FOREWORD

This book is designed to engage adults and children to begin a journey of daily discussions by providing inspiration and role modeling. This story is about a Cape Verdean family discovering their roots in maritime life throughout history. *Discovering my Cape Verdean Roots* is also a journey of cultural understanding necessary for both building self-awareness and bridging race relations. *Discovering my Cape Verdean Roots* is an important ethnic and cultural research based on a true story. Within these pages is an historical journey that takes place in a conversation between a grandmother and grandchild on understanding Cape Verdean ethnicity. *Discovering My Cape Verdean Roots* is information rich and fun learning for all ages. The story is about culture, ethnicity, diversity, family, tolerance and inclusion around the world with genealogy as a background. There is a vocabulary list at the end of the story, so words can be looked up and reflected on right away. This work is also designed to inspire ideas and teach methods to help you with your own genealogy research through the resources added to the back of this book. My goal is to share a lifetime of experience in communications and various forms of media with parents and guardians.

Lived experiences can add up to each individuals' stored intellectual and emotional library of call and response behaviors. Yet, children from lower-income families will have experienced less than **3 million** words compared to middle-class children by the time they start third grade. This phenomenon is entitled by researchers as the three million word gap. What is important about bridging the gap is building vocabulary skills which are also associated with reading & writing comprehension. In their first four years of life, the average child in a low income family will have accumulated 5 times more instances of disallows than encouragements.

Regardless of social status, conversations beyond cellphones, television and movies should provide a comfort and development zone for family members. This can happen if we engage in emotional and intellectual nourishment, love, trust, self-awareness, healing and manners, as well as growth and understanding through concerted communications. In order to accomplish that, we will have to spend a percentage of each day in dialogue with individuals young and old without distractions from technology. The most convenient time for most people to engage in dedicated conversation is at mealtime. That doesn't mean mealtimes should be used for discipline, penalties or distractions like technology or TV. This time should be one of focused engagement, bonding and discussion.

The key to literacy is not only the practice of conversational language, reading and writing, but developing comfort with these habits. Literacy involves a progression of skills from comprehension of spoken words and decoding variable meanings to awareness of speech sounds, accents and spelling. Literacy comes from experiencing the beginning, middle and end of insightful, critical discussions as they progress. Literacy is accomplished by moments - when an individual struggles with insights, learned material, informed decisions, inference, coherence and critical analysis to understand something. Literacy comes when that person accomplishes the focus and synthesis to have a 'eureka' moment based on a creative thought of their own. In this way, literacy makes us all unique in our ability to identify, understand and interpret varying contexts.

The positive development of children and youth is far higher in individuals that come from upper-class families than it is with those from middle and low income families because the quality and time taken with conversation varies greatly. Regardless of the reasons, researchers have found wealthier parents make the time to talk to their children in a more qualitative way than middle class and poor families do.

While positive conversations beget positive results, invariably, negative conversations negatively impact the development of the young by negatively affecting their interpersonal relationships both with family members and the world at large. There are many factors that encourage or discourage communications and literacy well before early childhood education enters the picture. Those factors include the overwhelming negatives a person experiences from those trusted and close along the way. Research has shown negative experience elements can and do inhibit the development of individuals well after the pursuit of elementary or high school and well into college and work life.

People typically accumulate experience in an average 5,000 waking hours in each year. A child's experience comes by watching and identically mimicking their parents' language literacy communication

habits & behaviors. Children from lower income families typically experience 5 encouragements and 11 discouragements per hour. Over an average 5,000 hour year, these responses amount to 160k encouragements and 26k discouragements. Discouragements in low-income families are twice that of middle-class and three times that of upper-class families. Literacy reflects the encouragements and discouragements we receive. Literacy combines with the number and kinds of words we hear and process on a daily, monthly and yearly basis. *Children from lower income families are encouraged five-times less than peers in middle-class families and ten-times less than peers in upper-class families.*

Literacy is more than just the ability to read and write. Literacy includes the ability to comprehend surroundings, as well as to use language, numbers, images and symbols to solve problems. To be literate is to communicate and understand language and cultural stories whether useful for developing knowledge or a process of communicating in a family or with peers. Literacy rests with individual exposure from early childhood throughout life.

We now know that even-keeled, un-heated conversations are critical to early childhood developmental growth. Calm and sensible conversations positively impact human growth at all ages. Reading is important for children and adults, but reading is a one-way engagement. Having a positive, thought provoking, analytical conversation that is solutions oriented - with all parties involved - can be a critical factor in how well a child, teen, adult or senior comprehends communicating and solving problems. Language skills at age 3yrs. predict measures for language skills and academic success at age 9yrs. However, the average 18 yr. old today has 11,000 hrs. of class time and 22,000 hrs. of (80% violent) media exposure. Further, incarcerated youths with an 11th grade education on average have 4th grade reading skills.

Literacy starts with understanding and processing language in a way that communicates with others to solve problems. Research shows that solutions-oriented conversations coupled with reading and discussing two or three pages of information like this text every day, will develop into creating a progression of skills over 5,000 hours we are awake in a year. At the close of each year, a child of 2 or 3 years of age should experience 250 words daily to keep on a path of 3 million words to properly evolve. That loosely adds up to at least a daily hour or two of quality two-way conversation. Reading a few pages and talking for an hour or two each day can make the difference in whether a child achieves high or low grades in school.

Literacy involves life-long learning to enable each of us to develop our knowledge, potential and goals. Literacy affects growth in all minds from infants to seniors. Literacy involves taking mental notes from a combined litter of books, TV, and other forms of intellectual intake. Literacy allows us to participate fully in our own lives, the lives of our families, community and in the world.

Consider this publication a guide, a blueprint or a plan to give you a layout for the basics for having fun, amusing, uplifting and important informative discussions about your family journey. I recommend you keep it light by reading a few pages at a time and then looking things up at the local library or on the web. The illustrations provided can be colored in to make an heirloom or left plain as a reference. The experiences in this story are meant to be a both a guide and a treasure map for hunting down, illuminating and conceptualizing a way to write your own family journey for future generations. There are also many informative documentaries available on both the places and the people described in this book. Think about where the places and people you come from are and how that relates to this reading. Ancestral heritage conversations like the ones in this book can last an entire lifetime no matter when you begin. Consider how the foods, attire, art, architecture, customs and beliefs allowed the human concept of culture and diversity to survive and thrive. What have we or they overcome? What work is left for the next generation to do? These ideas are just tips on the mountains of possibilities at your fingertips and ways that you can bring your family conversations to life.

Enjoy!

Paula

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
CAPE VERDE IS. background AMORA foreground with island crown.	DISCOVERING MY CAPE VERDEAN ROOTS Based on a true story	Color: darkest blue: 6-61-110 Tone: dark teal 13 – 64 – 83 Medium: blue-grey 126-151-173 Light: lightest blue 230-241-250 Font: Arial Narrow Copyright, etc.
CAPE VERDE ISLANDS AMORA PHOTO	Amora with a Sherlock Holmes hat and a magnifying glass. Siblings behind her wondering if I will answer.	Nana, what people am I made up of?
PURPOSE History\Reasoning Dk\Med\light teal	Atlantic Ocean Wikipedia Map Photo by Ulamm	Well, you know your mother is from the Azores. But did you know Azores is made up of nine islands called an archipelago and which is protected by Portugal? The Azorean islands have a separate government from Portugal because much of the ancestry and culture of Azorean people is quite different from Portugal.
	Mountain Island view – erupting volcano	Azores are the highest mountain islands in the world which were still being formed when they were first discovered. The highest mountain in the Atlantic is more than 2,700 feet above sea level on the island of Pico. Testing of the oldest native animals, plants and waterways has shown scientists the islands were inhabited first by the Vikings some 700 years before the Azoreans arrived. Scientists believe the winds carried Viking ships further south than intended which may explain why they didn't stay.
Portugal with Azores	Show map of Azores with Portugal, Spain, France, Africa	The Azorean islands were then cultivated by people from southern Portugal and the Madeira isles. They brought animals, customs, artisan skills and experiences that made up the base culture needed to settle and live on the islands. New cultural groups also settled in the Azores. They were made up of people from Flanders, along with smaller groups of Jewish, West African, Spaniard, Breton and Moorish cultures.
	Azorean Flag	Over five-hundred years they inter-married and evolved into an Azorean ethnicity as they learned to stay alive and navigate the islands. Azoreans have developed a rich culture of skills and contributions to society. The Azores has its own government with its own beautiful flag.
		Like the Azorean's, all of us are made up of different people's ethnicity, cultures and contributions. These things are what makes each of us unique. When parents marry, they blend ethnicity, culture and customs to become a bonded family. But the Azorean people kept Portuguese as their primary language.
	Close up of the Azorean 9 independent islands	The nine Azorean Islands are: 1. Corvo meaning crow, 2. Faial known for whale watching, 3. Flores meaning flowers, 4. Graciosa means graceful, 5. Pico or the peak for its volcano, 6. Santa Maria known for white sand beaches, 7. São Jorge had its last volcanic eruption in 1808, 8. São Miguel, your mom's island, known for its fruits and 9. Terceira meaning third, it has the oldest Azorean city.

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
	Relationship with the Sea Bottle nose vs. common dolphin	The Azorean archipelago is a pit stop or home for about a third of the world's different kinds of whales and dolphins. These year-round residents include sperm whales, common dolphins and bottlenose dolphins.
	American Whaling Ship	Whales around the Azorean islands made the island of Faial attractive to American whaling ships that were hunting sperm whales. Americans enjoyed the convenience of a mid-ocean port where vessels could be repaired and stores replenished.
	Azorean Whale boat	Locals on Pico island launched their own shore-based whaling industry by building boats to hunt whales from the island shorelines. The Azorean whale boat **was a** 40 foot long row boat, made entirely of wood, with a sail. The Azorean whale boat carried 1 person to steer and six rowers. Today, these boats are built, maintained in museums, boating events and festivals to ensure their culture it taught and remembered.
	Sperm Whale	The need for oil from whaling continued for over one-hundred years until kerosene, petroleum, and other fossil fuels made heating and light more convenient and less expensive. Nevertheless, whale watching is popular in the Azores today.
	American Whale boat	Azorean's celebrate their history in whaling with boat races against New Bedford, a whaling city, in the United States. New Bedford is an Azorean *Sister-city.* Every year the Azorean and New Bedford whale boat teams host each other to race their respective whale boats. One year they race in New Bedford and the next year in the Azores. This exchange teaches both cultures and their histories in the whaling industry to future generations.
	Culture a source of pride	Azorean people are connected all over the world because of trade and language. Azorean business people trade food and cultural offerings and have a long history of networking with Portuguese-speaking countries like Brazil, Guinea-Bissau, Mozambique, Angola, Cape Verde and Argentina.
	President Eisenhower	United States president Dwight Eisenhower created the concept of *Sister Cities International* based on building positive cultural and country networks of this kind. He believed people from different cultures could understand, appreciate, and celebrate their differences while building partnerships that would lessen the chance of new world conflicts.

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
	A sister city https://sistercities.org/about-us/	Sister Cities International serves as the United States' organization for uniting individual sister cities, counties, and states. They have a network of tens of thousands of citizen diplomats and volunteers in nearly 500 member communities with over 2,000 partnerships in more than 140 countries. This kind of work is important because colonization and conquest have ruined cultural relationships for hundreds of years.
		History marks 1460 as the year the islands of Cape Verde were discovered by the Portuguese at the request of the King of Portugal. Because of the Portuguese participation in the Trans-Atlantic slave trade, many Africans were brought to Cape Verde because it was in relative proximity to the African countries they came from and they populated the Archipelago.
Showing Slave Countries	AFRICA MAP	The once uninhabited archipelago soon became a bustling trade island for the maritime industry and the mixing of many cultures and races that passed through its ports eventually shaped a singular Cape Verdean identity. Cape Verdeans also have their own language known as Crioulo. This language is a mix of Portuguese and African creole languages.
	Foods of Cape Verde Cape Verdean Flag?	As difficult as it is to talk about, we must. When the slave trade ended Cape Verde went into an economic crisis until the country figured out other ways to earn money. Still, Cape Verdean citizens grew increasingly discontented with the rules of Portuguese leadership. The island's native population was disadvantaged by the old colonial system and supported Amílcar Cabral and the African Party for the Independence of Guinea and Cape Verde. Cape Verde citizens won their independence in 1975, and this Cape Verdean Independence Day is celebrated each year on the weekend of July 5^t
	African Americans and Cape Verdean Americans.	Enslaved African Americans won their independence from their colonizers on January 1, 1863 when President Lincoln signed the Emancipation Proclamation. That document is celebrated each year on the weekend of June 19th. Most Cape Verdeans know their African roots and most African Americans whose ancestors were enslaved have lost their root ties to African families and countries. A quote from the film Wakanda Forever made the description *Africa's lost tribes* both endearing and acceptable as we reconcile with history and reconnect to Africa.
US Map with New Bedford	Cape Verde, Africa photo	Now, your father was born in the United States, but his father was born in Cape Verde on the island of Fogo. Like the Azores, Cape Verde is also an archipelago island country in the Atlantic Ocean. Cape Verde is made up of ten volcanic islands off the coast of Africa. Let's talk about the individual characters of each of these islands.

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
	Island 1 Santiago	**Santiago** (St. James) is the largest island of Cape Verde and home to both the nation's capital Praia as well as half of the Cape Verdean population. It was one of the first islands to be settled and is now a United Nations Education, Scientific and Cultural Organization (UNESCO), world heritage site which protects its cultural and natural resources which are judged to be of outstanding value to humanity.
	Island 2 São Vicente	**São Vicente** (Saint Vincent) is home to the city of Mindelo where the majority of Cape Verde's second largest population resides. The end of slavery led to an economic crisis Santiago. Meanwhile Mindelo, Cape Verde's flattest island, was developing its port and grew its wealth by supplying coal to ships - eventually replacing Praia as the most active port in that region. When oil replaced coal as fuel Mindelo's economy took a downturn - however, not before the wealth from its coal mines, made Mindelo the cultural capital of Cape Verde.
	Island 3 Santo Antão	**Santo Antão** (Saint Anthony) the second largest island in Cape Verde has the fourth largest population. Santo Antão's largest city is Ribeira Grande with key parishes São João Baptista and Santo André positioned as southern and northern municipalities. Due to Santo Antão's temperate climate and mountains terrace plantations were crated to grow food including sugar cane, yams, cassava, bananas, mangoes, grain, and a kind of rum known as *grogue*.
	Island 4 Fogo	**Fogo** (Fogu or Fire) is so mountainous it has a number of different climates and it is Cape Verde's fourth most populous island. Pico de Fogo reaches the highest altitude of all the islands in Cape Verde. Practically the entire island of Fogo is one cone shaped volcano that has been stacked by its eruptions and cooling lava. Fogo still has an active volcano at its summit called Pico do Fogo which has become a major and growing attraction for tourists to the city of São Filipe and the town of Chã das Caldeiras located in the volcanic crater. São Filipe is Fogo's capital city and second oldest town in Cape Verde.
	Island 5 Sal	**Sal** (Salt) is a tourist destination with white sandy beaches and over 350 days of sunshine a year. Cape Verde's most famous singer Cesaria Evora is from Sal. While its capitol city is Espargos, Sal got its name from two large salt ponds (Pedra de Lume and Santa Maria), before that there was only a small fishing village near the town of Palmira. When the salt industry developed, the cities of Pedra de Lume and Santa Maria they supplied 30,000 tons of salt primarily to Brazil, Portugal & France.
	Island 6 **São Nicolau**	**São Nicolau** (Saint Nicholas) Tarrafal de São Nicolau became an anchorage on the mountainous island, for whaling ships, but was little used because it was far from the main settlement on the island. However, when São Nicolau's oldest town *Porto de Lapa* became a popular place for pirate attacks-it was abandoned for a town situated in the valley near the river Ribeira Brava. Tarrafal, became São Nicolau's largest settlement on the island and its main port.

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
	Island 7 **Brava**	**Brava** (wild or brave) the smallest inhabited island in Cape Verde was started with settlers from Madeira and the Azores. However, 50 years later in 1680, Brava's population grew by several thousand people after a volcano on the neighboring island of Fogo erupted. Frequent pirate attacks on Brava forced the population towards the interior of the island, where the municipality Nova Sintra was founded. Whaling ships used the island of Brava's coastal communities (Fajã de Água and Furna) to stock up on supplies and drinking water. They also hired men from Brava as sailors, and many of these men from Brava settled around the Massachusetts whaling port of New Bedford.
	Island 8 Maio	**Maio** (May) is a small, arid island with beautiful beaches and one municipality. Maio's scarcity of water is the biggest problem for the locals. The island's main town Porto Inglês is near the island's airport. Maio prospered by exporting salt, sweet potato, cassava, papaya, figs, coconut, tamarind and meats from goats, cows, pigs, chickens as well as tuna, sailfish and coral fishes. During the rainy season corn, beans, pumpkins and melons are grown. Maio's economy is heavily supported by migrants who send money to their families on the island.
	Island 9 Boa Vista	**Boa Vista** (good view) has a settlement Povoação Velha, established in 1620, for its salt deposits - used mainly by the English. By 1820, after many pirate attacks, Boa Vista's population moved to its one municipal city Porto Inglês, later renamed Sal Rei. Boa Vista is the third largest Island in Cape Verde with numerous hills and mostly a flat landscape. Famous for its large beaches like Atalanta, Cabral, Chaves, Ervatão, Gatas, Santa Mónica, Varandinha - Boa Vista is also known for its desert - Deserto de Viana and dune fields.
	Island 10 Santa Luzia	**Santa Luzia** (Saint Lucy) like all Cape Verdean islands' is of volcanic origin. However Santa Luzia has never had permanent inhabitants. Administratively, Santa Luzia is not part of any municipality, but in the public domain of Cape Verde. In addition to the islands proper 17 square miles of land, it has a nature reserve that covers 181 square miles of ocean. Today, fishermen from the nearby islands of São Vicente and Santo Antão fish in the waters around Santa Luzia. The island has historically been used for grazing animals and has a meteorology station built on it. Together with the islets of Ilhéu Branco and Ilhéu Raso, Santa Luzia is on the list of UNESCO's World Heritage Sites. Santa Luzia and its islets were declared a protected area named the Santa Luzia Nature Reserve in 1990.
	Macaronesia	The Cape Verdean and the Azorean island groups are part of the same mountain chain under the Atlantic Ocean called Macaronesia. The other Macaronesian island groups include the Madeira, the Canary and the Savage Islands. You should also know that there are two kinds of islands: 1) high volcanic islands and 2) low islands. Both kinds of islands begin similarly, but are decidedly different in the way they grow and become livable.

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
Show High Volcanic islands and Low islands	Two kinds of Islands photo	A high volcanic island is an island that began with a volcano that erupted above the ocean and cooled down to form a high island. High islands often have fresh unsalted drinking water called groundwater. A low island is created when volcanoes sink but get stacked up by coral reefs, soil and rocks to form a low island. Low islands are usually without places to store fresh water.
	What makes islands work Ground water example	Fresh groundwater is drinking and bathing water that makes it possible to live on an island. Groundwater is hidden beneath the earth's surface in rock and soil pore spaces as well as rock formations. About 30 percent of all fresh water in the world is called groundwater because it comes from under the ground.
	Cultural example compilation	So now that you understand more about Islands, I will tell you about the kinds of lives our family had. Like the Azoreans and Cape Verdeans we have talked about so far, we are a uniquely blended family with an ethnicity and culture of people from maritime cultures. We have lived near the ocean in different places around the world for hundreds of years.
	Nana visually pondering the correct answer. Show 3 women drawing with generational labels.	Our family is historically an island family both from your grandfather's side with both parents' roots are in Cape Verde and half of my family side which came from Nova Scotia, Canada. We also have Portuguese and African family from North Carolina and South America on my mom's father's side.
	Nana putting Amora on her lap and borrowing her Sherlock Holmes Hat & magnifying glass	My mother, your first great grandmother, was a foster child. So I've had to do some real investigating because mom's childhood records were held by an agency that protected the rights and privacy of each individual child and therefore divided the family records. A foster child is a child who is raised by a guardian other than their parents in an emergency situation where the birth parents are not able to care for or raise their children.
	Angels in heaven with family	Both of my mother's parents were in heaven by the time my mom was five. But, she and her siblings were taken in by one kind and earnest couple in East Providence, Rhode Island. This couple kept my mother and her siblings together until they were old enough to care for themselves. The couple also took Aunty Ann. Aunty Ann was as close to my mom as her other sisters and I often saw them giggle as adults. Aunty Ann had two children Joann & Ricky who are still part of our family.
		My mother had two older sisters, Naomi and Mary as well as an older brother Gideon II and a baby sister Rose. Rose was raised with a different family and my mom never reconnected with her. However, we participate in genealogy searches hoping to find her. Aunt Naomi had 13 children, Aunt Mary had 7 children and Uncle Gideon II had 2 children, while my mom had 11 children. All of these children are first cousins and most also have children. Therefore, you have many aunts, uncles & cousins.

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
		Nevertheless, it is my mom's parents and grandparents, who are the key missing relatives in our story. My mother didn't know a lot about her biological parents' family because she was only three years old when the foster care process started. Biological parents are the parents we are born with. I've had to look through a lot of records to find out about my mother's biological family in order to put this part of our family history together.
	US Map with New Bedford highlight in red	As I searched for records about my mother's mom Rose, who is my grandmother. I found information about where her husband Gideon I, worked and where they lived in New Bedford with their children when my mother was young. New Bedford is coastal city in Massachusetts with a strong history in whaling and fishing.
	Father, grandfather, great grandfather	The records I found on my grandfather, Gideon I, who is your 2nd great grandfather included his 35 career as a porter on ships in Fall River, MA, New Bedford, MA and Newport, Rhode Island. Three cities known for the maritime trades. My mother would talk about her father's looks and his stories of their roots to native peoples but she didn't remember much more.
		Over time, I have come to understand that my mother was more connected to her family than she realized because of her strong taste for steamed shellfish, Indian pudding, stuffed clams, codfish cakes, lima beans, olives, cheeses, crusty breads **and** potatoes boiled and then fried with onions and served with eggs the way they are used in Bacalhau. We ate lots of these things growing up. She would also order baked stuffed cod, lobster or clams nearly every other week when we ate out and just relish over the flavors. She tasted and savored each bite as though she were revisiting memories of love from her childhood. No-one we knew ate like we did and it bonded us as a family.
	Mom in uniform	I will also say that my mother, your first great grandmother was a strong and brave woman. She worked as an armed guard over the course of her 40 year career, which included private security companies, courtrooms and the international aerospace & defense manufacturer, Raytheon where she retired. Mom was serious about her work in law enforcement. She studied martial arts and other forms of self-defense as well as weaponry.
	Looking at pictures of first great grandmother in uniform.	Your 1st great grandmother opened lots of doors for others by being the first Black woman to do the work she did. Other women and men of color followed in her footsteps. So, "nana Barbara" was a hero and because she was a woman we call her a "*she-ro.*" Nana Barbara married "Papa Paul," my father, your 1st great grandfather who was a musician and band leader. Papa Paul, who made a dozen jazz records with Decca Recording Company in the 1940's. Papa Paul put a lot of men from different cultures to work as professional musicians.

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
	Looking at pictures of my first great grandfather and band	There is so, so much to tell about my dad - in another story. I have collected records going back at least four generations on the men from my mother's side of our family. And, I have researched my female or mitochondrial DNA which shares the ancestral lineage of the women we come from all the way back to the first human woman on earth, called Eve. So, what I can do now is share what I've learned about nana Barbara's family.
	Photo\drawing of seven sisters – Family tree	My mother had eleven children, eight girls and three boys. There was: Aaron, William, Bridget, Myself, Barbara II, Melody, Kevin, Tracy, Kim, Joy and Shirley. My grandparents are also the grandparents of each of my sisters and brothers. My mother's parents are also the parents of my aunts Naomi, Mary, Rose II and uncle Gideon II. Let's begin to set up a family tree.
	US map with Rhode Island

Or RI map, East Providence star | My mother's mother, "Nana Rose," your 2nd great grandmother had six brothers. She was the first girl in mom's family from Canada to be born in the United States. Nana Rose, was born in the coastal community of East Providence, Rhode Island. East Providence is located between two rivers with the Providence river running along its entire length to empty into the Atlantic Ocean. East Providence is made up of large communities from Portugal, the Azores, Madeira and Cape Verde. |
	Show a map of great-great grandparents 1, 2, 3, etc. to simplify understanding	When Nana Rose grew up she married "Papa Gideon" who is my mother's father. Papa Gideon is your 2nd great grandfather. Papa Gideon and Nana Rose lived in the coastal city of New Bedford, Massachusetts until my mother was three years old. He spent 35 years in the maritime industry working on ships until he retired to the coastal city of Newport, Rhode Island.
	Show North Carolina map with Camden County star.	Papa Gideon's family was from Camden County, North Carolina, a coastal county and state. However, here my research became difficult. I can find Papa Gideon's parents, their marriage, where they lived, including Papa Gideon's sister Indiana, and one of his grandparents but that is as far as I've gotten in North Carolina.
	Show DNA	I have not given up looking for their names and records, but I did set it aside for now. I decided to refocus my efforts on my DNA. I put together the birth records, marriage records, travel records and other resources from the library and ancestry web search sites to find out more on the Nova Scotia side of our family story.
	My DNA map	My overall DNA is blended across three timelines going back thousands of years. My DNA results show my history is primarily African, then European followed by East Asian and Native American. So how did these family members bring our story to the United States and Canada? Everyone's DNA can be traced back to the first woman and man, but how we experience migration until today is what makes the story of who we are now.

10 Page TV Storyboard

Video/Shot	Movement/Notes	Script
	63.8% Sub-Saharan African Africa\Cape Verde map.	My West African DNA is more abundant and recent than my Central and South African DNA. My oldest African DNA is East African and Broadly Sub-Saharan African. That means most of my oldest African relatives migrated northwest toward West Africa as hunter gatherers, farmers and trades people and landed possibly by slave capture in Cape Verde. All of my African DNA matches the people from the Cape Verde islands, and I have learned that our family likely came from the island of Sao Vicente.
	33.7% European Map showing two routes	My recent DNA is also from Northwestern Europe and split in half with Southern Europe. So it's probable that my Northwest European, British and Irish ancestors headed north for the Scandinavian Peninsula while my Iberian Peninsula ancestors traveled south with Portuguese, Spanish and Moorish mariners.
	Cod Fish	My DNA markers also show an ancestry timeline in Nova Scotia goes back more than three hundred years, to about 1690. Records do show at least one male in mother's Cape Verde ancestry may have traveled with the cod fishing work available in Nova Scotia between 1453 and 1700. Another could have traveled with the Basque whalers of the Iberian Peninsula in the 1600's who lead that trade from the North Atlantic to the South Atlantic oceans for five-hundred years before the Americans.
	Portuguese Colonies map	The history of cod fishing and whaling can be traced back to the Portuguese that hunted and found vast cod reserves near Nova Scotia, Norway, Iceland, and Newfoundland. According to my DNA, it is possible we had Cape Verdean and Scandinavian relatives serving on fishing ships, who landed and settled in Nova Scotia. My Iberian DNA is nearly 50% of my European DNA. Iberia, is a peninsula in south-western Europe, divided between Spain and Portugal. Iberia also includes Andorra, Gibraltar, and a small part of Southern France. Iberia is the second-largest European peninsula, after the Scandinavian Peninsula.
	Years, Period, Ship,	Maritime communities were open to people of color because there was work. Boats needed sails, carpenters, barrel makers, blacksmiths, rope makers, people to load and unload and more. The needs of seamen required preparation, fishing and unloading the ships, as well as delivering what was acquired. Blacks could get work without the fear of enslavement people living inland had.
	Egypt & Christ	If you showed up for work, you were allowed to work because there was so much to do including the salt preservation of cod. Although it is not known when it started, salt preservation was used in Egypt at least 2,000 years before Christ was born. Salting is the preservation of food with dry edible salt. Dried and salted cod can be stored for years, ensuring food security. Cod fish was the main seafood used for Bacalhau, which is used worldwide.

10 Page TV Storyboard

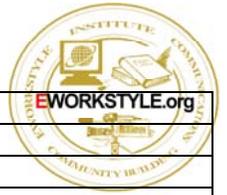| Video/Shot	Movement/Notes	Script
	2.5% East Asian & Native American & Unknown	My earliest DNA is almost equally East Asian, Southeast Asian and Native American which means that we are connected to those who migrated to the United States by following herds of animals across the Bering Strait land bridge that connected Asia to North America. And we are connected to people from the Pacific Islands who traveled the seas by canoe to Hawaii and visited South America to trade long before Europeans arrived.
	Ancestry Timeline & 2 great grandmothers	When did our family first get to the United States? Based on the DNA science from Native Americans, South Americans, and the DNA of Southeast Asians, between 800 and 1,200 years ago. What makes this part of our story cohesive is my grandfather who drilled into my mother and her siblings their Native American heritage with talks of Native American culture through his part-Cherokee Mother and my grandmother's part-Blackfeet mother.
	Cherokee	So to be clear, my mother's grandmother Sarah, who was part Native American Cherokee, lived in Camden County, North Carolina with her husband (my mother's grandfather) Thomas. Sarah's parents Benjamin (who was Portuguese) and his wife who was Cherokee were my mother's great grandparents.
	South America	While I have found Sarah's father Benjamin, her mother's name is unknown at this time. I do believe Benjamin and his wife also had a son. My records show Sarah's brother had his father's name and was in the U.S. army in New York around 1940.
	Grandfather Thomas	My mother's Grandfather Thomas was Sarah's husband. He worked as a share cropper and may have descended from the Cape Verdeans held in slave bondage known as Gullah or Geechee. Based on my DNA Thomas most likely descended Iberian Moorish Cape Verdeans sent to the U.S. Carolinas on slave ships. Up to 12 million slaves were shipped to the Americas and Europe, the majority from West Africa. Cape Verde, West Africa was a slave export site from 1462 to 1876.
	Blackfeet	On the other hand, Rose was my mother's mom and her mother was my mother's grandmother, Ella. Ella was part Native American Blackfeet. That means her parents were likely Cape Verdean and Native Blackfeet Indian. Ella was born and raised in Nova Scotia, Canada. Nova Scotia is a maritime community island off the North Atlantic ocean coastline.
	New York	Ella's husband George, was my mother's 1st grandfather. According to my DNA timeline and records, George had to be a tall, large frame, brown skinned Cape Verdean who worked in the maritime trades. George was a stevedore who loaded and unloaded ships in New York. New York is a city on the Atlantic ocean coast that has a long history in the maritime trades. Even Frederick Douglass looked for work in New York.

10 Page TV Storyboard

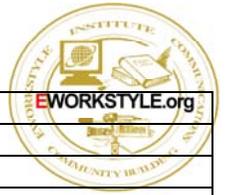| Video/Shot	Movement/Notes	Script
	Emancipation Proclamation	George met Ella in Nova Scotia. George brought Ella to the United States in 1883, after the Emancipation proclamation was issued. They settled in East Providence, Rhode Island. Ella and George had seven children and their only daughter was Rose.
	NY Great Great G-pa	It was typical of the period for sons to be in the same line of work as their father's. My mom's 2nd great grandfather (George's dad) was almost certainly a maritime worker in New York during the time the Portuguese hunted fish on the Atlantic ocean.
	New York Map	George's mom, my mom's 2nd great grandmother may have been a free black woman already living in New York. I do have proof that they settled in New York where George was born. Our family comes from a variety of ethnic people that came together because of a shared language, history, origin, humanity and values where they married to create a uniquely blended ethnicity.
		In the 1790s, maritime communities along the U.S. East Coast were developing societies including American whalers from New Bedford and fishing ships from Portugal which traveled to and from the Cape Verdean islands. During that time, many Cape Verdeans joined these crews. By the mid-1800s New Bedford had transformed into an economic maritime center, where Cape Verdeans excelled in the whaling and maritime industry trades. Between 1860 and 1965, 41% of the ships trading between New England and the Cape Verde were owned by Cape Verdeans.
		In 1922, the U.S. government restricted the immigration of peoples of color, seriously reducing Cape Verdean immigration for about 40 years. Those new regulations also prevented Cape Verdean Americans from visiting the islands for fear of being denied reentry back into the United States. In 1966, due to the Immigration and Nationality Act of 1965, the U.S. government relaxed its regulations, and a new wave of Cape Verdean immigration began. Like before, new arrivals traveled along the East Coast to Massachusetts, Rhode Island, Connecticut, New York, and other communities on the eastern seaboard. The new immigrants met older Cape Verdean-American ethnic groups whose members looked like them, but had become culturally different. Much like our family, after being separated for so long, both groups knew very little of each other's recent history or treasured memories. That is why this book is important to keeping our elder stories alive for the next generations.
	Both looking at a large globe of the world	There is still a lot of our family research to do and some things may have to be adjusted as we go along, but understanding our Cape Verdean roots and how our family made it to America is key to knowing our whole family story. Each generation will add their own experiences to grow this reference for future generations to share. What do you think your contribution to our story will be?

GLOSSARY

Abundant	
Acceptable	
Acquired	
Adjusted	
Administratively	
African	
African Party??	
Amílcar Cabral	
Anchorage	
Ancestry	
Angola	
Appreciate	
Archipelago	
Argentina	
Aunt	
Brazil	
Biological parents	
Breton	
Bustling	
Cape Verde	
Cape Verdean	
Capital	
Ci**tizen**	
Coastal city	
Coastal community	
Colonial	
Colonizers	
Co**lonization**	
Common	
Communities	
Concept	
Contributions	
Convenience	
Crater	
Crisis	
Cultivate	
Cultivated	
Culture	
Culturally different	
Declared	
Differences	
Di**plomats**	
Discontented	
Discovered	
Domain	
Downturn	
Eastern seaboard	
Economic	
Economy	
Emancipation Proclamation	
Endearing	
Enslaved	
Enslavement	

Eruptions	
Established	
Ethnic groups	
Ethnicity	
Evolved	
Experiences	
Flanders	
Foster child	A foster child is a child who is raised by a guardian other than their parents in an emergency situation where the birth parents are not able to care for or raise their children.
Founded	
Generations	
Government	
Grazing	
Great grandfather	
Great grandmother	
Guinea	
Guinea-Bissau	
Historically	
Humanity	
Immigrant	
Immigration and Nationality Act of 1965	
Increasingly	
Identity	
Independence	
Industry	
Inhabitants	
Inhabited	
Intended	
Inter-married	
International	
Investigating	
Islands	
Isles	
Jewish	
Maintained	
Maritime	
Meteorology	
Mid-ocean	
Migrants	
Moorish	
Mountain	
Mountainous	
Mozambique	
Municipal	
Municipality	
Museums	
Native	
Nature reserve	
Network	
Outstanding	
Parish	
Participation	
Partnerships	
Peninsula	
Populate	

Population	
Populous	
Port	
Preparation	
Preservation	
Proximity	
Reconcile	
Reconnect	
Records	
Recent	
Reentry	
Refocus	
Regulations	
Relative	
Replenished	
Reserves	
Resources	
Residents	
Resources	
Respective	
Retired	
Scientists	
Separated	
Settlement	
Shoreline	
Siblings	
Situated	
Sister-city	
Slave trade	
Society	
South-west Europe	
Spaniard	
Summit	
Tourists	
Trades	
Trans-Atlantic	
Transformed	
Treasured	
Understanding	
Uninhabited	
Uncle	
Uniting	
Waterways	
West African	
Quote	
Vessels	
Vikings	
Volcanic	
Volunteers	

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