

19th Annual
**Taste of The Caribbean
& JERK FESTIVAL 2024**

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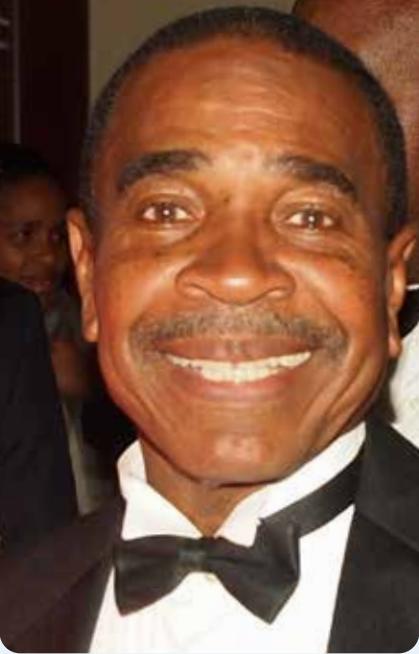


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Leslie G. Perry

Executive Director
www.TasteCT.org

On this our 19th anniversary of the Taste of the Caribbean and Jerk Festival, I extend a very special welcome. Thanks to the Board of Directors, Committee Members, Vendors, Entertainers, our many volunteers and to YOU the attendees for your overwhelming support and commitment. We also recognize the efforts of our host, Riverfront Recapture, Inc., The Town of East Hartford, and The City of Hartford, who have provided unwavering support throughout the past nineteen years.

The Taste of the Caribbean and Jerk Festival is made possible with the assistance of our sponsors and grantors: Evelyn W. Preston Memorial Trust Fund Bank of America, N.A., Trustee, The Greater Hartford Arts Council, Ensworth Charitable Foundation, The George A. & Grace Long Foundation, The City of Hartford, Community Health Center (CHC), Price Chopper, Hartford Communities that Care, The Knox Foundation, InterCommunity Health and JAH Financial Services.

As this event continues to grow, so has the need for funding. We look to you and other entities within the community and beyond, to continue providing desperately needed financial support for this free family-friendly event. Please become a member or Friends of Taste of the Caribbean. The funding we seek assists us to produce and showcase quality diverse cultural entertainment. The event provides local vendors and businesses the opportunity to promote their products and expertise to a diverse audience interested in Caribbean arts, culture and cuisine. This annual festival promotes economic development and provides a significant summer tourist attraction to the City of Hartford.

Thank you for your support of this 19th anniversary of the Taste of the Caribbean and Jerk Festival. Come out early and be sure to enjoy the diverse cultural offerings proudly presented by Taste of the Caribbean Arts and Culture Inc.

Warm Greetings,

It is with quiet humility and sincere fondness that I accepted the role of President of The Taste of the Caribbean Arts & Culture CT, Inc, in October, 2023. Our theme this year, **Making Connections, Building Bridges** is at the heart of everything we do and will be actionable for years to come.

The Taste of the Caribbean and Jerk Festival has been peppered with eclectic cuisines, professional performances via live bands, folklore dancing, our Children's Village, art, cultural presentations and helpful information that have been enjoyed by thousands over the past 19 years. As we look back on our journey, this Festival would not have been possible without our staunch and generous Sponsors, listed on Page (9) of this souvenir magazine. In everything we do, we are ever so grateful for their bountiful financial and in-kind contributions.

To our patrons, we thank you for your ongoing participation, donations, and enthusiasm which have been instrumental in our success. As the Taste of the Caribbean Arts & Culture CT, Inc fosters established relationships and makes new connections with businesses, organizations, and the community, we continue to be committed to uniting people of all pedigrees and creating a shared space where everyone can experience the richness of the Caribbean.

Being the newly elected President, my objective is to support the future strategic initiatives of the Taste, as we seek to build on our strengths and minimize all gaps. We hope to achieve this by utilizing today's technology while purposely engaging and valuing in-person interactions.

I invite you to continue this journey with us, helping to build bridges and make connections that will last a lifetime. In this magazine, you will find a wealth of stories, recipes, and insights that capture the spirit of the Festival. I encourage you to dive in, get inspired, and join us in making this year's Festival our best yet.



Maxine N. Davis,

President
Taste of the Caribbean Arts
& Culture CT, Inc
www.TasteCT.org

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Editor's Remark

Welcome to our special issue dedicated to the “Taste of the Caribbean & Jerk Festival”! We are thrilled to showcase this unique event that celebrates the diversity and richness of our culinary culture under the theme “Making Connections” and “Building Bridges.” This year, we gather to enjoy delicious dishes, exciting flavors, and lively entertainment. The festival is not just a celebration of food and music but also an important effort to support our local community. We are proud to use this platform to raise funds that will help local initiatives and projects that strengthen our city. In this issue, you will find stories from local chefs, recipes that bring the

taste of the festival to your kitchen, and insights into the many ways you can contribute. We encourage you to participate, enjoy, and give back. Your support has been invaluable in helping us achieve our goals, and this year, your contributions are more important than ever. Every donation, whether big or small, helps preserve and promote our cultural traditions and brings us one step closer to a strong and thriving community. Together, let's make the “Taste of the Caribbean & Jerk Festival” a memorable and meaningful experience. Thank you for your support and enthusiasm.

Carol Carnegie | Magazine Chair

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(Headliner) Glen Washington

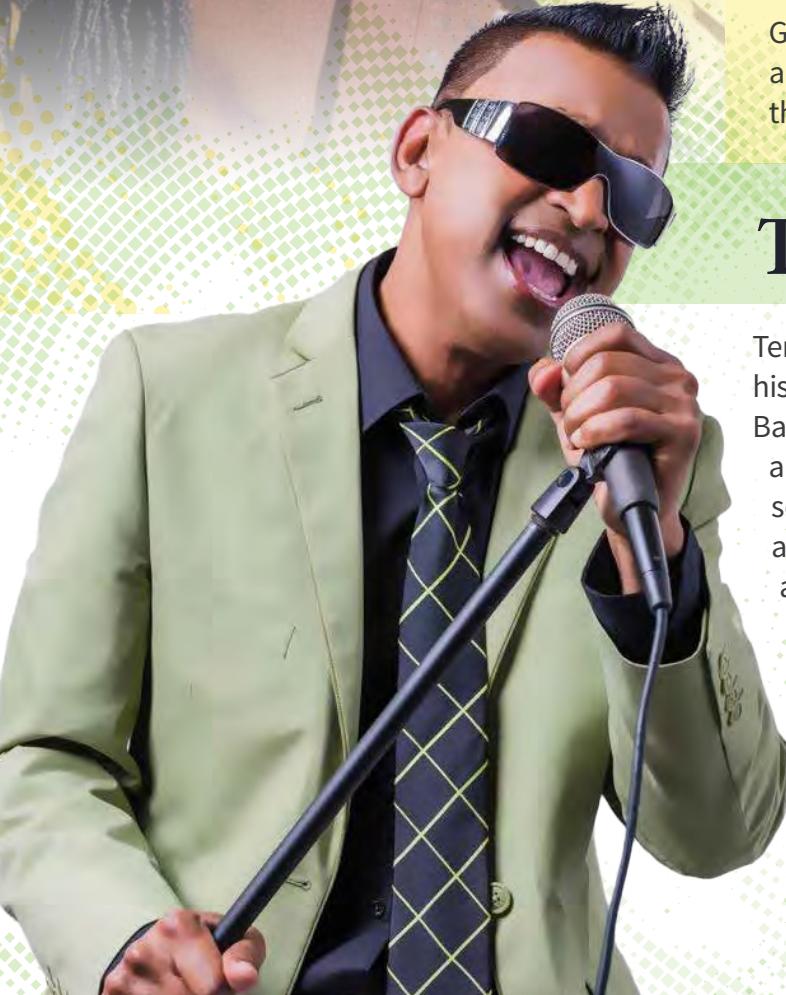
With a career spanning over four decades, Glen Washington has become a household name in the reggae music scene. Born in Clarendon, Jamaica, he first gained widespread attention with his debut album "Brother to Brother" in 1997. Since then, Washington has captivated audiences with his unique sound and powerful lyrics.

Washington's journey in music began in the early 1970s as the lead singer of 'Names and Faces' and later with '35 Incorporated,' where he learned to play drums under Joseph Hill. Washington's versatility shone through as he took on the role of singing drummer after Hill's departure. Notably, he also served as the main drummer for Stevie Wonder, highlighting his exceptional talent.

Washington's career took a significant turn with the release of "Rockers Not Crackers" in 1978, but it was his hit "Kindness for Weakness" in 1998 that solidified his place in the reggae world. Over the years, he has released over forty singles and eleven albums, with his smooth, raspy bass voice drawing frequent comparisons to Beres Hammond.

Glen Washington's music will continue to resonate with audiences worldwide, further solidifying his place among the legends of reggae music.

The Terry Gajraj Story



Terry Gajraj is a Chutney Soca singer from Guyana. He released his debut album "Soca Lambada" in 1990, but it was "Guyana Baboo" in 1994 that established him as a household name and propelled him to international acclaim. As a son of the soil, Terry is the most toured artiste to emerge out of Guyana and his success in promoting Guyanese Music and Culture around the world remains unmatched.

Since he released his 1994 hit song "Guyana Baboo" Gajraj has dominated the Guyanese music scene and has been performing consistently, every single week, every single month, every single year, for over 30 years, internationally. Every year, Terry performs in the Caribbean, Canada, USA, Suriname, Holland, India, London, UK, and he will be performing in New Zealand in October 2024, and South Africa in April 2025.

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Kompa Dance and Its Origins

Kompa, also known as compas, a vibrant and expressive dance style that originated in Haiti and created in the early 1950s, by Haitian musician Nemours Jean-Baptiste, has since become a beloved cultural phenomenon across the Caribbean and beyond. With its roots deeply embedded in Haitian history and culture, Kompa is much more than a dance—it's a celebration of life, community, and resilience. Drawing inspiration from various traditional Haitian rhythms and melodies, Jean-Baptiste blended these elements with contemporary influences to form a new, distinct musical style. Kompa music is characterized by its upbeat tempo, infectious rhythms, and melodious harmonies, often featuring instruments like the accordion, guitar, brass, and percussion.

Kompa dance is a partner dance that reflects the music's rhythm and energy. It is known for its smooth, flowing movements and close partner connection. Dancers often move in a syncopated fashion, with subtle hip movements and intricate footwork that mirror the complex rhythms of Kompa music. The dance is both sensual and elegant, allowing for a high degree of improvisation and personal expression. This dance is a vital part of Haitian cultural identity and has played a significant role in social gatherings, festivals, weddings, other celebrations, and events. It is a medium through which stories are told, emotions are expressed, and communal bonds are strengthened, making it an integral aspect of community life.

Over the years, Kompa has transcended its Haitian roots to gain popularity across the Caribbean and in the Haitian diaspora worldwide. Countries like the Dominican Republic, Guadeloupe, Martinique, and French Guiana have embraced Kompa incorporating it into their own cultural traditions. The dance's influence can also be seen in various modern music and dance genres, highlighting its enduring appeal and adaptability.

Kompa dance is a beautiful expression of Haitian culture, embodying the spirit and resilience of its people. From its origins in the streets of Port-au-Prince to its global presence today, Kompa continues to captivate and inspire dancers around the world. Whether you are an experienced dancer or a curious beginner, exploring Kompa offers a rich and rewarding cultural experience."

CULTURAL HIGHLIGHT

Bomba Dance and Its Origins

Bomba is a dynamic and powerful dance and musical form that originated in the 17th century on the sugar plantations of Puerto Rico, representing a vibrant fusion of African, Indigenous Taíno, and Spanish influences. As one of the oldest living traditions on the island, Bomba holds a significant place in Puerto Rican culture, symbolizing resistance, resilience, and communal unity. Over time, Bomba evolved into a distinct genre, reflecting the struggles and aspirations of the African and Afro-Puerto Rican communities. The dance and music of Bomba became a form of expression, resistance, and a means to preserve African heritage in the face of oppression.

Bomba music is characterized by its rhythmic complexity and call-and-response structure. It is traditionally performed with a combination of drums called barriles or bombas, maracas, and a cua (a wooden stick that strikes the side of a drum). The lead drummer, the primo, improvises rhythms that respond directly to the dancer's movements, creating a dynamic and interactive performance. The songs, often sung in Spanish and sometimes incorporating African languages, tell stories of everyday life, social issues, and historical events.

Bomba dance is an energetic and expressive form where the dancer and the lead drummer engage in a rhythmic dialogue. The dancer's movements are spontaneous and improvisational, reflecting emotions, stories, and personal flair. Each step and gesture made by the dancer is met with a corresponding beat from the drummer, creating an intricate and captivating exchange. This unique interaction makes every Bomba performance a one-of-a-kind experience.

Today, Bomba continues to be a powerful symbol of cultural pride and resistance, celebrated in festivals, cultural centers, and educational programs across Puerto Rico and in Puerto Rican communities worldwide.

In recent years, there has been a resurgence of interest in Bomba, where numerous dance and music groups, cultural organizations, and educators are dedicated to teaching Bomba to new generations, ensuring that its legacy and cultural preservation continues.

Bomba is more than just a dance; it is a living testament to the resilience and creativity of the Afro-Puerto Rican community. As Bomba continues to evolve and inspire, it remains a cherished cultural treasure, connecting past and present, and uniting people through the shared language of music and dance. Whether you are a dancer, musician, or cultural enthusiast, exploring Bomba offers a profound and enriching experience.

CHILDREN'S VILLAGE

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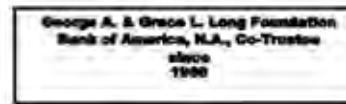
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Taste of The Caribbean & Jerk Festival

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Dr. Juliet and Chief Desmond Farrell, TravelWire, Milano Salon & Day Spa, Attorney Kenneth Kennedy,
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For
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1:00pm to 1:10pm Opening of the Event

Maxine Davis, President
Leslie Perry, Executive Director

1:10pm – 1:30pm	Music on the Plaza (Big 0)
1:55pm – 2:10pm	Nia Joi
2:20pm – 3:10pm	Carnival Parade: Grace CWright Performing Arts Mellissa Craig Caribbean American Dance Company
3:15pm – 3:45pm	D'Radoes Steel Orchestra
3:50pm – 4:05pm	Top Lane
4:10pm – 5:05pm	Klasik (Kompa) Band
5:10pm – 5:25pm	D'Radoes Steel Orchestra
5:30pm – 6:30pm	Sound Pipers Band
6:30pm – 7:30pm	Music on the Plaza

**SCHEDULE OF EVENTS 2024****2:00pm – 2:05pm Opening/Welcome Lower Stage:**

Leslie Perry, Executive Director
 Maxine Davis, President
 Announcements/Acknowledgements

2:05pm – 2:25pm	Music on the Hartford Healthcare Stage DJ Star Don
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2:30pm – 3:30pm	Gospel Showcase with MC Delingo Sister Suzette Carlene the Praise Dancer
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****Eddie Neblett (Headliner)**

3:45pm – 4:00pm	Laree Salmon/ backed by Profile Band
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4:00pm – 4:15pm	Kwesoul/ backed by Profile Band
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4:25pm – 5:10pm	Nelson Garcia (Jazz)
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5:10pm – 5:20pm	Music on the Main/ DJ Badda Snipes
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5:20pm – 5:50pm	Jermz & The Profile Band
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6:00pm – 7:00pm	Terry Gajraj
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7:00pm – 7:30pm	Announcements/Acknowledgements Music / Badda Snipes/Raffle
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7:30pm – 8:45pm	Glen Washington
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Backed by The Profile Band

CHILDREN'S VILLAGE	1 :00pm to 4:30pm (Connecticut Science Center Plaza)
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MC's.....	DJ Lexx, DJ Wasine, Donovan L, Alfonzo McGriff
-----------	--

DJ's.....	Big 0, Sammy Soca, DJ Star Don, DJ Badda Snipes
-----------	---

Audio & Sound Engineering	Sound Guyz Event Solution, Michael Powell (CEO)
---------------------------------	---

Producer.....	Taste of the Caribbean Arts & Culture CT, Inc.
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Committee	Dorette Sterling (Committee Chair), Gregory Mark, Anthony and Barbara Fenton, Elorie Stevens, Alphonso McGriff, Kwame Gibbs, Eleanor Bolt-Cooper, Donovan Longmore, Dahlia Forbes,
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Movimiento Cultural Afro-Continental (MCAC)

Movimiento Cultural Afro-Continental (MCAC), Inc., is a New Haven based cultural, and arts grassroots organization. Our mission is to educate people across Connecticut about Puerto Rico's rich African-based folklore, music, dance, and other art forms, including the Bomba, the oldest Puerto Rican dance and music style rooted in resistance and dating back to the days of slavery. Although legally Incorporated in August 2015, MCAC's group leaders are highly respected cultural workers who have engaged in this art form for decades. Movimiento Cultural provides year-round artistic and instructional workshops to public schools, libraries, colleges, senior centers, and civic events. We have become a leading organization in elevating Afro-Puerto Rican heritage throughout Connecticut..

Laree

Laree is a well sought after singer, performing throughout the northeast region for over a decade. From solo to full band representation, she takes you back beyond her years all the way through today's R&B, neo soul, pop and even some reggae tunes. This talented songstress' vocals have been described as soulful and sultry by her fan club. Enjoy Laree Live and be mesmerized!



TopLane

Michael Bembridge, known as Toplane, is a Jamaican reggae artist renowned for his infectious rhythms, soulful vocals, and profound lyrics. Raised in Portland, Jamaica, he was immersed in reggae, lovers rock, and dancehall, drawing inspiration from legends like Bob Marley and Peter Tosh. Toplane's career began in local venues and schools, captivating audiences with his



dynamic performances. His debut album "Trust the Process" under the name Vitchous showcased his blend of traditional reggae with contemporary production. Transitioning fully to Toplane in 2021, he continues to produce impactful music addressing social issues. Toplane's performances across the Caribbean and USA are celebrated for their energy and connection with audiences. He has shared stages with icons such as Skatalites, Third World, and Beres Hammond, solidifying his role in reggae's evolution. Toplane's commitment to authentic roots and social activism ensures his enduring influence in reggae music.



The Sound Pipers Band

The Sound Pipers Band is self-described as a Caribbean Fusion Band, which means we incorporate Reggae, Soca, Ska, Rock Steady R&B, Blues, Funk and Pop into our performances. There is something for everyone! The Sound Pipers is made up of members from all over the Caribbean. The members' musical journey is influenced by some of the greatest legendary artists from Bob Marley to James Brown and many in between.

An experience with the Pipers is more than just singing and playing instruments, it's fun time, engagement, interaction, reciprocal action, high energy and good vibrations. Just a moment to take your mind off the hustle of life and just have a good time.

Grace C. Wright Performing Arts



Klasik is a Haitian Kompa band headquartered in Boston, MA. Renowned for their energetic performances, they have graced stages across the United States and Canada, with notable appearances in Boston and various states hosting Caribbean concerts, carnivals, and festivals. Throughout their journey, Klasik has risen to prominence as one of Boston's most accomplished Kompa bands in the contemporary era.



Kwesoul

In the sprawling landscape of Afrobeats, where mammoth beats often overshadow the subtler rhythms, emerges the undying pulse of KWESOUL. For over a decade, Gyasi Manu, who performs under the name KWESOUL, has been crafting music imbued with authenticity, preferring the genuine heartbeats of the genre fused with Hip Hop and Reggae Dancehall, over the flashy allure of mainstream trends. KWESOUL—Pronounced-Kway-Soul—The Afrobeats Ambassador.



D'Radoes

Jermaine "Jermz" Mellers, lead singer and band director of The Profile Band, has a remarkable musical journey. From a family deeply rooted in Reggae music, he played various instruments in school before settling on the bass. During his 25 years with Anthem, he toured globally and performed with renowned artists like Marcia Griffiths, Judy Mowatt, and more. Recently, he joined the Caribbean Jazz Fusion group OVERPROOF, showcasing his versatility as a bass player. Humble and spirited, Jermaine is not only a skilled musician but also a talented singer.



Jermz & THE PROFILE BAND



Eddie Neblett

Born and raised in Georgetown, Guyana, Minister Eddie Neblett has been singing since the tender age of 7. At such a young age, his mother (who has always been one of his greatest supporters and the driving force behind the onset of him exploring and developing his music career), encouraged him to join the church choir. From there, Eddie's career and opportunities for him musically grew from stage to stage, literally. He is the winner of multiple musical accolades, not just in Guyana, but also here in America; International Reggae and World Music Awards (IRAWMA) and Kingdom Choice nominated, and most recently selected to be inducted into the Caribbean Gospel Music Hall of Fame.



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7 FACTS ABOUT TRINIDAD & TOBAGO

Trinidad and Tobago is the birthplace of the steelpan, the only acoustic musical instrument invented in the 20th century. Originally crafted from discarded oil drums, it has evolved into a symbol of the country's rich cultural heritage and is integral to its vibrant music scene.

1

The islands' diverse culinary scene reflects their multicultural heritage, blending African, Indian, European, and Indigenous influences. Signature dishes include savory curries, flavorful rotis, spicy doubles, and hearty callaloo soup.

2

Trinidad and Tobago is renowned for its vibrant festivals, including the world-famous Carnival and the Hindu festival of lights, Diwali. These celebrations showcase the country's rich cultural tapestry and spirit of unity and joy.

3

The islands are home to a vibrant arts and music scene, with calypso, soca, and steelpan music resonating throughout the streets. From traditional folk songs to modern hits, music is an integral part of daily life and cultural expression in Trinidad and Tobago.

4

The islands' vibrant music scene extends beyond calypso and soca to include other genres such as chutney, reggae, and parang. Each musical style reflects the diverse cultural influences that have shaped Trinidad and Tobago's identity.

5

The country's Carnival is deeply rooted in African traditions brought to the islands by enslaved peoples, blending with European masquerade balls and Indigenous festivities. It is a time of revelry and self-expression, with participants adorned in elaborate costumes and body paint.

6

The islands' culinary scene is known for its flavorful street food, with vendors selling popular snacks like "doubles" (curried chickpeas in fried flatbread) and "bake and shark" (fried shark sandwiched in fried dough) at roadside stalls and beachfront eateries.

7

The islands are known for their colorful folklore and carnival characters, including the Dame Lorraine (a flamboyant masquerade character), the Midnight Robber (a boastful and theatrical figure), and the Moko Jumbie (a stilt walker believed to ward off evil spirits).



Ouvrons grand les Jeux “Games Wide Open”

Caribbean Beat – July/August 2024

Ouvrons grand les Jeux — “Games wide open” — is a fitting motto, as 10,500 athletes will compete in 329 events in 32 sports at the 2024 Paris Olympic Games. Countless Caribbean athletes are going for gold in Paris. Here are a few with particularly strong chances of medaling.



Cuba — Mijaín López Núñez (wrestling) This will be López Núñez's fifth Olympics. He could achieve a staggering record as the first man to win five consecutive gold medals. He is fighting against the only opponent no-one can defeat: time. At almost 42 years young, age, fatigue, and the weight of expectation are all working against him.



St Lucia — Julien Alfred (women's 100m) The wait is over? This will be St Lucia's eighth Olympic Games, but the “Helen of the West Indies” has never experienced Olympic success. Alfred (22) has emerged as a genuine sprint star.



Dominican Republic — Marileidy Paulino (women's 400m) The barefoot champ. Marileidy Paulino (27) could easily have had a successful handball career but, as fate would have it, a switch to track would prove her destiny.



Barbados — Sada Williams (women's 400m) The “long sprint” heiress. Sada Williams became the first Barbadian woman to medal at the World Championships.



Jamaica — Shelly-Ann Fraser-Pryce, Shericka Jackson, and Elaine Thompson-Herah (track). The last hurrah. They are all household names and, among them, have won 19 Olympic and 32 World Championship medals. The iconic trio will compete together, for the last time, as Fraser-Pryce (37) has confirmed this will be her final Olympic appearance.



Trinidad & Tobago — Nicholas Paul (cycling). Redemption Road. It would be unfair to put the entire nation on the shoulders of one, but Nicholas Paul (25) is used to pressure.



The Bahamas — Steven Gardiner (men's 400m). The Cinderella man. When Steven Gardiner (28) struck 400m gold in Tokyo, it confirmed he was among the elites in his discipline.



Grenada — Kirani James (men's 400m). The spice man. Can you imagine having a stadium named after you by the time you're 25? It was a fitting tribute to the nation's first and only Olympic gold medal winner. At the same age, James was diagnosed with Graves' disease (an autoimmune disorder).



Dominica — Thea LaFond (triple jump) - The Dominican ballerina (30) turned triple jumper has turned heads — especially after striking silver and bronze at the Commonwealth Games. She is the first Dominican athlete to medal with gold at the most recent World Indoor Championships.



Puerto Rico — Jasmine Camacho-Quinn. Despite being born and raised in South Carolina, Camacho-Quinn (27) decided to represent her mother's native land. In Tokyo, she struck gold in the 100m hurdles — becoming the second Puerto Rican to win a gold medal and the first of Afro-Latino descent.

FIVE RECOGNIZED FOR THEIR CONTRIBUTIONS TO THE COMMUNITY

At its annual *Jazz Fusion Fundraising* event held on May 17, 2024, the *Taste of the Caribbean Arts & Culture CT, Inc* recognized five individuals for their contributions to the Community,



Juliet Wood DeBeatham is from Barbados. She was recognized for her services to the Taste of the Caribbean for over 11 years. Juliet was on the Executive Board in roles such as Treasurer, Financial Secretary, Chair of the Vending and Children's Village Committees, and Entertainment Committee member.



Mr. Kenneth Bennett, Sr. is a centenarian (101+ years) was awarded Jamaica's highest honors, the Badge of Honor for Meritorious Service, A medal By Appointment To Her Majesty Queen Elizabeth II. He is a founder and life member of the West Indian Social Club, a 33rd Degree Mason, a Commission on Human Rights member, an Inland Wetland Commission member, a Justice of the Peace, and a Town Council member.



Mr. Hugh Freeney is one of the founders of the West Indian Foundation of Hartford (1979) and its first President. He has been a 5-time President of the West Indian Social Club, founder and President of the Bloomfield Youth Basketball and Little League teams, and a member of Bloomfield's Democratic Town Committee, he also served as Treasurer for The West Indian Celebration Committee of Hartford.



Patricia Elaine Kelly founded Ebony Horse-women, Inc. (EHI). EHI is a 501(c)(3) nonprofit community-service organization, developed and directed by African American female equestrians whose mission is to encourage and empower inner city youth toward positive and successful lives through the use of horses and Equine Assisted Therapy.



Margarita (Maggie) Gardner - In 2007, the establishment of Gardner's House, Inc., heralded Maggie's mission to improve the course of personal recovery from cancer, and particularly for those living within Hartford's most disadvantaged neighborhoods. Through Gardner's House, Maggie provides respite care to cancer survivors through a culturally responsive combination of peer-based support and guidance.



Duckunoo

**PREPARATION TIME 15M
COOKING TIME 1HR**

INGREDIENTS

For 8 Person(s)
Recipe

4 cup(s) Grace Cornmeal
1 cup(s) flour
2 cup(s) raisins (optional)
2 teaspoon(s) nutmeg, grated
1/2 teaspoon(s) salt
2 cup(s) brown sugar
2 teaspoon(s) vanilla essence
4 cup(s) Grace Coconut Milk
1 piece(s) quailed banana leaf
INGREDIENTS FOR ORANGE SAUCE:
1 large orange
1/4 teaspoon(s) orange rind (zest)
1 tablespoon(s) corn flour
4 tablespoon(s) sugar
1 cup(s) water
1 tablespoon(s) rum (optional)

In a bowl, combine Grace Cornmeal, flour, raisins (if used) nutmeg and salt. Make a well in the center.

Combine sugar, vanilla and Grace Coconut Milk, and mix well until dissolved. Pour liquid into dry ingredients and combine to a dropping consistency. Drop by tablespoons on pieces of quailed banana leaves. Make a parcel and tie with cord or strips of banana bark. Place into boiling water and boil for 45 minutes to 1 hour.

To Serve: Serve with an Orange Sauce

ORANGE SAUCE:
Grate orange to obtain rind and extract juice, set aside. Mix corn flour, sugar, orange rind and water and pour into a sauce pan and bring to a boil; stirring constantly until clear. Remove from flame add the orange juice and rum and mix well.

Method Note: Quailed-to place over heat, until shrunken.

Papaya Smoothie

Ingredients

1cup papaya, peeled and cubed
1 banana
1/2 cup Greek / plain yogurt
1/2 cup orange juice
1 Tablespoon honey (optional)
1/2 cup ice cubes

Instructions

Peel and cube the ripe papaya and peel the ripe banana. Add the papaya, banana, Greek yogurt, orange juice, honey (if using), and ice cubes into a blender on high until well combined and smooth.

Pour into glass and enjoy immediately.



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RAINBOW VARIETY:

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Rainbow Variety has been a vibrant cornerstone of the local community since its establishment in 1975. As the second Caribbean variety store to open in Hartford, Rainbow Variety has provided an essential cultural and commercial hub for nearly five decades, fostering a sense of home and continuity for Caribbean immigrants and their descendants.

Rainbow Variety was founded by Eustace Gooden and his wife, Josephine. The Goodens envisioned a store that would not only serve the practical needs of the Caribbean community but also preserve and promote their rich cultural heritage. From its early days, Rainbow Variety stood out for its diverse range of products, including authentic Caribbean groceries, spices, and household items that were otherwise hard to find in Hartford.

Eustace Gooden retired in the 1990s, passing the torch to his son, Hughie Gooden, who took over the family business with enthusiasm and a vision for growth. Under Hughie's leadership, the store has expanded its offerings and adapted to the needs of its customers while staying true to its roots. The store continues to be a vital part of the community, providing goods, a sense of belonging and a taste of home for many Caribbean residents.

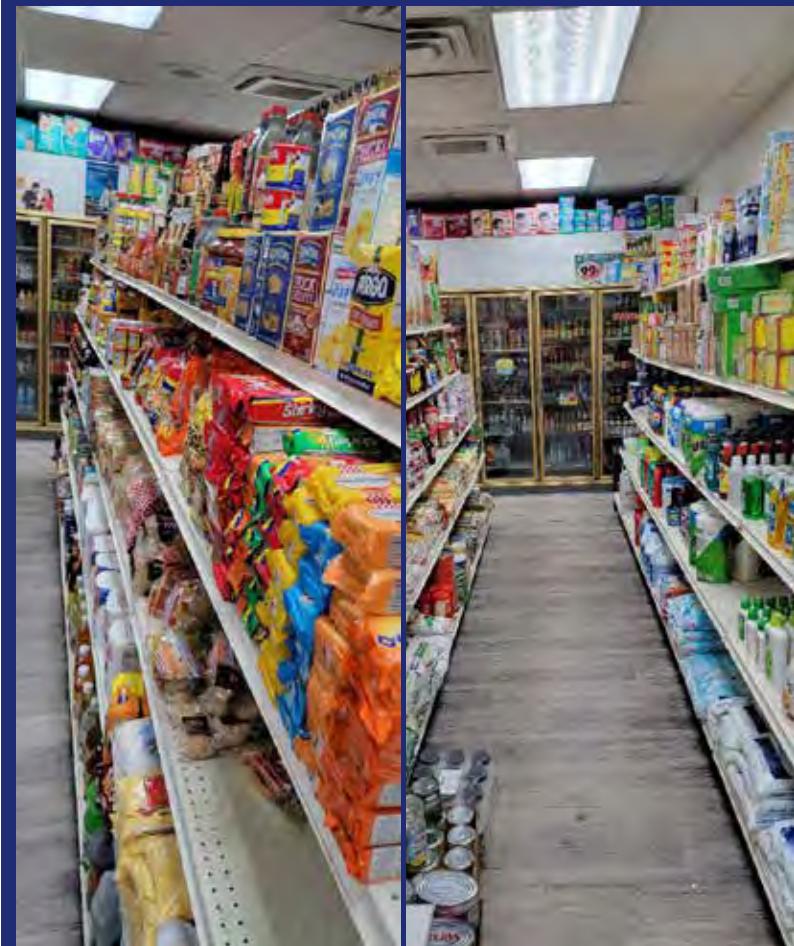
Beyond being a retail store, Rainbow Variety has been engaged in numerous community events, celebrations, and cultural showcases, and is a gathering place for people to connect in the isles while shopping, share stories, and celebrate their heritage, fostering a spirit of community.

As Rainbow Variety approaches its 50th anniversary, Hughie Gooden continues to innovate and adapt, ensuring that Rainbow Variety meets the evolving needs of its customers while preserving the rich traditions and values instilled by his parents.

From its founding by Eustace and Josephine Gooden to its current stewardship under Hughie Gooden, the store has remained a steadfast pillar of the community, in the heart of Connecticut. As it continues to thrive, Rainbow Variety exemplifies the strength, unity, and cultural pride of the Caribbean people in Hartford.



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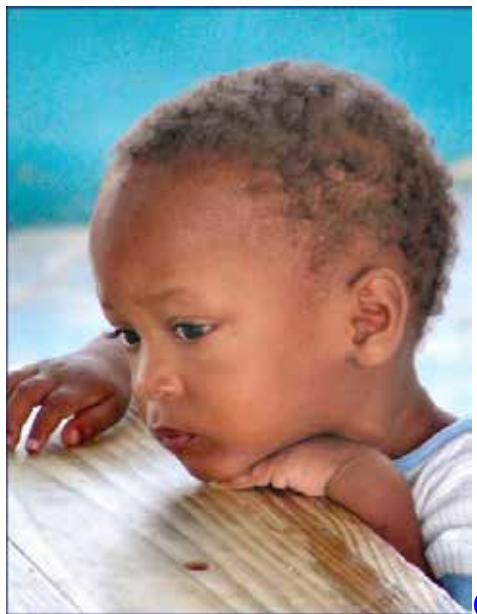


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Happy Anniversary Jamaica!



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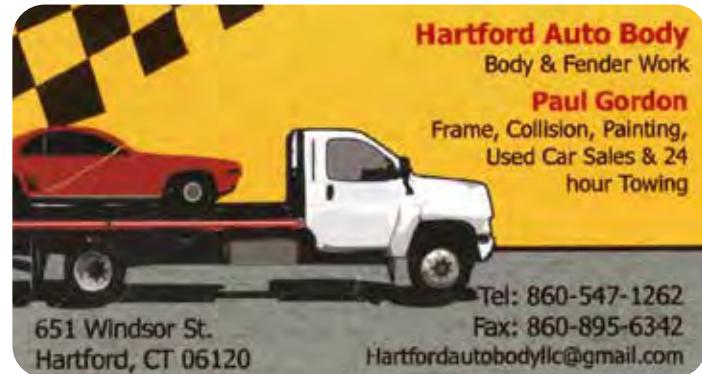
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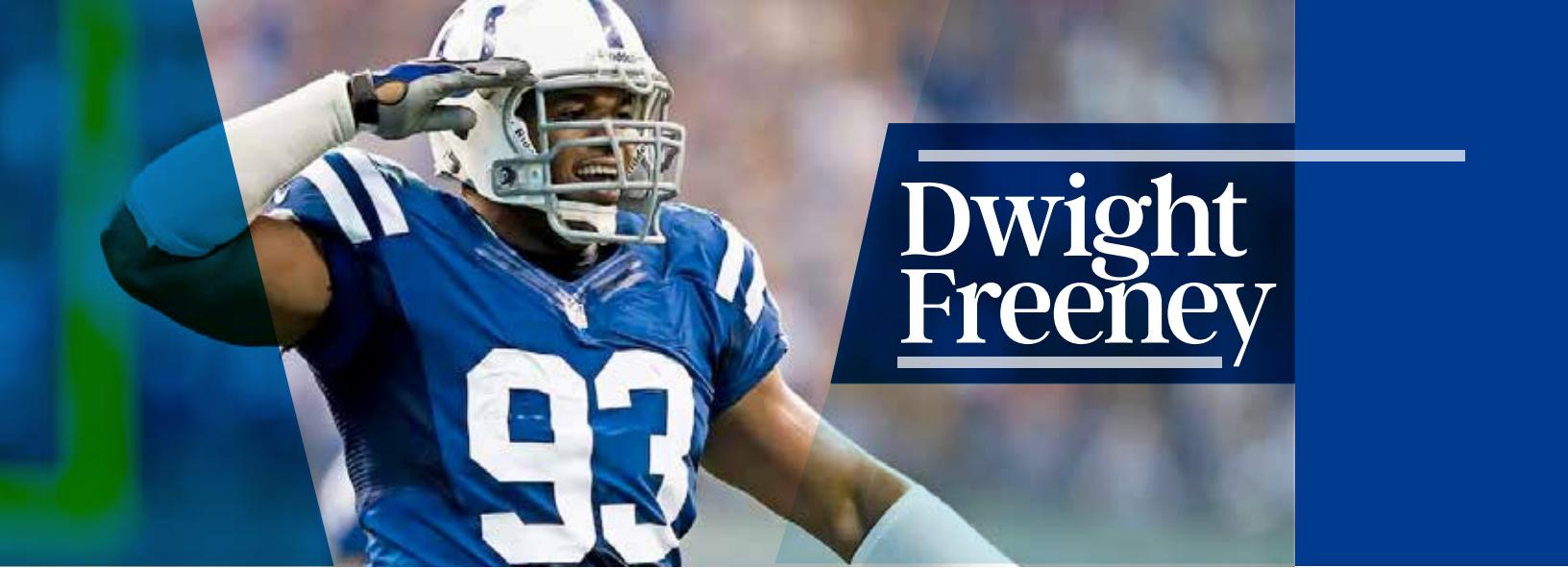
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Dwight Freeney

Dwight Freeney, Bloomfield H.S Alumnus, Inducted into the NFL Hall of Fame

Connecticut native, Dwight Jason Freeney, who attended Bloomfield High School, has been elected to the National Football Hall of Fame's Class of 2024. He, and six others will be enshrined on August 3, 2024. Dwight was known for his patented SPIN move that allowed him to get around bigger players than himself. No one else in Professional Football has been able to perfect the move as well as he did it. Freeney is the son of Hugh and Joy Novelette Freeney of Bloomfield, CT, who were both born in Jamaica, West Indies.

At Bloomfield High School, Freeney was a four-sport letterman, earning letters in baseball, basketball, football, in which he played both ways, and soccer. Coaches Jack Cochran and Bobby Gibson of Bloomfield High School were influential in his training and development as a football player, he never fails to mention them in talking about his early development. Bloomfield High retired his No. 44 football jersey. During his youth, Freeney idolized New York Giants linebacker Lawrence Taylor.

Freeney received an athletic scholarship to attend Syracuse University, where he played for the Orangemen from 1998 to 2001. A two-year starter for Syracuse, he set a school record with 17.5 sacks in his senior season and earned All-American accolades. Freeney was the school's premier pass rusher, and once had a string of 17 consecutive games with at least one sack. Freeney was inducted into the 2023 class of the College Football Hall of Fame, becoming the 10th Syracuse player to be selected for the honor.

The Indianapolis Colts used their first-round pick (11th overall) in 2002, to choose defensive end Dwight Jason Freeney, to help build a championship-level defense to complement their already high-powered offense of the early 2000s. Results came immediately, Freeney led the resurgent defensive line with a rookie-record 13 sacks to go with 20 tackles for loss, on his way to NFL All-Rookie Team honors and a second-place finish in voting for the AP's Defensive Rookie of the Year award.

Freeney followed with three more seasons of double-digit sack totals, including a league-best 16 in 2004. That year he also was named first-team All-Pro for the first of three times and earned his second of seven Pro Bowl invitations. A foot injury limited Freeney to nine games and 3.5 sacks in 2007, but he bounced back in 2008 with 10.5 sacks, and he added 23.5 sacks over the following two seasons.

Freeney played 218 regular-season games over 16 NFL seasons, the first 11 with the Colts. He also played for the San Diego Chargers (2013-2014); Arizona Cardinals (2015); Atlanta Falcons (2016); Seattle Seahawks (2017) and Detroit Lions (2017). Freeney will be enshrined in the NFL Hall of Fame as a Colt.

For his career, Freeney appeared in 22 postseason contests, including three AFC Championship Games and two NFC Championship Games. He won a Super Bowl ring with the Colts and played in two other Super Bowls. In the postseason, he totaled 11 sacks and 12 tackles for loss.

Over the years, Dwight has never forgotten his hometown, consequently, he has made significant financial contributions to Bloomfield High School, Town Youth Sports Programs and The Rehoboth Church of God. He has also supported the Caribbean Community through his financial contributions to The West Indian Foundation, West Indian Independence Celebration, & West Indian Social Club. Freeney is proud of the Mural of himself located in the Alvin & Beatrice Wood Community Center on Park Avenue, Bloomfield, a recognition engendered by his community.

On August 9, 2024, at 11:00 am, State Representative Bobby Gibson, Freeney's former high school coach, will host Dwight Freeney Day at the Connecticut State Capitol in Hartford.

Dwight is married to Brittany. They have 2 daughters, Olivia and Alana.

The members of Taste of the Caribbean Arts & Culture, CT, Inc. send congratulations to native son, Dwight Jason Freeney.

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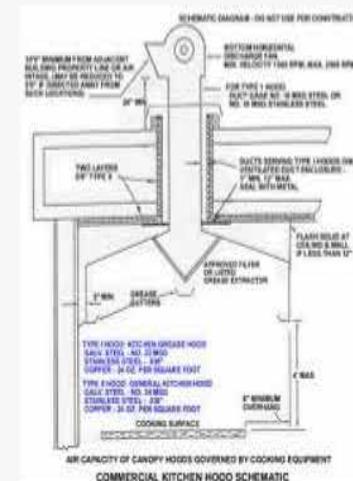
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