

THE ISLANDER

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

February 25, 2006



Visit our Website at:
www.cafainc.com

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Caribbean & Floridian Association Newsletter

Black History Month

The month of February has been chosen to focus on Black History. Some may remind us that we should focus on Black History every month. This is true, and we should keep this in mind throughout the year by reading books by black authors, visiting art shows by black artists, checking out movies on DVD produced by and starring black actors, watching at least one show on television each week, starring black actors. In this way we can all do our part in focus on the history of Black people throughout the year.

We remember a few of our black role models who passed on recently, and vow to keep the dream alive: **John H. Johnson, Rosa Parks, Coretta King, Luther Vandross, Ossie Davis, Lou Rawls, Shirley Chisholm**, and those too numerous to mention in these few pages. We thank them for what they have left us.

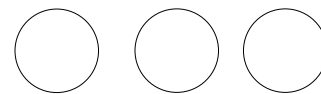
Congratulations to Major Ian Anthony Eddy

The U.S. Southern Command in Miami honored Major Eddy at an impressive ceremony held last January. The occasion was his retirement from the United States Air Force after 26 years of service.

Major Eddy's awards and decorations include the Meritorious Service Medal, Joint Service Commendation Medal, Air Force Commendation Medal, Joint Meritorious Unit Award, Air Force Outstanding Unit Award, AF Organizational Excellence Award, National Defense Service Medal, Global War on Terrorism Service Medal, and Korean Defense Service Medal.

He also earned several other awards, including Outstanding AF Communications and Information Officer for 2004 while at U.S. Southern Command.

Major Eddy is Gloria Rose Eddy's eldest son. Ian has received several job offers and has already decided on an after-retirement job. Congratulations to Gloria and Ian. The members of C.A.F.A. extend our best wishes for continued good health and best wishes for every success in the future.



Inspiration

Attitudes in Health

1. Today I will remind myself that health is inner peace and that healing is letting go of fear.
2. I can always choose to experience inner peace regardless of the state of my body.
3. Today I want to experience joy, and I will do this by letting go of all my grievances.
4. By not condemning myself today I will find peace.
5. I am willing today to let go of all my unforgiving thoughts and by so doing I will let go of suffering.



GET WELL WISHES

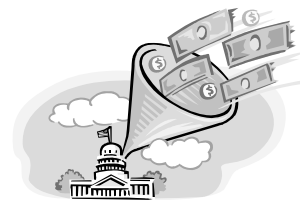
Please keep Ron Coltress and Oscar Naidu in your prayers, for their speedy return to good health.

CONDOLENCES

We extend condolences to Sylvia Hypolitte, June Wilson and Judy Randolph. Sylvia's brother Mitch made his transition recently in Trinidad. Our thoughts and prayers are with you in this difficult time.

Tax Time

If you need help preparing your personal income tax forms you can have them done free at the Buena Vista Community Center. CAFA member, Wilfon Robinson, is one of the volunteers who will be available to provide this service.



Homestead Exemptions

Homeowners: Have you filed your Homestead Exemption? You could save approximately \$500 off your property taxes annually. If you own property that you will be using as your permanent residence on January 1, 2006, you could reduce the taxable value of your homestead property by up to \$25,000, resulting in a tax savings of approximately \$500 annually. Check with your County Property Appraiser for application forms, and what you need to provide in order to qualify for this exemption. Hurry! You need to get your application filed by March 1.

Low-Salt Food Can Be Tasty

If you are trying to keep your blood pressure under control, your doctor will advise you to reduce your salt intake. You can cut down on salt by:

- o Making low-salt low-fat choices in the supermarket by checking labels on cans as well as packages.
- o Microwave, broil, grill, bake, or steam food without adding salt or fat.
- o Avoid adding salt while preparing meals.
- o Try using half the salt in recipes.
- o Sprinkle salt-free herbal blends on meats and vegetables.
- o Use low-salt, low-fat dressings on salads and sandwiches.
- o When eating out check for a "heart healthy" section, and order your food broiled or baked rather than fried.
- o Ask your doctor about using salt substitutes.

Eunice Roberts receives Exemplary Practice Award

Eunice Roberts was honored with an Exemplary Practice Award from the National Kidney Foundation of Florida. The award was presented at a Renal Professionals Forum and Luncheon in February.

Eunice was recognized *for the excellence she exemplifies in the care she delivers to her patients*. She took the initiative to coordinate research studies to the advantage of her patients, and has educated and helped them to receive AV fistulas. This effort gained her recognition and awards from CFKC for the Fistula First Initiative. Eunice is the current Vice President of C.A.F.A.

CAFA Birthdays

We extend Birthday greetings to:

MARCH

Maureen Hooyveld	1
Cheryl John	3
Agnes Richards	7
Rick Payne	8
Cecil LaRose	11
Jennifer Shaw	16
Joan Grant	20
Oswena Lyking	23

APRIL

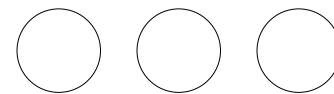
Evelyn Bowman	4
Andy King	8
Maitlan Sampson	9
Gemini Surrey	12
Ena Ward	14
Stephen Phipps	16
Mike Randolph	19
Ken Beckles	29



Annual Caribbean Fusion

March 26, 2006 - Sunday

Come out and enjoy music, food, crafts and lots of fun and entertainment for the children. Join us at Kissimmee Lakefront Park, 11-5. Admission is free.



Humor

Getting Old Is Not For Sissies!

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: "Get a hot mamma and be cheerful."

The doctor said, "I didn't say that. I said, 'You've got a heart murmur.

Be careful!"

CAFA'S

February

Monthly meetings of the Caribbean and Floridian Association, Inc. are held every fourth Saturday, at the YMCA, Thacker Avenue, Kissimmee, 6 p.m.

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 President's Day	21	22	23	24	25	26 CAFA Meeting
27	28					

CAFA Youth Group 2006

In 2006, the main objective of the Education Committee is to focus on educating the youth of C.A.F.A the importance of unity and community as youth of Caribbean decent. We intend to accomplish this by holding monthly meetings in the same fashion as the adults. Through these meetings, we will educate the children on various topics from heritage to school to life issues, as well as build bonds and form new friendships.

Below, the Committee has selected several field trips and “fun” events to both challenge and entertain the youth of C.A.F.A. The following trips are educational, interactive and provide each individual a chance to contribute to the group.

Below is a tentative list of trips and events planned for 2006:

Event
Science Center
Orlando Public Library
C.A.F.A. Picnic in the Park
Central Florida Zoological Park
C.A.F.A. Bowling
C.A.F.A Sports/Video/Board Games Tournament
Scholarship Awards
Fun World
C.A.F.A. Beauty Pageant
C.A.F.A. Talent Show
Miniature Golf
Magic Basket Ball Games
Arabian Nights
Gatorland
Kennedy Space Center
Disney Quest
Day at the Beach

List of things to incorporate in 2006:

- A name for the Youth group (Name to be decided by the Youth)
- Link for the Youth group off the C.A.F.A. Web page.
- Potluck at Youth meeting
- A Quarterly Youth party (Winter, Spring, Summer, Fall)
- Youth Group t-shirts

WHERE DID THE WORD "CARNIVAL" COME FROM?

Hundred and hundreds of years ago, the followers of the Catholic religion in Italy started the tradition of holding a wild costume festival right before the first day of Lent.

Because Catholics are not supposed to eat meat during Lent, they called their festival, carnevale — which means “to put away the meat.” As time passed, carnivals in Italy became quite famous; and in fact the practice spread to France, Spain, and all the Catholic countries in Europe. Then as the French, Spanish, and Portuguese began to take control of the Americas and other parts of the world, they brought with them their tradition of celebrating carnival.

Info gathered from: <http://www.orlandocarnivalassociation.com/>

Orlando Carnival
May 26 - May 28, 2006 (Memorial Day Weekend)
Thunder Field – opposite the Citrus Bowl

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

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TO: