc. But, we had a lesson to be learned before we would enjoy the comforts that awaited us aboard ship.

As we ordered our pastries and small sandwiches, found our way to a table and began to chat, we found we could not keep our eyes open. Faye was the first to drift off to sleep, she then put her foot up on another chair to get more comfortable. Suddenly, we heard a voice say you cannot do that. And of course we call Faye's attention to the demands of the owner of the

shop and she adjusted her position. Then not too long after that little episode my eyes began to close on me, so I put on my sunglasses and took another chair that was more comfortable. But, I guess I could not fool the proprietor that I was not sleeping as my head would drop every now and then. He then told us that we must leave the store immediately.

We began to walk back to the hotel. On the way we were talking about how it felt to not have a place to go. We had spent a considerable amount of money in the Pastry Shop and yet he would not let us stay there. We thought to ourselves, my god how hard it must be for a homeless person, who was not about to be on a luxury cruise liner within an hour or two, a person who has no money in their pocket, no hope for tomorrow... "It was a lesson learned for all of us"

Now, please believe me, this concern is why many of us have always given time, money and labor to our communities "This is why we VOLUNTEER"

Aboard ship at the Cultural Seminar, Chrys and Carl did a fine job of presenting information on the organization and culture, while we also learned a lot about each other through the native game played called, OstyA 'tashuha Lutnutolya:tha' (Bones, they play).

[continued on page 18]

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(The story continues from page 17)

## North to Alaska

by Carl Patterson Jr.



We arrived at JFK airport by van in plenty of time before the flight to Vancouver. We had great weather for takeoff in New York and landing in Vancouver, British Columbia, Canada after flying through three (3) time zones. Our group was wide eyed and in wonder about the final destination and were ready to set sail. However, Vancouver was the gateway back to the United States and passage to Alaska; which was odd to most of us. You would seem to think that Alaska is in some way attached to the whole body of the USA, well it's not.

Our ship has come in, Hooray! And with the earliest glistening rays of sun cresting the eastern horizon of Vancouver's skyscraper landscape city, when looking westward at the sea, we could see and hail our approaching ocean liner Celebrity's mighty "Century" pulling into the harbor; a proud looking vessel crossing channels of this

arctic seaway again. Once the ship was at its berth we were among the first to board and be greeted with Champagne Mimosas and Caviar. I passed up on the caviar and headed for our cabins and showered, changed and got back out on deck for lunch, the departure, and an elicited whale watch.

Much to my surprise it was warm enough to take a dip in the pool and many took advantage of the great

weather for a splash. Time moved swiftly and venturing about the ship and visiting all the decks and activities was among my favorite things to do. Meeting staff and other passengers are always a joy and positive experience. I marveled at the bridges and portside Islands of British Columbia, as the Captain skillfully navigated though the sometimes narrow channels. Other small private yachting vessels alongside us waved and cheered us on as the music pumped loudly from deck side pool areas. Everybody was taking pictures from cell phones and cameras. It was a truly a festive occasion.



Dinner was marvelous and everybody ordered more than they could eat. We laughed and enjoyed getting acquainted with each other and the service of the exquisite dining, being in rapture and in awe of each dish at our table. Needless to say, the view of Alaska's many Islands from the dining hall was amazing.



After dinner, locating the many lounge bands and varied entertainment and activities was on top of everyone's agenda after a good nap. Some went right away for the shopping aboard the ship for souvenirs for the

folks back home. The first port of call was a brief excursion at Icy Strait Point Alaska which was actually an old salmon packing and crab canning town turned Museum with many jewelry shops.



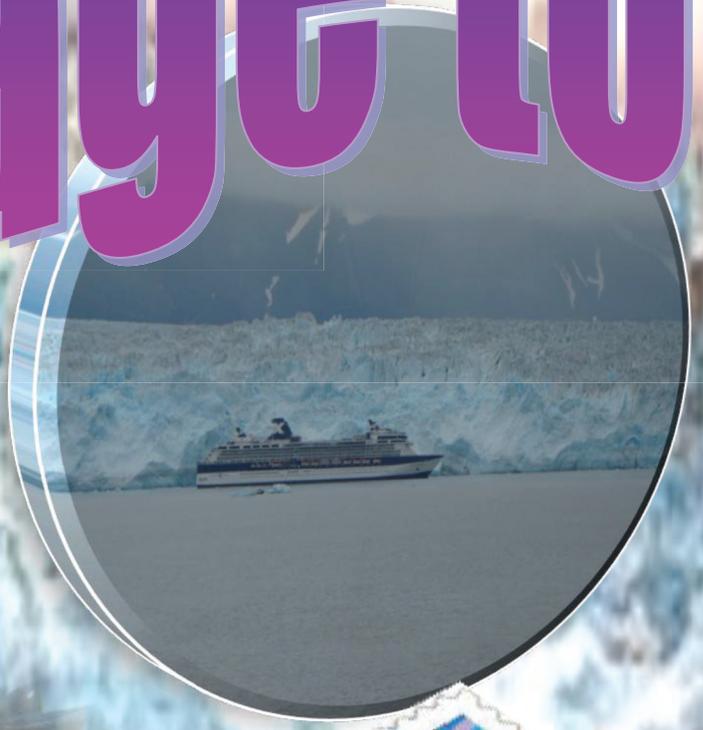
There were lots of pubs, restaurants and walking trails which we took advantage of to get our land legs back.

Once shuttled over from the Century by tenders we were greeted by three Tlingit, of Salmon People's House aboriginal natives of their land and given a prayer wood chip to burn in a sacred wood chip fire where they share their stories.



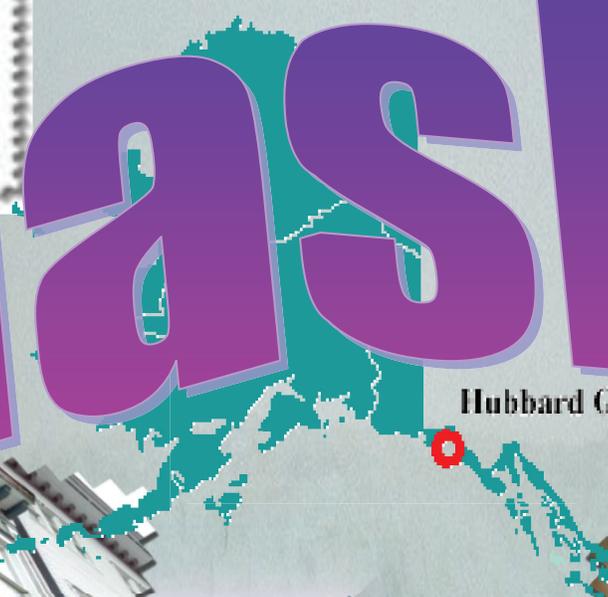
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# Passage to

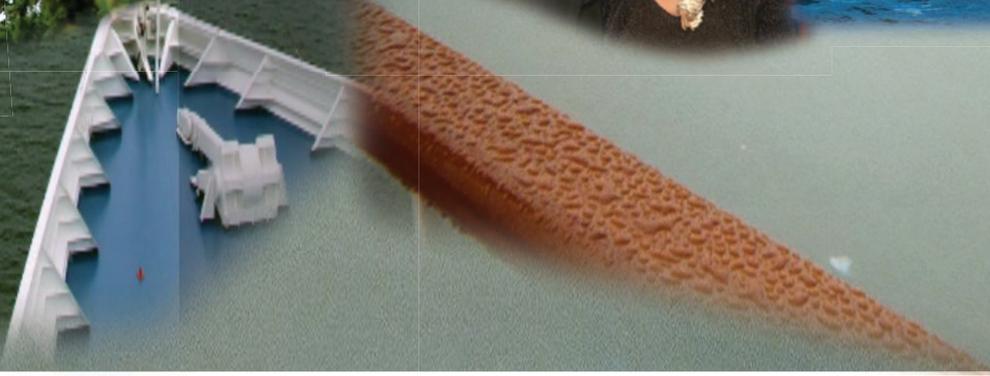
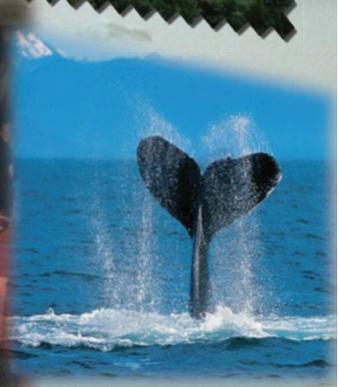




# Alaska



Hubbard Glacier



# 2013 LAST SHALL BE FIRST FUND RAISING EVENT



Pamoja International Cultural Exchange Inc., held its annual "LAST SHALL BE FIRST" 50/50 Fund Raiser at The Brass Horse in Hogansberg, NY on Saturday October 12, 2013, coupled with a Fund Raiser for Betty Swamp.

This year's event was quite different from any others we have had in the past. We did not have our top sellers, Julianne Barnes and Betty Swamp, selling any of the tickets due to both of them being ill. Lorraine George and Florence Patterson did their best, although they too were not in the best of health. With the help of other members and friends like: Rebecca Benedict, Janice Brown, Inez Cook Patterson, Irene Cook, Ramatoulaye Dieng, Ann Francis, Herbi Francis, Mildred Glenn, Courtlan and Rachel Green, Ted Jacobs, Beverly Johnson, Marianne Loran, Awa May, the Rush family, Carl Patterson, Jr., Chrysetta Patterson, Cynthia Shipman and family, Lisa Swamp, Mike Swamp and family. The 50/50 event brought in a total of \$2,930.00 and the Handmade Native Chair Fund Raiser for Betty Swamp, (chair was donated by Mike Swamp), a total of \$355.52 after conversion of Candian funds.

Turkey and ham dinner prepared by the PICEI members for its supporters. Sandwiches were donated by **Subway & Twin Leaf**. Coffee and donuts were donated by **Dunkin Donuts**. **Romeo Liquor Store** and the **Radio Bingo** game package donated by **CKON**. **Chaise Lounge** donated by **Home Depot** won by **Awa May** of Ohmaha Nebraska, who donated it back to PICEI. We will auction it off at the **Grand Opening** of the **PICEI office**:



**Left to right: Inez Cook Patterson & Chrysetta P. Patterson**



**Front Row L to R: Lorraine George, Florence Patterson; Second Row L to R: Ann Francis, Chrysetta Patterson, Evelyn Lazore King, Travis Ray Goff Indian Time News Reporter, Samantha McMillon-Wilkinson and Christian Uribe. Third Row: Herbi Francis, Michael Swamp, Frank Sokolowski, and Carl Patterson, Jr.**

*Many others members not shown in picture above included Nilia Uribe, Sisse King, Inez Cook Patterson, who make a most delicious salad and Rebecca Benidict*



**50/50 Last Shall Be First cash prize winner was Ann Francis** who also won Cakebread, Cellars Napa Valley Chardonnay 2008 Wine & Spirit Basket donated by **CKON**.



**Chinese Auction big winner- Irene Cook** (on right) won many prizes including Sterling silver Bracelet donated by **Peets Jewelers** of Massena, NY.

(Continued on page 25)



**MEMBERSHIP STATUS  
NOMINATION**

I wish to accept the nomination for membership status and look forward to serving in the following capacity:

- Active Board Member \_\_\_\_\_  
(Resume Attached)
- Active supporting Member \_\_\_\_\_
- Non-active member \_\_\_\_\_

**LEVEL OF FINANCIAL  
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- ( ) 5 Stars-Life Time .....\$1,000.00
- ( ) 4 Stars-Annual Donation ..... \$150.00
- ( ) 3 Stars-Annual Donation..... \$ 75.00
- ( ) 2 Stars-Annual Donation ..... \$ 50.00
- ( ) 1 Star -Annual Donation ..... \$ 25.00

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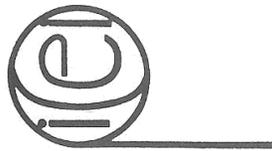
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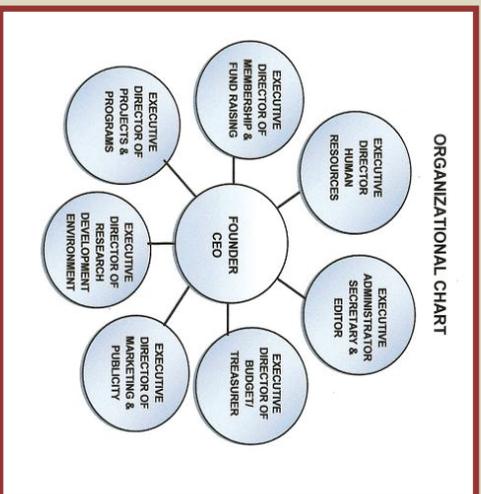
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  - Carl Patterson, Jr.
  - Chrysetta P. Patterson
  - Florence Patterson
  - Topoz Patterson
  - Cynthia Shipman
- Honorary:**
- Ms. Michelle V. Agins
  - Dr. Shefali Dastidar
  - Dr. Sachhi Dastidar
  - Ms. Ramatoulaye Dieng
  - Mr. Ahmadou Lamine N Dour
  - Mr. Joseph Wright

# United But Distinct

**Board Members Profile**

**Our Board Members** have a wealth of Professional Experience in many fields such as Teaching, Marketing, Social Work, Spiritual Guidance, Business, Communication, Photography, Artistry, Mentoring, Technology, Cinema photography, Broadcasting, Authors, Senography and Sports to mention just a few, and we have traveled extensively around the world allowing us to gain knowledge from every continent. Collectively the board members possess over 300 hundred years of expertise and we have lost count on the miles we have traveled

**Benefits of Being a PICEI Member**

**All Star levels members receive:**

- Ticket discount on all our Events
- Merchant Discount in your community\*
- One Free gift
- Authority to submit new ideas & suggestions to reach our goals.

**Level Stars: 2, 3 & 4 (Additional benefits):**

- All of the above, plus
- Free link on our Website
- 10% discount off of all products sold by PICEI
- Advance notice of events
- One free ticket when entering our Prize Drawings

**Level 5 (Additional benefits):**

- All of the above, plus
- Upgrade free gift
- VIP Invitation & seating to Annual Meeting
- Two free tickets when entering our Prize Drawings
- Life Time Pin

**We Welcome You...**

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## IT IS TIME

**Our Dream can be a Reality if we work together...**

**We Need:**

- A Cultural Center in the North Country where all cultures can be represented by their culture focusing on the contributions they have made to this world. And, those that have life experiences that are willing to share can openly do so with others from different cultures, as well as to learn from same.
- A place where all can learn about themselves and others, as well as their heritage that is the very essence of their roots.

**Opportunities:**

- A place where students can learn about the different cultures early in life without having to travel to other parts of the world.
- A place where our youth and elderly can work. (Job creation)
- A place maintained by the countries participating to avoid taxes on the local community.
- This will be "A place" where we could teach and learn uninhibited by fear of reprisal.

**How to get started:**

- One of the ways is to have inmates help and give back to society with their good intentions by working with the community, by helping with site preparation, and assisting with landscaping, as well as painting and all around maintenance required to keep the cultural center in functional and respectful condition. And, we should give acknowledgement to them by listing their names among those that contribute.
- Obtain in-kind support from businesses in each community by requesting that they donate whatever they can to build the outside structures, and having the different participating countries supply interior and all items to be shown that would best tell their history.

***This brief overview is to give just a peek at the bigger picture. Let Us Begin.....***

(50/50 Drawing...continued from page 22)

**Chrys Patterson** presents the **Lotto Tree** winner to **Herbi Francis**, who donated many snacks for the dinner, as others looked on.



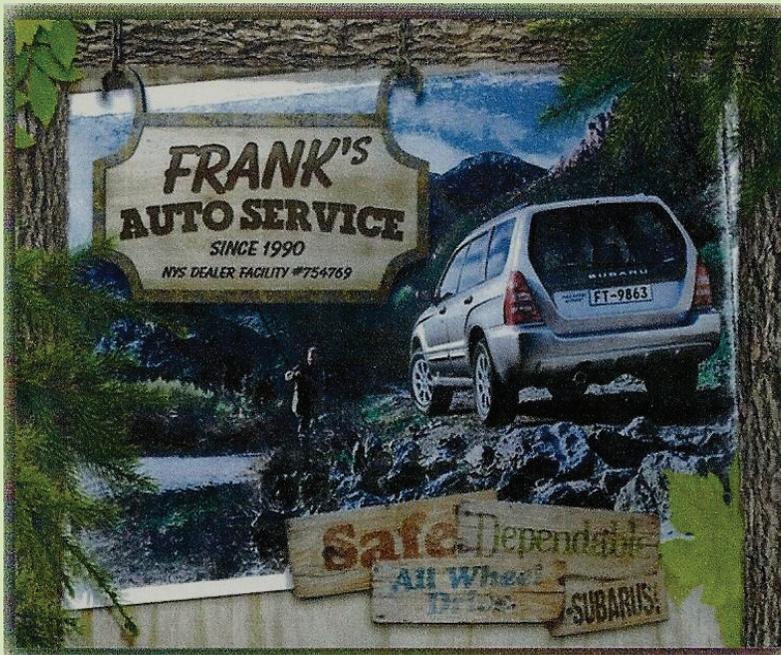
Many other gifts that were won, were donated by: **Betty Swamp, Chrysetta**

**Patterson, Florence Patterson, Carl Patterson, Jr.**



Find out how you can be a part of PICEI and earn community service credits, stipends or a scholarship award.

Join us on **Saturday, October 4, 2014** at **Scotty's Diner** in **Moira, NY** for a fun time and winning event for the "Last shall Be First 2014" You could be our next Cash Prize Winner of up to **\$5,000**. Call: 1 518 358 9942 or 1 866 660 5116 for more information.



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*(Continued from page 19)*

That evening after dinner, some of us tried to dance away the great food we seemed to be accumulating around our waists. Up early the next day to work out and see the Hubbard Glacier and wow...what a site! We had to dress warm for this one. We broke through icy waters pushing aside ice chunks the size of Mack trucks and small houses. The Hubbard Glacier conducted its own atmosphere. As we got closer, the weather changed to a foggy icy rain mixed with snow, the temperature dropped five degrees within each mile, and then within each yard as we slowly crept toward it.



We came to a full stop less than two miles to the glacier. By this time most of the amateur passenger photographers had headed back inside for Cocoa, but not Faye, Chrys, Roberto, Topez and Carl, who got some great shots and stayed on the outer deck the whole course; early that morning there and back. Frosted, but charged by the event, we then joined the others in the Disco Lounge, which also gave a great panoramic view of the glacier from inside where the drinks were warm and strong.



Next stop was Juneau at 7:30 a.m., crossing time zones again and again. It was hard to keep up with just what time it actually was.



*(Continued on page 27)*

Just after breakfast while in the port of Juneau, before leaving the ship, I was first to see the Whale out on deck just between our ship the 'Century' and a Princess Cruise Ship also docked at port in water not so very deep, when up surfaced a humpback whale. I had no camera handy so all I could do was yell "Whale!" The folks that I was having a conversation with about the day's activities could not believe their own eyes. Everyone on deck came running to catch the close-up but only half caught the tail fin as it dove back down and did not resurface. For almost an hour, I and many others, stayed there hoping it would surface again, but it didn't. Oh! but what a thrill it was to see.



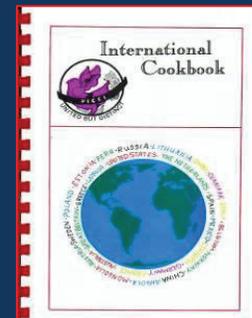
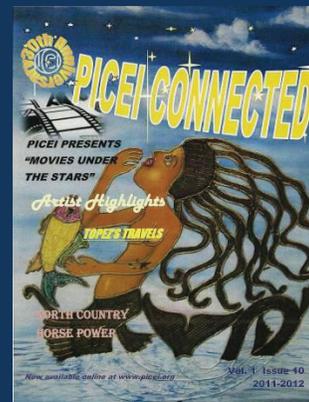
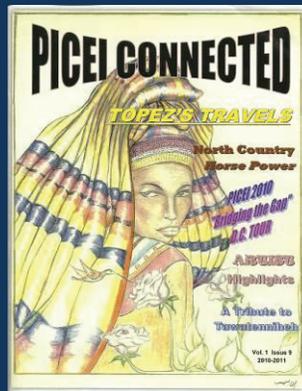
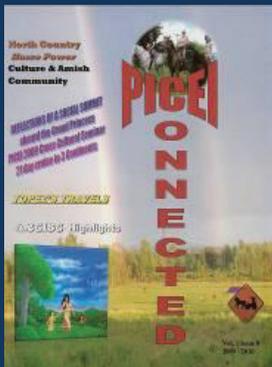
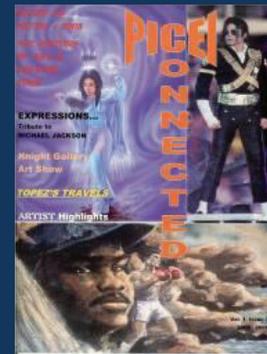
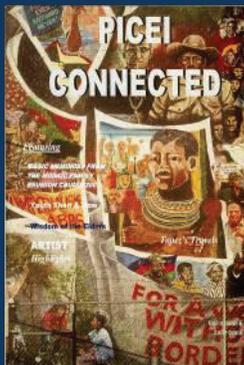
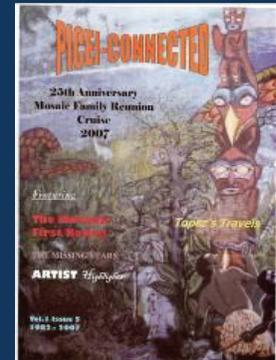
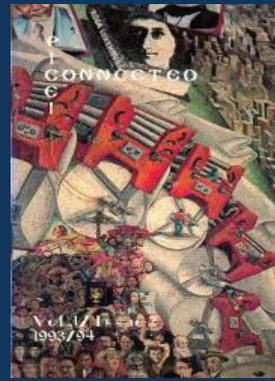
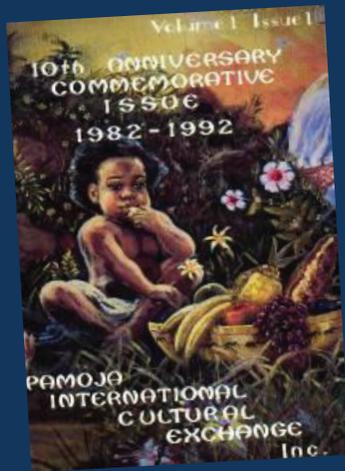
Everyone from our group, I believe, disembarked to see Juneau, the Capital of Alaska, home of the

incredible "Sarah P." The Government Official buildings are quite small, nothing like Albany's state campus. Both the Office and the Governor's home was under repair, and a few of us took a bus tour around the area and visited what was to be seen, totems, wildlife, beautiful forests and other sites however strange. I for one could



only spot a small number of native indigenous people in their own land. It was later told to me by the radio DJ tour bus announcer, that they live in the interior of these islands. After the tour bus ride from Juneau scenic Glacier Park (where you could actually get up close and personal with the bears and other wild life, but we did not do because of lack of time). We headed back to town so that we wouldn't miss the ship.

*[Continued on page 31]*



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- Go to the **HOME** page [[www.picei.org](http://www.picei.org)].
- Click on the cover of the publication of your choice.
- For all other back issues of "PICEI CONNECTED" call 1 866 660 5116 to place a special order of an off-line issue at the current cost.

# Bon Appétit

## Grouper Stew (Broiled Fish)

### Ingredients:

2 pounds grouper steaks  
2 lemons  
3 tablespoons margarine  
1½ cups water  
2 tomatoes, sliced  
1/2 pound potatoes, diced  
Salt to taste  
1 medium sweet potato or cassava (yuca), diced  
3 cloves chopped garlic  
1 -2 bay leaves  
½ teaspoon thyme leaves  
2-3 Scotch bonnet peppers chopped, or cayenne, to taste  
2 large onions, coarsely chopped  
3-4 stalks chopped celery  
2-3 carrots chopped coarsely



Submitted by  
Barry Munroe

### Directions:



Wash fish and squeeze the juice of 1 lemon over the steaks and head of fish. Sprinkle with salt. In a large pot with a tight fitting lid, heat margarine over medium-high heat. Add sliced

tomato and onions and let cook for a minute or two. Then add the pepper, thyme, bay leaves, celery, carrots, potatoes, garlic, and salt. Let cook for a minute or so when you begin to smell the spices. Then add water and juice of 1 lemon. Bring to a boil and cook about 10 minutes or until potatoes are almost done. Add the fish and immediately reduce heat to simmer, cover and cook fish about 10 minutes or until cooked through. Do not overcook or let water boil. Serve with grits or your favorite rice dish (rice, rice and peas, pigeon peas and rice). Enjoy!



Bakery Outlet, Malone, NY



Thank You

## Baked Parmesan Shrimp

### Ingredients:

1 pound medium to large shrimp  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup dairy sour cream  
2 tablespoons grated Parmesan cheese  
1/4 teaspoon paprika  
1/8 teaspoon dried tarragon leaves  
3 green onions (with tops), sliced (about 3 tablespoons)



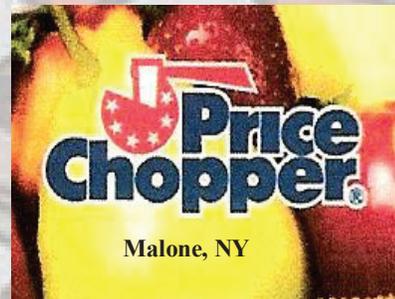
Submitted by  
Michael Planert

### Directions:

- Place shelled and deveined shrimp in ungreased square baking dish, 8x8x2 inches.
- Sprinkle with salt and pepper. Mix sour cream, cheese, paprika, and tarragon;
- Spread over shrimp. Cook uncovered in 350 degree oven for 25 minutes.
- Sprinkle with onions.



THANK YOU



**Topez Travels** (continued from page 12)

on earth when we landed on the placid dark blue waters. We learned that Ketchikan is called the rain capital of Alaska and the salmon capital of the world. Luckily we had a beautiful sunny day in spite of all of the warnings about rain. Ketchikan lived up to its "salmon capital" claim. It was mesmerizing to stand on the bridge in historic Creek Street and watch the salmon swimming upstream packed fin to fin. We even observed a spotted seal cheerfully dancing in the soup of salmon.



Sadly on day eight, we woke up back in Vancouver and had to disembark from the ship. Not wanting our amazing trip to end we met some friends, rented bikes and rode around the perimeter of Stanley Park watching seals on the rocky shore, stopping at a eco festival, and ending at Granville Island Public Market for a fresh, delicious lunch before departing the city. Thanks to PICEI I grew, relaxed and discovered a part of our country I had never been before. I hope I can return again soon.

**Thank You**

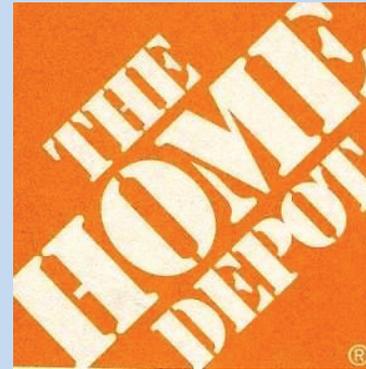
Most stores open Friday, March 1 9AM-10PM and Saturday, March 2 7AM-10PM

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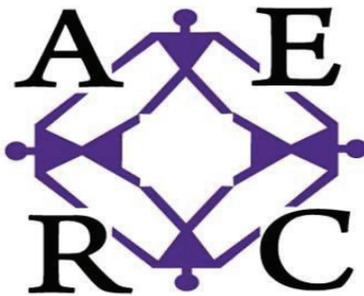
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Massena, New York



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(Continued from page 27)

## Juneau Street Art



# Juneau Scenery



## Akwesasne Museum

[www.akwesasne-culturalcenter.org](http://www.akwesasne-culturalcenter.org)

321 State Rte 37 Hogansburg,  
NY 13655

518-358-2461



History and culture from a Mohawk point of view...

One night we dined in one of the Specialty Restaurants aboard the ship, and it was fine dining at its best at Malonos Italian Restaurant at about one hundred dollars a plate, which you had to have made reservations before the cruise. Thank goodness it was a gift on the house, due to our diligent group leader, Florence Patterson, and her professional PICEI group travel arrangements.



Members left to right: Carl Patterson, Lorraine George, Florence Patterson, Chrysetta Patterson, Cruise Attendant, Ramatoulaye Dieng, and Topez Patterson.

A Real Shoppers delight is Ketchikan AK Alaskan Heritage Gems & Arts has it all, not your trendy things like hats, Te's and sweat shirts but unique real art pieces and hand crafts that you have to be ready to spend a little more for, but these are things you can hand down though the ages that will hold a real value while they enrich your children's children awareness of the many cultures within the USA and our neighbors.

They also have a collection of hand crafted Eskimo dolls you won't find just everywhere.



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For the best prices come around the end of the cruise season there are some great deals then.

We had the chance to mingle with the Celebrity Performers many nights with guitars late night on deck after the clubs closed before and after show time. Here you see the vocal group that performed a sensational Motown Review embracing a member from PICEI and an acquaintance who bonded with our tour group.



Chrys with the Entertainers and a new friend she met on the cruise.



Horizon MOTOWN and MORE TRIBUTE

Yes there were many other events and sites which we enjoyed so many I could not possible include them all, the only thing I have to say is you had to be there.

**THANK YOU**

**Romeo Liquor Store**

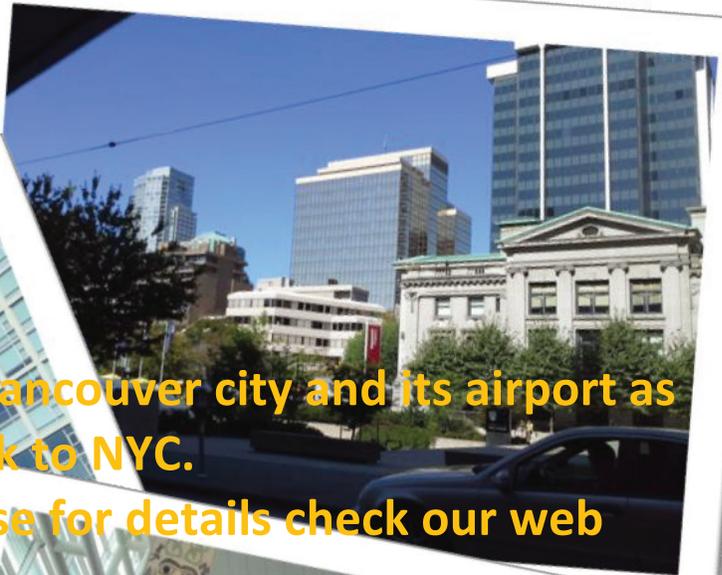
Massena, NY 13662



**D&B  
SMOKES**

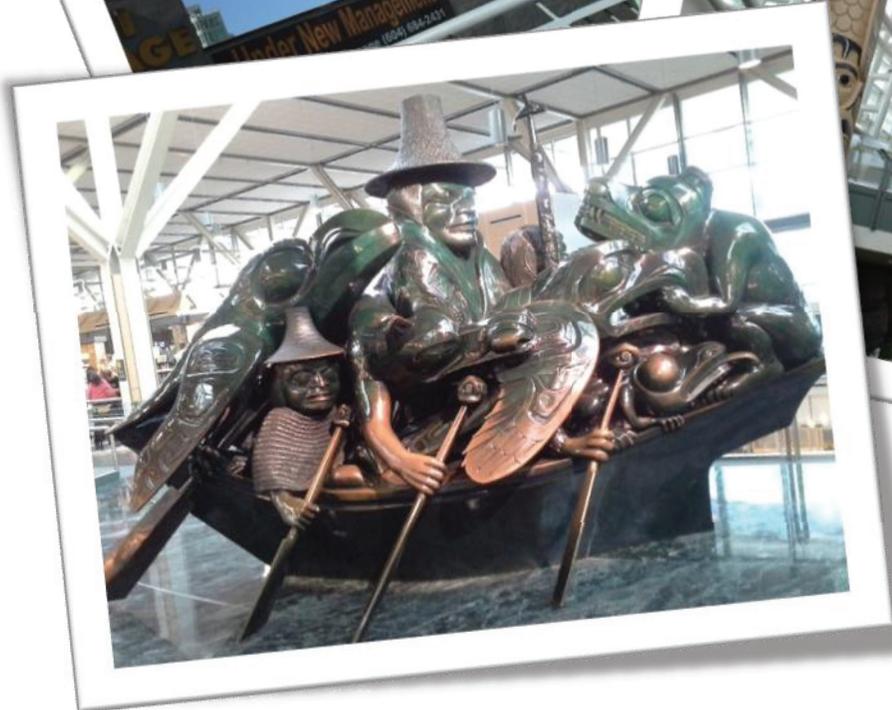
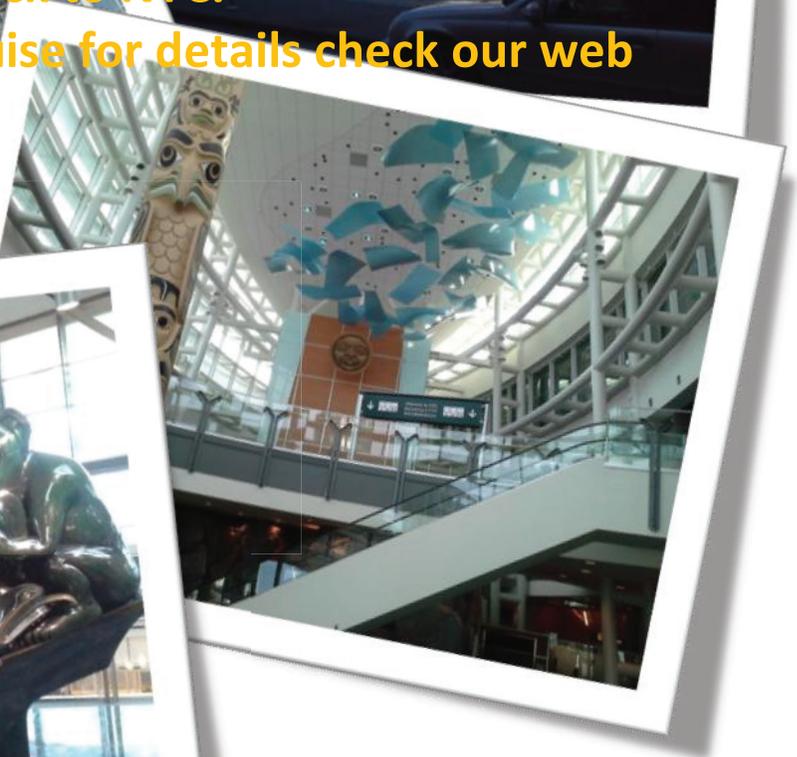
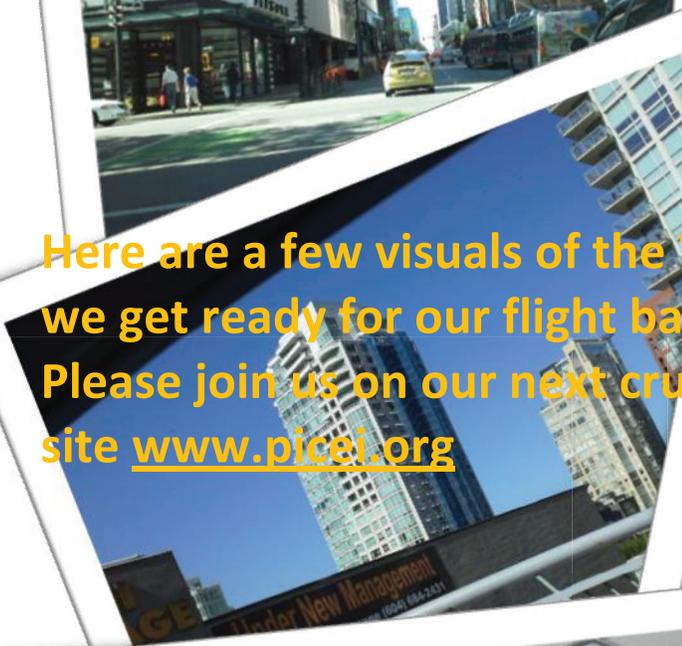
Bombav. New York 12914

# Time to head home...



Here are a few visuals of the Vancouver city and its airport as we get ready for our flight back to NYC.

Please join us on our next cruise for details check our web site [www.picci.org](http://www.picci.org)





# HEALTHY HINTS

PICEI Connected

2012-2013

## 6 Superfoods That Control Your Appetite

[Prevention Magazine, May 2013]

“These foods seem to produce more of the appetite-controlling hormones that help us feel full” says Lona Sandon, RD, assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center.

- Mushrooms
- Onions
- Artichokes
- Asparagus
- Bananas
- Oatmeal

**NOTE:** These foods may also play a role in managing or preventing diabetes and maintaining good digestion.

There is one initial drawback: **GAS**, if you’re not used to eating so much fiber. “Increase your consumption of these foods gradually to reduce symptoms.”

## Can you drink water overnight if you are having fasting bloods taken?

[answers.yahoo.com/question/]

**Yes!** Water does not affect the blood sugar level in any way. That’s why before testing blood glucose you can’t have anything to eat or drink apart from water. **Yes!** If you are having a fasting blood test you are allowed to drink WATER only.

When you need to get blood drawn it’s best to drink a lot of water as this helps plump up your veins, makes it easier to find a good vein and to withdraw the blood. You should not have any food or drink, other than water, for **12 hours** before the test is collected.

## Exercise Away High Cholesterol

[American Council on Exercise]

Not into running? Any type of cardio including **walking or biking**, can help lower cholesterol. You just need to get your heart rate up and break a sweat for at least **20 minutes** 4 times a week, says the American Council on Exercise.

## New Ways to Beat Osteoporosis

[Source: Unknown]

You know all about calcium and bone health. You start your day with milk, reach for yogurt at lunch, pile on parmesan at dinner. Calcium is the cement that keeps bones strong. Other nutrients don’t just help you build more bone mass, they also help you build better-quality bones.

Vitamin C may prevent bone loss and even restore bone mass after menopause. **Eat plenty of fruits and vegetables, especially citrus, berries, peppers and tomatoes.** Get Sunshine Vitamin D.

Your bones need greens. Eating plenty of K-rich foods, like **leafy greens, Brussels sprouts, and broccoli**, is certainly a good idea.

Postmenopausal women usually have very high bone turnover, which contributes to increased fracture risk. Alcohol may help counteract those changes. **Women who consume moderate amounts of alcohol have higher bone densities.** Check with your doctor to weigh pros and cons, such as a slightly increased risk of breast cancer.

## THANK YOU



Hogansburg, NY



Hogansburg, NY



# HELPFUL HINTS

PICEI Connected

2012-2013

## Fix a Tangled Chain

[Excerpted from USA Weekend – Sept. 27-29, 2013]



To get a knot out of jewelry or untangle a fine necklace chain,

- Pour table salt into a small saucer, and then drop your gold or silver chain into the salt.
- Next, take a round toothpick, and work out the knots or tangles in the chain by maneuvering the toothpick. You see...it works!
- There is no need to wash the necklace after untying, as the salt is dry and does not stick to it.

## Keep Flour Power

[Excerpted from USA Weekend – July 19-21, 2013]

To keep flour from getting all over the kitchen floor when you are cooking...do the following:

Put the flour in an empty cheese shaker jar. It's an excellent container for flour when you need to sprinkle (some) flour on the board for rolling out pie crust, for a quick dredging for meat or chicken and various other uses. It's quick, handy and eliminates spilling and waste.



## Baking Soda for Cleaning

[Excerpted from USA Weekend – July 19-21, 2013]

Did you know that exposure to cleaning products may reduce your lung function and increase the risk of asthma by 30% to 50%? It's so much safer and easier and cheaper to make the cleaner yourself.

- You can make an all-purpose cleaner by mixing water; baking soda and vinegar together; and store it in an old Mason or jelly jar.
- Use baking soda and peroxide to clean bathroom grout.

## A Butter Hint

[Excerpted from USA Weekend Magazine-April 26-28, 2013]

When you use a stick of butter, do not throw the paper wrapper in the trash. Instead, tuck the wrapper in your refrigerator's butter compartment. When you need to grease a cookie sheet, use one or two of those paper wrappers—which already have enough butter still on them to do the job. No waste! Make use of every bit of butter from the stick.



## Some Other Uses For WD-40

Does anybody know what the main ingredient of WD-40 is? [<http://www.snopes.com/business/names/wd40.asp>]

1. Protects silver from tarnishing.
2. Removes road tar and grime from cars.
3. Cleans and lubricates guitar strings.
4. Gives floors that 'just waxed' sheen without making them slippery.
5. Keeps bathroom mirror from fogging.
6. Restores and cleans chalkboards.
7. Removes lipstick stains.
8. Loosens stubborn zippers.
9. Removes stains from stainless steel sinks.
10. Removes dirt and grime from the barbecue grill.
11. Removes tomato stains from clothing.
12. Keeps glass shower doors free from water spots.
13. Camouflages scratches in ceramic and marble floors.
14. Removes all traces of duct tape.
15. Removes black scuff marks from the kitchen floor! Just remember to open the windows if you have a lot of marks.
16. Use it for fire ant bites.
17. Restores and cleans roof racks on vehicles.
18. Untangles jewelry chains
19. Keeps scissors working smoothly.
20. Cleans and removes love bugs from grills and bumpers.

The basic ingredient is **FISH OIL**.



# MEMORIES

*This existence of ours is as transient as autumn clouds. To watch the birth and death of beings is like looking at the movements of a dance. A lifetime is like a flash of lightning in the sky, rushing by like a torrent down a steep mountain.*

*We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment, but it is transient. It is a little parenthesis in eternity. If we share with caring, light-heartedness, and love, we will create abundance and joy for each other. And then this moment will have been worthwhile.*

*Gautama Buddha, the founder of Buddhism*



**Nelson Rolihlahla Mandela**  
July 18, 1918 - December 5, 2013

**Elaine Shipment**  
August 28, 1939-March 16, 2013

**Janice Chaney**  
March 16, 1945-June 21, 2012

**Frankye Ghoram Federico**  
April 13, 1943- February 7, 2013

**Marie G. White**  
June 20, 1943-May 15, 2012

**Nancy Bernard**  
Peace Corps Senegal Country Director  
June 26, 1953-May 21, 2013

**Susie Glenn**  
November 16, 1943 - April 13, 2013

*Peace*

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Thank You PICEI Members  
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