



ST. AUGUSTINE-BARACOA FRIENDSHIP ASSOCIATION

True friendships can transcend cultural and ideological differences

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August 29, 2006

Dear Friends,

Over the past six years, the St. Augustine-Baracoa Friendship Association has made numerous trips to the lovely, but isolated city of Baracoa, in the Guantánamo province of Cuba. During that time we have been able to address the acute humanitarian needs of the members of the community, while at the same time be of assistance to many very worthwhile local initiatives.

To date the Friendship Association has sent fourteen 40' containers to Cuba with material and medical aid. Our delegations to Baracoa are able to evaluate the usefulness of the donations and assess the needs of our target groups. Our most recent delegation returned from Cuba on August 18 with a list of needs that we would like to send with our next container leaving from St. Augustine.

You may contribute by donating funds with which we can make purchases here and pay for the shipping costs of the container, or you can donate some aspect of the attached list below. We always need help packing and loading the container.

The St. Augustine-Baracoa Friendship Association is a volunteer, community-based organization that is registered with non-profit 501(c)(3) status. It was formed for the purpose of creating bridges of friendship between the citizens of St. Augustine and the people of Baracoa, in Cuba. Please see our website for more details. **Contributions are fully tax-deductible.**

For further information about any aspect of our mission, please feel free to contact the coordinator of our Humanitarian Aid Committee, Kristy Weeks, at 904 824 1626 or the Friendship Association secretary, Sali McIntire, at (904) 461 3175.

Your help is greatly appreciated.

Sincerely yours,

Dr. Ron Dixon, D.M.D., President

Attachment: August 2006 list of humanitarian needs

Baracoa needs list August 2006

Wheelchairs and Wheelchairs for special sports
Foldable walkers, Crutches, canes
Bedside commodes
Bicycles (esp. 26")/Bicycle tires and tubes 26x ?
Bike pumps and bike accessories: seats, pedals, chains, tools
Personal Energy Transports: 40 rear tires; 50 front tires; sprockets, chains, lubricant
Bike and motorcycle **helmets**

Mattresses/ Egg crate mattresses/ Mattress covers
Rubber sheets, vinyl mattress covers
Sheets/towels
Disposable adult diapers
Hospital beds

Bed sore ointments/ hemorrhoid creams
Medicines for migraines, depression
Ibuprofen, Aspirin, Tylenol, Anti acids
Breast prostheses

Multi-vitamins, Vitamin B complex, E, C, Calcium, Glucosamine, etc.
Children's cough syrup, Children's aspirin and ibuprofen

Reading glasses all numbers

World maps
Reams of white 8 ½ x 11 paper
Educational materials: pencils, pens, colored pens, pencils, crayons,
Erasers, pencil sharpeners, rulers, solar pocket calculators, etc.

Artists' materials: paint brushes, canvas, acrylic paints, charcoals,
China Ink and paper
Art books

50-gallon plastic jugs with screw on lids for storing water
Work gloves heavy duty
Shoes especially athletic and boots
Summer **clothing** in excellent condition, no extra large sizes
Rubber boots
Ceiling and floor **Fans**

Musical instruments, esp. bass
Strings for guitar and other string instruments
Hand and finger puppets
Stereo system for Dance classes

Sewing machines and accessories/ fabric and remnants

Sports equipment: baseballs, bats, basket balls, volley balls

For our oral history project: DVC video camera, Lapel mikes, digital camera