

Timor-Leste: "East Rising Sun"



Chief of State: President José Ramos-Horta (since May 2022) Head of Government: Prime Minister Kay Rala Xanana Gusmão (since July 2023) Capital City: Dili • Population: 1.5 million Independence: May 20, 2002 (from Indonesia) Official Languages: Tetun (or Tetum) and Portuguese Currency: United States Dollar

Timor-Leste, also known as East Timor and officially the Democratic Republic of Timor-Leste, is a Southeast Asian country. "Timor" comes from the Malay word for east, and "Leste" from Welcome to our May edition! the Portuguese word for east, so the direct translation for Timor-Leste is "Eastern-East." The local Tetum dialect name (Timor Lorosa'e) translates to 'East Rising Sun'.

Portugal colonized Timor-Leste in the sixteenth century and called it Portuguese Timor. The Portuguese remained in power almost entirely until 1975, when Timor-Leste declared independence. In a UN-supervised referendum in 1999, an overwhelming majority of the people of Timor-Leste voted for independence from Indonesia. However, just nine days later, Indonesia invaded Timor-Leste and claimed it as the 27th province. Timor-Leste finally gained independence from Indonesia in 2002 and was internationally recognized as an independent state, becoming the first new country of the 21st century.

Fun Facts about Timor-Leste

Newest Nation: Timor-Leste became the first new country of the 21st century after gaining independence from Indonesia in 2002, making it one of the newest countries in the world.

Land of the Rising Sun: Timor-Leste is sometimes called "The Land of the Rising Sun" because it is one of the first countries in Asia to see the sunrise each morning. The sun appears on the country's national flag, symbolizing hope for a bright future.

Natural Wonders & Biodiversity: Timor-Leste is a hotspot for biodiversity. Its forests are home to unique species such as the Timor Imperial Pigeon and the critically endangered Timor Green Pigeon. The island's coral reefs are some of the most pristine in the world, attracting divers from around the globe. Located in the Coral Triangle, Timor-Leste's waters are home to an incredible array of marine life, including 600 reef-building corals, over 2,000 species of reef fish, and six of the world's seven marine turtles. Atauro Island is renowned for having the most diverse reef fish species globally. Nino Konis Santana National Park, the country's first national park, protects both land and marine live.

Portuguese-Speaking Nation: East Timor is Asia's only Portuguese-speaking country, apart from Macau (which is not a country, but a Special Administrative Region (SAR) of the People's Republic of China). East Timor adopted the Portuguese language during its time under Portuguese rule. East Timor is linguistically diverse. The two official languages are Tetun or Tetum and Portuguese. In addition, English and Indonesian are used in the context of work. People speak at least 15 other languages across the country.

Timor-Leste is one of the most Catholic countries in the world after the Vatican. With almost all of its population practicing Catholicism, it is one of the two predominantly Christian Southeast Asian countries, the other being the Philippines.

The coffee industry in East Timor is vast, with Starbucks being the biggest coffee buyer. Timor-Leste is famous for its high-quality organic coffee, including the unique Timor hybrid variety, which boosts East Timor's economy. East Timor's coffee stands out because of its traditional growing and processing methods.

The Cristo Rei of Dili (Christ the King of Dili) is a 27-meter-tall (88.6 ft.) statue of Jesus Christ atop a globe at Cape Fatucama in Dili, East Timor. It was unveiled in 1996 as a gift from the Indonesian government to East Timor, symbolizing peace and reconciliation after the country's independence from Indonesia. The statue is a significant landmark and tourist attraction, offering panoramic views of the city and the surrounding landscape.

MAY 2025

Division Director's Message



U. Desmond Alufohai Division Director II Protocol & International Affairs Division Miami-Dade Aviation Department (MDAD)

Across the globe, May is a time of resilience, renewal, and tradition. Its origins trace back to the Roman goddess Maia, revered for her connection to growth and fertility. The ancient Romans made offerings to Maia, seeking prosperity in agriculture, and ensuring their crops flourished as the seasons transitioned. Some scholars, including the renowned poet Ovid, propose that May's name comes from maiores, Latin for "elders," honoring wisdom and Northern European heritage. In traditions, the Saxons called May brimilce, meaning "three milkings," inspired by the season's abundance when cows could be milked thrice daily.

As we embrace the spirit of May, we invite you to explore our thoughtfully curated features. This month, we highlight Timor-Leste, a country rich in culture and resilience. We also recognize Health Month, Mental fostering conversations around well-being and mindfulness. Additionally, we celebrate the Red Cross's unwavering humanitarian efforts and salute all nations marking their independence and national days.

Join us in honoring this vibrant month of reflection, growth, and celebrate the many traditions that make May extraordinary. As always, please be safe.

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DIPLOMATIC & CONSULAR RELATIONS

May 8, 2025 - Celebrated as World Red Cross and Red Crescent Day



The Red Cross: A Legacy of Humanity and Global Impact Motto: *"Excellence is not an act, but a habit."*

Historical Origins

The Red Cross emblem, protected under international law, has become one of the most recognized and respected symbols worldwide. Whether in the heart of a war zone or on the scene of a local disaster, the Red Cross continues to embody compassion and courage.

The International Red Cross and Red Crescent Movement began with a single act of compassion. In 1859, Swiss humanitarian Henry Dunant witnessed the devastating aftermath of the Battle of Solferino, where more than 40,000 soldiers were left dead or wounded with little medical aid. Deeply moved, he mobilized local volunteers to provide care and later authored "*A Memory of Solferino*" (1862). This book became the blueprint for the International Committee of the Red Cross (ICRC), officially founded in 1863 in Geneva. Shortly thereafter, in 1864, 12 nations signed the First Geneva Convention, codifying the protection of wounded soldiers and medical personnel during armed conflict. This agreement laid the foundation for international humanitarian law and was the first of four Geneva Conventions still in force today.

Humanitarian Principles

Seven fundamental principles guide the Movement: Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity, and Universality. These principles ensure that aid is delivered based on need alone, without discrimination or political affiliation.

Structure and Expansion

The Red Cross Movement includes three key components: (1) International Committee of the Red Cross (ICRC): Based in Geneva, Switzerland, and focused on conflict zones and war victims; (2) International Federation of Red Cross and Red Crescent Societies (IFRC): Coordinates disaster relief and development efforts worldwide; and (3) National Societies: Over 192 National Societies, operating independently but aligned in mission, such as the American Red Cross, the British Red Cross, the Nigerian Red Cross, and others. The Movement employs over 100,000 staff members, and engages over 14 million volunteers operating in every country.

The American Red Cross was founded in 1881 by Clara Barton, a nurse and humanitarian who had served on Civil War battlefields. Under her leadership, the American Red Cross provided relief during the Johnstown Flood (1889) and later became an essential part of the U.S. response to wars and natural disasters.

Global Impact by the Numbers

1. Humanitarian Assistance in Conflict Zones

The ICRC operates in over 100 conflict zones, including Yemen, Sudan, Ukraine, and Syria. In 2023, the ICRC provided food and essential items to over 10 million people and supported 700 hospitals and clinics worldwide. Through its Restoring Family Links program, the Red Cross helps reconnect tens of thousands of families separated by war or migration each year.

2. Emergency Disaster Response

The IFRC responded to over 560 natural disasters and public health emergencies in 2022 alone. Since 2000, Red Cross and Red Crescent National Societies have assisted over 300 million people affected by earthquakes, tsunamis, hurricanes, wildfires, and floods. In the wake of Hurricane Dorian (2019), the American Red Cross provided shelter, meals, and supplies to more than 25,000 people in the Bahamas and southeastern U.S.

3. Health and Disease Prevention

During the COVID-19 pandemic, the Red Cross and Red Crescent Societies supported over 1.1 billion people through education, testing, vaccination, and aid programs. The Red Cross organizes millions of blood donations each year—in the U.S. alone, the American Red Cross provides about 40% of the nation's blood supply. Long-term programs combat diseases like malaria, cholera, and HIV/AIDS in vulnerable regions.

4. Capacity Building and Development

Over 12 million people receive first aid, disaster preparedness, and community resilience training annually. The Red Cross helps millions of refugees and displaced people by offering psychosocial support, legal aid, and livelihood assistance.

A Lasting Global Force & Enduring Legacy

Today, the Red Cross and Red Crescent Movement continues to embody the spirit of compassion, neutrality, and service that Henry Dunant envisioned more than 160 years ago. Its symbol—a red cross or red crescent on a white background—has become a universal sign of hope for millions worldwide. Whether responding to war, natural disasters, or public health emergencies, the Red Cross remains a beacon of humanity, making an indelible impact on lives worldwide.

The enduring relevance of the Red Cross is clear: in a world marked by uncertainty and conflict, it is a symbol of unity, hope, and shared humanity. As we spotlight global institutions of service, let us draw inspiration from the Red Cross' enduring motto:

"Excellence is not an act, but a habit."

Sources: International Committee of the Red Cross; American Red Cross;

AVIATION, CULTURE, ETIQUETTE & PROTOCOL TIDBITS

Culture, Etiquette and Protocol	Aviation Briefs & Facts
Understanding Generational Characteristics	Miami International Airport is Future Ready
 Each generation is shaped by historical events, cultural shifts, and technological advancements, which influence values, behaviors, and communication styles. Understanding these traits is essential for fostering intergenerational collaboration, especially in diverse workplaces and global environments. 1. Silent Generation or "The Builders" (Born 1928–1945) <u>Traits:</u> Disciplined, loyal, risk-averse, respectful of authority, and civic-minded. <u>Influences:</u> The Great Depression, World War II, and the early Cold War. <u>Work Style</u>: Prefer hierarchical structures, formal communication, and job stability. 	MIA Named Best Airport for Layovers by Global Traveler Global Traveler, the leading news source for luxury travelers worldwide, announced on May 1, 2025, that Miami International Airport (MIA) has received its prestigious <u>Best Airport for</u> <u>Layovers Award</u> as part of the magazine's 13 th annual Leisure Life- style Awards. The complete list of winners will be featured in the May edition of Global Traveler's Leisure Travel Issue. This global recognition follows MIA's recent inclusion in <u>Food &</u> <u>Wine magazine's 2025 annual ranking of the Top 10 U.S. Airports for Food and Drink</u> , underscoring the airport's growing reputation as a premier travel hub and a distinguished destination.
 2. Baby Boomers (Born 1946–1964) <u>Traits</u>: Optimistic, competitive, goal-oriented, and value personal growth. <u>Influences</u>: Post-war economic boom, Civil Rights Movement, and Vietnam War. <u>Work Style</u>: Work-centric, value in-person interactions, and seek legacy and impact. 	Operated by the Miami-Dade Aviation Department and owned by the Miami-Dade County government, <u>Miami International Airport</u> <u>was established in 1928</u> and today stands as the busiest airport in the United States for international freight and the second busiest for international passengers. With more flights to Latin America and the Caribbean than any other U.S. airport and a network of more than 90 air carriers, MIA is a vital connector for the Americas and beyond.
 3. Generation X or "Post-Boomers" (Born 1965–1980) <u>Traits:</u> Independent, pragmatic, resourceful, and skeptical of authority. <u>Influences</u>: The rise of personal computing, the end of the Cold War, and economic uncertainty in the 1980s. <u>Work Style</u>: Flexible, entrepreneurial, and values work-life balance. 4. Generation Y or "Millennials" (Born 1981–1996) To the Table and the state of the	As the leading economic engine for Miami-Dade County and the state of Florida, MIA generates \$118 billion in annual business revenue and welcomes nearly 60 percent of all international visitors to Florida. Aviation-related activities at MIA support approximately 700,000 jobs, accounting for one in every 4.6 jobs in the local economy. In 2024, MIA recorded a historic 55.9 million passengers and processed three million tons of cargo, continuing its upward trajectory as a global gateway.
 <u>Traits:</u> Tech-savvy, socially conscious, collaborative, and purposedriven. <u>Influences:</u> 9/11, global recession, rapid digital transformation. <u>Work Style</u>: Prefer teamwork, feedback, flexibility, and remote work options. 5. Generation Z or "Zoomers" (Born 1997–2012) <u>Traits:</u> Digital natives, entrepreneurial, inclusive, and value authenticity. 	MIA's long-term vision is to evolve from a recognized hemisph hub into a global airport of choice, offering world-class custo service and direct access to every region. In support of this vis Miami-Dade County Mayor Daniella Levine Cava and the Bo of County Commissioners have approved a comprehensive Cap Improvement Program—a transformative investment of up to billion over the next 5 to 15 years.
<u>Influences</u> : Social media, climate change awareness, and the COVID-19 pandemic. <u>Work Style</u> : Expect technological integration, diversity, and personalized career paths.	 This ambitious program is designed to accommodate projected growth to 77 million annual passengers and over four million tons of cargo by 2040, through five integrated sub-programs: Redevelopment of Central Terminal Concourses E and F
6. Generation Alpha (Born 2013–2025) <u>Traits:</u> (emerging): Hyper-connected, globally aware, shaped by AI and immersive tech. <u>Influences</u> : Pandemic-era childhood, educational technology, climate activism. <u>Expected Work Style</u> : Anticipated to value innovation, adaptability, and social responsibility.	 Redevelopment of Central Terminal Concourses E and F Expansion of the South Terminal (Concourses H and J) Renovation of Concourse D gates to handle a greater mix of aircraft. Construction of two new on-site hotels, including a business and conference center with exhibition space Expansion of aircraft parking positions and cargo warehouse capacity
Conclusion: Understanding generational differences enhances empathy, communication, and cooperation in multicultural and multi-generational spaces such as international diplomacy, public service, and global travel. It also allows leaders to adapt approaches to better serve and engage diverse audiences.	These projects are integral to ensuring that MIA remains future- ready, seamlessly serving passengers and cargo partners. Click on the following link to learn more about <u>MIA's Capital</u> <u>Improvement Programs and Future Ready Projects</u> .
Sources: <u>Generations X,Y, and Z</u> ; <u>Mccrindle</u> .	

BRIEFS & NOTES

May is Mental Health Month



May is Mental Health Awareness Month, an annual observance founded by Mental Health America in 1949 to highlight the importance of mental well-being, educate the public, reduce stigma, and promote support for those affected by mental health conditions. Individuals and organizations raise awareness and advocate for better mental health care and resources each year.

According to the World Health Organization (WHO), mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships, and shape our world. Mental health is a fundamental human right, and it is crucial to personal, community, and socio-economic development.

Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes. Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case.

Why Do We Support Mental Health Awareness Month?

Mental health awareness is crucial in reducing stigma, encouraging early intervention, and fostering empathy and understanding. By normalizing conversations around mental health, it nurtures a more compassionate society where individuals feel empowered to seek help, leading to improved mental well-being. Key objectives of Mental Health Awareness Month include:

- * Educating the public about mental health conditions and their impact.
- * Reducing stigma by encouraging open conversations and fostering acceptance.
- * Highlighting the importance of early intervention and access to treatment.
- * Sharing available mental health resources, including support groups and crisis services.
- * Building solidarity and reducing isolation for those facing mental health challenges.
- * Advocating for improved mental health policies, increased funding, and better access to care.
- * Promoting mental well-being and self-care practices for overall health.
- * Americans are joining arms to celebrate Mental Health Awareness Month.

Despite progress in mental health initiatives, more than 30 million people in the U.S. still lack access to comprehensive, high-quality care. These statistics highlight the ongoing need for Mental Health Awareness Month and the importance of bringing attention to this disparity:

- 1 in 5 U.S. adults experiences mental illness each year.
- 1 in 20 U.S. adults experiences serious mental illness each year.
- 1 in 6 U.S. youth has a mental health condition, but only half receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- In 2023, 20% of all high school students seriously considered suicide.

Mental Toughness Qualities

The <u>Mental Toughness Research Institute, USA</u>, has developed the five (5) mental toughness competencies highlighted below:

- \Rightarrow Composure: Being calm and handling competitive pressure and anxiety,
- \Rightarrow Concentration: Focusing on what matters without being distracted,
- \Rightarrow Confidence: Having self-belief and trust during stressful situations,
- ⇒ Cope-ability (also known as coping with challenges): Handling mistakes and challenges through mental resilience, and
- \Rightarrow Cohesion: Possessing a team-oriented attitude and mindset.

<u>Click here</u> to learn more about the Five C's Mental Toughness Development Model.

Sources: <u>National Council for Mental Wellbeing;</u> <u>National Alliance on Mental Illness (NAMI);</u> <u>World Health Organization (WHO;</u>



BRIEFS & NOTES

International Tea Day (May 21, 2025)



International Tea Day is observed annually on May 21st. Established by the United Nations General Assembly on December 19th, 2019, this day aims to raise awareness about the significance of tea in promoting sustainable livelihoods and rural development, as it is a primary source of income for many of the world's developing countries. As an essential cash crop, tea is crucial in combating hunger and poverty, aligning with several Sustainable Development Goals, including poverty reduction, food security, and gender equality. This year, the United Nations has designated the day to honor the contributions of women in the tea industry, along with the celebration of the cultural heritage and health benefits that arise from tea consumption. It will also be a day that emphasizes the need for climate resilience in tea-growing regions and advocates for sustainable practices in tea production.

<u>Tea</u> is the world's second most popular beverage, after water, and its consumption spans cultures and continents. It's more than just a drink; it's a ritual that brings people together, offering warmth, social interaction, and potential health benefits. According to the <u>Statista Research Department</u>, global tea consumption amounted to about 7.3 billion kg in 2023 and is estimated to reach 8.3 billion kg by 2029. The global tea market was valued at around \$260 billion in 2023 and is expected to reach \$362 billion by 2029.

Tea has a long history of popularity worldwide. China was responsible for the <u>majority of total tea production</u> with 3.25 million metric tons in 2023. This is no surprise, as tea plays a major role in Chinese culture. In fact, China was the first country to cultivate, prepare, and distribute tea as a commodity. China offers an incredible variety of teas, including green tea, black tea, white tea, oolong tea, and pu-erh tea (fermented tea from Yunnan). When it comes to tea imports, the United States was the largest importer, with a value of about \$520 million in 2023. The United Kingdom ranked second, followed by Egypt and Germany. Tea is thought to have originated in China, with records of its use dating back to the 3rd century AD. Originally used as a medicinal beverage, the drink was popularized for recreational use during the Tang dynasty and spread to other Asian countries. After European traders brought the leaves back to Europe in the 16th century, their popularity spread in the West.

Tea is cultivated in various regions worldwide, each contributing unique flavors and qualities. Here are the top ten tea Consuming Nations:

1. **Turkey:** Dive into the world's undisputed tea champion! Turks sip a staggering 6.96 pounds of black tea per capita annually. Intense, dark, and served in tulip-shaped glasses, their "çay" is a national treasure, woven into the fabric of daily life.

2. **Ireland:** Emerald Isle, green tea haven? The Irish adore their black tea, averaging 4.83 pounds per year. Think steaming mugs of English Breakfast, enjoyed with milk and sugar, fueling lively chats and cozy evenings—the history of black tea worldwide.

3. United Kingdom: Home to afternoon tea rituals and iconic blends, the Brits consume 4.28 pounds of tea annually. Black tea reigns supreme, with <u>Earl Grey</u> and <u>English Breakfast</u> leading the charge, though green tea enjoys growing popularity.

4. **Pakistan:** Pakistanis fuel their days with 3.3 pounds of tea per year, predominantly black masala chai spiced with ginger, cardamom and milk. It's a social elixir, a comforting hug in a cup, and a cornerstone of Pakistani culture.

5. **Russia:** Samovars steaming with strong black tea? Russians average 3.05 pounds of tea annually, often enjoyed with lemon and sugar. Black tea varieties like pekoe and Ceylon are popular, reflecting their historical ties with the East.

6. **Morocco**: <u>Mint Herbal Tea</u>. This sweet, refreshing brew infused with fresh mint leaves reigns supreme in Morocco. An average of 2.9 pounds annually symbolizes hospitality, warming guests, and punctuating daily life.

7. Egypt: Egyptians savor black tea (kushari) and hibiscus tea (karkade), averaging 2.7 pounds yearly. Black tea fuels mornings, while the vibrant red karkade quenches thirst and offers a healthy twist.

8. Japan: Green tea's delicate dance takes center stage in Japan, where consumption reaches 2.6 pounds per year. Sencha, <u>matcha</u>, and genmaicha are beloved varieties, cherished for their subtle flavors and health benefits.

9. Kenya: From colonial origins to local pride, Kenya's black tea industry thrives. Kenyans sip an average of 2.4 pounds annually, enjoying strong brews with milk and sugar, often accompanied by crunchy chapati.

10. Iran: Step into a world of fragrant black tea simmered with sugar and rose petals. Iranians savor their "chai nasta", averaging 2.3 pounds per year. It's a symbol of hospitality, enjoyed amidst conversations and laughter.

This whirlwind tour through the world's tea capitals reveals a fascinating tapestry of flavors, traditions, and social rituals. So, the next time you brew a cup, remember the journey it took and the diverse cultures it connects. May your every sip be an adventure!

Sources: International Tea Day; Global Tea Auction; The Nutrition Source;

INDEPENDENCE AND NATIONAL DAYS (MAY 2025)

May 9, 1877 – Romania: Although Romania's national holiday, Unification Day, is celebrated on December 1^{st} , the country gained independence from the Ottoman Empire on May 9^{th} , 1877.

May 15, 1811 – Paraguay: During the night of the 14th to the 15th of May 1811, an uprising led to Paraguay achieving independence from Spain. Both days continue to be celebrated as Independence Days.

May 17, 1814 – Norway: Constitution Day, Norway's national holiday, celebrates the day the Norwegian constitution was adopted in 1814.

May 20, 2002 – Timor-Leste: Restoration of Independence Day celebrates the day Timor-Leste was internationally recognized as a sovereign state, gaining independence from Indonesia.

May 24, 1993 – Eritrea: Although Eritrea was fully liberated from Ethiopia in May 1991, the provisional government did not declare formal independence until May 24th, 1993.

May 25, 1810 – Argentina: Initially intended as a show of loyalty to the Spanish Crown, the May Revolution (May 18 - 25, 1810) was the beginning of Argentina's quest for independence. May 25th is celebrated annually as the Day of the May Revolution.

May 25, 1946 – Jordan: Jordan gained independence from the League of Nations mandate which had placed it under British administration.

May 26, 1918 – Georgia: Georgia celebrates two Independence Days. On May 26th, 1918, Georgia gained independence from the Soviet Russia, while on April 9th, 1991, it regained its independence from the Soviet Union.

May 26, 1966 - Guyana: The country gained its independence from the United Kingdom.

May 28, 1918 – Armenia: Armenia declared independence from the Russian Empire. Since 1992, May 28th is celebrated as the Day of the Armenian First Republic, while independence from the Soviet Union is celebrated on September 21st (1991).

May 28, 1918 – Azerbaijan: Republic Day, Azerbaijan's National Day commemorates the founding of the Democratic Republic of Azerbaijan in 1918.

May 30, 1967 – Anguilla: Celebrated as Anguilla's Day. It remains a British Overseas Territory.

Global Protocol Professionals Gather in Miami, Florida (July 21 - 24, 2025)

Global Protocol Professionals Gather in Miami, Florida

Join us at the 24th Annual PDI-POA International Protocol Education Forum The Biltmore Hotel, Coral Gables, Florida July 21 – July 24, 2025

Theme: Cultivating Cultural Connections



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