

L'OUVERTURE

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GREETINGS FROM OUR EDITOR, DR. JEAN-CLAUDE DUTÈS

Hello,

Welcome back!

In this issue we offer you a varied set of articles. In a more clinical but not technical piece, I discuss the issues associated with reading and reading disability.

Dr. Reynald Altéma presents another informative and insightful piece on how to rethink the Haiti/United States relationship, arguing for the application of tough love to reverse the current state of affairs.

Recognizing what Haiti once was, and believing that she could be better, Dr. Richard offers six suggestions for redirecting her path. In the literary section, Dr. Altéma rejoins us to provide a glimpse into the inner conflict and struggle for survival a Haitian immigrant endures on a daily basis. Without being clinical, Mr. Carlo W. Paul shares with us what he has learned about narcissistic people.

Growing little by little, LCS welcomes two new members, and looks forward to introducing you in the next issue of L'Ouverture. As usual, please take a look at our community news and event page for the latest updates.

Thank you for your attention, and happy reading!

The Editor,

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READING AND READING DISABILITY

By Jean-Claude Dutès, Ph.D./LP

JOY OF READING



Reading opens the world to those who can read. A person can travel from one end of the globe to the other by reading. It brings far-away places to wherever you are, firing your imagination

beyond your everyday reality or experiences. Through it, we can vicariously live and experience a myriad of emotions, which can be pleasurable, disturbing, discouraging and also inspiring. We read for fun and recreation as much as we do for knowledge. It can broaden our mind and accelerate our growth. Constituting an inexhaustible well of information, the written word can quench our learning thirst, allowing us quick and easy access to an almost limitless body of acquired knowledge: the thoughts, feelings, and experiences of others. So powerful and potentially liberating is reading that it was unlawful to teach a slave to read in the era of slavery.

A BREEZE FOR MOST; A DAUNTING ACTIVITY FOR MANY

Reading, which results from an apparent seamless process for most persons, is not a skill that everyone can acquire with ease or master to a proficient level. Many parents are baffled, unable to explain their children's reading difficulty despite demonstrated

evidence of their intellectual ability relative to another sibling or a peer. Young adults who have excelled in high school and college are bewildered by their underperformance in graduate or professional schools. Others who have had to give up their academic pursuits or readjust their professional expectations downward are stupefied, becoming mired in low self-esteem. Many adults having attributed their failure to a personal psychological trait struggle with deep feelings of shame, while others must defend themselves from such accusations from significant others. Children are often accused of laziness, being unmotivated, not trying hard enough or being a "cretin," someone who is mentally dull.

Recent developments in neuroscience, however, have given us a better understanding and a greater appreciation of what reading is and what it takes to learn to read. The prevalent view among reading researchers is that reading difficulty in a school-age child is indicative of a probable specific dysfunction in the child's learning ability, but not of psychological problems or low intelligence. Any psychological issues are likely secondary to the existence of the reading problem. In other words, a child may develop behavioral or psychological problems because he is not able to read as well as peers and/or of his perceptions of the way he is viewed by teachers and other students. Reading problems affect the very bright as well as the more intellectually challenged.

Dr. Shaywitz in her book, *Overcoming Dyslexia*, reports data from a longitudinal



study that indicate dyslexia affects one in five children in the United States, with children from minority groups performing at a much lower level. Citing data from a 2019 report of the National Assessment of Educational Progress (NAEP) she indicates that 34% of fourth graders had not achieved rudimentary skills in reading. Looking at data pertaining to African American children, she noted that more than 50% of fourth graders performed at a lower level. Noting that only 4 percent of school-age children are receiving special education services for dyslexia, she argues that the condition is under-diagnosed partly due to the method used and the length of time required to make the diagnosis.

While researchers tend to compare the child's intellectual ability to his achievement scores, the school system's approach requires a pattern of demonstrated failures in response to interventions and reliance on arbitrary cut-off scores. This means that many children who are struggling with reading but are able to perform at marginal levels do not receive special services at the time that the problem is identified. The school's approach is unfortunate as it deprives children of the benefits of early intervention. Moreover as Dr. Sahywitz argues, "early intervention is important because the brain is much more plastic in younger children and potentially more malleable for the rerouting of neural circuits." Furthermore, delayed diagnosis and intervention put the child at risk for secondary psychological issues. In agreement with Dr. Shaywitz, I have also noted that "once a pattern of reading failure sets in, many children become defeated, lose interest in reading, and develop what often evolves into a lifelong loss of their own sense of self-worth"

READING CAN BE UNPLEASANT



Reading for many then is a chore, a dreaded activity that drains and leaves them feeling frustrated. Over the years, children have told me that

they do not like reading. Some say it is boring, which is really their way of saying that is difficult for them and unrewarding. Parents have reported that their children would run away, cry, or even have temper tantrums when they are forced to read. Adults echoing children often report that they find reading boring while some admit that it is not their favorite activity. Like children, college students avoid reading by postponing it until the last minute or when they absolutely have to. Reading difficulties when undiagnosed and unaddressed have contributed to lack of self-confidence and self-esteem issues. Many students that I have worked with over the years have questioned their intellectual ability, causing them to lower their academic expectations, and in some cases their career aspirations. Many children, especially those from disadvantaged backgrounds and immigrant groups, are seen as less capable than their peers and as a result, fail to get the special attention that their reading difficulty requires. For many such students reading problems are attributed to cultural factors, without anyone noticing that most children from the same language and cultural environment do not display difficulties learning to read and tend to catch on as their fluency in English increases. Limited English fluency may cause a delay in learning to read



in another language relative to native speakers but is not likely to cause persistent difficulties by itself.

While some students appear to overcome earlier reading difficulties, going through high school and college earning grades consistent with their perceived or measured level of intellectual abilities, others struggle in graduate and professional schools when they confront the need to read and process enormous amounts of reading material in a brief time. All of a sudden, it seems, they are having problems finishing their exams on time or having difficulties making fine discrimination between nuanced choices on multiple test examinations.

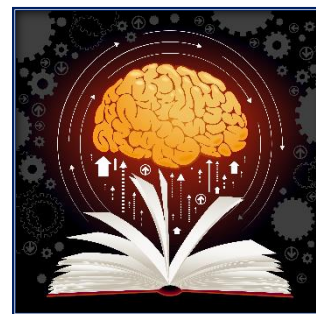
Under time pressure, they misread questions or just make their best guesses in order to complete examinations on time, causing their grades to drop despite having put in more time studying than usual. Confused and baffled, they become prey to anxious feeling, test anxiety and the belief that they are not good at taking tests.

AN INDIGNANT RESPONSE

A number of African American students of Haitian ancestry that I have talked to have related to me their feeling of resentment and sense of disbelief when they learned that they had a reading disorder. Their first reaction was disbelief. One student told me how she was offended by one of her professors' suggestions that she seeks an evaluation for a possible learning disorder. Although she was struggling in her courses, this never occurred to her. Her reaction was one of indignation because in the past, when she was going through grade school, only "dummies" had a learning disability and attended special education classes. She was offended, attributing the instructor's action

to an instance of micro aggression, or covert racism. Recalling the incident, she perceived it as a way to diminish her, to let her know that she could not cut it in law school. As the instructor persisted and was able to persuade her to get a psychoeducational evaluation, she grudgingly took the advice and underwent the evaluation. Diagnosed as having a reading disorder, she was able to get the appropriate accommodations required by her condition and her academic performance improved significantly. Right now, she is practicing law having passed her bar examination on her first attempt.

BRAIN AND READING



While the necessary foundations for becoming skilled readers are wired in our brain during the embryonic stages, glitches in that wiring are thought to be the cause of reading difficulties, with symptomatic presentation varying with the extent of the faulty wiring. The connections to support reading skills are built through practice using existing structures. Dr. Stanislas Dehaene, in his book *The Reading Brain*, asserts that reading requires the construction of efficient interconnections between visual and language systems to create pathways that facilitate the acquisition of and to support reading skills. To learn to read with little difficulty, one needs to hear and process various gradations of sounds, see, and perceive shapes adequately and, more importantly, pair sounds with their corresponding shapes or letters to form and produce words.



Not all readers use the same circuitry for reading, however. Of interest, Dr. Sally Shaywitz in her book, *Overcoming Dyslexia*, discusses findings from fMRI studies of good and poor readers. According to her research, skilled and challenged readers use different neural pathways for reading. Good readers rely on networks located in the left side of the back and front of the brain. The regions in the back correspond to circuitry responsible for processing visual features, shapes of letters, and for converting letters into sounds while the frontal area pertains to pronunciation. Challenged readers, on the other hand, use a different pathway, showing an activation pattern involving right hemisphere posterior regions and bilateral frontal areas, revealing an under activation of the interconnected networks used by skilled readers. Moreover, she reports finding suggestive of probable compromised attention functions in challenged readers. While skilled readers showed activation of the left frontal dorsal lateral cortex, an area associated with attention functions, challenged readers fMRI results showed significant under activation. Her research findings led her to conclude that the core problem in dyslexia is phonologic, or difficulty transforming print into sounds.

SYMPTOMATIC PICTURE

In children who are struggling with reading, difficulties with letter and word recognition may be noted. They may display difficulty pairing letters with their corresponding sounds and mixing different sounds that make words. The process of pairing sounds to letters is called decoding while that of combining different sounds to form words is referred to as blending. Due to these difficulties, reading is slow, effortful, and laborious, with many children resorting to

guessing and relying on context to extract meaning. In some cases, difficulty comprehending or making sense out of what is read is also present and some children are able to read adequately but do not understand what they read. Problems with spelling and limited vocabulary are often noted.

DYSLEXIA AND LEARNING DISABILITY



The National Institute of Neurological Disorders & Dyslexia defines dyslexia as “a brain-based type of learning disability that specifically impairs a person's ability to read. These individuals typically read at levels significantly lower than expected despite having normal intelligence. Although the disorder varies from person to person, common characteristics among people with dyslexia are difficulty with phonological processing (the manipulation of sounds), spelling, and/or rapid visual verbal responding. In individuals with adult onset of dyslexia, it usually occurs as a result of brain injury or in the context of dementia; this contrasts with individuals with dyslexia who simply were never identified as children or adolescents. Dyslexia can be inherited in some families, and recent studies have identified a number of genes that may predispose an individual to developing dyslexia.”

That a person is unable to learn to read or reads with significant difficulty is thought to



be related to a phonological processing deficit, a brain-based impairment, that interferes with the ability to turn words into sounds. The impairment is the phonological processing problem while the disability is the difficulty reading at a level consistent with his intellectual ability or overall level of functioning. While the term dyslexia is commonly used in conversation and by medical personnel, the expression "Specific Learning Disability" as it pertains to reading is more likely to be found as a diagnostic label in formal evaluation reports or heard in case conferences about someone with a learning disability.

According to the Diagnostic Manual of Mental Disorder, 5th Edition, a Specific Learning Disability refers to "specific deficits in an individual's ability to perceive or process information efficiently and accurately." Falling under the category of a neurodevelopmental disorder, a specific learning disability starts during formal school years, a time when most children are introduced to academic subjects, and "characterized by persistent and impairing difficulties with learning foundational academic skills in reading, writing and/or math."

Of importance here is that the phonological impairment, the physical basis of the problem, precedes the reading difficulties. In other words, the child is born with a brain with the potential for reading difficulties that become manifest when he is introduced to reading. The phonological impairment is thus thought to be the cause of the learning disability.

CONCLUDING REMARKS

Reading for an individual with a properly wired brain is often an effortless and

pleasurable activity that facilitates his ability to access written information and to gain a broad base of knowledge in an efficient manner. When this is not the case, the individual has a brain that forces him to use brain regions that result in neural circuits that make reading a laborious and unpleasant activity to be avoided. At this point, the prevalent view is that difficulty learning to read, or reading, is related to a deficit in phonological processing, which interferes with and hinders the development of efficient reading skills. When this occurs, the person is likely to have a specific learning disability in reading.

Although the condition is usually identified during formative school years, many children, especially those who have been able to perform adequately or marginally during their elementary and high school years, report having difficulty keeping up with academic tasks later in their life. This is a problem that cuts across all intellectual levels and socioeconomic strata and affects both sexes in an even manner. When symptoms are taken seriously and the individual is rigorously evaluated by a psychologist or neuropsychologist with expertise in assessing learning disability, more often than not, he is found to have a specific disability and presented with treatment recommendations.

Schools rely on an approach that requires demonstrated failures over time before referring children for a formal evaluation, and even then, they rely on cutoffs that do not take into consideration the struggles of students who have found ways to perform adequately. Often this is done at a great cost to their psychosocial development. Feeling insecure and under confident about their academic ability they spend enormous



amounts of time studying in order to keep up. Many parents frustrated by the schools' approach initiate an external evaluation of their children, and with results in hand they then seek the services recommended for their children's condition. The main drawback here is the cost of the evaluation, but the benefit for a child and his parents is that the problem would be addressed in a timely manner, which is at a time when the developing brain could still benefit from interventions aimed at its reorganization.

One more point: special education services are not for "dummies." They are educational interventions aimed at assisting students in getting the most out of their brain and intellectual ability. The quality of such services, however, tend to vary with different schools, but the overall quality of these services has risen over the last decade as parents have advocated for more effective interventions.

Adult students regardless of level or type of advance study would do well to consider undergoing an evaluation if they are struggling academically, as this could be related to an underlying learning disability pertaining to reading, writing or math. Colleges and universities are aware of the problem and have dedicated counseling departments to assist students. Reach out to them and make an appointment to discuss your concerns. It could be the decision that

keeps you and helps you graduate in the field of your choice.



Art by Jonathan Gladding
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WHAT CAN THE US DO TO HELP HAITI?



By Reynald Altéma, MD



The eminent Afro-American scholar from Harvard, Annette Gordon-Reed, in the July 21, 2021, edition of the NY Times made the case of the debt that America owes Haiti for its past misdeeds and the need to help Haiti out of its permanent morass. In her own words, "Think of how different its prospects would have been had Haiti been fully embraced from the beginning, instead of reviled, and if Haitians had not been forced in 1825, in one of the most disgraceful details in the history of the oppression of Haiti, to pay reparations to their enslavers and their heirs in exchange for official recognition. The reparations created a crushing debt that blighted the country's future." This paean to the fighting spirit of a half million Black people who dared defeat the greatest army in the world, albeit aided by the mosquito spreading yellow fever, begs the question,

what exactly can the US do to help Haiti move forward? This question obviously presupposes that Haiti is willing to help itself, for no help ever works when it does not dovetail on ongoing self-empowerment, i.e., one can only help someone actively taking care of himself. The metaphor of actively fishing as opposed to receiving the fish applies.

The asymmetrical relationship between the two nations is evidence writ large of one of the ironic twists of history. Instead of Haiti upholding the initial mantra of a beacon of light, a paragon of freedom for the oppressed and the goalpost of independence fiercely protected, the nation has devolved into one of meek leaders, unable to stand up for the interests of its people and essentially having surrendered its sovereignty. Never mind that



this independence was gained through lots of blood and sweats literally. The initial feisty David slaying a bullying Goliath narrative has turned into the observation of Lilliputians fawning over the 800-pound gorilla that has been having its way from time immemorial. How a proud group of bellicose transplants from Africa could have sired such slackers is indeed very droll. Nothing less than a bucket list of wishes would fill in the blank. It ranges from the transfer of our gold reserve to Citibank, the occupation of Navasa based on an abstruse American law, and, in between the open interference in our national affairs, the intermittent selection of our leaders irrespective of the popular choice and the strangulation of local industries to protect American exports.

No matter how legitimate these claims are, we also have our share of faults, and we need to reckon with it. This simple matter of Haiti handling its business first has bedeviled Haitianophiles over the years while its failure at the task has regaled its detractors all along. In the former corner, one can include towering figures such as Frederick Douglass, José Martí as foreigners, Anténor Firmin, Demesvar Delorme, Massillon Coicou, Tertulien Guilbaud as nationals, among others. The list of its detractors, past and present is too long; suffice it to allude to a very recent powerful man who thought that “we all carry AIDS.”

The Haitian reality makes one recoil, induces a searing pang the same way a bitter pill indulges nausea. Haiti has not been actively engaged in taking care of its own business, allowing a vicious cycle to take hold and along the way creating an environment where corruption and dilapidation of resources have become common currency, and lately in an accelerated pattern. Many will rightly argue that foreign interference does play a

role. However, that argument will not suffice to explain the scale and extent of this failure. It is as if the idea of accountability is an alien concept and sound policy making has given way to brinkmanship in one fell swoop. Cynics unfortunately have plenty of fodder to associate the failure as *sui generis* in the worst way and frequently as another evidence of the theory that Gobineau had advanced in the nineteenth century of our lack of intellectual capacity.

The additional irony is that capable leaders throughout our history have always had their efforts stymied by their own compatriots more interested in the narrow and selfish preservation of the interests of their own clan and not the national welfare. Is the case lost? Can this listing ship be prevented from capsizing? The answer is a timid maybe at best because the very people who should or could do it are incentivized not to. This is a nefarious paradigm. Those empowered to safeguard the national treasure use it as personal piggy bank, aided and abetted by powerful businessmen who bankroll their candidacy so they can allow them to avoid paying their fair share of taxes, to obtain monopolies and have free hands to dwell in all other illicit activities. Ergo, if the question of the US helping Haiti is not rhetorical but very real, what would one advocate as immediate out of the bucket list?

The answer in my humble opinion is simple: bidirectional tough love. In practical terms, it means taking measures that will be unpleasant for stakeholders on both sides of the aisle in the relationship, because it will for once side with morally sound policymaking over the traditional politically expedient, rewarding a tiny group. On the Haitian side, insisting on a new type of governance and holding the ones at the collective helm to clean the Augean stables. On one hand,



pressure ought to be brought to bear to implement measures that all successful societies are practicing: collection of taxes to increase the national coffers and transparency in the spending of meagre resources. In fact, insisting on healthy management of the national budget and eliminating wasteful spending throughout the public sector would be the single greatest achievement for which one could hope.

Stories abound about legislators doling out jobs at various consulates to incompetent allies or relatives, per diems for made-up projects, outright pilfering of money through shady contracts without a bid at various ministries and various other means seen and unseen to fleece the country. The spoils that come with public office position far outpace resources; yet in a choice to take between butter and hardware, the latter always wins, and the human suffering gets worse. It also means reversal of heavy-handed US-sponsored policies.

The imposition of “free trade” while the US protects its own market is a gross injustice. A case in point is the destruction of our country’s rice-growing industry. This policy that was started under Clinton who came from a rice-growing state became a failure for the Haitian economy, a fact he admitted to subsequently in a congressional hearing, but one that no Haitian leader ever cared to reverse. Gun running in Haiti, an essentially American export industry can be stopped if the will of American government exists to do so. Gangs are proliferating and are well supplied with powerful weapons and ammo coming from the US. This type of illicit trade is hurting us and enriching gun dealers in the US. Next, changing course in supporting corrupt, incompetent yeomen and allowing competent cadre to develop and hold influential positions.

The calculus of favoring pliable individuals ready to vote at the UN or OAS as instructed, flies in the face of the heavy price being paid by Haitian society being run by such deceitful leaders. Allowing independent-minded but honest citizens to vote as per the interests of the country represents no threat to the US geopolitical interests. Such a policy turn would go a long way to erase a lot of policies forced on the country by leaning on spineless, corrupt, incompetent weaklings. Such puppets are far too obsessed with obeying the proconsul at the US embassy so long as he ignores their ever-growing bank account and other invidious activities such as killing innocent folks and helping in drug trafficking. The country is paying too heavy a price for selling its vote.

Distancing elected officials from access to public funds would be a revolutionary policy. Imagine that the decision to build roads and schools, fund public clinics, creation of shelters to protect from hurricanes were taken away from politicians and given to a professional civil service cadre the way it is done in Japan. Overnight jobs would be created, reducing the overwhelming number of unemployed citizens easily available to cause mayhem by joining gangs to become thugs for hire. When people have a personal stake in society, they are less likely to join a barricade and burn tires and or participate in looting. Unfortunately, some local decision makers, both nationals and their foreign handlers enjoy this anomaly to create chaos. Removing the monetary incentive to seek elective office would eliminate politics as money-making endeavor, a calamity that has afflicted the country for far too long.

Last but not least, a good fillip would be sent by helping in the fight against the alarming ecological degradation that is taking place. Since we all suffer from global warming,



sending a helping hand in stemming this catastrophe is a win-win proposition. USAID's resources could be used for that purpose. A long overdue change would be to stop using American consultants collecting fat fees, the lion's share of funded programs, leaving no permanent and successful legacy. Voices of

progressives such as Gordon-Reed's need to be part of the conversation to redress a historical aberration. At the same time, independent voices on our side need to be heard to help frame the approach that should be nonpartisan and focused on Haiti's interests.



REMEMBER TO ADD OUR NEXT WEBINAR TO YOUR SCHEDULE

REFLECTIONS ON THE LIFE OF JEAN-JACQUES DESSALINES

Emperor Jean Jacques Dessalines was a man with an overly complex personality. For forty years after death, it was ill advised to mention his name in Haiti.

Date & time: 11/18/2021; 7:00 pm
Moderator : Jean-Claude Dutès, Ph.D.



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“D’une perle à une poubelle” Can Haiti shine again as a gem?

By Guylaine L. Richard, MD, MPH



The answer is: yes, she can. She has proven over the years that she was that diamond in the rough, that pearl one can find only by cleaning the dirt around it.

Haiti, today, may have lost some of her physical beauty, because we can't ignore the "fatras" (trash) that have erected themselves as street signs everywhere, but she can, and will continue to claim her inner natural beauty. Like a beautiful woman she may have lost the favors of her youth, but as an old mother, her soul is still rich with uncovered treasures.

Haiti Chérie, is not a slogan. Many genuinely love this country and would want to care for her, the way she deserves to be. This old

lady who has loved and continues to be there for all her children, despite their ills, devilish actions, and unbelievable betrayal, must taste unconditional love.

Love for Haiti, you may think is a dream. A nightmare maybe! No worries. We will wake up sooner than later and find out which one was a reality. I am choosing to smell the perfume of roses around her when I wake up. Roses have thorns therefore we will need to know how to touch them to not get hurt.

When thinking about hurt, it seems that it is all this country has been subjected to for too long. Therefore, I am coming today, to express my own views and propose some



solutions for consideration to strategize a better future for Haiti Cherie.



What if, Haiti in addition to teaching her children to no longer be slaves as she did in the past, could raise them as genuine human beings. In Haiti today many must know how to be true “mounes” (true humans). I am by no means demeaning Haitians’ ability to stand on two feet, eat with two hands or even think with a brain, I am rather questioning their discernment to make decisions that are good for them, and others like them. We are hearing news in Haiti that lead us to worry about how Haitians nowadays value even their own lives. “Life expectancy in Haiti is 24 hours renewable” is how some young people are defining the extent of their future. Life is short for sure but not that short and certainly not for young individuals who are often used to make this determination when they are paid to take the lives of others as young as they are. The young “gangsters” as they are viewed are not “mounes” enough to even realize that they are destroying their own people. This is not “collective suicide” but a devaluation of themselves to be enslaved by other “not mounes” who have food, unlike them, but so hungry for power. What if they were raised to make better choices? To not sell their votes for a mere thousand gourdes or a plate

of food? What if they knew how to not give power to those frantically seeking it? What if they could find a way to not feed their demoniac souls? What if for once they could be thought how to become “mounes” and not demons?

I dare to offer some concrete steps for considerations:



1. Choose true human beings (mounes) to lead this country. Don't give them power but responsibilities and make them accountable to results. In other word, find patriots not “patrie pochés” (interested to fill up their pockets) to serve the country, not to be served themselves.
2. Refuse to pay any salary to any politicians from presidents to state agencies directors, instead subsidize their daily living with the basics: food, shelter, clothing, public transportation and education for themselves and their children. The positive outcomes which will be achieved are elimination of so many ridiculous political parties for such a small territory; many vultures will not come after those positions; knowing they will not be paid will help them think about where to go to fill up their pockets.



3. Refuse to elect or disregard any candidate who would not produce their financial records before they take office and monitor their bank accounts. The positive outcomes achieved would be perfect knowledge of your wealth before coming into public office and guaranteed jail time if what you accumulate during your tenure is in excess of what you declared.
4. Require that all members of parliament remain in their respective jurisdictions and be accountable daily to their constituents. In the event that they have to attend an official meeting in the capital, logistical arrangements will be made solely for the duration of their stay. No more second residence allowance. Those elected officials' basic needs will also be paid by the government and no salary given.
5. Mandate that everyone occupying a state function and all members of their families remain in the country. Having their children and other family members in the education and health systems of the country would assist in making them accountable to enhance them.
6. Require a yearly performance evaluation for all elected state officials. After one failed performance, they will be placed on probation and monitored closely for the duration of their term in office. The outcome of such mandate from the people will be that Haiti will now be governed by more competent leaders with adequate knowledge, skills, and more importantly professional practices.



Within the last ten years some elected officials have stated that “there was no need for diplomas” (he did not earn any); “corruption is the main problem of the country, I have the key to it” (he knew that well, he was one of the most corrupt). When a country is governed by “such not mounes” it is not difficult to see it fall from being a “perle to a poubelle.” However, competent, committed, and compassionate children can still take the gem out of the trash and make it shine the way only Haiti Cherie can.

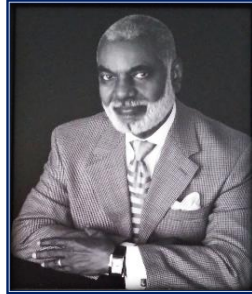


Coat of Arms. House of Henri-Christophe. King of Haiti.
wappenwiki.org



WE SURVIVED A NARCISSIST IN THE WHITE HOUSE

By Mr. Carlo W. Paul, MBA



I am not a psychologist nor a psychiatrist, just a simple observer. For most of my career in management and through my interpersonal relationships I came into contact with narcissistic personalities. Based on my experience, I have to say that a narcissist is not dangerous until you have spent time around them and learned about this mental disorder. Then, you really understand how it can harm you and everybody else around including their own children. They will

literally cause their children and spouses problems, such as anxiety disorders and a host of other emotional adjustment issues including chronic low self-esteem, low self-confidence, and self-doubt. They can and will literally destroy you emotionally and mentally if you are not careful.

You need to understand that someone who has a narcissistic personality disorder does not like you, does not care for you, does not



protect you and does not support you. They only take care of themselves and their needs. You are just a tool to help them feel good about themselves. Such is the case with Trump and his rallies, where he uses his so-called supporters to make him feel on top of the world. He craves adulation.

Any relationship with a narcissist is doomed to failure. They avoid any form of intimacy in their lives. They are unable to make true friendships, genuinely love anyone, or express honest feelings of commitment or attachment. All relationships are transactional. "What's in it for me."

From my observations and according to mental health professionals, narcissists lack emotional empathy and cannot identify with another person's feelings or thoughts. They have great difficulty taking another person's feeling into consideration. At first, charismatic, charming, and even attentive, they attract others, but underneath, there is a fragile and brittle sense of self-esteem, causing them to be extremely sensitive to any type of criticism. While appearing smart and confident, they are usually very insecure, always trying to impose their views and to top others even in casual conversations in attempts to always remind themselves that they are better in every way than everyone else.

Seeing others as a mean to their own gratification, they tend to act selfishly, relying on exploitation, manipulation and outright lies to get their way. Wanting to maintain inner feelings of superiority, they strive for control and power relying on threats, lies, abuse, projection, and gas lighting. They are in love with themselves - full of insecurity and uncertainty. Under this outer skin often hides a very fragile person who has difficulty accepting the slightest criticism, whether

constructive or not, and therefore very volatile and dangerous.

Over time, in your interactions with them, you are likely to feel the most threatened and fearful when they get into narcissistic rages. Extremely sensitive they are quick to take offense. Again, take Trump's example, whenever anyone said something about him, he does not like, he reacts with anger and sometimes with vengeance. They believe that they are the victim when their hurtful actions are pointed to them, or even worse when they are criticized. They like to think that they are perfect or faultless, having developed for themselves a "mask of perfection" behind which they hide in public. If you make a comment that exposes them for who they really are, they will feel betrayed and resent you. They will attack you, trying to intimidate you into changing your views and see you as an enemy when you stand your ground.

With Trump, this has happened many times in public press conferences when he does not like a question from a reporter. It is absolutely certain that he reacts the same way in private with members of his cabinet or family members. His niece's first book, which provides a comprehensive psychological profile of the man, clearly provides support for this supposition. The narcissist cannot put things in perspective, tending to distort reality to fit their need for adulation and grandiosity. This is the madness in which these people live. Unwittingly, you become an integral part of their world and all the madness that comes with it.

For narcissists, the biggest problem is that they cannot or will not change their way of doing things despite negative comments about their behavior. Due to the nature of narcissism, it is impossible for the narcissists



to admit that they have a problem. They will always blame another person for the stress they feel or the problems that surround them, when in reality these are caused by their own behavior. Their behavior and reactions to life's problems often resemble the perspective of a toddler, but their behavior is now fueled by adult rage and cruelty. They also do not need to apologize for anything because they consider themselves perfect.

One does not have to be a psychologist nor a psychiatrist to know something about narcissism, just pay attention, we had for the past 4 years a narcissist in control of our government. That was a case study.

Mr. Carlo W. Paul, MBA, is a freelance political blogger and a retired Senior Administrator/Superintendent at General Motors Corporation. You can reach him at: cwpolo@aol.com.

MENTAL HEALTH RESOURCES

1. National Helpline:
1-800-HELP (4357)
 2. Suicide Prevention
Lifeline:
1-800-273-TALK (8255)
- Free, confidential support for people in distress; 24/7

DIAGNOSIS

TYPES OF NARCISSISTS

INTRODUCTION

Narcissistic Personality Disorder is not diagnosed in children or adolescence, since many of its symptoms are common in their developmental stages.

DIAGNOSIS CRITERIA IN THE DSM-5

Indicated by 5 or more of the following:

1. Has a grandiose sense of self-importance
2. Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.
3. Believes that he or she is "special" and unique and can only be understood by or should associate with, other special or high-status people
4. Requires excessive admiration.
5. Has a sense of entitlement
6. Is interpersonally exploitative
7. Lacks empathy: is unwilling to recognize or identify with the feelings and needs of others.
8. Is often envious of others or believes that others are envious of him or her.
9. Shows arrogant, haughty behaviors and attitudes.

OVERT NARCISSIST

Overt narcissists are characterised as grandiose, attention seeking and entitlement, with an "inflated" sense of self which is commonly expected of. They are arrogant and is preoccupied with fantasies of being successful with wealth and power. Having strong desires of being admired, they expect others to treat them with respect and admiration. In their relationship with others, it is often shallow, displaying lack of empathy of others. These types of narcissists are often socially charming, successful and hardworking, in order to gain admiration from others.

COVERT NARCISSIST

Covert narcissists are usually characterised as fragile, vulnerable and introverted. They are often sensitive to the criticisms of others and imagine themselves having grandiose achievements or high statuses, but are often not expressed overtly. At the end, they are unable to reach their full potential of achieving goals and ambitions, resulting feelings of depression, hurt and self-pity. They are unable to fully trust or depend on others and are envious of other's possession or talents. Similar to overt narcissists, they exhibit disregard for others.

WHAT IS IT?

Narcissistic Personality Disorder (NPD) is a personality disorder that less than 1% of the population suffers from and is characterized by grandiosity desire of excessive admiration from others and lacks empathy (American Psychiatric Association, 2013).

BUT...

There is a difference between those who have narcissistic traits and those who suffer from NPD. A trait which differs from a normal narcissist and NPD sufferer is their lack of warmth and empathy for others. NPD interferes one's personal life to a greater degree to those who suffer from it. It is typically thought they carry a high self esteem, but in reality, they suffer from a fragile and dysfunctional one, protected by a layer of grandiose, and by promoting this, their interpersonal relationships are often built for the enhancement or protection of self esteem. (Maj, 2005)

This pamphlet explores on Narcissistic Personality Disorder and what help you can get for NPD sufferers you know.



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LE MAL INCURABLE

Par Reynald Altéma, MD



Art par Jonathan Gladding
www.jagartist.com

« Danke sehr fräulein », « Wie geht es dir » ?
 « Buon giorno signor », « Buena sera signora »
 », « See you later alligator », « Go and enjoy the beach eh » ? « Il est ton chum » ? « Elle est ta blonde » ?

De telles expressions entraîneraient des menues conversations entre l'hôte et les touristes dans une station balnéaire huppée en République Dominicaine. Cet hôte, un homme très basané, tiré à quatre épingles, suscitait une rétroaction binaire. « Pour qui se prend-il » ? « Il est cultivé » ! Ce clivage, un fardeau sur ses épaules, une punition acquise au berceau et qui dure la vie était inévitable. À son insu, ses mots et gestes faisaient froncer les sourcils de certains et provoquaient les sourires des autres. À cause des normes de la société où il évoluait, ceux qui se sentaient mal à l'aise ne pouvaient pas

accepter qu'une personne de cette origine s'exprimât si facilement dans des langues étrangères. Cela allait à contre-courant du récit du manque de sophistication de certains membres. Le déplaisir ramenait la bouderie du colimaçon. Tandis que les autres, flattés et fiers de cette connaissance culturelle l'appréciaient. Le plaisir décachetait le dessin de la déambulation du paon ou l'épure de la joie.

La direction de la station balnéaire trouvait cette situation comme un casse-tête. Sa courtoisie avec les patrons rehaussait la réputation du milieu ; le message délivré avec aplomb renforçait l'étiquette professionnelle. Le dilemme concernait le messenger. Le couvercle jurait avec le contenu. Pourrait-on passer le même message en choisissant un autre messenger ?



Malheureusement non. Personne d'autre parmi les employés ne détenait le mélange de charisme, de savoir-faire, et la maîtrise des langues étrangères. Cet employé, originaire de la partie ouest de l'île était toléré, mais pas aimé, parfois respecté mais toujours envié et détesté pour son intelligence. Il souffrait en silence. Pour nous familiariser avec sa perspective, il faudrait le suivre à une séance avec son psychologue où il dévoile ses ténèbres :



Boys from Batey in the Province of San Pedro de Macoris
commons.wikipedia.org

« Je suis né en Haïti et mes parents ont émigré en RD lorsque j'avais cinq ans. Le batey m'a reçu avec les bras ouverts, m'offrant son déconfort et son austérité. La pauvreté, ma compagne dès ma naissance, fut notoire par sa présence soutenue. Elle me suivit en traversant la frontière ; sa présence s'allégea cependant.

Dans mon nouvel environnement, les feux de la misère s'allumaient avec intensité, mais au pays natal, son incandescence était pire. Démuni de tout excepté d'un esprit vif, j'ai dû m'accommoder pour survivre dans cette société. D'abord mon nom. Né Jean-Robert Marcé, le nom se

métamorphosa en Roberto Marceu. Mes excellentes notes en classe m'ont ouvert des portes. Très tôt j'ai découvert un don pour maîtriser les langues étrangères. De cette façon j'ai appris l'allemand, l'italien, l'anglais, le français. Je me débrouille dans le portugais. Chaque fois que je voulais me plaindre, je n'avais qu'à me rappeler les sévices soufferts en terre natale. Mon traitement aux mains des citoyens de cette partie de l'île est cruel. Celui que j'avais reçu aux mains de mes concitoyens avait été encore plus impitoyable.

Mes talents m'ont permis de décrocher le boulot que je fais maintenant. Je me sens bousculé et non bercé, tancé et non tonifié. Mon pays natal n'a pas su m'épauler tandis que le pays où j'épanouis ne m'applaudit point. Mon espace est borné rigidement. Mon cloisonnement imite l'image d'une bulle même en plein air et la sensation de fermeture à huis-clos même dans une assemblée. La société m'ignore et m'offre une double punition : elle se sert de moi à son gré et de plus en plus mais prétend que je n'existe pas. Le mal qui me ronge n'a pas de traitement. Il s'appelle l'apatridite. Je suis un homme sans pays, un citoyen errant. J'ai un creux à la poitrine, une plaie dans l'âme et une hantise dans l'esprit en guise de satisfaction. Je dois être à la fois disponible pour une tâche mais à l'ombre pour ne pas imposer ma présence qu'on veut oublier le plus possible. Je remplis les fonctions d'administrateur sans le titre ou le salaire ».

Ce fut un documentaire présenté en classe de rhéto en Haïti. Il fut suivi par une vive discussion sur le sujet de ce mal incurable. Les commentaires furent âpres.



« Ce déboire n'est pas une expérience unique. Il se répète dans le quotidien avec une fréquence inouïe. Le récit de l'abandon par une société étrangère déboussolée, déséquilibrée. Le parcours de l'individu obligé de cacher ses origines, changer son nom pour sa survie, ou même de renoncer sa culture est un supplice moderne émulant l'acculturation de nos aïeux transplantés de l'Afrique ».

« La réalité de l'abandon de l'individu par la société de la terre natale outrage la sensibilité patriotique. La réalité de l'individu, dépité par le traitement en terre étrangère, mais qui préfère ce traitement à celui du terroir, révolte ».

« Ce mal incurable de nos jours, malin comme un cancer, qui tourmente une population en silence s'envenime au jour le jour lorsqu'il demeure ignoré. Il existe grâce

aux coupables de deux côtés de la frontière. Cependant notre culpabilité est la première. Nous avons échoué à notre mission du premier janvier 1804. Nous avons promis aux opprimés de leur donner l'accès à l'épanouissement et à la franchise à jamais.

Nous avons brisé ce contrat social. Nous devons créer une soupape de sécurité sociale pour empêcher nos concitoyens de mériter le traitement de cheptel, ici et ailleurs ».

« Ce mal se met en exergue chaque fois qu'un des nôtres fait une percée de l'autre côté malgré les mauvaises conditions de vie ; alors nous nous sentons coupables de n'avoir pas protégé un tel talent et les autres sur lesquels retombent la gloire profitent du succès sans encadrer les pépinières ».

« Qu'avons-nous fait pour mériter ce sort ? »



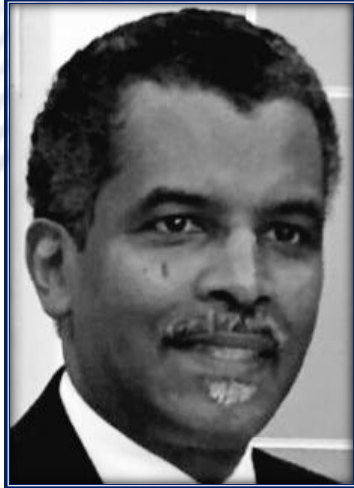
La réponse à cette question reste en suspens.





MEET OUR NEW MEMBERS!

Eric Dutès, E.A.



A resolute tax professional with over 30 years of management and tax reporting experience, I am currently employed at Safra National Bank of New York as a First

Vice President responsible for the bank's domestic and foreign tax reporting obligations. For over 25 years, I worked for the Bank of New York, rising from the position of a clerk to that of Vice President. Over the years, I have also participated in the foundation of several social cultural organizations, including the Medgar Evers Haitian Club and the Haiti Combite Relief Fund (HACOREF).

I joined the L'Ouverture Cultural Society because of its mission to foster interest in Haitian Culture and history, preserve valued Haitian traditions, and provide a vehicle for personal growth and networking within the Haitian community. This is a vision that I deeply value. As a Haitian professional, I feel that it is important for Haitians in the diaspora to have a forum to promote our cultural heritage, debate the pertinent issues, and take active steps to change the negative narrative and raise our voice about Haiti's contributions to humanity. I see a bright future for LCS because of the dynamic leadership it has demonstrated so far. LCS has the potential for becoming a think- tank,

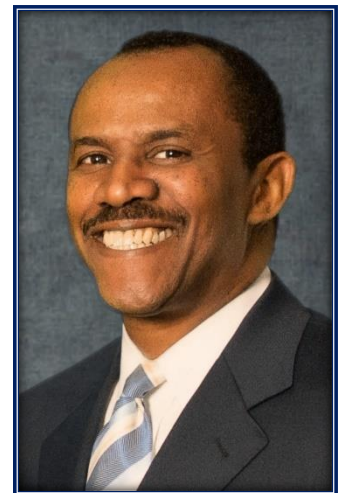
with the ability to draw attention to relevant issues. I am hoping it will offer paths towards new ways of thinking that are likely to stir international policies in a novel and positive direction toward our homeland.

- Currently, I am affiliated with the following organizations:
- National Association of Enrolled Agents (NAEA)
- National Association of Tax Professionals (NATP)
- National Society of Tax Professionals (NSTP)
- Financial Technology Forum (FTF)

I am looking forward to my continued relationship with the L'Ouverture Cultural Society, Inc.

Frantz Dutès, MBA

Mr. Frantz Dutès is the Director of Program Operations for the Orange County Housing Finance Authority. In this capacity, he is responsible for the oversight, administration, and coordination of public financing



initiatives to facilitate the production of single family, and multi-family affordable housing units in Central Florida. Additionally, Mr. Dutès has worked in the area of Investment Banking for Bankers Trust, NA, and Economic Development for the City of



Orlando. He has been employed in the field of Community Development with an emphasis on Affordable Housing for over 30 years, and has leveraged over \$1 billion dollars in bond financing, and other financial resources to develop approximately five thousand units of affordable housing.

Mr. Dutès holds a Bachelor of Science Degree in Accounting from Brooklyn College, and a

master's degree in Business Administration from the University of Central Florida.

As a Haitian American who arrived in the United States at a youthful age, my membership in the L'Ouverture Cultural Society, provides an opportunity for me to use the extensive cultural and historical resources available "to bridge the gap" in my life's journey as a Haitian American.



MEMBERSHIP OPPORTUNITIES

YES, I WANT TO BECOME A MEMBER OF THE L'OUVERTURE CULTURAL SOCIETY (LCS)

Become a member of L'Ouverture Cultural Society (LCS), and help support the many impactful programs and events, we offer that educate, inspire, and grow our organization.

Join us as we seek to promote Haitian culture, history and customs as well as providing an opportunity for networking, through educational and social cultural activities.

To Join LCS as a new member, please visit our website at:

WWW.LOUVERTURECS.ORG

AND CLICK ON 'JOIN SECTION'

For further information, please email us at: info@Louverturecs.org



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COMMUNITY NEWS & EVENTS

The information below was passed along to L'OUVERTURE by members of our community who wanted to make the Haitian community aware of free available resources for Palm Beach County residents. On behalf of the Haitian community of Palm Beach County, L'OUVERTURE presents a heartfelt thank you to Ms. Jocelyne Cameau, Dr. Marc Lafalaise and Ms. Anna Pierre, who provided the information listed below. You can contact these places to learn about where and when food will be distributed, how to get masks, apply for financial relief, find virtual camps for children, locate COVID-19 testing sites, and seek employment. Because of continuous political and community development changes occurring within the State of Florida, you should monitor the news daily for updates.

| | | |
|---|---|--|
| <p>FOOD RESOURCES EAT BETTER LIVE BETTER, INC. 4925 Park Ridge Blvd. www.EBLB.org Boynton Beach, FL 33426 (561) 344-1022</p> <p>FEEDING SOUTH FLORIDA INC A 501(c)(3) Organization 301 W. Atlantic Ave. Suite 06 (561) 331-5441 DELRAY BEACH, FL 33444</p> <p>Main warehouse for FEEDING SOUTH FLORIDA INC 2501 SW 32nd Terrace Pembroke Park, FL 33023 (954) 518-1818</p> <p>MEALS ON WHEELS SOUTH FLORIDA In partnership with the Area Agency on Aging and Elder Affairs Provide & deliver healthy meals & nutrition education</p> | <p>HOUSING AND UTILITIES PBS COMMUNITY SERVICES DEPARTMENT: For residents of PBC who have been affected by the COVID-19 pandemic through loss of income, reduction in hours, or unemployment. Applications must be submitted through CSD's online portal. •https://secure.co.palm-beach.fl.us CSDServiceEligibility/Account/Login.aspx •Housing, Utilities Assistance •Phone number for rent: (561) 904-7900 •Phone number for utilities: (561) 355-4792 •Phone number for seniors EHEAP (electricity): (561) 355-4746 •Homeless Services Access</p> <p>To access Homeless Services, call Senator Philip D. Lewis Center at (561) 904-7900</p> | <p>SAFETY AND HEALTH STAY HEALTHY: DO YOUR PART TO PROTECT YOURSELF Remember the Center for Disease Control acronym (CDC): C- COVER YOUR NOSE AND MOUTH D-DISTANCE YOURSELF AT LEAST SIX FEET FROM OTHERS C- CLEAN YOUR HANDS, FACES, SURFACES etc., FREQUENTLY</p> |
| <p>COVID-19 INFORMATION TESTING SITES http://discover.pbcgov.org/coronavirus/Pages/testing-sites.aspx COVID-19 UPDATE (Corona Virus): Florida Department of Health 850-245-4444 COVID-19@flhealth.gov 24/7 phone # 1-866-779-6121 Palm Beach County Emergency Information Line: (561) 712-6400</p> | <p>IMMIGRATION TEMPORARY PROTECTED STATUS (TPS) Catholic Charities Diocese of Palm Beach 9995 N. Military Trail Palm Beach FL 33410</p> <p>VOTER'S RESTORATION For assistance with voter's restoration rights, call (877) 698-6830 or contact FRRC at Floridarrc.com. A pro bono attorney also will help the individual with fees owed to the office clerks</p> | <p>MENTAL HEALTH COUNSELING FOR PROBLEMS RELATED TO COVID-19 https://www.samhsa.gov/find-help/disaster-distress-helpline</p> <p>JOBS UNEMPLOYMENT ASSISTANCE Career Source of Palm Beach helps you to find a job and provide training opportunity</p> <p>West Palm Beach: (561) 340-1060 Belle Glade: (561) 829-2040</p> |

Continued on the following page >>>>



SCHEDULE OF UPCOMING

EVENTS

SAVE-THE-DATE

| DATE | LOCATION | TIME | EVENT |
|------------|-------------------|---------|---|
| 10/23/2021 | Webinar / on ZOOM | TBD | <p>Alexandre S. Pétion: Opportunist, Visionary, Survivor.</p> <p>Of the four main founding fathers, President Pétion was the only one who died a conventional death. Founder of the republic, co-creator of the Haitian flag, he remains an enigma. This presentation will review his rule, controversies surrounding it, and the effects of his legacy on Haitian political culture.</p> <p>Guest Speaker : Jean-Claude Dutès, Ph.D.</p> |
| 11/18/2021 | Webinar / on ZOOM | 7:00 PM | <p>Reflections on the life of Jean-Jacques Dessalines.</p> <p>Emperor Jean Jacques Dessalines was a man with an overly complex personality. For 40 years after his death, it was illegal to mention his name in Haiti. This presentation will discuss the controversies surrounding his rule and the effects of his legacy on the nascent nation.</p> <p>Moderator : Jean-Claude Dutès, Ph.D.</p> |
| 12/2021 | Webinar / on ZOOM | TBD | <p>Haiti and the diaspora: a difficult dance.</p> <p>Guest Speakers: Dr. Guylaine L. Richard & Ms. Jocelyne Cameau</p> <p>More information will be provided by mid-November.</p> |



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