



*Unique  
Creations*  
by Liz

# Expressions

13th Annual

**CARIBBEAN AMERICAN MAGAZINE**

CELEBRATING

**CARIBBEAN AMERICAN HERITAGE MONTH**

FEATURING:

**UNIQUE CAHM AND CULTURE AWARDS BANQUET & GALA**

ALSO CELEBRATING

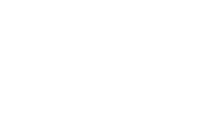
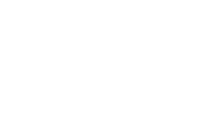
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**Celebrating**

# **NATIONAL CARIBBEAN AMERICAN HERITAGE MONTH**

**The Rich Culture and  
Heritage of The Caribbean**

**JUNE 1<sup>ST</sup> - JUNE 30<sup>TH</sup>**







## *Hello Everyone!*

*It is my pleasure to welcome you here tonight 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 in 2006 by President George W. Bush. Over the years we strive to continue to bring awareness of CAHM and the outstanding contributions that the Caribbean American Community have made to the United States.*



*Sincere Congratulations to ALL the honorees for being a part of this event. Individuals from Haiti, Jamaica, Dominican Republic; Panama; Puerto Rico, have been chosen to receive the "Unique CAHM and Culture Awards" Additionally, 3 non-Caribbean individuals will receive the "Friends of the Caribbean Award" and 1 person will be the recipient of the "Lifetime Achievement Award". Over the years these individuals have supported and impacted the Caribbean American Community.*



*Despite various challenges for over a year and half in various countries and communities with the impact of COVID-19, it is fantastic to see that we are bouncing back to some normalcy. My wish is that we continue to move forward to a better, healthier community and country.*

*In the interest of keeping the community safe, this year we will forgo the Caribbean American Exhibition and Festival and plan to return in 2023.*

*Heartfelt thanks to our sponsors and supporters: SYNOVUS Bank, Senator Lauren Book; Publix Supermarkets; Bodden and Bennett Law, and to ALL our advertisers and individuals who have extended their support over the years.*

*To My American and Caribbean-American Family!*

## **ONE LOVE!**

*Elizabeth "Liz" Burns  
Event Planning, Marketing, Production*



# *Elizabeth "Liz" Burns*

# Proclamation

## National Caribbean - American Heritage Month, 2022

MAY, 2022 • PRESIDENTIAL ACTIONS

America's strength has always been rooted in our diversity. Since our Nation's founding, generation after generation of immigrants have helped build this country, and the prosperity and opportunity that draw so many immigrants to America would not be possible without the contributions and legacies of Caribbean Americans. Today, millions of Caribbean Americans strengthen our country through their vibrant cultures, traditions, languages, and values. In recognition of National Caribbean-American Heritage Month, we honor the immeasurable ways Caribbean Americans have added to our American dream.

This month, our Nation also celebrates the extraordinary leadership and achievements of Vice President Kamala Harris, the first Black American of Jamaican heritage to hold this high office. I am also honored to celebrate alongside brilliant and dedicated public servants of Caribbean heritage — including Secretary of Education Miguel Cardona, Secretary of Homeland Security Alejandro Mayorkas, and Domestic Policy Advisor Susan Rice.

Every day, we see the invaluable contributions Caribbean American communities have made to our country. Our Nation has seen the persistence and character of generations of Caribbean Americans who have fought for equity and equality despite continued discrimination and hardship. In addition, public servants like our Nation's first Supreme Court Justice of Puerto Rican descent, Sonia Sotomayor, and the late General Colin Powell, the son of Jamaican immigrants and the first Black Secretary of State, have made essential contributions to American society and blazed new trails in service to the American people. Caribbean American entrepreneurs, scientists, medical professionals, teachers, artists, police officers, athletes, and contributors in every field have also left a lasting impact on our society.

In spite of innumerable achievements and undeniable contributions, too many Caribbean Americans continue to face systemic barriers to success. Caribbean Americans have been impacted by systemic racism and disparities in opportunity. My Administration has taken a whole-of-government approach to advancing racial justice and equity in order to begin healing those wounds and strengthening opportunity for all. We will continue to use every tool at our disposal to ensure that every American — no matter who they are or where they come from has equal access to the American dream. During this National Caribbean-American Heritage Month, we honor the generations of Caribbean Americans who have built our Nation, shaped our progress, and strengthened our national character.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., 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 2022 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 twenty-two, and of the Independence of the United States of America the two hundred and forty-sixth.

JOSEPH R. BIDEN JR.



*In celebration of Caribbean American  
Heritage Month*



THE CITY OF  
**PEMBROKE  
PINES**

*Congratulates all the  
honorees for the 2022*

# **Unique CAHM and CULTURE Awards**

*Wonderfully presented by*



Unique Creations  
by Liz



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Vice Mayor  
**Jay D. Schwartz**



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Commissioner  
**Iris A. Siple**



Commissioner  
**Angelo Castillo**



City Manager  
**Charles F. Dodge**



# United States of America

## National Anthem

### The Star-Spangled Banner

O say can you see, by the dawn's early light,  
What so proudly we hail'd at the twilight's last gleaming,  
Whose broad stripes and bright stars through the perilous fight  
O'er the ramparts we watch'd were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there,  
O 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 - O 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 wash'd out their foul footsteps' pollution.  
No refuge could save the hireling and slave  
From the terror of flight or 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.

O thus be it ever when freemen shall stand  
Between their lov'd home and the war's desolation!  
Blest with vict'ry and peace may the heav'n rescued land  
Praise the power that hath made and preserv'd 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.

# Jamaica

## National Anthem

Eternal Father bless our land,  
Guard us with Thy Mighty Hand,  
Keep us free from evil powers,  
Be our light through countless hours.  
To our Leaders, Great Defender,  
Grant true wisdom from above.  
Justice, Truth be ours forever,  
Jamaica, Land we love.  
Jamaica, Jamaica, Jamaica land we love.

Teach us true respect for all,

Stir response to duty's call,  
strengthen us the weak to cherish,  
Give us vision lest we perish.  
Knowledge send us Heavenly Father,  
Grant true wisdom from above.  
Justice, Truth be ours forever,  
Jamaica, land we love.  
Jamaica, Jamaica, Jamaica land we love.

# Trinidad & Tobago

## National Anthem

Forged from the love of liberty  
In the fires of hope and prayer,  
With boundless faith in our destiny  
We solemnly declare.

Side by side we stand  
Islands of the blue Caribbean Sea,  
This our native land  
We pledge our lives to thee.

Here every creed and race,  
Find an equal place,  
And may God bless our nation.

Here every creed and race,  
Find an equal place,  
And may God bless our nation.



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# Come! Let's Take A Trip To **THE ISLANDS OF THE CARIBBEAN**



## **ANTIGUA & BARBUDA**

### **FUNGEE & PEPPERPOT**

Prepared either as a breakfast meal or main entre. Fungee is a cornmeal with okra, cooked salted water and boiled to a paste. Pepperpot is a combination of a variety of vegetables, spinach, eggplant, okra, onions, spices, meats, & seasonings, boiled to a soupy finish.



## **ANGUILLA**

### **PIGEON PEAS AND RICE**

The national dish. Pigeon peas are fresh peas often soaked overnight or tinned peas ready to use. Sometimes referred to as beans, they are combined with rice flavored with spices and served with a meat dish.



## **ARUBA**

### **KESHI YENA** The national dish

Keshi Yena is a large round ball of cheese stuffed with spiced beef meat that is served baked or steamed. Included in the Keshi Yena stuffing is also chicken or goat meat.



## **BAHAMAS**

### **CRACK CONCH WITH PEAS AND RICE**

This dish is sometimes served with optional side dishes of potato salad, macaroni & cheese (Bahamian style), coleslaw, and fried plantains. Served as a main entre.



## **BARBADOS**

### **COUCOU & FLYING FISH**

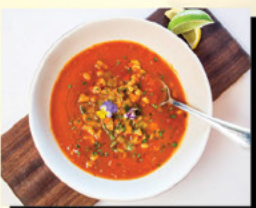
Cou cou or coo coo (made with corn meal, flour, and okra) is served with vegetables, ground provisions or rice or served a la carte as a main entre.



## **BELIZE**

### **BELIZEAN RICE & BEANS WITH FISH STEW**

Beans and rice are cooked together with various spices. Finish with coconut milk for extra flavors. This is prepared as a main entre.



## **BERMUDA**

### **BERMUDA FISH CHOWDER**

Is a soup that is considered quintessential national dish of Bermuda. This dish is an aromatic blend of seafood and spice that often includes potatoes, tomatoes, onions, carrots, green peppers and celery. You might think of it as Bermudian gumbo!





# Proclamation

## City of Pembroke Pines

### UNIQUE CAHM AND CULTURE AWARDS DAY

#### IN CELEBRATION OF

#### CARIBBEAN AMERICAN HERITAGE MONTH

**WHEREAS**, the Annual Unique CAHM and CULTURE Awards, in celebration of National Caribbean-American Heritage Month, brings together the Caribbean American Community; and

**WHEREAS**, Unique CAHM and CULTURE Awards, Banquet and Gala, provides an opportunity to create more awareness for Caribbean American Heritage Month. Additionally, Unique CAHM and CULTURE Awards showcases the cultural diversity, ethnicity, and heritage of the Caribbean people; and


**WHEREAS**, over the years this event has been recognizing individuals of Caribbean roots, who are nominated for their significant contribution to the betterment of their community, and the USA, at large. This event has also expanded to recognize non-Caribbean community leaders, who have supported and impacted the Caribbean American Community with the "Friend of the Caribbean Award"; and

**WHEREAS**, this event has been further expanded to include another category, the Lifetime Achievement Award, which will be awarded to an individual or company who has gone above and beyond to support their country as well as their community. This action will allow outreach to others, who have done exceptionally well in support of their respective communities; and

**WHEREAS**, the inclusion of an island theme featuring Island Music, Entertainers: Singers, Cultural Performers, and other Entertainers to showcase their talent which may lead to booking opportunities; and

**WHEREAS**, Elizabeth "Liz" Burns - Unique Creation by Liz Inc, is the producer of "Expressions" Caribbean-American Magazine, for numerous years, which features many businesses throughout the tri-county area, while giving a bird's eye view of the Caribbean Islands, their tantalizing beauty, culture and delicious foods.

**NOW, THEREFORE, I, FRANK C. ORTIS**, Mayor of the City of Pembroke Pines, Florida, do hereby proclaim Saturday, June 25, 2022 as **UNIQUE CAHM AND CULTURE AWARDS DAY** in the City of Pembroke Pines in celebration of **NATIONAL CARIBBEAN-AMERICAN HERITAGE MONTH** and recognizes Elizabeth "Liz" Burns / Unique Creations by Liz Inc. for her many years of outstanding contributions, to the observance of Caribbean-American Heritage Month.

  
Mayor  
City Clerk



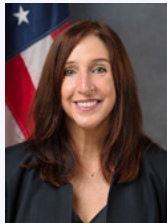
# CONGRATULATIONS

TO THE 2022 HONOREES

## UNIQUE CAHM AND CULTURE AWARDS

### CELEBRATING CARIBBEAN AMERICAN HERITAGE MONTH

PRESENTED BY ELIZABETH "LIZ" BURNS  
UNIQUE CREATIONS BY LIZ



  
*Re-Elect*  
**LAUREN BOOK**  
FOR  
**STATE SENATE**

**CONGRATULATIONS TO ALL THE HONOREES**  
ON RECEIVING THE UNIQUE CAHM AND CULTURE AWARDS  
IN RECOGNITION OF CARIBBEAN AMERICAN HERITAGE MONTH  
**THANK YOU FOR YOUR DEDICATION TO THE COMMUNITY**



PAID BY LAUREN BOOK, DEMOCRAT, FOR STATE SENATE, DISTRICT 35.

*Congratulations*

TO ALL THE

# 2022 HONOREES

AND SPECIAL SALUTE TO  
**ELIZABETH "LIZ" BURNS**

PRODUCER OF  
**Unique CAHM and CULTURE Awards**



HOWARD BERGER

Former Recipient Of The **PRESIDENT'S AWARD** and  
**FRIEND OF THE CARIBBEAN AWARD**

*Congratulations*

to the 2022 Unique

# CAHM & CULTURE

Award Honorees

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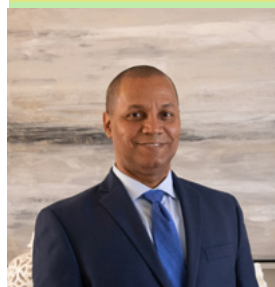
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# Come! Let's Take A Trip To **THE ISLANDS OF THE CARIBBEAN**



## **BRITISH VIRGIN ISLANDS**

### **FISH AND FUNGEE**

Fungi 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.



## **CAYMAN ISLANDS**

**TURTLE** The traditional national dish of the Cayman Islands is turtle meat.

Note that turtles eaten in the Cayman Islands are not from the wild but a government owned turtle farm which is also a tourist attraction. The meat from these farm turtles are using in soup or braised as steaks and burgers. Conch is also popular.



## **CUBA**

**ROPA VIEJA** (Spanish pronunciation: ro. pa .bje. xa; "old clothes") is one of the national dishes of Cuba, but is also popular in other areas of the region. It consists of shredded or pulled stewed beef (Flank Steak) with vegetables in a tomato sauce base, black beans, yellow rice, plantains and fried yucca..



## **CURACAO**

### **TURTLE**

(traditional national dish) is a huge favorite in many of the Caribbean Islands, and can be prepared in various ways and is absolutely delicious in whichever style you prefer. Conch is also popular.



## **DOMINICA**

### **MOUNTAIN CHICKEN**

Mountain chicken or frog legs, colloquially referred to as crapaud 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.



## **DOMINICAN REPUBLIC**

### **SANCOCHO**

Soup with vegetable or ground provisions such as yams, yucca, potatoes, etc along with a variety of meats. Prepared as a main entre. Salchichon, Dominican salami, raditionally eaten with fried green 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.







Wishing Everyone a

# Happy CARIBBEAN AMERICAN Heritage Month

From the Office of  
**Mayor Wayne M. Messam**



**MAYOR WAYNE M. MESSAM**

#BeGreat



MiramarFL.gov





Commissioner  
S. "Ray" Martin  
**City of Lauderhill**



# *Congratulations*

*To All The 2022 CAHM Honorees  
For Your Contributions to the  
South Florida Community  
On the 25th day of June, 2022.*

**#onelauderhill**

**#iloveLauderhill**

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# JAMAICA

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2022

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AWARD



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# INTERESTING ATTRACTIONS IN THE CARIBBEAN

Each of the islands has their own unique offerings, so regardless of your choice, you will always have something special to enjoy. You won't have to look far, 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 catches your interest.

## ARTS AND CULTURE

The culture of the Caribbean Islands is as diverse as its people. Many years of European, American and African influence, along with those of the original indigenous Native culture, have shaped how the Caribbean people choose to express themselves. When you visit the islands, be sure to check out the art and craft no matter which island destination you choose.

## ART MUSEUMS AND GALLERIES



### MUSEO DE ARTE DE PUERTO RICO

Art galleries and Museums in the Caribbean offer visitors the chance to experience both local and global art. In most major cities there is, at the least, one museum that features contemporary art. While Traditional art is still the norm in the Caribbean, to ensure that you are truly experiencing local art, galleries might be the best option.

These are very often run by the local artist or a group of artists, whose works are usually for sale, allowing you to bring a piece of the Caribbean back home with you. Some of the most famous galleries are the Bajo el Sol on the island of St. John in the US Virgin Islands, the Tides Gallery on the island of Barbados, Aah Ras Natango Gallery in Montego Bay, Jamaica, the Grosvenor Galleries and the National Gallery in Kingston, where modern paintings and sculptures are shown. San Juan, Puerto Rico, has the Museo de Arte Contemporaneo. Almost all islands have Art and Craft Galleries displaying local artists. Just ask.

## HISTORICAL MUSEUMS and HISTORICAL SITES



### BERMUDA - NATIONAL MUSEUM

The islands in the Caribbean were thriving cultures long before countries such as Canada, the USA and many other well known countries were established. The long history of many has been well preserved in some by National Museums and Historical sites, which are open to the public and are very good tours for visitors who might be interested in the History of the particular country. Bermuda has its highly praised National Museum, Jamaica has the Institute of Jamaica, The National Museum, the Fort Charles/Port Royal Exhibit and others, the US Virgin Islands have the St. Thomas Historical Trust Museum, Haiti has Palace San Souci and Citadelle Laferrière, the largest fortress in the Western Hemisphere.



### HAITI - CITADELLE LAFERIERRE



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Unique CAHM and CULTURE Awards

**JUNE 2023**

**Celebrating**

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Month*

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# CARIBBEAN AMERICAN HERITAGE MONTH

## Unique CAHM and CULTURE Awards

*Congratulations*  
*to all*  
**HONOREES**



**Dee Harrison**  
President  
Alpha Reliable Title Inc.



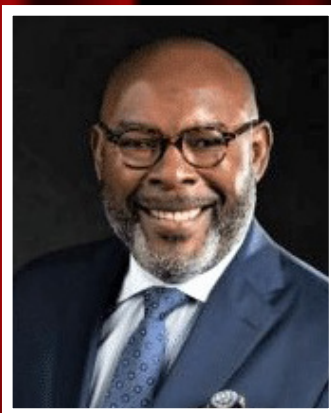
**Braulio Rosa**  
Executive Director  
Broward County Bar Assoc.



**Ayesha Williams**  
Reg. Dir. Health-FLITE Center  
& CEO - Legacy of Change



**Michael Andrews**  
Producer/Radio Personality  
Caribbean Conn. Radio Show



**Jeff Lozama**  
Chairman, Miami-Dade  
Chamber of Commerce



**Dr. (h.c.) Rachel Tourgeman**  
Talk Show Host - On Point  
With Rachel Tourgeman



**Marlon Hill**  
Attorney - Weiss, Serota,  
Helfman, Cole, Bierman



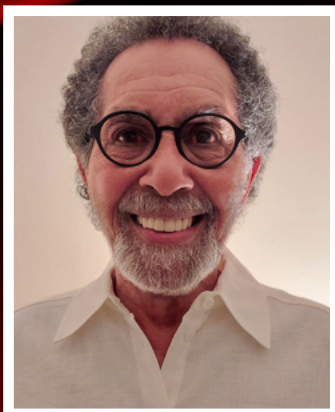


# Unique CAHM and CULTURE Awards



**Berioska Sosa**

CEO - Royalty Care Med Spa  
& Shaoni Medical Solutions



**Don Parchment**

Professional Photographer  
Don Parchment Photography

# 2022



## FRIENDS OF THE CARIBBEAN AWARD



**Lori Alhadeff**

CEO - Make Our Schools Safe  
School Board Member



**Sarai Martin**

Commissioner  
City of Lauderhill



**Nancy Merolla**

SVP Community Dev. Officer,  
SYNOVUS Bank



## Lifetime Achievement Award



**Donnie Dawson**

Deputy Dir. of Tourism/Americas  
JAMAICA TOURIST BOARD

*"If God had wanted me otherwise, He would have created me otherwise."  
- Johann von Goethe*





# Caribbean mosaic.

This Caribbean American Heritage Month, we celebrate the rich and diverse cultures of the Caribbean, their unique culinary traditions, and the communities that take pride in their heritage.

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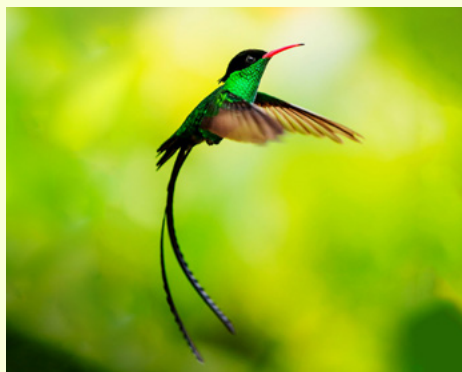
# The National Symbols of Jamaica



## The Coat of Arms

The original Coat of Arms granted to Jamaica in 1661, was designed by the then Archbishop of Canterbury, William Sanderoff. Apart from a partial revision in 1957, it remains virtually the same as was originally designed. The Arms shows a male and female Arawak, standing on either side of the shield which bears a red cross with five golden pineapples superimposed on it.

The Crest is a Jamaican crocodile surmounting the Royal Helmet and Mantlings. The original Latin motto, "Indus Uterque Serviet Uni", which mean "The two Indian will serve as one" has been changed to one in English: "Out of Many, One People" on July 13, 1962 (The year of Independence).



## National Bird

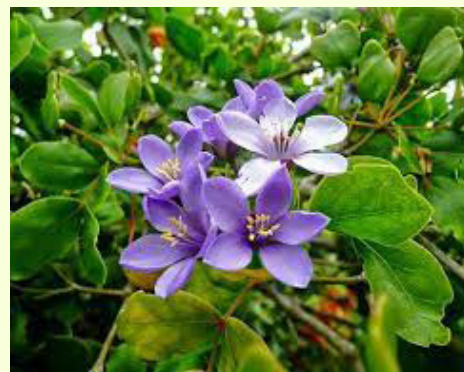
The Doctor Bird (Humming Bird)

The "Doctor Bird" (Trochilus polytmus) lives only in Jamaica and is one of the most outstanding of all the species of Humming Birds. The feathers of the Doctor Bird are beautifully iridescent, a characteristic peculiar to this family.

### The Meaning in the Name

The origin of the name 'Docorbird' is somewhat unsettled. It has been said that the name was given because the erect black crest and tails resemble the top hat and long tail coats doctors used to wear in the old days. Other schools of thought believe that it refers to the way the birds lance the flowers with their bills to extract nectar.

According to Frederic Cassidy the bird is an object of superstition. The Arawaks spread the belief that the bird had magical powers. They called it the 'God bird', believing it was the reincarnation of dead souls.



## National Flower

Lignum Vitae

Lignum Vitae (Guaiacum officinale) is indigenous to Jamaica and was found here by Christopher Columbus. It is thought that the name "Wood of Life" was then adopted because of its medicinal qualities.

The tree grows best in the dry woodlands along both the North and South coasts of the island. In addition to shedding an attractive blue flower, the plant itself is extremely ornamental.

The wood is widely used in the manufacture of propeller shaft bearings for ships, as well as in the creation of curios, sought after by visitors and nationals alike.





# The National Symbols of Jamaica



## Ackee

**The Jamaican National Fruit.**

Ackee (*Blighia sapida*). Whilst not indigenous to Jamaica, this fruit has remarkable historic associations. It was originally imported from West Africa, probably brought here in a slave ship, and now grows luxuriously producing each year large quantities of edible fruit.

The tree was unknown to science until plants were taken from Jamaica to England in 1793 by none other than Captain William Bligh of "Mutiny on the Bounty" fame, hence the botanical name "*Blighia spadia*" in honour of the notorious sea captain. One of the earliest local propagators of the tree was Dr. Thomas Clarke who introduced it to the eastern parishes in 1778.

Jamaica is the only place where the fruit is generally recognized as an edible crop, although the plant has been introduced into most of the other Caribbean islands.



## National Dish

**Ackee and Saltfish**

Is absolutely delicious and versatile. It is used for different meals of the day. A unique flavor with an acquired taste and is loved by most Jamaicans.



## National Tree

**The Blue Mahoe**

Mahoe (*Hibiscus elatus*). This has been regarded as one of the primary economic timbers. It is currently much used for re-afforestation and is a valuable source of cabinet timber. Of an attractive blue-green colour with variegated yellowish intrusions, it is capable of showing to advantage the variety of grain and colour tones. The trade, local and foreign, consumes annually many thousands of feet of this beautiful timber.



## The National Flag

The Jamaican national flag was unfurled and hoisted for the first time at the dramatic hour of midnight on August 5, 1962 as the British flag was being lowered, signalling the dawn of Jamaica's political independence from Britain, present day United Kingdom, after over 300 years under British rule.

The Jamaican National Flag came into use on August 6, 1962, Jamaica's Independence Day. It was designed by a bipartisan committee of the Jamaica House of representatives.

## Symbolism

"The sun shineth, the land is green and the people are strong and creative" is the symbolism of the colours of the flag.

Black depicts the strength and creativity of the people; Gold, the natural beauty of the sunlight and the wealth of the country; and Green signifies hope and agricultural resources.



# Come! Let's Take A Trip To **THE ISLANDS OF THE CARIBBEAN**



## **GUYANA** **PEPPERPOT**

Made with cassareep (cassava extract) and beef or choice of meat, served with white rice or black eye or split peas & rice, spicy, served as a main entre.



## **GUADELOUPE** **PORC-COLOMBO** (national dish)

A stew made with pork, chicken, lamb or goat, together with various local herbs, spices and vegetables.



## **HAITI** **GRIOTS WITH RICE & BEANS**

Griots (pork) 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 Haitians 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. Seasonal 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 entrée. 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 entrée.



## **MONTSERRAT** **GOAT WATER** (national dish)

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 entrée.





*Greetings,*

*From Commissioner Maxwell B.*

*Chambers. I have served on the Commission for the City of Miramar for over 7 years. I would like to extend my heartfelt gratitude for the confidence you have placed in me. I am "The People's Commissioner" and I am Always here for you. I promise to continue to serve with the utmost compassion and integrity.*

*Please visit the city of Miramar's website and my social media platforms to keep abreast of our lively city events, interactive activities and beneficial programs. Look out for my Annual Family night Celebration, food drives, health fairs, concerts and fashion show.*

**Commissioner**  
*Maxwell B. Chambers*

*"I am always here for you"*

**Tel: 954-602-3154**



Kudos to Elizabeth "Liz" Burns of Unique Creations By Liz for hosting another grand event in celebration of Caribbean-American Heritage Month. As a former recipient, it is my distinct pleasure to recognize the 2022 Honorees. CONGRATULATIONS on attaining this prestigious award.





# The National Symbols of Trinidad & Tobago



## The Coat of Arms

The Coat of Arms of Trinidad and Tobago was designed in 1962, by a committee of distinguished citizens established to select and design the country's national emblems. Committee members included noted artist Carlyle Chang and Carnival Designer George.

At the top is the Crest - a ship's wheel in gold in front of a fruited coconut palm. This palm had always been the central figure on the Great Seals of British Colonial Tobago. Beneath the wheel is the wreath which holds the mantle in place. The Helm is a gold helmet facing front which represents the Queen. The devices on the Shield are the two humming birds. The three gold ships represent the Trinity - the discovery of the islands and the three ships of Columbus; the sea that brought our people together; and the commerce and wealth of our country.

The colours of the National Flag are displayed on the Shield.



## The National Bird Scarlet Ibis

The Scarlet Ibis (*Eudocimus Ruber*) is a species of ibis that occurs in tropical South America and Trinidad and Tobago. The largest habitat of the Scarlet Ibis is the Caroni Swamp in central Trinidad. This beautiful bird is brown when young and, its colour changes to red when it is mature.

The Cocrico (Red tailed Guan or Rufus -tailed Chachalaca) is a native of Tobago and Venezuela, but is not found in Trinidad. It is the only game bird on the island of Tobago, and is referred to as the Tobago Pheasant. It is about the size of a common fowl, brownish in colour with a long tail.

They go about in flocks of about six (6) and their quaint calls can be heard especially on early mornings and late evenings. Both birds are featured on the Coat of Arms of Trinidad and Tobago, and are protected by law.



## The Steelpan

Steel pans (steel drums) were created on the Caribbean island of Trinidad in the 1930s, but steel pan history can be traced back to the enslaved Africans who were brought to the islands during the 1700s.

They carried with them elements of their African culture including the playing of hand drums. These drums became the main percussion instruments in the annual Trinidadian carnival festivities.

Non-traditional instruments like scrap metal, metal containers, graters and dustbins were also used in tamboo bamboo bands. However, by the 1930's these metal instruments dominated the tamboo bamboo bands.

The bamboo tubes were eventually abandoned and replaced by the metal instruments.



# The National Symbols of Trinidad & Tobago



**The National Flower**  
**Chaconia**

Is also called “Wild Poinsettia” or “Pride of Trinidad and Tobago”, is a flaming red forest flower, belonging to the family Rubiaceae. This flower owes its botanical name *Warszewiczia Coccinea* to the Polish-Lituanian plant collector Joseph Warszewicz.

The title “Chaconia” was given in honour of the last and most progressive, Spanish Governor of Trinidad, Don Jose Maria Chacon. The Chaconia flower is found in the red of the Flag and on the Shield of the Coat of Arms.



**The National Dish**  
**Callaloo**

Callaloo is considered Trinidad’s national dish by many. A statement quite debatable since we, our Twin Island Republic, boasts of a wide range of scrumptious dishes! Callaloo is usually made with spinach, ochros, carrot, pumpkin and fresh herbs are simmered in coconut milk.

Pumpkin and carrots compliment the spinach and lend sweetness to the dish.

The ochros add smoothness and the coconut milk provides unrivaled depth of flavor and creaminess to the callaloo.

The fresh herbs and green seasoning contribute even more caribbean favor crabs are often added.

Caribbean soulfood at its best.



**The National Flag**  
**of Trinidad & Tobago**

The National Flag was selected from a series of designs created by the Independence Committee in 1962. The colours of red, white and black were chosen to reflect the philosophy of a ‘new nation’, the principles for which it stood, its hopes and aspirations and the Nation’s supreme determination to preserve the harmony and unity of spirit which underlie the cultural diversity of our people.

Black represents the dedication of the people joined together by one strong bond. It is the colour of strength, of unity of purpose, and of the wealth of the land.

Red represents the fire element. It is the colour most expressive of our country; the vitality of the land and its peoples; the warmth and energy of the sun, the courage and friendliness of the people.

White is the sea by which these lands are bound; the cradle of our nation’s heritage; the purity of aspirations and the equality of all men under the sun.



# Come! Let's Take A Trip To **THE ISLANDS OF THE CARIBBEAN**



## **ST KITTS & NEVIS**

### **STEWED SALT FISH, 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 entrée.



## **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**

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 couch and dumplings is used as gravy, prepared as a main entrée.



## **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. The dish is often served with golden apple drink, which happens to be the national drink.



## **TRINIDAD & TOBAGO**

### **CRAB AND CALALOO**

Trini's love their crab and calaloo. The callaloo 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 entrée.



## **TURKS & CAICOS**

### **CONCH** (national dish)

Is an excellent seafood that is considered the national dish, and is cooked in numerous ways such as fried, conch salad and all are very delicious and well flavored.



## **US VIRGIN ISLANDS**

**BOILED FISH AND FUNGI** (pronounced fun-jee) is a kind of dumpling made from salted cornmeal mixed with water and shortening, and frequently, okra. It's generally served as a side-dish with fish or meat dishes. Conch in butter sauce is also a great favorite





# *Congratulations*

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Iris Siple, Commissioner  
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# *Congratulations*

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FROM YOUR FRIENDS AT THE  
BROWARD COUNTY CLERKS OFFICE

### **CARIBBEAN Recipe corner**

#### **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



Important! If doing this recipe gluten free, please go through the entire list of ingredients to make sure they meet with your specific gluten free dietary needs. 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.

### **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 (add to taste)
- 1 tablespoon lemon zest (in thin strips)
- 1 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.



# INTERESTING ATTRACTIONS IN THE CARIBBEAN



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.

## RAINFOREST and TROPICAL CLIMATES



**El Yunque National Forest-Puerto Rico**



**Trinidad & Tobago - Magnificent Northern Mountains**

Tropical climates, where the temperatures are high and the rain falls regularly, create lush forests that are fantastic for exploring. Some islands like Dominica, Jamaica, Trinidad, Belize and Puerto Rico are well known for their tropical rainforests that are popular among hikers and eco-tourists. Other islands, like the Bahamas, Bermuda, the Cayman Islands and the Turks & Caicos Islands do not have a rainforest, but generally receive at least three inches of rain per month, enough to have Tropical flora and fauna. Aruba and Curacao, get less rainfall and have Deserts.

## DESERTS and DRY CLIMATES



**Aruba - Oranjestad Natural Attractions**

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.





Commissioner  
Denise D. Grant  
City of Lauderhill

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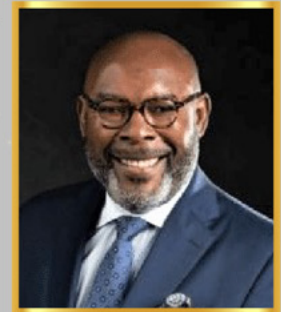
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An organization organized for charitable purposes. More specifically, it is dedicated to providing scholarships for dis-advantaged students and to assist in improving the socio-economic quality of life for the less fortunate in South Florida and the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

This organization will be of great benefit to the community.

## **Congratulations to**

**ALL Honorees on receiving the  
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# INTERESTING ATTRACTIONS IN THE CARIBBEAN

## EXPLORING THE LAND



### THE COASTAL BEAUTY

#### The Turks & Caicos Islands-Grace Bay Beach

The coasts of the Caribbean have, perhaps the greatest 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 the 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.

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. Visit Harrison's Cave and explore its illuminated stalactite- and stalagmite-crammed caverns, and then view Barbados' undersea life on a submarine dive. 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 Barbados being two of the whale watching hotspots.



### BELMOPAN NATURAL ATTRACTIONS



### BARBADOS - HARRISON'S CAVE

## JAMAICA - MYSTIC MOUNTAIN



A memorable Rainforest Adventure awaits you 700 feet above sea level. Mystic Mountain Rainforest Adventure is an eco-friendly attraction located one(1) minute from the world's famous Dunn's River Falls. Situated between the coastlines and reaching up to the hillside, the park was designed in a unique way to preserve the environment while providing fun and lasting memories. You will be able to make different activities in this tour. Take the SkyExplorer Chairlift to the thrilling Jamaican Bobsled, Raggamuffin rides and Canopy Zipline Tour.

Climb Anancy's Web and Reggae Rock and enjoy so much more on your unique eco-friendly Mystic Mountain Jamaica Adventure. 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.



# Sincere Thanks

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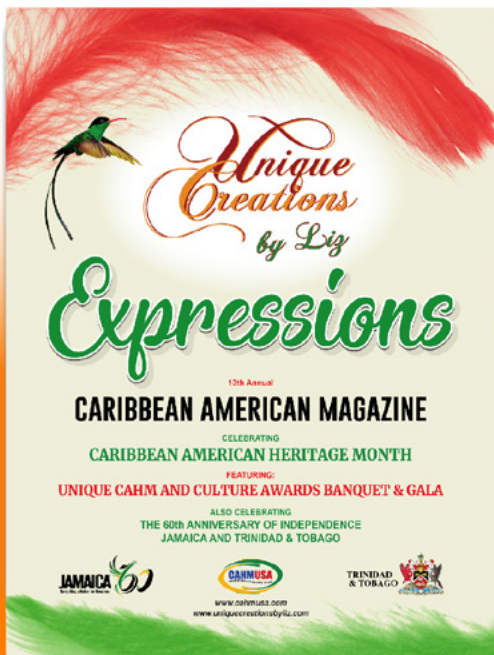
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