

# LAKE AVENUE BAPTIST CHURCH NEWSLETTER

## MAY 2024 NEWSLETTER, ISSUE 5, VOLUME 87

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### *May Holidays And Observances To Celebrate In 2024*

There are several observances and holidays in May which we may be familiar with. One such holiday is **Cinco de Mayo on May 5th**. This holiday began in Mexico to commemorate defeating the French army during the Battle of Cinco de Mayo or, as it is also called, the Battle of Puebla. This occurred in 1861 when the French army attacked Veracruz. The ruler of France at that time was Napoleon the Third who decided that this was an opportunity to establish an empire in Mexico that would favor French interests. Although this holiday originated in Mexico, in the United States it has become a special American holiday created by and for **all** Latino communities.

On Sunday, May 12th, the USA celebrates **Mother's Day**. But, did you know Mother's Day is also celebrated in other countries around the world, some on the same day and others in different months and days during the year. In our country Mother's Day was created by Anna Jarvis of Philadelphia in honor of her mother who had established and organized women's groups to promote friendship and health. On May 12, 1907 Anna had a memorial service for her mother and on May 10th, 1908 Anna Jarvis held what is considered to be the first Mother's Day celebration. Within 5 years nearly every state in the US was commemorating this day. In 1914 president Woodrow Wilson declared it a national holiday which would be celebrated every year on the second Sunday of May.

**Memorial Day** is celebrated this year on Monday, May 27. On May 5th 1868, three years after the Civil War, an organization of Union veterans established Decoration Day, a day to remember and honor the Civil War dead by placing flowers on their graves. Major General John A. Logan decided it should be May 30th because flowers would be in bloom all over the country. The first large celebration of that day was held in 1868 at the Arlington Cemetary. However, similar celebrations of the war dead took place before 1868. Cities in both the north and the south claim to be the birthplace of Memorial Day in 1866. Approximately 25 places have been named in connection with the origin of Memorial Day, many of them in the South where most of the war dead were buried. Finally in 1966 President Lyndon Johnson and the Congress declared Waterloo, NY to be the city where this holiday originated. The reason this city was chosen was because on May 5, 1866 a celebration occurred there, businesses closed and residents put flags out flying at half staff. By the end of the 19th century Memorial Day celebrations were held throughout the country on May 30th. After World War 1 the day

was expanded to remember all soldiers who died during all American wars. In 1971 Memorial Day was declared a national holiday by an act of Congress. Since then Memorial Day or Decoration Day (as others refer to it) was and is celebrated on the last Monday in May.



The contract is signed! The contract is signed! The contract is signed! If you can't get a sense of my profound enthusiasm, please read the first sentence again (but more excitedly this time). The contract is signed!

If you've been following along for the past 14 months, you know that in February 2023 there was an accident where a car went from outside on the road to inside our sanctuary. Those are words you never want to hear. I'll never forget the call from Becka saying "um, Michael, you probably want to come in to the church as quickly as you can." Upon arriving I was directed by the police and fire department (again, people you never want to be greeted by when you arrive at the church), to the sanctuary. There we found a car that had broken through the north wall of the building. That was 14 plus months ago.

Over the last 14 months we have been in weekly conversation with our insurance company, contractors, sub-contractors, and others, trying to get us from that state of disrepair to one that looks more like a church should ... in short, fixed. We have had the privilege of working with incredible people who have helped to shepherd us to where we are right now ... under contract with Hamilton Stern Contractors.

What does that mean? In short, it means that in very short order (early May) we should start to see things happen and work to begin in earnest. It will involve additional asbestos abatement, removal of significant debris, removal of our windows, rebuilding of the wall (about 20+ linear feet and about the same in terms of vertical wall), and then reinstallation of our windows and exterior and interior and exterior finishing. When things are done the wall should be repaired ... and all God's people said "amen."

We are also in the process of finalizing our order of new chairs (the old chairs had to be disposed of because of asbestos exposure). It won't be too long now before we are able to use the sanctuary again. Hallelujah! We already have baptisms and weddings scheduled and we're looking forward to making that space available again to our church and community so that things can get back to normal (or whatever normal is at LABC ... the jury is still out on that one).

Thank you all for your patience as we've walked through this journey of reconstruction. Again, we are most thankful that no one was hurt and that we have excellent insurance that has helped us along the way. I am looking forward to this project being completed so we can move on to the other responsibilities that God has laid before us.

The contract is signed! The contract is signed! The contract is signed! ... and very soon the work will begin. Hallelujah. Amen.

## THE LABC COMMUNITY AID FUND

Did you know that LABC has a "Community Aid Fund?" If you've been around LABC for any amount of time, you may remember that on the first Sunday of each month (Communion Sunday) we used to receive a special offering for what was formerly called the "Fellowship Fund." This fund has been renamed to more appropriately reflect how those monies are used ... to offer aid for the community.

You may have heard me say that the ministry of LABC that happens during the week can often look quite different than what we see on Sunday mornings. Quite often the door bell is chiming and the phone is ringing with people who are facing real and significant challenges and they turn to the church for support. The

Community Aid Fund provides some money to be used at the Pastor's discretion to help meet some of the needs of those in our community (within the church and beyond).

The challenge that we are facing is that while the needs are great, the funds need to be replenished. In recent years we have simply not made the collection of funds for this purpose a priority. There are some people who have donated here and there, and we absolutely appreciate their contributions. We, however, need to work to make this a more regular practice.

On the first Sunday of each month (Communion Sunday) we will now be encouraging people to make a contribution (large or small), if they are able, to the Community Aid Fund. You are absolutely welcome to make contributions at any time you wish, but we are going to work to help regularize bringing the needs of this ministry to the congregation. You'll start to hear more about it. Please give some thought to whether you can offer some financial support to the Community Aid Fund, and you are encouraged to put it in an enveloped marked "Community Aid Fund" and place it in the offering plate. On behalf of those we help, thank you.

Michael

p.s. if you're wondering, we do not ever provide cash assistance. If someone has a bill they need help with, and they are within our zip code (we have to place some parameters around those we help so it doesn't get overwhelming), they bring the bill and we can help pay it that way ... we can't do everything but we try to help when we're able. Thank you again!



On **Sunday May 5, 2024**, our Adult Education offering will be offered by **Brady Fergusson** who serves as the Director of Public Engagement at the Climate Solutions Accelerator of the Genesee-Finger Lakes Region. His class will be titled Climate change: global to local. Please plan to join us in classroom 1 (conference room) at 11:45 a.m. for this informative and engaging adult education opportunity.

Bio - Brady was born and raised in the city of Rochester and is excited to be making a local impact on the international challenge that is climate change. He is especially motivated by his family and friends in the Republic of Kiribati, who are likely to be displaced from their islands in the Pacific Ocean by climate change impacts. To build the movement for climate justice, Brady also volunteers with Citizens' Climate Lobby and Returned Peace Corps Volunteers for Environmental Action. When not working on climate solutions, he enjoys spending time with his two kids and his wife, along with coaching basketball, running, and biking.

## *The Camino de Santiago*

Prepare yourself for an extraordinary adventure! The Camino de Santiago also celebrated as the Way of St. James, is far more than just a trip. This legendary pilgrimage, rich in medieval allure, attracts individuals from diverse backgrounds to the magnificent Cathedral of Santiago de Compostela in the beautiful Galicia region in northwest Spain. This journey is not merely a trek – it's a profound spiritual voyage!

The captivating tale behind this pilgrimage is truly remarkable. Imagine this: the remains of the Apostle St. James the Great are believed to rest within the majestic Cathedral of Santiago de Compostela. This extraordinary find dates back to a shepherd in the 9th century. Even more fascinating is the city's name, Santiago de Compostela, which is a homage to St. James, translating to 'St. James of the Field of Stars.' Exploring the Camino's storied heritage is an unmissable experience for those who love history!

But that's not all! The Camino de Santiago is more than just a popular route; it's a globally cherished treasure. Since 1993, Camino has been recognized as a UNESCO World Heritage Site – talk about an impressive endorsement! With its various paths, each offering a distinct charm, the Camino attracts seekers, adventurers, and pilgrims from all corners.



And the best part? For centuries, this remarkable pilgrimage has served as a dynamic crossroads of cultures, uniting people from across Europe and the world. It's a rich blend of traditions, languages, and stories – a living mosaic of global connection and exploration.

So, here's the essence: The Camino de Santiago is not merely a path but a transformative adventure, a journey through history, and a worldwide gathering, all in one. How can anyone resist the lure of being part of this incredible experience?

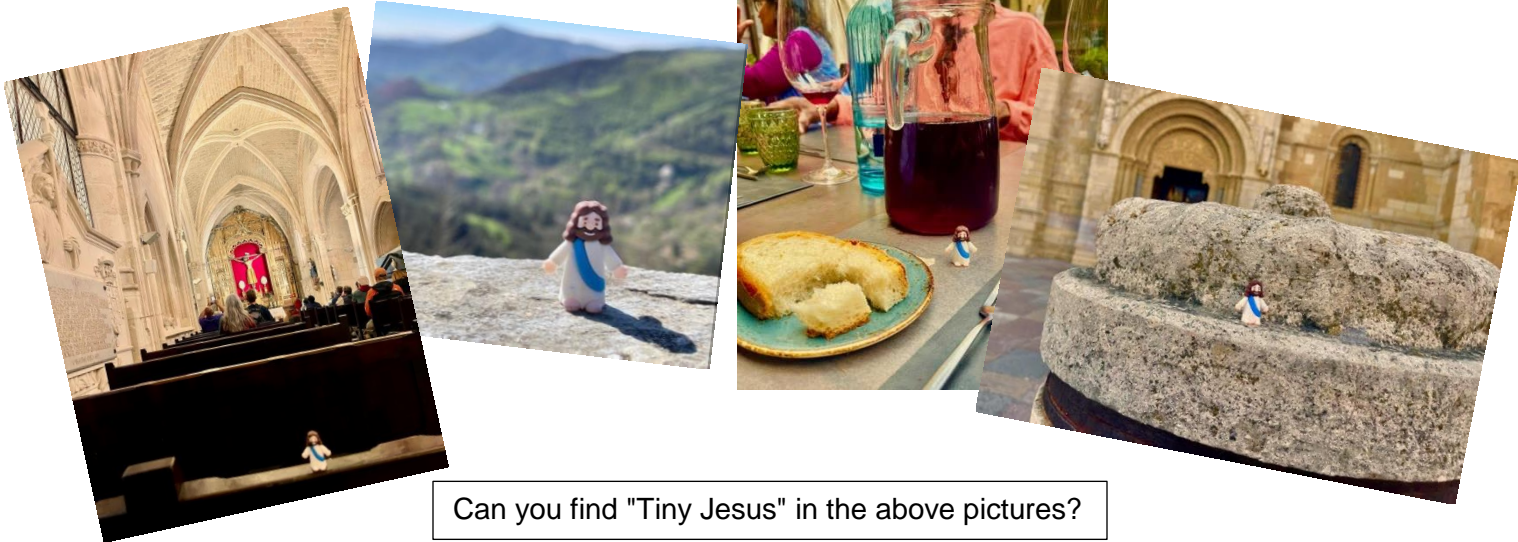
Nowadays, the Camino de Santiago transcends a mere pilgrimage; it's a once-in-a-lifetime experience. With its diverse Camino routes, this journey draws thousands from across the globe, offering a unique and unforgettable adventure.

Reference: <https://caminoways.com/camino-de-santiago>

**Heather Enriken** and **Peter Stover** recently had the opportunity to hike parts of the Camino de Santiago. (please look up a quick summary of this). They took a "Tiny Jesus" (which they received from Karen Brokaw) with them. We wanted to share some of the pictures they shared along the way



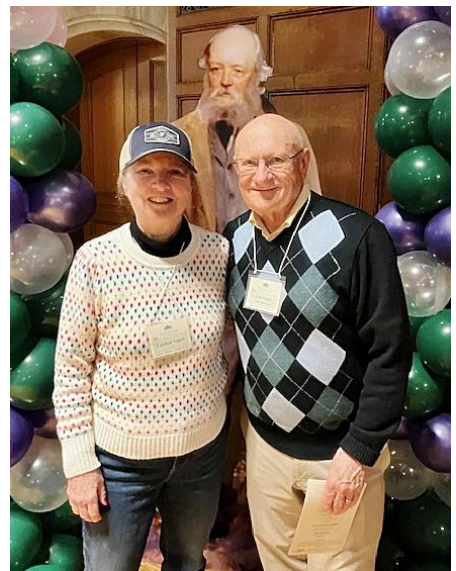




Can you find "Tiny Jesus" in the above pictures?



• **Tom Argust** was awarded the Mary Fisher Award by the Highland Park Conservancy for his (and his support staff, **Carolyn's**) work for the preservation and enjoyment of the historic Olmsted Park.



• **MCC MODEL UN PROGRAM**

The Model United Nations program at MCC is a unique, simulation-based, experiential learning opportunity that is focused on both the intellectual and personal development of those students who are selected to participate. The program is formalized as a four-credit, political science, writing intensive, and honors course in the spring semester. Four MCC faculty (Don Beech being one) from both Academic and Student Services Divisions co-teach and facilitate the core knowledge and skill areas including UN structure and history; our assigned country profile and culture; its history, foreign policy, and role in the UN. Students practice public speaking, negotiation, and writing position papers and resolutions. Through a selective process including a written application, and a personal interview, student delegates are chosen each fall to participate in the course for the following semester.



From the initial get-acquainted session in the fall, everything is focused on our participation in the annual National Model UN Conference held each spring in New York City. It is the largest Model UN Conference in the world - a simulation on a grand scale, mirroring the actual working sessions of the United Nations. Our goal is to help students become the most effective UN delegates possible as they represent our assigned country (this year, Mongolia). From March 22 – 29, LABC's **Billy Simba**, along with fifteen of his MCC peers, joined more than 5,000 other college students from around the world as international diplomats in New York City. I'm pleased to report that the MCC delegation did an outstanding job on their committees in representing Mongolia, earning the respect of many conference delegates.

• **Rev. Jackie Sullivan** would like to ask anyone in our congregation who can play the piano if they would be willing to accompany hymns and play a prelude and postlude for the service she conducts at The Gables in



Brighton, 2001 S. Clinton Ave. 14618 at 3:00 pm on Sunday afternoon. If this would be of interest to you, please contact Jackie at (585) 729-6992.

• **Lois Brooks** has move to 100 Kidd Castle Way, APT 85, Webster, NY 14580. If you get a chance drop her a line. She would definitely enjoy hearing from people of Lake Ave. Baptist Church!



• **Soe Win** will be receiving her Doctoral Degree in Global Gender and Sexuality Studies from Buffalo University on Friday, May 17th at 1:00 pm at the Center for the Arts, 100 Coventry Road, Amherst, NY 14228. Your presence would mean a great deal to Soe Win. You can either drive there by yourself or car pool with others who are attending. Please contact the church office (458-5765), Hkadin Lee (314-3065) or Soe Win at (405-5900) if you would like to car pool with others.

## A NEW AND EXCITING VEGETABLE GARDEN ON LAKE AVENUE

Rebeka Fergusson-Lutz

If you were to drive into the back parking lot of the Volunteers of America campus across the street from us on Lake Avenue, you'd see two unsuspecting white shipping containers -- the same size and shape as thousands of others scattered in warehouses and loading docks across the city of Rochester. But inside is a vertical hydroponic farm growing lettuce, turnips, radishes, herbs, and other leafy greens!

LABC kids of all ages got a private tour of this new horticultural operation on Friday, April 5. Funded largely by federal funds made available through the American Rescue Plan Act (ARPA), The Farm's goal is to make fresh, healthy vegetables more readily available to Rochester residents living in "food deserts," that is, neighborhoods without access to stores that sell fresh, perishable items. Wendy Dettmer, the manager of The Farm, said that they harvest thousands of units of produce every week, all year long, from these two shipping containers. Some of that produce is sold to wholesale distributors to keep the project economically sustainable, but the remaining produce is given to local agencies like the Cameron Community and the Father Tracy Advocacy Center, as well as families supported by Volunteers of America programs.

If you're interested in learning more about The Farm's operations and perhaps supporting their work by purchasing some of their produce, visit [www.voafarm.org](http://www.voafarm.org). You can even set up a subscription plan that brings fresh, pesticide-free leafy greens to your door -- or someone else's -- every week! What a wonderful way to live out our God's commandments to live generously and lend freely (Psalm 37:26)!









# Missions Ministry

## A Note from Karen Brokaw

We are all painfully aware of the many wars and conflicts raging around the world. Myanmar, Gaza, Israel, Syria, Ukraine, Russia, Yemen, Afghanistan, just to name a few out of the listed 24 countries engaged in conflict. From every corner of the globe, it seems that people are being displaced, losing life limb and families, and are seeking safety and shelter across borders. We watch on screens as churches, hospitals, and schools are destroyed the very heartbeat of a community. As we hear accounts of those who have family and friends in some of these regions, our hearts are breaking for them. What can we do to help?? One of the ways to help is through organizations that have a track record for impartiality and experience in the field. After thinking about this issue for several months, your mission team has decided to give a small monetary donation to DOCTORS WITHOUT BORDERS. This organization is highly respected around the world for not taking sides, for their courage, and for their unparalleled skill at working in the midst of the chaos of war or natural disaster. We believe, that when healing or aiding the suffering, Jesus was also impartial, and so we ask that this donation be sent to the area where it is needed most. We encourage you to pray daily for those who are caught in a relentless cycle of violence and for this organization and others who answer the call to serve others.

### **"I No Longer Pray for Peace" by Ann Weems**

On the edge of war, one foot already in,  
I no longer pray for peace:  
I pray for miracles.  
I pray that stone hearts will turn  
to tenderheartedness,  
and evil intentions will turn  
to mercifulness,  
and all the soldiers already deployed  
will be snatched out of harm's way,  
and the whole world will be  
astounded onto its knees.

I pray that all the "God talk"  
will take bones,  
and stand up and shed  
its cloak of faithlessness,  
and walk again in its powerful truth.

I pray that the whole world might  
sit down together and share  
its bread and its wine.

Some say there is no hope,  
but then I've always applauded the holy fools  
who never seem to give up on  
the scandalousness of our faith:  
that we are loved by God...  
that we can truly love one another.

I no longer pray for peace:  
I pray for miracles.



## *A Cardinal Pin and the Japanese American Confinement in World War II*

I was interested in reading from the American Baptist Historic Society, Primary Source, that thanks to a grant they are increasing access to records documenting Japanese American confinement during World War II and Northern Baptists' response.

When I was at Green Lake one summer I began hearing about the imprisonment of Japanese Americans. Many of these people belonged to Baptist churches and continued being served by ministers and missionaries during the years of World War II. Some moved into the encampment to continue to serve these Japanese Americans. Other Baptist friends offered their garages and sheds to store the home furnishings and other treasures that they couldn't take with them.



I came home and shared this surprising news with my husband. He immediately looked in my jewelry box and found a pin he had given to his mother. He was at the Boy Scout Jamboree in 1950 and 1953. One of the fun experiences was trading patches. Each troop had a particular patch or symbol and as they met new boys they would exchange a patch from their troop. The "patch" that my husband received from a Japanese American scout was a wood carved and hand painted cardinal, made into a pin. It was hand made by the troop who were imprisoned with other Japanese-Americans in WWII. It is a beautiful pin!

Later in my American Baptist journey, I met a woman from New Jersey who had a similar "patch" - the red cardinal pin! We shared the story and realized that Boy Scouts and our American Baptist heritage brought us together with this difficult story.

Susan Maybeck, Assisting Pastor

**"Growing old  
is mandatory,  
but growing up  
is optional."**

—WALT DISNEY

The next meeting of *Aging Gracefully and Joyfully* will take place at 1:00 pm on Monday, May 6. We will catch up with each other. Let's share what progress we have made because of this class/gathering. We also will plan our final lunch on Monday, June 3 at the church. Would someone like to organize this gathering?

## *A New Chapter in the Life of Ken Setera*



I don't know how many of you know that this "young" 74 year old man has given up driving. Yep. It was a hard decision but due to problems with my eyes, problems with perception, perspective, concentration, and problems seeing the lane lines on the road at night, I thought it was the right decision. I certainly don't want to get into or cause a serious accident. I sold my car (very reasonably) to my friend Eh K'lu Tau who plans to remove all the dents and dings, replace faulty sensors and perform other needed mechanical repairs. Once he is finished with it he intends to give it to his wife. (In case you aren't aware of it, Eh K'lu Tau study car repair and maintenance at MCC. He is quite an adept mechanic and body repair man).

So, I am now taking a bus to work from my home in Penfield. This is quite an adjustment for me since I began driving 58 years ago at the age of 16. It is an adjustment but also a challenge to know when and where to take the starting bus and the buses I have to take to the Transit Center and up Lake Ave. to the church. The first

part of the journey, which I call the scenic route, begins in front of Target at 5:50 (if I am up early) or 7:50 am. (Target is in walking distance from my home, so it is not a problem.) From there the bus proceeds through the towns of Fairport, East Rochester, the village of Penfield, old Penfield road, Landing Road and then to Blossom Road where it stops at the Blossom Road RTS Loop. It is at the Blossom Loop that I catch bus 10 which takes me to the Transit Center in the city. Then, at the Transit Center I take the number 22 L bus which travels up Lake Avenue where I get off across the street from Ambrose and Jones Street, a hop skip and a jump to the church. My return trip home is bus 22, then 10 then number 50. The number 50 bus from the Blossom Loop home is the one that generally runs behind schedule. Yesterday, I arrived at the Blossom Loop at 1:30 pm but the number 50 bus wasn't scheduled to show up until 3:00 pm. Being a nice day, I decided to take a walk around the neighborhood and returned to the bus stop about 2:50 pm. Of course on a cold blustery winter day or a rainy day I would just be waiting in the shelter for the bus to arrive. And hitching a ride would not be possible since I don't have the legs of Claudette Colbert. (If you get a chance watch the movie "It Happened One Night").

By car I used to arrive at the church from home in about 20 to 25 minutes. It now takes me approximately one and a half hours. Now you might think "How frustrating this must be to Ken." Actually I am sort of enjoying it. When I am on the bus I don't have to worry about rear-ending another car or hitting or going up on the curb on my right side because of the lack of sight in my right eye. Strangely, I find the bus rides relaxing.

Also, I have been meeting many interesting people on the bus and at the Transit Center, such as Rick, a young man who works nights at Home Depot and can barely keep his eyes open when on the bus. I also met Andrew who retired from Fairport Baptist Homes where he performed custodial duties and Lela who works at Depaul. Some of the people I met are people who just want to be able to talk to someone. One such man started off his conversation with me by asking if I thought that Superman was stronger than Thor. Then he started to ramble on about all types of subjects. I just nodded my head, saying "Uh Huh, Is that so? Okay." When he left the bus he smiled at me and waved to me through the window as I went on my way.

I have to say that riding on a bus is to experience God's diversity in people first hand. What a sorry and boring state it would be if we were all alike. I thank God for the diversity in this amazing world and I thank God for allowing me to experience and appreciate even more diversity in people by my now daily bus rides!

Join us this Sunday, May 5 as we say "good bye" to Choral Scholars Ashlee King and Elizabeth Healy. Ashlee will be leaving Rochester in the next week or so but Elizabeth will be with us through July. But, they will not be returning in September. Elizabeth had her Master's Degree recital on April 30 and Ashlee King will be having her Master's degree recital on Friday, May 3 at 8:30 pm in Kilbourn Hall. Xiaoge Zhang will be having her Master's Degree recital on Friday, May 3 at 12:30 pm in Kilbourn Hall. Xiaoge will be with us next year as she enters the Doctoral Degree program at Eastman School of Music.



## *Congratulations Rebeka!*

My graduation from Colgate Rochester Crozer Divinity School is on the horizon, and I'll bid adieu to seminary by leading the final chapel service of the semester on **Monday afternoon, May 6, at 4:15 p.m.** The chapel services are usually short (we aim for about 30-35 minutes) and you can participate entirely online, either on Zoom or Facebook Live. If you're interested in attending, please mark your calendar. I can forward you the link when the time draws nearer, or you can reach out to Jackie Nelson for the Zoom link or Facebook Live. If you're interested in attending, please mark your calendar. I can forward you the link when the time draws nearer, or you can reach out to Jackie Nelson for the Zoom link.

I'm grateful for all your support over these past four years!





**Colgate Rochester Crozer**  
DIVINITY SCHOOL

You are invited to the  
Commencement Ceremony  
for the

*Class of 2024*



Saturday the Eighteenth of May  
Two Thousand and Twenty-Four  
11 O'clock in the Morning  
Eastern Daylight Time  
at

Baber African Methodist Episcopal Church  
550 Meigs St  
Rochester, NY 14607

*All Are Welcome*

**PEACE. SERVICE. JUSTICE.**

THE PRESBYTERY OF  
GENESEE VALLEY INVITES  
YOU TO THE ORDINATION OF

*Rebeka  
Fergusson-Lutz*

TO PASTORAL MINISTRY

Sunday, June 9, 2024 at 3 p.m.

THIRD PRESBYTERIAN CHURCH  
4 MEIGS STREET, ROCHESTER, NY 14607

*Reception to follow*

RSVP to (585) 434-7632 or  
rebekafergussonlutz@gmail.com

Dear LABC Family and Friends,

Since August 2022, we have had the joy of calling Becka Fergusson-Lutz our Director of Next Generation Ministries. Over this period she has brought energy, heart, and mind to the role. Throughout the time she has served at LABC, Becka has been completing her MDiv (she graduates in just a few weeks), and going through the recognition and ordination process with the Presbyterian Church, USA. She has completed these steps, and recently has been able to pursue a full-time call to ministry. Yesterday, Becka received a call from Geneva Presbyterian Church in Canton, Michigan. We are so incredibly excited for Becka and the people of Geneva Presbyterian Church.

Attached you will find a copy of Becka's resignation letter that we wanted to share with you all. You will hear more about next steps for Becka and for LABC in the near future. Please continue to hold Becka, Geneva Presbyterian Church, and LABC in your prayers during this time of transition.

We will have an opportunity to recognize and give thanks for Becka in the near future. Please keep your eyes posted for that information.

And on behalf of the staff, leadership, and congregation of LABC, congratulations to Becka!

Blessings,

Rev. Dr. Michael Ford, Senior Pastor  
Soe Win, Council President  
Lake Avenue Memorial Baptist Church  
72 Ambrose Street  
Rochester, NY 14608

Dear Soe Win and Michael,

I have reached the end of my seminary journey, and I have recently been called as the new installed pastor of Geneva Presbyterian Church in Canton, Michigan, in the Presbytery of Detroit. As such, it is with a heavy yet grateful heart that I submit my resignation as the Director of Next Generation Ministries at Lake Avenue Baptist Church, effective Monday, June 3, 2024.

It is clear to me that God brought me to Lake Avenue Baptist Church at a critical period in my formation as an adult and as a pastor. The faithful people of Lake Avenue Baptist Church have been incredibly supportive of me and my efforts to minister to the children and youth of the church. I am grateful to the families of the church for entrusting their young people to my care. I will miss this congregation enormously and will continue to worship and fellowship with you all from afar.

Sincerely,



Rebeka Fergusson-Lutz

## **THE SOUTHEAST ASIA PROGRAM AT CORNELL UNIVERSITY**

by Hkadin Lee

The Southeast Asia Program at Cornell University, Ithaca hosted a panel discussion on the views of ethnic Minority Groups on Monday, April 29th, 2024. Soe Win and I were able to attend the discussion panel in person. There were 6 panelists but 2 attended over Zoom from Thailand. Each panelist represented a different ethnic



background and was given an opportunity to share their viewpoint over what has been happening in Myanmar since 2021. The resilience of minority ethnic groups has been proven for more than 7 decades since the civil war of 1947. The willpower of the people can never be destroyed by the military. All ethnic groups and Burmans view “The Spring Revolution” as the beginning of the democratic movement.

The wish of the Myanmar people is the defeat of the corrupt military regime and the birth of a new Myanmar with unification of all ethnic groups. They wish to live peacefully and harmoniously. All the representatives have asked for international support since 2021 but their plight hasn’t been receiving international interest. The media spotlight has not been on them since 2022. Myanmar’s pro-democracy government (NUG) has not been recognized by any country.

The People of Myanmar want the military to cease oppressing minorities, gang raping women, torching of villages, killing civilians, use of human shields in battle, and arresting young people with the intention to force them into military service. Nearly 3 years after the coup took place, each ethnic state is making progress but are dealing with internal conflicts and debating whether to fight for a federal unified system of government or independent governments of each of the ethnic communities.

Despite all the challenges and internal conflicts each group is facing, they are determined to reconcile all differences, and are hopeful for a bright future. A question was raised by the organizer at the panel, without expecting an answer: “ Would each ethnic minority group be ready if the regime was defeated?” Please think about this and determine how you and LABC would answer this question.

Hkadin Lee



The next LABC Community Dinner will take place on Wednesday, May 15, 2024 at 6:00 pm. These dinners have been quite successful and a number of neighbors have been attending. At this time, we once again have to decide what we will be serving, I am open to suggestions with out necessarily repeating what we have served at the community dinners since they started this fall. Some possibilities that came to mind are a sausage egg casserole, or a hash brown egg casserole, or some variation of an egg strata. If you have other suggestions please do not hesitate to contact Ken in the office.

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## NEWS AND EVENTS FROM OUR EXTENDED COMMUNITY

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●**SUPPORT THOSE WITH PTSD & THEIR LOVED ONES:** About 6 of every 100 people in the u. S. experience Post-Traumatic Stress Disorder. The symptoms can take a toll on those diagnosed with the condition and their loved ones as well. But there is help for those affected. Join us and our presenter, Scarlett Aeckerle, LMSW, to learn about warning signs and symptoms of PTSD as well as resources for those seeking help. This is a free event open to thee public. Registeer at [smentalhealth.org](https://www.smentalhealth.org) or call (585) 325-1186. This event is free and open to the public and will take place on Wednesday, May 15, 2024 at the Hallock Lounge at Downtown United Presbyterian Church.