

# AfroPanamanian Newsletter



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Donation

## GET FIT



## Controversy

## Anecdotes

## Poetry

**LOS AMIGOS :**  
**Por la superación de la Etnia Negra**

A group of friends, in Panama, decided to join forces to work on the rescue of values, customs and cultural traditions bequeathed to us through our ancestors. These have been displaced by others, thus losing a large part of our Black Heritage. We are evaluating all these forgotten traditions and values and highlighting figures as examples for future generations.

***“For Black history to be done right, we must do it ourselves.” Edward Gaskin***

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The editor is not responsible for the opinions expressed by our collaborators

Cover Page: The stamp which appears on the cover was proposed to the Canal Zone Government by Mr. George W. Westerman (r.i.p.) accepted and issued in 1951 as a 10 cent postage stamp, used for years. Permission for its continuous use was given by his grandnephew, Cecil Reynolds.

***Editorial***

*Once again the pink and blue month, October, is here to remind you that you owe yourself a medical visit for your annual cancer check up.*

*Don't only wait for this month! Age, race, social status and other factors have proven not to be an obstacle for cancer, so you have to be alert and be one step ahead of it.*



***-Kindness is the language the blind can see and the deaf can hear.***

## FEEDBACK (from the September Newsletter)

<p>Thank you, Ines. Great job! I sent it to them (<i>the Small Bros.</i>) and family. Blessings from the Man Upstairs, Mario</p> <p>-----Good articles in the latest Afropanamanian newsletter. Keep up the good work, just love it. Robert</p>	<p>Hi Inez, Read your Newsletter yesterday and as usual it was loaded with interesting material. Keep up this important and vital work.</p> <p>Dr. Roland</p>
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**OPPORTUNITY** – Dear Courserians, (contributed by Robert Jackman)

Daphne, Andrew, and the Coursera team is thrilled to welcome 17 more universities — including four international schools — unto Coursera: View a full list of schools and courses [here](#).

<ul style="list-style-type: none"> <li>• <a href="#">Berklee College of Music</a></li> <li>• <a href="#">Brown University</a></li> <li>• <a href="#">Columbia University</a></li> <li>• <a href="#">Emory University</a></li> <li>• <a href="#">Hebrew University of Jerusalem</a></li> <li>• <a href="#">Hong Kong University of Science and Technology</a></li> <li>• <a href="#">Mount Sinai School of Medicine</a></li> <li>• <a href="#">Ohio State University</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">University of British Columbia</a></li> <li>• <a href="#">University of California, Irvine</a></li> <li>• <a href="#">University of Florida</a></li> <li>• <a href="#">University of London</a></li> <li>• <a href="#">University of Maryland</a></li> <li>• <a href="#">University of Melbourne</a></li> <li>• <a href="#">University of Pittsburgh</a></li> <li>• <a href="#">Vanderbilt University</a></li> <li>• <a href="#">Wesleyan University</a></li> </ul>
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These 17 universities will expand the course offerings even further, adding new classes in the fields of music, medicine, and humanities (among other disciplines) from renowned professors like [Arnold Weinstein](#) of Brown University and Grammy award winning [Gary Burton](#) from Berklee College of Music.

We are proud of the diversity of the course offerings — from "[The Science of Gastronomy](#)" from Hong Kong University of Science and Technology to "[Financial Engineering and Risk Management](#)" from Columbia University.

Many of these courses are pushing the boundaries of what was thought to be possible to teach online.

Working with schools, professors, and students over the past six months has taught us that online education has an incredible power to bring people together and open up doors that might otherwise remain shut. If you haven't already, read [Laura Cushing's first-person essay](#) of how online courses have given her the opportunity to learn more than she ever thought was possible.

We are deeply inspired by these stories — your feedback continues to help shape the evolution of our course experience.

We're learning along with you, and thank you for being part of this learning experience!

Happy learning!

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Have you started your Christmas shopping? Here is a hint (contributed by Rev. Roland Edwards)

Title: [Who Do You Say I Am?](#) (A Guide to Self-Discovery and Immortality) \$10.00 + \$2. S+H

Title: [There Is Always Enough](#) (Using the Law of Infinite Supply) \$10.00 + \$2. S+H

Title: [Siempre Hay Suficiente](#) (Usando la Ley de Provisión Infinita) \$10.00 + \$2. S+H

Please make out checks or money orders to: Christ Consciousness Centers ~ P.O. Box 495811 ~ Port Charlotte, FL 33949

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### ***Pre Summit***

*by Sandra Patterson*

*Preparations for the afrodescendants' pre summit that will be held, here in Panama, from October 24 to 27 are almost ready.*

*All activities, open to the public (free), will be held at the Hotel El Panama. Credentials will be given to national and international delegates on Wednesday 24, simultaneous conferences will be held at the hotel and at various university campuses*

## Our Gallery

### George Fisher

by Sandra Patterson

*George Fisher was one of those West Indian descendants first or second generation born in this country that ventured into the political scenario. He also was very active in youth activities at the Adventist and Methodist churches.*

*With other young bloods like himself, he helped form the Tercer Partido Nacionalista (Third Nationalist Party) and was elected assistant councilman to Lic Leroy Husband from 1960 to 1964. He was an active member of Local 907 where he served as Recording Secretary then became Labor Attaché at the Embassy of Panama in Washington, D.C.*

*In order to get support in the USA for the Torrijos-Carter treaty he displayed an outstanding part.*

*On the local scenery he held positions such as being the first Director of the Personnel Department of the Ministry of Foreign Relations; helped integrate the Emergency Plan created by General Omar Torrijos to provide jobs for people with no income and incorporated young governmental supporters into the diplomatic service.*

*In 1980 President Aristides Royo appointed him as Deputy Director of the Autoridad Portuaria Nacional (National Port Authority).*

*A believer in the revolutionary process that would change Panama, he was a foundation member of the Partido Revolucionario Democrático, PRD, its comptroller and administrator.*

*Some years have gone bye since George Fisher left us but his work serves as a model to be emulated by others.*

### Celebration of the Independence of Panama in Los Angeles October 2012 (Contributed by Luzmila George)

[http://www.youtube.com/watch?v=XAIAUK\\_vuSY](http://www.youtube.com/watch?v=XAIAUK_vuSY)

[http://www.youtube.com/watch?v=\\_kkjEMrQqrM](http://www.youtube.com/watch?v=_kkjEMrQqrM)

<http://www.youtube.com/watch?v=R6MY61LZ9r4>

<http://www.youtube.com/watch?v=1F-xN05hGSE>

<http://www.youtube.com/watch?v=vpvZ2uhKJQg>

[http://www.youtube.com/watch?v=jtN\\_FUpa8dw](http://www.youtube.com/watch?v=jtN_FUpa8dw)

<http://www.youtube.com/watch?v=-OzO8BExnU8>



### Olden Days Sayings

#### Types of rain

“**Bright and early**” this “**nia-nia rain**” falling, it want to come and it don't want to come. It just drizzling so, if it would just “**come down and done**”. A good “**downpour**” and done would leave space for me to go out and come back. On the other hand, we have these “**all day rains**” that go on from day to day during the months of October and November. We have had “**all day rain**” daily for up to 22 days at a time during those months. Rain in Panama falls from April/May to December. Patterns change, but it mostly rains in the evenings or early morning before the sun comes up. People get frustrated because, when they have to leave for work, it is raining. When time to “**knock off**” it's raining. (turn up the volume)

<http://www.koreus.com/video/perpetuum-jazzile-africa.html>

“**My head grow**” when I passed the graveyard. And that child “**point at the graveyard**”, now she carrying a ghost home. We have to “**back in the house**” to leave the ghost outside. To make sure the ghost won't bother you at night, “**sleep with your face to the mirror**”.

AUTHOR: MELVIN BROWN

It has been a long road, over 5 hundred years to be exact,  
this traveled road has it's challenges for this and future generations  
from the 24th of October thru the 28th delegates from around  
the globe were convened in Panama City

The first world summit in Honduras in 2011 has a follow up  
Second time around in Spain, so we need to get ready  
The pre-summit was a getting ready exercise and we all participated.  
People were glad, happy to see familiar faces

When details came available, those on the panel were sharp  
and proficient and the participants responded  
a excellent organizing effort on behalf of the committee  
even if my recollection is not complete, this is inclusive

Feel free to fill in the gaps, feel free to fill up empty spaces  
Feel free to remember... I remember the bundle carriers (*braseros*)  
taking gold from one end to the next of the *Camino de Cruces*,  
I remember the millions of lives that were lost

The Atlantic ocean became a burial ground, and the slave ships a funeral parlor  
They didn't register our ancestors by name, no --it was a cargo number  
An item, mothers, fathers, royalty, artesans and warriors taken captive  
An numbered, it has been a long road but we don't forget

We remember the transoceanic railroad project 1850 – 1855,  
We remember the water boys and the brick layers in *Catedral*,  
We remember the divers that went down time and time again for pearls  
and the dust from the mines, and the diggers of the Canal

We remember that not long ago we were forbidden citizens  
and were not counted until months ago,  
we could not speak English without being attacked  
now, English is the second language in the country recognized by law,  
call centers demand English speaking workers who are grammatically correct

That bring us back to Rio Abajo, *Calidonia*, *Juan Diaz* and the struggle in Darien,  
*Bastimentos*, Long Iron, *La Palma* and Silver City,  
communities built with effort and tenacity.

We recognize *Palenque*, *Costa Arriba*, *Barrio Nuevo* and *La Playita* in this literary effort

I can't put everything down, but this poem is inclusive, feel free to fill the gaps;  
for example, I remember the Garifunas struggle for title of the land,  
similar struggles taking place in Colombia, Brazil and Ecuador  
What a revelation! the diaspora has identity in matters of struggle and rights

If the night is quiet the voices of the unmarked tombs escalate from whispers to a scream,  
this one grabbing the next from villages and breaking up the homes  
right now as we speak, tribal differences, who clear and who dark,  
who tall and the next one short, we must learn the lessons from the past and get it right.

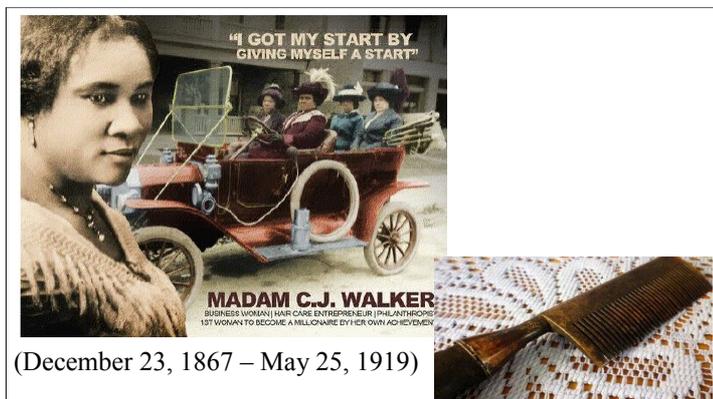
People of African Ancestry coming together as a nation is a must in the process,  
that is a key note in the pre-summit process

It is truth we have a Inclusive plan, programs and projects  
The CONEN is a institutional jewel and now we have the proposal of a law

Yes we have a Executive Secretary adscribed to the Ministry of the Presidency  
and friends that willing to help, but all of that goes along  
with lessons learned in this long road, in this journey  
That started over 5 hundred years.

## Going Back into History

by Sandra Patterson



► *C. J. Walker (pressing grease):*  
*What we did not tell you about C. J. Walker (Feb. 2011) is that she was the first African-American millionaire. She made her fortune with products for black women, made by her own company.*

*Her parents were at a plantation but of their six siblings she was the first to be born in freedom after the Emancipation Proclamation was signed.*

➤ *Sara Boone:*

*A well padded and manageable ironing board are key notes for neatly ironed clothes specially for delicate, narrow ones.*

*As this task was done by women, it took a woman to invent a device that would help her do a better job. Sarah Boone received a patent on April 26, 1892 for a device that is the predecessor of our today's ironing board.*

➤ **Things that are disappearing:** *(received on the e-mail, could be a shot in the foot for the Newsletter, since we depend on technology for distribution)*

**Believe it or not, the following things are rapidly disappearing. Whether these changes are good or bad depends in part on how we adapt to them.**

### The Newspaper

Since the younger generation simply doesn't read the newspaper they certainly don't subscribe to a daily delivered printed edition. That may go the way of the milkman and the laundry man. As for reading the paper online, get ready to pay for it. The rise in mobile Internet devices and e-readers has caused all the newspaper and magazine publishers to form an alliance. They have met with Apple, Amazon, and the major cell phone companies to develop a model for paid subscription services.

**The Book**  
 You say you will never give up the physical book that you hold in your hand and turn the literal pages.



The same thing can be said about downloading music from iTunes. Wanting a hard copy CD. But then it make no sense since albums can be obtained for half the price without ever leaving home to get the latest music. The same thing will happen with books. You can browse a bookstore online and even read a preview chapter before you buy. And the price is less than half that of a real book. And think of the convenience! Once you start flicking your fingers on the screen instead of the book, you find that you are lost in the story, can't wait to see what happens next, and you forget that you're holding a gadget instead of a book.



## A Good Conversation With God!

Me: God, can I ask you a question?

God: Sure.

Me: Promise you won't get mad?

God: I promise.

Me: Why did you let so much stuff happen to me today?

God: What do you mean?

Me: Well, I woke up late.

God: Yes.

Me: My car took forever to start.

God: Okay.

Me: At lunch they made my sandwich wrong and I had to wait.

God: Hmm.

Me: On the way home my phone went dead just as I picked up a call.

God: Okay.

Me: And on top of all that, when I got home I just wanted to soak my feet in my new foot masseur and relax, but it wouldn't work!!! Nothing went right today! Why did you do that?

GOD: I didn't let your car start because there was a drunk driver on your route that would have hit you if you were on the road.

Me: (ashamed)

God: The person who made your first sandwich today was sick and I didn't want you to catch what he has. I knew you couldn't afford to miss work.

Me: (embarrassed): Ok..

God: Your phone went dead because the person who was calling was going to give false witness about what you said during that call. I didn't even let you talk to them so that you would be covered.

Me: (softly) I see, God.

God: Oh, and that foot masseur had a short that was going to throw out all of the power in your house tonight. I didn't think you wanted to be in the dark.

Me: I'm sorry God.

God: Don't be sorry, just learn to trust me in all things, the good and the bad.

Me: I will trust you.

God: And don't doubt that MY plan for your day is always better than your plan.

Me: I won't, God. And let me just tell you God, thank you for everything today.

God: You're welcome, child. It was just another day being your God, and I love looking after my children.

*God did a lot of that on 9/11*

## Breast Cancer: Cell Mutation Caused by Toxins.

The main cause of breast cancer is the use of anti-perspirant! Yes, anti-perspirant. Most of the products on the market are a combination of anti-transpirants/deodorants. Look at the labels! Deodorant is fine, antiperspirant, NO.

The concentration of toxins causes cell mutation: cancer.



The human body only has a few areas where toxins can be eliminated: behind the knees, behind the ears, the area of the groin and the armpits. Toxins are eliminated through perspiration. The anti-perspirant, as the name states, prevents perspiration, therefore prevents the body from eliminating toxins through the armpits. These toxins do not magically disappear. As the armpits do not sweat, the body deposits the toxins in the lymph glands found under the arms. Most breast cancers occur in the upper quadrant of the breast area. Precisely where the glands are. In men, Breast Cancer seems to occur to a lesser extent, but they are not without Breast Cancer which developed because of an anti-perspirant they used instead of soap and water. The difference lies in the fact that when men use anti-perspirant, it is not applied directly to the skin, it mainly falls on the hair of the armpits.

Women who apply anti-perspirant after shaving or plucking their armpits, increase the risk due to tiny wounds and irritations of the skin, which permit harmful chemicals to penetrate more quickly into the body.

### *Cancer*

*by Sandra Patterson*

*Cancer, a known illness for several centuries, after so many years it seems that scientists have not found a medical cure for it. There is another source that states that there is a cure. Which one to believe depends on your knowledge and attitude towards the sickness.*

*There are so many types and forms of cancer that makes it impossible to have a cure for each and everyone. Two people may have cancer of the same organ but the type and forms of the cells in each one may be different; that makes the medical treatment unlikely the same.*

*Probably the best way to keep cancer away is to eat healthy, do not overwork your body but keep it in shape, sleep well, think positively, have a clean mind and don't overdo anything, visit your doctor and yes, try alternative medicine, it worked for our ancestors, so why not for you?.*

### CANCER PREVENTION

*by Ines V. Sealy*

Cancers appear in all parts of our bodies, according to scientists, nutrition and anti-cancerous agents dwell in the foods we eat, thus, try to eat your foods as naturally prepared as possible to live a healthy life. Keep your bowels regular and free.

If we think back, our parents ate a lot of yam and yucca (better known as ground food) sweet potato, otee, yampi, dashing, green banana, plantain, bread fruit and bread nut, beans, corn, fruits, vegetables: spinach, cabbage, okra, mustard leaves, the young leaves of the otee plant, kala loo, carrots, beets. Peas: bonnabis, red peas, gungu peas, lentils, split peas, etc. Coconut: in milk, in oil, in soups, in rice, in seafood, you name it. The scientists now call these foods fiber.

There are dressings: ginger, tumeric, pepper, curry, etc.