

# The Islander

April 22, 2006

♦ P.O. Box 450786 ♦ Kissimmee, Florida 34745

Visit our Website at:  
[www.cafainc.com](http://www.cafainc.com)

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## Caribbean & Floridian Association Newsletter

### National Caribbean American Heritage Month

Central Florida's first Caribbean-American Business Expo and Conference will be held at the Central Florida's Fair and Exposition Park (Fairgrounds) from the 1st-3rd June 2006.

Exhibits will be open to the public on Friday, June 2nd 2006 at 10:00 a.m.

This Caribbean American Business Expo and Conference will help participants to build new business by offering:

- A chance to demonstrate your product or service to customers face-to-face
- A direct way to test a new market and launch new products and services
- A chance to find out what customers in the US and the Caribbean need
- Good opportunities for networking
- Many potential customers concentrated in one place
- Many potential suppliers concentrated in one place
- Information on how to do business in the US and the Caribbean
- Explanations of the benefits of new trade arrangements such as FTAA and DR/CAFTA

In addition to buyers and sellers, this Expo and Conference will attract journalists, media, politicians and other "movers and shakers" in particular fields. The World Trade Center Orlando is also conducting a "matchmaker" service through which meetings will be arranged for companies whose interests coincide.

Featured speakers will include:

- U.S & Caribbean Customs Officials
- Trade & Investment Financing Experts
- Representatives of U.S and Caribbean Food & Drug Administrations
- Local and International Business Leaders

### CAFA Bus Ride 2006

CAFA Bus outing to Fort DeSota Park is being planned for the first weekend in June. More details will become available as plans proceed.



Thank You

The Fund Raising Committee wishes to extend our thanks to all the CAFA members and friends who supported the Caribbean Fusion and the Health Fair last month. We appreciate your generosity and loyalty.

Get Well Wishes

Please keep Donna Coltrass and Edris Dorway in your prayers, for their speedy return to good health.

Inspiration

The Future Is All

The past is past;  
The present is a moment;  
The future is all.



Caribbean Fusion 2006



## Gordon Parks

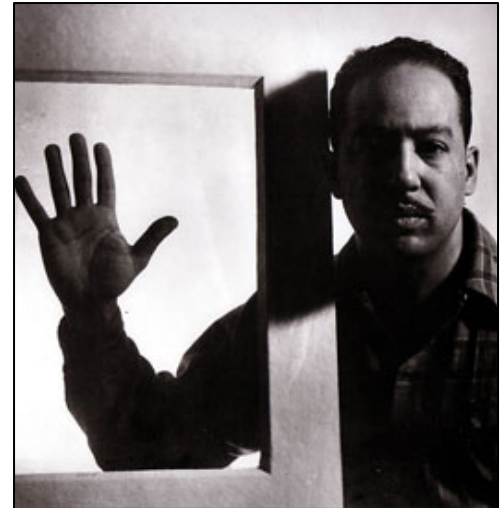
Gordon Roger Alexander Buchanan Parks died on March 7, 2006 at the age of 93.

Best known for his photography, Parks was the youngest of 15 children. After the death of his mother, Parks moved to St. Paul, Minnesota. He supported himself by working as a piano player in a brothel, a busboy, basketball player and a Civilian Conservation Corpsman. At the age of 25, he began to pursue photography seriously. With the help of a scholarship from the Julius Rosenwald Foundation, he began to work closely with a Farm Services Administration (FSA) photographer by the name of Roy Stryker, and took his first professional photograph titled "American Gothic."

In the mid 1940's Parks began to pursue fashion photography, and despite racism in the fashion business he was hired at *Vogue* Magazine. In 1947, he published his first book titled "Flash Photography." This was quickly followed by "Camera Portraits: Techniques" and "Principles of Documentary Portraiture." By the end of the 1940s, Parks was working with *Life* and *Vogue* and in that capacity did some of his most famous work. Traveling the globe and covering issues as varied as the fashion industry, poverty in Brazil, the Nation of Islam and gang violence, and eventually celebrity portraits, Parks continued to develop and create new ways to convey meaning through his work.

Branching out from his photography in 1963, Parks directed his first film, *The Learning Tree*, based on his autobiographical novel of the same name. His filmmaking career launched, Parks went on to direct many films, including *Shaft* in 1971. In addition to film, Parks has composed music and written several books including: *A Choice of Weapons* (1966), *To Smile in Autumn* (1979), *Voices in the Mirror* (1990), *Arias of Silence* (1994), and a retrospective of his life and work titled *Half Past Autumn* (1997), which was recently made into an HBO special.

Source: The Internet



**Gordon Parks**  
1912 - 2006

## Intellectual Arrogance

With caustic sarcasm the minister said  
 "Why do you people come back here?  
 What do you want?"  
 I sat in his spacious office, reflective and  
 quiet,  
 And after a short pause, said,  
 "I just want to help out."  
 "Why don't you people stay over there?  
 You all have your own literacy problems,  
 We don't need your help."  
 And after a short pause, our eyes locked.  
 Then for the children's sake I pressed on:  
 "I just want to teach one child to read."  
 The minister shrugged his shoulders.  
 "It's up to you!"

So I went to the little village school,  
 And I taught the children to read.  
 They were happy, the little children,  
 If only for a while.  
 And so was I.

Excerpt from the book of poems *When September Comes and Other Poems* by Peter Iqbal (ISBN 1-



## Humor

Three old guys are out walking.  
 First one says, "Windy, isn't it?"  
 Second one says, "No, it's  
 Thursday!"  
 Third one says, "So am I. Let's  
 go get a beer."

A man was telling his neighbor,  
 "I just bought a new hearing aid.  
 It  
 cost me four thousand dollars,  
 but its state of the art. It's  
 perfect."  
 "Really," answered the  
 neighbor. "What kind is it?"

"Twelve thirty."



Reporters interviewing a 104  
 year-old woman: "And what do  
 you think  
 is the best thing about being  
 104?" the reporter asked.  
 She simply replied, "No peer  
 pressure."

## Your Retirement Fund

Over 50 and scared that your retirement fund will not be enough for your needs? Here are a few simple steps to bring you some peace of mind.

Start today by forgiving yourself for what you haven't done. You can't move forward while stuck in a world of regrets and "If only." If only you had started saving earlier ... Well, you didn't. The past is over, so stop looking back. Start focusing on what you are going to do from now on.

Can you afford to save an extra \$5 or \$10 a day? You'd be surprised how quickly this adds up to a sizeable addition to savings you can add to your investment folder.

Start tracking your expenses. Make a list of all your monthly expenses; look at those bills that you can cut back on – cell phone, cable bill, etc.

Finally, except for your mortgage, which is tax-deductible, debt is bad. So, get rid of it. Put the money you save by cutting back on your expenses towards paying off your credit card debts. Keep only one credit card for emergencies. Cut up the rest and start paying cash.

## CAFA Birthdays

We extend Birthday greetings to:

### MAY

Christina Joseph	1
Bernard DeSantos	3
Kenneth Prescott	4
Janet Sam	7
Inez Belle Fortune	8
Norma Clark Robinson	8
Michael Simon	11
Don Monroe	11
June Wilson	23
Joseph Bakker	28

### JUNE

Junie Monroe	2
Edris Dorway	6
Linda Campbell	25



## Heart Attack

What is happening? A heart attack happens when the arteries to the heart are narrowed or blocked by fat and cholesterol buildup. This prevents the heart from getting the blood and oxygen it needs. Without oxygen, the cells in the heart begin to die. The more time that passes without treatment, the greater the damage to the heart.



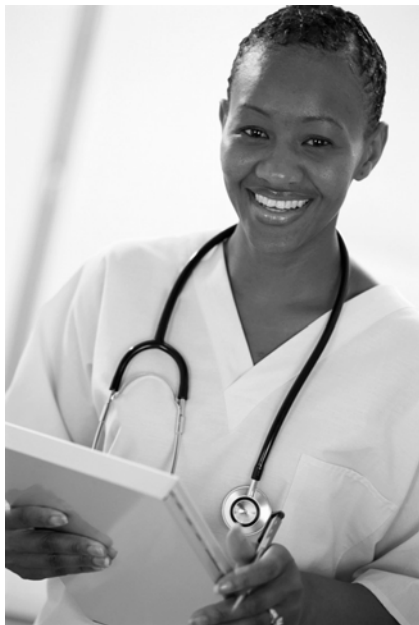
### Warning Signs

- Chest discomfort. You may feel uncomfortable pressure, fullness, squeezing, or pain in the center of the chest. It may last a few minutes or it may go away and come back.
- Upper body pain. You may have pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. This can occur before or along with chest discomfort.
- Other symptoms. You may also break out in a cold sweat, have nausea, or be lightheaded.

Women may have some or none of the common signs of a heart attack. They may experience vomiting, nausea, pain in the right back, shoulder, arms, throat, or neck. They may also have heavy sweating, shortness of breath, fatigue, indigestion or stomach pain.

If you or someone you are with shows one or more of these signs, don't ignore them. Call 911 to get medical help right away.

## Reduce Your Risk of a Heart Attack



You can reduce your chance of having a heart attack by having a healthy lifestyle.

- If you smoke, get help quitting.
- Regular physical activity makes the heart stronger, helps lower blood pressure and blood cholesterol, and also helps you maintain a healthy weight.
- Eat foods with less saturated fat, cholesterol and sodium. Eat plenty of vegetables, fruits, whole grain breads and cereals, and low-fat dairy foods and meats.
- If you drink alcohol, drink no more than one or two drinks per day.
- Get regular checkups.
- Having diabetes increases your chance of having a heart attack. If you have diabetes, follow your doctor's advice.

Submitted by Esmie LaRose  
Medical Committee



# CAFA's Calendar

Orlando Carnival

Memorial Weekend – May 26<sup>th</sup> – May 29<sup>th</sup>

Orlando Citrus Bowl, Thunder Field, Church St. & Tampa Avenue

## MAY 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## CAFA Youth Group 2006



## What is Dancehall Music?

In 1983, there was a show called “Dancehall ‘83,” which several popular deejays performed including Yellowman and Charlie Chaplin. The event was well marketed and a massive crowd of dancegoers packed the venue. Because of the big success of this show, (due to the deejays) the name “Dancehall” was used to promote later shows. It was at this time that songs of popular deejays ruled virtually all the dancehalls. The new music that was being played became known as “Dancehall” and the name has stuck ever since. However, dancehall was no longer just a place where dances were held, but it became the new form of reggae music—deejay music. In addition, once digital music took off in Jamaica in 1985 and computers played a big part in mixing beats, dancehall became the in vogue scene. This spawned the new music revolution of Jamaica called Ragga.

Information gathered from: <http://www.speakjamaican.com/jamixes.html>



# Caribbean and Floridian Association, Inc. Mission

- To encourage kinship between Caribbean and other communities in Florida.
- Maintain an association of high standards, which promotes cultural awareness that contributes to the development of Central Florida.
- Open and maintain avenues of communication between people of the Caribbean and other ethnic groups, and their homelands.
- Foster educational, cultural, and business opportunities through networking, to further joint interests.
- Aspire to ultimate ownership of real property in Central Florida for the benefit of all members and entities.
- Work closely with the government to influence decisions that affect the community.

We welcome contributions from members and friends. Please submit your written material to our newsletter staff or mail to us at:  
 Caribbean and Floridian Association, Inc., PO Box 450786, Kissimmee, FL 34745-0786

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## MEMBERSHIP APPLICATION

The Caribbean and Floridian Association, Inc. meets every month on the 4<sup>th</sup> Saturday at 6:00 p.m. at the YMCA, Thacker Avenue, Kissimmee.

Name \_\_\_\_\_ Birthday \_\_\_\_\_  
**(Last) (First) (Month/Day)**

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Business Phone: ( ) \_\_\_\_\_

Annual Membership: \_\_\_ Family \$40.00 \_\_\_ Single \$35.00

[Mail completed application to: Caribbean and Floridian Association, Inc. PO Box 450786, Kissimmee, FL 34743-0786]

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Caribbean and Floridian Association, Inc.  
 P.O. Box 450786  
 Kissimmee, FL 34743-0786

STAMP

TO: