



## Highlights:

## FIL WORLD INDOOR LACROSSE

## Topez's Travels



**Vol. 1 - Issue 12**  
**2013-2014-2015**



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**SPECIAL Thank You's for your Monetary or In-Kind Donations**

▲ ▲ ▲

James Dawson, Town Supervisor  
Marsha Addison  
Linda Brunelle  
Leland Herne  
Gail & Gerald Johnson  
Moretha Johnson  
Ann Marie Laughing  
Art Lyons  
Luvenia Suber

Lacrosse  
The Ancient Game



Volley Ball

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**UNITED BUT DISTINCT**



## From the Editor's Desk

### *PICEI Connected*



*Mildred Glenn, Editor*

In the past year, PICEI's has lost some of its very strong members; people like Betty Swamp and Lorraine George, who were great fund raisers, along with Carrie Alexander who was a Board Member.

#### **LAST SHALL BE FIRST 50/50 RAFFLE**

The annual "Last Shall Be First 50/50 Raffle" drawing was held on October 3, 2015, at our PICEI Office in Brasher Falls, NY. There was also a Chinese Auction and a Spaghetti Dinner Fund Raiser held on that same day.

#### **TRIP TO CUBA**

There is a 7-day trip being planned to visit **Varadero, Cuba** on April 23, 2016. We will fly from Montreal, Canada to Cuba. Information regarding this trip will be forthcoming in the very near future.

In this publication, see the article addressing the award that was presented to a PICEI board member, Julia Chaney Moss'

family. The award was the Medal of Freedom from President Barack Obama for her brother, James Earl Chaney, who at age 21, was one of three American civil rights workers who were murdered during Freedom Summer by members of the Ku Klux Klan near Philadelphia, Mississippi on June 21, 1964. A full story will be in our next issue...*look for it!*

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.

We are looking for volunteers from any state to try to get our cultural message to the masses. *Help us keep the link growing and reaching to the Universe.*

Visit the PICEI website at [www.picei.org](http://www.picei.org)  
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## Expressions from the Founder

Florence Ghoram Patterson



It's no wonder we do not understand or care for one another as we should. The fear we have for the unknown runs ramped in our psyche.

PICEI tries very hard to bring us out of this thinking by sharing culture, information, time and travel together. Little is known why we carry this unnecessary baggage in our heads. PICEI tries to bring us out of this situation

by exposing the goodness of a culture.

Since 1982 we have (without force) brought young and old together in a comfortable setting that allow for gradual learning of one another.

This year our thinking was validated by Pope Francis of our need (each of us) to be proud of who you are no matter the culture. I am not a Catholic, nor is PICEI a religious or political organization. However, it just makes sense to look at what is missing in our life. Our **connectedness** is not being understood.

We are all connected to the mother earth, the animals, insects, birds, and the air we breathe. This being so, are not we our brother's keeper?

When we realize this beautiful phenomenal of our connectedness, we gain love for each other, your children become my children, and the fear of each other diminishes by the hour, should we let it. The universe will act on our behalf if **we let go** of trying to control our destiny. Our hearts and minds will follow suit. Please take the time to do your part to make this a better world, reach out to a culture unknown to you at this time.

Let our **Connectedness Live**.

## Cultural Sharing

by Florence G. Patterson



Our invitation is extended to you to join us on **April 23, 2016**, for seven days on the all-inclusive trip to VARADERO, CUBA for only \$1,350.00 per person based on two people. To reserve your space by November 14, 2015, the deposit is only \$350.00. After this date you will have to deposit the amount required to complete the full amount by February 15, 2016.

You will enjoy the **"Cuban Experience"** with an opportunity to also visit Havana, Cuba also. You will fly with us from Montreal, Canada to Varadero; stay at a 4-star air conditioned hotel that will welcome you with open arms. You will receive three meals a day. All drinks, domestic beer and cocktails, select international brands, house wine with meals and non-alcoholic drinks.

Daily activities and evening entertainment are provided, with introductory scuba lessons in the pool. A kid pool is also provided.

Come along and experience the wonderful culture of the Cuban people and share your culture with them!



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# Senior Life Styles

## Queen Johnson



*Queen Johnson was an active board member of PICEI for many years before moving to San Diego. She was with us from the beginning and continues to give input when ever requested. Queen served as a spokeswoman for the African culture and MC for our events.*

*Now a days she is busy working with the Aging & Independence Office in San Diego, who honored her in their July 2014 publication. We thought you would want to know how others think of her. **Here is the article we are sharing with you written by Ellen Schmeding, Director, Aging & Independence Services.***

When Maya Angelou died the end of May, the folks at the Gary and Mary West Wellness Center asked Queen Johnson to read a poem by the talented writer. "I was honored. Maya was so sassy. You can feel her energy coming off the pages," she says. She selected "Phenomenal Woman".

"I walk into a room  
Just as cool as you please.  
And to a man,  
The fellow stand or  
Fall down on their knees.  
Then they swarm around me.  
A hive of honey bees.  
I say,  
It's the fire in my eyes,  
And the flash of my teeth,  
The swing in my waist,  
And the joy in my feet.  
I'm a woman  
Phenomenally..."

Not only was Queen selected to share this poem because she's also African-American and loved Maya Angelou, but because this poem could be talking about her. "Queen inspires those around her with her inclusive confident leadership style," says Paul Downey, CEO of Serving Seniors, which manages the Gary and Mary West Wellness Center. "Queen is a tireless volunteer who leads by example and is not afraid to roll up her sleeves to do the hard work, Serving Seniors is fortunate to have her as part of our team."

"Queen" is her given name. Her mother was convinced that their family had come from royalty somewhere down the line, so she gave me that birthright. Because of that, I feel I can walk any place and feel comfortable. Wherever I go, there I am!"

Her upbringing was not lavish. Much of the year, Queen, an only child, lived with an aunt in Birmingham, Ala., while her parents worked long hours in Chicago; her mother at a defense plant and her father as a contractor. One of Queen's grandparents, however, worked as a housekeeper for a wealthy family and, through her, Queen was able to travel widely. "I was exposed to a whole world of diversity."

She lived in New York after high school and had wanted to attend Columbia University, but "could only audit classes because of costs." She eventually received a Dr. Martin Luther King Scholarship to Montclair State University in New Jersey. She as always found a way to keep learning...and teaching others.

She spent the bulk of her career as an associate director of student support services for the Borough of Manhattan Community College.

Queen has an enormous confidence and presence about her, but she's far from being snooty, just the opposite. She loves life and the many different people and opportunities that she encounters. She has a long resume of volunteer service in the 10 years she has lived in San Diego County. AIS Advisory Council; California Senior Legislature; City of San Diego's Senior Citizen Services; Gary & Mary West Center's Civic Engagement Committee; and facilitator for our Healthier Living classes.

"Every day I have such interesting things going on," she says. "I'm continually being asked to be involved, which I love. I look at it as an honor. It's another point of growth for me."

Queen lives alone, but says she's never lonely. "I love my privacy, too. When I do go home, I'm totally relaxed and very satisfied with what my day has been."

"...Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing,  
It ought to make your proud.  
I say,  
It's in the click of my heels,  
The bend of my hair,  
The palm of my hand,  
The need for my care.  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me."

Thank You





# Senior Life Styles

## *An Award to Remember*

In the year 2014, our own Board Member, Julia Chaney Moss's family received the *Medal of Freedom* from President Barack Obama for her brother, James Chaney's efforts in helping with the *Voter's Registration drive in 1964*, at which time he lost his life at the hands of the KKK.

The Chaney family has been so very generous to give the Patterson family several original items that they received from the President of the United States of America in honor of James' contribution to society. Thus, these items shown are now shared with you.

Watch for the full story by his sister, Julia in our next issue of "PICEI CONNECTED".

Julia is available for speaking engagements. **Contact PICEI for further Info.**



President Barack Obama

*"This was the first time that this country has acknowledged these young men for their contribution for the betterment of our society."...Julia Chaney Moss*

JAMES EARL CHANEY,  
ANDREW GOODMAN,  
AND MICHAEL HENRY SCHWERNER  
(POSTHUMOUSLY)

In 1964, three young men sought to right one of the many wrongs of the Jim Crow era by joining hundreds of others to register black voters in Mississippi during "Freedom Summer." The work was fraught with danger, yet their commitment to justice was so strong that they were willing to risk their lives for it. Their deaths shocked the Nation, and their courage has never been forgotten. James Earl Chaney, Andrew Goodman, and Michael Henry Schwerner still inspire us. Their ideals have been written into the moral fabric of our Nation, from the landmark civil rights legislation enacted days after their deaths to our continued pursuit of a more perfect Union.

*Sparks*  
11/24/14

**Southern Justice**  
by Norman Rockwell



Norman Rockwell Museum







# Tid Bits of Culture

## Growing Up in Mexico

By Nilia Uribe

My name is Nilia. Although I was born in Mexico City, I grew up in a family of Spanish crazy intellectual immigrants. Needless to say, my childhood was very interesting,

I mostly grew up with my grandmother, since my mother, during my childhood, was working for the President of Mexico. My mother was a remarkably smart women who opened her way into the world of politics in a country where culturally speaking, especially back in those days, didn't think that a woman belonged in the work force, and most specially not in politics. So...I was always really proud of my mother and her accomplishments.

Although she was absent most of the time, I have a really nice example of values, work ethics and most importantly, how through education, you can open just about any door.

On the other hand, there was my beautiful super old fashioned Spanish grandmother, whom I called "laia" (in Catalan it means Grandmother). My laia had a passion for painting, culture, poetry and dance and classical music among other fascinating things. Every day since I can even remember when I came from school, we would have dinner (which in Mexico is around 2:00 pm) and right after that we would go to her painting studio and talk about anything one possibly could talk about, over a cup of tea and the most delicious and super refined deserts. It was through her, living history, that I learned the history of my family (some of them survived the World War Two). As I grew up, she would recap some of these amazing survival stories and every single time, I found value in each one of them. Perhaps "never giving up" is the biggest lesson I learned from my laia.



Palacio de Bellas Artes



Mexican Dancers

## Spanish Translation

By Nilia Uribe

My nombre es Nilia. Aun cuando naci en la Ciudad de Mexico, provengo de una familia de Espanoles locos intelectuales que inmigraron a la ciudad de Mexico casi al final de la segunda guerra mundial. My vida de pequena, para no decir mas, fue de lo mas interesante,

Cuando era pequena, fue mi abuela la que me crio porque mi mama en aquella epoca, trabajaba para el Presidente del Pais. Mi mama fue una mujer remarcable, sumamente inteligente y quien se abrio camino en el mundo de la politica. Siempre estuve muy orgullosa de mi mama y de todas

las cosas que logro a lo largo de su vida, Fue a travez de su ejemplo, que herede valores, etica en el trabajo y la vida en general, y lo mas importante, fue a travez de ella que comprendi que la educacion era la llave mas escencial para abrir cualquier puerta,

Por el otro lado, tenia a mi hermosa chapada a la antigua, abuelita espanola a la que llamaba lana ( En Catalan, esta palabra significa Abuela). Mi laia tenia una pasion por la pintura, la cultura, la poesia y la danza y la musica clasica y tantas y tantas cosas mas, Cada dia despues de la escuela, comiamos ( la cena en Mexico es alrededor de laas 2:00 pm) y despues de esto, ibamos a su estudio de pintura y sobre una taza de te, discutiamos sobre tantas y tantas cosas como por ejemplo, todas las historias de la guerra y como sobrevivieron, Al paso de los anos, aprendi tantas cosas en cada una de estas historias, historias que crecieron conmigo y que quizas, el mensaje mas importante de todas ellas, se resume a nunca darse por vencido.

[Continued on page 24]



# Tid Bits of Culture

By Sachi and Shefali Dastidar

শুভ বিজয়া ১৪২১



## BIJOYA GREETINGS

Goddess Lakshmi (Goddess of Prosperity) i.e. baby Shriya joined our family on Tritiya (3rd day) of Debi Paksha (Goddess' Auspicious Fortnight) on September 26, 2014 (Bengali Calendar, Aswin 9, 1421)

Aswin 1421

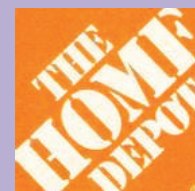
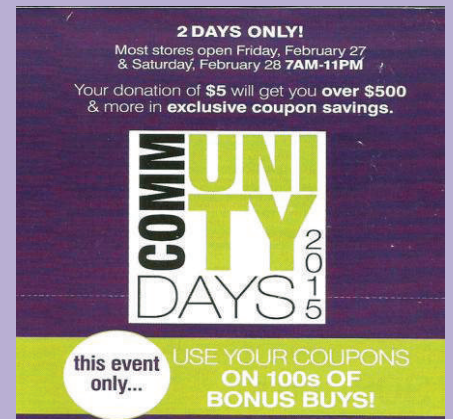


শ্রীয়া (লক্ষ্মী) সুমেধা, শুব, জয়ীতা, শেফালী, সবাসাচী (সাচী) ঘোষদস্তিদার ও মিস্তি

Shriya, Sumedha, Shuvo, Joyeeta, Shefali, Sabyasachi (Sachi) Ghosh Dastidar & Mishti

New York 2014

## Thank You/Niá:wen



Massena, New York



# Topez's Travels

[Reprinted from PICEI Publication (2008-2009) Vol. 1, Issue 7]

## Don't Let the Recession Stop You from Traveling

by Topez Chanel Patterson



Yes, there is a recession, but that doesn't mean that we have to lock ourselves up in our homes on "staycations" and pretend that is the equivalent to traveling. Now don't get me wrong, I am all for supporting the local economy, dining in the neighborhood, and taking advantage of the cultural opportunities near your home. However, if we want to travel to experience new cultures and ways of life to expand our experiences and world outlook, we need to travel to foreign countries. And yes, you can travel on a budget. You just have to do plenty of research and be flexible about where and when you travel.

Our teachers have always said, "Do your homework." Now is when doing research and a little extra investigating will really help you. In this recession, we have a readily available resource that we may not have had in the past. With the Internet, we can find out almost anything about almost anywhere. Where to go, what you will see when you get there, what the prices are, and language translations. Before traveling, be sure to research places you have always wanted to go and see if you can pinpoint exactly what it is about those places that you want to experience. It will also be helpful to ask locals and other people who have traveled before about their experiences. You may be able to connect with someone who lives in the destination that would be willing to show you around. *IgoUgo.com* and *WhereAreYouNow.com* are both great resources for connecting world travelers.

You can always thank a local guide with a small trinket from your hometown, be sure to pack some before you leave for your trip.

### You must be flexible when traveling on a budget.

There may be someplace you have your heart set on visiting that is more expensive than an equally appealing alternative destination. Think back to your research and examine what it is that is most important to you, and think about other places that might offer the same activity. For example, Costa Rica was a destination I wanted to visit because of the majestic volcanoes, beautiful beaches, reputable surf coasts and exotic wildlife. However, because Costa Rica has become more and more popular in recent years, prices have risen. A less expensive alternative offering all of those things is neighboring Nicaragua. Eating where the locals eat is also a great way to experience the culture on a dime.

### It is also important to be flexible about when you travel.

Be ready for an adventure, because sometimes the menu may be hard to decipher, or the location may be a bit out of the way, but you will get a unique meal for less money than dining at a hotel, or the larger restaurants frequented by tourists.

Traveling during off-peak seasons will allow you to purchase rooms at hotels at a lower price. Popular attractions will also be less crowded, and merchants at shops may be willing to sell goods at a lower price. Also, despite what we have been told, sometimes it *does* pay to procrastinate. Have a plan, a back-up plan, and a back-up plan, and you may find very good last minute deals on airfare and hotels. I recommend signing up for *TravelZoo.com*'s weekly Top 20 e-mail. They search the web for

the best deals, sometimes with restrictions on when you can travel. But I have booked many trips based on the deals I found with *TravelZoo.com*.

There are many ways to cut back on costs when traveling. Other options are traveling for volunteer opportunities, which sometimes cover the cost of room and board, traveling for college credits, or traveling with the help of grants or sponsors.

### Do the research, and you will find something that appeals to you within your budget.

Most importantly, travelers beware, it may sound cliché, but the term tourist trap didn't just appear out of nowhere. Expensive bus tours, sight-seeing trips, and name brand attractions can easily be substituted by a trip on local public transportation, a ticket to a museum, and a street fair for a more genuine and affordable experience. So don't let the economy get you down, take advantage of the budget friendly travel options out there!

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# Remembering the Life of Betty Swamp with PICEI

Written by Florence Patterson



On December 11, 2014, **Betty Swamp** traveled back home with many of the family members present. Although I was not a family member according to society's definition of family member, I too, was present as a family member according to the Universe and the Pamoja International Cultural Exchange, Inc. (PICEI) organization.

We will always remember Betty for her love of family and friends. The joy she received from many travels with PICEI and her concern for the youth in our community. She left her desire with PICEI, to involve the youth with taking pride in their culture and to share it with others.

It was great that Betty had the opportunity to represent her culture when traveling to Washington D.C. in 2010 with her grandson Kanrontawhon, and also when she cruised to Halifax, Canada with her daughter Lucy in 2009. She had the pleasure of traveling with her twin sister Bessie, her son Michael and his wife Lisa to the Caribbean in 2011, and with one of her best friends Jean Herne, on several cruises including the 21 days cruise to three Continents of the World; Africa, Europe and South America.



Betty served as Fund Raising Coordinator for PICEI in the Mohawk community. Betty was present and involved at important meetings and gatherings along with Jean Herne and me.

Betty enjoyed dancing with the Drew Cloggers of Malone under the direction of Andrew Perry. She was able to travel with the group to Hawaii, in 2012, along with one of her dear friends, Bernice. We will miss her tremendously, **but we know she is with us in spirit.**





## *A Childhood Friend Remembered*

# Lorraine (Tommie) Holt

*Written by Florence Patterson*



**Lorraine Holt**, a childhood friend, godmother of my son Carl Jr. and founding member of Pamoja International Cultural Exchange, Inc. (PICEI) should never be forgotten. Somehow, in this busy world we live in honoring her was not done in the 2012 addition of our publication "PICEI CONNECTED". Lorraine passed away on March 12, 2012. We will never forget our LIFETIME and founding members as one of those who gave mentally, physically and financially.



*Carl, Jr. and Lorraine*

Lorraine, born a Taurus on May 19, 1938, was very much like her zodiac sign. She was steadfast in personality and extremely caring for those she loved. Her husband Lee Holt passed on many years ago. Tommie also leaves two sons, Keith and Barron.



*Lorraine and Son Keith*

Being a lifetime member Lorraine had a great commitment to travel and shared our culture with the world. When Barron was just a little boy (no more than 10 years old) he escorted his mom and me on one particular Cultural Cruise as our dance partner. Now, a grown man, Barron has served in the Armed Forces in Iraq for our country, the United States of America.

In Tommie's youth and as an adult, among her closest friends were Mildred (aka Bunny) and me (aka Debbie). Lorraine was called Tommie (that was the nickname that her family and close friends called her all her life). The three of us did so many things together in our old neighborhood. We would sometimes dress alike and spent much of our time on our block, 145<sup>th</sup> street in Harlem, New York, where we lived. One of our special delights was going to the famous Apollo Theatre almost every weekend.

Tommie had one brother and three sisters, one of whom preceded her in death. Her contributions to PICEI continued in the way of our cultural travels even though she lived in Richmond, Va. Our last trip together, a Washington, D.C. Tour, was a local one, right here at home entitled, "Bridging the Gap between Generations & Cultures". Tommy took her granddaughter, Victoria C. Chang Holt with her on the trip.

We miss her smile and gentle ways yet we know she is still with us in spirit.



*Granddaughter  
Victoria Chang Holt*



### 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 \_\_\_\_\_

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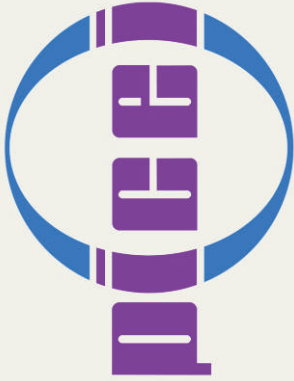
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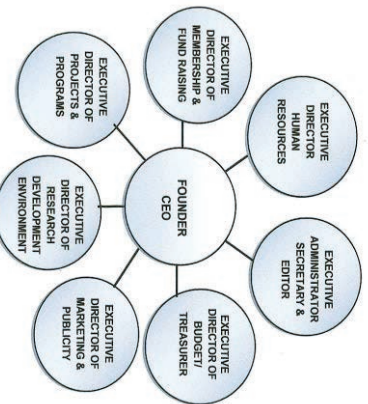
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# United But Distinct

## 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, Stenography 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...

Enclosed is my membership of \$ \_\_\_\_\_

( ) Check ( ) Money Order  
Payable to: PICEI

Name: \_\_\_\_\_

Add: \_\_\_\_\_

State: \_\_\_\_\_ Zip \_\_\_\_\_

Tel: ( ) \_\_\_\_\_

E-mail: \_\_\_\_\_

## 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 *innates* 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.....*



# Bon Appétit

## Chicken Tortilla Mexican Casserole

Submitted by Sue Arnold



Makes 12 servings

### Ingredients:

8 multigrain flour tortillas  
3 cups chopped chicken  
1 tablespoon olive oil  
1 cup chopped onions  
1 cup chopped red pepper  
19 oz black beans  
14 oz canned corn  
1 tsp chili powder  
3 cups salsa  
1 ½ cups sour cream

1 ½ cups jalapeno Monterey jack cheese, shredded  
1 ½ cups cheddar cheese, shredded  
1 tablespoon finely chopped cilantro

### Directions:

Preheat oven to 350° . Spray a casserole dish large enough to fit tortillas. Heat olive oil in sautéing pan, sauté onions and red peppers for 5 minutes until softened. Mix in chili powder. Remove from heat, stir in black beans and corn.



In a medium bowl, mix salsa and sour cream. Layer tortillas, salsa mixture, chicken, vegetables, cheeses. Repeat 4 times or until you reach the top of the casserole. \*Note: Stop layering once you reach the top of your casserole dish and top with cheese. Cover and bake for 25 minutes.

Uncover and bake 10-15 minutes longer or until cheese is bubbly and browning. Let stand for 10 minutes before serving. Sprinkle with chopped cilantro and cut into individual servings.

**THANK YOU**



## The Vinrgy Formula #1

### A PH Balanced Nutrient Dense Drink

Submitted by Vinrgy



2-3 Top Greens  
(Lacinanto Kale-Wheat Grass-  
Red Swiss chard)  
1-2 Organic Carrots  
1 Organic Lemon  
1-2 Pineapple Slices  
Opt. Chia or Flax Seeds  
Small Ginger Chunk  
Clean Source Water



**Thank You**







## GRYPHON SPOTLIGHT



**Women's Volleyball Sweeps Medgar Evers**  
**GRYPHON LEADERS** in Season Opener  
The rookies carried the day. **Seven Green** (Akwesasne/Frank Sinatra School of the Arts) led all players with nine kills

### *Seven Green - 2015 Women's Volleyball*

#### **No. 2 Seven Green**

**Position:** Outside Hitter / Right Side

**Height:** 5-7

**Class:** First-year

**Hometown:** Akwesasne

**High School:** Frank Sinatra Sch. of the Arts

**Off the Court:** Studied theatre.

**Personal:** Parents are Reannon Day and Courtlan Green ... has two siblings, Aria Day and Sia Green.

**High School:** Competed in volleyball at NAIG, and the team received a bronze medal at North American Indigenous Games.

Source: <http://www.gogryphons.com>



# *Seven Green Lights up the Court*



# Lacrosse

## The Ancient Game



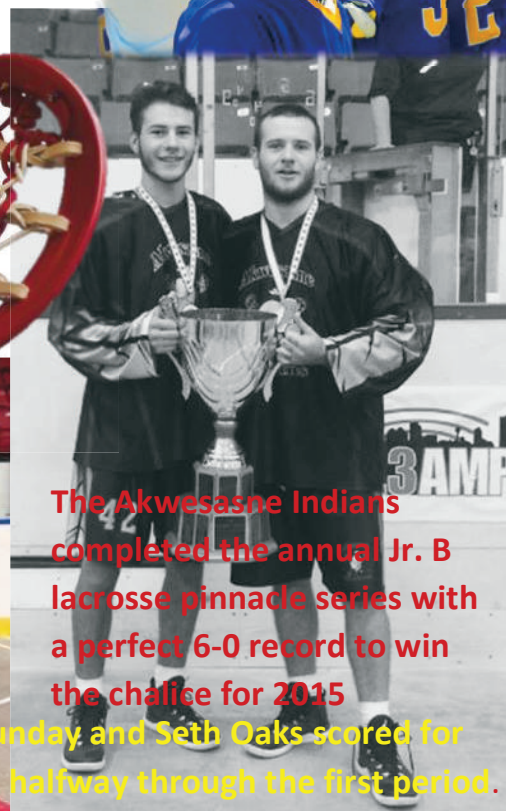
UAlbany's Seth Oakes, left and Lyle Thompson right, sandwich Hartford's Rich Davison



SEPTEMBER 18TH - 27TH, 2015  
www.wilc2015.com



UAlbany's Seth Oakes, and Lyle Thompson lead the highest-scoring team in college lacrosse on Wednesday, April 1, 2015, at UAlbany in Albany, N.Y. (Cindy Schultz / Times Union) [msingelais@timesunion.com](mailto:msingelais@timesunion.com) • 518-454-5509 • @MarkSingelais



The Akwesasne Indians completed the annual Jr. B lacrosse pinnacle series with a perfect 6-0 record to win the chalice for 2015. Russ Oakes, Sky Sunday and Seth Oaks scored for Akwesasne before halfway through the first period.



# Artist Highlights



By Karen Glenn



## "MAN"

God molded a mound  
of clay and sand  
Said one day  
I'll make a man.

Man was created  
Happy but turned blue  
God said I'll make  
Company for you.

Lay in the sand  
And go to sleep  
From there  
Your rib I'll keep...

...God constructed  
From the bone  
Someone so man  
Was not alone  
Created to be a friend  
God created  
Women.



## St. Regis Mohawk Office for the Aging

29 BUSINESS PARK ROAD AKWESASNE, NY 13655

Phone: (518)358-2963 Fax: (518)358-3071

<http://srmt-nsn.gov/OfficeForTheAging.htm>

- |                   |                         |   |
|-------------------|-------------------------|---|
| ♦ LIFE LINE       | ♦ BREAKFAST BAGS        | ♦ EVENTS                                  |
| ♦ IN-HOME CARE    | ♦ CONGREGATE MEALS      | ♦ MEDICARE & HEALTH INSURANCE COUNSELLING |
| ♦ CASE MANAGEMENT | ♦ NUTRITION COUNSELLING | ♦ SOCIAL SECURITY                         |
| ♦ LEGAL AID       | ♦ NUTRITION EDUCATION   | ♦ FOOD STAMPS                             |
| ♦ HANDYMAN        | ♦ HOME DELIVERED MEALS  | ♦ HEAP                                    |
| ♦ HOUSEKEEPING    | ♦ SOCIALIZATION         | ♦ NYSERDA                                 |
| ♦ HEALTH PROGRAM  | ♦ SHOPPING              | ♦ PRESCRIPTIONS BENEFITS COUNSELLING      |
| ♦ ESCORT SERVICES | ♦ CRAFTS                | ♦ REFERRALS                               |
| ♦ TRANSPORTATION  | ♦ OUTINGS               |   |
| ♦ SUPPER BAGS     | ♦ TRIPS                 |   |

HEALTH INSURANCE

# HIICAP

INFORMATION, COUNSELING & ASSISTANCE

**YOUR ONE STOP  
SHOP FOR ALL  
SENIORS NEEDS!**





# Artist Highlights

## Lawrence (Buck) Cook



Very early in Buck's life (Buck is what everyone calls him) he was exposed to music. When he was only 4 years old, his mother would have music playing in the home on-going, because she loved music so much. There was Disco Music, Rock and just about every type of music imaginable. Back then, Elton John was among his favorites.

One day, around Christmas time, there was a planned Christmas Party at school and the children were told to bring in different items to enhance the party. Buck decided to ask his mother if he could bring in one of her albums. She didn't hesitate to grant his wish. He selected Elton John's "*Greatest Hits*". His teacher was not sure that such a record was, first of all, authorized by his Mom and second, that he was too young to appreciate music of that kind. But then Buck requested the song "*Danny and the Jets*" from the album to be played, which he really enjoyed, and to the teacher's surprise, she did too. Well, little did she know that his entire family was music lovers. His Uncle Joe had many albums of many artists; among them were: **Aerosmith and Kiss**.

Buck never grew up with his Father, but he visited him many times at a young age (his dad is now deceased; he passed away in May 2013). At age nine or ten years old he went to visit his Father who was a DJ at WSLU in Canton, New York. His father did the Jazz show. Buck was so impressed with the introduction to radio and recording that it inspired him to become a musician.

In July 1984, Buck's sister Joanna took him to his first Rock Concert, which happened to be **Aerosmith**. Needless to say he fell in love with the guitar. "*It was the energy, it was the sound, it was the crowd and it was amazing. That's what I wanted to do*". So on the way home from the show in Weedsport, N.Y., the guitar was all he thought about.

Buck soon purchased a Sears Silvertone Electric Guitar, which he bought from a friend for \$20.00. The guitar actually belonged to his friend's father, not his friend, who was not supposed to sell it. (That was 32 years ago, and I believe my friend is still grounded...or underground)...have not heard from him.

Since Buck lived on the backside of an Island, his playing never disturbed the neighbors. His sister Joanna bought his first major amplifier. It was a Kasino all tube AMP. (How she bought it is another story) **LOUD AND PROUD**.

Around the summer of '85 or '86, Buck was practicing in the family garage. The Kasino was screaming and Buck was dreaming...**LOUD AND PROUD**. His uncle Pat came into the garage and placed his hands across the strings, muting Buck's imagery performance of excellence that only existed in the sold-out arena in Buck's mind.

[Continued on page 28]



Corey White, Corey Jacobs and Buck Cook

**ARCANE BELIEF**



## PICEI 50/50 WINNERS-2014

Members & Supporters Help PICEI Continue!



### TOP SELLERS



Florence Patterson



Nilia Uribe



The Annual “**Last Shall Be First 50/50**” fund raiser was held at Sandy’s Diner in Moira, NY. The event was well attended and the food was absolutely delicious. The reporter, Samantha from The Indian Time, covered the event that evening for us, for which we were very grateful. The restaurant’s food menu consisted of Sirloin Steak, Haddock, fresh vegetables, potatoes or rice, homemade bread, with homemade pie and ice cream for dessert. A delicious Vegetable Platter was prepared by **Inez Cook Patterson**. We had a little trouble keeping the general group from eating the salad that was specifically prepared for the vegetarians. We had on hand an assortment of sandwiches and salads donated by Speedway’s Subway, Dunkin’ Donuts and Twin Leaf for everyone.

We were entertained by our Executive Project Director, **Carl Patterson** and his student, **Collin Sunday**. Collin played the guitar beautifully that evening. Everyone enjoyed the music.

The LSBF 50/50 fund raiser brought in a total of **\$3,260.00**. The two top sellers were: **Florence Patterson**, selling \$500 worth of tickets and **Nilia Uribe**, selling \$350. We thank them for their efforts. The winner of the 50/50 was **Debbie Cook Jacobs**. She received **\$163.00** for the purchase of one segment of the winning ticket. Had she purchased an entire ticket, her winnings would have been **\$1,630.00**. The other sellers of the LSBF 50/50 raffles were: Yvonne Cree, Dr. Sachi Dastidar, Faye Fredenburg, Ann Francis, Herbi Francis, Mildred Glenn, Courtlan Green, Elaine Harris, Lela Harris Beverly Johnson, Ann Marie Laughing, Carl Patterson, Jr. Chrysetta Patterson, Florence Patterson Carol Ross, Cynthia Shipman, Michael Swamp, Chris and Nilia Uribe, and Akwesasne Mini Mart.

The night was made exciting by the supervision of **Chris Uribe** making sure things were going well. The set-up of the dining hall, which included the food and table arrangements were done by **Herbi and Ann Francis**. They all made everything turn out great...and we thank them.

Several members conducted our *Lotto Tree* and *Chinese Auction* along with **Ms. Linda Morreale**, one of our guests from Rochester, N.Y., who did an outstanding job.

### THANK YOU



Hogansburg, NY



Hogansburg, NY

### Akwesasne Museum

[www.akwesasneculturalcenter.org](http://www.akwesasneculturalcenter.org)

321 State Rte 37 Hogansburg,  
NY 13655

518-358-2461



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



# *A Tribute to Lorraine George*

Written by Florence Patterson



**Lorraine George** joined Pamoja International Cultural Exchange, Inc. [PICEI] in 2008. I remember her calling the office to join with the 64 members that were taking the cruise to several cities in Canada. We met at the Bingo Palace and began our friendship. From that day forward, Lorraine never stopped traveling with the group. She was an excellent ambassador, as all of our members are representatives of their culture. She and all of us marveled when other guest learned for the first time,

that the Mohawk people had a language of their own.

Our last trip with Lorraine was in 2013 to Alaska. It had been a long time desire of hers to visit that state and this trip fulfilled her desire. In fact, it was her suggestion that we take that particular cruise. We are so glad that her heart's desire was fulfilled before she returned home; where one day we all must go. One night we had a specialty dinner, compliments of the cruise ship, where our food was prepared right at our table. Although, many of our members had returned to doing other activities, Lorraine remained with a few of us and we took pictures with our Cruise Attendant.



Carl, Florence & Lorraine looking at sights in Juneau, Alaska



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

Washington DC with her grandson, Evan.

Lorraine was very active with PICEI. She served on the Fund Raising Committee and was among the top sellers of our annual "Last Shall Be First 50/50" raffles. She also served and managed the Sunshine Club. We, also, remember how thrilled she was about her trip to

Lorraine's journey home, to a well deserved rest, on May 31, 2015 leaves much warmth in our hearts. ***We know her spirit will be with us always.***



# CARRIE ALEXANDER

## CARRIE ALEXANDER

**From the Beginning 1982 to 2015**

**An original Charter Member**

*Written by Florence Patterson*



**Carrie Alexander** will always be in our thoughts and memory as she was there at the very beginning helping to build Pamoja International Cultural Exchange, Inc. (PICEI) in Deer Park, New York. A founding member, she was also the first official photographer for the organization.

Carrie helped to coordinate the Three Day Festival that was the talk of the town. The festival featured the Portuguese people and a trailer load of Authentic Museum pieces of Portuguese Culture, Rock bands, theater, vendors and many other events. Her contribution was immense.

She was a poet within her own right. Carrie was instrumental in our first Fund Raiser as she traveled from Deer Park, New York into Manhattan in order to document the event of our winner for their trip by limousine to a Broadway Play and dinner at Momma Leone's Restaurant.



**A meeting with Carrie in a "Heath Food Restaurant in Long Island, NY**



**This picture was taken by Carrie of some of the youth and a few Deer Park Members who attended a Picnic event in Babylon Park arranged by Carrie.**

Since that time and until she returned home on **February 28, 2015**, she remained on the PICEI Board supporting the events of the organization. She will be sincerely missed by all. ***May she rest well. We know she is with us in spirit.***





# HELPFUL and HEALTHY HINTS

by Mildred Glenn

PICEI Connected

2013-2014-2015

## How to Open a Jar Easily

[Submitted by Michael Planert]



Have you ever had to struggle for a long period of time trying to open a pickle jar, coffee jar, etc.? Well...join an army of people who have to go through this on a daily basis. In recent times, they came up with the little hand-held rubber gripper that helps opening jars.

These work most of the time, but not without a little struggle. Here is some information that will help you open jars in a matter of minutes without the “struggle” just by using one of the can openers’ types shown above.

1. First of all, get one of the ‘old fashioned’ can openers see pictures above. [Dollar Store, Wal-Mart]
2. Take your jar and put the part of the opener with the square lip under the jar lid and pry up very gently. Follow this procedure all the way around the jar lid until you hear a pop [sometimes you don’t hear it].
3. Twist the jar lid...and hooray...the jar opens without a bit of trouble. A child could almost do this.

## Hanging Up Scarves in your Closet

<http://www.goodhousekeeping.com/home/organizing/tips/>



Instead of draping scarves across whatever’s in your path [back of chair, a door knob, your bed post)...buy a wooden hanger and a pack of shower curtain rings. Hook the rings onto the hanger and slide the scarves into the rings, tying them very loosely so they do not slide off. This will save a lot of time bending down to pick them off the floor.

## For Puffy Eyes

[From Dr. Ordon, 2012]

Take a Q-Tip and put it in the freezer. When ready to use, just rub it under your eyes and it will take away the puffiness.

## Store These Documents Forever

<http://www.goodhousekeeping.com/home/organizing/tips/>

- Adoption Papers
- Birth Certificates
- Driver's Licenses
- Medical Records
- Passports
- Marriage Certificates
- Academic Records - Diplomas, transcripts and any portfolio work that may be used in the future when applying for a job.
- Employment Records - Any clauses, agreements, disciplinary files and performance reviews.
- Retirement and Pension Records
- Baptismal Certificates
- Death Certificates
- Military Records
- Social Security Cards
- Wills
- Divorce Papers

## Beautiful Skin Begins In The Kitchen

[Tallahassee Democrat - USA Weekend January 28-30, 2011]

**Olive Oil** - It’s not only nutrient-rich and helpful for digestion, but it’s also moisturizing and “will give your skin that extra glow, as it actually hydrates your skin from the inside out.”

## Stop Refrigerating These Foods

[http://refrigerators.reviewed.com/features/seriously-stop-refrigerating-these-foods?utm\\_so](http://refrigerators.reviewed.com/features/seriously-stop-refrigerating-these-foods?utm_so)

**Peanut Butter** - Commercially processed peanut butter, (like JIF and Skippy), can be stored for months without issue—even if the jar’s been opened already. It’s delicious, and good for you, too.

**Potatoes** - Refrigeration causes the starch in potatoes to turn to sugar, and while this might sound like a good thing, it gives them the wrong flavor. The skins will also darken prematurely while cooking, making them look less appetizing.

**Onions** - Here’s a weird one. You don’t have to refrigerate onions, but you do need to keep them physically separated from the potatoes. Spuds emit moisture and gases that will make your onions rot. Your best bet is to keep onions in the mesh bag they came in—they like air circulation.

**Tomatoes** - Cold breaks down the cell walls in tomato flesh and causes them to become mushy and mealy. For better results, store them at room temperature and keep them out of direct sunlight, which can ripen them early and unevenly.

# Tid Bits of Culture

## Growing Up in Mexico [continued from page 8]

Forward many years later and I got married to the most wonderful man in the world, Chris Uribe. Chris comes from American-Spanish background, very interesting. We've been married for a little over 25



then moved to Upstate New York.

Our experience in this country has been wonderful. I could write so much about it but if I can just say one thing that I've learned throughout my life is embracing

diversity. Looking back and listening to those stories from my laia...I didn't understand much, but now I do, and I can see that all that suffering came from not embracing people just the way they are. Respect is so important, and when you understand it and practice it every day with everyone you see, life is so much easier.

Our kids also have wonderful stories to tell since they have the Spanish, the American and the Mexican cultures. They are a wonderful fusion of who we all are: Wonderful citizens of The World.



## Spanish Translation [continued from page 8]

Los años pasaron y me case con el hombre mas extraordinario en el mundo: Chris Uribe, con quien llevo casada un poco mas de 25 años,. Chirs proviene de una familia Espanola-Americana, asi que su vida, igual que la mia, es de lo mas interesante, Chris y yo, tenemos dos hijos formidables, Ian y Vivian. Chris y yo nos mudamos a los Estados Unidos hace ya 22 años, vivimos en San Francisco por 12 años y depues nos cambiamos a vivir al norte del pais.

Nuestra experiencia en este pais ha sido increible, podria escibir tanto sobre esto, pero si pudiese decir solo una cosa que es importante en mi vida y en las experiencias que he vivido a lo largo de ella, es amar a todo mundo, no importando de donde vienen ni que hacen, ni en que creen. Diversidad en el planeta es fascinante, Viendo hacia atras, y escuchando una y otra vez las historias de mi laia, ahora comprendo que las guerras y todas las cosas tan terribles que vivieron ( y que desafortunadamente mucha gente en el mundo sigue viviendo... y muriendo) es que el respeto es sumamente importante, cuando comprende uno el concepto de Respetar, puede uno tener una mente abierta y la vida es mucho mas sencilla,

Nuestros hijos tambien tienen historias extraordinarias que contar puesto que tienen la cultura espanola, americana y mexicana en su sangre. Nuestros hijos son la fusion de tantas culturas, quizas lo mas importante, es que igual que tu, y yo, y todos nosotros, son Ciudadanos del Planeta Tierra.

## Niá:wen







# Last Shall Be First 50/50 2015

Our Last Shall Be First 50/50 for the first time was not held at a local restaurant, due to the misfortune of the "TwinLeaf" restaurant not being repaired in time from the fire they had earlier in the summer. However, instead we planned a **Spaghetti Dinner** at the PICEI office site which was not yet completed. Our members planned and prepared the food in the homes of **Inez Cook Patterson** and **Florence Patterson**. Inez made the spaghetti sauce and salad, and everyone who ordered the dinners, thought it was delicious. The sauce was so tasty that one of the donors requested two jars for their personal use. Many sat down and



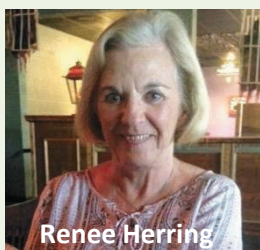
ate inside the home of Florence, although it was a take-out fund raiser event. The big sellers of the dinners were performed by our Executive Project director, **Carl Patterson, Jr.** and Inez. For a last minute event, we were able to raise \$130.00. PICEI was also appreciative of **Peter and Harriet Garrow** for their experience in setting up the kitchen and making the event so successful.



It was very difficult this year having to fund raise without our Fund Raising coordinator, Betty Swamp and other fund raiser committee members such as Lorraine George. However, our board members kicked in and did a very fine job at the last minute.



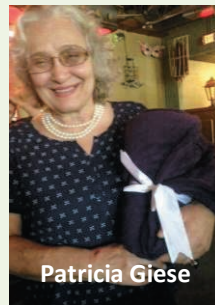
**Mildred Glenn**, our Administrator & Editor and **Chrysetta Patricia Patterson**, Executive Director who were our top sellers of the 2015 LSBF 50/50, along with the others who sold raffles, which brought in a total of \$1,400.00.



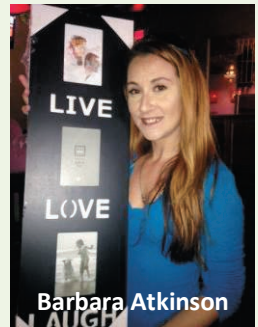
The cash winner segment was sold by Mildred Glenn in Tallahassee, Florida to **Renee Herring**, who received \$140.00. Had Renee donated the amount for a full ticket, her winnings would have been \$700.00. Mildred sold a total number of 33 segments and Chrysetta sold 48 segments. We are received \$140.00. Had Renee donated the amount for a full ticket, her winnings would have been \$700.00. Mildred sold a total number of 33

segments and Chrysetta sold 48 segments. We are truly grateful for their efforts as their responsibilities lie in so many other areas, as does the Project Director, Carl Patterson.

**Prize winners of the LSBF 50/50** were: **The Drew Cloggers of New York** who won first prize, a Dirt Devil hand vacuum **Barbara Atkinson** of Tallahassee, FL won 2<sup>nd</sup> prize; a 3-picture frame and the 3<sup>rd</sup> place prize, a 5x6 throw blanket went to



**Patricia Giese** also of Tallahassee, FL. Those present to witness all the drawings, which included the **Chinese Auction** as well as the **Last Shall Be First 50/50**, were: Yvonne Cree, Catherine Edwards, Art Lyons (non-member), Ann Francis, Carl Patterson Jr., Chrysetta Patterson, Inez Cook Patterson, Florence Patterson, Andrew Perry, and Tina Perry.



There were 17 items in our **Chinese Auction**, each more valuable than the next.



The lottery tree was one of the items that gave the winner, **Sue LaPage** a chance to win millions of dollars (we sincerely hope she did). **Art Lyons** won several gifts from the Chinese Auction, among them was a Chrystal dish which Catherine Edwards wanted so badly to win. Out of Art's good nature and generosity, he gave it to her.



[Continued on page 26]



No one went home empty handed that night. **Yvonne Cree** of Akwesasne went home with a participation gift and **Sue Newman** of "Beky Head" in Brooklyn, NY, also received a participation gift from PICEI. **It paid to be there!** The evening was joyous with lots of laughter.

The **Monkey Basket** was won by **B. Webber**, of "Life in his Arms Community Church" from North Lawrence, NY, where they serve community dinners every Tuesday from 5:00 PM to 6:30 PM. Call Barb Webb at 315-755-5880.



B. Webber

**Kris Layo** was not able to pick up her gifts at the office, so she met Florence at BonTon days later after the event, to receive her gifts. She was delighted to get them.



Kris Layo

It was a small miracle that she won the **Crock Pot** because it was not on display at SeaComm Federal Union site when she purchased her ticket. She placed

all but one ticket in the other jars on display, and asked if Florence would put that ticket in the ticket jar at the office site for her. Among the many tickets in the jar, her ticket was pulled by one of the guests present. Kris also won an **Electric Wine Opener**.



**Kim Staires** won the **Wine Basket**; that was picked up by her son shown here.


Try to be at our next event or join us when we travel to Cuba in 2016. Like us on Facebook, and see other PICEI publications on our web site: [www.picei.org](http://www.picei.org)

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Massena, N.Y. 13662  
(315)769-7520

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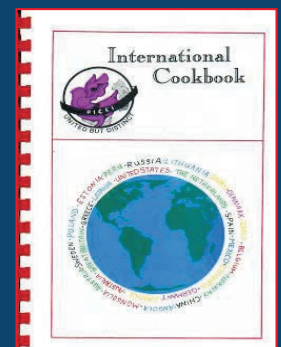
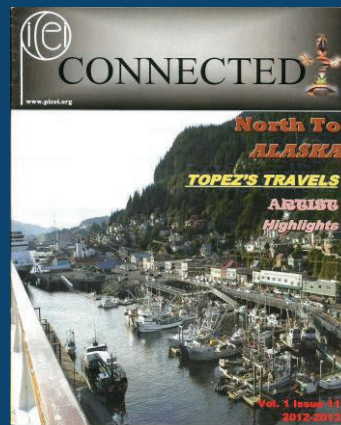
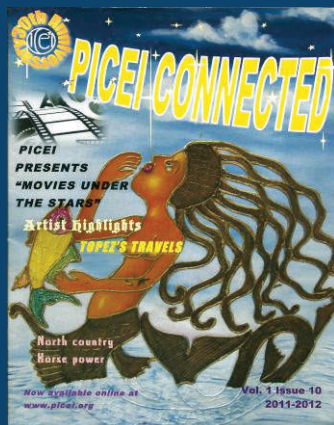
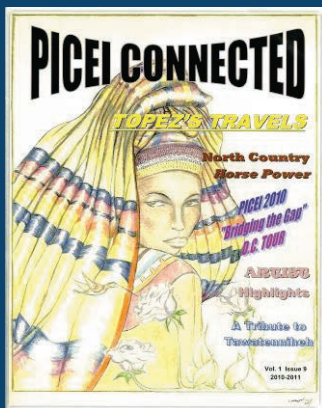
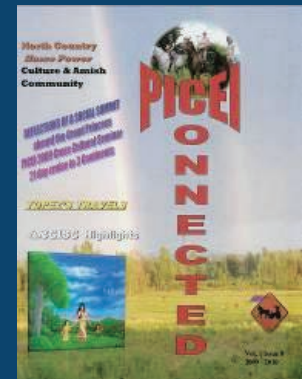
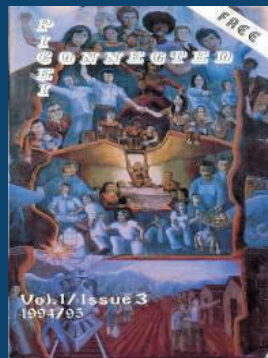
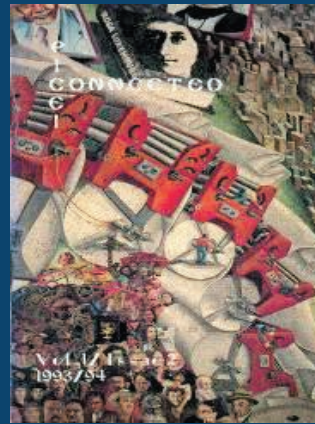
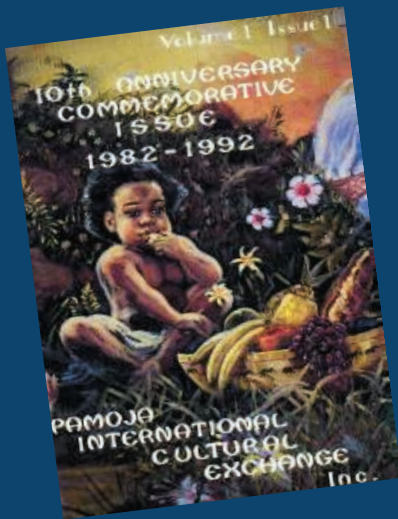
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In memory of former employee Betty Swamp

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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.



Buck Cook [continued from page 19]

His Uncle Pat looked at him with love in his eyes and sympathy for his ears, and simply said, "You're not good", crushing me, but yet hugging me at the same time. Redemption came for Buck many years later when his Uncle Pat heard him play and has been a Number One fan ever since. After that, Buck became an accomplished musician.

In his late teens, he played for a "Home Coming" event at his high school with his first band named "**Spanish Fly**". He played with many local musicians where he grew up in the Thousand Islands, in Northern New York. Buck has done many different jobs; certified diesel mechanic, construction, heavy equipment, scuba diver, radio personality, DJ, TV/Movies, and the casino entertainment industry. But music is the passion because "*music expresses many feelings. It shows anger, romance, sorrow, joy and some feelings you never knew you had until music showed you.*"

For the last 5 years, Buck has played and continues to play for the rock band, **Arcane Belief**. For the five years

that the band has existed, some great accomplishments and fortune has smiled upon them, starting with a record contract in their very first year together. The band travelled to Oklahoma together to record their first album, "**Wrong Side of Salvation**".

With a lot of hard work and a lot of harder praying, luck continues to accompany the band. With a Native American Music Awards (NAMA) nomination, to sharing the stage with two big Canadian Bands such as **Sloan** and **Big Wreck**, to playing in NYC, to countless festivals. Buck and Company are now currently working on their new album with producer, Rick St. Pierre. Rick is well-known in the music industry for wizard amplifier, and working with musical greats such as Jimmy Page, Aerosmith, Kiss and countless others. Rick is currently working with AC/DC, and has been for over 30 years. His 40+ years in the industry and his experience and knowledge are just another positive reason why Buck feels that good luck and fortune will continue to smile upon the band. "*This is my **ARCANE BELIEF***"







## THANK YOU

**Ray, Thank You!**  
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- ◆ Carol Ross
- ◆ Cynthia Shipman
- ◆ Lisa Swamp
- ◆ Michael Swamp
- ◆ Christian Uribe
- ◆ Nilia Uribe





## MEMORIES



**LORRAINE N. GEORGE**  
February 4, 1942 - May 31, 2015

*This existence of ours is as transient as autumn clouds. To watch the birth and death of beings is like looking at the This existence of ours is as transient as autumn clouds. To watch 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*



**BETTY SWAMP**  
January 19, 1931-December 11, 2014

Rev. Clementa Pinckney

Cynthia Hurd

Rev. DePayne Middleton

These nine victims were massacred  
by 21 year old Dylann Roof at  
Emanuel A.M.E. Church in  
Charleston, South Carolina on  
Wednesday, June 17<sup>th</sup>, 2015.

Ethel Lance

Susie Jackson

Myra Thompson

Rev. Sharonda Singleton

Rev. Daniel Simmons, Sr.

Tywanza Sanders

*In Memory of Wilbert Michael Jacobs*  
1959 - 2014



*Joseph (Beau) Biden III*  
February 3, 1969 - May 30, 2015

*In Memory of Brian Keith Kelly*  
January 9, 1965 - June 14, 2014



**CARRIE ALEXANDER**  
June 8, 1933 - February 28, 2015



**Jon Stephen Anderson**  
March 13, 1936-January 15, 2014

**Roseanna Harris**  
November 13, 1913-December 24, 2014

*In Memory of Almeter McFadden*  
January 9, 1928 - April 2, 2015



**John J. Welhous**  
April 26, 1928 - July 29, 2015



**Maya Angelou**  
April 4, 1928 - May 28, 2014



**Mario Cuomo**  
June 15, 1932 - January 1, 2015

*Peace*





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