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Creations*
by Liz

Expressions

CARIBBEAN - AMERICAN MAGAZINE

In Recognition of
**NATIONAL CARIBBEAN - AMERICAN
HERITAGE MONTH**

June 2017

Featuring:

CARIBBEAN AMERICAN EXHIBITION & FESTIVAL

and

CARIBBEAN AMERICAN HERITAGE AWARDS BANQUET & GALA

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Elizabeth Burns



WOW! Time flies, another year has slipped by and 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 Caribbean American Heritage Awards Banquet & Gala on June 10th and the grand finale, the 8th Annual Caribbean American Exhibition & Festival on June 24th 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 public 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 with real Caribbean food – from jerk to seafood to latin empanadas and family entertainment with a fun Zone. Please visit our website CAHMUSA.com also join us on Facebook: [caribbeanamericanexhibitionandfestival](https://www.facebook.com/caribbeanamericanexhibitionandfestival).

Congratulations to the 8 individuals who were chosen to receive the Caribbean-American Heritage Awards for their service to their community and country. In addition, this year we have added the Friend of the Caribbean Award, which recognizes someone for their outstanding contribution and support to the Caribbean Community and their initiatives. You can read about them in this year's "Expressions" Caribbean American Magazine.

The Expressions Caribbean-American Magazine, features articles about the Caribbean giving a bird's eye view of its people, culture and food. It also provides 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 provided by these advertisers.

Many thanks to our wonderful Sponsors and Supporters: Grace Foods; JetBlue; VITAS Healthcare; Cox Media Group; and 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 these annual events.

To My Caribbean-American Family! One Love!

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Proclamation

National Caribbean-American Heritage Month, 2017

BY THE PRESIDENT
OF THE UNITED STATES OF AMERICA

A Proclamation

National Caribbean-American Heritage Month is a celebration of the accomplishments of Caribbean Americans and our long, shared history with the peoples of the Caribbean. We are grateful for the culture Caribbean Americans have shared with our Nation and the many contributions they have made to our society.

Throughout our history, Caribbean Americans have helped create and maintain the strength and independence of our Nation. Alexander Hamilton, who came from poverty in Nevis, was a key contributor to our Constitution and the first Secretary of the Treasury, helping to establish our modern financial system and to create the United States Coast Guard.

Every day, Caribbean Americans help make America more prosperous and secure. Our Nation is particularly grateful to the many Caribbean Americans who have served and are currently serving in our Armed Forces, protecting our Nation, and promoting freedom and peace around the world. Today, more than four million Caribbean Americans live in the United States and continue to contribute to a vibrant culture that enriches our Nation.

NOW, THEREFORE, I, DONALD J. TRUMP, 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 2017 as National Caribbean-American Heritage Month. I encourage all Americans to join in celebrating the history, culture, and achievements 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 seventeen, and of the Independence of the United States of America the two hundred and forty-first.

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



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**Congress of the United States
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June 1, 2017

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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 11th 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.



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Journey 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 & 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.

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.

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.

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.

CAYMAN ISLANDS: A British Overseas Territory which is the fifth largest 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.

Congratulations, Beverly A. McLarty!

Recipient of the Caribbean American Heritage Award




VITAS Healthcare joins Unique Creations By Liz in thanking Beverly McLarty for her ongoing service and significant contributions to Caribbean communities, both in Broward County and in Jamaica.

Beverly, originally from Kingston, Jamaica, is a registered nurse and VITAS field manager who works behind the scenes for Hope Hospice of Jamaica.

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~ John Wooden

CARIBBEAN ATTRACTIONS

With so many unique islands to choose from you'll always have something to see



You won't have to look far for something to do in the Caribbean. There are a number of attractions to explore in every island. Depending on your particular interests, however, some destinations might be a better fit than others. Take a look at some of the categories below to find what matches your interest.

Arts and Culture

The culture of the Caribbean is as diverse as its people. Years of European and American influences have shaped how the Caribbean people express themselves. When you visit the islands, be sure to check out the art no matter which specific destination you choose.

Museo de arte de Puerto Rico



Art Museums and Galleries

Art galleries in the Caribbean offer visitors the chance experience both local and global art. In major cities like San Juan, Puerto Rico, you will be able to find museums like the Museo de Arte Contemporaneo where modern paintings and sculptures are showcased, in line with the global movement of contemporary art. Most major cities will have at least one museum where contemporary art is featured.

If you are looking for something more traditional, do not despair. Traditional art is still the norm in the Caribbean, and there are numerous art museums throughout the region. However, to ensure you're truly experiencing local art, galleries might be the best option. Often run by the artist or a group of artists, the works are usually for sale, letting you bring a piece of the Caribbean back home with you. Some of the most famous galleries are the Bajo el Sol in on the island of St. John in the US Virgin Islands and the Tides Gallery on the island of Barbados.

Bob Marley Museum



Music and Performing Arts

Caribbean artwork might be distinctive, but it is probably their music that they are most famous for. Calypso, steel pan, and reggae have become popular world-wide thanks, in part, to Caribbean artists. Jamaica's Bob Marley might be the most famous musician to come out of the islands, and his life and work can be explored at the Bob Marley Museum in Kingston. However, other artists like Tito Puente from Puerto Rico have also contributed. You can learn about these musicians at places like the Museum of Puerto Rican Music in Ponce.

Learning about history of each culture and that entails is definitely interesting, however you will want to visit one of the performing arts and concert halls that can be found around the Caribbean. Venues like the Ruth Seaton James Center For The Performing Arts in Bermuda, the National Theater in Santo Domingo, and others can let you experience the modern high culture of the islands. For something more casual, do not forget to check out local bands playing in bars and lounges.

History of the Islands

If you are interested in historical politics, conflict, and peoples of the past, then the Caribbean has plenty to offer. A diverse mix of cultures and histories have shaped the Caribbean you know today. Explore what once was by visiting landmarks – windows into the past – and monuments to the present.

Natives

Before Europeans colonized the islands, various native cultures were rulers of the Caribbean. While centuries of occupation have nearly wiped all remnants of the ancient cultures, ruins and historic locations stand as testaments of their stories.

The Taino people, also known as the Arawaks, were one of the three main groups of people who inhabited the islands of the Caribbean. Thanks to early contact with Spanish settlers, we have the most history about these people available to us today than any other group that is believed to have lived in the region. You can even see many important and authentic artifacts regarding how they lived, worked, and played at a number of great museums and cultural sites. Some of these notable locations include the St. Maarten Museum in Philipsburg, the Hope Estate Archeological Site in Grand Case, and the Museo Regional de Antropologia in.

Temple Of The Warriors



If you're visiting the Riviera Maya, you will inevitably be led to see some of the attractions that revolve around the Ancient Maya. In fact, many people visit the region specifically to tour the ruins of temples, ceremonial spaces, and living environments left behind without a trace by an entire group of people. While there are many theories about why they left, and even decedents of the Maya still around, there is a mystery about it that so many people find intriguing. If you're one of these people, you won't want to miss out on the opportunity to see sites such as Chichen Itza; the Muyil Maya Ruin; the the House of Columns, the Temple of the Descending God, and many others in Tulum.

There are also Mayan ruins throughout Belize, including the Lamanai Archeological Site, Santa Rita, and the Cuello Mayan Archeological Site.

Want to learn more about the native civilizations that once ruled the islands? Read our comprehensive history article here.

Colonial Influence

It was the end of the 15th century when Christopher Columbus and his crew first laid their eyes on the islands in the Caribbean and reported their findings back to the rest of the Western World. It was shortly thereafter that European countries began sending settlers to set up colonies. Over the next two centuries, the British, Spanish, French, and Dutch laid claim to each of the island's in the region, and whether it be by peaceful treaty or force, several locations became the property of more than one country. Relics, landmarks, monuments, and museums that speak to colonialism throughout the Caribbean exist today for tourists to explore and learn more about how each island handled the invasion of unknown peoples.

Fort Fincastle



British Colonialism

Without a doubt, the British have had the largest reach in the Caribbean. Today, Bermuda, Anguilla, the British Virgin Islands, the Cayman Islands, and Turks and Caicos remain British overseas territories, but at one time or another, Great Britain has laid claim to the Bahamas, Belize, Antigua, Dominica, St. Kitts, Barbados, Grenada, St. Lucia, Jamaica, and Trinidad and Tobago.

Not only can you still see glimpses of British culture in the simple every-day workings of life on some of these islands, such as afternoon tea time, but there are some attractions throughout the region that will allow you to further explore British colonial-

ism and culture. Forts stand out on Bermuda, where visitors can explore Fort Hamilton free of charge every day of the week, Fort St. Catherine which was the first major fort built on the island, and Fort Scaur where you'll even have a chance to see a dry moat. There are even a few forts in the Bahamas, especially in Nassau, including Fort Fincastle. Another important tribute to Great Britain can be seen with a visit to Queen's Staircase, which were named in honor of Queen Victoria.

Having been a British territory for over 300 years, Barbados is this the island where British culture seems to be the most prevalent despite having gained its independence in 1966. A visit to St. Michael's Anglican Cathedral really puts this time span in perspective, as it has been standing and in continuous operation since 1665.

Old San Juan Attractions



Spanish Colonialism

There are three Spanish-speaking countries in the Caribbean: Puerto Rico, the Dominican Republic, and Mexico's Yucatan Peninsula. Because the Spanish were the first European settlers in the region, these country's are particularly notable for their historic structures. Santo Domingo, Dominican Republic is noted as the oldest city in the New World, while Old San Juan, Puerto Rico is the second oldest. Each of these cities is considered to be an UNESCO World Heritage site, and they are very walkable, encouraging visitors to see site after site that speaks to their Spanish history, settlement, and way of life over the centuries. In the Yucatan,

people tend to place their focus on Mayan ruins, but there are a few Spanish structures that shouldn't be overlooked such as the San Bernadino Monastery.

CARIBBEAN ATTRACTIONS

French Colonialism

France has several holds in the Caribbean in the form of overseas departments and overseas dependencies, and many more islands have been touched by French culture as the European nations fought over who would gain control of the Caribbean. If you're interested in the history of French colonialism, the best places to look are at the historic forts that still stand throughout the islands. These include the Museum at Fort Napoleon in Guadeloupe, Fort St. Louis on Martinique, Fort Louis in St. Martin, and Fort Roney on St. Lucia.

Museo Historico Arubano



Dutch Colonialism

The former Netherlands Antilles, which dissolved in 2010, was a group of islands in which the Netherlands had holdings. Today, these countries keep close ties to the Netherlands, despite their mostly independent status. Dutch remains the official or main language spoken in all of these locations, and locals often feel very strongly about their Dutch heritage and the Dutch culture on the island. Because of this, it is easy to find attractions and landmarks that speak to the history. Some of the most recommendable options include Fort Amsterdam in Saint Maarten, Museo Historico Arubano on Aruba, and Fort Nassau on Curacao.

Pirates

Blackbeard's Castle



Pirates

The idea of pirates seems like a fable or fairy tale to some, but the Pirates of the Caribbean were a reality during the 16th and 17th centuries. As ships began making their way between the islands and Europe carrying profitable goods, pirate raids became more and more common, and there are many legends of notable pirates and their hideouts throughout this region. Over time, governments began to realize that they could use the navigational and combat skills of the area's pirates to their advantage and began enlisting them to help them fight their battles against other country's hoping to claim what they believed to be their territory.

If the pirate life is for you, you can visit many attractions that focus on this topic, even in places you might not expect it. Nelson's Dockyard on Antigua, for example, was the site of many pirate battles and there is an exhibit about it at the museum there. Of course, there are more obvious pirate attractions like the Pirates of Nassau Museum in the Bahamas, the Horatio Nelson Museum in St. Kitts, and Pirate's Cave on Grand Cayman in the Cayman Islands.

Grace Bay Beach



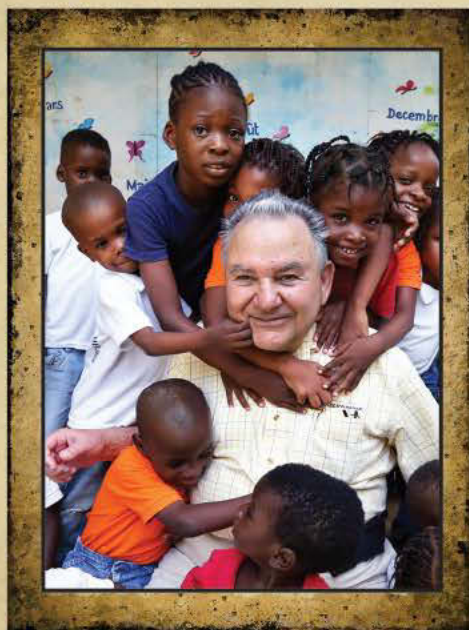
The Coastal Beauty

The coasts of the Caribbean are perhaps the largest appeal, and why thousands make their way to the islands every year. Make no mistake, the beaches in the region are second to none. From the picturesque beaches like Grace Bay Beach in Turks and Caicos, the natural beaches of Dominica like Black Sands Beach, or the tourist beaches like Seven Mile Beach in Jamaica, there are plenty of options. Of course, all these options can make it hard to choose. We suggest viewing our Caribbean Beach Guide to help you narrow your choices.

Keep in mind that there is much more to the coast than beaches. Just offshore lies the fantastic coral reefs that are home to countless marine life. Locations

like the Buck Island National Wildlife Refuge off St. Croix, and the Belize Barrier Reef System make for absolutely amazing diving opportunities. Find out more on exploring them by viewing our Caribbean Dive Guide. However, if you do not plan on diving, you can still experience the marine life by visiting aquariums. Santo Domingo, Guadeloupe, St. Thomas, and Providenciales are just four destinations that have some quality aquariums. Another option to explore the marine-life is to set up a sailing charter or snorkeling tour excursion that will take you out a little further offshore. Dolphin and Whale watching are popular in the Caribbean, with Samana, Dominican Republic and Holbox, Mexico being two of the whale watching hotspot

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President/CEO Robin Mahfood, recipient of the
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into the lives of your extended family at VITAS and by extension the families served by its vision.

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Today and always we honor and salute you Beverley Angela McLarty.



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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 GOP.

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 shipper. 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 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 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.

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 Tare lit at night by phosphorescent marine organisms. Reggaeton was invented and developed here and most of the artistes are locals.

SAINT KITTS & 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

Congratulations To All 2017 Honorees



Robin G. Mahfood

President and Chief Executive Officer of Food For The Poor. As one of the original founders of Food ForThe Poor, he has served as Executive Vice President and Secretary of the Board of Directors of the corporation since its inception in 1982. His leadership, strategic planning, and business acumen have helped the organization become recognized as one of the most efficiently run non-profits in the country. Before assuming the Presidency of Food ForThe Poor, Mahfood was President and CEO of a family-owned business.

Mahfood has been described as a “spiritual businessman with a true heart for the poor.” With his extensive background in commerce and his in-depth knowledge of the West

Indies, he brings his compassion for the poor to the forefront as Food For The Poor’s leader.

Born in Detroit, Michigan, he graduated from high school at St. George’s College in Kingston, Jamaica, and continued with the Jesuits at Loyola College, Montreal, Canada. Mahfood is married with two sons, a daughter and four grandchildren and has resided in South Florida since 1977.



Senator Daphne Campbell

Honorable State Senator Daphne Campbell has a powerful story of coming into the USA as a Nurse from Haiti to becoming the first Haitian-American State Senator in the State of Florida. Senator Campbell serves not just the people of District 38 but anyone in need, which is why it is said “She is the voice for the voiceless.”

Prior to becoming Senator for District 38, she served as the State Representative for House District 108 from 2010-2016. She is an advocate for the Caribbean-American community nationally and abroad to the best of her abilities. For a number of years while serving in the state legislature, she has helped to coordinate Caribbean Day in Tallahassee. This year she

served as the Chair for Caribbean Day and Nigerian American Day in Tallahassee.

She has fought for human rights of those from the Caribbean in Miami, other parts of the country, and in other places in the Caribbean. Although she should be recognized for her tireless efforts, she should also be honored for being the hardest working elected official one has ever met. She is a precious jewel to our State.



Beverly McLarty

From Kingston, Jamaica, Beverly, a registered nurse and award-winning manager for VITAS Healthcare joined the nation’s leading hospice provider in 2005.

She excels in Field Management. Under her direction is a team of 25 highly skilled nurses, who care for all types of patients who need extra care on weekends. She manages covering everything from home care, nursing homes, assisted living communities and hospital contract bed patients. Twice, she’s earned the prestigious VITAS Best Award in Field Management. As part of VITAS’ ongoing support of Hope Hospice in Jamaica, Beverly organizes and Collects up donated medical supplies and equipment to be shipped to

Jamaica. Additionally, she prepares Jamaican food for fund raisers for Hope Hospice. A member of Saint Helen’s Catholic Church, she is a trained Eucharist minister. Her hobby is helping people in her community.

“Caribbean American Heritage Honorees are making a positive difference”

~ Elizabeth Burns

Caribbean American Heritage Awards



Commissioner Yvette Colbourne

Commissioner Yvette Colbourne was elected to the City of Miramar Commission, Seat 2 on March 12, 2013., and re-elected March 14, 2017. As a Commissioner, she represents all the City of Miramar.

In 2014 Commissioner Colbourne served as Vice Mayor for the City of Miramar, Commissioner Colbourne represents the City of Miramar on the Broward County Metropolitan Planning Organization (MPO) Board and on the Broward League of Cities.

Commissioner Colbourne has 30 years of public service experience with Miami-Dade County. During her tenure, she served as a member of a County executive team that successfully managed a \$600 million budget and up to 2,000 employees. Commissioner Colbourne has a Master of Public Administration and a Bachelor of Business Administration Degree from Nova Southeastern University and an Associate Degree in Business Administration from Miami-Dade College.

Prior to being elected, Commissioner Colbourne served her community as President of her homeowners association for 10 years; Vice Chair of the City of Miramar Economic Development Board; member of the Civil Service Advisory Board; and served as a member on the Broward County Diversity Committee.



Albert Williams

Dr. Williams, a Belizean American, has been a distinguished Professor of Finance and Economics at NSU. For over 10 years he has taught graduate and undergraduate courses in Florida, The Bahamas and Jamaica and has provided many presentations to high school and universities students, and NGOs in Florida, The Bahamas and Belize.

He has also done several television presentations/interviews on PBS, NBC, and CBS in Miami. Also he has done several television interviews in Belize discussing culture, economics, and finance. He shares his Guitar playing talents at many of his presentations, including those on national television in Belize. Dr Williams has a motto, "I want to make the world a better place, one student at a time" He is doing it!



Eveline Pierre

Founder of the first Haitian Heritage Museum in the world outside of Haiti and co-founder of the Miami Caribbean Code Regional Tech Summit. Her significant contribution to her community is through the Arts, Culture and Innovation.

She created the Museum in 2004 to commemorate the Bicentennial of Haiti and to create a cultural legacy for future generations via culturally enriched programs that empower students and patrons.

Under her leadership the Haitian Heritage Museum has received countless awards and was voted "Best Museum in Miami" Her love for innovation also inspired her to co-founded the Miami Caribbean Code which assists Caribbean Americans in becoming producers and entrepreneurial stakeholders not just consumers within the tech ecosystem.

"Unique Creations by Liz, Recognizes Outstanding Members of our Community"
~ Elizabeth Burns Producer



Thierry Theodoro Florival-Victor

As the owner of the Career Mentors Of Youth (C.M.O.Y.), Victor has implemented a program which will allow the youth to be mentored for one day in any professional field of their choosing. He provides the youth with a one day mentoring program, in order to increase the exposure of a wide spectrum of careers. The students will interact with professionals and increase the likelihood of them obtaining summer volunteer positions, internships, and or paying jobs. The idea is to keep the youth busy, off the streets, positively change their environments, and increase their professional aspirations for their futures.

In addition, Victor owns The Broward Social Network (The BSN), a social media company that provides a platform for political figures to express their ideas to their community constituents. The BSN increases the visibility of politicians and thus increases their number of potential voters. This social media platform is not limited to politicians. Business owners and community leaders willing to mentor the youth for one day, will also be profiled in The Broward Social Network.



Diane Moore-Eubanks

Chancellor, Rev. Dr. Diane Moore-Eubanks, J.D., Jamaican-born Georgetown educated and Retired White House Attorney, with Global Oved Dei Seminary & University (GODSU)* Alumni, registered a United Nations NGO in the UN and Jamaica as “Olof Palme Peace Foundation International – The Jamaica Chapter (Mission: “Provide safe long-term housing and job training for women of domestic abuse, orphans and homeless”).

Years ago, Dr. Moore-Eubanks created GODSU* with 7 pillars including Global Bible Institute, with earned degrees from AA to Ph.D. levels and GODSU’s JR. Ambassador Program, which exposes hundreds from 6 to 21 years to entrepreneurship. She and husband, Willis, give countless hours and financial support to local and Jamaican community (PTA Board, SAC, HCHS, Meadowbrook High, Eve of Life, Portland Schools).

Friend Of The Caribbean



Commissioner Howard Berger

Commissioner, Howard Berger, was born in New York City and moved to South Florida in the late 1970’s. He has resided in the City of Lauderhill for the past 39 years and has been a City Commissioner for 18 years. He graduated from Fordham University in New York and Nova Southeastern University in Fort Lauderdale.

He is active in assisting numerous local non-profit and community service organizations to become successful in the community. He created the Lauderhill Latin Festival in 1985 which ran successfully for three years. After that, he organized the Annual Community Awareness Day/Health Fair in various venues throughout the City which linked residents to different resources. Today, his signature event is the Annual Tribute to Women’s History Month held every March.

This event honors twelve (12) Lauderhill residents whose passion is to serve in the Lauderhill community. Commissioner, Berger received the “Municipal Leader of the Year Award” from the Broward County Council of Professional Firefighters. He is a great supporter of Caribbean American initiatives.

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Journey to the Caribbean Islands

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 & 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

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 & 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 & 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.

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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CARIBBEAN ATTRACTIONS

Belmopan Natural Attractions



Exploring the Land

If you turn your attention inland, there is even more to see. Nature in the Caribbean can mean everything from volcanic peaks to deep valleys, natural springs, rainforests, and even deserts. The islands each offer their own unique wildlife and beautiful plants for travelers who spend a bit of time inland. Natural beauty is the selling point for many of the Caribbean islands, especially those popular with eco-tourists.

Eco-tourism is environmentally friendly and responsible tourism, in which the travelers strive to explore the natural beauty of a location while leaving as little of a carbon footprint as possible. One such island that embraces the idea of eco-tourism is Saba. Despite encompassing only five square miles in area, the island has some of the Caribbean's best hiking and diving locales, and has begun marketing itself to eco-tourists more and more in recent years. Mount Scenery is a particularly popular attraction, featuring a 1,064 step carved staircase up the windward side of the mountain. Some other natural attractions in the Caribbean include the Blue Mountains in Jamaica and the Hato Caves in Curacao.

As you can see, there is a lot of nature to explore in the Caribbean. Just knowing that you want to experience some natural attractions does not make choosing an island any easier. Finally choosing a destination depends on your specific interests, and how they align with some of the unique offerings of the island. See if your interests are sparked with any of the topics below. Click them, or see below for more information.

El Yunque National Forest



Rainforest and Tropical Climates

Tropical climates make the temperatures rise and the rain fall in many Caribbean islands, creating lush forests that are fantastic for exploring. Some islands like Dominica and Puerto Rico are well known for their tropical rainforests that are popular among hikers. Other islands, like Bermuda, might not have a rainforest, but generally receives at least three inches of rain per month, and often more.

Oranjestad Natural Attractions



Deserts and Dry Climates

Believe it or not, deserts are not uncommon in the Caribbean. Islands such as Aruba and Curacao are well known for their desert terrain and climate. Some islands, like St. Croix, have areas that receive very little rainfall, and other locations where rainfall is plentiful; still other islands can best be described as semi-arid,

or they lack the lush tropical vegetation many people think of when they visualize a Caribbean island. The Bahamas, for example, receives a lot of rainfall, but the climate and subsurface structures generally keep the ground dry – so they tend to have more mangrove forests than regular trees.

CARIBBEAN ATTRACTIONS

Blue Mountains Natural Attractions



Mountains

Again, most islands have at least one mountain, but there are a few iconic locations that stand out. Aruba's Mount Jamanota is one of those locations. It is a centerpiece of the island and its off-the-beaten path feel complete with donkeys and other animals roaming freely make it the perfect spot for those who yearn for a quiet, all-natural retreat. In Guadeloupe, there is a very famous mountain called Le Grande Soufriere. Actually an active volcano, it has threatened the people of Guadeloupe with an eruption as recently as 1976. For now, it is safe enough to explore. Finally,

one of the most recognizable mountains in the Caribbean are the Pitons in St. Lucia. These iconic and photogenic mountains are a favorite of sightseers and hikers. The extreme incline make it quite a challenge though.

These are just three famous mountains in the Caribbean. If you are hoping for a mountain to be the main attraction of your vacation, Aruba, Guadeloupe, and St. Lucia might be a good choice. However, the locations listed below also have some notable mountainous terrain to offer.

- Dominica
- The Dominican Republic
- Blue Mountains, Jamaica
- Martinique
- Nevis, St. Kitts and Nevis
- St. John, USVI
- St. Thomas, USVI

Hiking

Hiking in the Caribbean can be a lot of fun for those willing to put up with the heat. While you can find hiking nearly anywhere in the Caribbean, a few places really specialize in it. Dominica, as the Nature Island, has one of the most famous trails in the region, the Waitukubuli National Trail. This trail will take you all across the island in segments, allowing you to start and stop as you please. Another option is Jamaica. Those stopping in any of the big cities will be able to find tour guides ready to take them into the island's interior. However, true eco-tourists will want to look into staying in the center of it all by booking a hotel in or near the Blue Mountains. Martinique is another great choice thanks to a diverse topography that includes rainforests, beaches, and volcanoes all in just 436 square miles.

Hiking the famous Mont Pelee on Martinique is a natural choice, but another great hike is from Precheur to Grand-Riviere in the north of the country. A third option is Puerto Rico. Much more than the industrious San Juan, Puerto Rico is also home to numerous parks and reserves. From Arecibo where you can see the famous observatory, to Cabo Rojo where you can experience the island's natural coast. However, the most famous natural attraction on that island, El Yunque, offers perhaps the most exciting hiking.

Below are some other destinations to consider for hiking.

- Jarabacoa, Dominican Republic
- Nevis, St. Kitts and Nevis
- St. John, U

SVI

- St. Lucia
- Tobago, Trinidad and Tobago

CARIBBEAN ATTRACTIONS

Roseau Natural Attractions



cool water perfect for swimming in.

Waterfall

Beautiful waterfalls can be found in the Caribbean that rival much larger ones found elsewhere in the world. Some of them are famous tourist attractions, while others are hidden gems that are nothing short of marvelous to look at. One of the most famous, and most visited, is Dunn's River Falls in Jamaica not far from Ocho Rios. Cruise passengers and other tourists flock here because the falls are perfect for climbing, even for the inexperienced.

Someone looking for a bit more of a secluded option, however, might be interested in the falls of Grenada. Concord Falls consists of three different waterfalls, and the latter two require at least an hour's hike. However, those making the trip are rewarded with a beautiful view and

Somewhere between the crowds of Dunn's and the seclusion of Concord is Diamond Falls in St. Lucia. While a visit here requires a little bit of a walk, it is located in a botanical garden surrounded by green leaves and colorful flowers.

Birding

Thanks to the unique biodiversity throughout the Caribbean, birding is a popular pastime. In fact, it is not uncommon for tourists to visit a specific island specifically because they have heard about the great birding opportunities that exist there. There are 564 known species of Caribbean bird species, and 146 of them are endemic, which means they simply cannot be found naturally anywhere else in the world. That reason alone is enough to draw many birders to the region.

Saint George's Natural Attractions



If you're interested in this activity, any of the following destinations will be a great vacation choice.

- Antigua
- The Bahamas
- The Dominican Republic
- Grenada
- Jamaica
- St. Lucia
- St. Martin
- Sint Maarten

Unique Landscapes

Not all destinations in the Caribbean are the same. From their topography to unique geological features, there is something that allows each and every location to stand out. The following destinations have something unique to offer visitors.

Aruba, for example, is known for its desert interior and tourists will even spot cacti as they explore, especially when visiting the Casibari Rock Formation.

In Puerto Rico and on Trinidad, it is their waterways that really draw visitors. There are several bioluminescent bays throughout Puerto Rico, including a world famous one on Vieques and another in Fajardo. Pitch Lake on Trinidad takes a completely different turn. This lake is actually comprised of an estimated six million tons of asphalt and tourists can hear, see, and smell the bubbling and hissing.

Finally, the most popular natural attraction in the British Virgin Islands is known as the Baths. They are located on Virgin Gorda, and are a collection of underwater boulders that create a series of caves, grottoes, and pools that visitors can't get enough of whether they are diving, snorkeling, or just exploring from boulder to boulder as they swim.

Of course, this is just the beginning of the sites you'll find throughout the islands. A look into the attractions of individual islands will provide an endless listing of things to keep you busy on your vacation, and don't forget there is an entire world of attractions to be discovered underneath the surface of the sea when you plan to spend some time snorkeling and diving. From historic forts and museums to tall mountains and glowing bays, the Caribbean is overflowing with attractions that will not only entertain, but enrich as well.

Learn More

We hope this overview has provided you with some ideas concerning the specific attractions that interest you most. Now we hope you will dig deeper into the specific features that make the Caribbean so special.

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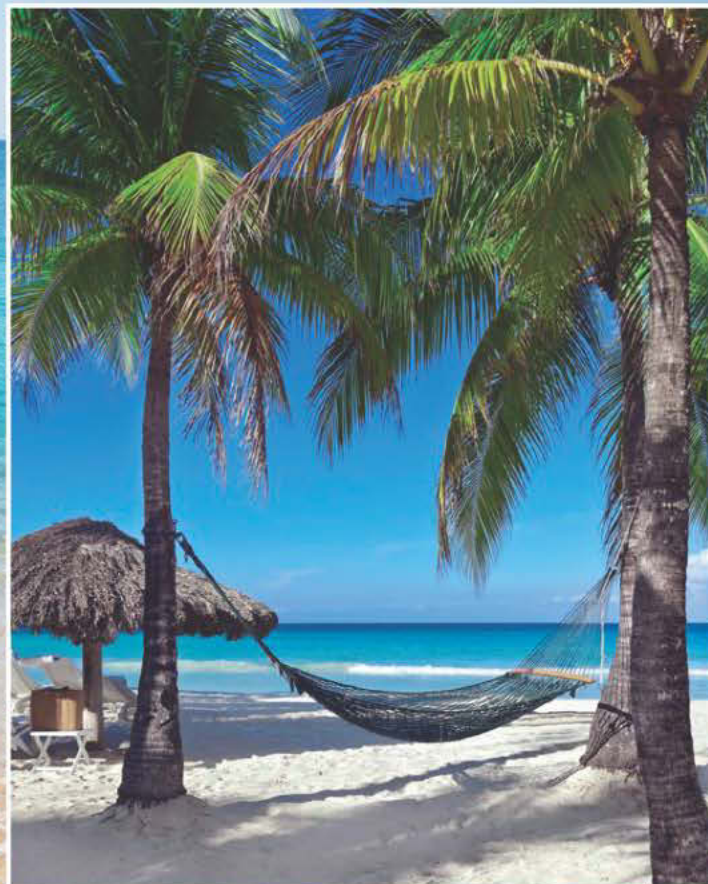
Jamaica has led the way in Caribbean tourism for years, and has cultivated an environment in which visitors from all over the world can enjoy the island's natural beauty and diverse culture. From mountainside to seaside, Jamaica has been blessed with magnificent waterfalls and natural wonders.

For the adventurous traveler, there's so much to see and do while in Jamaica to get your heart pumping. Through a variety of tour operators spread across the north and south coast, you can experience this diverse destination from land or water.

North, South, East or West? Each of Jamaica's regions has its own distinctive vibe. Take a look and let Jamaica capture your imagination and heart. Come and be swept off your feet. An abundance of pleasure and fun awaits!

EXPLORE our unique island with a moderate climate and a landscape that ranges from tropical rainforest and soaring mountains to rolling meadowland and dramatic coastlines. Jamaica is a land of adventure, sophistication and elegance. Along with the Caribbean's best sun, sand and sea, this destination has an intriguing history that has created one people out of many, and a culture that is unmistakably Jamaican.

So whether you're planning a trip with friends, family members or simply to unwind or whether it's for romance, a wedding, or a honeymoon getaway, you'll find something to meet your need in the diversity of Jamaica's resort areas.





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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.



A Visual Taste 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.



A Visual Taste 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 entree.



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 entree.



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 entree.



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.



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