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"MOVIES UNDER  
THE STARS"**

*Artist Highlights*

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**NORTH COUNTRY  
HORSE POWER**

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**Vol. 1 Issue 10  
2011-2012**

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## From the Editor's Desk

### *PICEI Connected*

**Pamoja International Cultural Exchange, Inc. (PICEI)**



Mildred Glenn, Editor

**MOVIES UNDER THE STARS (MUTS)** began this year. Movies were shown on weekends during June & July 2012. Most were hosted in Hogansburg, NY. One showing was in Brasher Falls, NY. There was a fresh hot popcorn machine, 19 ft. high screen, HD high resolution projection equipment, up to 4 hrs of movie viewing. MUTS is available for public or private events.

#### **FUND RAISING "PICEI Baskets"**

**"PICEI DESIGNER THEME BASKETS"** are now displayed online at our web site for your write-in bids. **For future information or to Purchase a Basket, Call 866 660-5116.**

**There was no cruise scheduled in 2012, but there is one coming up for 2013!** This, our 30<sup>th</sup> year as a total volunteer organization, will present an 8-day Cultural Conference on a cruise to Alaska. The cruise will be from August 18 to August 25, 2013. The ports of call will be Vancouver, British Columbia, Icy Strait Point, Juneau, and Ketchikan, Alaska.

The annual **"Last Shall Be First 50/50 Raffle"** drawing was held on October 6, 2012, at 37 West Steakhouse Lounge.

PICEI Connected is continuing to honor the **North Country** in this year's publication. We will continue to show you the culture and the Amish Communities way of life.

A **"Shout Out" 30<sup>th</sup> Year Acknowledgement** special article will be highlighted in this year's PICEI Connected. This article thanks some of our members, especially Betty Swamp, who have done exceptional service on behalf of the PICEI organization. PICEI, a non-profit organization continues to be built with volunteers. There are no salaries or special awards handed out.

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.

*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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## FOUNDER'S MESSAGE

by

Florence Patterson, CEO



### Pamoja International Cultural Exchange, Inc.

being a non religious, non political not for profit finds itself wondering if perhaps if we as American people could find the time to learn about ourselves and about others with love, would not our political and religious problems diminish significantly?

cantly?

I truly believe that as we look at the greatness of each culture, allowing respect and love to enter our hearts we reduce violence, hate, and selfness. Our members have found that fear of others who may not look like them disappears, when taking the time to break bread together, travel together, laugh together appreciate the wonders of each culture, trust enters their heart.

Since we are all connected through this universe, would it not be to our good to pray for the highest possible good of all regardless of their religion or culture? Even the ones one might think the least of, have some good within them. Why **not** put in place things that truly bring each person to their **highest good**.

Our youth mimic our way of life. They do and act the way we do. Our leaders should not call each other names that hurt when one is not of the same culture or religion. I feel the PRESS should call lies "**Spin**" when words are not true. We must stop using reverse definition for making a lie the truth and the truth a lie. One **must** ask oneself, how do we expect our children not to bully others, sometimes causing death of the person bullied, when we are their example? Should not our life be a good example?

Thus far, our methods of "I am better than the next person has not always given the best results". Perhaps, we should try a little less competition or methods that may generate fear, hate and war. We might try something a little different like love, caring, understanding. This might just bring about that which we have longed for, such as "Peace" in our world. It's so simple, yet this has not, to this day, been really tried by the masses. We can make our world a better place to live with kindness... Let's make that our reality... For we create the world we live in...

Let's take this opportunity to be the person we know we can be... Join us and help us grow. We will see the difference together, "**United, But Distinct**"...

## CULTURAL SHARING

"Meriden" Celebrity X Cruises  
August 18, 2013 – August 25, 2013



In the summer of 2013 our trip to Alaska will begin with a flight to Vancouver, Canada. Our members and friends will embark upon a trip within the United States, to the state of Alaska from August 18<sup>th</sup> to August 25<sup>th</sup>. We will sail to the various towns and cities in Alaska such as: Icy Strait Point, Hubbard (cruising), Juneau, and Ketchikan. It's not too late to sail with us.  
**Call: 1 866 660 5116.**

Those traveling with PICEI are:

Rebecca Benedict	Chrysetta Patterson
Jannie M. Brown	Topez C. Patterson
Roberto Chiemi	Lucy Roundpoint
Ramatoulaye Dieng	Betty Swamp
Faye Fredenburg	Michael Swamp
Lorraine George	Lisa Thompson Swamp
Florence Ghoram Patterson	Keegan Thomas-Lazore
Marianne Loran	Keaton Thomas-Lazore
	Kiannah Thomas-Lazore



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# North Country Horse Power, at The Malone Fair

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There would be around 100 entries that would take part in the **tractor pull** at the **Franklin County** Field Days from Farm Stock, Altered Stock, Pro Stock and the ...**actually** Aaron Scalzo with this Chevy puts on a great run during the 8,500 lb. Street Truck class and the crowds was cheering with the sight of the black smoke.

There would be around 150 entries divided up into the 10 different classes in front of a always packed crowd for the truck pull at the Franklin County Field Days.

*"The Fair & Franklin County Youth Tradition & Progress"*

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*Franklin County Fair*

# North Country Horse Power, Pt. II at The Malone Fair



## 100 Proof

Kellie Pickler's life has played out like a classic country song. From her hardscrabble, small town roots to center stage on American Idol to the top of the country charts, Kellie has proven that talent, beauty, hard work and determination are a potent combination. Like her heroes, Dolly, Tammy and Loretta, Pickler has captured the loyalty of the country audience with her gift for being genuine in her life and art.

Never has that been more evident than her new album, *100 Proof*, a collection of songs that reverberate with an emotional intensity hinted at on her first two albums, but fully blossoming in this new season of the young artist's life. "When I auditioned for American Idol I was not an artist," the season five alum admits. "So from Idol to the first record to this record, I really tried to find myself because there's a difference between a singer and an artist." [Excerpt from [http://www.frcofair.com/images/Pickler/kellie\\_pickler\\_100\\_proof\\_bio.pdf](http://www.frcofair.com/images/Pickler/kellie_pickler_100_proof_bio.pdf)]



# Artist Highlights

*Stars on the Rise!*

## Drew Crew Cloggers

Written by Andrew Perry, CCI  
Director of Drew Crew Cloggers



My name is Andrew Perry and I am twenty years old. I started the Drew Crew Cloggers in 2009. I have been dancing for the past seven years and was trained in most all dance forms including Tap, Hip Hop, Jazz, Lyrical, and Ballet. My absolute favorite dance form, and the form I have chosen to teach, is clogging. My group now consists of over fifty people ranging in age from three to eighty years old. We have had the pleasure of entertaining countless people throughout Franklin, St. Lawrence, and Clinton counties as well as two Canadian provinces. I'm also a workshop clogging instructor. I have taught at a variety of workshops and conventions throughout the United States and Canada. Namely among them are the Cornwall City Cloggers workshop in Cornwall, Ontario, The Nickel City Clogging Festival in Buffalo, New York, The Smoky Mountain Encore in Gatlinburg, Tennessee, and the 2010 National Clogging Convention held at the Gaylord Opryland Hotel in Nashville, Tennessee.

My very first teaching position at a clogging workshop was at the Akwesasne Cloggers workshop held on Cornwall Island in 2007.

### What is clogging?

Clogging is a dance form that began about two-hundred years ago in the Appalachian Mountains. This period was the time of the immigration boom. A portion of these new Americans found their way to the Appalachians where they settled. Irish, Scottish, English, German, and Dutch settlers were represented in this group. Isolated by the mountains, these immigrants began meeting and sharing their cultures with each other. This included their native dances. This mingling and mixing is what created



modern day clogging, which is by definition a "Folk Dance". This means that it has no written history of any kind. Only recently did historians start tracing the history. How did it survive without any documentation? It was passed down from generation to generation. This is how the art form of clogging has lasted for as long as it has. Unlike the common stereotypes, clogging is done with metal tapped shoes instead of the wooden clogs that are often thought of. Clogging can be done to any music that has a steady downbeat. Country, Pop, Irish, Latin, Hip Hop, and Reggae are all appropriate. In recent years, clogging has surged in

popularity including stints on television shows. The future for clogging looks very bright!

### "Steps" Before the Dance....

Last March I received a phone call. This call started us on a journey that would take close to a year and 5,000 miles to complete. The call was from the organizers of the Pearl Harbor Memorial Parade which is held in Honolulu, Hawaii every December 7<sup>th</sup>. They had extended an invitation to our group to march and perform in the parade. They also told us that there were going to be actual Pearl Harbor veterans in attendance. So we embarked on a fundraising campaign that consisted of over thirty events. We made the trip in early December, 2012. The parade was nothing short of amazing! On top of the Pearl Harbor veterans who were there, we marched and danced for close to one-hundred thousand people. This was quite a thrill! After the parade, we attended an awards ceremony where all of the participating groups received a Tiki Idol as a token of appreciation for marching in the parade.



*Drew Crew Cloggers behind their banner in the Pearl Harbor Memorial Parade.*

*(continued on page 9)*

(Cloggers, continued from page 8)

They then awarded the trophies for divisional winners. We were under the impression that the event was non-adjudicated, however it turns out that it was in fact, a judged parade. We found out this information when we won our division and received a large Tiki topped trophy! All told, the event was spectacular. We also had two other performance opportunities while we were on the island. The first was at the Polynesian Cultural Center which is an amusement park style complex that not only entertained, but also informed everyone about the culture of the Polynesian islands. We performed in the front of the Center for thirty minutes. Our third and final performance took place in front of the USS Missouri, where the Japanese forces surrendered at the end of WWII. They informed us after we danced that we were the very first Cloggers ever to perform at that location. We were now a part of history!



The final aspect of our trip that I will share is the opportunity we had to lay a wreath at the USS Arizona memorial platform. This was the 50<sup>th</sup> anniversary of the memorial, which was amazing to see. Our wreath, which said “We Remember, from the Drew Crew Cloggers”, was placed in the last chamber of the platform where a wall mural honors all of the sailors who perished when the USS Arizona sank during the attack on Pearl Harbor in 1941.

This trip was nothing less than a once in a lifetime opportunity which became one of the best moments of my life. Speaking for all of the members of the Drew Crew Cloggers, I would like to thank **PICEI** for all of their support during the fundraising process. Specifically, Mrs. Florence Patterson, who extended several opportunities to our group and has been nothing but a pleasure to work with. Aloha!

A large, colorful advertisement for a free campsite in New York State. The background is a lush green forest with a stream. At the top, the text "FREE CAMP SITE IN N.Y.S." is written in large, yellow, block letters with a black outline. On the left, a woman with glasses and a blue tank top is smiling. In the center, a wooden sign reads "Campground". Below it, text says "RV/Motor Home/Truck Camper/Tents WELCOMED FIRST COME - FIRST SERVE". On the right, a man in a green shirt and white overalls is working on a sign. The sign reads "C.C. DAM ASSOCIATION", "Brasher State Forest", "Walter F. Pratt Picnic Area", and "NYS Department of Environmental Conservation". At the bottom, a white can with "DONATIONS PLEASE HELP" is visible. The text at the bottom of the ad reads: "No reservation required for 3 days or less stay. For information on camping rules, call Forest Ranger...315 265 3090 (Mon – Fri 8 am – 4 pm)."



# Artist Highlights

## All That Inspires Me...



Herbi Francis

**B**egan by the camp fire, listening to my father reminisce about being in the jungles of Panama, the Philippines, and Japan. All his travelling and training he did while serving in the U.S. Marines and Army National Guard. My father's gift of storytelling ignited the flame of desire within me to travel, explore, and to meet people from other walks of life.

My first trip abroad was when I was seventeen, and it was to an island off the coast of Dakar, Senegal, Goree. To meet my chosen grandmother, Florence Patterson, who was serving in the Peace Corps.

I attribute those worldly individuals who have heavily influenced and guided me in my pursuit of a global education and personal development. What I have learned in my twenty-five years of life, is just how detrimental it is to not only explore, but to understand the world outside our own. I was a woman's studies major in my sophomore year at Syracuse University when the opportunity to travel to China presented itself. That is when I left the institutionalized education system and began my pursuit of my deeply desired global education. Since then, I have travelled to more than eight diverse countries including China, South Korea, Senegal, South Africa, Dominican Republic, Mexico, Belgium and Holland.

Through it all, my passion for Photography grew and cultivated my drive to capture that "human interaction" despite culture and language barriers. Capturing the essence of humanity, and beauty in constant motion are those of which I strive for as an artist, poet, and photographer. If I may use photography as a tool to expose, share, and encourage others; that is one of my dreams that inspires me, ultimately is all that drives me.

I come from a beautiful and abundant culture, as a Mohawk woman of Ahkwesahsne, as much as it was difficult for my late grandmother, Jean Herne, to release me from her embrace each and every time I embarked on a new journey, she would say, "*She riahsa itshe neh iohontsia keh...*" (meaning: follow your heart with all you do on this earth.)

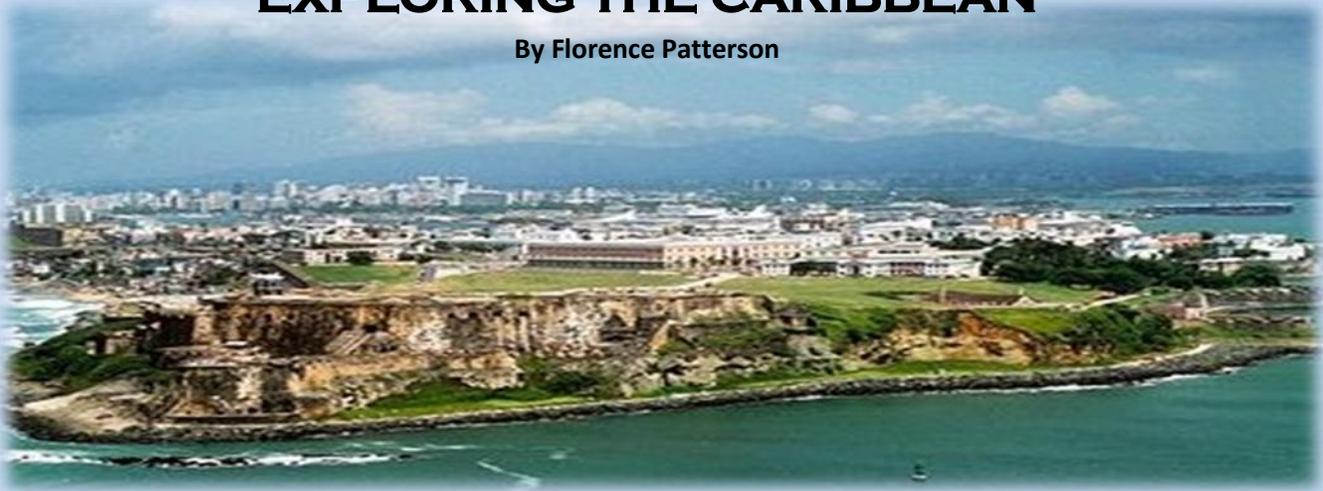




That's all i can do, and no matter how far i wander,  
wherever i shall roam...  
I'll always return home.  
Herbi M Francis

# EXPLORING THE CARIBBEAN

By Florence Patterson



**O**ur members left from several points; New York City, Upstate New York, Atlanta, Georgia and other areas, in private cars and by plane to meet at Cape Liberty in Bayonne, New Jersey to start our journey to the Caribbean. It was great to board the *Explorer of the Seas* with its Ice Skating Theater and fabulous mall, not to mention the Broadway-like Musical Theater and other clubs.

**A**s always our Cultural Seminars are memorable events aboard ship. Chrysetta Patterson presented her interesting analogy about assumptions of various cultures. Many of the members and new friends stayed through the entire seminar, while others had to leave because **“B I N G O”** was calling them. What were we thinking with that schedule? Our mistake was having our seminar scheduled as the same time. The guests that joined our group for the seminar were very pleased with what they learned and for the information shared by all.



Marianne Loran

**W**e were so lucky with having good weather, wherever we went the weather was lovely. The snowstorm came to New York and New Jersey as we sailed away to the beautiful Caribbean and met new friends at the “Sail Away Party”.



**M**any of us danced to international music and swing bands aboard ship. We also listened to lovely classical music. Some went to movies. Everyone did just what they wanted. We all enjoyed the Marti Gras and Carl dressed as a snowbird. He wanted to be Avatar but could not find the cat eye contact lenses. All of us were delighted with the **“Ice Show”**. There was always entertainment happening on the Royal Promenade.



Keaton and Kiannah Lazore

**W**e had three lovely youth with us, Keegan Thomas Lazore, Keaton Thomas Lazore and Kiannah Thomas Lazore. The twins, Keaton and Kiannah had a birthday aboard ship. We didn't see very much of them since they met many new

(Continued on page 31)

# Happy Birthday John!

THE FIRST 85 YEARS



**John Welhous** was born in New York City and grew up in Harlem. His father was born in Dutch Curacao in the Caribbean islands, and his mother was born in Virginia. John was in the Army and worked in New York all of his adult life. He married Beverly Johnson in 1979 and has two stepchildren, Steven, Sr. and Paul. John and his wife retired to Tallahassee, Florida in 1996, where they are still living. John is still very active in many ways even though he is deaf and uses a walker. He loves going to Las Vegas and enjoys watching the old westerns on TV.

The Family wishes John many, many more BIRTHDAYS!

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

# Poetry Corner



## Humanity Humility Human Being

by  
Karen M. Glenn

We are the human race  
The humanity of all this space

We are becoming a hunted breed  
Can't go to the mall, movie or even a school  
No Humanity.

Trayvon Martin went to a store  
Bet his mom and dad won't see him no more  
Labeled and followed as a criminal  
So George can kill him, so minimal.

The people in Aurora went to see the new Batman.  
Now 12 people will not stand and injured another 58.  
And now he sits there with no remorse  
As people's lives are thrown off course...  
No Humanity.

The children of Sandy Hook will never  
again read a book.  
Will never graduate  
No one knew each other's fate  
If parents knew, no child at school would  
be in a gunmen's tool  
No Humanity.

We the children of the human race  
Need to make this a better place  
If we are to live as one  
We need to have each other's back  
Always alert, never slack.  
We have to protect our children  
They are our young  
Our future and the progress of our lives  
Make peace and unity  
And have a lot of humility.

Yes, Humanity...I'm talking to you.  
Yes, Humanity...Can you hear me?  
All over the place  
I'm talking to the Human Race  
Yes Humanity.



## THE BEGINNING

By Florence Patterson

*Wish I could be with you today...  
As the two of you began this life in an official way  
Let that "Love" you seek be the "Love" you keep  
As you journey along the way together...  
My heartfelt blessings go out to you  
Keep both of your cultures near and dear to you  
Moreover, help the world to heal...  
For, as "Love" goes, so goes the World...*



# Poetry Corner

## ALIVE IN PINK

by

Karen M. Glenn

for

Breast Cancer Tea Party

Held at Bond Community Health Center, Inc.

Tallahassee, Florida

October 27, 2012



*Red, White, Yellow, Blue...Breast cancer has no hue  
Mother, Grandma, Sister, who...Sometimes even brothers too*

*Lumpectomy, Mastectomy...These words that we fear  
Procedures we don't want to hear...Chemo, Radiation  
Specific locations*

*This disease makes you think...Is symbolized with the color Pink  
The quality of Life...Not stress and strife  
It will make you a whole lot wiser*

*I am one, and you are too...I am a SURVIVOR  
How about you?*



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# TidBits of Culture

## The Magic Words “THANK YOU” That Brings a Smile

When you travel to the various countries in the world whether on the continent of Africa, Europe, Asia, and North & South America, Australia or if you have friends of different cultures, PICEI feels we should at least know and be able to express the magic words of gratitude in the native language of their culture.

Common languages like English, German, Spanish, and French can be spoken in a variety of countries as a result in some cases of one time invasion or possessions. For example, on the continent of Africa the official language of English, French and Portuguese remains in many countries even though these countries have their own natural languages and are so called “Independent”.

**Thank You** said in 17 different languages

THANK YOU	LANGUAGE
Arigato	Japanese
Danke	German
Danke Schön	German
Do je	Chinese (Cantonese)
Dziekuje	Polish
Eucharisto	Greek
Gracias	Spanish
Grazie	Italian
Jerejef	Wolof (one of the Senegalese languages)
Mahalo	Hawaiian
Merci Beaucoup	French
Niá: wen	Mohawk Native American
Obrigada	Portuguese ( if spoken by a female)
Obrigado	Portuguese ( if spoken by a male)
Spasibo	Russian
Takk	Norwegian
Todah Rabah	Hebrew (Jewish)

## Acknowledgement



Pamoja International Cultural Exchange, Inc. (PICEI), a not for profit cultural organization, wishes to acknowledge that Saint Kateri Takakwita was canonized by Pope Benedict XVI on October 21, 2012.

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# SAN ANDRÉS ISLAND... A PARADISE IN THE THE CARIBBEAN

by Janiris Craig



**Archipelago of San Andrés, Providencia and Santa Catalina** (Spanish: *Archipiélago de San Andrés, Providencia y Santa Catalina*); or colloquially **San Andrés y Providencia** is one of the departments of Colombia. It consists of two island groups about 775 km (482 mi) northwest of Colombia and 220 km (140 mi) from the coast of Nicaragua, and eight outlying banks and reefs. Its capital is the Island of San Andrés.

The history of San Andrés and Providence is marked by pirate tales and conquest. The first actual inhabitants, reportedly English Puritans, arrived around the year 1627 to 1629; their mission was to look and colonized islands in the new world of the Americas. When they went ashore on San Andres they found a fertile territory with an excellent climate.

As with the rest of the Caribbean region, slave bondage and labor quickly began to change the complexion and culture



on these islands. In 1633, arrived the first slaves to the Archipelago, brought to exploit coloring wood. The Old Providence, for its location, was converted into an important center of slave traffic. The first groups were brought from the Barbados Islands and right after that directly from England to settle on the Old Providence Island. Many settlers came from

Gales and some from Holland. San Andrés was colonized first, but the center of the activities was in the island of Providence because of the mountain topography, which provided a resource for fresh water and natural defense.

This is the prime reason for the sharp growth of piracy and contraband activities. In this period the English smugglers and pirates had a refuge in the mountains of Providence, continually ravaging the Spanish ships that passed by this area of the Caribbean. The constant plundering of the Spanish fleet also dealt a blow to the maritime resources and pride of Spain and after many attacks to the island of Providence; they achieved the surrender of the colonists and expulsion of almost all its total population. Some of the slaves stayed in San Andrés because neither Spain nor England had further interest in the Island. This opened the way for the birth of a paradise with natural fountains of fresh and crystalline water, a secret of the habitants for many years.

In San Andrés Island there is a prevalence of good weather, it is like summer all year around with a temperature between 80 and 90 degrees. The island features white sands that make it an ideal place to practice Water sports.

Before 1960, the population of the islands was almost entirely Raizals, who are an Afro-Caribbean group, Protestant in religion, speaking San Andrés-Providencia Creole. Columbia has promoted the migration of Spanish-speaking mainlanders with Catholic missions participating since 1947. By 2005, Raizals were only 30% of the 90,000 or more inhabitants of the

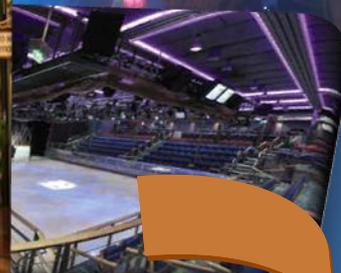


(Continued on page 26)

# "A Trip of Treats"



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San Juan





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Many of us bought Art work from the native people of Labadee, Haiti.  
Join us on our next Cultural Cruise...  
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# Topez's Travels

Journey to South America's Costa Rica and its culture...

(Reprint from PICEI Publication Vol. 1, Issue 6...2007-2008)

Question & Answers by Topez Chennel Patterson

**Question:** Topez, is Costa Rica really the hot-spot we hear about?

**Answer:** It really is a top destination. I have wanted to go for years, but now it seems like the secret is out. I hope that with



the increase in tourism Costa Rica, is able to preserve its beautiful natural resources and warm culture without becoming too Americanized.

**Question:** Where did you stay, and how where the accommodations?

were comfortable and the Arenal Parisio resort in Fortuna even had its own hot springs. However, I would love to go back and do a home stay as part of an intensive Spanish language course. That way I could really get to know the people that live there.

**Question:** How were you received by the indigenous people of the area?

**Answer:** When an area receives an influx of tourists like Costa Rica has, you have to take the extra steps to get to know the local people. I like to do this by going to the local dive bar or the hole in the wall restaurant. I was thrilled to find a spot with live music. They were playing the classical guitar beautifully. I also took the opportunity during a horseback tour of Arenal Volcano, to get to know our tour guide, Eric, who was born and raised just a few miles away. He told me how he loved to go to the karaoke bar just out of town and sing with his friends all night long.

**Question:** What did you get to experience, and what is your opinion of the Costa Rican food in general?

**Answer:** Typical Costa Rican food, Comida Tipico is amazing. There are lots of filling savory dishes; rice and beans, plantains, and tons of seafood since they are surrounded by the Pacific and Atlantic Oceans. I had ceviche (cold raw fish cooked by marinating it in citrus juices) and a few whole baked red snappers ... delicious. But my favorite Costa Rican dish had to be **Tres Leches**. Tres Leches translates into three milks. It's like angel food cake that is drenched with a mixture of condensed milk, evaporated milk,

and ITesh milk. It's cold and drippy and sweetly delectable. I've never tried anything like it before. It goes great with a cup of high elevation Costa Rican coffee with milk, translated as cafe con leche.

**Question:** What activities did you get to experience or partake in?

**Answer:** Too many to list. We got to ride on horseback through the jungle and around the active volcano, hike to the bottom of and swim in a beautiful waterfall, soak in the hot mineral springs, surf in the Pacific Ocean, hike through a rainforest preserve to get up close with monkeys, sloths, and reptiles, and taste our way through the country.

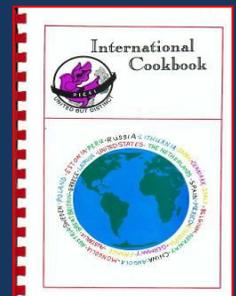
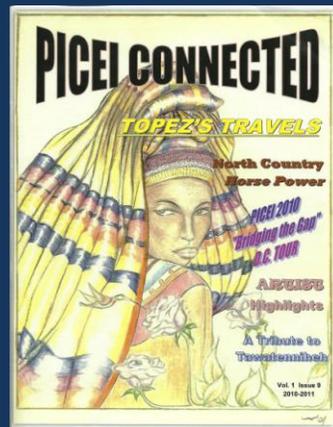
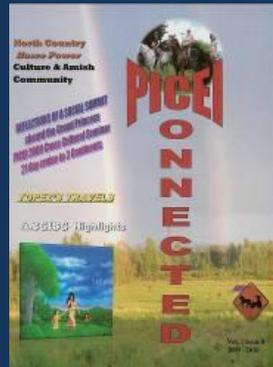
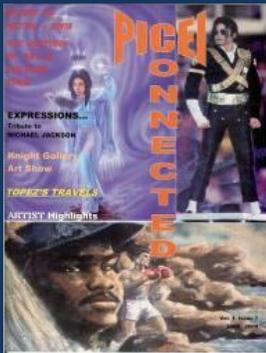
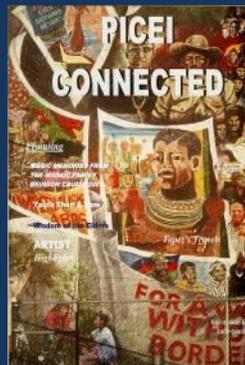
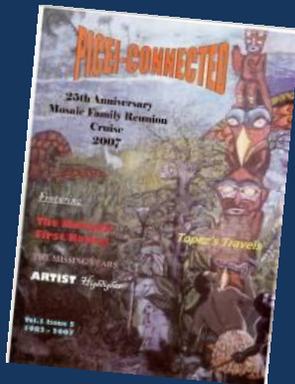
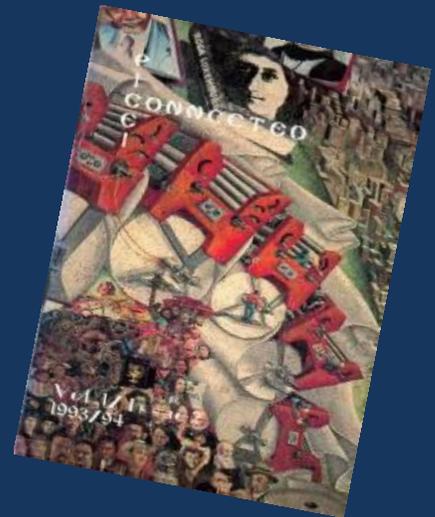
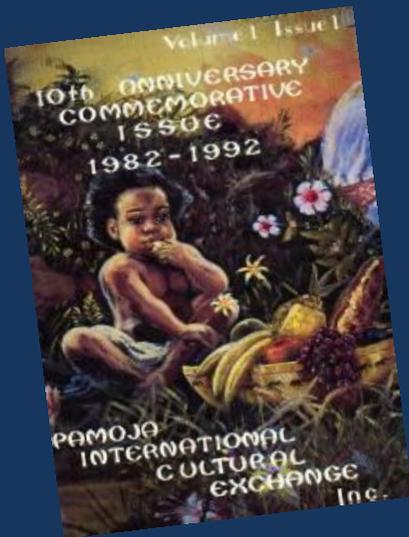


**Question:** What was the most exciting part of your journey?

**Answer:** When we almost ran over a sloth! I wish I was kidding, but I'm not. We were driving from the beach town where we went surfing and hiked through the rainforest. We were heading back to San Jose to fly home. We thought all of the excitement was over. But then it started to thunderstorm. The clouds were so thick you could barely see 15 feet ahead. We're driving though the mountain roads that twist and turn with street signs in a foreign language through rain and fog in a little manual 4x4 vehicle. As we come around a corner I see a big whitish blob spread across the



(Continued on page 26)



## PICEI PUBLICATION INFORMATION

### ONLINE INSTRUCTIONS

To obtain a printable copy of the **two (2) most recent publications**:

- 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.



# PICEI 50/50 WINNERS!



Betty Swamp  
Top ticket seller!

On Saturday October 6, 2012, PICEI once again held its Annual "Last Shall Be First 50/50 Fund Raiser" and dinner for its devoted members who always do their share to make the fund raiser a success. The evening was exciting as always for those who dined with PICEI and those who came to watch the actual drawing.



Ann Francis pulls a 50/50 ticket.

Each person in the room had an opportunity to pull a ticket until all the tickets that were sold had been selected. The top ticket seller was Betty Swamp, who sold \$1,500.00 worth on her very own. The organization considers her the Queen of the 50/50 project this year.

Julianne Barnes not only sold over \$1,000.00 worth of the 50/50 chances, but she sold the winning mixed ticket that won \$2,355.00 of the total \$4,710.00 collected to that point that evening. The winning amount was shared by the following supporters: Julianne Barnes \$1,177.50, Eddie Papineau \$471.00, May Cole \$235.50 and Leslie Barnes \$471.00.



Julianne Barnes sold the winning mixed ticket.



Lorraine George, Chrysetta Patterson and Florence Patterson spent hours fund raising for this project.

Other members who shared in the fund raising drive were Lorraine George, Chrysetta Patterson and Florence Patterson. Lorraine and Florence gave of their labor as well as selling tickets, by spending hours at various locations that were kind enough to allow them to sit and sell the raffles at The Mohawk Tribal Building, SeaComm Federal Credit Union in Massena, and Speedway. PICEI is more than appreciative for the support of the community businesses and friends of PICEI, such as "Dunkin Donuts" in Hogsburg who provided coffee and donuts for the PICEI members & volunteers during the day, Home Depot donated the Outdoor House Light (one of the 50/50 prizes) which the dance troupe won, accepted by the Clogger's Instructor, Andrew Perry.



Andrew Perry



Julia C. Moss, 2<sup>nd</sup> prize winner

The second prize, a CISCO Flip video camcorder was donated by Chrysetta Patterson, PICEI Executive Director and won by Julia C. Moss, a Board Member who traveled from New Jersey to support the event. Julianne Barnes was lucky once again to select a deluxe toaster for a prize as her name came up one more time. Other prize winners of the prizes donated by the Mohawk Bingo Palace were: Noonie Thomas of Akwesasne and Mark F. Snider and Tracy George of Massena.



The donations from CKON Radio Bingo went to Betty Swamp and Lorraine George. The BJ Wholesale two memberships went to Julianne Barnes and Carl Patterson, Jr. Other valuable gifts were won by: Ann Francis, Bessie Mitchell, Barb Namias and Betty Swamp. Next year the site will be at the Brasshorse. Please go to the PICEI website and leave your suggestions on the "Contact" page at [www.picei.org](http://www.picei.org) as to where you would like to see this activity take place.

The organization welcomes your donation of even \$1.00 and thanks every member and friend who worked on the 2012 "Last Shall Be First 50/50 Raffle." Our next 50/50 Last Shall Be First event will take place at the Brass Horse, Saturday, October 12, 2013. Be there and take part. Contact PICEI at 866 660-5116 for more information. Help spread the word of your culture.

## THANK YOU

Stores open Friday, April 27 at 9am & Saturday, April 28 at 7am

your donation of \$5 will get you  
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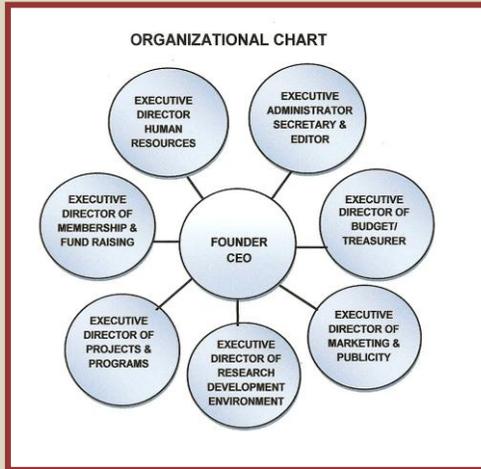
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# United But Distinct

**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

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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.....*



**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  
INDIVIDUAL MEMBERSHIP**

- ( ) 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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ANNUAL RATES**

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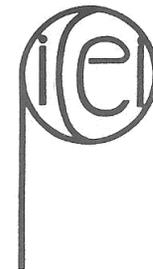
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# Bon Appétit

## Tourtière (Pork Pie)

Submitted by Barbara Boutin



Mix together  $\frac{3}{4}$  pound ground pork shoulder and  $\frac{1}{4}$  pound ground veal. (Or use 1 pound ground beef and  $\frac{1}{2}$  pound ground pork sausage.) Add 2 celery stalks with their leaves and 1 large onion, all finely chopped. 1 large carrot, grated, 1 teaspoon cinnamon, and salt and pepper to taste. Stir in 1 cup boiling water. Put the mixture in a large saucepan

and simmer it for 45 minutes. Remove the pan from the heat and stir in thoroughly 1 tablespoon flour. If the mixture seems too juicy, thicken it with a little more flour.

Line a deep 9-inch glass plate with flaky pastry and pour in the pork mixture. Cover the pie with a top crust that has a large square cut out of the center, seal the edges, and brush the top with beaten egg yolk. Bake the *tourtière* in a hot oven (400° F.) for 45 minutes, or until the pastry is golden.

**Note:** In French Canada, *Tourtière* is the dish traditionally served after midnight mass on Christmas Eve. The name, it is said, derives from the fact that originally this meat pie was baked in the shape of a turtle. *Tourtière* is a versatile dish. Served with a green salad and a bottle of Burgundy (300° F.) until the sauce begins to bubble. Serves 4

## Molasses Spice cake

Submitted by Debra Rush



### Ingredients:

1 cup softened butter  
1 cup brown sugar  
1 cup white sugar  
4 eggs  
3  $\frac{1}{4}$  cups sifted cake flour  
1 tsp baking powder  
1 tsp baking soda  
1 tsp Saigon cinnamon  
1 tsp ground cloves  
1 tsp nutmeg  
1 tsp ginger  
1 cup buttermilk  
1 cup molasses

- Cream brown sugar, white sugar with butter, add  $\frac{1}{2}$  cup molasses (not the whole cup), and beat 1 minute.
- Add eggs, beat for 1 minute.
- Mix dry ingredients.
- Add dry mixture to creamed mixture alternately with buttermilk.
- Beat 2 minutes.
- Pour into greased and floured loaf pan.
- Pour remaining  $\frac{1}{2}$  cup of molasses on top of cake batter.
- Take a knife and scissor through the batter from top to bottom.(all this is exactly, is cutting the molasses through the batter)
- Bake at 350° F for approximately 40 minutes.



Enjoy! This is a delightful recipe I have doctored with that my great German grandma gave me. I use to sit on the counter and watch her every move...I waited patiently as it baked the aroma was spectacular. I titled the cake Worlds Best Molasses Spice Cake.... a true Winner!!

## Danke Schön



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(San Andres...Continued from page 17)

islands, with the rest being mainland Colombians. The official language is Spanish, although the predominant culture is Anglo Caribbean, the language CREOLE, an English and French mixture, is talked by the natives.



**T**his region has a lot of religions, like Catholic, Baptist, Christians, Evangelical, Muslim and others. In 1991, because of the high density, thus has hampered the development of human communities on the Islands. The Decree 2762 was created to limit and regulate the rights of movement and residence. So, to enter and leave the Island, Colombian citizens require the national ID (Cédula) to enter the island.

**F**oreign tourists require a valid passport and a Colombian Visa. Some passports don't require a Colombian Visa; you will have to check with your travel agent or local Colombian consulate.

**A**ll non-residents whether Colombian citizens or foreign tourists, require the purchase of a tourist card that you can get from the airline you are traveling with or at the airport in San Andres upon your arrival.

**T**he typical dishes are conformed by sea food. Their gastronomy confirms the most recognized plate for inhabitants and tourists is the Rondon, its ingredients are: fish, conch, donplin, pig tail, breadfruit (typical of the island) yucca and name, all prepared with a delicious coconut base.

**O**ther plates are conch, lobster, crab and fried fish. This delicious varieties of dishes are found in the different restaurants specialized in the island, all with spectacular decoration and the best environment making their cooking the best of the Caribbean.

**Going to San Andrés only has one risk...  
You might want to stay!!!**

(Topez's Travels...Continued from page 20)

other lane. It slowly turns its head towards us and I swear we made eye contact. I screamed at the top of my lungs, "Slooooooth!, Sloth! Sloth! Sloth! Sloth!" I just didn't know what else to say. My boyfriend, who was driving, safely made the sharp turn. We wanted to stop and go back for a closer look but there was nowhere to stop the car on those roads.

**Question: Is there really an active volcano?**

**Answer:** Yes, you can even see the red lava oozing down at night. There are hot springs heated by the magma and there are quite a few mineral springs where you can have a nice relaxing soak.

**Question: What unique experience can you tell us about Costa Rica... good or bad?**

**Answer:** When we were walking through the rainforest preserve in Manuel, Antonio, we were hoping to see some wildlife, but we never expected to see them so close to us. Walking down one trail, a little black monkey seemed to be as interested in observing us as we were in observing him. He climbed alongside us before running off into the distance. We also got to stand about four feet away from a sloth as he leisurely climbed from one tree to the next and slowly up into the top branches to settle into his camouflaged nook at the top.

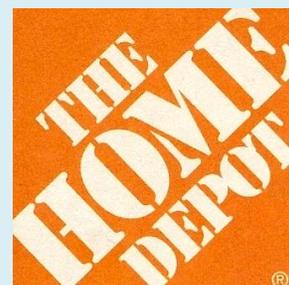
**Question: Did you learn anything about the people or place that you didn't already know?**

**Answer:** I got to see the delicate balance that tourism is threatening. It is important that we are all able to travel to new places to learn from a new perspective, but we have to be responsible so as to not disturb or change the place we want to see. It makes me nervous when I see a beautiful natural coastline, but above the trees stand cranes and scaffolding for high-rise hotels and condominiums. I learned that the surf town of Jaco has changed with the influx of tourism and crime has risen. I hope that by leaving only my footprints and taking only photographs, I can enjoy other parts of the world without a negative impact. My trip only made me more interested in ecotourism and finding ways to travel that do not disrupt the delicate balance of our planet.

**Question: Would you like to re-visit the area and what else would you have liked to experience?**

**Answer:** I would love to go back and spend more time at the volcano and hot springs. Next time I hope to stay with a local family and improve my Spanish.

# THANK YOU



# Letters from Africa



## Black History Month is not just for Americans Anymore

By Wilma Jean

### Brief Bio

**Wilma Jean Emanuel Randle** is a Chicago native with Louisiana roots who since 1998, has been living in Dakar, Senegal, West Africa where she works as freelance writer-photographer, researcher, and international media/communications consultant for international development organizations specializing in Africa and the African Diaspora. She holds a BA in History and Communication Arts & Sciences from Rosary College (River Forest, IL); a D.E.A. in Modern & Contemporary African History from the University of Dakar-Cheikh Anta Diop (Senegal), and a MA in International Journalism from the University of Southern California (Los Angeles). Prior to her Africa move, she worked for nearly 10 years as a business writer for The Chicago Tribune. Before that she worked at newspapers in Minnesota and Michigan.

### Dakar, Senegal

**Dakar, Senegal** – Black History Month has come and gone. For the past couple of years I’ve helped the West African Research Center here ([www.warcroa.org](http://www.warcroa.org)) organize a film series to celebrate the month. This year’s scheduled included a documentary about Afro-Germans and a special homage to Jayne Cortez, the noted African-American poet, activist, and spoken word artist who recently made her transition. Jayne and her husband, the sculptor Melvin Edwards have a special relationship to Senegal –they’ve owned a house here for several years and go back and forth between their New York home-base and here. I was thinking recently about the first time a black American friend in Dakar, where I’ve been working and living for the past decade, asked me to help organize a Black History Month program. I had only just arrived in Dakar and found the request strange. I mean, here I was in Africa, the source all things Black-- what was there to talk about and who wanted to listen? As it turned out, there was plenty of interest in both. We showed the PBS series “Africans in America.”

Each showing, free and open to the public was followed by a panel discussion led by Senegalese and American academic and cultural scholars. The program was a huge success.

*(Continued on page 28)*

(Continued from page 27)

Each showing, free and open to the public was followed by a panel discussion led by Senegalese and American academic and cultural scholars. The program was a huge success. The questions and discussions revealed just how much we really don't know about each other's stories, we the children of the same "Motherland."

Just as Americans, black Americans included, often have a limited view of "What is Africa" rooted in stereotypical, usually negative images of crisis and distress on the continent, on this side of the Atlantic I find that the ignorance is mutual and the availability of information from myriad sources is not guaranteeing that we know more about our mutual stories. We look at each other through a fixed lens imposed externally many years ago that continues to block or distort what and how we see. Here in Dakar, our February program is definitely a multi-cultural and African Diaspora affair. We highlight the contributions and legacies connecting Senegal and Africa, black Americans and the African Diaspora. I always feel a little buzz – maybe its pride – when at the start of our program the audience is told that this commemoration started in America with Dr. Carter G. Woodson. Today it's officially celebrated during the month of February in Canada and there are activities in places like Germany' while October is the official month in England. **Black History Month** is definitely not just for or about America or black Americans any more.

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**THANK YOU**

**Jerejef-Wolof** (One of the Senegalese Languages)

**Gracias-Spanish**

**Todah Rabah-Hebrew**

**Do je - Chinese** (Cantonese)

**Merci Beaucoup-French**



# 30th Year

## ACKNOWLEDGMENTS

By

*Florence Patterson, Volunteer CEO and Founder*

This, our 30<sup>th</sup> year as a total volunteer organization, we would like to take time out to acknowledge a few of our members who have either done exceptional service during this time or have done a great deal of service in their community and/or for PICEI Fund Raising activities. Needless to say, if their efforts were not there for PICEI, we could not survive the enormous cost it takes to bring unique events and maintain the tremendous overhead without fund Raising.

The first person who comes to mind in the area of "Community Service and Fund Raising" on the Mohawk Reservation is **BETTY (KANIENTAKOHE) SWAMP**. Betty has been a member since 2008 and in that short time has contributed over 300 hours of volunteer fund raising for PICEI without losing her stride. She has worked side by side with me as PICEI Fund



Betty Swamp and Florence Patterson

Raiser Coordinator for the Mohawk Community. Sometimes the weather worked against us with snow so deep and weather below zero, but Betty was always there to help with the auctions, raffles, craft shows and just about everything that PICEI had to do in order for us to reach our goals. We gave certificates and trophies to show our thanks from time to time, but we feel it's important to let the world know of her contributions in this publication, which will be placed in the Library of Congress, becoming a part of PICEI History.

Another one of the many contributions made by Betty, was helping to raise funds for the Mohawk Senior Center, Tsi' Tetewata'tkens, the *lovely building we all enjoy today*. So often people forget the very people who have helped to make a task come to fruition, we at PICEI try very hard not to do that.

Showing a total interest in the community and her traditional belief, she has been instrumental in having her grandchildren learn the traditional way of life. Betty attends and participates fully with the "Tri District Elders" group on Cornwall Island on the Canadian



Trevor Roundpoint, Grandson

side of the Reservation. She feels we may all learn of the traditional way of life for a better world.

Betty spends much of her time preparing food for the sick, the elderly, not to mention for the families when death comes to a member of their family. She prepares the traditional corn soup and fried bread along with a host of other goodies for the family.

Presently, Betty is working with the Clogger dance group raising funds to help with their trip to Hawaii to dance in the V-Day celebration for the Veterans. We wish her and the group well and we know the audience will enjoy the dancing of that of the old and the young. Betty at age 81 will dance with the group.

Now, for the many others that make our organization thrive through these trying times, let me start with our devoted board members and other members who have given their time freely. All have been given awards at different times throughout the 30 years.

**Chrysetta P. Patterson, MSW**, serves the organization as its Executive Director for 30 years as a volunteer. She continues to give her incredible talent and expertise in the area of social science, diversity of culture to many communities for PICEI and serves on other Boards such as; "Cultural Arts Academy", an educational institution in New York City, while she chairs "The New York City Consortium". Chrysetta donates many items that help us to fund raise for so many of our projects.



*(Continued on page30)*

(Continued from page 29)



**Mildred E. Glenn** is one of the original founding members. She works day and night on every project presented to the various communities, as well as the Editor for this magazine. Her professional background of over 57 years working for Federal and State government has served as a tremendous gift to the organization. We are grateful for her service as the Volunteer Administrator for PICEI.



**Carl Patterson, Jr.** has given multiple hours on design work in the past to deliver the fine layout of our publication and brochures. He is one of the original founding members as well as Project Director. In the past, we have called him, our "Everything man," as he has volunteered as a driver, electrician, gardener, plumber, etc. You name it and he has done it for PICEI.



**Viola Bass**, a retired civil servant for the police department works very hard to pull it all together for PICEI at the original site on Long Island. She travels to upstate NY to assist with our Annual "Last Shall Be First 50/50" project. She can always be counted on to work on projects like our Telethon many years ago with UNICEF.



**Topez C. Patterson**, as a teacher in the Public School system, gives great service to the Queens, N.Y. community. She travels the world and writes all of the travel information and contributes her professional marketing experience to PICEI ongoing. Her marketing work has been displayed at the Super Bowl and in the Subways in NYC. - Member since 1982



**Cynthia Shipman** always supports the efforts of PICEI, both financially and physically. Her service in the Deer Park, Long Island community from years gone by remains intact. We remember the great effort given to the 3-day "Art and Cultural Festival", Cynthia participated in every project in Deer Park, Long Island.



**Courtlan Green** has offered great ideas and direction to the group from time to time. His ability in the area of sports heightens the interest of youth to be good team players in his community. Courtlan, in his youth, was one of the founding members. His all-around talent in Music, Sports and Scenic Design, leaves everyone wanting him on their team. He continues to be a wonderful grandson, adviser and father of his two lovely girls, Seven and Sia.



**Carrie Alexander** was our first photographer and an original founding member in Deer Park. She continues to put forth inspiring ideas and support over these 30 years. Her work during the Art & Cultural Festival will always be remembered. Her picnic project for the youth from upstate generated a bond that I believe will never be forgotten.



**Julia Chaney Moss & Ari (Ghoram) Harris** are relatively new board members compared to our 30 year members. They joined the board in 2007 and 2010, respectively. Their contributions have given great inspiration for us to carry on the mission sharing with the world greater cultural understanding. **Julia**, coming from a family of

History is the sister of James Chaney, one of the three young civil rights workers who were murdered doing voter registration in the south in 1964. **Ari**, a fashion designer with many of his works throughout Europe and the Fashion World in New York City, gives artistic ideas and direction for many of PICEI projects. He also worked with the famous **Tina Turner's** wardrobe for her Concerts.



**Julianne Barnes, Ann Francis, Herbi Francis, Lorraine George, Lela Harris, Marianne Loran and Bessie Mitchell** have been active supporting members in every way in the North Country and in no way can we forget to give a "Great Big Shout Out" to them for their on-going support and to all who have been there in the past, like Patricia Bova, Evelyn Ghoram, Geraldine Jacobs, Queen Johnson, Inez Cook Patterson, Elaine Rockhill, Barbara White, the Torillas and Roxanne Greenhouse among so many devoted members.

#### HONARY MEMBERS

**Michelle V. Agins**, Photography Pulitzer Prize Winner for the New York Times – Honorary member since 2005.

**Dr. Shefali Dastidar & Dr. Sachi Dastidar** – Who continues to build schools and give scholarship to orphaned children in Indian - Honorary members since 1982.

**Ramatoulaye Dieng**, former Head Mistress of the Mariama BA School (An all girl school on Goree Island) – Honorary member since 2007.

**Ahmadou Lamine N'Dour**, Administrator in the Senegalese government – Honorary member since 2007.

**Joseph Wright**, former Deputy of Budget & Management in the Federal government during the Reagan Administration, currently private Businessman - Honorary member since 1985.

**PICEI thanks all of its contributors and supporters for keeping us afloat.**

For information about the founder, see Peace Corp Volunteer 2000-2004, [www.goree\\_homestead.com](http://www.goree_homestead.com) or call 1 866 660 5116, for a copy of Florence Patterson's profile.

Continued from page 12)

friends, as a result of the youth adventure programs they had aboard ship. The twins were excited with the trip, but the birthday cake was not exactly what we expected, and in no way compared to the delicious cakes that Jean Hearne used to make for us. However, all the meals were excellent.



In Labadee, Haiti, the youth went Tesgering. Lisa and Michael Swamp celebrated their anniversary like the two love birds they are.

We were very happy when they joined us for dinner once in awhile. Our other set of twins, Betty Swamp and Bessie Mitchell were often seen together at many of the events. Lorraine George, Chrysetta Patterson and me often could be seen in the Casino. The Casino



was letting everyone win so often. Genevieve Georges liked having tea each day and found herself at the card games as well.

Loretta Thomas spent quite a bit of time with her grandchildren, as a grandmother would do, and of course she had to make sure that they did their homework assignments on this cultural cruise. Believe it or not we believe she really enjoyed the trip.



The history of San Juan was quite interesting. We immerse ourselves in the culture. We fully appreciated the colonial past by strolling through Old San Juan. From the architectural landmarks to the world-class art museums, this picturesque part of the city is full of interesting things to see and do. Many of us



bought art work from the native people of Labadee, Haiti. Join us on our next Cultural Cruise...You will love it!



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# HEALTHY HINTS

## HOME REMEDIES YOU MIGHT NOT HAVE HEARD OF...

[Tallahassee Democrat - USA Weekend March 18-20, 2011]

- **Turkey Sandwich** to ease insomnia.
- **Vinegar for easing the itch.** Applying vinegar to skin exposed to poison ivy or poison oak can dry up the rash and soothe the itching.
- **Hard-boiled egg for pink eye.** A hard-boiled egg wrapped in a washcloth stays warm for about five minutes - which is just the amount of time you need to soothe that irritated eye.
- **Tonic water for charley horses.** Tonic water contains quinine, which has been proven to help relieve leg cramps. Drinking the bubbly water before bed also can help prevent the painful cramps from striking in the middle of the night.
- **Leg Cramps** – Eat a banana when you get a leg cramp at night. The riper the banana, the faster the relief. In one or less minutes, the cramp is gone and does not return.

## Hot and Cold Edition

(The Doctors TV Show Tuesday 1/12/10)

### Cold Weather and Asthma

Cold air can cause cold-induced asthma and cold-induced airway reactivity. E.R. physician Dr. Travis Stork explains how the [airway, lungs and bronchial tubes can become inflamed](#) as a response to cold air, making breathing more difficult.



"A lot of times, the people who have **ASTHMA**, in cold weather will start coughing, and they have to stop whatever activity they're engaged in." One of the best ways to combat cold-induced airway reactivity is

with warm air. When outside, try wearing a Balaclava face mask, which protects the face and warms the air you breathe.

### What's the correct way to eat fruit?

It means **not** eating fruit **after** a meal! Fruit should be eaten on an **empty** stomach.

## 10 AMAZING FOODS THAT BURN FAT!

(Excerpt from Woman's World Weekly, February 23, 1999)

**Secret weapon to get the pounds off without a diet or hunger?** The latest nutrition research proves it. Certain foods contain special substance that can eliminate hunger, erase water weight and body's natural Fat burning power. Add them to your shopping cart and check out just how fast you lose weight.



- **BABY CARROTS** – The more you crunch, the more fat you burn.
- **BANANAS** – Potassium burns calories faster.
- **BRAN CEREAL** – High-fiber food expands in the stomach filling it up.
- **BROCCOLI** - Proven cancer fighter and a good fat burning power.
- **CANTALOUPE** - 900 mg of potassium which pumps sodium out of the body.
- **CHUNKY SOUPS** – People who start meals off with soups tend to eat less.
- **COFFEE** – Temporarily boosts metabolism up to 4%
- **CUCUMBERS** – Helps to flush out retained water.
- **EGG WHITES** - Serve them scrambled with your favorite veggies and you've got a formula for fat burning.
- **GRAPEFRUIT** – has an effect on the body actually tells the body to burn stored fat.

## THANK YOU



Hogansburg, NY



Hogansburg, NY



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# HELPFUL HINTS

## Every Day Handy Tips



**Unclog a drain.** Clear the sink drain by dropping three **Alka-Seltzer** tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, and then run the hot water.

**To clean artificial flowers--**Pour some **salt** into a paper bag and add the flowers. Shake vigorously as the salt will absorb all the dust and dirt and leave your artificial flowers looking like new! Works like a charm!

**Does your bag of salad wilt after you open it?** Here's a remedy for that:

After you open your salad, place a dry paper towel in the bag and close it up again. The paper towel absorbs the moisture in the bag and keeps the remaining salad fresh and crisp for several more days.

## Driving in the Rain

### Good Vision in a Down Pour.

- Most motorists would turn on HIGH or FASTEST SPEED of the wipers during heavy downpour, yet the visibility in front of the windshield is still bad.
- In the event you face such a situation, just put on your **SUN GLASSES** (any model will do), and a miracle! You still see the drops of rain falling, but you can see where the rain bounces off the road. Your visibility in front of your windshield is perfectly clear, as if there is no rain.

### Never Drive in the Rain With Your Cruise Control On.

- If the cruise control is on when your car begins to hydro-plane and your tires lose contact with the pavement, your car will accelerate to a higher rate of speed, making you take off like an airplane.

### Never Use the Cruise Control When the Pavement Is Wet or Icy.

- Use the cruise control only when the pavement is dry.

## Treatment for Burns

### If you get burned on your hand...

- **If you burn your hand**, don't run your burned area under cold water first, **just put it right into a bag of flour for 10 minutes** and experience a miracle!
- When you pull it out you will not have a red mark, a burn or a blister, and absolutely **NO PAIN!** Cold flour feels even better than room temperature flour. **Keep** a bag of white flour in your fridge and you will be happy you did.

## THANK YOU

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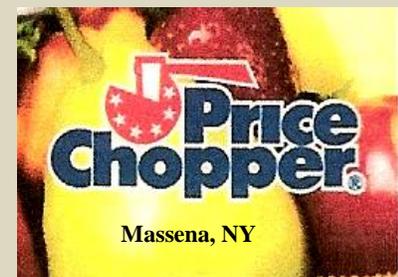
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# MEMORIES

## They Were Here

They were here with us for a while; we wish it could have been longer...They shared their ideas, love and joy with us...Some for a year, a decade, a generation or less...Each moment appreciated and loved so much...But, then they returned home to be where we will all join them again one day...

Because, it is the order of life...



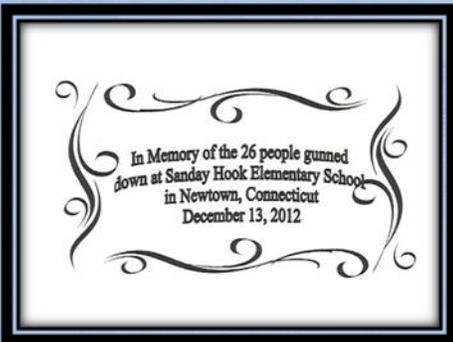
Lifetime member of PICEI  
Lorraine 'Tommie' Holt  
May 19, 1938 - March 7, 2012

Joseph Johnson, Jr.  
February 20, 1961-November 3, 2012  
"Joe" was a former member of 'Pamoja' Band.



Sylvia Woods  
Feb. 2, 1926 - July 19, 2012

Marlene H. Arquette  
August 27, 1934 - November 23, 2012



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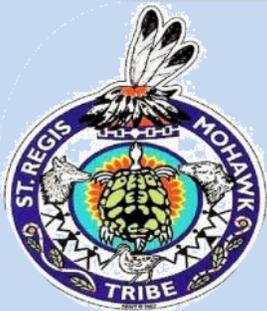
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- ◆ Mildred Glenn
- ◆ Marianne Loran
- ◆ Chrysetta Patterson
- ◆ Carol Ross
- ◆ Betty Swamp
- ◆ Michael Swamp

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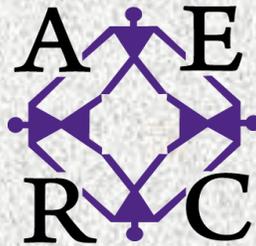
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