



# The Islander



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

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

Vol. 17 ◆ Issue No. 3

## CAFA Idol 2006

The Caribbean and Floridian Association Youth Group (CAFA Islanders) request your support and participation in their first promotion of a "CAFA Idol" to be held at Gateway High School Performing Arts Auditorium on Saturday, July 29, 2006 from 6pm to 9pm. Auditions for the event will be held on Saturday, July 15, 2006 from 2pm to 6pm at the YMCA, Thacker and Mabette Avenues, in Kissimmee, Florida.

The Caribbean and Floridian Association Presents:  
 A CAFA Islanders Production



Can you Sing... Dance... Play an Instrument...  
 Perform Poetry?

Then come join us:

AGES 6 - 21 WELCOMED

AUDITIONS WILL BE HELD ON SATURDAY, JULY 15, 2006  
 FROM 2:00 PM - 6:00 PM

AT THE YMCA ON THACKER AND MABETTE AVENUE IN KISSIMMEE, FL

COME SEE THE SHOW

SATURDAY, JULY 29, 2006  
 AT GATEWAY HIGH SCHOOL PERFORMING ARTS  
 AUDITORIUM  
 6:00 P.M. - 9:00 PM

CASH PRIZES, GIFT CERTIFICATES AND MORE AWAIT  
 THE WINNERS.



If you have any further questions or inquiries, please call me at (407) 928-4594 or Melissa Aaron at (407) 873-8560. Your participation is very important to us.

**Announcements**

**Get Well**

Please keep Edris Dorway and Walt Kelly in your prayers for a speedy return to good health.

**Condolences**

To Oscar and Elaine Naidu on the death of Oscar's nephew in Aruba. We are sorry to learn of your loss and hold you in our prayers.

Happy July 4th



CELEBRATE OUR INDEPENDENCE!

FLY THE US FLAG!

PRAY FOR PEACE!

# Hurricane Survival Kit

We have been hearing so much about hurricane preparedness recently that some of us "tune out" at the mention of the word *hurricane*. The hurricane season will be with us through the end of November, and we need to remain prepared.

It is a good idea to invest in disposable cameras and take photos before and after a storm. These images can be a big help if your property sustains serious damage and you need to make an insurance claim.

**You Need Two Hurricane Kits**

Your At Home Kit should contain:

- Prescription medicines and information
- Non-perishable foods (don't forget the can opener)
  - Bottled Water
  - Paper plates, and plastic utensils
  - Portable Radio and Batteries
  - First aid book and kit
- Repair materials: plastic tarp, screening, tools, nails, etc.
  - Camera and film
  - Non-electric tools and fuel
  - Pet supplies
- Important documents (especially insurance, bank and health information), phone numbers and photos in a waterproof container.

Your Evacuation Kit:

In addition to the above materials, pack a separate kit with:

- Pillows, blankets or sleeping bags
- Clothing
- Eyeglasses, hearing aids (and batteries)
- Chairs or cots
- Personal hygiene items
  - Full tank of gas
  - Cash
  - Keys

Don't forget to include your pets in your evacuation plans. Remember to collect and keep a copy of the Hurricane Guide from your local Albertson's or Publix Supermarket. Take a look at it!

## Stress Reduction - No Medication Required

Here are some ideas for reducing stress, without medication.

- Get up on time so you can start the day unrushed.
- Allow extra time to do things and to get to places.
- Simplify and unclutter your life; get organized so that everything has its place.
- Have back-ups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
- Say no to projects that won't fit into your time schedule, or that will compromise your mental health.
- Eat right and get enough rest.
- Laugh, and then laugh some more.
- Take one day at a time.



## Insomnia

An estimated million Americans suffer from insomnia, which is the difficulty initiating and/or maintaining sleep for a variety of reasons. A myriad of sleep disorders exist including sleep apnea, which is marked by excessive snoring and occurs when an individual repeatedly stops breathing during their sleep. Women are more likely to lose sleep due to being awakened by children or health issues.

A recent medical study showed that sleeping disorders can lead to more life-threatening problems, such as heart disease, hypertension, heart failure and stroke. Sleep experts have found that sleeplessness can even cause obesity by disrupting hormones that regulate hunger and satiety.

If you are having sleep problems, consult your doctor. In the meantime, the National Sleep Foundation recommends some steps that adults (without medical problems) can take to help them get some much-needed shut-eye. They include:

- Establishing a bedtime routine, such as taking a hot bath or listening to soothing music
- Eating no more than two to three hours before bedtime
- Not watching television while you're in bed
- Avoiding alcohol, caffeine, nicotine and other stimulants during the hours near bedtime.

### **Congratulations**

Congratulations to:

Felicia Naidu

on the attainment of her

**Masters Degree in  
Special Education**

Love and God's richest blessings from her Mum, Grandparents [Oscar and Elaine Naidu], Sister, Brother, Aunts and Uncles



### **Congratulations**

With great pride we congratulate **LaToya James** on her graduation from **Hofstra University School of Law** with a **Juris Doctor Degree**

May God's presence always be with you and light your way through all your future endeavors.

From her grandmother Bernice DeSantos and all the family.

## The Dog Days of Summer

Webster defines "dog days" as the period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere. But where does the term come from?

In ancient times, when the night sky was un-obscured by artificial lights and smog, different groups of peoples in different parts of the world drew images in the sky by "connecting the dots" of stars. The images drawn were dependent upon the culture. The Chinese saw different images than the Native Americans, who saw different pictures than the Europeans. These star pictures are now called constellations.

They also saw images of bears, twins, a bull, and others, including dogs (Canis Major and Canis Minor). The brightest of the stars in Canis Major (the big dog) is Sirius, which also happens to be the brightest star in the night sky.

In the summer, however, Sirius, the "dog star," rises and sets with the sun. During late July Sirius is in conjunction with the sun, and the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time, from 20 days before the conjunction to 20 days after, "dog days" after the dog star.

Today, dog days occur during the period between July 3 and August 11. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness. No, the heat of summer is a direct result of the earth's tilt

[Source: The Internet]

## CAFA Birthdays 2006

### We Extend Birthday Greetings to:

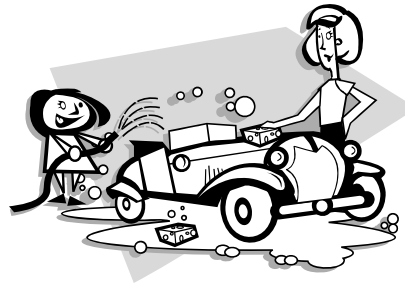
July	
Shelly-Ann Biggs	5
Gloria Small	18
August	
Casey Beckles	3
Cheryl Bakker	5
Coralie Cummings	5
Linden Sam	5
Elaine Naidu	15
Donna Coltress	21
Chappie Small	24
Joan Randolph	26



## Thank You

The Ad Hoc Cruise Committee wishes to express our appreciation to all our members and friends who sailed with us to the Caribbean last month, and to let you know that we enjoyed your company. We will certainly let you know when our next cruise is scheduled and where we plan to visit. Thank you for your continued support.

# CAFA Islanders Car Wash



Congratulations to :

**Melissa Phillips**

on her graduation from the Osceola County School for the Arts

May God be with you as you proceed on your Career Path  
from her Grandmother [Phyllis Phillips], her parents, brother, and all family members.

Melissa was the school's youngest graduate in the Class of 2006, with double academic honors. She will be attending Temple University in the Fall as a freshman, majoring in Broadcast Journalism and a minor in Musical Theatre.

She was senior class vice president, and had the chance to teach middle school students, ages 11-13. Melissa has danced in almost twenty original productions and choreographed several pieces. She performed in the OCSA production of *Goodbye Girl*.

Melissa expresses thanks to her parents Ian and Desiree Phillips, for their love and support; her family and friends for being at every show they could; and her brother for never lying to her (even when he should have).



August meeting date - Saturday August 26

JULY 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 Next CAFA Meeting	23
24	25	26	27	28	29	30
31						

## Drowning Happens in Seconds

Statistics show that most drowning incidents happen in familiar settings such as the family pool or the pool at the home of a friend or neighbor. Drowning happens quickly and quietly. A child can drown in seconds - not minutes. Children don't make noise as they go underwater, they sink quietly. They lose consciousness within two minutes. Brain damage occurs within five minutes.

Contrary to popular opinion, drowning sometimes occurs when adults are supervising, even when adults are in the water with the children.

With the warm weather already upon us, here are some lifesaving tips from the Fire Department:

- Never take your eyes off a child or leave him/her alone near any body of water - pool, pond, lake, ocean.
- Keep a cordless phone or cell phone in the pool area.
- Install a door alarm.
- Don't assume that a small child can't open your sliding patio door.
- Give your child swimming lessons. However, don't rely on swimming lessons, life preservers or other equipment to make a child 'water safe.'
- Learn how to administer life-saving techniques to children, including CPR.

Most important - Don't assume that drowning couldn't happen to you or someone in your family.

## Reduce Stress Spiritually

- If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice.
- 
- Separate worries from concerns. If a situation is a concern pray about it and then let go of the anxiety. If you can't do anything about a situation, forget it.
- 
- Carry a piece of inspirational material with you to read while waiting in line.
- 
- Every night before bed, think of one thing you're grateful for, that you've never been grateful for before, and remember to give thanks.

## Do You know you A.1.C?

If you have diabetes, your doctor has probably given you the HbA1c test - or A1c, for short. This test provides an average of your glucose (blood sugar) measurements, expressed as a percentage over the previous 6 to 12 weeks. The higher your glucose levels, the higher the percentage.

People without diabetes have A1c values between 4% and 6%. If you have diabetes, aim for an A1c result of less than 7%. Even a 1% rise is undesirable and increases your risk of diabetes-related complications, such as eye disease, heart disease, nerve damage, kidney disease, and stroke. Your doctor will use this test, along with your home blood glucose monitoring, to make adjustments to your diabetes treatment.

# 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]

STAMP

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

TO: