Expressions
Caribbean-American Exhibition & Festival
THE 7TH ANNUAL MULTICULTURAL SHOWCASE

Together with CAHMUSA Celebrating
NATIONAL CARIBBEAN-AMERICAN HERITAGE MONTH JUNE 2016

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Ultimate Natural Hydration
Once again, we have successfully brought together the members of our Caribbean-American Community in South Florida for these events celebrating National Caribbean-American Heritage Month. Events started with the Kick-Off Meet & Greet held in Miramar, followed by the Caribbean American Heritage Awards Banquet & Gala and now with the grand finale, the 7th Annual Caribbean American Exhibition & Festival, a showcase of entrepreneurs, entertainers, and family enjoyment.

The Exhibition & Festival is attended and supported by not only the Caribbean Community, but also by the general community from Palm Beach, Broward, Miami-Dade counties and from the Caribbean Islands. It provides a platform for businesses on which to promote and market their products and services to the local community, it also allows many entertainers to showcase their talents, thereby leading to booking opportunities.

As you can see, we are moving in leaps and bounds and adding new elements to the events each year. There is a full-fledged Island Food Pavilion and a Kid’s Zone. We also now have a larger stage, so that in the future we can have more entertainment and even some big name entertainers. The future looks very bright for our events. You will enjoy next year’s Exhibition & Festival even more, so make sure that you save the date, June 25, 2017 and keep in touch with our website CAHMUSA.com or join us on Facebook or other social media.

Congratulations to the 8 individuals who were chosen to receive the Caribbean-American Heritage Awards for their outstanding service to their community and country. You can read about them in this year’s “Expressions” Caribbean American Magazine.

The Expressions Caribbean-American Magazine, features articles about the Caribbean along with information about many Caribbean and American businesses. We ask that you keep your copy for future reference, and that you try to use the services of these advertisers.

Many thanks to our wonderful Sponsors and Supporters: Publix Super Markets; JetBlue; VITAS Healthcare; Grace Foods; ISOtech; Ellis, Ged & Bodden P.A., McKinley Insurance Services; Jamaica Tourist Board; AARP, Cox Media Group, several Media Supporters and in-kind contributors. To our Exhibitors and Advertisers including those who are joining us for the first time, many thanks and welcome to all of you. Thank you all for being a part of this annual event.

To My Caribbean-American Family! One Love!

Uniquely Yours

Your Premier Event Planner/Producer
The dynamism and diversity of Caribbean Americans have contributed to our Nation’s story in extraordinary ways. Millions of people in the United States are connected to our Caribbean neighbors through ties of commerce and family -- a relationship reinforced by the values and history we hold in common. During National Caribbean-American Heritage Month, we celebrate the contributions of our Caribbean-American brothers and sisters, and we reflect on how they have bolstered our country and enriched our traditions.

The bonds between the United States and the Caribbean remain strong. Both rooted in similar legacies - of trial and triumph, oppression and liberation -- our narratives have advanced on a similar path of progress, driven forward by our shared dedication to fostering opportunity and forging a brighter future. Caribbean Americans excel in our universities, inspire us as athletes and musicians, guide us as community and government leaders, and keep us safe through dedicated service in our Armed Forces.

The United States is committed to working with the nations of the Caribbean to advance security, liberty, and prosperity. That is why we have begun a new chapter in our relationship with Cuba -- extending a new hand of friendship to the Cuban people that offers fresh hope for both our futures and will improve the lives of those living in both our countries. My Administration also introduced the 100,000 Strong in the Americas initiative to provide higher education exchanges to students across the Western Hemisphere, and we launched the Young Leaders of the Americas Initiative to address persistent opportunity gaps in the Americas and to give emerging entrepreneurs and civil society leaders the resources they need to reach their full potential. In harnessing the spirit and boldness of young people in the Caribbean and throughout the Americas, and in channeling their creativity and innovation, we can continue to build on the progress we have made. And by carrying out Jamaican-American poet Claude McKay’s call to “strive on to gain the height although it may not be in sight,” we can enable more young people, here at home and throughout the Caribbean, to reach for the change that is within their grasp.

The legacy of Caribbean Americans is one of tenacity and drive; it reminds us that in America, with faith and determination, anything is possible. This month, let us honor the resilient heritage and rich history of Caribbean Americans, and let us reflect upon the diversity of experiences that unites us as a people.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim June 2016 as National Caribbean-American Heritage Month. I encourage all Americans to celebrate the history and culture of Caribbean Americans with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of May, in the year of our Lord two thousand sixteen, and of the Independence of the United States of America the two hundred and fortieth.

BARACK OBAMA
REQUESTED BY
MAYOR MARTY KIAR
BROWARD COUNTY

WHEREAS, the 7th Annual Caribbean-American Exhibition and Festival is a unique multicultural showcase along with a cultural fun fest in observance of National Caribbean American Heritage Month; and

WHEREAS, this Exhibition provides opportunities for the promotion of Caribbean-American businesses through valuable exposure, networking, and the forging of new partnerships with other exhibitors and thousands of attendees; and

WHEREAS, this Exhibition also serves to create more awareness and showcases the cultural diversity, ethnicities, and backgrounds of the Caribbean people. It also assists in the promotion of Caribbean and American businesses; and

WHEREAS, the Caribbean-American Exhibition has the capability of creating job opportunities and can assist in boosting the economy in the tricounty area. The event has enhanced growth and increased prospects for many businesses, large and small; and

WHEREAS, the festival theme will include captivating island music, cultural dancers, reggae and soca artists, and other performers providing an opportunity for artists and entertainers to showcase their talent; and

WHEREAS, on June 18, 2016, eight Caribbean American Heritage Awards were bestowed upon individuals who made significant contributions to our community; and

WHEREAS, Unique Creations by Liz Inc. is the producer of Expressions Caribbean-American Magazine which is published in observance of National Caribbean American Heritage Month. It features many Caribbean-American businesses, while giving a bird’s eye view of the Caribbean Islands, their beauty, culture, and cuisine, NOW, THEREFORE,

BE IT PROCLAIMED BY THE BOARD OF COUNTY COMMISSIONERS OF BROWARD COUNTY, FLORIDA:

That the Board hereby designates Sunday, June 26, 2016, as "THE 7TH ANNUAL CARIBBEAN-AMERICAN EXHIBITION AND FESTIVAL DAY" and acknowledges Elizabeth Burns of Unique Creations by Liz Inc. for her outstanding contributions to Broward County in observance of National Caribbean American Heritage Month.

06/26/2016
Date

Marty Kiar
Mayor
PROCLAMATION

“CARIBBEAN-AMERICAN EXHIBITION & FESTIVAL DAY”
JUNE 26, 2016

WHEREAS, the 7th Annual Caribbean American Exhibition and Festival in celebration of National Caribbean-American Heritage Month, brings together the Caribbean-American community, and

WHEREAS, the Exhibition provides opportunities for the promoting of Caribbean and American businesses through valuable exposure, networking, and the forging of new partnerships with exhibitors and attendees; and

WHEREAS, this Exhibition serves to create more awareness and to showcase the cultural diversities, ethnicities, and backgrounds of the Caribbean people; and

WHEREAS, the Caribbean-American Exhibition, a multicultural showcase has the capability of being a vehicle for job opportunities, and can assist in boosting the economy in the tri-county area; and

WHEREAS, the inclusion of a festival theme featuring Island Music, Cultural Dancers, Reggae and Soca Artists and Performers, Fashions, Culture Corner, Kids Fun Zone; allowing Artists, Entertainers to showcase their talents; and

WHEREAS, the 2nd annual Caribbean-American Heritage Awards and Recognition 2016, will honor individuals nominated by their peers for their contribution to the community; and selected by a committee; and

WHEREAS, Unique Creations by Liz Inc., is the producer of “Expressions” Caribbean-American Magazine, in observance of National Caribbean Heritage Month, which features many Caribbean-American Businesses, while giving a bird’s eye view of many of the Caribbean islands, their tantalizing beauty, culture and delicious food.

NOW, THEREFORE, I, WAYNE MESSAM, Mayor of the City of Miramar, and on behalf of the City Commission, do hereby proclaim Sunday, June 26th, 2016 as:

“CARIBBEAN AMERICAN EXHIBITION & FESTIVAL DAY”

In the City of Miramar and compliment Elizabeth Burns / Unique Creations By Liz Inc. for her outstanding contributions to the observance of Caribbean-American Heritage Month.

IN WITNESS WHEREOF, I do hereby set my hand and cause the Seal of the City of Miramar to be affixed this 13TH day of June 2016.

Mayor Wayne M. Messam
Dear Friends:

It is with great pleasure that I extend my warmest greetings as we celebrate Caribbean American Heritage Month.

I would like to thank Elizabeth Burns for her work in raising awareness through her Caribbean American Heritage Awards and for continuing to promote a positive dialogue of our shared cultural history through the Caribbean American Exhibition and Festival.

In June 2005 my colleagues in the House unanimously passed my resolution -- H. Con. Res. 71 -- recognizing Caribbean American Heritage Month. I was grateful when the Senate and President supported this legislation and proclaimed June as Caribbean American Heritage Month in 2006. This year marks the 10th Anniversary of my resolution becoming law, and it is an honor to once again celebrate June as Caribbean American Heritage Month.

This month provides the opportunity for us to pursue new partnerships on a number of issues with our Caribbean neighbors. From trade and immigration to disaster preparedness and poverty eradication, the United States and the Caribbean share a number of policy interests and avenues partnership. Caribbean Americans have enhanced our social, economic, and cultural landscape and enrich our society every day, and I encourage everyone to mark this month by learning more about the many contributions of Caribbean Americans to our nation. One such contributor was my personal hero and mentor, Shirley Chisholm, who inspired my work and commitment to the Caribbean American community.

This month, and every month, I encourage you to join me in celebrating Caribbean Americans. Thank you for your dedication to our Caribbean American community, and I wish you all the very best in celebrating Caribbean American Heritage Month.

Warm regards,

Barbara Lee
Member of Congress
United States of America
National Anthem
“The Star Spangled Banner”

Oh, say can you see by the dawn's early light, What so proudly we hailed at the twilight's last gleaming? Whose broad stripes and bright stars thru the perilous fight, O'er the ramparts we watched were so gallantly streaming? And the rockets' red glare, the bombs bursting in air, Gave proof through the night that our flag was still there. Oh, say does that star-spangled banner yet wave O'er the land of the free and the home of the brave?

On the shore, dimly seen through the mists of the deep, Where the foe's haughty host in dread silence reposes, What is that which the breeze, o'er the towering steep, As it fitfully blows, half conceals, half discloses? Now it catches the gleam of the morning's first beam, In full glory reflected now shines in the stream: 'Tis the star-spangled banner! Oh long may it wave O'er the land of the free and the home of the brave.

And where is that band who so vauntingly swore That the havoc of war and the battle's confusion,
A home and a country should leave us no more! Their blood has washed out their foul footsteps' pollution. No refuge could save the hireling and slave' From the terror of flight and the gloom of the grave: And the star-spangled banner in triumph doth wave O'er the land of the free and the home of the brave.

Oh! thus be it ever, when freemen shall stand Between their loved home and the war's desolation! Blest with victory and peace, may the heav'n rescued land Praise the Power that hath made and preserved us a nation.

Then conquer we must, when our cause it is just, And this be our motto: “In God is our trust.” And the star-spangled banner in triumph shall wave O'er the land of the free and the home of the brave.

James E. Drake
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(954) 938-2685 x 5831
We Proudly Support
7th Annual Caribbean American Exhibition & Festival

“Yesterday’s the past, tomorrow’s the future, but today is a gift. That’s why it’s called the present.” ~Bil Keane
June 6, 2016

Congratulations to Elizabeth Burns of Unique Creations By Liz & CAHMUSA on presenting the 7th Annual Caribbean American Exhibition & Festival in recognition of Caribbean Heritage Month. In addition I wish you the best as you come together to celebrate the 2nd Annual Caribbean American Heritage Awards spotlighting the Unsung Heroes of our wonderful Caribbean American community.

For centuries, The United States has been united with our Caribbean neighbors by friendship, art and music, economic cooperation, and kinship values. From a region of extraordinary beauty, generations of immigrants have brought their vast spirit, unique talents, and vibrant culture to the United States.

With populations of approximately 10 million, hailing from 30 territories, Caribbean-Americans have played an important role in shaping America since the earliest chapters of our history. From sports and entertainment to serving in the highest levels of government, Caribbean-Americans have been active participants in the shaping of this country since the first Caribbean immigrants arrived in Jamestown, VA in 1619.

The first declaration took place on June 5, 2006, and this year marks the tenth anniversary of June as National Caribbean American Heritage Month. During this month, we celebrate the Caribbean-Americans whose legacies are woven into the fabric of our Nation. Recognizing that we all share a stake in one another's success.

On this 10th Anniversary of National Caribbean-American Heritage Month, it is an honor to take the time to recognize and pay tribute to the courage and perseverance of our Caribbean-American community wishing continued success as we journey forward.

Sincerely,

Senator Christopher L. Smith
Florida State Senate, District 31

“Things work out best for those who make the best of how things work out.”
~ John Wooden
As Vice-Mayor of the City of Miramar, it is an honor and pleasure to be a part of the Caribbean-American Heritage Month celebrations. During the month of June there will be several events showcasing the Caribbean-American community and culture.

Special congratulations to Elizabeth Burns of Unique Creations by Liz for presenting three celebratory events this year. New for 2016, the Caribbean-American Heritage Month Kick-Off Reception, presented at the Miramar Town Center, highlighted local businesses and offered a great opportunity for guests to meet, greet and network. The 2nd Annual Caribbean American Heritage Awards program recognizes individuals who have impacted our community. The 7th Annual Caribbean American Exhibition and Festival features numerous multi-cultural exhibits; great entertainment provided by talented local entertainers; and also showcasing local vendors featuring a variety of foods representing many different islands. All these events acknowledge the importance of the Caribbean-American Heritage.

I am pleased to express my warmest commendations to the Caribbean and American people who have contributed to the success of local communities. We are fortunate to live in a society that embraces the benefits of unity in diversity.

Best Wishes,

Maxwell B. Chambers
Vice-Mayor,
City of Miramar

“You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win.” ~ Zig Ziglar
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The last meal

Three prisoners are waiting to be executed and they are asked what they wish to have for their last meal.

The Trini responds, “A chicken Roti.” The warden serves him his Roti, and then escorts him to his execution.

The Jamaican requests Jerk Pork. The warden serves him his Jerk Pork, and then escorts him to his execution.

The Bajan requests a bag of plums. The warden asks: “plums???”

“Yes, plums” says the Bajan. The warden replies, “but them outa season!”

“So?” replies the Bajan. “I gwine wait...”
GUIDE TO DOING BUSINESS IN THE CARIBBEAN

If you want to work hard and play hard in one of the most captivating locations on the planet, then the Caribbean is the place for your business event, be it a conference, meeting or incentive trip.

The islands and countries of this corner of the world are famous for their tropical charms and can lend a glamorous cachet to any corporate gathering. But when it comes to getting down to business, they can easily rise to the challenge of providing first-class hotels and first-rate facilities in addition to a fabulous array of tempting leisure pursuits.

The West Indies has an enviable reputation of hosting major sporting and business events that stretches back decades. From high-profile gatherings of heads of state to company functions and group incentives, the region has all the right ingredients to make such occasions a success.

The biggest and most modern facilities tend to be concentrated on islands such as Jamaica, the Bahamas, Barbados, Aruba, Martinique, Cuba, the Dominican Republic and Puerto Rico. These not only have impressive conference centres equipped with the latest high-tech facilities, but they also have the modern hotels and infrastructure to cope with such events.

Some conference centres are attached to established hotels, making it easy to concentrate conference events, and their delegates, in one place. Alternatively, smaller groups planning business meetings or seminars can opt for more atmospheric, intimate hotels that they can completely take over for a function.

But when it comes to incentive groups, the Caribbean really comes into its own with its varied menu of activities amid beautiful surroundings that few other destinations can match.

Another of the region’s strengths is its location, within easy reach of America, Europe and Africa with numerous direct flights to many of the islands, making it easy for participants to fly in from all directions.

"It is the mark of an educated mind to be able to entertain a thought without accepting it.”
- Aristotle
The Cooperative Republic of Guyana on the north-eastern coast of South America is one of the few Caribbean countries that is not an island and is the only country in South America with English as its official language.

It is bordered on the North by the Atlantic Ocean, on the South and SouthWest by Brazil, on the East by Suriname and on its West by Venezuela. With only 83,000 Sq miles, it is the 4th smallest country on mainland South America. Previously known as British Guyana, it was originally Dutch until the late 1700s then a British colony until it gained its Independence in 1966 and became a Republic within the British Commonwealth of Nations.

Guyana is not only unique geographically but also politically. It is one of the few Caribbean countries that is not an island. It is a member of the Caribbean Common Market (CARICOM) and it is also a founding member of the Union of South American Nations.

However, the country, just like its colonial masters, has not been able to benefit from or to even control its valuable resources. This is not only caused by the wildness of the formidable jungle and wildlife, with large areas that are inaccessible to humans, but also because of tribal, racial and border disputes mainly with Venezuela. Guyana has suffered economically from its racial strife and from its politics, especially during the 1970s when it experimented with the ideals of Democratic Socialism at a time when demand for its bauxite etc was falling. It is still recovering from that decline in world demand.

The turmoil has left the country without a skilled labor force and without an adequate infrastructure with which to build the economy. However, large foreign companies and consumer countries like China have decided to take advantage of the situation and have started to invest in developing the infrastructure which will also support their investments in mining operations etc.

The economy is being overhauled in conjunction with the IMF, the World Bank and the cooperation of the US, European and Trinidad & Tobago governments, making the future look bright for Guyana which just celebrated its 50th Anniversary of Independence.

HAPPY 50th BIRTHDAY GUYANA !
Caribbean American Heritage Awards 2016

HONOREES PROFILE

Albert Lettman
President, Jamaica Arts, Inc.

Albert has a long history of doing volunteer and charitable work, starting in Jamaica, where he was a volunteer with JAMAL, teaching adults mathematics at night, after work. He has continued his activities in the USA where some examples of his community activity include: Past President Cornwall College Alumni Association; Past President, Greater Caribbean American Chamber of Commerce and Current President of Tati, Inc. a local charity whose objective is to bring youths of various cultures, ethnic and economic backgrounds together through mentorship, building strong moral values, while promoting Caribbean cultural pride and cross-generational dialogue.

Maxwell B. Chambers
Vice-Mayor, the City of Miramar, Florida

Maxwell's commitment to community goes beyond politics. He is a board member at Family & Friends Connection and the Children's Connect and volunteers at Women of Tomorrow, Susan B Anthony Recovery Center and Children's Harbor. Passionate about youth and education, he is a member of the PTA at Silver Shores Elementary School, hosts a K.A.P.O.W. class and speaks at Career Days. He is also involved with offering support to a deployed Miramar based military unit with a holiday party and “Yellow Ribbon” and letter writing campaigns. He received the 2016 Making the Connection K.A.P.O.W. Special Award and was named one of South Florida's Most Powerful and Influential Black Professionals in Business and Industry for 2016 by Legacy Magazine.

Donna Borland
General Manager, Vitas Healthcare

At Vitas, Donna is involved in many walks, fundraising and awareness events for organizations such as AHA; Lung Force; ACS; Lauren's Kids; Veterans Associations, Go Red and many others. She is also a member of the Women’s Board at the Faith Center and participates in supporting Women in Distress, providing the resources needed for personal growth and development. At the Faith Center, Donna leads the Senior Ministry, planning trips and facilitating conferences which provide education and resources to support health and psychosocial needs for Senior citizens. Donna donates $1,000 each year towards a scholarship and also supports the Hope Hospice in Jamaica.

Nesta Vassel
Angels from Heaven

For many years Nesta and her sister have collected clothing, medical supplies and gifts for families and a medical facility in Jamaica. They also have a partnership with Kids in Distress (KID) during the Christmas holidays when the children receive an “Angel Card” and write on it their wish list. They have been successful at being able to make all their wishes come true. Nesta says, “I am blessed to serve where the Lord leads me.” and “God is good, blessings.”

Marjory Sheba Bonzil
President, See The World, Save The World

A successful Entrepreneur and Community Organizer, Marjory has won many accolades in the Haitian and African-American communities of Florida. She is the author of the inspirational books “Sometimes You Have to Close Your Eyes to See” and “Shebafied! A Poetic Journey to Self-Actualization. She is the founder of W.O.W! Events, LLC, which holds community events, fundraisers and concerts that raise awareness of Afro-Caribbean and Afro-American cultures and benefits their causes. In 2010, Marjory feeling a calling to do more than send goods to impoverished countries, she founded and is the President of See The World Save The World, a charity committed to helping eradicate poverty through education, philanthropy and travel.
Alison F. Smith
Attorney; Past President, The Caribbean Bar Association

Alison is a partner at the law firm of Weiss Serota Helfman Cole & Bierman P.L., currently serves as the Deputy City Attorney for the City of Miramar, is the Chair of the Board of Directors of Broward County’s Legal Aid program, and is a Board member of the Broward County Bar Association. She is also a Past President of the Caribbean Bar Association and served on its Board of Directors for 4 years, where she contributed many hours to community initiatives such as voter registration drives and immigration reform town hall meetings but is especially proud of having developed and launched the Aspire To Inspire program which encourages higher education by college students. Alison has received many awards for excellence in her profession and for being a successful professional under the age of 40.

Bharath Boochoon
President, Beez Photos & Videos

Bharath is a recorded singer and musician who has represented Trinidad & Tobago at the 2011 and 2013 Taj Mahal Festivals held in Agra. He is a Hindu Community Activist and a founding director and life member of FHO Shiva Mandir, the very 1st Hindu Temple built in Florida over the last 35 years. Bharath is the President of the Florida Indian Cultural Association, Inc, a Director of Divali Nagar, Inc which annually holds one of the largest outdoor Hindu Festivals in the USA and is also the Treasurer of the T&T South Florida Chamber of Commerce. He is a medical professional and continues to help raise funds for all types of charities and has received several other awards for his community service.

Denyse Baboolal
President, JayaDevi Arts, Inc.

JayaDevi Arts Inc (JAI) founded 2008 and a non-profit organization since 2010. JAI preserves, teaches, and presents the arts and culture of Indo-Caribbean communities from Guyana, Trinidad, Jamaica, Suriname, and other parts of the Caribbean living in the South Florida area. JAI works to rejuvenate Indo-Caribbean cultural and artistic life and to restore self-esteem to this new American community. JAI stimulates original and artistic creativity such as fusing traditional classical arts form with modern non traditional styles, especially among the younger generations born in the United States. Denyse also serves on the Board of the Broward County Diversity Advisory Council.

Maxwell B. Chambers, Nesta Vassel, Donna Borland, Elizabeth Burns, Marjory Sheba Bonzil, Alison F. Smith, Bharath Boochoon, Albert Lettman
JOIN US NEXT YEAR
The 3rd Annual
CARIBBEAN AMERICAN HERITAGE AWARDS
JUNE 10, 2017
Celebrating
Caribbean
American Heritage
Month
A GRAND AFFAIR
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www.CAHMUSA.com
Contact: 954-292-6848 | 954-435-4717
Congratulations, Donna Borland!
VITAS General Manager
Recipient of the Caribbean American Heritage Award

VITAS Healthcare wishes to congratulate Donna on receiving this award in recognition of her ongoing service and assistance to Caribbean communities in Broward County and in Jamaica.

VITAS works with churches, civic and social organizations to enrich the quality of life for patients and families, and to ensure everyone has access to quality end-of-life care.

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“The successful warrior is the average man, with laser-like focus.”
~ Bruce Lee
"It wasn’t raining when Noah built the ark."
- Howard Ruff
ANTIGUA & BARBUDA
Fungee & Pepperpot
Prepared either as a breakfast meal or main entre, Fungee is cornmeal with okra, cooked in salted water and boiled to a paste. Pepperpot is a combination of a variety of meats, including vegetables, spinach, eggplant, okra, onions, spices & seasonings, boiled to a soupy finish.

ANGUILLA
Pigeon Peas and Rice is known to be one of the most popular national dish in Anguilla.

ARUBA
The most famous dish in Aruba is Keshi Yena. It is a spicy mixture of chicken and peppers, capers, olives and tomatoes traditionally baked in a Gouda cheese "shell". This is often considered to be the national dish of Aruba.

BAHAMAS
Crack Conch with Peas and Rice
Crack Conch with Peas and Rice. (This dish is sometimes served with optional side dishes of potato salad, macaroni & cheese (Bahamian style - so thick, you can cut it like cake, with a knife), cole slaw and fried plantains. Crack conch with Peas & Rice is served as a main entre.

BARBADOS
Coucou & Flying Fish
Cou cou or coo coo (made with corn meal, flour and okra) is served with vegetables, ground provisions or rice or served a la carte as a main entre.

BELIZE
Belizean Rice & Beans with Fish Stew
Beans and rice are cooked together with various spices. Finish with coconut milk for extra flavor. Prepared as a main entre.

BERMUDA
Bermuda fish chowder
is a soup that is considered the national dish of Bermuda.

BRITISH VIRGIN ISLANDS
Fungi (pronounced fun-gee) is a main staple of the traditional Virgin Islands diet. It consists of cornmeal that has been boiled and cooked to a thick consistency along with okra. The national dish is considered to be Fish and fungee.

CAYMAN ISLANDS
The traditional national dish is turtle; conch is also popular.

CUBA
Authentic Cuban dish of Ropa Vieja (shredded flank steak in a tomato sauce base), black beans, yellow rice, plantains and fried yuca.
National Dishes & Favorites of the Islands

**CURACAO**
The traditional national dish is turtle; conch is also popular.

**DOMINICA**
Mountain Chicken
Mountain Chicken or frog legs, colloquially referred to as crapaud, pronounced - crappo, is heavily seasoned and stewed, boiled or fried until golden brown and then served with white rice, rice & peas, or provisions. Prepared as a main entre. So tastily done, you won’t believe it wasn’t chicken.

**DOMINICAN REPUBLIC**
Sancocho
Pronounced San-co-cho. Soup with vegetable or ground provisions such as yams, yucca, potatoes etc and a variety of meats. Prepared as a main entre. Salchichon Salchichon, Dominican salami, traditionally eaten with fried green Platanos (plantains).

**GRENADE**
Oil Down
Made with ground provisions, including breadfruit and served with pig tail, salt beef or your choice of meat. Prepared as a main entre.

**GUYANA**
Pepper Pot
Made with casareep- (cassava extract) and beef or choice of meat, served with white rice or black eye or split peas & rice, Spicy. Served as a main entree.

**GUADELOUPE**
National dish of Guadeloupe is porc-colombo (is like a stew made with pork, chicken, lamb or goat)

**HAITI**
Griots with Rice & Beans
Griots (pork) with beans and rice. Griots are a very tasty Haitian treat made by boiling and then frying cubes of pork. Served as a main entre and complimented with riz et pois( rice and peas) or riz djon-djon and bananes pesees. Most Haitian eat their griots with burning hot Ti-Malice sauce.

**JAMAICA**
Ackee & Salt Fish
Ackee is a pear sized fruit, when prepared it resembles scrambled eggs, salt fish is boiled to extract most of the saltiness. Seasoned well and served mainly as a breakfast meal. The famous and delicious Jerk Chicken that is a popular dish throughout world.

**MARTINIQUE**
Grilled Snapper with Sauce au Chien
Sauce au Chien or creole sauce, made with chives, onions, parsley, tomatoes, peppers and other spices alongside grilled snapper is hot. Prepared as a main entree. While there seems to be a debate on the number of national dishes, Martiniquans all agree that this is a national pleaser Marinated Codfish and Green Bananas. Another Local favorite main entre.

“Expressions” Caribbean-American Magazine 2016

“You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win.” - Zig Ziglar
# National Dishes & Favorites of the Islands

## Montserrat
Montserrat’s national dish is **Goat Water**, a thick goat meat stew served with crusty bread rolls.

## Puerto Rico
Arroz con Gandulez and Pernil
Rice with pigeon peas and pork shoulder. Much like rice and peas with your choice of meat. Prepared as a main entre.

## St Kitts & Nevis
Stewed Salt Fish with Dumplings, Spicy Plantains & Breadfruit
Stewed salt fish with coconut dumplings & spicy (ripe) plantains served together with seasoned breadfruit, boiled in chicken broth. This medley was recently created as Kititians national dish, served as a main entre.

## St Lucia
Green Fig & Salt Fish
Green Figs are green bananas boiled or stewed and served with salt fish. Prepared as a breakfast meal.

## St Martin
Conch & Dumplings (Dutch)
The conch is pounded and then pressure cooked with seasonings. The dumplings are prepared with flour, water and with or without cornmeal. The thick sauce from the conch and dumplings is used as gravy. Prepared as a main entre.

## St Vincent & The Grenadines
Roasted Breadfruit & Fried Jackfish
Roasted Breadfruit & Fried Jackfish, and not Boiling, as was previously submitted, is purported to be the National dish of St. Vincent and the Grenadines. This dish is often served with Golden Apple Drink, which happens to be the National Drink.

## Suriname
Suriname national dish is **Chicken And Rice**

## Trinidad & Tobago
Crab & Calaloo
Trini’s love their crab & calaloo. The calaloo is prepared in a unique specially blended style that almost resembles an interesting (dark green) soupy, gravy/stew like concoction, well seasoned and flavorful. The crab is prepared tender and delicious. Served as a main entree.

## Turks & Caicos
Tursks and Caicos national dish is **Conch**

## US Virgin Islands
Favorite dishes are boiled fish and fungi (cornmeal mush) or conch in butter sauce.
Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. ~ Mark Twain
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“A winner is one who accepts his failures and mistakes, picks up the pieces, and continues striving to reach his goals.” - Dexter Yager
ANGUILLA: A British Overseas Territory which has the distinction of being the only Independent country to have rebellions in order to return to being a Territory. This was done in 1967 and 1969 with eventual secession from St. Kitts and Nevis in 1980. Although tourism is the main economic activity, it is best known for financial activities such as offshore incorporation, especially for insurance captives and as a tax haven.

ANTIGUA AND BARBUDA: (Spanish for “Ancient” and “Bearded”): Very prosperous and is the Land of “365” beaches and home of many of the Rich & Famous. The site of world famous sailing regattas such as Antigua Sailing Week and Antigua Classic Yacht Charter Week.

ARUBA: One of the countries that form the Kingdom of the Netherlands. It has unusual weather with the lowest rainfall in the Caribbean resulting in a dry climate with arid cactus strewn landscape. This constant warm sunny weather and the fact that it lies outside the hurricane belt helps it to be a tourist destination. Tourism, gold mining, phosphate mining and aloe export provides one of the highest standards of living in the region.

THE BAHAMAS: The playground of the Rich and famous with over 650 islands and 2,400 cays. One of the richest countries in the Americas with tourism and financial services driving most of its economy.

Barbados: British flavour and posh luxury resorts makes it a leading tourist destination. Tourism, light manufacturing, offshore finance and information services have helped to make it one of the most prosperous countries in the area.

BARBADOS: British flavour and posh luxury resorts makes it a leading tourist destination. Tourism, light manufacturing, offshore finance and information services have helped to make it one of the most prosperous countries in the area.
BELIZE: Unique eco-tourism featuring lush tropical rainforest with ancient Mayan pyramids and the world's second longest barrier reef ideal for diving and snorkeling.

BERMUDA: A British Overseas Territory located in the North Atlantic and not in the Caribbean is treated as an Associated Member of CARICOM. It is a major offshore financial center and tax haven. Large numbers of leading international insurance companies operate in Bermuda and over 15,000 international companies are registered there and the Exchange lists hundreds of funds. Tourism, although important, is secondary.

THE BRITISH VIRGIN ISLANDS: A British Overseas Territory whose people have full British citizenship along with European Union citizenship and Eurozone membership, however, its currency is the US $. Its economy is one of the more prosperous in the Caribbean with more than half coming from being an offshore financial center and major tax haven. Tourism accounts for 45% with nearly 1 million visitors per year, half from cruise ships.

THE CAYMAN ISLANDS: A British Overseas Territory which is the fifth largest banking center in the world and a major financial center. This along with thriving tourism and merchant marine has made it one of the richest countries in the world. It also has the distinction of being the most affected, in the Atlantic Basin and Caribbean area, by major storms and hurricanes with an average of 1 every 2.23 years.

CURACAO: A part of the Kingdom of the Netherlands. It is relatively dry and although it lies outside the hurricane belt it is frequently affected indirectly. The economy is based on oil refining, tourism, financial services and IT, which provide one of the highest standards of living in the Caribbean and a top 50 world ranking in GDP.

DOMINICA: A geologically young island that is still being formed by volcanic activity which can be seen in Boiling Lake, the world's second largest hot spring. The island is home to many rare plant, animal and bird species which live in the lush mountainous rainforests.

DOMINICAN REPUBLIC: The second largest Caribbean country shares the island of Hispaniola with Haiti. It has the ninth largest economy in Latin America and the second largest in Central America and the Caribbean. The economy is dominated by services although it is the most visited tourist destination in the Caribbean. The main tourist attractions include the highest mountain in the Caribbean, Pico Duarte and the largest lake and lowest elevation, Lake Enriquillo. It is famous for the Merengue and for producing major league baseball players.

GRENADE: The “Isle of Spice” is one of the world's largest producers of Nutmeg and Mace. Tourism is the major economic activity featuring one of the world's Top 10 beaches and a large cruise ship pier. It has the distinction of having been invaded by the USA in 1983.

GUADALOUPE: Is a territory of France and is part of the European Union and the Eurozone with the Euro as its currency. The official language is French but many speak Antillean Creole. Tourism is important but agriculture specializing in niche markets with crops such as noni, christopine, jackfruit and pomegranates is becoming important.

GUYANA: The Cooperative Republic of Guyana on the northeastern coast of South America is one of the few Caribbean countries that is not an island and is the only country in South America with English as its official language. It is mainly lush Amazon rain forest and is rich in lumber, bauxite, gold and semi-precious stones although rice and ocean shrimp also make significant contributions to its exports. The economy is being overhauled in conjunction with the IMF, the World Bank and the cooperation of the US, European and Trinidad & Tobago governments, making the future look bright for Guyana.

HAITI: The modern world's first Black republic is rich in history, art and culture and is famous for its Voodoo religion. It is the poorest nation in the Western Hemisphere and continually suffers misfortune. It has suffered years of occupation by the US and decades of dictatorship by the Duvaliers. Frequent major hurricanes including 4 in 2008 devastated agriculture and the economy. This was followed by a major earthquake in 2010, destroying what was left of the infrastructure, manufacturing and social services and leaving over 1 million homeless.

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JAMAICA: Land of wood and water, a rich landscape with beautiful beaches, many rivers and waterfalls. The home of Bob Marley and Usain Bolt and famous for Reggae and Ska music, rum, coffee and cuisine.

MARTINIQUE: A territory of France and is part of the European Union and Eurozone with the Euro as currency. Tourism, bananas for France and Rum are the main economic activities.

MONTSESRAT: A British Overseas Territory which means that its people have full British citizenship and are citizens of the EU also. It is nickname “The Emerald isle of the Caribbean” for both its resemblance to coastal Ireland and or the Irish ancestry of many of its people. The island suffered major destruction in 1995 from the still active Soufriere Hills volcano.

PUERTO RICO: An unincorporated territory of the USA. Although a diverse manufacturing center, it still is a major tourist destination with rich nightlife and many beaches. It boasts two bays that are lit at night by phosphorescent marine organisms. Reggae was invented and developed here and most of the artistes are locals.

SAINT KITTS AND NEVIS: A 2 island Federation separated by a narrow 2 mile channel known as “The Narrows”. Nevis has a volcano at its center and its beaches are a mixture of white coral and brown and black sand eroded from the volcanic rock which makes up the island.

SAINT LUCIA: A very mountainous island with the only drive-in volcano, in the Caribbean, and which is believed to cure many skin conditions. Its manufacturing sector is the most diverse in the eastern Caribbean, but, offshore banking services and tourism are the main economic factors.

SAINT MARTIN: An Overseas Department of France with French citizenship and European Union membership shares an island with Sint Maarten, which is part of the Kingdom of the Netherlands. Although only 21 sq miles in size it has a thriving tourist industry.

SAINT VINCENT AND THE GRENADINES: A member of the Commonwealth of Nations. The islands frequently suffer from hurricanes and eruptions in 1902 and 1979 from La Soufriere volcano which have severely affected the agriculture based economy...Tourism and a very secretive offshore financial sector are being developed.

Suriname: The smallest sovereign state in South America is the only independent entity in the Americas speaking Dutch. The country enjoys a trade surplus with Bauxite as the main export... Gold and significant oil reserves also contribute and are under major expansion.

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TRINIDAD AND TOBAGO: A Republic since 1970 has an economy that is very different from that of most of the other Caribbean islands. It is primarily industrial with an emphasis on petroleum, petrochemicals and LPG. However, it is probably better known for its Carnival and as the birthplace of calypso, soca, steelpan and the limbo.

TURKS AND CAICOS ISLANDS: A British Overseas Territory which gives its people full British citizenship and EU citizenship. The economy is based on tourism, financial services and construction for those industries.

THE U.S. VIRGIN ISLANDS: An unincorporated territory of the USA has a combined size roughly twice the size of Washington D.C. but a large portion is owned by the National Park Service. The islands are a major tourist destination and are known for their white sand beaches and coral reefs which attract over 2 million visitors each year, many on cruise ships. Most of the islands are volcanic and hilly limiting the agricultural activity to rum distilling. Hurricanes are also frequent.

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“The greatest oak was once a little nut who held its ground.”
~ Unknown
Let’s Take A Trip To That Beautiful Island
Barbados is a very small island of only 167 sq. miles and with a population of just under 300,000, it is one of the most densely populated islands in the world. It is not within the Caribbean Sea or Basin, but sits very openly in the very large North Atlantic Ocean which causes it to fall outside the “Hurricane Belt”.

Barbados is a very unique country and people, who are starting to make themselves noticed by the world. This year Barbados is celebrating the 50th Anniversary of its Independence from Great Britain which colonized it in 1625. Although a sovereign nation, it remains a member of the British Commonwealth of Nations.

Barbados, unlike most all of the other countries in the region, has never changed colonial rulers and as a result has a stable colonial history and a different connection with the United Kingdom which has caused them to be sometimes cynically called “Little England”.

This relationship has made their cultural development more British than that of other islands. Added to this is the fact that 40% of their Tourism is from the UK. So, although the population is over 90% of African descent, history, habits and outlook of the people of Barbados were developed under British influence, mainly English and Scottish (White-Bajans) and Irish (Redlegs).

The culture of Barbados is a blend of West African and British cultures present in Barbados. English is the official language of the nation, reflecting centuries of British influence, but the Bajan dialect in which it is spoken is an iconic part of the Barbadian culture.


Barbados Ordinary & Extraordinary Personalities
The Caribbean is full of people who are larger than life. They fill your mind with their colorful speech, their walk, their engaging looks and their endless energy and love of life. They are children who will never grow old, no matter what their age, they insist on having fun.

Barbados personalities are no exception to the rule, but Barbadians (popularly pronounced Bajans (like Cajuns) will surprise with their warmth, casual charm and sophistication. The island is a reflection of its people. Here the simple chattel house sits boldly in the splendor of wealthy estates. The beach vendor will happily discuss the meaning of life with anyone, from Pope to movie star. They usually have an inspired point of view.

Bajan Personality
Barbadians are different from other Caribbean Personalities in many ways. They are most spiritual and religiously conscious. They are by nature open, thoughtful and generous. They love a party but will have time for anyone, they like people, no matter what background, race, and disposition. They make time for quiet and shy people and draw them out with disarming innocence and charm. They will rise to the occasion on any occasion to shoot the breeze and laugh and joke with the most outrageous personalities of our time.

Education, Politics and the Economy
Barbados has benefitted greatly from its stable colonial history which has allowed it to have the oldest continuing parliamentary democracy next to England. Its close special relationship is reflected in its education system which has long been able to boast of 100% literacy. It also pays the cost for Bajans to attend the University of the West Indies.
This emphasis on education seems to have paid big dividends because Barbados is the wealthiest and most developed country in the Eastern Caribbean and one of the richest countries in the entire region. Although Tourism is its major economic driver, its International Business and Financial Sectors have become just as important. Barbados I home to insurance giant Sagicor.

**Sports**

Barbados has not done much in the world of sports, except in the game of Cricket where it has probably produced, on a per capita basis, more world class cricket players than any other country, with such as Sir Garfield Sobers, Sir Frank Worrell, Sir Clyde Walcott, Sir Everton Weekes, Wes Hall, Charlie Griffiths, Gordon Greenidge and Malcolm Marshall. They have also produced a few Olympic Medalists sprinters such as Obadele Thompson and World Champion Hurdler Ryan Brathwaite.

**Music in Barbados**

In music, Barbados has fought to keep its own identity and has managed to always have its own version of Calypso, Kaiso and Soca. Popular artistes of the past were Mighty Gabby and Emile Straker and his Merrymen (The Merrymen) andnd more recently Red Plastic Bag. A style of music known as Spouge, created by Jackie Opel, as a fusion of Ska and Calypso, is having a resurgence as the local indigenous music continues to develop. Hip-Hop owes much to GrandMaster Flash. But, the biggest success story, ever, from any of the islands, is Rihanna who has permanently placed Barbados on the map of world music and who has also made inroads as an actress. Good days seem to be ahead for any Bajans who have the talent to take advantage of the doors now opened for them by Rihanna.

The tuk band is a collection of usually brightly attired musicians playing a blend of African inspired music with British military influence, on a bass drum, kettle drum and pennywhistle. The tuk band is generally accompanied by costumed figures such as the “Shaggy Bear”, “Mother Sally” and “Green Monkey”, and by the very talented stiltmen. Aside from its music style, Tuk Bands are quite similar in concept and make up, to the Jonkanoo of the Bahamas and the Fiestas del Apostol Santiago in Loiza, Puerto Rico.

**Landship**

The Barbados Landship is a truly unique part of the culture, whose origin can be traced back to the 1800’s. The best way to describe the landship is as a “theatrical group” which performs intricate dances which reflect the passage of ships through rough seas and the activities that take place on board. Some of the most popular dances are ribbon dances around a maypole. The performers wear costumes that are similar to those worn in the Navy. Although the stories are based on events of the British Navy, the dances are performed to African rhythms and are often accompanied by a Tuk band, reflecting the merging of cultures. While the Landship movement is not as strong as it once was, its presence at local festivals still generates much excitement and interest.
“Keep your friends close and your enemies closer.”
- Sun-Tzu

BARBADOS
50 Years and going strong

Festivals
The only thing better than a week long party, is a month long party. The Crop Over Festival in Barbados, spreads over about (12) weeks from May through to August and ends with the spectacular Carnival/Kadooment Parade. It is used to celebrate the ending of the local Sugar Cane harvest, and is distinctly unique from the Carnival festivities in other Caribbean countries and should soon rival Trinidad and Jamaica in all other respects. A great accomplishment for such a small island, even such a rich one.

Although not the official start of the festival, the popular Crop Over Cavalcades, a cultural talent showcase, were designed to create hype for the festival in communities in the parishes of the island. Pre Crop Over Parties/Events, Kadooment Band Fetes, Costume Launches, Crop Over Fetes, Calypso Tents, Mini Carnivals and After-work Limes, also play a significant role in creating hype. Many of these events are themed and sometimes last from dusk ‘til dawn.

The Thanksgiving Service followed by the “Crop Over Opening Gala & the Ceremonial Delivery of the last Canes” which is preceded by a Parade, is the official start of the Barbados Crop Over Festival Season and the end of the Sugar Cane Crop harvesting Season

Cuisine
Cou-cou and flying fish is the national dish of Barbados. Cou-cou, similar to polenta, grits or Jamaican “Turn’d Cornmeal”, but creamy, is made from corn meal and okras. It is traditionally served with steamed flying fish in a tomato-based sauce but may also be served with salt fish, red herring or stew.

Another popular dish, especially for Saturday lunch, is “Pudding and Souse”. Pudding is steamed sweet potato. Souse is pickled pork. Souse was traditionally made from the scrap parts of the pig (the ears, trotters, tongue, etc) but today is often made from lean pork meat. Pudding and souse is usually served with pickled sweet potato or pickled breadfruit. The pickle is comprised of lime, cucumber, onion and hot peppers.

They also love a fish fry and many are held across the island, usually on a Friday night and on the weekends. Delicious, freshly caught fish is served fried or grilled with side dishes like macaroni pie, grilled potatoes, coleslaw and grilled, roasted or fried plantain.

On a hot day, nothing beats a refreshing glass of Mauby.

Here’s To A HAPPY 50th BIRTHDAY, BARBADOS!

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“Keep your friends close and your enemies closer.”
- Sun-Tzu
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“The only place where success comes before work is in the dictionary”.
~ Vidal Sassoon
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Proud to Celebrate Caribbean American Heritage Month!

Both of our lovely Carnival ladies are made from favorite island foods: Aloe Vera, Pineapple Leaves, Raspberries, Strawberries, Kiwi, White Cherries, Grapes, Cilantro, Jalapeno Peppers, Vanilla Beans, Brown Rice, Kidney Beans, Coffee Beans, Wild Rice, Lemons, Oranges, Limes, Bok Choy.