



*Unique
Creations
by Liz*



Expressions

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



Together with



Celebrating

**NATIONAL CARIBBEAN-AMERICAN
HERITAGE MONTH JUNE 2016**

www.uniquecreationsbyliz.com | www.cahmusa.com



Ultimate Natural Hydration



www.gracefoods.com



facebook.com/gracefoods



twitter@gracefoods



Elizabeth Burns



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

May 31, 2016

Presidential Proclamation
National Caribbean-American Heritage Month,
June 2016

NATIONAL CARIBBEAN-AMERICAN HERITAGE MONTH, 2016
BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

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

Proclamation

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 artistes, and other performers providing an opportunity for artistes 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

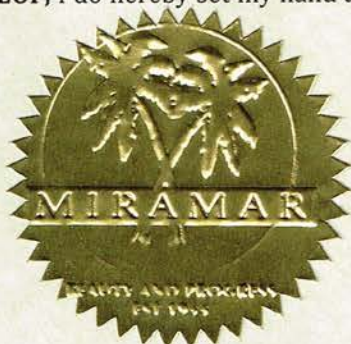
WHEREAS, Unique Creations by Liz Inc., is the producer of "Expressions" Caribbean-American Magazine, in observance of National Caribbean Heritage Month, which features many Caribbean-American Businesses, while giving a bird's eye view of many of the Caribbean Islands, their tantalizing beauty, culture 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.



A handwritten signature in blue ink, which appears to read "Wayne M. Messam".

Mayor Wayne M. Messam

BARBARA LEE

13TH DISTRICT, CALIFORNIA

DEMOCRATIC STEERING AND POLICY COMMITTEE

COMMITTEE ON APPROPRIATIONS

Member, Subcommittee on
Labor, Health and Human Services, Education,
and Related Agencies

Member, Subcommittee on
State, Foreign Operations, and Related Programs

COMMITTEE ON THE BUDGET



**Congress of the United States
House of Representatives
Washington, D.C. 20515-0509**

June 23, 2016

REPLY TO OFFICE CHECKED

☐ **WASHINGTON OFFICE**
2267 Rayburn House Office Building
Washington, D.C. 20515
Phone: (202) 225-2661
Fax: (202) 225-9817

☐ **DISTRICT OFFICE**
1301 Clay Street, Suite 1000N
Oakland, CA 94612
Phone: (510) 763-0370
Fax: (510) 763-6538

website: lee.house.gov

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



PRINTED ON RECYCLED PAPER



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.



MCKINLEY
INSURANCE SERVICES

James E. Drake

1451 West Cypress Creek Road, Suite 300

Fort Lauderdale, FL 33309

(954) 938-2685 x 5831



We Proudly Support
7th Annual Caribbean American
Exhibition & Festival



SENATOR CHRISTOPHER L. SMITH
31st District

THE FLORIDA SENATE

Tallahassee, Florida 32399-1100

COMMITTEES:

Appropriations Subcommittee on Health
and Human Services, *Vice Chair*
Appropriations
Banking and Insurance
Environmental Preservation and Conservation
Ethics and Elections

JOINT COMMITTEE:

Joint Committee on Public Counsel Oversight,
Alternating Chair

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,

A handwritten signature in black ink, appearing to read "Chris Smith".

Senator Christopher L. Smith
Florida State Senate, District 31

REPLY TO:

□ 2151 NW 6th Street, Fort Lauderdale, Florida 33311 (954) 321-2705 FAX: (954) 321-2707
□ 202 Senate Office Building, 404 South Monroe Street, Tallahassee, Florida 32399-1100 (850) 487-5031

Senate's Website: www.flsenate.gov

ANDY GARDINER
President of the Senate

GARRETT RICHTER
President Pro Tempore



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,

A handwritten signature in blue ink, which appears to read 'Maxwell B. Chambers'.

Maxwell B. Chambers
Vice-Mayor,
City of Miramar

You Have a Right to Hospice Care.

People think hospice is for the privileged few. Hospice is for the privileged YOU!

Hospice is for anyone coping with serious illness. Hospice is covered by Medicare, Medicaid and most insurance.

Does someone you love need hospice? VITAS can help.

VITAS[®]
Healthcare
SINCE 1980

800.723.3233

VITAS.com  



The Caribbean Region is Open for Your Business.

U.S. Commercial Service Caribbean Services for U.S. Companies

Our experienced trade professionals help you enter to the Caribbean market in the most efficient, targeted way. We assess your export potential, understand your need, and then provide the right mix of U.S. Commercial Service capabilities to achieve your exporting goals.

The U.S. Commercial Service has relationships and expertise across every major industry sector and every key Caribbean market. We go the extra mile on your behalf, providing you with the market intelligence and the contacts you need to make strategic business decisions that optimize the return on your export investment.

Proven Trade Expertise. The U.S. Commercial Service Caribbean Office helps U.S. business succeed in the Caribbean market. Whether you’re looking to make your first export sale or expand your business in the Caribbean, we offer the trade counseling, market intelligence, business matchmaking, and commercial diplomacy you need to connect with lucrative opportunities and increase your bottom line.

Our trade professionals will work with you to identify and tailor the right mix of U.S. Commercial Service capabilities to achieve your exporting goals. Contact your U.S. Commercial Service trade professionals in The Caribbean for details.

Trade Counseling

- Develop effective market entry and sales strategies.
- Understand export documentation requirements and import regulations of Caribbean markets.
- Navigate U.S. government export controls, compliance, and trade financing options.

Market Intelligence

- Analyze market potential and Caribbean competitors.
- Obtain useful information on best prospects, financing, laws and cultural issues.
- Conduct background checks on potential buyers and distributors.

Business Matchmaking

- Connect with pre-screened potential Caribbean partners.
- Promote your product or service to prospective buyers at trade events worldwide.
- Meet with industry and government decision makers in the Caribbean market.

Commercial Diplomacy

- Overcome trade obstacles to successfully enter to the Caribbean market.
- Benefit from coordinated U.S. government engagement with Caribbean governments to protect U.S. business interests.
- Access U.S. government trade advocacy for your Caribbean government procurement bids.

Contact us today to connect with a world of opportunity.

STRENGTH STABILITY TRUST



Congratulations,
We wish you many more years of success!

Let's talk. Call 1-888-SAGICOR
(725-4267)



sagicorjamaica.com | [f](#) | [t](#) | [i](#)

BANKING | INSURANCE | INVESTMENTS | REAL ESTATE | RETIREMENT



WEISS SEROTA HELFMAN
COLE & BIERMAN

AT THE CROSSROADS OF BUSINESS, GOVERNMENT & THE LAW

HONORED TO SERVE AS CITY ATTORNEY FOR MIRAMAR

&

VERY PROUD OF OUR HONOREES



Alison Smith & Vice-Mayor Maxwell Chambers

200 East Broward Blvd, Suite 1900 | Fort Lauderdale, FL
33301

P:(954) 763-4242 | F:(954)764-7770

2525 Ponce de Leon Blvd., Suite 700 | Coral Gables, FL
331324

P:(305) 854-0800 | F:(305)854-2323

www.wsh-law.com

Ellis, Ged & Bodden P.A.

ATTORNEYS AT LAW



Carlos A. Bodden
Partner

An Intimate Boutique Law Firm
With Personalized Service

Personal Injury
Auto Accidents
Defective Product
PIP Collections
Pedestrian Accident
Slip & Fall
Wrongful Death

Headquarters

Boca Raton
7171 North Federal Highway,
Boca Raton, FL 33487

Other Locations

Sarasota
Clearwater
Melbourne

Contact

561.995.1966

1.888.EGB.FIRM

www.egblaw.com

**CAROL CITY'S FIRST FULL SERVICE FUNERAL HOME
ROYAL FUNERAL SERVICE INC.**

Live Funeral Webcasting to the Caribbean
"A Modern Service with Traditional Dignity"

- Pre-Arranged Funerals
- Private Reposing Rooms
- Spacious Chapel
- Economical Prices
- The writing of wills and planning of estates
- Complete Itemized Price List
(Available 24 hours a day-no obligations)
- Ample Parking
- Pleasant Staff

We can transport your loved one to anywhere in the Caribbean

MR. LEON BLAND & MR. LEON WILLIAMS

17475 N W 27th Avenue
Miami Gardens, FL. 33056

Phone: (305) 625-6818 | Fax: (305) 625-1002
www.royalmiami.net • royalmiami@ymail.com

The last meal *Joke*

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..."

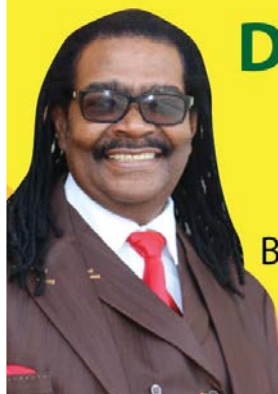


**SOUTH FLORIDA
SPORT & MEDICAL
THERAPY**

7541 West Oakland Park Boulevard
Lauderhill, FL 33319

p/ 954-459-4600 f/ 954-459-3333
e/ office@sfsmedicaltherapy.com

sfsmedicaltherapy.com



Dr Norris Weir

International Singer
Artist/Performer

Booking Opportunities:
772-224-4076

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.



GUYANA

The Jewel of The Amazon

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 bordered on the North by the Atlantic Ocean, on the South and South West 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. It is a landmass between the Amazon River and the

Orinoco River and is mainly lush Amazon rain forest that is rich in lumber, bauxite, gold and semi-precious stones although rice and ocean shrimp also make significant contributions to its exports.

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 !



GOLDEN JUBILEE OF INDEPENDENCE

"Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are." ~ Bernice Johnson Reagon

JAMAICA®

HOME OF ALL RIGHT



FEEL THE VIBE...

Discover Your Groove

WWW.VISITJAMAICA.COM

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

*Unique
Creations
by Liz*

CAHMUSA

CARIBBEAN AMERICAN HERITAGE & CULTURE

Email: liz@uniquecreationsbyliz.com

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.

VITAS[®]
Healthcare
SINCE 1980

800.723.3233

VITAS.com



Your future starts with you!

Go further—let Florida Technical College help show you the way.

Call 954-556-1900 and ask us how training at FTC can help you on the road to success


Florida Technical College

Pembroke Pines, FL

12520 Pines Boulevard,
Pembroke Pines, FL 33027
954.556.1900

FTCCollegeNow.com

Today's career education could be your link to greater opportunities. It can help you become independent, get a steady income and help support your family.

FTC offers you:

- Experienced instructors
- Personal attention
- Small classes
- Career assistance
- Financial aid to all qualified applicants

Select from **over 15 Bachelor's, Associate and Diploma programs**, in Beauty, Business, Criminal Justice, Healthcare, H-VAC, Information Technology, and more.

Visit the Pembroke Pines Campus and discover how Florida Technical College can work with you to plan and secure a better future.

Program availability varies by campus.

For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at, <http://www.ftccollege.edu/disclosures.html>.



LAPARKAN

GLOBAL FREIGHT & LOGISTICS SOLUTIONS

OUR SERVICES

All Freighter B 767-200
(Schedule flight to Caribbean)

Door-to-Door Services

Airport-to-Airport Services

Courier Services

Private Mail Box Services

Online Shopping

Weekly Consolidations
(to the Caribbean)

NVOCC Consolidations

Full Load Container (FCL)

Less Than Container Load (LCL)

DDU & DDP Processing

Customs Clearances

Pick-up and Delivery

Warehousing, Palletizing, Crating

Inter-Modal Transport

Special Handling Services
(Oversized and Out of Gauge Cargo)

Insurance Services

Drayage

Bonded Warehouses

Certified to Handle
(Dangerous Goods)

OCEAN AIR EXPRESS



WWW.LAPARKAN.COM



Marjory Sheba Bonzil
Certified Financial Educator

- Insurance Agent
- Wealth Building
- Estate Planning
- Annuities/401K Rollover
- College Planning
- Life Insurance
- Long Term Care Disability Insurance
- Health Insurance
- Obamacare/ACA
- Medicare

Call today for a free, no obligation consultation!

Cell: 407-692-1525 • Office: 786-273-7348

Email: MarjorySheba@gmail.com

6031 Miramar Pkwy/ Miramar FL 33023



Joy's
ROTIDELIGHT
EST. 1992

We are Moving!

1205 NW 40TH AVE LAUDERHILL FL 33313

Wasi Entertainment Group

Pro Sound/Lighting Equipment Repair

Rohan Slacks

Owner / CEO

4401 Peters Road
Plantation FL 33317

(954) 444 - 0819

wasient@yahoo.com

www.wasient.com



The Legend
Horace Forbes
Las Vegas Style Singer

"Papa lover Mambo"
"New York, New York"
& Many Favorites

Cell: 305.439.3589

www.wavs1170.com

National Dishes & Favorites of the Islands

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).



GRENADA

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.



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

Turks and Caicos national dish is **Conch**



US VIRGIN ISLANDS

Favorite dishes are boiled fish and fungi (cornmeal mush) or conch in butter sauce.



FINANCE and MANAGEMENT CONSULTANTS



19501 NE 10th Avenue, Suite 303 Miami, Florida 33179
Tel: 786.416.8689; 786.985.2126 • Fax: 786.800.3871; 786.800.3892
Email: aljoeandaljoecompany@gmail.com • Web Site: www.aljoeandaljoecompanygroup.com

ALJOE and ALJOE, LLC

Aljoe and Aljoe, LLC strive to bring to clients, the uncommon blend of professionalism and knowledge paired with our personal involvement with all of our clients. Client relationship generally spans years due to our pragmatic, result-oriented and value added approach that delivers practical, cost-effective solutions to the many issues that may occur in any businesses operations.

When clients engage Aljoe and Aljoe, LLC, they not only get a dependable partner that delivers high quality, accurate, timely and dependable services; they get peace of mind. We at Aljoe and Aljoe, LLC, stand ready to assist our clients in maximizing available funding on one hand, while optimizing the usage of funds on the other hand.

As indicated in our motto, "Adding value to your business is our business". Minimum funding requirements in U.S. dollars are the following: International- \$1,000,000 USD • Domestic- \$ 500,000 USD

MANAGEMENT TEAM

Aljoe and Aljoe, LLC has assembled a talented staff of finance and management consultants, as well as a network of other professionals including asset and wealth managers, lenders, and investors who are always available to serve the needs of clients.

Principals / Managing Members



Owen H. Aljoe, MBA, CBM
Principal/Managing Member
Tel: 786.333.0656 (Cell)
Skype: owen.aljoe

OWEN ALJOE

Owen has studied and worked extensively in many areas of business and government. He has completed over 10 years of university education, and has a combined work experience of over 20 years. He holds a BBA in Finance and International Business from Florida International University, an MBA in Management and Accounting from Barry University and is certified in Business Management by virtue of holding a CBM certification.



Gary Aljoe, MBA, CBM, CMA, CPA
Principal/Managing Member
Tel: 305.775.2975 (Cell)
Skype: gary.aljoe

GARY ALJOE

Gary has studied and worked extensively in many areas of business. He has completed over 10 years of university education, and has a combined work experience of over 20 years. He holds a BBA in Accounting from Florida International University, an MBA in Management and Accounting from Barry University, and is certified in Accounting by virtue of holding CPA and CMA certifications, and in Business Management by virtue of holding a CBM certification.

Our Services

We offer our clients the finest consulting experience, providing a first class professional environment, confidentiality and high quality service. Our consulting services are concentrated in the areas of finance and management consulting.

International Project Finance

Our principal service is the provision of international project finance to companies, businesses and organizations for small, medium and large-scale projects such as infrastructure development, telecommunications, power, water, housing, airports, hotels, high-tech, financial services, and natural resource extraction industries that require capital.

In addition, we offer international project development service to include the provision of feasibility studies, executive summaries, business plans, budget development, environmental impact assessments, business valuation and operational and management audits.

Finance Consulting

We examine the cost of capital and capital structure of our clients to determine strategies to reduce the cost of capital, increase the efficiency of capital utilization, improve the selection of profitable projects, and source the most favorable financing available for the projects under consideration. Aljoe and Aljoe, LLC acting in the capacity of facilitator of major funding companies, present new and exciting business and project financing programs for the international and domestic market to clients. We also structure finance programs to meet their needs. No situation is too complex to be solved.

Management Consulting

We examine strategic and operations management policies and procedures, evaluate management structure, efficiency, profitability, process flow, cost structures, pricing models, operational and internal audits, feasibility studies, executive summary, business plans, environmental assessment studies and business valuation.

"You Deserve The Best"

Unique Creations by Liz



Your Premier Event Planning, Decorating & Catering Company



**CORPORATE EVENTS, WEDDINGS, BANQUETS
PARTIES, EXHIBITIONS, THEMED EVENTS AND MORE**

Elizabeth Burns
954.292.6848 | 954.435.4717
uniquecreations01@bellsouth.net
www.uniquecreationsbyliz.com



PERFECTION IS OUR STANDARD

JUNIA

786.365.0870

LOUISA

305.450.2713

delicieuxcatering305@gmail.com

CARIBBEAN AMERICAN CONNECTION

Business Networking & Social



Monthly Networking that is designed to help take your Business to the next level in a friendly atmosphere

Connect with the Right People

- Promote Your Business
- Build Your Network
- Create New & Lasting Relationships

High Energy! High Impact! Get Results!

Please Join Us Once Each Month

Call: 954-292-6848

FREE GIVEAWAYS & PRIZES

Email: Uniquecreations01@bellsouth.net
liz@CAHMUSA.com

**GET A CASH ADVANCE
CALL TODAY!**

Short on CASH?

Get your CASH FAST
PAY NOTHING UPFRONT!

DON'T DELAY
FILE TODAY

PETE COHEN

Direct line: **954-559-2253**



TaxeZ TaxeZ TaxeZ

"Taxes Are Always Easier, When You Don't Have To Do It!"

**"We guarantee you the FACTS
without the hype"**

Don't delay FILE today!

954-450-9405

8910 Miramar Parkway Suite 112
Miramar, FL 33025

www.taxeztaxeztaxez.com
taxeztaxeztaxez@gmail.com



Come! Lets Take A Trip To The Caribbean Islands



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 rain-fall 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.

Come! Lets Take A Trip To The Caribbean Islands

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.

GRENADA: 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.

GUADELOUPE: 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, christophine, 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.

Come! Lets Take A Trip To The Caribbean Islands

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.

MONTserrat: 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. Reggaeton 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.

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.

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.

That Was A Great Trip, See You Soon !



Kyäni Business opportunity
Dream Team Florida

MORE LIFE

Enjoy the freedom of working your own hours and spending time on the things that really matter- family, friends, and good health. With Kyäni unmatched Dream Car Program, exotic retreats, and lucrative compensation, we can help you to create the lifestyle you've always dreamed of! Join today and start to Experience More!



If you want to know more about Kyäni opportunity you can contact us at:

George/Elizabeth Burns
Independent Distributor #2748872
Cell: (954) 292-6848
web: <https://georgeburns.kyani.com/en-us/>
email: gburns12@bellsouth.net



MORE HEALTH

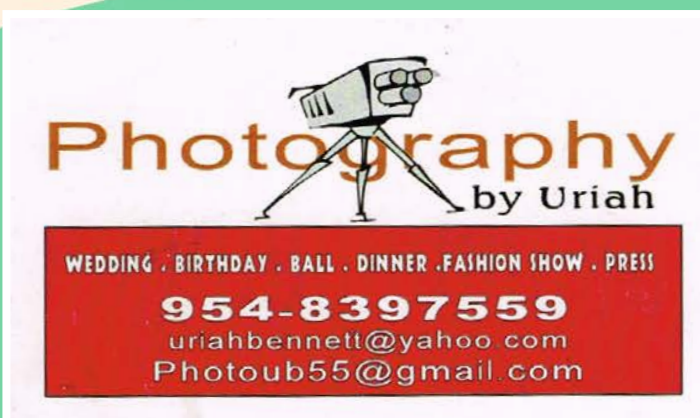
Kyäni has developed a simple, yet extraordinary nutritional system that has helped hundreds of thousands around the world to achieve optimal health. After years of extensive research, Kyäni assembled the most remarkable Superfood and botanicals from around the world, to form the Triangle of Health – three products that work together to optimize wellness in a way that only Kyäni has achieved.



ALINKA ENTERPRISE
4121 NW 5th Street, Plantation FL 33317
Tel: (954) 806-8396

★ **Printing** ★
Banners, Flyers,
Business Cards,
Posters ...

Graphics For Any Job!
"From a Logo to a Magazine"
We Provide For
All Your Printing Needs
"let us help you look good"
Sales Promotional Campagins
Talent Bookers - For your Parties and Special Events



Photography by Uriah

WEDDING . BIRTHDAY . BALL . DINNER . FASHION SHOW . PRESS

954-8397559
uriabhennett@yahoo.com
Photoub55@gmail.com



Marlyn Bonzil-Juste
B.S. Bus Admin, MHA

Founder/ Owner

Office: 407-801-2077

Cell: 407-782-7169

Email: info@MJSolutions.us

4630 S Kirkman Road, Suite 314,
Orlando, FL 32811

www.MJSolutions.us

BARBADOS

50 Years and going strong



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.

Source : https://en.wikipedia.org/wiki/Culture_of_Barbados

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.

"It's not whether you get knocked down, it's whether you get up."

- Vince Lombardi

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 is 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, Kaiseo and Soca. Popular artistes of the past were Mighty Gabby and Emile Straker and his Merry-men (The Merry-men) and 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.



BARBADOS

50 Years and going strong

*"That which doesn't kill us makes us stronger."
- Friedrich Nietzsche*

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 Mau-by.

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



"Keep your friends close and your enemies closer."

- Sun-Tzu

Sincere Thanks

~~~~Sponsors ~~~~

jetBlue®



www.CAHMUSA.com

Publix®
SUPER MARKETS

*Unique
Creations
by Liz*

VITAS®
Healthcare



Ellis, Ged & Bodden, P.A.
ATTORNEYS AT LAW



ISOTech
Excellence springs from passion

MCKINLEY
INSURANCE SERVICES

~~~ Media Sponsors & Supporters ~~~

BROWARD
COUNTY
FLORIDA

COX MEDIA
GROUP

KOMMERCIAL
KINGS

caribcast
Sights & Sounds of the Caribbean

JAMAICA HOME
OF ALL
RIGHT



SOUTH FLORIDA
CARIBBEAN NEWS

EVENTS
online.com
Events... No Fuss... Visit Us



LOPARKEN
"Connecting the Caribbean Globally"

~~~Special Acknowledgements ~~~

**Justin Peart-Kingston 21, B.J's Restaurant, Outback Steak House,
B.J's Wholesale Club, Royal India Restaurant, Brimstone Grill,
Rafiek Mohammed, George 'Bobby' Burns, Michelle Burns,
Shelley-Ann Burns, Ray Jadusingh, Nya & Kayla Chang Alloy,
Liz Honorat & Team & other Volunteers**

**To Our Advertisers, Exhibitors and Friends
Who have supported us throughout the Years, A Warm & Sincere
THANK YOU!!!**



JOIN US NEXT YEAR

"Feel the Spirit of the Caribbean"

The 8th Annual

**Caribbean American Exhibition
& Festival**

Save the Date for this exciting Community Event

June 25, 2017



Celebrating

Caribbean American Heritage Month

Find us on
Social Media
for Updates

*Wear Your Flag Colors! Come Celebrate
Your Culture and Heritage with Us.*

Lots of
Raffles &
Giveaways



INDOOR-OUTDOOR EXHIBITS

ISLAND FOODS • MUSIC • ENTERTAINMENT • GAMES • KIDS ZONE

*Unique
Creations
by Liz*

Great Opportunities Available:
Sponsors • Vendors • Magazine Advertising

Great Caribbean Vibes Coupled With American Flavor! Be There!!



Contact: 954-292-6848 | 954-435-4717

liz@uniquecreationsbyliz.com

www.CAHMUSA.com  [/ExpressionsCaribbeanAmerican](https://www.facebook.com/ExpressionsCaribbeanAmerican)  [/burnsjadu](https://twitter.com/burnsjadu)

"The only place where success comes before work is in the dictionary".

~ Vidal Sassoon



A Culture so Rich You Can Taste It.

With everything from spectacular celebrations of history like Carnival to the creation of world-class cuisines to achieving numerous musical, political and historical firsts, Caribbean Americans have made innumerable and valuable contributions to the culturally rich American mosaic. For hundreds of years, their influence on this country, and the world, has been priceless.

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.