

Visit our Website at:

www.cafainc.com

Executive Committee

• President:

Casmore Al Shaw

• Vice President:

Eunice Roberts

• Secretary:

Veronica Murrell

• Treasurer:

Coralie Cummings

• Assistant Secretary:

Lenna Cadogan

• Assistant Treasurer:

Wilfon Robinson

▪ Chaplain:

Esmie LaRose

Board of Directors

Arnold King, Chairman

Andre Allong

Ralph Armstead, Esq.,

Mary Jane Arrington

Gary Doane, Esq.

Gloria Rose Eddy

Aleem Hussain

Randy Schafer

Casmore A. Shaw

Ken Shipley

Newsletter Staff

Kevin Cadogan

Coralie Cummings

David Dorway

Edris Dorway

Cedric Joseph

Christina Joseph

Casmore Shaw

♦ P.O. Box 450786 ♦ Kissimmee, Florida ♦ 34745
Caribbean & Floridian Association Newsletter

CAFA Sixteenth Anniversary

It was a beautiful Sunday morning when the members of C.A.F.A. joined the congregation of St. John the Baptist Episcopal Church in Orlando, to give thanks for our blessings throughout the previous years. Our President, Casmore Shaw, spoke of C.A.F.A.'s commitment to the community, and our resolve to continue to fulfill our mission. We extend our thanks to Reverend Nembhard and his congregation for welcoming us and for their fellowship.

CAFA Elections 2006

Nominations for election to executive positions will be held at the October meeting. Please contact Eunice Roberts with any names you wish added to the list - after confirmation from the member you wish to nominate for election. Nominations will also be accepted from the floor at the October meeting. Elections will be held in November.

Shopping Spree 2006

To the Exquisite Festival Mall and The Swap Shop In Fort Lauderdale

September 9, 2006

7a.m. to 9 p.m.

Bus departs from the YMCA, Thacker & Mabbette, Kissimmee

A light snack will be served

Cost: \$30 per person

Come and Have fun while you shop and save!!!!

Contacts for tickets and information:

Eunice 407-568-4001

Noel - 407-856-4612

Ken - 407-891-3823

Joy - 407-251-8578



Announcements

News has reached us that Dr. Albert Fortune's surgery was successful and he's well on the way to a complete recovery. Albert and Inez are still in London, England. We extend our best wishes and look forward to their safe return in the Fall.

Weddings Wishes

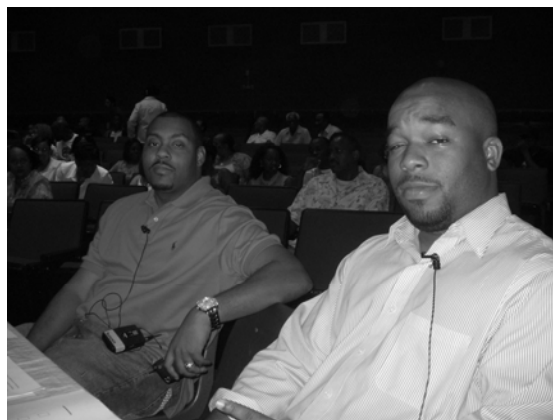
Congratulations and Best Wishes to Natisha and Sammie Barnes Who exchanged marriage vows on October 20, 2006. We wish them a long and prosperous life together.

The couple will reside in Jersey City, NJ Natisha is the daughter of Marilyn Diaz. She is also a former member of the C.A.F.A. Youth Group.

Proverb

Fear less, hope more;
Eat less, chew more;
Whine less, breathe more;
Talk less, say more;
Hate less, love more;
And all good things are yours.

CAFA IDOL



Congratulations to **Simone Ferrell**,
CAFA's 2006 Idol Winner!

2nd Place: **Victoria Rivas**
3rd Place: **Robert McDonald**
&
David & Tiffany Noel

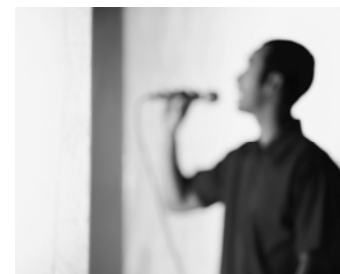


CAFA Idol
Saturday, July 29, 2006
6:00 pm - 9:00 pm

Gateway High School Performing Arts
Auditorium

93 Panther Paws Trail, Kissimmee, FL 34744

\$10.00 adults - \$7.00 kids 7 and under



Scholarship Awards 2006

The event will be held on Sunday, October 1, 2006; 3:00 - 7:00 p.m. at the Kissimmee Community House on Monument Avenue, Kissimmee. Nominations for Scholarships close on September 15, 2006. Contact any member of the Education Committee for details.



Minding Your Mind

Getting older can mean a gradual loss of nerve cells in the brain, often affecting the way information is stored and retrieved. As short-term memory progressively declines, one may experience difficulty in remembering details of recent events. Memory loss from aging is not the same as dementia, and it does not typically affect normal functioning, nor does it inevitably get worse over time.

There are exercises that can help keep your mind sharp, including the following:

- Exercise your mind with crossword puzzles, mind games, challenging reading, or educational classes.
- Exercise your body. Physical exercises seem to correlate with better mental function, perhaps because of improved circulation.
- Eat a diet rich in antioxidants and omega-3 fatty acids. Vegetables and fruit are best sources of antioxidants, although tea and dark chocolate contribute as well. Fish, flaxseed, and walnuts provide omega-3s
- De-stress. Learn and practice regular relaxation techniques such as meditation or yoga.
- Take a multivitamin that contains B vitamins. The B vitamins, folic acid, B6, and B12 are known to be related to cognitive functions.



Congratulations

To Melissa Aaron on her graduation from The University of Central Florida with a Bachelor of Business Administration Degree, majoring in Marketing

First of all, let me give thanks to the Almighty for giving both myself and Melissa the strength and endurance to reach this major goal. To all those who supported us along the way - A Big Thank You!

To Melissa, the race has now begun; reality is here and your family will always be there to cheer you on. Continue to reach for the skies and I know that with your determination and aggressiveness, you will succeed. Remember to give God all the praise, honor and glory.

Your Loving Mom

[Melissa is the daughter of Maitlan Sampson. She is Chairperson of the C.A.F.A. Islanders youth group. She is also a former C.A.F.A. scholarship recipient]



Cell Phone News

Never, ever answer a cell phone while it is being CHARGED!

Recently, a person was recharging his cell phone at home. Just at that time a call came in and he answered it with the phone still connected to the outlet. After a few seconds electricity flowed into the cell phone unrestrained and the young man was thrown to the ground with a heavy thud. His parents rushed to the room only to find him unconscious, with a weak heartbeat and burnt fingers. He was rushed to the nearby hospital, but was pronounced dead on arrival.

Cell phones are a very useful modern invention. However, we must be aware that it can also be an instrument of death. Never use the cell phone while it is hooked to the electrical outlet!

This was checked out on www.snopes.com and it is true. This was also on Pittsburgh's WTAE channel 4 news.

CAFA Birthdays

We extend Birthday greetings to:

September

| | |
|------------------|----|
| Wilfon Robinson | 1 |
| Oscar Naidu | 4 |
| Cedric Joseph | 5 |
| Albert Fortune | 6 |
| Sylvia Hypolitte | 11 |
| Kevin Cadogan | 20 |
| Lynette Grace | 25 |

October

| | |
|------------------|----|
| Gloria Rose Eddy | 1 |
| Gordon Grant | 1 |
| Donna Cadogan | 3 |
| Al Martin | 3 |
| Walt Kelly | 5 |
| Urla King | 8 |
| Debra Corbin | 11 |
| Beverly Rose | 17 |
| James Alexander | 19 |
| Gladys Kelly | 22 |
| Ron Coltress | 23 |
| Judy Randolph | 25 |
| Lloyd Campbell | 31 |





AUGUST 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 | | | |

Debt Is All Around You

As the television commercial states; You are not in debt, debt is all around you; Whenever debt management is mentioned, we invariably immediately think; credit cards; There are many forms of debt - mortgages, personal loans, payday loans, and of course, credit cards. No matter what form of debt you are tackling, there is always a way to pay the money back without getting further down the borrowing hole.

Increase your earnings:

- Ask for overtime on your current job.
- Apply for a promotion within the company.
- Apply for a second job - even one with minimal responsibility and few hours.
- Consolidate your loans with a home equity loan; pay off all your high interest loans and free up your earnings.
- Rent out a room in your house. Make sure to get references on everyone who applies.
- Become a tutor.
- Sell those old books. Hold a yard sale and get rid of those books you have been keeping to read again some time.

Decrease your spending:

- Create a budget. That part is easy. Now make a promise with yourself that you will stick to it.
- Turn your lights off when you are not in the room - you save on electricity.
- Drive more sensibly. Gas is one of the most expensive items in your budget. Aggressive driving such as frequent braking and rapid acceleration can increase your gas consumption.
- Clip coupons - and if possible, wait for double coupon days to do your shopping.
- Set your thermostat to 64 and turn it down to 60 at night.
- Ask for generic instead of name brand prescriptions. Check with your doctor first.
- Grocery shop with a list.



Debt Is All Around You - cont.

Creative saving

- Pay off the bills with the highest interest first.
- Avoid using your ATM card at machines that charge a fee.
- Turn the hot water heater down and wrap it with insulation.
- Cut your cable television down to basic - if you can stand it.
- Use library books, videotapes, and music. Just make sure you return them on the time so that you don't incur any late fees.
- Start a loose change jar - put all your loose coins in a jar, do not touch them until the jar is full; you will be surprised at how much you can accumulate.



The amount of money you can save to put toward your debts by increasing your income and reducing your spending can be huge. You don't have to try every one of these ideas, but the ones you do use will help you to pay off your debt quicker. And remember, by saving just \$10 a day would come to \$3,650 per year.

Most important, you need to be realistic when it comes to paying off your debt. It will take concentrated effort, time, and energy to effectively save the money that you are going to need, Set yourself practical goal, and allow for some leeway in the amounts of money you will earn or save.

Asafa is Sole World Record Holder

World and Olympic 100m champion Justin Gatlin has been banned for up to eight years after accepting he committed a doping violation.

The United States Anti-Doping Agency (Usada) has set the maximum suspension, but the actual length of it will be determined by an arbitration panel.

Gatlin, 24, was facing a life ban after testing positive for testosterone, his second doping offence, on 22 April. But he has agreed to "co-operate in the effort to eradicate drugs from sport". This leaves the man he shared world 100-metre records with, Jamaica's Asafa Powell, in the number one spot as the world's fastest man.



Information from: BCCaribbean.com

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

MEMBERSHIP APPLICATION

The Caribbean and Floridian Association, Inc. meets every month on the 4th 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]

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

STAMP

TO: