



HAITIAN STAR



Published by the Haitian Cultural Club

No. 3

L'union fait la force

January, 2011

January - A Month of Remembrance

January 12, 2011 marks the first anniversary of the devastating earthquake whose epicenter was in the Haitian capital of Port-au-Prince. The earthquake resulted in more than 200,000 deaths and an untold number of injuries, many extremely severe and permanent. The earthquake also resulted in devastating destruction of buildings, roads, and communication infrastructure. Hundreds of thousands of Haitians are still homeless and without access to schools, medical facilities, workplaces, and other necessities. The initial worldwide response to the earthquake was immediate and extremely generous. Governments, non-governmental agencies, and individuals generously donated money, goods, and services. Much has been done but much more remains to be done. Everyone, whether a Haitian in Diaspora, a Haitian American, or a citizen of the world, should take their time to remember those who lost their lives or had their lives devastated in many, many ways by this tragic act of nature. The Haitian Cultural Club (HCC) will continue to remember and to help those impacted by the earthquake, both within or own organization and in partnership with individuals and organizations with similar concern for and dedication to the people of Haiti. HCC and its members, whether directly impacted by the earthquake or not, will always remember those whose lives were impacted by the earthquake and are dedicated to the restoration and improvement of Haiti.

January 1 is Haitian Independence Day. It marks the end of a long and difficult, but dedicated and determined, struggle against the brutal colonization and enslavement by the French and the establishment of the first free Black republic in the world and the second independent state in the Western Hemisphere. While January 1, 1804 to the present has been a time of challenges against political forces, poverty, and acts of nature, Haitian independence has served as an inspiration for oppressed people throughout the world.

Finally, January marks the celebration Martin Luther King, Jr. Day, a federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr. Dr. King was born on January 15, 1929 and his birthday is officially observed on the third Monday of January each year, which this year falls on January 17. King was a dedicated and eloquent champion of nonviolent activism in the civil rights movement, which successfully ended racial discrimination in federal and state law. Not only was he the target of racist individuals and organizations, but harassment, threats, and electronic surveillance by the Federal Bureau of Investigation. Tragically, he was assassinated on April 4, 1968. His thoughts, words, and deeds, live on, however, in the hearts and minds of all who value freedom and equality, regardless of their race, religion, or nationality.

From the Editor

I am delighted to assist in producing this semester's third issue of the Haitian Star newsletter. We hope to make this a publication that you will find informative and entertaining. This is *your* newsletter and we welcome your input and contributions. We look forward to your news, art, poetry, recipes, opinion pieces, and other contributions; your assistance in producing the newsletter; and your input as to what you would like it to include. We also invite you to join the Facebook group HCC Newsletter Committee.

If you have any contributions, questions, or comments, please email them to cwc.hcc@gmail.com.

Claire Cohen

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HCC NEWS & INFO



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Thank You !

**Special thanks to all
who contributed to this
newsletter:**

Jean-Rodney Alcide

Jean Dornevil

Paul Etienne

Lawrence Gonzalez

Dr. Martin Munro

Marlon Napier

Vana Petion

Carolyn Pompilus

**Your talents and hard
work are greatly
appreciated.**

HCC Birthdays

November

16 - Vladimir Gachelin

17 - Andremane Jacques

21 - Claire Cohen

25 - Arthur Christian

27 - Vana Petion

28 - Gaelle Napoleon

28 - Rodeline Felix

December

11 - Lawrence Gonzalez

11 - Sibyl Jeune

13 - Esther Dorvilus

15 - Gesnyr Ocean

19 - Karen Jean-louis

29 - Dariana Vertus

January

1 - Shirley Chilus

15 - Medodie Golas

29 - Jasmine Simplicie

HCC Dues

A reminder from your HCC Treasurer:

**Are you a dues-paying
member?**



Only \$10 for Spring & Summer Semesters

**Receive a free "swag package" plus receive
discounts to events, and much, much more !**

**See Melodie Golas, HCC Treasurer, or email
haitiance@gmail.com**



HCC NEWS & INFO



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Dance Troupe
Tracey Saint-Hilaire & Cindy Fertil

E-Board Profile Vana "Nishia" Petion Secretary & Community Service Coordinator

My name is Vana Petion. I am a third year pharmacy major at Florida A&M University from Ft. Myers, Florida and I serve as the 2010-2011 Secretary and Community Service Coordinator of the Haitian Cultural Club of Tallahassee. I've been a member of HCC since spring 2010. Working with the Haitian Cultural Club is one of the most different experiences I have ever encountered. I never worked with a group of people who have the same background as me, and with going to college, I thought I would miss out on many of my cultural experiences. HCC has a very warm welcoming family environment, I never once felt left out. I really enjoy everything HCC has to offer and what I would like to see happen with the organization is expansion. I would like to see the number of HCC members grow. Many people still do not know that there is a Haitian Cultural Club in Tallahassee. If every member brought a friend or two to each meeting I couldn't see why this wouldn't work. When I'm not dabbling with school work or HCC I like to do community service around the city. It's a nice way to give back to the community and have fun at the same time. If you have any questions or would like to contact me you can email me at vanapetion@yahoo.com or on twitter @vnpink.



HCC Contact and Social Networking Information

Email: haitiancc@gmail.com

Facebook: Join the group Haitian Cultural Club of Tallahassee (Global)

Facebook: Add "Haitian CC" as a Facebook friend

Twitter: Follow "HaitianCC1988"

Phone/Text Message: 239-672-0174



HCC Salutes Its Graduates

Information Submitted By Our Distinguished Graduates

Paul Etienne—HCC Historian

Class: 2010

Major: Bachelors in Allied Health Science

Concentration: Pre-Physical Therapy with a certification in Rehabilitation Counseling.

Honors: Magna Cum Laude

HCC: Current Mr. HCC, and Historian

My interest in physical therapy is a result of a few visits to the physical therapist with a relative, an interview with a physical therapist, and lot of research about this career. My passion about learning more of the human body began since I was a little boy because of my experiences with relatives who worked in the medical field. As a result, after high school I moved to the Dominican Republic from Haiti where I started medical school. After two years in medical school I moved to the United States, and this is where my quest to be a physical therapist began. My previous sessions of observing physical therapists, and an internship at a fitness setting also played a big role in developing more of my interest in this field.

My understanding of the scope of physical therapy has been expanded since I started doing my observation hours in different physical therapy clinics. I understand that physical therapy is sometimes called physiotherapy in other countries. Physical therapy, to me, is the ability to help improve the performance of individuals who may have to find unique ways to participate in tasks of daily living and be productive in their environments. Physical therapists' main purpose is to help people rehabilitate physically and regain their place in society. Other purposes of physical therapy are to maintain and develop physical properties of the body.

My plans for the spring:

- ✪ Go on a cruise as a graduation gift from my sister
- ✪ Work at a physical therapy clinic to gain more experiences
- ✪ Get ready to start graduate school in the summer or fall
- ✪ Help recruit more members for HCC
- ✪ Work on a mentorship program for high school kids



I plan to start grad school in the summer or the fall to pursue a Dr. degree in Physical therapy (DPT). After my DPT, I aim to pass my board certification test on the first attempt. Also, there are multiple projects that I plan to work on as a physical therapist. Some of these projects include working with non-profit organizations to bring free physical therapy sessions to children and lower income families. Another long term goal I have is to open my own clinic here in the United States. My clinic will operate a program every summer for children and young people to educate them about various aspects of their health and wellbeing while incorporating physical therapy. The knowledge gained from this camp would then, not only benefit the children, but also their families and communities that they will return to. Also, if I can foster more interest in these children in becoming future physical therapist themselves, I would consider the program a complete success.



HCC Salutes Its Graduates


Information Submitted By Our Distinguished Graduates

Marlon Napier

My name is Marlon Napier and I am graduating with my B.S. in Electrical Engineering with minors in Math and Physics. My short term goals are to work for a Fortune 500 company and invest in my second house. I plan on returning to graduate school to get my Masters in Industrial Engineering. My Long term goals are to own my own company within the next 15 years to create jobs for my people and to start a foundation for those less fortunate (mainly widows and orphans).

Editor's Note:

Other members of HCC also received degrees but did not come forward for acknowledgement. We congratulate them of their achievement and wish them success and happiness in their future academic, professional, and personal endeavors.



*Congratulations to all
Fall 2010 graduates of
FAMU, FSU, and ICC*



MEDIA NEWS



LITERATURE

Haiti Rising **Edited by Martin Munro**

The earthquake that struck Haiti on January 12, 2010 thrust the nation into the public consciousness as never before. There is now an unprecedented empathy for and interest in Haiti, and a related need for information on Haitian reality, beyond the clichés often associated with the nation. In particular, there is a special interest in the earthquake and the questions of Haiti's future development. *Haiti Rising* responds to this public interest and has three fundamental aims: to raise awareness of Haiti, its people, culture and history; to allow some who were in Haiti during the earthquake a chance to testify; and to raise funds for artists living and working in Haiti.

The book brings together more than twenty essays written by some of the most prominent authorities on Haiti, and offers insights on the political, social and historical contexts, as well as the uniquely rich culture of the nation. The first part features survivor testimonies – moving accounts of the earthquake and its aftermath written by authors and academics, Haitian nationals and foreign visitors. The second part presents essays on economics, politics, society and culture (music, religion, visual art), and the ways in which they are interrelated in history and in contemporary life. The third section focuses on the history of Haiti from colonial times to the present and shows the ways in which history has shaped Haitian society. It shows how colonial class and color structures have persisted, how the revolution has shaped subsequent political, cultural and social structures, and how the legacy of the Duvalier dictatorship has lingered. The final section features contributors who were not in Haiti at the time of the earthquake, but who have strong ties to Haiti. These authors write about their personal connections to Haiti, their reactions to the earthquake, and their hopes and recommendations for reconstruction.

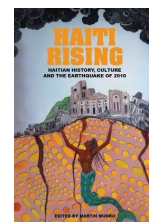
All author royalties from this book will be donated to the Haitian Art Relief Fund, a charity working to support the many visual artists in Haiti who have suffered from the earthquake. The book stands as a written document of this cataclysmic event and as a monument to those who were in Haiti at the time of the earthquake. It is vital reading for anyone who wants to find out about Haiti, its remarkable history and culture, and its prospects for the future.

Contributors: Marlène Rigaud Apollon, Beverly Bell, Madison Smartt Bell, Patrick Bellegarde-Smith, LeGrace Benson, Jean Casimir, Maryse Condé, J. Michael Dash, Leslie G. Desmangles, Bill Drummond, Laurent Dubois, John D. Garrigus, Leah Gordon, Jason Herbeck, Régine Michelle Jean-Charles, Deborah Jenson, Yanick Lahens, Michel Le Bris, Elizabeth McAlister, Nadève Ménard, Raoul Peck, Matthew J. Smith, Thomas C. Spear, Évelyne Trouillot, and Laura Wagner

Martin Munro is Professor of French and Francophone Literatures, Department of Modern Languages and Linguistics, Florida State University. Dr Munro (M.A., Ph.D University of Aberdeen) specializes in Francophone Caribbean literature and culture. He is the author of *Shaping and Reshaping the Caribbean: The Work of Aimé Césaire and René Depestre*, 2000, *Exile and Post-1946 Haitian Literature: Alexis, Depestre, Ollivier, Laferrrière, Danticat*, 2007, and *Different Drummers: Rhythm and Race in the Americas*, 2010.

University of the West Indies Press
ISBN 978-976-640-248-8
224 Pages, US \$25, Trade Paperback
To order, call (800)848-6224

In addition, *Haiti Rising* is available for shipment only through the Bookstore





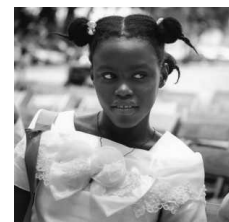
MEDIA NEWS



ART

Bruce Weber: Haiti/Little Haiti Photography Exhibit from www.mocanomi.org/bruce-weber

The Museum of Contemporary Art (MOCA), North Miami will present Bruce Weber: Haiti/Little Haiti through February 13, 2011. This extraordinary exhibition of photographs of Miami's Haitian community by celebrated photographer Bruce Weber includes approximately 75 photographs taken by Weber from 2003 to 2010. In 2003, The Miami Herald published a magazine supplement of Bruce Weber's photographs of Miami's Haitian community. The photographs were Weber's response to an unjust U.S. immigration system in which Haitian men, women and children were detained indefinitely unlike refugees from other countries who were typically released to family or friends while awaiting asylum hearings. The documentary film, *The Agronomist*, by Jonathan Demme, had been Weber's call to arms. In it, Demme chronicled the life of Haiti's most famous journalist, Jean Dominique, the founder of Radio Haiti Internationale, and his murder by unknown assailants in 2000. Incensed by the violence, political strife, and poverty depicted in the film, Weber asked Demme what he could do, and Demme suggested turning his attention to what was happening to Haitians in Miami, where Weber had a home. Compelled to tell the story of the struggle of Haitian immigrants, Weber immersed himself in the Haitian community, which he has continued to chronicle through the present.



Bruce Weber is renowned for revolutionizing fashion photography and the same formal elements that make his fashion and celebrity photographs so forceful contribute to the impact of his Haitian photographs. Weber chose primarily to work in black-and-white for the project, but switched to color film when photographing Haitian Flag Day celebrations. Over the years he has built up a large archive of photographs of Haitian celebrations, church congregations, Little Haiti stores and boulevards, as well as portraits of individuals, groups, and families. Miami's rising Haitian leaders, politicians, artists and entertainers have also posed for Weber. He generally photographed these professionals in their element. The immigration crisis earlier in the decade made it imperative for Haitians to become more visible and influential. In his unique way, Weber has captured images of a dynamic, diverse and evolving community, bringing the Haitian neighborhoods of Miami to a wider international audience. A catalogue featuring an essay by curator Bonnie Clearwater, poems by Edwidge Danticat, and writings by Bruce Weber and Alberto Ibarguen, will accompany the exhibition.

The Museum of Contemporary Art is located at 770 NE 125th Street, North Miami, FL 33161. For information, call 305-893-6211 or visit www.mocanomi.org.



HAITIAN HISTORY



The Battle of Vertières from Various Sources

The Battle of Vertières was the last major battle of the Second War of Haitian Independence, the final part of the Haitian Revolution under François Capois. It was fought between Haitian rebels and French expeditionary forces on November 18, 1803 at Vertières. By the end of October 1803, Haitian rebels have already took over all the territory from France. The only places left to France were Mole St. Nicolas, held by Noailles, and Cap-Français, where, with 5,000 troops, Rochambeau was at bay.

After the deportation of Toussaint Louverture in 1802, one of Toussaint's principal lieutenants, Jean Jacques Dessalines, continued the fight for liberty because he remembered the declaration of Toussaint Louverture: "In overthrowing me, you have done no more than cut down the trunk of the tree of the black liberty in St-Domingue it will spring back from the roots, for they are *numerous and deep*." Dessalines defeated the French army numerous times but the only place left was Vertières. During the night of November 17-18, 1803, the Haitians positioned their few guns to blast Fort Bréda, located on the habitation where Toussaint Louverture had worked as a coachman under François Capois. As the French trumpets sounded the alarm, Clervaux, a Haitian rebel, fired the first shot. Capois, mounted on a great horse, led his demi-brigade forward despite storms of bullets from the forts on his left. The approach to Charrier ran up a long ravine under the guns of Vertières. French fire killed a number of soldiers in the Haitian column, but the soldiers closed ranks and clambered past their dead, singing. Capois's horse got shot, faltered and fell, tossing Capois off his saddle. Capois picked himself up, drew his sword; brandished it over his head and ran onward shouting "Forward! Forward!" Rochambeau was watching from the rampart of Vertières. As Capois charged forth, the French drums rolled a sudden cease-fire. Suddenly, the battle stood still. A French staff officer mounted his horse and rode toward the intrepid Capois-la-Mort (Capois-the Death). With a great voice he shouted: "General Rochambeau sends compliments to the general who has just covered himself with such glory!" Then he saluted the Haitian warriors, returned to his position, and the fight resumed. General Dessalines sent his reserves under Gabart, the youngest of the general and Jean-Philippe Daut, Rochambeau's guard of grenadiers formed for a final charge. But Gabart, Capois, and Clervaux, the last fighting with a French musket in hand and one epaulette shot away, repulsed the desperate counterattack. A sudden downpour with thunder and lightning submerged the battlefield. Under cover of the storm, Rochambeau pulled back from Vertières, knowing he was defeated and that Saint-Domingue was lost to France. Another leader of the fight at Vertières was Louis Michel Pierrot, the husband of the mambo Cécile Fatiman who had led the vodou ceremonies at Bois Caïman on August 14, 1791 together with Boukman.

By the next morning, the general Rochambeau sent Duveyrier, to negotiate with Dessalines. At the end of the day, the terms of submission were settled. Rochambeau got ten days to embark the leftovers of his army and leave Saint-Domingue. The wounded French soldiers were left behind under key until well enough for return to France. This battle occurred less than two months before Dessalines' proclamation of the independent Republic of Haiti on January 1, 1804 and delivered the final blow to the French attempt to stop the Haitian Revolution and re-institute slavery, as had been the case in its other Caribbean possessions. The Battle of Vertières marked the first time in the history of mankind that a slave army led a successful revolution for their freedom. November 18 has been widely celebrated since then as a Day of Army and Victory in Haiti.



HAITI'S GOT TALENT



Jimmy Jean-Louis from jimmyjeanlouis.com



Early Life

Jimmy was born on August 8, 1968 in Petionville, near Port-au-Prince, Haiti. He lived there until the age of twelve, when he moved to Paris with his family to pursue a modeling career. After moving, he experienced a culture shock because of the rural to city lifestyle change. He enrolled in business courses but quickly realized that his heart lay in performance, and studied at the Academie International de Dance. His parents returned to Haiti, but Jimmy and his brother remained in Paris. Around a decade later, in 1991, producers discovered Jean-Louis during one of his dancing stints in a French club, and were impressed. They tapped him to appear in a Coca-Cola advertisement, the success of which prompted the Jean-Louis to spend several years modeling across Europe. He was very successful in London, working for such notables as Gianfranco Ferré and Valentino. By the mid-'90s, he was gracing music videos by such stars as Mariah Carey, Seal, and George Michael, and appearing in low-budget independent films in Los Angeles.

Personal Life

Jimmy is married to his wife, Evelyn, and they have 2 children. He enjoys watching and playing soccer and is a member of an amateur soccer club Hollywood United F.C., a team consisting mostly of celebrities and former professionals. He is fluent in five languages: English, French, Spanish, Italian, and Kreyol.

2010 Haiti Earthquake Efforts

After the 2010 Haiti earthquake, Jean-Louis went to Haiti to search for his elderly parents in Haiti the day after a powerful earthquake struck the nation. He learned that a house he had grown up in collapsed, killing several of his relatives. He is the founder of Hollywood Unites for Haiti, a non-profit charitable aid organization whose original mission was to provide sports and cultural education to underprivileged youth on the island. The group mobilized for disaster relief after the earthquake struck. Recently, Jean-Louis has taken part in a series of campaigns for Haitian aid, such as singing in the "We Are The World" remake of the original for Haiti in February 2010 which aired during the start of the Olympic Games in Vancouver, Canada.

Acting Career

He has worked in musical theatre in Spain, spending three years with musical theater "La Belle Epoque", before moving to Italy where created a successful career as an international model. In 1995, he appeared in several episodes of an erotic French TV program. Jimmy moved to Los Angeles where he began acting full-time in underground and independent films. This eventually led to him landing a role in Jean Claude Van Damme's movie *Derailed*, which set the stage for subsequent roles with other Hollywood A-listers. He went on to have secondary roles in *Tears of the Sun*, *Hollywood Homicide*, *Monster-in-Law*, and *The Game of Their Lives*. He was cast as the romantic lead in the 2006 film *Phat Girlz* starring opposite Monique Imes Jackson as her love interest. He achieved his most widespread fame, however, when cast in the recurring role of The Haitian on the NBC television series *Heroes*, who is an associate of Noah Bennet. In an interview on "The Post Show" on G4, Jimmy Jean-Louis stated that the Haitian was originally supposed to be from New Zealand, and that the character was going to be "The Kiwi", which is a colloquial term for the people of New Zealand. He also stated that he auditioned three times for the role of D.L. Hawkins, a part which he did not get.



MARTIN LUTHER KING JR.



The Meaning of the Martin Luther King Jr. Holiday (Continued from facing Page)

The Holiday commemorates America's pre-eminent advocate of nonviolence --- the man who taught by his example that nonviolent action is the most powerful, revolutionary force for social change available to oppressed people in their struggles for liberation.

This holiday honors the courage of a man who endured harassment, threats and beatings, and even bombings. We commemorate the man who went to jail 29 times to achieve freedom for others, and who knew he would pay the ultimate price for his leadership, but kept on marching and protesting and organizing anyway.

Every King Holiday has been a national "teach-in" on the values of nonviolence, including unconditional love, tolerance, forgiveness and reconciliation, which are so desperately-needed to unify America. It is a day of intensive education and training in Martin's philosophy and methods of nonviolent social change and conflict-reconciliation. The Holiday provides a unique opportunity to teach young people to fight evil, not people, to get in the habit of asking themselves, "what is the most loving way I can resolve this conflict?"

On the King Holiday, young people learn about the power of unconditional love even for one's adversaries as a way to fight injustice and defuse violent disputes. It is a time to show them the power of forgiveness in the healing process at the interpersonal as well as international levels.

Martin Luther King, Jr. Day is not only for celebration and remembrance, education and tribute, but above all a day of service. All across America on the Holiday, his followers perform service in hospitals and shelters and prisons and wherever people need some help. It is a day of volunteering to feed the hungry, rehabilitate housing, tutoring those who can't read, mentoring at-risk youngsters, consoling the broken-hearted and a thousand other projects for building the beloved community of his dream.

Dr. King once said that we all have to decide whether we "will walk in the light of creative altruism or the darkness of destructive selfishness. Life's most persistent and nagging question, he said, is 'what are you doing for others?'" he would quote Mark 9:35, the scripture in which Jesus of Nazareth tells James and John "... whosoever will be great among you shall be your servant; and whosoever among you will be the first shall be the servant of all." And when Martin talked about the end of his mortal life in one of his last sermons, on February 4, 1968 in the pulpit of Ebenezer Baptist Church, even then he lifted up the value of service as the hallmark of a full life. "I'd like somebody to mention on that day Martin Luther King, Jr. tried to give his life serving others," he said. "I want you to say on that day, that I did try in my life...to love and serve humanity."

We call you to commemorate this Holiday by making your personal commitment to serve humanity with the vibrant spirit of unconditional love that was his greatest strength, and which empowered all of the great victories of his leadership. And with our hearts open to this spirit of unconditional love, we can indeed achieve the Beloved Community of Martin Luther King, Jr.'s dream.

May we who follow Martin now pledge to serve humanity, promote his teachings and carry forward his legacy into the 21st Century.



MARTIN LUTHER KING JR.



The Meaning of the Martin Luther King Jr. Holiday

By The late Coretta Scott King

from www.thekingcenter.org

The Martin Luther King, Jr. Holiday celebrates the life and legacy of a man who brought hope and healing to America. We commemorate as well the timeless values he taught us through his example -- the values of courage, truth, justice, compassion, dignity, humility and service that so radiantly defined Dr. King's character and empowered his leadership. On this holiday, we commemorate the universal, unconditional love, forgiveness and nonviolence that empowered his revolutionary spirit.

We commemorate Dr. King's inspiring words, because his voice and his vision filled a great void in our nation, and answered our collective longing to become a country that truly lived by its noblest principles. Yet, Dr. King knew that it wasn't enough just to talk the talk, that he had to walk the walk for his words to be credible. And so we commemorate on this holiday the man of action, who put his life on the line for freedom and justice every day, the man who braved threats and jail and beatings and who ultimately paid the highest price to make democracy a reality for all Americans.

The King Holiday honors the life and contributions of America's greatest champion of racial justice and equality, the leader who not only dreamed of a color-blind society, but who also led a movement that achieved historic reforms to help make it a reality.

On this day we commemorate Dr. King's great dream of a vibrant, multiracial nation united in justice, peace and reconciliation; a nation that has a place at the table for children of every race and room at the inn for every needy child. We are called on this holiday, not merely to honor, but to celebrate the values of equality, tolerance and interracial sister and brotherhood he so compellingly expressed in his great dream for America.

It is a day of interracial and intercultural cooperation and sharing. No other day of the year brings so many peoples from different cultural backgrounds together in such a vibrant spirit of brother and sisterhood. Whether you are African-American, Hispanic or Native American, whether you are Caucasian or Asian-American, you are part of the great dream Martin Luther King, Jr. had for America. This is not a black holiday; it is a peoples' holiday. And it is the young people of all races and religions who hold the keys to the fulfillment of his dream.

We commemorate on this holiday the ecumenical leader and visionary who embraced the unity of all faiths in love and truth. And though we take patriotic pride that Dr. King was an American, on this holiday we must also commemorate the global leader who inspired nonviolent liberation movements around the world. Indeed, on this day, programs commemorating my husband's birthday are being observed in more than 100 nations.

The King Holiday celebrates Dr. King's global vision of the world house, a world whose people and nations had triumphed over poverty, racism, war and violence. The holiday celebrates his vision of ecumenical solidarity, his insistence that all faiths had something meaningful to contribute to building the beloved community.

(Continued on Facing Page)



Our Children Are Our Jewels (Ti Moun Nou Yo. Se Trezo Nou)

By Jean-Rodney Alcide

Our children are our jewels

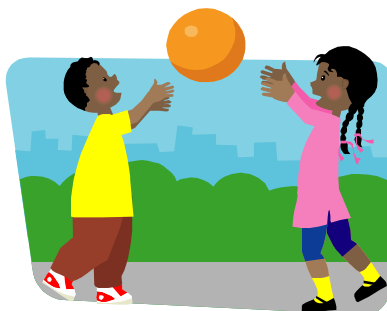
Our innocent young daughters
They need us to protect them
We must cherish and love them
Because they are our treasures

Our progenies are our riches
Because they are the pillars of the future
We ought to teach them that respect for our women is riches
That way we are ensuring for our sons and daughters a better future.

Our children are God's promise of a [great] future to humanity
Therefore we must invest our love and wisdom in our children
In so doing we would have ensured their dignity and serendipity
For what could be dearer to our hearts than our children(?)

Let's work together to spread awareness
Let's build a loving fortress
Yes! A fortress to protect the promise given to us by God in our children
For without our children the future becomes just as bright as a glorious vase that is broken.

Let's strengthen the heart of our children
Let's lift up their souls
Let's enable their arms
So that tomorrow the future that awaits them will not be useless to them and vice versa.





Our Children Are Our Jewels (Ti Moun Nou Yo. Se Trezo Nou)

By Jean-Rodney Alcide

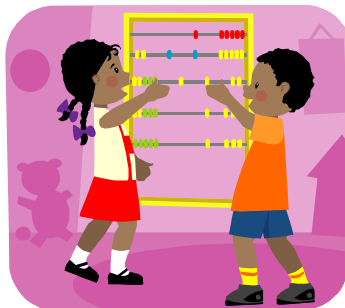
Ti moun sé trezò nou

Ti pitit fi nou yo
se pou nou proteje yo
yo se trezò nou yo ye
se pa pou nou maltrete yo.

Ti pitit gason nou yo
Se trezò nou anseyé yo
Paske yo se potò mitan peyi a yo ye
Nou dwe aprann yo respekte ti medam yo

Tout ti moun nou yo
Se promes ke Bondye fè nou pou yon demen miyò
Se pou nou envesti tout lanmou nou ak sajes noun an yo
Pou yo pa rive nan domi deyò

Annou travay ansanm
Pou nou kreye lwa ki pou asire proteksyon ak edikasyon timou nou yo
Paske san sa promes demen miyò sa ap souri ban nou tankou yon bel fanm san dan devan
Se pou nou mete tet ansanm
Paske se devwa nou avè peyi ak zanzet nou yo
Se pou nou mete tet ansanm paske se responsabilté nou devan BonDye pou'n souvé timou yo.





POETRY PAGES



Haiti is Not an Island By Lawrence Gonzalez

On the twelfth day on the fifth hour,
we were caught in disbelief.
31 secs later, the palace fell,
the roof caved in, the floor gave way to tears.
All on the twelfth day.

what followed,
no lights, no sirens,
no immediate aid, no government,
no rescue, no help,
just broken dreams of what seemed to be just another day.

what followed,
angry thoughts,
tears, prayers,
hunger, desperation,
innocent eyes gripping to lifeless bodies,
fears, yells and what seemed to be just another day for some,
was an entire nightmare for others.

No amount of partying can ever bring them back,
doesn't decrease the smell...

No amount of apathy, can ever allow you to escape them.
escape thousands of lonely children.

And I'm sorry to say
but slapping Haitian relief on an event
might allow you to go on business as usual,
but underneath a rubble right next to hope,
someone else hopes that you are doing your best...

I write this on the second day of the second month,
in hope to say "let's not too soon forget",
in my second text on my second reflex,
reality struck me...
This was just a moment for some,
and an eternity for others.



(Continued on Facing Page)



POETRY PAGES



Haiti is Not an Island

By Lawrence Gonzalez
(Continued from facing page)

but on the 22nd day, on the tenth hour,
we watched as those who shouldn't have,
couldn't have, and in disbelief would be dead,
lifted from under the rubble, opting to live instead.

I write this because Haiti is not an island,
when you realize that
you will understand why the world comes to our aid...

Haiti is not an island,
those who long since died to allow us the will to live; fought for it,
Haiti is not an island,
but an idea.

Fight for what is not easily given...
Fight for what is right...
Fight for what you believe in against any odds.



Buildings fall but they can be rebuilt,
Families broken but can be mended,
but Haiti doesn't crumble
less we forget...
She falls only because we've fallen into darkness...
fallen into self, instead of falling into each other.

Haiti is not an island but Haiti is a Legacy...
the legacy of 200,000 souls,
added to the 1 billion more.
Haiti is the final resting place of hope,
don't let it fall.

Haiti is not an island, if you remember that, we will never ever be alone.





Have You Forgotten

By Jean Dornevil © 2010

(Continued from the Previous Page)

Wives screaming, shouting, trying not to hear their husband, under the rubbles screaming

Running, yelling, screaming, Haitians confusingly running not knowing where they were going

Running from falling buildings to falling buildings and, if they had the chance, would run back, but this time to fallen buildings

The air filled with "poussiere"... blocked their view from seeing more rubbles coming destroying bodies that were already dying

CNN reporting but obviously not feeling what a little girl with a crushing leg was feeling

Because if they felt her pain they wouldn't waste time talking about how poor of a country Haiti has been

People all over the world were helping trying to save a nation dying

Don't get me wrong for saying that, some people, just to be seen acted like they were helping

Again... People just to be seen trying to help a baby crying, a mom dying, a father screaming, and orphan alive wishing that this was his or her last day living

Politicians acting like they were helping but actually they were assuring their political power while a child's last parent was dying under a fallen building

Confusingly back and forth Haitians were running not knowing where they were going

Running from falling building to falling building, and if they had the chance, would run back, but this time to fallen building

Running trying to get away from death just to go dying

(Continued on the Following Page)



POETRY PAGES



Have You Forgotten

By Jean Dornevil © 2010

(Continued from the Previous Page)

Mom's only son from University graduating, but under his falling school is dying, leaving his mom dreaming about the different things her son was going to be doing had not the falling building on Tuesday January the 12th at this very moment was killing

Confusingly back and forth running not knowing where they were going

Running from falling buildings to falling buildings, and if they had the chance, would run back, but this time to fallen buildings

On that day, the Haitian people was dying while others were beholding and over-organizing what they were going to be wearing in order to look good on the media while helping a baby dying, a father crying, a mom yelling, shouting, screaming, trying to be louder than her dying daughter who was also screaming saying "manmi" why are you not helping, "manmi" why did you stop caring, "manmi" are you going to let me stop being under heavy rubbles of a fallen building?

These were the last words of a daughter to her mother, because her life, under the rubbles, was taken

A mom's heart pounding because the baby she has been carrying for 8 months, in the next hour, along with her, is going to be dying because she couldn't get an aspirin

On January 12th 2010, back and forth Haitians were running not knowing where they were going Running from fallen buildings to falling buildings

Running from death just to go dying...

HAVE YOU FORGOTTEN...to be continued...

*HCC Remembers the Many, Many People Whose
Lives Were Ended or Impacted by the Devastating
Earthquake of January 12, 2010*



HAITIAN COOKING



Soup Jomou - Haitian Pumpkin Soup Recipe

Introduction by Woodring Saint Preux

- *We make soup jomou every New Year...*
- *We eat soup jomou every New Year...*
- *We share soup jomou every New Year...*
- *We do it every January 1st of every New Year in order to remember our past, our struggle for freedom, and our ongoing fight to remain free.*

Eating this soup on New Year's Day is a tradition passed on from generation to generation to celebrate Haitian Independence Day every first of January. On this day, families across Haiti sit down to have a bowl soup jomou, a traditional thick and hardy Haitian soup made of pumpkin, beef, and rice. What better way to celebrate the New Year than with the very soup that we were not allowed to drink as slaves? The most important New Year Celebration in Haitians history is New Year's Day, January 1, 1804. We fought for nearly thirteen years before this day so that we could initiate this symbol of freedom for all slaves all over the world. Before 1804, A Haitian slave was not allowed to touch jomou, a delicious and aromatic pumpkin that was a favorite for her

Ingredients:

- ☉ 1 lb corned beef or beef stew meat
- ☉ water
- ☉ 1 1/2 lbs pumpkin, peeled & diced
- ☉ 2 turnips, diced
- ☉ 1 small onion, finely chopped
- ☉ 1 sprig parsley
- ☉ 1 sprig thyme
- ☉ 3 garlic cloves, crushed
- ☉ 1 cup milk
- ☉ 1/8 teaspoon nutmeg
- ☉ 1 tablespoon butter
- ☉ 3/4 cup rice, washed (uncooked, not instant)
- ☉ salt
- ☉ 3/4 teaspoon pepper
- ☉ 2-4 teaspoons butter

Directions:

- ☉ In a saucepan, cover beef generously with water and boil over medium low heat, partially covered for 1 hour.
- ☉ Drain and chop beef into bite-sized pieces.
- ☉ In a saucepan, bring 4 cups of water to a boil; add pumpkin, turnips, beef, onions, parsley, thyme, and 2 cloves garlic.
- ☉ Simmer until pumpkin is tender (15 minutes).
- ☉ Discard parsley and thyme.
- ☉ Transfer pumpkin to food processor with 1/4 cup stock and puree.
- ☉ Return to saucepan and heat through.
- ☉ Add milk, nutmeg, butter, and rice; cook until rice is tender (15-20 minutes).
- ☉ Season with salt and pepper, and mix in remaining garlic.
- ☉ Serve hot with a little butter in each bowl.

Serves 4



HEALTH CORNER



Hypoglycemia from www.nlm.nih.gov

Overview

Hypoglycemia, also known as low blood sugar or insulin shock, is a condition that occurs when your blood sugar (glucose) is too low.

Causes

Hypoglycemia occurs when:

- Your body's sugar (glucose) is used up too quickly
- Glucose is released into the bloodstream too slowly
- Too much insulin is released into the bloodstream

Insulin is a hormone that reduces blood sugar. It is produced by the pancreas in response to increased glucose levels in the blood.

Hypoglycemia is relatively common in persons with diabetes. It occurs when:

- You take too much insulin or diabetes medicine
- You don't eat enough food
- You suddenly increase your exercise without increasing the amount of food you eat

Relative hypoglycemia is a fairly common condition in which a newborn's blood sugar is low. Babies born to mothers with diabetes may have severe hypoglycemia.

Idiopathic hypoglycemia is hypoglycemia that occurs without a known cause. People with this type of hypoglycemia do not have diabetes.

Hypoglycemia may also be caused by:

- Ingestion of alcohol
- Insulin-secreting tumor of the pancreas
- Liver disease

Symptoms:

- Cold sweats
- Confusion
- Convulsions
- Coma
- Double vision or blurry vision
- Fatigue
- General discomfort, uneasiness, or ill feeling
- Headache
- Hunger
- Irritability (possible aggression)
- Nervousness
- Rapid heart rate
- Trembling

Other Symptoms:

- Decreased alertness
- Different size pupils
- Dizziness
- Excessive sweating
- Fainting
- Hallucinations
- Memory loss
- Muscle pain
- Paleness
- Pounding heartbeat (heartbeat sensations)
- Sleeping difficulty

(Continued on Facing Page)



HEALTH CORNER



Hypoglycemia (Continued from facing Page)

Tests and Diagnosis

To diagnose hypoglycemia, doctors use Whipple's triad, a diagnostic approach named after the American surgeon Allen Whipple. Whipple's triad includes the following factors:

- Signs and symptoms of hypoglycemia. A patient may not exhibit signs and symptoms of hypoglycemia during their initial visit. In this case, a patient may be asked fast overnight. This will allow hypoglycemic symptoms to occur so that the doctor can make a diagnosis. It's also possible that you'll need to undergo an extended fast in a hospital setting. Or, if symptoms occur after a meal, a doctor will want to test glucose levels after a meal.
- Documentation of low blood glucose when the signs and symptoms occur. A doctor will draw a sample of blood to be analyzed in the laboratory.
- Disappearance of the signs and symptoms. The third part of the diagnostic triad involves whether signs and symptoms go away when blood glucose levels are raised.

In addition, a doctor will likely conduct a physical examination and review the patient's medical history. Home monitoring of blood sugar will show readings lower than 50 mg/dL and serum glucose test will be low.

Treatment

Treatment depends on the cause.

In people with diabetes who take medication that lowers blood sugar, a snack or drink containing sugar will raise the blood glucose level. A patient should try to drink no more than 4 ounces of juice or sugar soda and should see an immediate improvement in symptoms. If they do not, they should check blood sugar and repeat after 15 minutes. Overtreatment of low blood sugar can cause problems with high blood sugar in people with diabetes. Persons with severe hypoglycemia are treated with glucose injections or the hormone glucagon. Immediate treatment is needed to prevent serious complications or death.

A doctor may tell a patient to change their diet in order to get more even amounts of glucose into their body throughout the day. This may prevent further episodes of low blood sugar. They may be told to eat small, frequent meals with complex carbohydrates, fiber, and fat and to avoid simple sugars, alcohol, and fruit juice. They should also eat meals at regular intervals, and balance extra exercise with extra food.

If hypoglycemia is caused by an insulinoma (insulin-secreting tumor), surgery to remove the tumor is the best treatment.

Complications

Untreated, hypoglycemia from too much insulin can lead to loss of consciousness and coma. Severe hypoglycemia is a medical emergency that may result in seizures and permanent damage to the nervous system if not treated. Severe hypoglycemia that results in unconsciousness is also called insulin shock. A patient should learn to recognize the early warning signs of hypoglycemia and treat themselves quickly and appropriately.

A person should go to the emergency room immediately or call a local emergency number (such as 911) if early signs of hypoglycemia do not improve after they've eaten a snack containing sugar. Get immediate medical help if a person with diabetes or a history of hypoglycemia loses alertness or if you can't wake them up.

Prevention

Patients who have diabetes should follow their doctor's advice regarding diet, medications, and exercise. Patients with a history of hypoglycemia should keep a snack or drink containing sugar available at all times to take as soon as symptoms appear. If symptoms do not improve in 15 minutes, they should eat more food. A glucagon kit is available for those who have episodes of hypoglycemia that don't respond well to other types of treatment.



**EACH ONE.
REACH ONE**

**Ways to help others
here and in Haiti**

Recycle4Haiti

Information furnished by Carolyn Pompilus

The Recycle4Haiti Foundation, Inc. is the creation of Haitian Cultural Club's (HCC) own Carolyn Pompilus, a Florida A&M University student majoring in Pre-Dentistry/Sociology. On January 12, 2010 a horrifying 7.2 earthquake hit Haiti, which led the world to take the time to help in its desperate need of aid. Recycle4Haiti Foundation, Inc gathered support from citizens, businesses, government officials to help the Haitian people in any way, shape, or form. As a Haitian-American with a vision of how to save the planet and save lives, she founded Recycle4Haiti Foundation, Inc. and created the website www.Recycle4Haiti.moonfruit.org and the Facebook page Recycle4Haiti Foundation Inc.



From this organization's inception, the mission of Recycle4Haiti Foundation Inc. has been to recycle materials such as cell phones, bottles, clothes, and metals. With hopes that recycling these items could lead to a better world environmentally and communally, all profit received from the recycled items will benefit the Haitian people and their surroundings. In the Tallahassee area, Recycle4Haiti focuses on recycling metal cans. They have partnered with many organizations, including HCC and Students Saving Haiti. Recent activities in the Tallahassee area include recycling cans collected by HCC officers, members, and friends; partnering with the FAMU library system to collect cans at the libraries; and the Can\$ 4 Haiti collection event held on November 20 at the Home Depot on Capital Circle N.E.

For more information and to find out how you can help this worthwhile cause, go to www.recycle4haiti.moonfruit.com. Click on the "Contact" link to contact the organization. On Facebook, go to and "Like" Recycle4Haiti Foundation Inc.



EACH ONE. REACH ONE

Ways to help others
here and in Haiti



The MLK Day of Service - January 17, 2011

from mlkday.gov



Dr. Martin Luther King Jr. once said “Life's most persistent and urgent question is: ‘What are you doing for others?’” Each year, Americans across the country answer that question by coming together on the King Holiday to serve their neighbors and communities. The MLK Day of Service is a part of United We Serve, the President’s national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. January 17, 2011 will mark the 25th anniversary of the Martin Luther King, Jr. federal holiday. This milestone is a perfect opportunity for Americans to honor Dr. King’s legacy through service. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King’s vision of a beloved community.

What is the Martin Luther King, Jr. Day of Service?

After a long struggle, legislation was signed in 1983 creating a federal holiday marking the birthday of Rev. Dr. Martin Luther King, Jr. The federal holiday was first observed in 1986, making 2011 the 25th anniversary of the King federal holiday. In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service - “a day on, not a day off”. The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a ‘Beloved Community.’”

Why Serve on MLK Day of Service?

Dr. King believed in a nation of freedom and justice for all, and encouraged all citizens to live up to the purpose and potential of America by applying the principles of nonviolence to make this country a better place to live - creating the Beloved Community. On the 25th anniversary of the King Federal Holiday, we still have work to do to realize Dr. King’s dream. MLK Day of Service is the perfect time for Americans to answer Dr. King’s challenge to do something for others. Just as Dr. King set big goals and focused relentlessly on results, we need sustained citizen action to address today’s social challenges. The MLK Day of Service is a way to transform Dr. Martin Luther King, Jr.’s life and teachings into community action that helps solve social problems. That service may meet a tangible need, or it may meet a need of the spirit. On this day, Americans of every age and background celebrate Dr. King through service projects that strengthen communities, empower individuals, bridge barriers, and create solutions.

What Types of Service Are Encouraged?

All types of service are encouraged, particularly projects that connect participants to ongoing service throughout the year, have a lasting impact, and are helping to bring about community solutions. Service projects are often more meaningful to participants if they connect to the life and teachings of Dr. King and include time to reflect upon his life and teachings.

How can I serve on MLK Day?

People of all ages, backgrounds, and abilities can get involved. Just fill in your interest area and zip code in the Find a Project box at mlkday.gov/serve/find.php to locate a volunteer opportunity in your community or plan your own project.



PUZZLE PAGE



New Year's Word Search

Easy word search puzzle game. Find the hidden words associated with the holiday.

C F U L D N O I S E M A K E R S F
 E B Y B X H M J R A B J K O I D Q
 L L Y A I L S I E Q I Z Y P G H H
 E E R F S R A E Y W E N J D D W P
 B C F Z T S N O I T U L O S E R P
 R C C C A A P S M R M G C R M A N
 A O B P H L X S V I N W C Q R I W
 T N P Q I K A I D A D A G A Y A O
 I F L X D N G K L L L N D C L T D
 O E Y R A U N A J E U E I P K O T
 N T V J B A C P N W S A H G T A N
 S T T G J K N D H E O Q B Q H S U
 S I Z W N L A Z I G C O L A S T O
 M D B D H R D T K C O L C L B S C
 F W O T F I R E W O R K S C B Y K
 Z S Y N E A M F G D E W H N M J C
 Y P P X P T I M E S S Q U A R E I

- AULD
- LANG
- SYNE
- BABY
- NEWYEAR
- CALENDAR
- CELEBRATION
- CLOCK
- CONFETTI
- COUNTDOWN
- FIREWORKS
- HATS
- JANUARY
- KISS
- MIDNIGHT
- NOISEMAKERS
- PARADE
- PARTIES
- RESOLUTIONS
- TIMESSQUARE
- TOASTS

