



DIVERSITY COUNCIL MISSION STATEMENT

There are over 330 million people in the United States of America and everyone is diverse in their own way. At Carisk, we celebrate everyone's uniqueness.

Carisk Partners will be leaders by continuing to embrace the differences of its team members to expand its competitive edge; while promoting a diverse and inclusive environment through our commitment to education both internally and externally. We will leverage our unique capacity as change agents to strengthen our relationships with our Carisk team members, and with the communities and business partners we all serve.

Carisk Partners is proud of the diversity of its company's members, irrespective of genetic information, race, color, religion, age, sex, range of abilities, gender identity and expression, sexual orientation, marital status, national origin, or veteran's status.

We will strive to do well by doing good.



"I have always loved meeting new people from different backgrounds. It was always intriguing to me to hear someone else's "story". It is my strong belief that people and organizations make better decisions when they have diversity of thoughts. Each of us bring our life experiences into all we do. Everyone's life experiences generally created a perspective, whether consciously or unconsciously. Having a diverse workplace only strengthens the paths we choose to take."

—Joseph Berardo, Jr., Chairman and CEO

ACKNOWLEDGMENTS

Welcome to Carisk Kaleidoscope's 2023 summer edition. The Council wishes every Carisk Family member and their loved ones a fantastic fun filled summer. Our 2nd edition started on a very high note, as we welcome two new Council members, Anne Lepre and Peter Halas.

We continue with Allen's "Exceptional Women Series", featuring Sally Ride, the first woman in space, the first acknowledged gay astronaut, and the first out LGBTQ person to appear on US currency.

Bob presented Did You Know? and contributed to our Pride page.

David gave us the Diversity Poster and the first link on the Pride page.

Global Day of Parents, Survival Corner, Memorial Day and the Positivity Poster are courtesy of Diane. She also contributed towards Our Stamp Collection and Health Arena.

Shannon added content to our Movers and Shakers segment.

Sunita provided the colorectal cancer topic to our Health Arena.

It has been a pleasure having the CiC and Surgical Implants interns join the Diversity Council meetings. Thank you Sally and PJ for making them available.

Thank you CK planning committee (Bob, Diane, Lori & Sunita), as well as all Council members for all of your collaborations which include our serious conversations, light hearted banter, and participation in our Council meetings. Great job by all. See you in the fall!



Anabel

CONTENTS

Acknowledgments	1	Juneteenth.	10
Our Culture, Our Identity.	2	Independence Day	11
Members of the Diversity Council	3	Diversity Poster.	12
Welcome Alcove.	4	Health Arena	13
The Talk	5	Survival Corner	14
Asian American and Pacific Islander Heritage Month	7	Did You Know?	14
Jewish Heritage Month	7	Our Stamp Collection	15
Mental Health Awareness Month	8	Positivity Poster	16
Memorial Day	9	Movers and Shakers.	17
Global Day of Parents	9	Carisk Café.	18
June is Pride Month	10	References.	19

OUR CULTURE, OUR IDENTITY



Our culture, our tradition, our language are the foundations upon which we build our identity.

My culture is my identity and personality. It gives me spiritual, intellectual and emotional distinction from others. I am proud of it.

Culture has become one of the last elements of our identity, we have to act in favor of cultural diversity abroad as well as at home, we need a strong cultural diploma but we have to create it.

We may have different religions, different languages, different colored skin, but we all belong to one human race.

People without the knowledge of their past history, origin and culture are like a tree without roots. Our culture, our heritage, our identity-
EMBRACE IT.

Keith Muth 

MEMBERS OF THE DIVERSITY COUNCIL



LEADER OF THE DIVERSITY COUNCIL

Anabel Rawlins

Provider Relations Specialist
Miami, FL

"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color." – Maya Angelou



Jen Andrews

Executive Assistant
Remote

"The beauty of the world lies in the diversity of its people." –Unknown



Sally Balioni

VP of Sales, CiC
Wall, NJ

"You cannot change what you are, only what you do."



Brian DeNichilo

System Administrator
Florham Park, NJ

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite." –Nelson Mandela



Shannon Ehrola

Director, Brand Creative
Wall, NJ

"The beauty of the world lies in the diversity of its people." –Unknown



Peter Halas

Surgical Implant Management
Wall, NJ

Diversity and inclusion were issues I never focused on because they were part of my every day life through sports and interactions with people of every race/religion/creed etc. Now, as the proud parent of a daughter with Down Syndrome diversity and inclusion are at the fore of everything we do trying to find places for everyone to be accepted and valued as they are.



Lori Height

Executive Sales Assistant
Wall, NJ

Promoting a community of acceptance and belonging



Anne Lepre

Sales Executive
Wall, NJ

"In diversity there is beauty and there is strength" –Maya Angelou



Sunita Mathur

Claim File Coordinator
Florham Park, NJ

"Our ability to reach unity in diversity will be the beauty and the test of our civilization." –Mahatma Gandhi



Diane Nicolo

Vice President of Administration
Remote

"Every person is a new door to a different world"



Robert Post

Senior Vice President of Strategic Initiatives, Human Resources and Training
Resources and Training | Florham Park, NJ

"We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams." –Jimmy Carter



Michael Rydman

Senior Vice President, Sales
Benicia, California

"All men are created equal" –Thomas Jefferson, 1776



Allen Spokane

Chief Technology Officer
Florham Park, NJ

"Nobody Wins Unless Everybody Wins" – Bruce Springsteen



Michele St. Preux

Provider Relations Coordinator
Florham Park, NJ

"Our diversity is our strength. What a dull and pointless life it would be if everyone was the same." –Angelina Jolie



Michael Vialonga

Sales Associate
Wall, NJ

"We cannot change the world, until we change ourselves." – Anonymous



David Vittoria

Chief Behavioral Health Officer
Miami, FL

"Our diversity is the one thing we all have in common."



WELCOME ALCOVE

Carisk Partners welcomes our ten new team members who joined us in Q2, 2023. We wish them the best of luck for a great and long-term working association. All the best in their new positions.

- **Brian Hebert** is Carisk's first Vice President of Clinical Operations and Quality Management, reporting to Dr. Alana Letourneau, our Chief Clinical Strategy Officer. Brian, who is a Registered Nurse, previously worked for one of Carisk's key competitors.
- **Dan Sheehy** is joining Carisk as the newest member of the Outcomes Sales Team, reporting to Tom Downey, Carisk's Executive Vice President of Sales. Dan was a Senior Account Sales Manager at one of the largest Workers' Compensation managed care organizations.
- **Danisbel Rojas Rios** is our newest Software Engineer, reporting to Humberto Moya, Vice President of IT. Danisbel has vast experience as a Web developer, previously working at a software development company.
- **Farah Sabr** and **Pamela Dubis** are our newest Care Coordinators, reporting to Soirene Delgado (Pamela) and Kevin Glennon (Farah), Managers of Care Coordination. Both are nurses with extensive case management backgrounds.
- **Lori Terraciano** is rejoining us, as our newest Staff Account reporting to Karina Araujo, Supervisor of Accounting. She brings a wealth of accounting experience, including her 9 years with Atlantic Imaging and Carisk.
- **Madison Berardo** is joining Carisk as a Regional Account Executive, reporting to Sally Balioni, Vice President of CiC Sales. Prior to joining Carisk, Madison was a Senior Client Manager at Cigna.
- **Madisson Saucedo** is joining us as a Billing Specialist, reporting to Dalila Garay, Director of Operations. Prior to joining Carisk, Madisson worked as a temporary employee in our Miami office.
- **Maiivah York** is joining Carisk as a Mailroom Coordinator, reporting to Rachel Browne, Director of Claims and Office Operations. Maiivah's background includes customer-facing positions in the retail and medical office environments.
- **Natasha Charleston** is a new Behavioral Health Specialist in our Carisk Outcomes division, reporting to David Vittoria, Carisk's Chief Behavioral Health Officer. Natasha is a Crisis Counseling Professional, Critical Incident Stress Management expert, Trauma Therapist, and Certified Rehabilitation Counselor, who specializes in supporting patients dealing with the emotional effects of their workplace injuries.

Brian, Dan, Danisbel, Fara, Lori, Madison, Madisson, Maiivah, Natasha, and Pamela, best of luck to all of you and welcome to the Carisk Family! 🤝

THE TALK

Featuring Topics On Diversity, Equity And Inclusion
Which Trigger Thought And Conversation



Bernard Marr, Forbes Contributor

The Problem With Biased AIs (and How To Make AI Better)

AI has the potential to deliver enormous business value for organizations, and its adoption has been sped up by the data-related challenges of the pandemic. Forrester estimates that almost [100% of organizations will be using AI by 2025](#), and the artificial intelligence software market will reach \$37 billion by the same year.

But there is growing concern around AI bias — situations where AI makes decisions that are systematically unfair to particular groups of people. Researchers have found that AI bias has the potential to cause real harm.

I recently had the chance to speak with Ted Kwartler, VP of Trusted AI at DataRobot, to get his thoughts on how AI bias occurs and what companies can do to make sure their models are fair.

Why AI Bias Happens

AI bias occurs because human beings choose the data that algorithms use, and also decide how the results of those algorithms will be applied. Without extensive testing and diverse teams, it is easy for unconscious biases to enter machine learning models; then AI systems automate and perpetuate those biased models.

For example, a [US Department of Commerce study](#) found that facial recognition AI often misidentifies people of color. If law enforcement uses facial recognition tools, this bias could lead to wrongful arrests of people of color.

Several mortgage algorithms in financial services companies have also consistently charged Latino and Black borrowers higher interest rates, according to a [study by UC Berkeley](#).

Kwartler says the business impact of biased AI can be substantial, particularly in regulated industries. Any missteps can result in fines, or could risk a company's reputation. Companies that need to attract customers must find ways to put AI models into production in a thoughtful way, as well as test their programs to identify potential bias.



ADOBE STOCK

What Better AI Looks Like

Kwartler says “good AI” is a multidimensional effort across four distinct personas:

- **AI Innovators:** Leaders or executives who understand the business and realize that machine learning can help solve problems for their organization
- **AI Creators:** The machine learning engineers and data scientists who build the models
- **AI Implementers:** Team members who fit AI into existing tech stacks and put it into production
- **AI Consumers:** The people who use and monitor AI, including legal and compliance teams who handle risk management

“When we work with clients,” Kwartler says, “we try to identify those personas at the company and articulate risks to each one of those personas a little bit differently, so they can earn trust.”

Kwartler also talks about why “humble AI” is critical. AI models must demonstrate humility when making predictions, so they don’t drift into the biased territory.

Kwartler told [VentureBeat](#), “If I’m classifying an ad banner at 50% probability or 99% probability, that’s kind of that middle range. You have one single cutoff threshold above this line, and you have one outcome. Below this line, you have another outcome. In reality, we’re saying there’s a space in between where you can apply some caveats, so a human has to go review it. We call that humble AI in the sense that the algorithm is demonstrating humility when it’s making that prediction.”

Why It’s Critical to Regulate AI

According to DataRobot’s [State of AI Bias report](#), 81% of business leaders want government regulation to define and prevent AI bias.

Kwartler believes that thoughtful regulation could clear up a lot of ambiguity and allow companies to move forward and step into the enormous potential of AI. Regulations are particularly critical around high-risk use cases like education recommendations, credit, employment, and surveillance.

Regulation is essential for protecting consumers as more companies embed AI into their products, services, decision-making, and processes.

How to Create Unbiased AI

When I asked Kwartler for his top tips for organizations that want to create unbiased AI, he had several suggestions.

The first recommendation is to educate your data scientists about what responsible AI looks like, and how your organizational values should be embedded into the model itself, or the guardrails of the model.


Additionally, he recommends transparency with consumers, to help people understand how algorithms create predictions and make decisions. One of the ongoing challenges of AI is that it is seen as a “black box,” where consumers can see inputs and outputs, but have no knowledge of the AI’s internal workings. Companies need to strive for explainability, so people can understand how AI works and how it might have an impact.

Lastly, he recommends companies establish a grievance process for individuals, to give people a way to have discussions with companies if they feel they have been treated unjustly.

How AI Can Help Save the Planet

I asked Kwartler for his hopes and predictions for the future of AI, and he said that he believes AI can help us solve some of the biggest problems human beings are currently facing, including climate change.

He shared a story of one of DataRobot’s clients, a cement manufacturer, who used a complex AI model to make one of their plants 1% more efficient, helping the plant save approximately 70,000 tons of carbon emissions every year.

But to reach the full potential of AI, we need to ensure that we work toward reducing bias and the possible risks AI can bring. 




ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH

MAY 2023

Asian American and Pacific Islander Heritage Month is observed in the United States during the month of May, and recognizes the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States. This year we take a look at an extraordinary man who broke barriers, achieved the highest honors in the film industry and left behind a legacy.

He survived the reign of terror from the [Khmer Rouge](#) in his native Cambodia, Haing S. Ngor (c. 1947–1996) became known for his role in the 1984 film, *The Killing Fields*, which told of atrocities in Cambodia. Although a physician, not an actor, he won the Academy Award for Best Supporting Actor for the film. Until his tragic death, Ngor was a human rights activist, using his fame and income to help refugees, and to tell the story of the devastation experienced by his people.

Please follow the link to learn more about this remarkable man. [His Story and Legacy](#) 



JEWISH HERITAGE MONTH

May 2023



In order to honor the Jewish communities' continued achievements, May was declared as Jewish American Heritage Month by former president George W. Bush back in 2006.

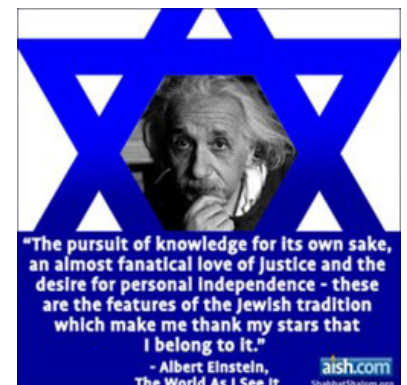
The month of May was chosen due to the highly successful celebration of the 350th Anniversary of American Jewish History in May 2004, which was organized by the Commission for Commemorating

350 Years of American Jewish History. This coalition was composed of the Jacob Rader Marcus Center of the American Jewish Archives, the American Jewish Historical Society, the Library of Congress and the National Archives and Records Administration.

From contributing important scientific discoveries to raising the flag for the abused and neglected, the Jewish community has had a huge role to play in where America stands today on the world stage. The more than 350-year history has given us names like Albert Einstein and Ruth Bader Ginsburg — both of whom fought through hard times to emerge victoriously.

On May 5, we featured the [Blue Square Campaign](#) ('Stand up to Jewish Hate') and became intrigued by the person behind the message. His name is Robert Kraft, billionaire owner of the New England Patriots. He is also a philanthropist responsible for the largest donation in the history of Massachusetts General Hospital to support community health and health equity.

Please visit the link to learn more. [Robert Kraft Supports Health Equity](#) 





MENTAL HEALTH AWARENESS MONTH

Suicide rises to 11th leading cause of death in the US in 2021, reversing two years of decline

By Deidre McPhillips, CNN

Published 12:11 AM EDT, Thu April 13, 2023

The suicide rate in the United States returned to a near-record high in 2021, reversing two years of decline, according to a report released Thursday by the US Centers for Disease Control and Prevention.

Final data for the year shows that suicide was the 11th leading cause of death nationwide, with more than 14 deaths for every 100,000 people. The death rate has increased 32% over the past two decades, and the 4% jump between 2020 and 2021 was the sharpest annual increase in that timeframe.

Suicide was the second leading cause of death for people ages 10 to 34 and fifth for people ages 35 to 54.

The suicide death rate was four times higher among men than women in 2021, CDC data shows, as it has been in many years prior. Rates increased significantly for men of most ages between 2020 and 2021 but were relatively unchanged for women of most ages, except for a significant rise among those 75 and older.

Rates were highest among American Indian people – about twice as high as average for men and three times as high for women – and rates spiked about 17% between 2020 and 2021. Rates also increased significantly for Black and White men and women. Another report published Thursday by the CDC shows that adolescents were the age group most likely to visit the emergency department for suicidal thoughts in recent years.

In general, males face a higher risk of suicide, but among younger age groups, females are more likely to visit the emergency department for suicidal ideation.

Children are facing increasing mental health challenges, with significant shares of both teen girls (57%) and boys (29%) saying they felt persistently sad or hopeless in 2021. Nearly 1 in 3 teen girls said they seriously considered attempting suicide, a recent CDC [survey](#) found.

But growing demand for services is matched with a nationwide [shortage](#) of beds for children who need mental health help, leaving many children waiting in emergency department beds and crowded hospitals.

Please visit the links for related articles.

[US-Mental Health Crisis](#)

[Children and Mental Health](#) 





MEMORIAL DAY

May 29, 2023

Freedom Isn't Free

I watched the flag pass by one day,
It fluttered in the breeze.
A young Marine saluted it.
And then he stood at ease.
I looked at him in uniform
So young, so tall, so proud,
With hair cut square and eyes alert
He'd stand out in any crowd.
I thought how many men like him
Had fallen through the years.
How many died on foreign soil?
How many mothers' tears?
How many pilots' planes shot down?
How many died at sea?
How many foxholes were soldiers graves?
No freedom isn't free.
I heard the sounds of TAPS one night,
When everything was still
I listened to the bugler play
And felt a sudden chill.
I wondered just how many times
That Taps had meant "Amen."
When a flag had draped a coffin
Of a brother or a friend.
I thought of all the children
Of the mothers and the wives
Of fathers, sons and husbands
With interrupted lives.
I thought about a graveyard
At the bottom of the sea or unmarked graves in Arlington.
No, freedom isn't free.
Enjoy your Freedom and God Bless our Troops.

Unknown 



GLOBAL DAY OF PARENTS

June 1, 2023

WHEN PARENTS GET OLD ...

Let them grow old with the same love that they let you grow ...
Let them speak and tell repeated stories with the same patience and interest that they heard yours as a child ...
Let them overcome, like so many times when they let you win ...
Let them enjoy their friends just as they let you ...
Let them enjoy the talks with their grandchildren, because they see you in them ...
Let them enjoy living among the objects that have accompanied them for a long time, because they suffer when they feel that you tear pieces of this life away ...
Let them be wrong, like so many times you have been wrong and they didn't embarrass you by correcting you ...
LET THEM LIVE and try to make them happy the last stretch of the path they have left to go; give them your hand, just like they gave you their hand when you started your path!

The Anxiety Eire 



JUNE IS PRIDE MONTH

June is Pride Month and across the world there are celebrations and commemorations to recognize all who identify as LGBTQ and their allies. This month-long celebration demonstrates how LGBTQ individuals have strengthened our world, by using their talent and creativity to help create awareness and goodwill. The first Pride March in New York City was held on June 28, 1970, on the one-year anniversary of the [Stonewall Uprising](#).

This year we celebrate Pride Month by showcasing [Sally Ride](#) in our Exceptional Women Series. She was the first woman in space, the first acknowledged gay astronaut, and the first out LGBTQ person to appear on US currency, as part of the new American Women Quarters.

We also commemorate the great British mathematician, computer scientist, logician, cryptanalyst, philosopher and theoretical biologist- [Alan Turing](#), who was convicted of the crime of “gross indecency,” and ultimately died by suicide. 🏳️‍🌈



JUNETEENTH

June 19, 2023

In 2021, Juneteenth became the latest federal holiday in the US — the first to be approved since Martin Luther King Jr.

Juneteenth celebrates African American freedom and achievement, while encouraging continuous self-development and respect for all cultures.

It's become a way for families to reunite, organize economically and spiritually; a way to educate and inspire future generations and to show pride, strength and resolve.

On June 19, we highlighted the relationship between The Underground Railroad and Juneteenth. Long before Juneteenth celebrations became family traditions, [The Underground Railroad](#), an informal escape network helped



©2023 Carisk Partners. Confidential.

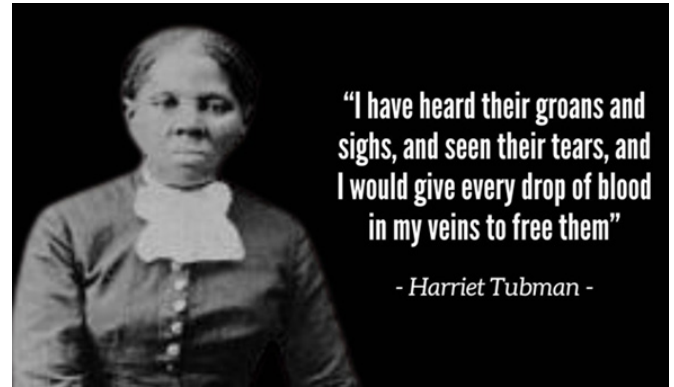
This document and the information within are provided in confidence, and solely for the use of the recipient. It may not be reproduced, circulated, or disclosed to any third party, in whole or in part, without Carisk Partners' written consent.

fugitive slaves reach freedom. Also called the Liberty Line, this loosely organized system was neither “underground” nor a “railroad.” Rather, it was a network of escape routes that originated in the southern slave states in the period of American history that led up to the Civil War. The railroad led the slaves to freedom in the northern free states, Canada, Mexico, the western territories, and the Caribbean.

Although Quakers started the anti-slavery movement in the 1780s, the Underground Railroad became legendary after the 1830s, when abolitionists and other sympathizers began helping slaves escape to freedom.

Please visit the link to learn about the diverse group of people who made the Underground Railroad a success.

[People of the Underground Railroad](#) 



INDEPENDENCE DAY

JULY 4, 1776

John Adams foresaw Independence Day popularity.

During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain occurred on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence.

Immediately, Congress turned its attention to the Declaration of Independence, with Thomas Jefferson as its principal author. Congress approved it on July 4.


A day earlier, John Adams had written to his wife Abigail: “The second day of July 1776 will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance by solemn acts of devotion to God Almighty.”

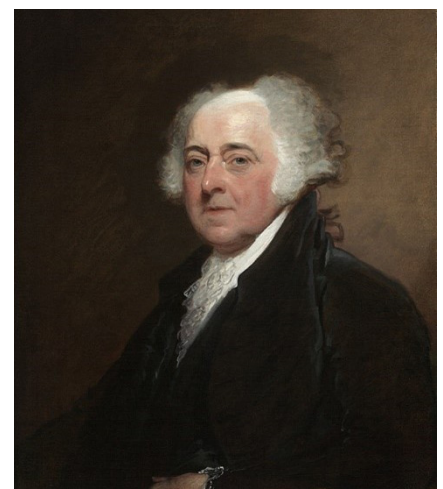
“It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.”

Adams’s prediction was off by two days.

Still, from the outset, Americans celebrated independence on July 4, the date shown on the Declaration of Independence.

A little trivia, in a remarkable coincidence, John Adams and Thomas Jefferson, the only signers to later serve as presidents of the United States, died on the same day, July 4, 1826, which was the 50th anniversary of the Declaration.

John Adams was an American statesman, attorney, diplomat, writer, and Founding Father who served as the second president of the United States from 1797 to 1801; after serving as its first vice-president from 1789–1797. Before his presidency, he was a leader of the American Revolution that achieved independence from Great Britain. He was involved in the drafting of the [Declaration of Independence](#), and the shaping of the [Constitution](#). 



John Adams, October 30, 1735–July 4, 1826. 2nd US President. One of only two Presidents in the nation's first half century not to own slaves.

DIVERSITY POSTER



One gets **more than** is needed, while the other gets **less than** is needed. Thus, a huge disparity is created.



The assumption that **everyone benefits from the same supports**. This is considered to be equal treatment.



Everyone gets the support they need, which produces equity.



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed**. The systemic barrier has been removed.

HEALTH ARENA

“Health is not valued until sickness comes.” – Thomas Fuller

Colorectal Cancer (CRC) is a scourge. Increasingly, younger patients are being diagnosed. It is the third most common and second most lethal cancer in the United States. Since 1988, researchers have documented a significant increase in the incidence of CRC in adults under age 50, throughout the United States and in other high-income countries. [Early-onset CRC](#) now accounts for approximately 10% of all new diagnoses of this cancer, and researchers also have observed an increase in CRC-related mortality among younger patients during the past decade.

Please visit the link below for a short summary of Ryan’s story.

Colon Cancer: Ryan Lewis’ Story

<https://www.youtube.com/watch?v=wDH6kVRw2bA>



June was Men’s Health Awareness Month, designated to encourage men to take charge of their overall health by implementing healthy living decisions. It’s important to regularly seek care and [schedule screenings](#) for conditions that may be preventable, such as heart disease and cancer. Knowing your risk factors including your genetics is a first step towards having a longer healthier life.

Please visit the link below for a 5 minute video on men’s health.

Common concerns about men’s health” on YouTube

<https://www.youtube.com/watch?v=oDEYGX0iAOw>

Breast cancer is categorized as early-onset when diagnosed in someone age 45 and younger. Although breast cancer isn’t as common in younger women, one in 10 women diagnosed is under age 45. Increased [risk](#) for early onset breast cancer, includes genetic and racial/ethnic risk factors, breast density, family history, and prior health history. Younger women tend to experience more aggressive disease, higher risk of recurrence and death, and more long-term survivorship issues than older women.


Please visit the link below for a 5 minute video on living with breast cancer.

“Beyond the Shock: Young Women Reflect on the Impact of Breast Cancer” on YouTube

<https://www.youtube.com/watch?v=FzG7eJUmmIU> 



SURVIVAL CORNER

A simple international hand gesture to indicate if you're in danger has gone viral as people have been sharing ways to stay safe on the street and at home. The signal, which was originally developed at the beginning of the pandemic by the Canadian Women's Foundation, involves holding out your hand with your thumb down, before clasp your fingers over your thumb to form a front facing fist. It was designed as a way for domestic violence victims to show they are in distress without being noticed, but can also be used in other situations of peril. Something that children as well adults should know. 



Colin Powell as a teenager in the Bronx, circa 1952

DID YOU KNOW?

Colin Powell: The general who spoke Yiddish

Former Secretary of State Colin Powell learned Yiddish while working in a Jewish-owned store in New York City as a teen.

Powell, born to Jamaican immigrants living in Harlem in 1937, moved to a Jewish neighborhood in the Bronx where he later worked as a teenager at Sickser's Baby Equipment Store.

Catering to the predominately Jewish immigrant neighborhood, the primary language spoken in the store was Yiddish.

"The biggest lesson I got from my experience in the toy store was from the Russian immigrant Jew who owned it, Jay Sickser," Powell said in an interview. "And after I worked there after a few summers and a few Christmas seasons he pulled me aside and used a diminutive, a yiddish diminutive of my name, he would call me Collie. 'Collie neu, come listen, I want to talk,' and he said to me 'Collie you're a good worker, love having you in the store, you're part of the family but listen you know, you can't ever stay here, you have to get your education, you've got a good family, and you're smart, go get your education, and make sure you move on.'"

Powell remained in touch with the Sickser family for the next 50 years. On top of working at the store, Powell was also very much a figure in the Orthodox Jewish neighborhood, working as a "Shabbes goy."

Powell never stopped speaking Yiddish as he climbed the ranks. He reportedly used Yiddish words and phrases with Jewish staff at the Pentagon when he was working there. He also struck up a conversation with Israeli Prime Minister Yitzhak Shamir during a visit:

"Men kent reden Yiddish," Powell told the prime minister. (We can speak Yiddish.)

The Prime Minister Shamir was reportedly stunned (Yiddish was his second language) and Powell replied back: "Don't you understand?"

Please visit the link below to hear General Colin Powell in his own words.

<https://www.youtube.com/watch?v=n-apiFO1tEQ> 



U.S. Secretary of State Colin Powell speaks at a news conference April 12, 2002 in Jerusalem, Israel. (Photo: Quique Kierszenbaum/Getty Images)

OUR STAMP COLLECTION

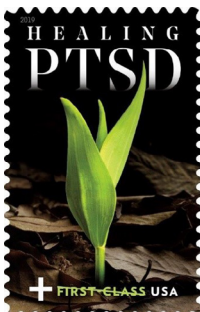
We continue honoring, Pride Month, Juneteenth, Mental Health Awareness Month, Jewish Heritage Month, and Asian American and Pacific Islander Heritage Month, showcasing USPS stamps perfectly capturing these occasions.



Harvey Milk was a visionary leader who became one of the first [openly gay](#) elected officials in the U.S. when he won a seat on the San Francisco Board of Supervisors in 1977.



John Lewis was a civil rights icon and member of the U.S. House of Representatives. He was a [freedom fighter](#) for 60+ years; one of the most courageous activists the Civil Rights Movement ever produced.




The stamp features a photographic illustration of a green plant sprouting from the ground, which is covered in fallen leaves. The image is intended to symbolize the [PTSD](#) healing process.

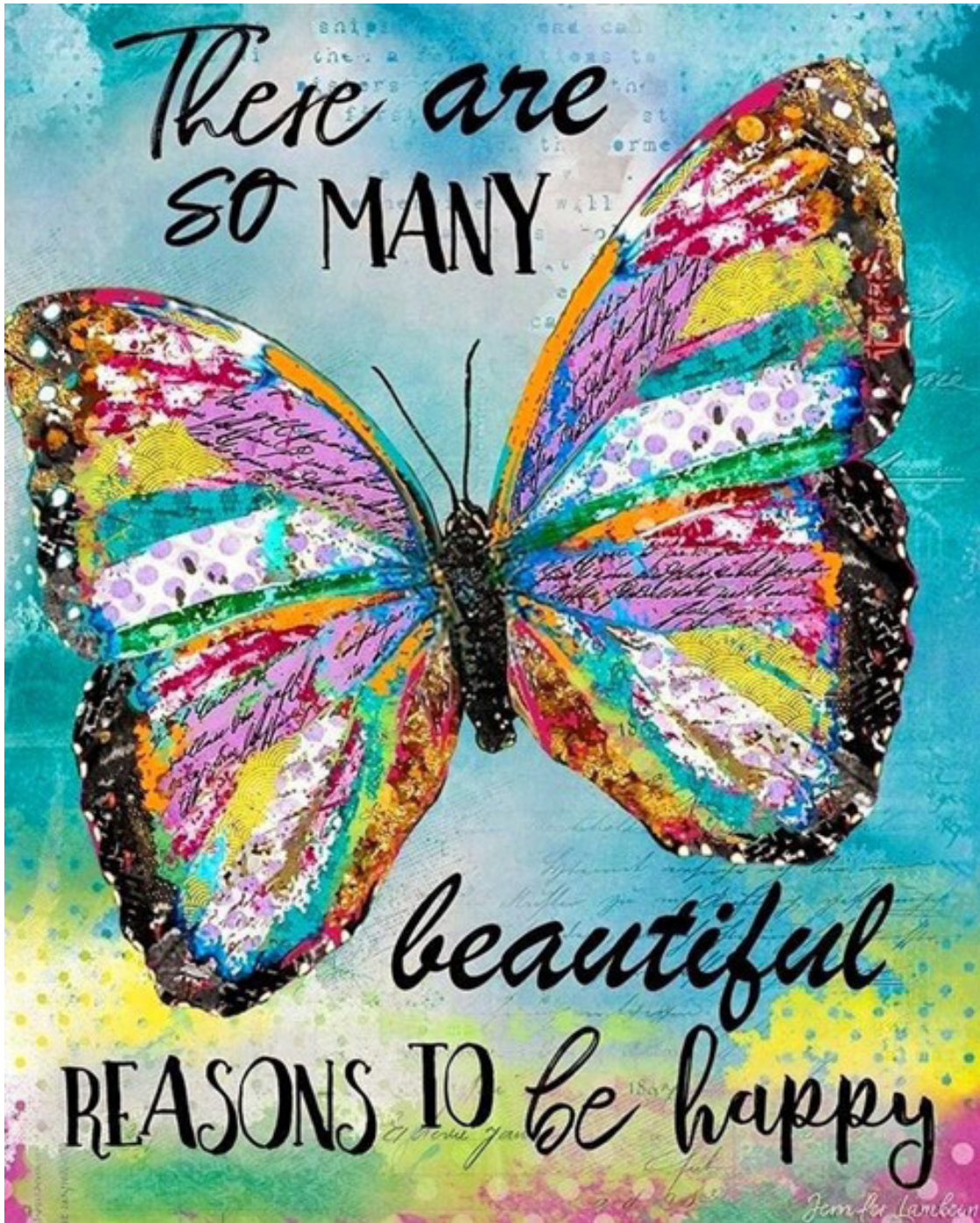


Ruth Bader Ginsburg was the first [Jewish](#) woman appointed to the Supreme Court. She took her seat on August 10, 1993 and served for 27 years. She died on September 18, 2020.



Chien-Shiung Wu was a [Chinese-American](#) particle and experimental physicist who made significant contributions in the fields of nuclear and particle physics. 

POSITIVITY POSTER



MOVERS AND SHAKERS

From the Past and Present



Alex Newell and J. Harrison Ghee, make history as first [nonbinary](#) Tony acting winners.



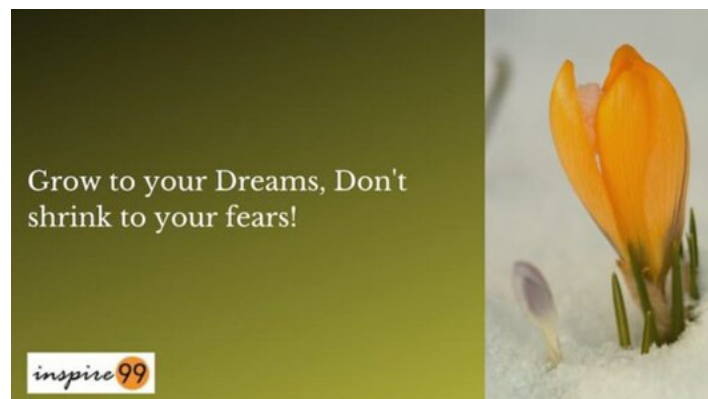
All [female](#) UCSF heart transplantation team makes history. Dr. Charlene Blake is an associate professor and cardiac thoracic anesthesiologist, Dr. Amy Fiedler is a cardiac surgeon and Ashley Risso is a perfusionist at UCSF Helen Diller Medical Center.



Betty White, [refused](#) to remove Black dancer from her show in 1954.



Dr. Steven Williams, [first](#) Black president of the American Society of Plastic Surgeons. 🌐



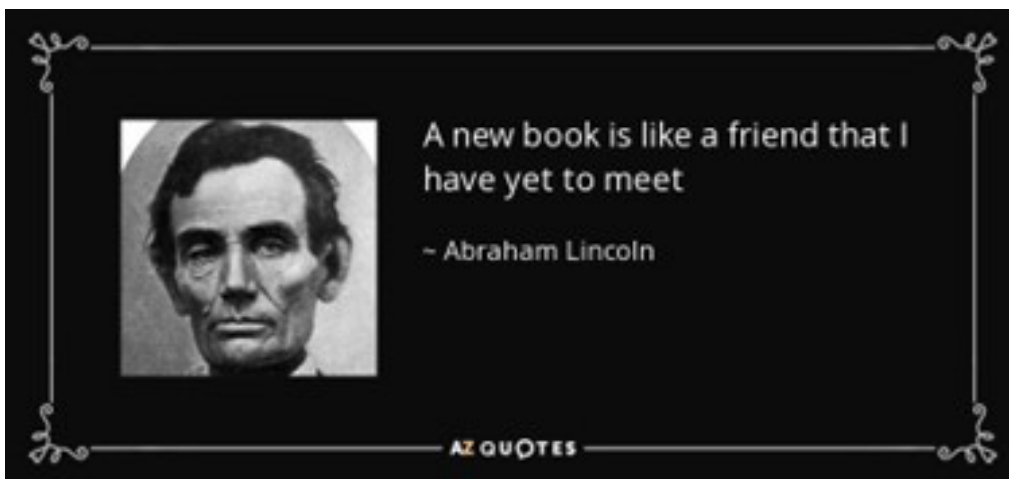
CARISK CAFÉ

Where are you going summer breeze?
Off beyond the fields and trees.
What do you see when you blow that way?
Children jumping from bales of hay.
What do you see as you travel the land?
Patrons of the Carisk Café dancing to an outdoor band.
What do you smell as you travel about?
The perfume of blossoms bursting out.
What do you taste as you soar up high?
Delicious [multicultural](#) delights and apple pie.
What do you feel as you climb to great heights?
The heat of the day and the warmth of the nights.
What do you wish for as you leave?
Let all the folks from the Carisk Café enjoy this midsummer eve.

Unknown 



REFERENCES



4TH OF JULY

[JOHN ADAMS AND THE 4TH OF JULY](#)

ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH

[ASIAN AMERICANS AND PACIFIC ISLANDERS](#)

JEWISH HERITAGE MONTH

[HISTORY OF JEWISH HERITAGE MONTH](#)

JUNETEENTH

[THE UNDERGROUND RAILROAD](#)

PRIDE MONTH

[JUNE IS PRIDE MONTH](#)

HEALTH ARENA

[EARLY ONSET CRC](#)