



CARIBBEAN AMERICAN MAGAZINE

Expressions

In Recognition of

**NATIONAL CARIBBEAN - AMERICAN
HERITAGE MONTH**

June 2018

Featuring:

CARIBBEAN AMERICAN EXHIBITION & FESTIVAL

and

CARIBBEAN AMERICAN HERITAGE AWARDS BANQUET & GALA

www.uniquecreationsbyliz.com / www.cahmusa.com

A photograph of four dancers in traditional Jamaican attire performing on a stage. The background is a large, abstract mural in shades of red and black, featuring stylized human figures. The dancers are wearing colorful, flowing dresses and headwraps. The lighting is warm, highlighting the dancers against the dark background.

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Elizabeth Burns



Hello everyone, it is that time again when we come together to recognize and celebrate National Caribbean American Heritage Month. This is an exciting time as we continue to acknowledge this special period in our history which began several years ago starting in 2006 by President George W. Bush when he signed it into law.

Over the years we have been supported by numerous people in the Caribbean American Community including various dignitaries and public officials. This year we start off the celebrations on June 9th with the 4th Annual Caribbean American Heritage Awards, followed by the 9th Annual Caribbean American Exhibition and Festival on June 30th

Congratulations to the 8 individuals with Caribbean roots who were chosen to receive the Caribbean American Heritage Awards for their service to their community and country. They are originally from Jamaica, Trinidad & Tobago, Haiti, Cuba and Antigua and Barbuda. We will also recognize 3 individuals from the United States, who have supported and impacted the Caribbean Community to receive the Friend of the Caribbean Award.

This year we are proud to present a host of entertainers, exhibitors, vendors and activities for the entire family at the Caribbean Exhibition & Festival, with an Island food pavilion- authentic Caribbean Foods, Arts/Craft, Health and more. Please visit our website, www.CAHMUSA.com, also join us on <https://www.facebook.com/CaribbeanAmericanExhibitionandFestival/>

We are excited to announce the formation of Advanced Legacy Foundation, an organization created for charitable purposes. More specifically, it is dedicated to providing scholarships for disadvantaged students and to assist in improving the socio-economic quality of life for the less fortunate in South Florida and the Caribbean. This organization will be of great benefit to the community.

Along with these events we produce the “Expressions” Caribbean American Magazine, featuring articles about the Caribbean, giving a bird’s eye view of its people, food and culture. It also provides information about many Caribbean and American businesses. We ask that you keep your copy of the magazine for future reference, also please try to use the services provided by these advertisers.

Many thanks to our awesome sponsors and supporters: Grace Foods U.S.A., JetBlue, VITAS Healthcare, Publix and several Media Groups including Sun-Sentinel. To our Attendees, Exhibitors, Vendors and Advertisers, many thanks and welcome to all of you.

To My Caribbean-American Family! One Love!
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Proclamation

President Donald J. Trump Proclaims June 2018 as National Caribbean-American Heritage Month

Issued on: May 31, 2018

During Caribbean-American Heritage Month, we honor America's long-shared history with our neighbors in the Caribbean and celebrate the Caribbean Americans who have enriched our Nation. Caribbean Americans embody the American spirit, with their talents and hard work contributing greatly to America's economy. They protect our citizens as law enforcement officers, serve our communities as public officials, and mentor our country's young people as educators. Through their tremendous athleticism and determination, they have brought pride to the hearts of the American people as members of numerous U.S. Olympic teams. Their leadership and resolve have made incredible contributions to our society.

As trailblazers, Americans with Caribbean roots have sewn their own unique thread into the fabric of our Nation. Dr. William Thornton, a native of the British Virgin Islands, designed the United States Capitol and is generally considered the first "Architect of the Capitol". Jean Baptiste du Sable, the first permanent resident of Chicago, was born in Haiti. Widely recognized as the "Founder of Chicago," his prosperous trade settlement has become one of the most iconic cities in the world.

This month, we acknowledge the numerous contributions of Caribbean Americans to our Nation, including those of the more than 4 million Caribbean Americans who live in the United States today. We are also deeply grateful to the many Caribbean Americans who have served or are currently serving our country as members of our Armed Forces.

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 2018 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 eighteen, and of the Independence of the United States of America the two hundred and forty-second.

DONALD J. TRUMP



Proclamation

REQUESTED BY
MAYOR BEAM FURR
BROWARD COUNTY

WHEREAS, the 9th Annual Caribbean-American Exhibition & Festival is a unique multicultural showcase celebrating 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 and Festival serves to create more awareness and to showcase the cultural diversity, ethnicities, and heritage of the Caribbean people, and assists in the promoting 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 tri-county area. This event has enhanced growth and increased prospects for many businesses, large and small; and

WHEREAS, the inclusion of the Festival theme with captivating Island Music, Cultural Dancers, Reggae, Soca and Latin Artistes, as well as other performers, provides an opportunity for artistes and entertainers to showcase their talents; and

WHEREAS, the inclusion of the 4th Annual Caribbean-American Heritage Awards and Recognition on June 9, 2018, will honor individuals of Caribbean roots, for their significant contribution to the community, as well as 3 non-Caribbean individuals who have impacted the Caribbean-American community; and

WHEREAS, Elizabeth Burns of Unique Creations by Liz 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 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 **Saturday, June 9, 2018** as "**4TH ANNUAL CARIBBEAN-AMERICAN HERITAGE AWARDS DAY**" and **Saturday, June 30, 2018** "**9TH ANNUAL CARIBBEAN-AMERICAN EXHIBITION AND FESTIVAL DAY**" in Broward County Florida, and compliments Elizabeth Burns of Unique Creations by Liz, CAHMUSA and Advanced Legacy Foundation for her outstanding contributions to Broward County in the observance of Caribbean-American Heritage Month.

6/9/18
Date



Mayor

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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Caribbean Festivals & Events

Most people who consider visiting the Caribbean immediately think of crystal clear waters, scuba diving, sailing and laying out on white sandy beaches. If you really want to experience the Caribbean we recommend setting your sights a little bit higher. While the Caribbean offers some of the most spectacular scenery and outdoor experiences in the world, it also offers some of the most unique festivals and events in the world as well. Planning your next vacation in conjunction with Caribbean festivals, events or carnivals is an opportunity turn your Caribbean vacation into the experience of a lifetime.

Carnival, the rowdy and flamboyant February festival, is held annually in many regions in Latin America, South America, and the Caribbean. Carnival is the largest and most popular celebration held in the Caribbean. The largest Carnival celebrations, in the Caribbean, are held in Trinidad and in Jamaica. Locals spend months preparing for the annual festival by making costumes and rehearsing dances with band mates. Once the celebrations begin, there are many parades, musical performances, and other celebrations held. The various elaborate costumes worn during celebrations are another major draw to the events of Carnival.

Carnival, Trinidad and Tobago

Many consider the Carnival celebrations held in the Port of Spain, Trinidad to be the largest and most elaborate throughout the region. During the non-stop Carnival celebrations, parades, calypso concerts, and other celebrations are held. Tourists are permitted to walk around the pan yards and mas camps to witness the construction of parade costumes and floats and watch calypso bands rehearse. Although this celebration only lasts two days, these days are loaded with festivities. Carnival celebrations in Trinidad are held the two days prior to Ash Wednesday.

Carnival fever takes over the island weeks (and months) in advance. Fetes get started early and most anyone and everyone throws one. The most notorious is the Brass Fête, a cross dressing free-for-all held a couple weeks before the official Carnival. It's rumored to be so wild it's borderline dangerous, so travel in a group if you dare. The Saturday of Carnival, don't miss the Panorama Finals, which is the epic pan drum competition.

Monday and Tuesday are the peak days, definitely the ones not to miss. Festivities begin early Monday morning (like, wee hours early - you might still be partying from the night before, in fact!). This part of the Carnival is known as J'Ouvert or "Dirty Mas", and is an exciting, messy way to start the festivities. Come dressed in clothes that can be thrown away. Wash up, then come 8 a.m., it's the Parade of the Bands, with the mas bands dressed in their finest masquerade costumes. The dancing and merrymaking continue all day and all night, so prepare yourself.



A popular tradition of Trinidad Carnival is the festive dance known as wine. (wind) When one wines (winds), they gyrate their hips in response to their partner's movements. This can happen en masse with a large crowd of people engaging in a big group wine. The wine is a common initiation into the party vibe of Carnival. When someone offers, make sure you say yes! It's dirty dancing defined.

This is a party that has no borders - everywhere and everyone is a part of Trinidad Carnival for at least the five days leading up to Lent. On Port of Spain, you'll find the public parades, with outdoor sound systems, floats and throngs of masqueraded dancers and other revelers. In addition, there are private or paid fetes that you can participate in as well. These include the epic and refined fete at the Hyatt Regency on the waterfront and Bacchanal Wednesday, a popular fete featuring live music and a full bar. There's generally an all-inclusive fee for these parties (meaning booze and food) so come hungry and thirsty and make sure to get your money's worth!

All in all, Trinidad Carnival is an epic good time and the perfect capper is a trip to Tobago for some chill, island unwinding after the party time, both Store Bay and Swallows Beach make excellent decompression zones after the furious activity of Carnival. But if you haven't had enough, the partying masses migrate to the northern beach towns of Maracas and Manzanilla to revel in the sun in a huge beach party.

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As Commissioner 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 are several events that will display the Caribbean-American community and culture.

Special congratulations to Elizabeth Burns of *Unique Creations by Liz* for her ongoing success in presenting events that bring attention to Caribbean-American Heritage Month, such as, the 9th Annual Caribbean American Exhibition and Festival which features exhibits, entertainment and showcases local vendors and the 4th Annual Caribbean American Heritage Awards program, recognizing individuals who have impacted our community. In addition to these events, they produce the "Expressions" Caribbean American Magazine which provides year-long advertising for businesses. These events acknowledge the importance of the Caribbean-American Heritage.

I am pleased to express my heartfelt thanks 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 value of unity in diversity.

Sincerely,

Maxwell B. Chambers
Commissioner





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CARIBBEAN RECIPE CORNER



Papaya Pineapple Marmalade Recipe Great Dessert for Vegetarians

2 cups diced ripe pineapple
2 cups diced ripe papaya
3-4 cups sugar (taste and add all 4 if necessary)
1 tablespoon lemon zest (in thin strips)
1 /3 cup lemon juice
1 tablespoon grated ginger
pinch salt
tablespoon honey

Peel and cube the pineapple and papaya) and set aside. Then using a pairing knife, cut off some of the rind off the lemons and slice them thinly (Chiffonade). You'll also need to squeeze the lemons as we'll need this citrus kick in the marmalade.

Place a wide pan on a medium flame and add all the ingredients and bring to a boil. Reduce the heat to a simmer (leave the pan uncovered) and have it go for about 30 minutes. The goal is to make everything tender, to the point where it starts to break apart.

It will go thick and sticky (that's what we want) and you can certainly control the texture. If you want it more runny, you can cook it for a bit less time and if you want it thick, using the back of your spoon, mash down on the pieces of fruit. If you're an exact cook time type of person, you want to achieve 224° degrees Fahrenheit on a candy thermometer.

Pour into a sterilized glass jar, store and enjoy.

CaribbeanPot.com

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Caribbean Festivals & Events

Junkanoo Festival, Bahamas

The Junkanoo Festival, held in the Bahamas and other former British colonies, is an annual celebration inspired by African culture. The biggest celebrations are held in the Bahamas on December 26, also known as Boxing Day, and on New Year's Day. The celebrations begin midnight of the designated festival date, a unique feature of the Junkanoo Festival. Junkanoo is an exciting celebration.

The rhythmic goombay drums, the melodic horns and the kaleidoscope of colors moving to the beat: this is Bahamian national pride, this is Junkanoo. As the major cultural festival of the Bahamas, Junkanoo is a wonderful celebration of life and freedom. Celebrated each year in the early hours of the morning across two parades in downtown Nassau, attended by thousands of festival goers. Tourists and local residents line Bay and Shirley Street shouting, ringing cowbells, and cheering on the floats. Local residents known as “shacks” wear decorative costumes and masks. Similar to Carnival, the costumed celebrators, dance and ring cowbells.

For Bahamians, it is the high point of the season when the nation's main street is transformed into a sea of sight and sound that amazes, astounds and enthralls all who experience it. Junkanoo parades are also held in most of the family islands of the Bahamas, but do not reach the scale of the parade in Nassau.

The participants in this uniquely Bahamian festival come from all walks of life, in every shape and size and across all ages. Families, friends, and neighbors gather in groups, organized into categories based on the size of their troupe and judged on a variety of criteria, the three main categories being: best music, best costume and best overall group presentation.

The headline acts are the A Division Groups with 200 to 1000+ participants. Look out for these groups: Valley Boys, Music Makers, Prodigal Sons, Saxons, Roots and One Family. The B Division Groups are no less impressive, only slightly smaller with 50 to 200 participants while others opt to parade just for fun. Everyone is invited to participate in Junkanoo, as long as he or she follows the rules of the National Junkanoo Association. Visitors to the Islands of the Bahamas can make arrangements through their hotel to join the festival.

Elaborately Decorated Costumes

The costume design is tied to a theme. Themes can be based on almost anything, such as a person, country or historical event. Costuming is a detailed process taking many months to complete. Once the theme has been decided, designers create patterns on cardboard. Next, finely-cut crepe paper is pasted onto cardboard shapes in the most intricate designs. They usually consist of a headdress, shoulder piece and skirt, which are elaborate and brilliantly colored. Costumes may be as tall as 15 feet and adorned with a myriad of glittering beads, feathers and rhinestones. Along with the costumes, each group creates their own parade floats, made from aluminum rods, cardboard, wire, foam, crepe paper and a special cement.

The festival attracts large crowds of Bahamians and visitors and has become a spectacle of color and celebration. The parade starts from the British Colonial Hilton Hotel with dancers short-stepping or “rushing” as it is locally known, to the unique sounds of pulsating drums, cowbells, horns, and whistles. Revelers on the sidelines gyrate and sing along with the same gusto, cheering for their favorite group.

If you happen to miss the festival, there is a Junkanoo Expo Museum located at Prince George Wharf in Nassau which keeps the winning costumes on display. Otherwise jump in, enjoy the beat, feel the rush, visit the beach and have some fun. New Year's Eve, Jost Van Dyke, British Virgin Islands

One of the best New Year's parties in the world is held in the British Virgin Islands on Jost Van Dyke. Many wealthy party goers decide to spend the New Year on a private yacht docked in the harbor. The bars on the island stay open through the early morning hours, so it can get pretty jovial and rowdy on the island. It is not uncommon to see some parties sprawled out on the beach from enjoying the New Year a little too much.

St. Patrick's Day, Montserrat

Since many Irish migrants made their home on Montserrat, St. Patrick's Day on the island is full of festivals, musical performances, costumes, and partying. The parties do not end once the day is over; celebrations carry on throughout the week. Ireland and Montserrat are the only nations where the holiday is recognized as a national celebration.

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CARIBBEAN JOKES

Only A Jamaican...

There were three men from the Caribbean living together in London; a Trinidadian, a Barbadian and a Jamaican who were all starving because they didn't have money to buy food. However, upon coming close to a posh restaurant they came up with a plan.

The Trinidadian went in first. After being seated he ordered a three course meal with white wine. When he had finished the meal the waiter came by with the cheque.

"But I paid you!" the Trinidadian shouted.

The waiter was very confused as he could not remember being paid, but as he did not want to cause any trouble...he let the Trini leave.

Five minutes later the Barbadian walked into the restaurant and ordered a five course meal with red wine. When he was finished eating, the waiter came by to collect the money for food.

"But I paid you!" The Barbadian shouted. This time the manager came and had to calm down the Bajan, and as he did not want anything to upset the other customers he let the Bajan go.

Ten minutes later the Jamaican walked in, sat down, lit a cigarette, and ordered the most expensive meal on the menu plus two Red Stripe beers. After he had finished, the waiter came to collect the money for the meal and before asking for it, the waiter said, "Sir... I have been having a sort of problem all day and I can't understand it. Other people like you came in earlier and ate and they said that they paid me but I don't remember getting any money from them, so....."

Before he could finish, the Jamaican chimed in loudly "Hear mi nuh boss, that ah fi yu problem...jus gimme mi change!"

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Congratulations, Sandra Richards!

Recipient of the Caribbean American Heritage Award



Sandra Richards has worked with VITAS® Healthcare since 1998 as a Continuous Care Supervisor.

Sandra has been nominated for the 2018 Honorees for her constant passion and dedication to giving back to Hope Hospice in Jamaica.

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Caribbean Festivals & Events

Carnival, Jamaica

It must be noted that the timing of Jamaica carnival was designed not to compete with Trinidad which, like other traditional carnivals, was celebrated just before Lent and ended on the Tuesday before Ash-Wednesday. It couldn't be held during Lent as organizers respected the religious significance of the period and so the carnival week was originally scheduled to begin on Easter Sunday and continuing every night until the Road March on the following weekend. A significant part of the activities is Kiddies Carnival which takes place on the Saturday before the adult parade.

Bacchanal Jamaica is now the main facet of Jamaica's Carnival and continues to grow from strength to strength commanding thousands of followers for its annual program which kicks off in January and then continues for some 8 weeks to its climax on the weekend after Easter. Revelers now eagerly anticipate the schedule which sees Bacchanal New Year band launch in early January and the opening of Mas Camp in February, weekly reveling at Bacchanal Fridays, bi-weekly Socacise classes, Beach J'ouvert, Bacchanal J'ouvert and the Road March. ***“This event is unique as it quite literally lasts for three months during which we can't let up. We are able to do this because of the support of our many long-standing sponsors who return to work with us year after year”***, observes Charmaine Franklin, Bacchanal director.

Crop Over Festival, Barbados.

The only thing better than a week long party is a month long party. The Crop Over Festival in Barbados, spreads over a period of approximately (12) weeks from the month of 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. 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 Barbados.



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 for the Crop Over Season in Barbados. 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. The last weekend is the climax of the festival and every minute is accounted for. Friday night sees the start of the finals of the Pic-O-De-Crop Competition; here you will hear mainly social commentary. Eight finalists compete at a tension filled Kensington Stadium for the title of Calypso Monarch.

Children also play a part in the Crop over celebrations in Barbados. The Junior Kadooment sees the young revelers on the streets parading in costume to the National Stadium as well as the Junior Calypso Monarch, a competition celebrating the young talent and the voices of tomorrow's calypsonians. The Big Crop Over Weekend: (Last weekend leading up to Grand Kadooment/Carnival Day) Friday Night, after the Pic-O-De-Crop Finals, there is the Foreday Morning Jump Up held in the early hours of Saturday morning, which is a much cooler option to the heat of Kadooment Day. After the Foreday Morning Jam you can hit the beach and create your own sunrise beach party.

Saturday, if you still have energy left, you may want to stay on for Bridgetown Market, a (3) Day event and the biggest cultural street fair in the Caribbean. Sunday night is the Crop Over Cohobblot, one of the biggest and most exciting events of the season. Monday is Grand Kadooment Day/Carnival, the culmination of the Crop Over Festival. This is a spectacular daytime street carnival & parade, and where the Tune-Of-The-Crop or Road March Song is judged.

St. Lucia Jazz Festival, St. Lucia

Saint Lucia Jazz & Arts Festival opens on May 1st at the 'people's auditorium' – the Mindoo Phillip Park – to an all-star Caribbean Soca, Dancehall & Steelpan line up, and ends around May 7th - 13th. It spans a full 11 days and upwards of fifteen venues featuring some of the best live performances spiced with the celebration of Saint Lucian Arts, culture and cuisine.

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Caribbean American Exhibition & Festival - June 2017 Highlights



"It is the mark of an educated mind to be able to entertain a thought without accepting it."
- Aristotle



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We are pleased to announce the formation of:

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An organization organized for charitable purposes. More specifically, it is dedicated to providing scholarships for dis-advantaged students and to assist in improving the socio-economic quality of life for the less fortunate in South Florida and the Caribbean.

This organization will be of great benefit to the community and is being launched at the Caribbean American Heritage Awards Banquet & Gala on June 9, 2018.

For information on how you can support this organization, you may contact us at: 954-292-6848 OR by email: Liz@cahmusa.com

Additional information on this organization will be forthcoming.

Elizabeth Burns

President
Advanced Legacy Foundation

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Elizabeth Burns, Unique Creations by Liz Congratulates



Alina Valdes, M.D.

Dr. Alina Valdes, an immigrant from Havana, Cuba, received her medical degree from New York Medical College in Valhalla, NY. From there, she completed her residency in Internal Medicine at Lincoln Medical and Mental Health Center in the South Bronx, where she remained as Attending Physician and Assistant Professor in both the Internal Medicine and Emergency Medicine Departments.

She has been practicing in medically under-served communities since 1983, in areas of the South Bronx, East Harlem, Miami Dade and Broward Counties. Her thirty plus years of service to the needy and marginalized populations stems from her mission and passion to provide quality health care to those most in need regardless of their ability to pay. She has been an outspoken advocate for a national one-payer health system because health care is a human right that should be available to all.

Dr. Valdes presently provides health care to the clients residing at Miami Rescue Mission, Broward Outreach Center in Hollywood, FL. The majority of these patients are not only homeless but have no health insurance and have not had health care in years. This poses a unique set of challenges to care for these patients' medical and mental health needs with few resources and a resolve to do right by each and every one.



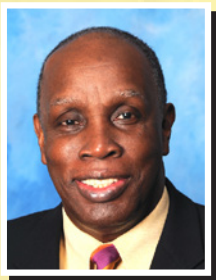
Jennifer S. Carroll

Trinidadian-born who was the 18th Lieutenant Governor of the State of Florida. She was the first Caribbean, the first female and the first person of color to be elected to that position. Jennifer was a state legislator for over 7 years, a small business owner, former Executive Director of Florida Department of Veterans' Affairs and is a 20 year retired Navy Veteran. Jennifer is a public speaker and bestselling author of "When You Get There."

Jennifer is strongly committed to giving back to her community. She's spent countless hours mentoring students, volunteering for Junior Achievement to educate children about the economics of staying in school. She enjoys reading to elementary school children and conducting motivational speeches to at-risk youths. Jennifer has spent summers participating in the Myron Role summer camp for foster kids helping build their self-esteem and confidence.

During her South Africa Trade mission, she took time to deliver food to the children living in the poor areas of Soweto. Interested in providing an avenue for students to afford college, she participated in numerous United Negro College fundraising activities. Additionally, Jennifer often instructed small business owners, especially women, on the ways to build a better business to empower them to have success. Jennifer led a delegation of small business owners on trade missions to Trinidad and Tobago and South Africa which yielded over \$30 million and \$40 million respectively in new trade between Florida businesses and these countries.

2018 Honorees - Continued



Nathan Charles PhD Adjunct Professor, N.S.U. • **Darline B. Riggs** Commissioner, City of Miramar
Micaelle Guirand Titus, C.H.E Network • **Rupert Rhodd**, PhD Professor & Assoc Dean, School of Business - FAU

Caribbean American Heritage Awards - 2018 Honorees



Sandra Richards

Born in Manchester, Jamaica, Sandra grew up in Canada, an active member of the Canadian Jamaican Club of Oshwa. She served as president of the Youth Group and later as secretary of the Adult group. Sandra moved to Florida joining VITAS Healthcare since 1998. With a Masters degree in Human Resource Management, Sandra a trailblazer in Hospice and Palliative Care, is the Payroll Supervisor for VITAS's Continuous Care, overseeing the payroll for eight healthcare staffing agencies, she assures 454 nurses, LPNs and Hospice Aides are compensated.

In addition, she presents policy changes to staff, and assists with scheduling and training. Sandra worked diligently through hurricane IRMA to ensure that proper coordination of staffing for patients was done with ease, while keeping the patients calm and safe.

The Lauderhill resident is a Deacon, with Ascension Peace Presbyterian Church. She is happy to spend time teaching church school from kindergarten to second grade. She uses her talents to selflessly orchestrate fundraising events, raising thousands of dollars to benefit staffers who had faced tragedy and serious medical situations.

Sandra volunteers her time and talent on projects to raise money and medical supplies for Hope Hospice and The Mustard Seed orphanage, in Kingston and Montego Bay, Jamaica. With gratitude she continues to give back to her community and country.



Wilma Mulcare

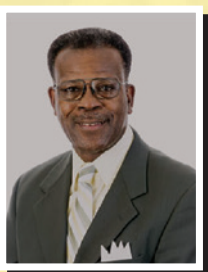
Wilma Mulcare was born in Antigua & Barbuda and migrated to the United States in her early teens. She graduated in cosmetology from Wilfred Beauty Academy in New York City and was honored in the Wilfred Academy Hall of Fame for outstanding services in the community. She opened the doors to her salon which became the first day spa in St. Albans, New York.

Wilma became known for providing outstanding service to her clients as well as for her reputation for doing good work serving her community. She offered free seminars on personal health and wellness, organized fashion shows and beauty pageants to raise funds for various organizations/charities such as the J-Cap substance abuse program of Queens. She volunteered with a woman's group at LaGuardia Community College as an image consultant to help displaced women create a professional image and return to the work-place.

In 2001 Wilma relocated to South Florida, and continues to provide great services as well as her tradition of giving back. Subsequently she created a line of Skincare and Make-up under the name Mulcare Skincare. Additionally, she started the Annual Beauty Fashion Award Extravaganza, which has a beauty / fashion focus and presents the High Achievers Award to those who demonstrate extraordinary accomplishments. In 2017 the event raised funds to benefit the Gamma Delta Sigma Chapter's Rhorer's Club of Sigma Gamma Rho Sorority, Inc. as they help young women, ages 12 – 17, to develop leadership skills.

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Outstanding Leadership Award



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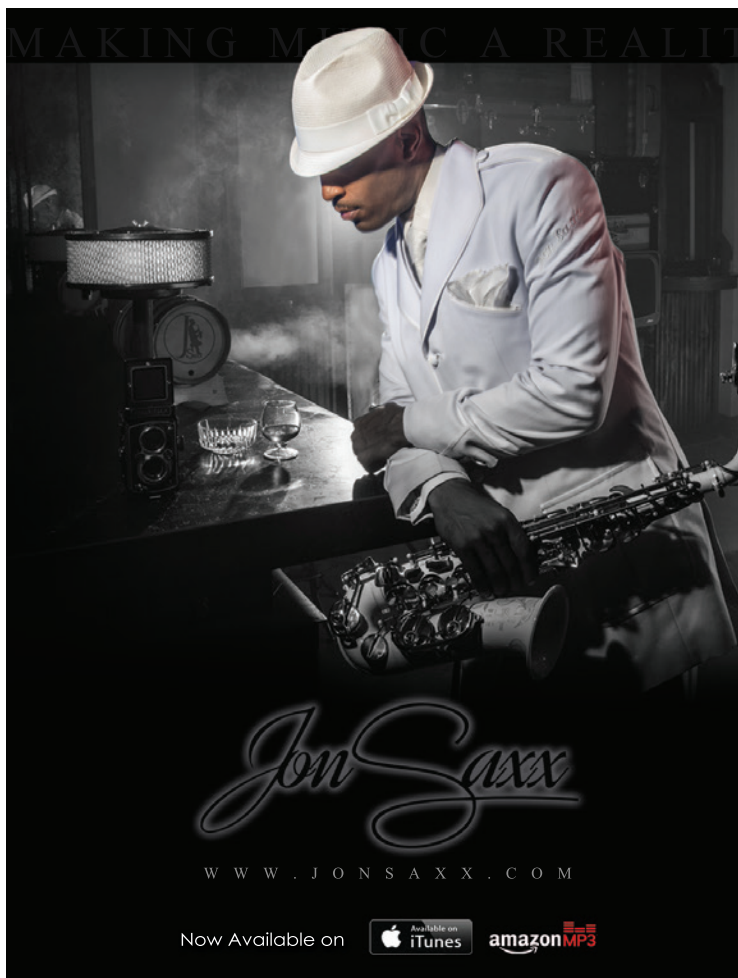
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Caribbean Festivals & Events

continued from page 16

The Festival expects over fifty (50) artistes performing against some of the best backdrop locales this side of the hemisphere, from the signature Atlantic Ocean backdrop of the Pigeon Island National Landmark, to quaint and rustic village settings like Fond D’or Heritage Park in Dennery; Rudy John Beach Park in Laborie; and the tranquil Port Castries waterfront setting of the La Place Carenage.

In addition to great music events, there are street parties, live late night improv at the Rodney Bay village, and the new addition of a ‘piece de resistance’ – an international fashion event, ‘Hot’ Couture, which will remain a permanent feature of the Festival.

Reggae Sumfest, Montego Bay, Jamaica

Sumfest bills itself as the greatest reggae show on earth, and that’s hard to argue with. It is indeed known as the world’s premiere reggae festival. While its reggae lineup is extensive - Sumfest also heavily features an offshoot genre known as “dance-hall”- to the extent that an entire night of the four-night festival is devoted to it.

Two other nights are all about international acts, which may not be strictly reggae but serve as “a celebration of all the musical forms this culture has influenced.” Over the years, the huge names who’ve played Sumfest on these nights include **Beyonce, Jay-Z, Alicia Keys, Usher, Chris Brown, R. Kelly, Ne-Yo, Mary J. Blige, Kanye West, Lil Wayne, T-Pain, LL Cool J, Ludacris, Lionel Richie, Missy Elliott, 50 Cent, and Akon.** Tickets for these days of the festival tend to be pricier.

While the international nights’ headliners might be the most popular acts with the broadest appeal, the festival’s dance-hall night is more unique and a spectacle not to be missed (as a plus, it’s also much less expensive than the other nights). Good Times Await - As is to be expected by anyone who’s even remotely familiar with reggae, this festival is awash with things that promise good times - ganja, dancing, and libations are in abundant supply, and an essential part of the fun.

The event has two primary venues: the beach and the Catherine Hall Entertainment Complex. If you’ve got an easily packable lawn chair, bring it. If you don’t, buy one when you get into Catherine Hall so that you’ll have a dry place to sit while enjoying the show, and somewhere to put your stuff while you’re up to dance. Get ready to stay up all night: It’s not uncommon for Sumfest’s crowds to be swaying and singing from sunset to sunrise.

Fiestas del Apostol Santiago, Loiza, Puerto Rico

For more than 400 years, the sleepy town of Loiza has thrown an all-out street party each July to honor Santiago (aka Saint James), its patron and protector. Here Catholic ritual and island folklore mix into a raucous carnival unlike any other. Idol-toting processions carry Santiago’s image to the mythic tree where he appeared centuries ago. Locals in elaborate costumes parade, re-enact Santiago’s powers power to bring good over evil. Bomba bands beat rhythms on rum-barrel drums, prompting spectators to jump, twirl and shake. Cold beer and coconut water fuel the inexhaustible dancing. Four types of masked characters play a role in the festivities. Only men are permitted to wear the costumes.

Caballeros: These are Spanish knights or gentlemen, aka the good guys. They dress in billowing yellow, green and red capes, decorated with sequins and ribbons. Shiny metal masks and hats with bells and paper flowers round out their gear.

Vejigantes: These are the demon-tricksters. They’re supposed to be the villains, but they’ve become the carnival’s stars, known for their brightly painted, horn-spiked, coconut-shell masks. They run through the streets shouting and doing acrobatics. Some carry a cow bladder - or “vejiga” in Spanish, hence the characters’ name - tied to a stick they use to frighten spectators who don’t give them food or money.

Locas: These are crazy women with blackened faces (played by cross-dressing men). They carry brooms made of vines and sweep the streets, asking for money. They swing their exaggerated hips and breasts to flirt with and pester spectators.

Viejos: The viejos are poor old men. They wear rags and masks made from cardboard boxes or paper bags. Some are musicians who play tunes in return for coins. They’re often teased and tricked by the Locas...

When night falls, the bomba begins and the party continues until dawn.

Jamie Cole, Alison Smith and all
of our attorneys congratulate

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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.

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A Visual Taste 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.



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 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 entre.



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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MIAMI BROWARD ONE CARNIVAL HOST COMMITTEE

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DID YOU KNOW?

Famous People with Caribbean Roots



*Photo from top left:
Kerry Washington, Heavy-D, Cicely Tyson, Garcelle Beauvais, Naomie Harris, Nicki Minaj,
Tyson Beckford, Michelle Rodriguez, Sidney Poitier*

CARIBBEAN RECIPE CORNER



Ultimate Caribbean Coconut French Toast

Bread (at least day old)
2 large eggs
1 cup coconut milk
1 teaspoon vanilla extract
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon
2 tablespoon brown sugar (I used golden brown)
1- 1 1/2 cups coconut milk
1 tablespoon butter
2 bananas (sliced)
1 passion fruit
1/4 teaspoon ginger (powder)
pinch salt
2 tablespoon pure maple syrup
1 1/2 tablespoon butter + coconut oil

In a bowl whisk the eggs, 1 cup coconut milk, vanilla, nutmeg and cinnamon (you can add a pinch of salt if you want also).

Then slice the bread about 3/4-1 inch thick and cover/soak with this mixture.

Allow it to really soak in (I recommend using old bread as it will soak in the 'batter' better). Set aside and let's prepare the Caramel Passion-fruit topping.

Source: www.caribbeanpot.com



Sorrel Pomegranate Roasted Chicken

3 lb chicken
2 slices ginger
1 mandarin / clementine (cut in half)
4 cloves garlic (smashed)
10 sprigs thyme
1/2 medium onion (cut in half)
1/4 teaspoon black pepper
1/4 teaspoon salt
1 tablespoon olive oil
2 large pomegranates (juice and seeds)
6 sorrel buds (aka dried hibiscus)
2 clementine / mandarin (juice)
2 tablespoon honey
1 1/2 tablespoon golden brown sugar
3/4 cup water
1/2 teaspoon salt
3 slices ginger

Pre-heat the oven to 400 F. As it comes to temperature, stuff the clean chicken with the ginger, clementine, garlic, thyme and onion. I used a cast iron pan (skillet) as I find I get a better 'browned' chicken, since the sides are very low.

Drizzle on the olive oil on the pan to prevent sticking, place the chicken on the roasting pan and sprinkle on the salt and black pepper over it. If you wanted to add salt and black pepper in the cavity of the chicken you' can also do so.

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