











# COMMUNITIES THAT CARE, INC. SUPPORTS TASTE OF THE CARIBBEAN AND JERK FESTIVAL

- School & Community-Based ProgramsSummer and After School Programs
- Workforce Development
- · Faith and Civic Partnerships
- Organized Sports
- Higher Education Partnerships: Capital Community College, UCONN and Springfield College



**Andrew Woods, Executive Director** 

Phone: 860-724-1223

Email: awoods@hartfordctc.org

Website: www.hartfordctc.org

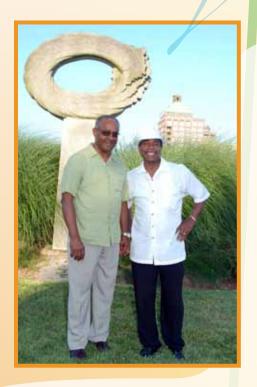
Hartford Communities That Care, Inc. 2550 Main Street

Hartford CT 06120



#### GENUINE CARIBBEAN TASTE. ENJOYED WORLDWIDE.

# Greetings



our pleasure to welcome you to our 8th Annual Taste of The Caribbean & Jerk Festival at the Mortensen Riverfront Plaza in downtown Hartford, Connecticut. Our theme for 2013 is "We are Caribbean". The Caribbean archipelago embraces a diverse culture of many different languages, cuisine, music, dance, arts and lifestyle that are so similar but yet each island has its uniqueness. Saturday August 3rd, our goal and mission is to present to you and your families a fun filled day of Caribbean-ness and traditions which is the result of dedication and commitment of an organization with a vision of empowering the generation, promoting cultural diversity, fostering community pride and the image of an economically vibrant city. We encourage you and your family to sit back, relax and experience an enjoyable day of Caribbean fun in the sun.

This year's event would not be possible without the generosity and commitment our major grantors such as:

- Grace Foods Our Title Sponsor
- The Evelyn W Preston Memorial Fund/Bank of America
- NBC/COMCAST
- Price Chopper
- Ensworth Charitable Foundation
- The City of Hartford
- Greater Hartford Arts Council

We would also like to sincerely say "Thank you" to all our advertisers and vendors who continuously support our mission. Please do us a favor and support their businesses on Saturday and throughout the year. You will be able to find their website and information in our souvenir magazine.

The collaboration and success of any festival is not an easy task so we applause the Taste of the Caribbean & Jerk Festival's Board of Directors, Committee members, entertainers, the many volunteers and YOU the attendees, without whom this would not be possible. If you like our festival invite a friend or two next year we promise it will be even better. In the meantime, hit us up on face book and let us know how we are doing or what we can do to make it even better for you.

INE ARE



Recognition and gratitude goes out to of our partner CAYASCO and our host The Riverfront Recapture who has provided steady support throughout the past eight years.

The Taste of The Caribbean and Jerk Festival continues to grow steadily each year by leaps and bounds. In 2012, we saw thousands of attendees who were unstopped by

the severe heat but came to celebrate the 50th Independence Anniversary of Jamaica and Trinidad & Tobago. As we expand the need for funding also increases and appeal to the community at large for financial support through sponsored programming during the year. This funding aids in providing local vendors and businesses the opportunity to promote their business and expertise to a diverse audience who are interested in Caribbean food, and culture, resulting in economic development as well as boosting tourist development for the City of Hartford.

See you on Saturday basking in the sun with some good food, good music and Caribbean-ness. Oh, and don't be too late because we are having a spectacular Carnival parade that the Riverfront and Hartford has to offer. Bring your family, friends, chairs, blankets, and your appetite. We even have activities for the young people in your lives at our Children's Village located on the lower level, face-painting, story-telling, and jewelry making with macaroni and a bounce house plus traditional Caribbean games.

THANKS, MERCI, GRACIAS for granting us your Saturday. Enjoy the diversity of the Caribbean islands culture and tradition displaying on both the UPPER and LOWER levels of the Plaza.

Yours truly,

John Perkins- Chairperson Leslie Perry – Executive Director

> back: Grantley Adams, Maxine O'Connor, Ackley Beaumont Center: Heather Palmer, Roz White, Desrey Downer, Margo Eugene, Marcia Whittingham, Cynthia Solomon, Melinda DeBeathem, Elorie Stevens Front: "Dragon", Maxine Victor, Leslie Perry, Juliet Relph

#### 2013 Members

#### **Executive Officers**

Leslie G. Perry - Executive Director
John Perkins - Chairperson
Melinda DeBeatham - Vice-Chair
Juliet Relph - Executive Secretary
Maxine O'Connor - Secretary
Maxine Victor - Treasurer
Ackley Beaumont - Asst. Treasure
Elorie Stevens - Financial Secretary

#### Sub-Committees

Entertainment Melinda Debeatham - Chair Donovan Longmore Maxine O'Connor

Marketing/Publicity
Grantley Adams - Chair
Leslie G. Perry
Maxine Victor
Marcia Whittingham

Hospitality
Marcia Anderson-Esson - Chair
Eulabda Balfour
Beverly J. Leavy James
Cynthia Solomon

Vending John Perkins

Magazine
Rosemond White - Chair
Grantley Adams
John Perkins
Elorie Stevens
Marcia Whittingham

Trevor Shepard Graphic Designer

Fundraising Elorie Stevens - chair Andrea Genus Leslie G. Perry

Children's Village Desrey Downer - chair Maxine O'Connor

Will Clark, Photographer Lawrence Jagon, Videographer





## We are Caribbean

is a theme that I embrace for 2013, because it's so sexy. I am praying that we are blessed with sunshine like at home in the islands, but you know we will party in any weather on Saturday on the Riverfront, as we experience the full diverse components of who we are as Caribbean people. Regardless of our ethnicity, our language, our music and our food, we are so much alike. I once attended a wedding where one part of the family was from Cuba and the other was from Jamaica. My cousin from Montserrat has three sons one born in Antigua, one born in Anguilla and one born in Montserrat whose mother is from Dominica. Historically, if we had our own Caribbean Family tree link we would find that we are all connected somehow and that's why it is we in the Caribbean. Caribbean food is not unique to one island but the uniqueness of the

islands makes the difference. The banana leaf, used to wrap food was not done in just one island but throughout the Caribbean and South American. It is my pleasure as editor of the 2013 souvenir magazine to present a titbit of the Taste of the Caribbean.

#### Kanki - Carib recipe Commonwealth of Dominica

- 3 manioc roots (cassava)
- 1 cup sugar
- Spices- nutmeg, ginger, cinnamon
- Banana leaves
- Water

Peel, wash and then grate the manioc roots into a large bowl and cover with cold water. Give it a good stir. Pour the mixture through a muslin cloth (cheese cloth), collecting the liquid in a second bowl. Give the grated manioc a good squeeze, then open up the muslin and remove any large or ungrated pieces. Allow the strained water to settle until you can see the starch has settled at the bottom. Gently pour away the excess water, leaving just the starchy residue. Add sugar, grated spices and grated manioc, mix well until it becomes sticky.

#### **Conkies from Barbados**

- 2 cups cornmeal
- 1/2 cup flour
- 3/4 lb finely grated pumpkin
- 6 oz. melted butter/margarine melted
- 1/2 lb sweet potato (optional)
- 3 cups grated coconut 1 egg
- 1 tsp. salt

- 4 oz raisins (optional)
- 3/4 lb brown sugar
- 1 tsp. cinnamon powder
- 1 tsp. grated nutmeg
- 1 tsp. almond essence

Banana, Plantain or Fig leaves (singed over fire) Combine grated coconut, sweet potato & pumpkin. Mix in sugar, spices, flour, corn flour, salt and raisins. Beat Egg and add to mixture Add milk, margarine and almond essence. Mix ingredients well. Mixture should be thick and drop slowly from a spoon.

•1 cup milk

#### **Ducana from Antigua**

- 2 cups sweetened coconut flakes
- 2 cups grated sweet potatoes
- 1 1/2 cups water
- 2 cups sugar
- 1 tsp. cinnamon
- 1 tsp. ground nutmeg
- 1 tsp. black pepper
- 1 Tbsp. vanilla extract
- 1 cup raisins (my favorite part)
- 1 1/2 cups flour

Mix all of the ingredients in a large bowl in the order they appear on the list

Preparing the LeavesBanana leaves are used to wrap the mixture, therefore you need leaves that aren't shredded. To use them in your recipe, you must make them pliable by briefly singeing them over an open flame. If your leaves start to curl up it means that you had them on the flame too long. If your leaves spontaneously combust, that means you were using old, dried up leaves. Please use green leaves! Cut the singed leaves into individual squares to wrap your mixture in. Many recipes recommend 8" x 8" squares, but they can be bigger depending on how big you want it. Cut the leaves into pieces that you can comfortably wrap the batter in. Place 2 to 3 heaping tablespoons in the centre of each banana leaf square. Fold the banana leaf neatly around the mixture like a package. Be careful not to tear the leaf, or else the mixture will leak. Place the parcels in a pot of boiling water, cook for around 10-20 minutes until firm to touch. Using foil paper Cut 10×12 pieces of foil paper to wrap the mixture. Using a large spoon, scoop the batter into the center of the foil then fold it of the way, covering the mixture. Fold the top of the foil over the mixture, making sure to pin the end of the batter so it doesn't ooze out of the sides. Fold in each end to seal it all in. Place the parcels in a pot of boiling water, cook for around 10-20 minutes until firm to touch. It has been my pleasure as editor of the 2013 souvenir magazine to present a titbit of the Taste of the Caribbean

#### **Upper Level**

#### **Food Vendors**

Rita's Italian Ice • Lennox Cuisine • Seafood Express • Tony's All Seasons Catering
Café Y • Kingston Kafe • American Ice Cream • JR's Kettle Corn • R & S Jamaican Restaurant
Exotic Fruits Delight • Maui Maui

#### **Merchandise Vendors**

CRL Enterprises • Wally's Music • Retail Delightz Inc. • Paul Online Ventures, LLC • Asistah • Caribbean Corner Unity Culture • RRI Marketing • Silverleaf Resorts • Yelp • John Casablancas • Next Step Living Kat's Accessories & Things • Grassillini Creations • Touch of Class • Avon by Shanta CRI Foster Care & Adoption • Capitol Chiropractic Center • St. Lucia Tourist Board

#### **Sponsors**

Grace • Jamaica Tourist Board • Western Union • HillsPoint Hotel
Sunset Resort Jamaica • Hartford Communities That Cares
Community Health Services • Western Union

#### **Lower Level**

#### Food Vendors

Caribbean Passion • Jam Rock • Cotton Candy • Bricins Festival Foods

The Reggae Kitchen • Scotts Jamaican Bakery • Ponce Pina Colada & Latin Foods • Garth's the Art of Cuisine

#### Merchandise

Nutmeg State Federal Credit Union

### Visit and support our trusted sponsors and advertising partners

- Aetna Insurance
- www.aetna.com
- Allstate-Airey Insurance Group
- agents.allstate.com/veronicaairey-wilson-west-hartford-ct.html
- Burnside Supermarket
- 860-291-9965
- Café Y
- https://www.facebook.com/pages/Cafe-YLLC/115768291858373
- Capital Community College
- http://www.ccc.commnet.edu
- Carmon Funeral Home
- http://www.carmonfuneralhome.com
- Community Health Services
- http://www.chshartford.org
- Connecticut Science Center
- http://www.ctsciencecenter.org

- Dunns River Restaurant
- dunnsriverrestaurant@hotmail.com
- Fuqua Funeral Home
- www.henrylfuquafuneralservice.com
- Grace Foods
- http://www.gracefoods.com
- Guyana Kaiteur Group
- http://www.kaieteurgroup.org
- Hartford Community that Cares
- http://www.hartfordctc.org
- HillsPoint Hotel & Conferences
- http://www.hillspointhotel.com
- Island Grill Restaurant
- www.islandgrillect.com
- Jamaica Tourist Board
- http://www.visitjamaica.com

- My City Kitchen
- http://www.mycitykitchen.org
- Peoples United Bank
- www.peoples.com
- Price Chopper
- http://www.pricechopper.com
- Sunset Resorts
- http://www.sunsetresortsjamaica.com
- Travelers Insurance Company
- https://www.travelers.com
- Greater Hartford Arts Council
- http://www.letsgoarts.org
- Wadsworth Museum
- http://www.thewadsworth.org
- Western Union
- http://www.westernunion.com

# Schedule of Events 2013

#### MAIN STAGE

| 3:00 to 4:30   | Music on the Main                |  |  |  |  |
|--|----------------------------------|--|--|--|--|
| 4:30 to 5:30   | Jr. Tucker                       |  |  |  |  |
| 5:50 to 6:05   | Brown Eyes                       |  |  |  |  |
| 6:10 to 6:25   | Misteree                         |  |  |  |  |
| 6:30 to 6:45   | Owen Ire                         |  |  |  |  |
| 7:00 to 7:20   | Platinum One Band                |  |  |  |  |
| 7:30 to 8:15   | Karen Smith                      |  |  |  |  |
| RAFFLE   |                                  |  |  |  |  |
| 8:30 to 9:30   | Terry Gajraj and the Super tones |  |  |  |  |
| 9:45 to 10:45  | Yellow man and Sagittarius Band  |  |  |  |  |
| KID'S CORN   | ER 1:00 to 7:00                  |  |  |  |  |
| Wide array of games and craft activity for the young ones such as face painting, macaroni jewelry making and a bounce house provided by Price Chopper Plus, traditional Caribbean and American games to keep them entertained. |                                  |  |  |  |  |
|  |                                  |  |  |  |  |

#### **PLAZA STAGE**

| 1:00 to 2:00 | Music on the Plaza (Big O and John P)                     |
|--------------|---|
| 2:00 to 2:15 | Sista Jamaica   |
| 2:30 to 3:00 | Hartford Steel Symphony                                   |
| 3:10 to 3:30 | Cultural Dance Troupe of the WI                           |
| 3:40 to 4:00 | Curet Boy Scout Troop 1443 Parading Flags                 |
| 4:00 to 4:30 | Carnival Parade by CICCA Sponsored<br>by City of Hartford |
| 4:40 to 5:05 | Stanley G. and Zumba team                                 |
| 5:15 to 6:00 | Iroko Nuevo from MA                                       |
| 6:10 to 6:50 | La 860 Sponsored by HillsPoint Hotel & Conference         |
| 7:00 to 7:30 | St. Lucian Folklore Association from Brooklyn, NY         |
| 7:30 to 7:55 | Hartford Steel Symphony                                   |
| 8:00 to 8:15 | Music on the Plaza  |
| 8:15 to 9:00 | D'Tay Band  |



Always for everyone... ... uniquely Jamaican



#### NOW THAT YOU'VE TASTED THE CARIBBEAN

JUMP IN AND EXPERIENCE THE REAL THING WITH SUNSET RESORTS!

Sunset Resorts' offer the best value for couples, singles & families. With four properties located in Jamaica's most popular destinations, you'll find something for everyone. Experience top notch friendly Jamaican service, indulge in non-stop "fun in the sun" activities, waterparks, waterslides, beach parties, beautiful white sand beaches and sensational dining. Relax in the poolside Jacuzzis, cool off with a drink at the swim-up bars. Or indulge in a romantic getaway for two at the chic and intimate hideaway, Sunset at the Palms Resort; a perfect getaway for discerning guests seeking the most blissful beach in Jamaica.



Sunset Montego Bay boasts the largest in-resort waterpark in Jamaica



Sunset Jamaica Grande is close to ALL the Ocho Rios Attractions



Sunset at the Palms is the GEM of Negril, casual elegance and laid back







For more information Call Your Travel Professional or 1-800-234-1707

or visit us at www.sunsetresortsjamaica.com



# AIN STAGE AIN STAGE AIN STAGE

# STAGE PERFORMERS



# Jamaica's

first dancehall Superstar, Yellowman ushered in a new era in reggae music following Bob Marley's death. His early-'80s success brought

the popularity of toasting — the reggae equivalent of rapping — to a whole new level, and helped establish dancehall as the wave of the future

Yellowman was one of the most verbally nimble toasters of his time, with a loose, easy flow, a talent for improvisation, and a definite wit in his wordplay. Plus, all the boasting about his prowess on the mic or in the bedroom had to be over the top to be convincing, true to his stage name, Yellowman is an albino, which carries a tremendous social stigma in Jamaica.

Bouts with cancer pushed him into more thoughtful, socially conscious territory in the '90s, but his initial style remains the most influential, paving the way for countless dancehall togsters to follow.

Yellowman was born Winston Foster in Negril, Jamaica, in 1959 (some accounts say 1956). An early target for abuse because of his albinism, he grew up in an institution in Kingston, with little to keep him company besides music. Influenced by early toasting DJs like U-Roy, he practiced rhyming and got a job with the Gemini Sound System as a substitute DJ. Christening himself Yellowman and dressing in a bright yellow suit, he peppered his lyrics with jokes about his skin color and outlandish tales of his sexual conquests. In 1979, he won a landslide victory at the well-known Tastee Talent Contest, and within months he became one of Jamaica's top concert draws, thanks to a dynamic, humorous stage show.

Yellowman recorded prolifically in the early '80s, at one point flooding the Jamaican market with more than 40 singles. His first full-length album, Them a Mad Over Me, was recorded for Channel One in 1981 and featured the hit title track and the single "Me Kill Barnie," an answer record to Lone Ranger's hit "Barnabas Collins." Despite this success, Yellowman didn't truly hit his stride on record until he hooked up with ground breaking dancehall producer Henry "Junjo" Lawes. The 1982 LP Mister Yellowman kicked off their collaboration, released internationally by Greensleeves, it started to break him in the U.K. and U.S., and is still often acclaimed as his best album. It also launched a series of Jamaican hit singles over the next few years that included ,"Yellowman Getting Married" (a rewrite of the My Fair Lady number "I'm Getting Married in the Morning"), "Mr. Chin," "Who Can Make the Dance Ram" (a rewrite of "The Candy Man"), "Zungguzungguzungguzeng" (sampled by several hip-hop acts), "The Good, the Bad, and the Ugly," "Soldier Take Over," "Nobody Move Nobody Get Hurt," and "Wreck a Pum Pum," among others. Many of his recordings during this era featured vocal contributions from fellow DJ/toaster Fathead, whose specialty was punctuating lines with animal noises ("ribbit" and "oink" were his favorites).

After 1983's Zungguzungguzungguzeng album, Yellowman signed a major-label deal with CBS Records, which encouraged him to maintain the stylistic versatility of his previous work. However, his lone album for the label, 1984's King Yellowman, sported mixed results, attempting everything from slack toasts to R&B and pop-tinged crossover tracks, including covers of "Sea Cruise" and "Take Me Home Country Roads," and the much-maligned fusion attempt "Disco Reggae." He subsequently released several albums on Shanachie, including 1984's Nobody Move Nobody Get Hurt, 1985's Galong Galong, 1986's Going to the Chapel, and 1987's Don't Burn It Down. The latter found him delving more into social consciousness, the title cut was a pro-marijuana protest, while "Stop Beat Woman" condemned domestic violence, and "Free Africa" criticized apartheid. Around the same time, he suffered a bout with throat cancer, but fortunately recovered. He returned to action with the hit Fats Domino cover "Blueberry Hill," and moved to the Ras label to record the

well-received Yellow Like Cheese album with producer Philip "Fatis" Burrell.

1994's Prayer album (still on Ras) was the first effort in this new direction, and it was followed quickly by Message to the World in 1995. 1997's Freedom of Speech continued in a similar vein, after which Yellowman switched over to the Artists Only label. His first effort was 1999's Yellow Fever, which concentrated on conscious reggae but also featured some good-natured party tracks. New York followed in 2003, and Round 1 in 2005.

03



# Presenting

Karen Smith, in the words of Anita Baker "A Wonderful Personality" Karen is easily Jamaica's most versatile entertainer. She loves to sing and masters many genres – R&B, Reggae, Pop and Jazz. She takes her audience with her on a smooth musical journey and you are happy to enjoy the clarity and sincerity of her pure vocal stylings. When you see Karen perform, it is obvious that she truly loves the stage and revels in the unique flow of energy between audience and entertainer. Her warmth and charm are always evident when she performs.

Born in Kingston, Jamaica to Hoover and Barbara Smith, Karen attended St. Hugh's High School and later gained a Business degree from Concordia University in Montreal Canada. She worked at the National Commercial Bank, Jamaica for three years before deciding to follow her heart's dream of being an entertainer. Her singing career took off in earnest in 1986 and she performs at many of the major hotels on Jamaica's North Coast including Couples Swept Away, Couples Negril and the Hilton Rose Hall resort. She was the first act featured at the Riu Hotel and Casino in Las Vegas when it opened in February 1990. She also performs at many corporate events and church fundraisers.

Karen has been the opening act for many major artistes – among them James Ingram, Natalie Cole, Chuck Mangione, Smokey Robinson, Seal and Harry Belafonte who describes her as a "wonderfully gifted artiste". She is the voice of the "Winds of Hope" recorded for Jamaica's Olympic effort in 1992. Her CD "Reflections of Love" was produced by Sly and Robbie and Gitsy. A mix of Reggae, R&B and Hip Hop, it includes the former #1 hit "Oh Me Oh My".

She is a multi award winning artiste having won the Jamaica Music Industry Award (JAMI) for Jazz and Cabaret an unprecedented nine (9) times, and also several Jamaican Federation of Music Awards.

Karen is widely recognized as Jamaica's leading jazz vocalist and enjoys the freedom and challenge that jazz offers.

Karen is married to legendary rock steady bassist Jackie Jackson and they have a daughter, Courtni. Karen and Jackie were inducted into the Ocho Rios Jazz Festival Hall of Fame in June 2001. She was awarded the Order of Distinction in 2006 by the Jamaican Government for memorable performances.

#### Hartford Steel Symphony



since 1989, the Hartford Steel Symphony has been providing musical enjoyment around the New England Area for many years. Their musical genre consists of Soca, Calypso,

Reggae, Pop, Classical, Gospel and Jazz, all with an island rhythm. The band is comprised of members that have all competed in several years of steel band competitions and musical extravaganzas.

# The Guyana Kaieteur Group Inc.

**Success Through Education** 



Kaieteur Falls, Guyana, "The world's most powerful single drop waterfalls" (Vertical Drop 741 feet)

**CONGRATULATIONS TO** 

THE TASTE OF THE CARIBBEAN & JERK FESTIVAL
AS YOU CELEBRATE YOUR 8TH ANNIVERSARY LOVE
THE FOOD, LOVE THE ENTERTAINMENT, LOVE
THE VIBES

SAVE THE DATE: 1<sup>ST</sup> SATURDAY IN JUNE 2014
GUYANA KAIETEUR GROUP 18<sup>TH</sup> ANNUAL SCHOLARSHIP
AWARDS BANQUET.

# 20Plus Questions

Indo-Caribbean Face of We are Caribbean



# Peter

Ragnat, entrepreneur, father, husband and Guyanese, is a new face to the Hartford area. He migrated to America as a child but is very much a GT to the bone. I was able to

spend some time with Pete just getting to know him and the brother's brain is always working. Our conversation was very easy as if I had known him a long time and that is what Caribbean people is all about, warmth, welcoming and engaging. Even though I would say one quality he wouldn't admit to is that he is somewhat shy on revealing who he really is or don't take himself too serious.

Peter began to question me instead of me interviewing him, seeking out what island in the Caribbean I was from, because he would like Bedesse Imports Distributors where he works as the account manager to be able to provide a wide and diverse array of Caribbean products to me, okay the diaspora. Once he keeps bringing Tunnock's Caramel biscuits, cream crackers and L&L bitters drink, I good. So, let's get know Peter (Pete) Ragnat from Guyana as he plays 20Plus Questions.

What's your favorite color? Blue

What is your greatest fear? **Not giving my best effort at all times** 

What phrase or words do you over use? You should know What's your favorite Caribbean food? Other than Indian, jerk chicken

What genre of Caribbean music is your favorite?

Calypso Hot or cold? Hot

What do you do to unwind? Listen to Music

Coffee or Bush tea? Coffee

What do you most value in a friend? Honesty
What is your hobby? When I can, I like golfing
What is your daily mantra/motto? Do the Best you can
Where were you born? Guyana
Whent island to be a separately the control of the separate of the

What islands have you visited in the Caribbean? **Anguilla**, **Bahamas**, **Trinidad and Tobago** 

What is it that you most dislike? Laziness or lack of motivation

Do you have a nickname? What is your nickname? Yes, Pete

Can you play cricket? Yes

Caribbean – what does the word mean to you? **An array** 

of people -uniqueness

Gold or silver? Silver

Knowledge or wisdom? Wisdom

Beach or River? Beach

Vanilla or Chocolate? Vanilla

What is one of your passions people would be surprised to know? I rectore ald page

to know? I restore old cars

What is your favorite mango? **Any kind with salt and pepper** 

If you could describe your life in one word what would it be? **Awesome, but more to explore** 

One of your Caribbean historical heroes? **Cuffy fought for freedom for all in Guyana** 

One phrase you use now that was told to you growing

up? I'll be right there or it's not too far

Finish it, I would love to see.....the world from space
Home is .....with family

When I am sad... I listen to music

Sunset.... On the beach with a rum and coke or coconut water

I am inspired by ...My mother's determination to make life better for us.





AFRICAN AMERICAN SPANISH

**WEST INDIAN FOODS** 

Take a little or a lot of home back to your kitchen with Burnside Supermarket from our family to yours.



When I am homesick I go to Burnside Supermarket. Nene from Ghana

C3 I come here every Friday to stock up before I head to Bridgeport. Owen from Jamaica

1 buy my ackee and meat here cuz the prices are good. Michelle

😘 One caribbean store that always have specials and sales which is good for my pocket. Sandra from ANU



Monday-Saturday 8am-8pm • Sunday 8am-5pm 1150 Burnside Ave • East Hartford, CT 06108 • 860.983.5462



"Your hometown hotel"

03

Looking for a venue to hold a wedding reception, class reunion, birthday or anniversary celebration? How about a comfortable, cozy guest room for a quick getaway? We are pleased to introduce the all new **HillsPoint Hotel and Conferences**.







- Affordability with class
- Wedding Packages starting at \$35 per person
- 10,000sq. ft. for meeting and event space
- Preferred Discounted Six Flags New England Packages
- 140 Guest Rooms with continental breakfast included
- 24/7 Airport shuttle by appointment
- Park, Ride and Fly from \$89
- State of the art heated indoor pool

% 10% o

Call and mention this ad and receive a 10% discount on your next booking!

Terry G

hails from Berbiče, that part of Guyana that gave us such LEGENDS as Dr. Cheddi Jagan (former President of Guyana) and Rohan Kanhai (leader in the Sport of Cricket), so too, Terry is a leader

in the field of music & is the unofficial goodwill Ambassador for Guyanese Music & Culture.

Terry Vivekanand Gajraj started singing as a little boy in the FYRISH ROAD Mandir where his Aja (Grandfather) was the Pandit (Priest). Terry's Dad & Uncles (cha-cha) taught him to play various instruments such as the Dholak, Dantal, Harmonium, Keyboard & Guitar.

Terry is affectionately called the "GUYANA BABOO" after his biggest hit in 1992 that brought him international acclaim.

Terry is Guyanas most charismatic and distinguished singer. Since his first record "Soca Lambada" was released in 1989, he has gone on to release over 25 more albums and has had number one records on all the Chutney charts in the Caribbean, North America and Europe. The 1990s have undoubtedly been his decade, and the new millennium promises even more great things to come.

- Guyanas most RECORDED artiste (29 albums and hundreds of songs over a 15 year span).
- Guyana's most TOURING solo singer (performs in all the major cities & countries including Surinam, Holland, England & Spain). One of his most prestigious shows was at Wembley Stadium in London.
- Guyana's most CONSISTENT performer has performed non-stop ... every single week, every single month & every single year for the past 15 years.
- The 1st Chutney Singer to have his own WEBSITE (thanks to Chico Khan) to promote Chutney music worldwide.
- Terry has represented Guyana @ all the major CARNIVALS in the world including Labor Day in NY, Caribana in Canada, Miami Carnival, Nottinghill in London & the Mother of all Carnivals - Trinidad & Tobago (Spektakula).
- Terry was the first singer from the Caribbean to perform @ the Indian equivalent of the Grammys - the Millennium BOLLYWOOD Music Awards!



D-TAY

is a Haitian band that traditionally

plays KOMPA, which is one of the genres of Haitian music. The band is made up of

young and talented musicians. In early summer of 2007 a group of friends came up with the idea of putting their talents together and forming the band. The original founders of the band are: Jean Maignan (Lead Vocal), Jude Jean Charles (Guitar Player) and Max Pospert (Keyboard Player). Since then, D-TAY has been performing all over New England and is very well-known, especially within the Haitian Community in Connecticut. Many of these musicians had been playing since they were very young and played with some famous Haitian bands, like Tropicana D'Haiti and Kreol-la. Their spectacular performances and outstanding talents have landed them some big gigs. They frequently perform in national and international festivals as representatives of their country. D-TAY recently had the opportunity to open up for some big American artists, such as, Megastar and recording artist John Legend, John Forte and Patti Smith at the CT Music Forum at the Bushnell Theater.

D-TAY's main focus is to continue to please its fans and make music with which everyone can identify and enjoy. Most importantly, D-TAY wants to continue to promote the Haitian Kompa to the world and take advantage of every opportunity to help the genre go mainstream.

The band's new Album is due to come out in September 2013 with major hit singles. Come Over and Kompa Se Pou Nou.

D-TAY is available for all musical events. Should anyone need to get in contact with D-TAY, please email Jean-maignanj88@hotmail.com or call (860) 799-4314.



## AIN STAGE



# "Misteree"

Ismail was born (Camille Tomlinson) in Spanish Town, St. Catherine, Jamaica. Her talent

was discovered after she sang, at the age of nine, her rendition of Shirley Caesar's "Jesus I love calling your name" at a concert in Lucea Hanover and received a standing ovation. At that moment "Misteree" knew she wanted to become a singer. She soon began singing in the youth choir, and traveling to different stages and arenas all over the island.

At the age of sixteen years, "Misteree" migrated to the U.S. and began modeling part-time in Miami while singing in the church choir every Sunday, before relocating to Hartford, CT. In June of 2007, she entered the West Indian Idol competition at Weaver High School Auditorium, Misteree, who was the only un-intimidated female in the contest, came home with second place after singing an original calypso tune, "Love de Caribbean" in the finals. In one of the toughest towns for local artists to succeed, she captured the judges' hearts with her intense performance, her big voice and versatility.

"Misteree" has since gone on to open for legendary artists like Beres Hammond, Maxi Priest, Gregory Isaacs, Shabba Ranks, Frankie Paul, Tarrus Riley, Beenie Man, Sanchez, Capleton, Leroy Sybils, Macka Diamond, Dean Fraser, Duane Stephenson and many others, while people still wonder where does that big voice come from in such a slender, but curvy and drop dead gorgeous young woman. In 2010 Misteree was given an opportunity by Capsicum Records LLC to record her first single and video, which you can hear the magic for yourself in "Just As I Am" a soaring fusion of reggae, R&B, hop-hop and gospel that leaves the listener with little doubt who "He" is that loves "Misteree" with such unconditional love.

These days Misteree is embarking on a new horizon with her new single "wine" produced by Tanya Bynoe & king of Soca, Reality Weeks. As she pursues her career in music "Misteree" also empowers the youth in the city of Hartford and around the state on Etiquettes and leadership.

www.facebook.com or www.capsicumrecords.com

# MACS STAG



Over the past 20 years a new breed of Salsa has been brewing in the heart of the Constitution State.

Comprised of the best Salsa musicians from Connecticut and Massachusetts, La 860 which derives its name from the area code for Greater Hartford, is making its mark in the realm of "Salsa Dura". Founded by Co-Leaders Jesse "Timbalon" Perez and Nelson Bello, this dynamic new group flaunting a unique sound and great swing, brings you back in time as they interpret some of the most challenging Salsa arrangements and spirited tribute medleys honoring Salsa classics from El Gran Combo, Frankie Ruiz and others. A guaranteed crowd pleaser, La 860 is creating quite the buzz in the Northeast Region as they continue to inspire Salseros onto the dance floor. Respected as the sweet new groove in Salsa, they are sure to impress even the toughest critics.



#### Sponsored by

HillsPoint Hotel & Conferences 383 South Center Street, Windsor Locks, CT 06096 Telephone: 860-623-4400 | Fax: 860-292-1747 Email: Sales@HillsPointHotel.com





## Born

in Kingston, Jamaica, Junior began singing at the age of 5. In 2 years, he became a household name in his home country and attained his first #1 song, "Happy", followed by "Which Side of the

Coin", "Some Guys have all the Luck", and "It's a Small, Small World". Junior began traveling and performing locally and internationally. Without a shadow of doubt, everyone who saw Junior perform knew that being on stage was what he was born to do.

With tremendous success, he navigated his way through three international recording contracts which have literally taken him across the world. He has toured throughout the United States, United Kingdom, Japan, Mexico, and the Caribbean. At 12 years, he was signed to Island Records which produced the hit song "One of the Poorest People". At 14, he landed a recording contract with Geffen Records USA which turned out "Mr. Telephone Man". At 23, he signed to Virgin Records UK, which produced hits like "Don't Test" and "16". In 1991, Junior was released from Virgin Records and returned to his roots to pursue a career in Jamaican Dancehall Music. A slew of hits ensued, "Love of a Lifetime" and "Move Along" to mention a few.

In October 1997, bombarded by religion, a distorted child-hood and being plagued by nightmares, Junior cried out one night "God, if you are real, show me who you REALLY are and allow me to sleep!" The Living God answered, he slept as never before. He woke up completely rested, knowing that Jesus Christ was his Lord and Savior. He publicly confessed his Christian faith that week at a gospel concert in Kingston and soon after was baptized.

Since that night when Jesus met him, Junior has not returned to his secular career. He simply states, "There is nothing to go back to!" Coming into a personal relationship with Jesus Christ has brought clarity to his once hazed purpose and destiny. Was he born to sing and be on stage? Definitely, but now to the Glory of God! To his life...God has given direction, and to his gift...God has given purpose.



# Iroko Nuevo

Performance Group is a thirteen-member ensemble specializing in music and dance from Afro-Cuban folkloric traditions, such as Yoruba, Congo, Palo, rumba, carnival, son and more. Iroko Nuevo had its origins in 2001, when Artistic Director

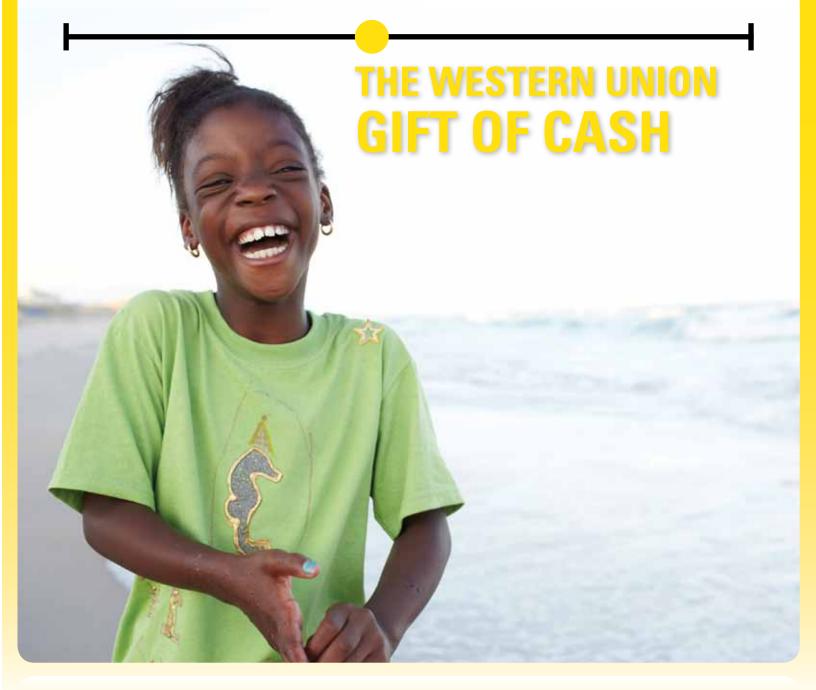
Miguel Periche, a native of Holguín, Cuba, and principal dancer of Conjunto Folklórico Okú, left Cuba for the Pioneer Valley. For several years Miguel's ensemble was known as Grupo Folklorico Palo Santo, and, in addition to performances, held weekly dance classes in Northampton, MA. In 2012, the group expanded, adding professional singers and additional musicians, and changed its name to Iroko Nuevo, reflecting the new focus. In the Afro-Cuban religion Lucumí, or Santeria, the iroko tree is a gathering place for the orishas – the saints and ancestors of African religion. The dancers, musicians and singers of Iroko Nuevo gather in this same spirit. We believe that dance, drum and song are not only good for the soul, but help to build community. The Iroko Nuevo Performance Group has performed in schools, museums, community festivals, benefits for local non-profit organizations, and private venues, and has been teaching and performing Afro-Cuban dance in the Pioneer Valley since 2007. In 2013 the group received Massachusetts Cultural Council grants from Easthampton, Greenfield, Holyoke, Northampton and Shutesbury to host a series of events, La Noche Cubana; An Afro-Cuban Dance and Drum Experience. This "Cuban Night" features live music, dance performances, song, education about Afro-Cuban traditions and a community dance. From rumba to carnival, folkloric to contemporary hip hop, Iroko Nuevo is pleased to share the beauty of Cuban rhythms, song, and dance. For more information on upcoming events find us on Facebook, or at our website IrokoNuevo.com.



The bean American Dance Company was founded in 2004 by Judith Williams. The mis-

sion of the dance company is to preserve and establish the finest traditions of many unique cultures, with emphasis in Caribbean Folk, Modern Contemporary , Popular Reggae, Hip-Hop, and Ballet. Classes are for ages 4 to adult and are held at the West Indian Social Club on Saturdays, 10:00AM - Noon, and Mondays, 6:30PM - 8:00pm.

Miles away? Smiles today!

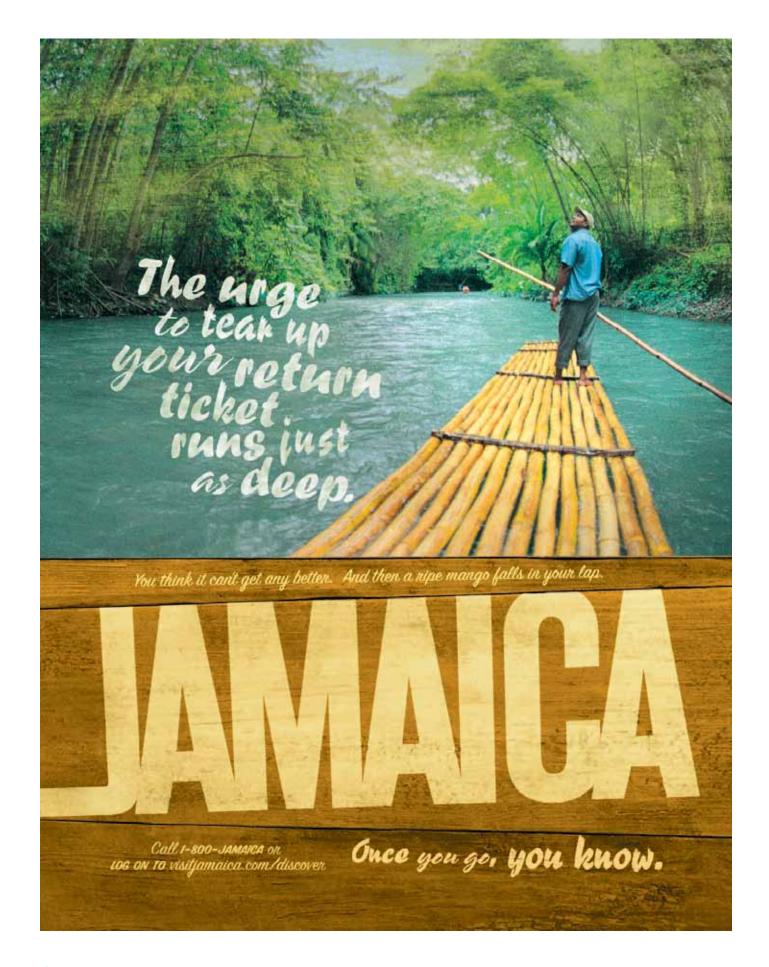


Give them a reason to smile, even when you're far away from your loved ones in the Caribbean.

Money Transfer • Money Order • Payments • Prepaid



moving money for better





#### **Come Home This Summer**









Jamaicans living overseas can experience Jamaica's expanded range of accommodations and attractions this summer by taking advantage of a variety of special travel deals. From the quiet and enchanting resort town of Port Antonio on the eastern end of the island to the relaxed and laid back Negril in the West, there are many options from which to choose.

Come Home to the Doctor's Cave Beach Hotel to relax, enjoy the cool island breeze and join in the celebration of our 51<sup>st</sup> year of independence. Located on the Hip Strip of Montego Bay, the hotel is a five minute walk to the world famous Doctors Cave Beach. Guests can also enjoy the outdoor pool and hot tub or sip an exotic cocktail in the Grotto bar. The attractive rates start at \$76 single occupancy or \$86 double occupancy. www.doctorscave.com.

Haven't been home for a while? A lot has changed. There is so much to see and do. There's no time like now. Come catch up with friends or just for fun. An ideal getaway, Jamaica's resort areas offer a treasure trove of activities, with something for everyone. Whether it is climbing the cascading waterfalls, biking through breathtaking mountain ranges, deep sea diving or experiencing an exhilarating canopy tour, Jamaica has something to cater to every palette.

For more information on planning your next Jamaica vacation, check out the Jamaica Tourist Board's website at <a href="https://www.visitjamaica.com">www.visitjamaica.com</a> or call 1-800-JAMAICA (1-800-526-2422).

Follow the JTB on Facebook at <a href="https://www.facebook.com/visitjamaica">www.facebook.com/visitjamaica</a>, on Twitter at <a href="https://www.twitter.com/visitjamaicanow">www.twitter.com/visitjamaicanow</a> or on YouTube at <a href="https://www.youtube.com/aboutjamaicajtb">www.youtube.com/aboutjamaicajtb</a>.

There's no place like home. We look forward to welcoming you HOME.











Adult Medicine
Adolescent Medicine
Behavioral Health
Dental
Pediatrics
Podiatry
Prescription Eyeglasses
Vision Care

Women's Health

Social Services Transportation Lab Tests Pharmacy

We accept Medicaid, Medicare and most major insurances.

Walk-ins and uninsured welcome.

**Hours:** 

Monday, Tuesday, Wednesday 8:00 am -8:30 pm

Thursday 8:00 am-5:30 pm

Friday 9:30 am-5:30 pm Sat. 9:00 am-1:00 pm

Call: 860 249-9625 www.chshartford.org

# We'll treat you like family



#### Tropical Glossary ves, that's what it is with a different name

Guava – (guayaba, goyave, guyava, feijoa) fruit - sized fruit can be found across the world from Hawaii to Egypt to Pakistan. There are many varieties of guava some can be green outside and white inside or yellow outside and bright pink inside. This fruit is usually eaten raw. Guava is also used to make jelly, cheese, juice, or cooking sauce for pork and chicken. Add some guava nectar for a twist on the traditional mojito or rum punch.

Tamarind – (tamarindo, tamarin, sampalok) this fruit originated in tropical Africa but has long been associated with Indian, Latin American and Southeast Asian cooking. This brown leathery pod encases a soft, sticky pulp that tastes simultaneously sweet and sour. Popular uses for tamarind includes sauces, juice, stew or candies like tamarind balls.

Boniato - (sweet potato, batiste, batata, camote) a variety of sweet potato native to the Caribbean. Underneath the misshapen, bumpy, red-brown skin or sometime a whitish skin is a white flesh that when cooked reveals a light, nutty flavor and a fluffy texture. Because oxidation will discolor the exposed flesh, try to cook it right away or submerge in cold water until ready. Mashed sweet potato is good but it can be found in soup, dumpling, pudding or ducana. Popular ways of serving sweet potato are boiled, fried, sautéed or as you would with any other tuber.

Nopal – (prickly pear, cactus pear, or leaf) the flat, balloon-shaped, palm-sized

stem of the prickly pear cactus is usually treated like a vegetable whereas the prickly pear itself is prepared like a fruit. Nopals are often cut in strips and cooked resulting in something that looks and

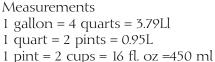
tastes like green beans. And, because of its shape and size, nopals are prime candidates for grilling. Can be used in salads or when making your cou-cou or fungi, use nopal instead of okra.

Mango - (mangifera) the world's most popular fruit originated from the Indian subcontinent but now flourishes in tropical climates throughout the world. What type of mango do you like? There are a hundreds of different types of mangoes, pick the one you like. The ripe fruit varies in size and color from lime green to rosy red to lemon yellow and carry a single flat, oblong pit that can be fibrous or hairy on the surface, and which does not separate easily from the pulp. Ripe, unpeeled manages give off a distinctive sweet, inviting smell. Mango is used to make juices,

smoothies, ice cream, chutneys, pies and sweet chili sauce. In Trinidad and Central America, mango is either eaten green mixed with salt, vinegar, black pepper and hot sauce, or ripe in various forms.

Yucca Root - (Cassava, manioc, tapioca root, Brazilian arrowroot) this root vegetable looks like a cross between a carrot and a sweet potato. With high starch content, raw cassava is harder than a regular white potato. Look for an even-toned unblemished brown skin, which is usually covered in a thin layer of wax, since yucca root is prone to molding. There are two types of yucca root, bitter and sweet, the difference being the

amount of natural toxin that is found in the plant.



1 cup = 8 fl. oz = 225 ml

1 tablespoon = 1/2 fl oz = 16 ml

1 teaspoon = 1/3 tablespoon = 5 ml

Dry Measure

1 ounce = 28.4g

1 pound = 454g

1 kilogram = 2.2 pounds



## Business Cards















For Advertising Contact:

Taste of the Caribbean
PO Box 1604
Hartford, CT 06144-1604
For more information, contact
Leslie Perry 860.306.1693

#### St Lucia Folklore Association



St Lucia Folklore Association comprises of men, women and children of St Lucian descent and resident in the Brooklyn, New York area who came together in an effort to lend their talents in the upkeep and display of the rich and unique St Lucian Culture. Evolved over the centuries from a combination of African traditions plus English and French colonial influence, the St Lucian Culture is unparalleled in its composition, diversity and artistry as can be seen by the unique presentations of indigenous songs and dances which relate the tales of struggle, triumph, love, tragedy and survival of the St Lucian citizenry in building their proud nation over the years.

With an appropriate charter of "preserving the way of life of a people", the group attempts to achieve their goals by public and private performances along with frequent stints at the area's nursing homes and hospitals where they entertain the less fortunate with a song and dance repertoire which is always well received and appreciated.



**BISH COMPANY REALTORS, LLC.** 

#### **VINCENT BISH**

Broker - Owner

769 Blue Hills Avenue Bloomfield, CT 06002

Cell: (860) 572-9267 Ofc: (860) 242-1199 Fax: (860) 242-7125

Email: vincent@bishrealty.com





#### Did you know

Antigua's Fungi is the same as Barbados' Coucou, Turn cornmeal and polenta

Dominica's national dish, Mountain Chicken is also prepared in

Trinidad and is called Mountain Chicken as well, and yes, it is really frog legs, referred to in the Islands as Crapo.

Fish cake in St Kitts is the same in the other island with or without potato similar to accra in the French islands

Grenada's national dish, Oil Down is also called Oil Down in Trinidad, Run Down in Jamaica and Maetem Ghee in Guyana.

Guyana's national dish, Pepper Pot is different from Pepper Pot Soup

prepared in Jamaica and Antigua but similar to Callaloo in Trinidad.

Trinidad's Pelau (rhymes with allow) is called Cook-up Rice in most of the Caribbean islands done on a Friday or a Saturday and Peas & Rice in Jamaica.

Curry, an Indian seasoning is also a main ingredient on all the islands. Caribbean curry combination is mainly made of turmeric, cumin, coriander, fennel, mustard ginger, and stuff is used to season everything, yum.

Roti (flat bread) - Dahl Pouri Roti, made with ground split peas and spices in the middle bit heavier. Bust-Up-Shot or Dosti Roti is made without the peas and much lighter.

Bakes - Every island or should I say home has its own version but it starts with flour, water, baking powder, and salt. My mom liked to add butter and sugar, my grandma like to add sugar and nutmeg. I like it all especially with coconut in it. Deep fried or baked these morsel of flour is also known as Johnny Cakes, Journey Cakes, Fried Bakes or Festival.

Montserrat goat water is similar to Jamaica mannish water.

Barbados conkie is similar to Antigua ducana, Trinidad Pastelle and blue draws in Jamaica and taste better when wrapped in banana leaf.

Souse in somewhat the same throughout the English, French and

Spanish island regardless if you use pork or cow foot.

Black or blood pudding in Guyana is the same as in Ireland, Puerto Rico, Guadeloupe and Montserrat.

Tea is ovaltine, milo and bush tea or red rose or Lipton. Coffee is coffee and hot cocoa is real chocolate.



#### Jerkin Snapper

#### Ingredients (For 4)

- 8 ounces snapper fillet
- 1 ounce Grace Caribbean Traditions Jerk Seasoning
- 3 tablespoons Grace Vegetable Oil
- 2 whole bammies
- 3 tablespoons Grace Fish and Meat Sauce
- 2 tablespoons mango chutney
- 2 ounces mango nectar
- 1 sprig thyme
- 8 ounces milk
- 2 teaspoons cinnamon powder **Directions**
- 1. Season fish fillet with jerk seasoning on both sides.
- 2. Heat saute pan, add Grace Vegetable Oil to grease pan.
- 3. Place snapper in the hot oil, cooking evenly on both sides.
- 4. Remove fillets from pan and place in a baking tray, then into the oven, bake at 350 degrees F / 190 degrees C for 8 minutes.

Recipe Note: Julienne - to cut into thin strips.

#### Bean Burgers

#### Inaredients (For 6)

1 can Grace Broad Beans

1/2 cup Grace Instant Oats

1/4 cup breadcrumbs

- 1 clove garlic, minced
- 1 medium onion, chopped
- 1 teaspoon salt
- 1 teaspoon black pepper

- 1 teaspoon parsley flakes
- 1 teaspoon soy sauce
- 1 large egg white
- 3 tablespoons Grace Vegetable Oil
- 3 whole hamburger buns
- 3 tablespoons Grace Mayonnaise
- 3 whole lettuce leaves
- 3 slices tomatoes
- 3 teaspoons pickles or relish
- 3 whole toothpicks

#### Directions

Drain and mash the Grace Broad Beans, Add Grace Instant Oats. breadcrumbs, garlic, onion, salt, black pepper, parsley flakes and soy sauce and combine well. Beat ega white and add to mixture and mix well. Divide the mixture into three equal portions and shape into burger patties. Heat Grace Vegetable Oil in a frying pan and fry burger patties on each side until golden brown.

To Serve: Spread Grace Mayonnaise on the inside of each burger bun. Lay lettuce leaves, tomatoes and pickles or relish on the bottom half, and then add the burger. Cover with the other half of the burger bun and secure with a toothpick.

#### Fried Chicken

Chicken marinated in seasoning blend, slow cooked then coated and fried to produce a mouthwatering crunchy taste.

Ready in: 30 min

Ingredients (For 4)

2 pounds chicken pieces

1/4 cup Grace White Vinegar

- 5 cups water
- 2 stalks escallion, chopped
- 1 medium onion, chopped
- 4 cloves garlic, chopped
- 1 1/2 teaspoon scotch bonnet pepper, chopped
- 2 sprigs thyme
- 1/2 teaspoon salt
- 1 tablespoon Grace Caribbean
- Traditions All Purpose Seasonina
- 1 tablespoon Grace Chicken Seasoning
- 2 cups Grace Vegetable Oil
- 0 COATING:
- 1/2 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon Grace Caribbean
- Traditions Black Pepper
- 1 packet Grace Pimento, Ginger and Garlic Seasoning
- 1/4 teaspoon salt
- O SAUCE:
- 1 cup Grace Pineapple Juice
- 1 cup chicken stock\*
- 1 piece ginger, grated
- 1/2 cup Grace Tomato Ketchup
- 1 cup Grace Pineapple Slices, diced **Directions**
- 1. Clean chicken in a mixture of Grace White Vinegar and 4 cups water.
- 2. Blend the next eight ingredients with the remaining 1 cup water. Pour the marinade over the chicken, rub in and leave chicken to marinate for 2 hours or overnight.
- 3. Place chicken pieces along with the marinade in a heated heavy bottom skillet. Cover and simmer over medium heat for 30 minutes.



#### ds Recipes

- Combine flour, baking powder, black pepper, Grace Pimento, Ginger and Garlic Seasoning and salt in a bowl and mix well.
- Remove skillet from flame, drain chicken pieces from the seasoned liquid and coat in the flour mixture.
- Heat Grace Vegetable Oil in a skillet and use to fry the coated chicken pieces until golden brown, drain on absorbent paper.
- 7. Combine Grace Pineapple Juice,
  \*chicken stock, ginger, ketchup
  and the diced Grace Pineapple
  Slices in a saucepan over medium
  flame. Bring to a boil, lower flame
  and cook for about 15 minutes.
  To Serve, Drizzle pineapple sauce
  over the fried chicken and serve
  with boiled rice and a tossed
  vegetable salad. Recipe Note,
  \*Chicken Stock, Boil 1 packet
  Grace Cock Soup Mix with 2 cups
  water for about 5 minutes. Strain
  and use as directed.

#### Cornmeal Pudding

#### Ingredients (For 4)

2 cups Grace Coconut Milk

6 1/2 cups water

1/2 cup Grace Hello Margarine

1/2 cup raisins

1 pound granulated sugar

1 whole cinnamon leaf

3 cups Grace Cornmeal

1/2 cup counter flour

1 packet Anchor Milk Powder

2 1/2 teaspoons cinnamon powder

1 teaspoon nutmeg

1 1/2 teaspoons salt

- 2 teaspoons vanilla essence
- 1 cup whole milk
- 2 ounces dark sugar

#### **Directions**

- In a large sauce pot, pour 2 cups Grace Coconut Milk, 4 cups water, Grace Hello Margarine, raisins, granulated sugar and cinnamon leaf, stir and bring to a boil.
- 2. Combine the Grace Cornmeal, counter flour, Anchor Milk Powder, 2 tsps. cinnamon powder, nutmeg, salt and vanilla essence in a bowl. Add remaining 2 1/2 cups water to soften the cornmeal mixture. Add mixture to the boiling liquid and stir briskly. Lower the flame and allow to simmer for 10 minutes, whilst constantly stirring.
- 3. Scrape mixture into a greased (10 inch) 24 cm baking tin.
- 4. TO MAKE SOFT TOP: Combine 1 cup whole milk, remaining 1/2 tsp cinnamon powder and the dark sugar. Mix until sugar granules are dissolved.
- 5. Pour soft top mixture over the pudding mixture and bake at 180°C/350°F for one hour.

#### Recipe Note:

1 packet Grace Coconut Milk Powder plus 2 cups water may be substituted for the Grace Coconut Milk. Dark sugar may be substituted for granulated sugar. To Serve: Serve with a coffee sauce.

#### Corned Beef Sweet Thearts

#### Ingredients (For 2)

2 cups counter flour

1 packet Anchor Milk Powder

2 teaspoons baking powder

1/4 teaspoon salt

1/2 cup water (to bind flour)

1 can Grace Corned Beef

1 stalk escallion, chopped

1 teaspoon scotch bonnet pepper,

deseeded, finely chopped

2 cloves garlic, minced

1 small onion, chopped

1/2 cup Grace Vegetable Oil

#### Directions

- Combine flour, milk powder, baking powder and salt in a bowl and mix well.
- Add water and mix to form a smooth dough. Cover and allow to relax for about 15 minutes.
- 3. Flake the corned beef and add escallion, scotch bonnet pepper, garlic and onion and mix.
- 4. Divide the dough into 8 equal pieces. Flatten each piece of dough and place 1 Tbsp. of the corned beef mixture on each piece. Use the dough to encase the corned beef.
- 5. Heat vegetable oil and use to fry sweethearts on each side.

Drain on paper towel and serve immediately.



# Resturant Directory

| Name                                  |
|---------------------------------------|
| Anthony's Jamaican Restaurant         |
| Caribbean Restaurant – Holyoke        |
| Channer's Sunshine Restaurant         |
| Criollisimo Restaurant                |
| Dunn's River Jamaican Restaurant      |
| Dutch Pot Jamaican Restaurant         |
| Fire & Spice Vegan Restaurant         |
| Fire and Ice – Hartford               |
| Golden Crust Caribbean Bakery & Grill |
| Island Cuisine – Hartford             |
| Island Grille Jamaican Restaurant     |
| Island Vibe Restaurant                |
| Jahmske's Caribbean Restaurant        |
| Jerk Pit Café                         |
| Latino Restaurant                     |
| Mikey's Jamaican Restaurant           |
| Paradise Restaurant                   |
| Pattie Palace                         |
| Peppers Jamaican Bakery and Jerk      |
| Peppers Jamaican Bakery and Jerk      |
| Scott's Bakery                        |
| Seashore Jamaica Restaurant           |
| Sun Splash Restaurant                 |
| Sweet Delight Jamaica Cuisine         |
| Taste – New Britain                   |
| Tatas Restaurant                      |
| Tropical Breeze                       |
| Tropical Delight                      |
| 7afra                                 |

Café Y LLC (Adrian Myles)

| Address                                      | Telephone      |
|--|----------------|
| 410 Middle Turnpike W Manchester, CT 06040   | (860) 643-8200 |
| 268 Race St, Holyoke, MA 01040               | (413) 315-3389 |
| 1037 Albany Ave, Hartford, Connecticut 06112 | (860) 278-6221 |
| 340 Arch St, New Britain, CT 06051           | (860) 801-6251 |
| 2996 Main Street, Hartford, CT 06120-1425    | (860) 547-1600 |
| 700 Burnside Ave, East Hartford, CT 06108    | (860) 904-7360 |
| 248 Sisson Ave, Hartford, CT 06105           | (860) 367-7970 |
| 1170 Albany Avonus Hartford Ct 06112         | (960) 724 7092 |
| 1170 Albany Avenue, Hartford, Ct 06112       | (860) 724-7983 |
| 300 Farmington Avenue, Hartford, CT 06105    | (860) 525-3663 |
| 22 Mountain Road, Bloomfield, CT 06002       | (860) 904-2417 |
| 675 Blue Hills Ave, Hartford, CT 06112       | (860) 242-1058 |
| 1291 Albany Avenue, Hartford, CT 06112       | (860) 246-7778 |
| 2940 Main Street, Hartford, CT 06120         | (860) 527-2214 |
| 417 Broad Street, Bristol, CT 06010          | (860) 585-5642 |
| 736 E Main Street, Waterbury, CT 06705       | (203) 755-8112 |
| 1023 Blue Hills Avenue, Bloomfield, CT 06002 | (860) 243-0298 |
| 3441 Main Street, Middletown, CT 06457       | (860) 704-0588 |
| 603 Burnside Avenue, East Hartford, CT 06108 | (860) 282-0444 |
| 291 Cottage Grove Road, Bloomfield, CT 06002 | (860) 726-1006 |
| 1344 Albany Avenue, Hartford, CT             | (860) 247-3855 |
| 330 Garden Street, Hartford, CT 06112        | (860) 246-2828 |
| 692 Maple Aenue, Hartford, CT 06114          | (860) 548-3050 |
| 715 Park Avenue, Bloomfield, CT 06002        | (860) 769-7354 |
| 104 Quinnipiac Street, Wallingford, CT 06492 | (203) 294-4303 |
| 423 Campbell Avenue, West Haven, CT 06516    | (203) 931-7115 |
| 141 Fitch Street, New Haven, CT 06515        | (203) 389-5618 |
| 259 Orange Street, New Haven, CT 06510       | (203) 859-5342 |
| 1124 Blue Hills Avenue, Bloomfield, Ct 06002 | (860) 305-0009 |
|  |                |



#### Cornel Forbes Franchisee

320 Wilbraham Rd. Springfield, MA 01100 www.goldenkrustbakery.com

Phone: (413) 731-7720 Fax (413) 731-5357

# Healthy Drinking

Mauby (Mawby)

The slightly bitter drink from the mauby bark is popular in many Caribbean countries. Many Caribbean people reach for a cold glass of mauby instead of orange juice or citrus fruit punch. For generations, traditional folk medicine practitioners and grandparents have advised about the health benefits of mauby, which has specific prop-

erties for men. Caribbean people generally believe it is a good "cooling" or useful for calming a tense person. Some also believe it is good for arthritis. A new study now supports the belief that mauby might be useful in lowering blood pressure. Mauby drink is made from the bark, and sometimes fruit, of the small mauby tree native is made by boiling a specific buckthorn bark, Colubrina elliptica, with a variety of spices like cinnamon, cloves, anise seed, bayleaf and ginger sweeten with brown sugar. Thus traditionally boiled at home, increasingly, instant mauby syrup is produced commercially, with several brands available in Jamaica, Trinidad and Tobago and St Vincent and the Grenadines.

#### **Sea Moss**

Most Caribbean men are not afraid to admit that sea moss is one of their secrets to sexual potency and virility. Used for centuries by Arawak and Carib Indians as a natural healing supplement, scientists are beginning to take notice of this little miracle from the sea. Users of sea moss both men and women report diminishina symptoms of numerous ailments such as ADD, fibromyalgia, depression, insomnia, anxiety, Alzheimer's disease because of the myriad of vital nutrients contained in these white pasta like noodles. Sea Moss contains Algin which is a great metal detoxifying agent and has been found to be helpful in suppressing age-related dementia such as Alzheimer's disease.

The selenium present in sea moss is a necessary element to both thyroid hormone production and sperm fertility and production. For this reason, sea moss is known for its ability to increase chances of pregnancy. Additionally, adding a highpotassium food like sea moss to the diet of ADD children and adults has shown to significantly improve behavior and mental function. The melatonin present in sea moss has a calming effect and helps to fight moodiness, agitation, depression and other anxiety disorders. Potassium, sodium, calcium, magnesium, zinc, copper, chloride, sulfur, phosphorous, vanadium, cobalt, manganese, selenium, bromine, iodine, iron, and fluorine are among the many natural minerals contained in sea moss. Unlike sea weed, sea moss is free of taste making it very easy to ingest. Sea Moss is also a great source of B vitamins and omega3 fatty acids. Once dried, sea moss resembles pasta. In this form it is simple to run through a food processor and sprinkle on salads, soups, casseroles, cereal and a number of dishes to boost your body's performance. When soaked in water, it retains its original form and can be used as a gelatinous substance in smoothies, shakes, cocktails and deserts. Sea moss is white gold of the sea.

#### Bois Bande, Nature's Aphrodisiac

West Indian folklore has it that the bark of a tropical tree (Richeria Grandis) found in the mountains of Grenada, Dominica, Trinidad and other isles in the Windward island chain have the properties of an aphrodisiac. It's called Bois Bande. The bark can be mistaken for a cinnamon bark. Islanders have been using Bois Bande for hundreds of years. Many rum shop establishments would have their own special blend of bois bande and herbs suspended in rum. It is believed that Viagra, and its close cousins Levitra and Cialis were synthesized from its chemical properties. The bark (which is sometimes locally called mountain spices) is frequently mixed with other herbs and spices suspended in rum can be found at rum shop establishments. If you travelling throughout the Caribbean one may be able to find Bois Bande infused rum. The bark can also be used in

making bush tea.

#### Sorrel

Roselle, also called rosella, Jamaican sorrel, or java jute, (Hibiscus sabdariffa), plant of the hibiscus, or mallow, family (Malvaceae), and its fiber, one of the bats fiber group. Roselle is probably native to West Africa and includes H. sabdariffa variety altissima, grown for fibre, and H. sabdariffa variety sabdariffa, cultivated for the edible external portion of its flower (calyx). The plant, known in the West Indies early in the 16th century, was growing in Asia by the 17th century. Extensive cultivation in the Dutch East Indies (now Indonesia) began in the 1920s under a government-subsidized program established to obtain fibre for sugar-sack manufacture. Researchers have so far been able to establish that Sorrel Roselle contains a wide range of vitamins and minerals, including vitamin C, calcium, Niacin, riboflavin and flavonoids. It is believed to contain gossypetin, anthocyanins and glycoside hibiscin, which are known to be effective diuretic able to stimulate the production of urine in cases where urine retention is an issue. It is believed to lower blood pressure. improve circulation, help to reduce the viscosity (thickness) of blood and stimulate peristaltic movements in the intestines. Also effective at relieving coughs, stimulating the production of bile in the liver, it helps to suppress the appetite and is said to be effective as a mild laxative. In some parts of Africa the leaves are also used as a poultice to extract pus from boils, ulcers and infected wounds, whilst in the Philippines it is used as an aperitif and health giving tonic. Throughout the French, Spanish, English and Dutch Caribbean islands there is one drink that make its present at Christmas and that's sorrel drink. Right there in the middle of ever meal, conversation, gift-giving, boiled with cloves, ginger, cinnamon with a lot of sugar and a splash of white rum. All this information has been taken from the web from different sources.



# 20Plus Questions

Creole Face of We are Caribbean



## Wasine

Mark some of us know him as Wasine the Assassin, father, husband, founder of SocaRobics, health coach, DJ, President of Caribbean Multicultural Arts And Heritage Center and

Genetic Service Engineer. In additional to all these many titles, currently runs an exercise program at CHS. This man of many faces with a beautiful smile hails from the island with the twin peak, St. Lucia. Which Wasine do you know? Wasine has always been a huge contributor to the Caribbean community, including The Gardner's House and Taste of The Caribbean and Jerk Festival.

Marcia Whittingham had the honor of interviewing Gregory Wasine C. Mark and discovered a few more facts about this talented man in more than 20 questions. Check him out on 8/3 on the Riverfront I wonder what language he will be speaking. So, you say you really know him let's see if you pass the test.

What's your favorite color? Black

What's one of your pet peeves? **People who lie about petty things** 

What's your favorite Caribbean food? **Salt fish & Green Bananas** 

What would surprise people about you? **That I am shy** around strangers

Hot or cold? Hot



What do you do to unwind? Music

What is your daily mantra? To always do more good than wrong. Show more love than hate.

Where were you born? St Lucia

When is your birthday? November 17.

If you could have dinner with anyone alive, who would it be? **Dali Lama.** 

What kind of music do you enjoy? Music with a message/melody that can take you away.

If you could be any animal for a day, which one would you be and why? **Panther.** 

What is your middle name? Wasine.

Do you have a nickname? What is your nickname? **Chrismark.** 

Do you have a favorite Bob Marley song? **Natural Mystic** Can you speak another language? Yes **(Spanish, Creole, French)** 

Do you collect anything? Sea Shells, Music

What was your first job? Sales

What is the one book you would recommend everyone should read at least once? **They Came Before Columbus**What is your favorite bush tea? **Ginseng with Ginger &** 

#### Peppermint mixed together

Can you play cricket? Yes.

Can you swim? Like a fish

Caribbean what does the word means to you?

#### Melting Pot; Kaleidoscope

What subject you were good in secondary/high school?

Economics, Geography, Principles of Business

What do you get complimented about the most?

#### Looks and music

What's the most excited so far in 2013 that happened to you? Got a new account in the Caribbean; will be able to travel there four times a year.

Sweet tooth or sour? **Sour** 

Gold or silver? Gold

Salsa or meringue? Both

Knowledge or wisdom? Both, can't have one without

#### the other

What's is your favorite mango? Julie

If you could describe your life in one word what would it be? **Eventful** 

Finish it

I would love to see......Where my ancestors came from

Home is......St Lucia

Sometimes......I wish I could be a fly on the wall

When I am sad......Nobody knows

Sunset......God painting the sky (loves the sunset has over 500)





#### **AIREY INSURANCE GROUP**



Visit Our Convenient Location!

1141 NEW BRITAIN AVE.

(1/2 Mile East Of Westforms Mall) West Harford CT 06110

860-236-9996

HEALTH CONTRACTOR • DISABILITY AUTO LIFE

#### January 1 2 3 4 5 6 7 8 9 10 11 2 3 4 5 6 7 8 12 13 14 15 16 17 18 9 10 11 12 13 14 15 19 20 21 22 23 24 25 | 16 17 18 19 20 21 22 | 16 17 18 19 20 21 22 26 27 28 29 30 31

# February SMTWTF 23 24 25 26 27 28

#### March SMTWTF 2 3 4 5 6 7 8 9 10 11 12 13 14 15 23 24 25 26 27 28 29 30 31

|    | April |    |    |    |    |    |  |  |
|----|-------|----|----|----|----|----|--|--|
| S  | М     | Т  | W  | Т  | F  | S  |  |  |
|    |       | 1  | 2  | 3  | 4  | 5  |  |  |
| 6  | 7     | 8  | 9  | 10 | 11 | 12 |  |  |
| 13 | 14    | 15 | 16 | 17 | 18 | 19 |  |  |
| 20 | 21    | 22 | 23 | 24 | 25 | 26 |  |  |
| 27 | 28    | 29 | 30 |    |    |    |  |  |
|    |       |    |    |    |    |    |  |  |

| May       |         |    |    |    |    |    |  |  |  |
|-----------|---------|----|----|----|----|----|--|--|--|
| S         | SMTWTFS |    |    |    |    |    |  |  |  |
|           |         |    |    | 1  | 2  | 3  |  |  |  |
| 4         | 5       | 6  | 7  | 8  | 9  | 10 |  |  |  |
| 11        | 12      | 13 | 14 | 15 | 16 | 17 |  |  |  |
| 18        | 19      | 20 | 21 | 22 | 23 | 24 |  |  |  |
|           |         |    |    |    |    | 31 |  |  |  |
|           |         |    |    |    |    |    |  |  |  |
| Sentember |         |    |    |    |    |    |  |  |  |

|    | Julie |    |    |    |    |    |  |  |
|----|-------|----|----|----|----|----|--|--|
| S  | М     | Т  | W  | Т  | F  | S  |  |  |
| 1  | 2     | 3  | 4  | 5  | 6  | 7  |  |  |
| 8  | 9     | 10 | 11 | 12 | 13 | 14 |  |  |
| 15 | 16    | 17 | 18 | 19 | 20 | 21 |  |  |
| 22 |       |    |    |    |    |    |  |  |
| 29 |       |    |    |    |    |    |  |  |
|    |       |    |    |    |    |    |  |  |

| July |    |    |    |    |    |    |  |  |
|------|----|----|----|----|----|----|--|--|
| S    | М  | Т  | W  | Т  | F  | S  |  |  |
|      |    | 1  | 2  | 3  | 4  | 5  |  |  |
| 6    | 7  | 8  | 9  | 10 | 11 | 12 |  |  |
| 13   | 14 | 15 | 16 | 17 | 18 | 19 |  |  |
| 20   | 21 | 22 | 23 | 24 | 25 | 26 |  |  |
| 27   | 28 | 29 | 30 | 31 |    |    |  |  |
|      |    |    |    |    |    |    |  |  |

| ı | August |    |    |    |    |    |    |
|---|--------|----|----|----|----|----|----|
| ١ | S      | М  | Т  | W  | Т  | F  | S  |
| l |        |    |    |    |    | 1  | 2  |
| ı | 3      | 4  | 5  | 6  | 7  | 8  | 9  |
| ı | 10     | 11 | 12 | 13 | 14 | 15 | 16 |
| ı | 17     | 18 | 19 | 20 | 21 | 22 | 23 |
| ı | 24     | 25 | 26 | 27 | 28 | 29 | 30 |
| I |        |    |    |    |    |    |    |

August

| September |    |    |    |    |    |    |  |  |
|-----------|----|----|----|----|----|----|--|--|
| S         | М  | Т  | W  | Т  | F  | S  |  |  |
|           | 1  | 2  | 3  | 4  | 5  | 6  |  |  |
| 7         | 8  | 9  | 10 | 11 | 12 | 13 |  |  |
| 14        | 15 | 16 | 17 | 18 | 19 | 20 |  |  |
| 21        | 22 | 23 | 24 | 25 | 26 | 27 |  |  |
| 28        | 29 | 30 |    |    |    |    |  |  |
|           |    |    |    |    |    |    |  |  |

| S                   | М  | Т  | W  | Т  | F  | S  |
|---------------------|----|----|----|----|----|----|
|                     |    |    |    | 2  |    |    |
| 5<br>12<br>19<br>26 | 6  | 7  | 8  | 9  | 10 | 11 |
| 12                  | 13 | 14 | 15 | 16 | 17 | 18 |
| 19                  | 20 | 21 | 22 | 23 | 24 | 25 |
| 26                  | 27 | 28 | 29 | 30 | 31 |    |
|                     |    |    |    |    |    |    |

October

| S  | М  | Т  | W  | Т  | F  | S        |
|----|----|----|----|----|----|----------|
|    |    |    |    |    |    | 1        |
| 2  | 3  | 4  | 5  | 6  | 7  | 8        |
| 9  | 10 | 11 | 12 | 13 | 14 | 15<br>22 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22       |
| 23 | 24 | 25 | 26 | 27 | 28 | 29       |
| 30 |    |    |    |    |    |          |

November

| December |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| S        | М  | Т  | W  | Т  | F  | S  |
|          |    |    |    |    |    | 6  |
| 7        | 8  | 9  | 10 | 11 | 12 | 13 |
| 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 28       | 29 | 30 | 31 |    |    |    |
|          |    |    |    |    |    |    |

# Join our community— @ccc u can!



# CAPITAL COMMUNITY COLLEGE

Fall classes begin August 28!

950 Main Street
Downtown Hartford





Always Placing Your Family First



#### **Carmon Community Funeral Homes**



Owned and Operated by the Carmon Family for over 60 years

John C. Carmon • Frank W. "Bill" Carmon, III, • Frank W. Carmon, IV John C. "Jay" Carmon, Jr., • Matthew R. Carmon

860-688-2200 • 888-688-8475

 $Windsor \cdot Poquonock \cdot Granby \cdot Suffield \cdot South Windsor \cdot Rockville \cdot Vernon \cdot Avon$ 

www.carmonfuneralhome.com

## WENU

#### Island Dinner

| CURRIED CHICKEN \$7.50             | M\$9.50  | 1511.50  |
|------------------------------------|----------|----------|
| BROWN STEWED CHICKEN\$7.50         | M\$9.50  | 1811.50  |
| FRIED CHICKEN \$7.50               | M\$9.50  | 1\$11.50 |
| GRILLED BARBECUE CHICKEN           | м\$10.50 | L\$12.50 |
| JERK CHICKEN5\$8.50                | M\$10.50 | \$12.50  |
| GRILLED PEPPER STEAK58,50          | м\$10.50 | \$12.50  |
| OXTAIL \$8.50                      | M\$10,50 | \$12.50  |
| COWFOOT (Fridays Only)             | M\$10.50 | \$12.50  |
| CURRIED GOATs\$7.50                | м\$9.50  | 1\$12.50 |
| SWEET AND SOUR CHICKENs\$8.50      | M\$10.50 | L\$12.50 |
| STEW PEAS (Wednesdays Only)s\$7.50 | M\$9.50  | \$11.50  |

Dinner meals serve with your choice of white rice, Rice and Peas or Ground Provision, choice of string bean w/carrot, steam cabbage or fresh salad. Seasoned rice \$1.00 extra

#### Scalood

| SPICY GRILLED SHRIMP       | \$\$8.50 | w\$10.50 | \$12.50  |  |
|----------------------------|----------|----------|----------|--|
| JERK SHRIMP                | 5\$8.50  | w\$10.50 | \$12.50  |  |
| WHITING FISH CRUNCH        | 5\$8.50  | W\$10.50 | \$12.50  |  |
| ISLAND STEW SHRIMP         | \$8.50   | w\$10.50 | 1812.50  |  |
| STEAM FISH                 |          | \$12.50  | \$14.50  |  |
| BROWN STEWED SNAPPER FISH. |          | \$12.50  | \$14.50  |  |
| ESCOVEITHED FISH           |          |          | \$14.50  |  |
| ISLAND PUMPKIN STEAM FISH  |          |          | .1815.50 |  |

#### Breaklast

| ACKEE & SALTFISH                   | .м510.75 | \$13.75 |
|------------------------------------|----------|---------|
| CALLALOO & SALTFISHs\$7.00         | M\$8:50  | \$10.50 |
| OKRA & SALTFISH5\$7.00             | M\$8.50  | \$10.50 |
| BUTTER BEAN & SALTFISH5\$7.00      | м\$8.50  | \$10.50 |
| LIVER5\$7.00                       | MS8.50   | \$10.50 |
| KIDNEY                             | M\$8.50  | \$10.50 |
| MACKEREL RUNDOWN (Saturday)\$57.00 | м58.50   | \$10.50 |

#### All Natural Juice

| PINEAPPLE & CARROT (Thursday)          | 75 |
|--|----|
| BEET ROOT & CARROT (Friday & Saturday) | 75 |
| CARROT JUICE (Sunday)                  | 75 |
| SORREL (Everyday) \$5.                 |    |
| ISLAND PUNCH (Everyday)                |    |

18% GRATUITY ADDED TO PARTIES OF 4 OR MORE



#### Restaurant menu







22 MOUNTAIN AVE. BLOOMFIELD, CONNECTICUT 06002

TEL: 860.904.2417 • FAX: 860.904.2419

WWW.ISLANDGRILLECT.COM





Art challenges the mind, warms the soul, opens the eyes.

Congratulations to Taste of the Caribbean and Jerk Festival on a great event





Renaissance

man. He is a carpenter, dancer, drummer, artist and creator of beautiful and inspiring things is one of our performer Saturday on the Riverfront.. Miguel has been teaching and performing Afro-Cuban dance in the Pioneer Valley since 2006. Originally from from Holguín, Cuba, he grew up immersed in Afro-Cuban culture and dance, performing with the

Conjunto Folklórico Okú. Since arriving in the United States in 2001, Miguel has performed with the SonRisa ensemble in New York and was the Principal Dancer and Choreographer for Grupo Folklórico Palo Santo in Western Massachusetts. Miguel has taught Salsa dance in the Smith College Dance Department, the Northampton Country Club, and at the East Street Studios in Hadley. From carpentry to painting, artful plaster work to tile, Miguel can turn your home improvement dreams into reality. If it is a magical outside space you are after, Miguel is wonderful with stone and landscaping. And when you're ready to dance and make music in your wonderful new spaces, Miguel can help with that too! He is currently the Artistic Director of Iroko Nuevo. Elorie Stevens has had the opportunity to let us learn this multitalented Caribbean man of the drums with 20Plus questions

What's your favorite colour? Red

What's one of your pet peeves? When my kids sit down to eat dinner and right away have to leave the table to go use the bathroom, after having just been there to wash their hands.

What's your favorite Caribbean food? Rice and beans. What would surprise people about you? That I was a Pastor in Cuba (Quaker).

Hot or cold? Cold. especially this summer. What do you do to unwind? Watch the news What is your daily mantra? Hakuna matata Where were you born? Banes, Cuba (the Eastern side) When is your birthday? September 11, 1967 If you could have dinner with anyone alive, who would it be? Effie, my girlfriend

What kind of music do you enjoy? Reggae, hasta la muerte!

If you could be any animal for a day, which one would you be and why? A dolphin! If I believed in reincarnation, I would be a dolphin in another life.

What is your middle name? I don't have one.

Do you have a nickname? What is your nickname? In Cuba, Pepe (from my last name Pe Pe Periche), or "rana" ... frog, but I don't remember why. Here, no nickname. Do you have a favorite Bob Marley song? Get Up, Stand Up.

Do you collect anything? Rocks and wood. I like finding art in nature.

What was your first job? Carpenter.

What is the one book you would recommend everyone should read at least once? El Amor en Tiempo de Colera. Love in the Time of Cholera, Gabriel Garcia Marquez.

What is your favorite bush tea? Coffee HA!

Can you play cricket? Never played it.

Can you swim? **Yes, although I have respect for the water.** Caribbean – what does the word means to you? When I hear the word I think about the Native peoples who lived there before the Spanish came.

What subject you were good in secondary/high school? History and Geography, not math!

Do you speak another language? English -Spanish is my native tongue

What do you get complimented about the most? My dancing! Also my art.

What's the most excited so far in 2013 that happened to you? Getting Bata drums!

Sweet tooth or sour? **Sweet tooth.** 

Gold or silver? gold.

Salsa or meringue? Rumba.

Knowledge or wisdom? wisdom.

What's is your favorite fruit? banana.

If you could describe you life in one word what would it be? respectful.

#### Finish it

I would love to see.....my mother Home is...... Everything. If you don't have home, you don't have anything. You can have a house but not a home. Home is the base of everything, the base of family. If that doesn't exist, you have serious problems. The money can buy a bed, but not dreams.

Sometimes...... I like to write a poem.

When I am sad .... I like to lay down.

Sunset ....means the day is over.

Quality health plans & benefits Healthier living Financial well-being Intelligent solutions



#### Live healthier. Live happier.

Aetna is proud to sponsor Taste of the Caribbean and Jerk Festival.





Healthy. Eat great food

My City Kitchen, Inc. (MCK) Healthy Cooking Program mission is to instill healthy eating habits, build self-esteem, foster a sense of belonging, establish basic life skills in our children so that they may grow into healthy adults.







Now accepting student ages 6-17yrs for the **September/Fall session.** Contact our office or download an application on line at <a href="https://www.mycitykitchen.org/classes">www.mycitykitchen.org/classes</a>. Scholarships are available to those that qualify. **SPACE IS LIMITED!!!!** 





My City Kitchen, Inc 384 Pratt Street | P.O. Box 176 Meriden, CT 06450

Ph: 203-630-2870 | email: kashia@mycitykitchen.org | Website: www.mycitykitchen.org

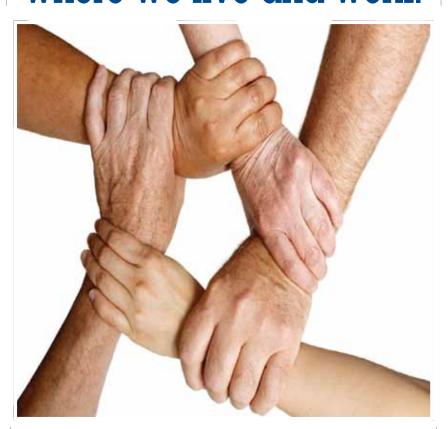
#### Carnival Parade by CICAA Under the direction of master costume maker Tynsley Charles and experienced assistants Grace Wright and Keimei "Q" Delpeche, and volunteer section leader Cassie Harper, 15 young women has learned how to make and wear their creations -Carnival costumes. Fach teen has designed and built a complete costume, including headpiece, arm and foot bands, girdles, collars, backpacks, and all frames and attachments needed for wearing the elaborate structures. The teens have been trained in "displaying" their costumes in a parade by project artistic director Harold Springer. They have formed a Carnival "Band" called the Fxotic Ones. with three sections of masqueraders in different color schemes. The project is a collaboration of the Institute's Connecticut Cultural Heritage Arts Program (CHAP) and the Connecticut International Cultural Carnival Association (CICCA), whose director Linford "Junior" Miller has organized costume

production and display for several

national and international carrivals

## Know-how

is supporting the communities where we live and work.



People's United Bank is a proud sponsor of the Taste of the Caribbean & **Jerk Festival!** 



800-772-1090



peoples.com



What know-how can do



## **Trust** is a wonderful thing.



Trust is knowing someone will be there when you need them. It's knowing a promise made is a promise kept. Henry L. Fuqua Funeral Service is a name you can trust to serve you and your loved ones. Trust is something we earn every day. Henry L. Fuqua Funeral Service is proud to serve the West Indian and Caribbean Communities.

#### Henry L. Fuqua Funeral Service



94 Granby Street Bloomfield, CT 06002 860.769.6841 www.henrylfuquafuneralservice.com



#### —O3

#### Merely asleep

He is not gone but merely asleep
I know with his passing you must weep
But think of those memories of fun filled days
Days of laughter, joy, happiness and come what may
There is no joy in your parting today
His savior called him and he could not stay
This is not goodbye, but God knows best

He was tired and weary, so the Lord said, come home child and take your rest.

by Marcia Anderson

#### De the Bookshelf and upon

#### BOOKS Need to add some books to your collection, here are some old and new ones by Caribbean writers to explore:

Love in the Time of Cholera by Gabriel Garcia Marquez A House for Mr. Biswas by V. S. Naipaul The Palace of the Peacock by Wilson Harris Divina Trace by Robert Antoni The Children of Sisyphus by Orlando Patterson The Dew Breaker by Edwidge Danticat Brother Man by Roger Mais The Duppy by Anthony C. Winkler The Dragon Can't Dance by Earl Lovelace In the Castle of My Skin by George Lamming Wide Sargasso Sea by Jean Rhys The Dead in Their Vaulted Arches by Alan Bradley In Times Like These by Zee Edgell In the Time of the Butterflies by Julia Alvarez Green Days by the River by Michael Anthony The Festival Of San Joaquin by Zee Edgell Between Silence and Silence by Ian McDonald Time and the River by Zee Edgell The Hummingbird Tree by Ian McDonald Moon on a Rainbow Shawl by Errol John Poems by Martin Carter Beka Lamb by Zee Edgell Gift from the Sea by Anne Morrow Lindbergh

#### FOR THE CHILDREN

Tiki-Tok Growing up in St. Lucia by Loverly Sheridan Grommit, the vulture by Andy Campbell The Parrot and Papa Bois by Lynette Comissiona Drog A Dreggen story by Hazel D Campbell Every Little Thing Will Be All Right by Diane Browne Jojo's Treasure Hunt by Cherryl Shelley-Robinson Jenny and the General by Jean D'Costa Little Island-Big Adventures by Maria Roberts Squires Island Princess in Brooklyn by Diane Browne

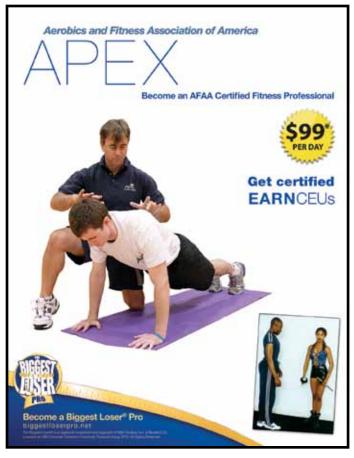
Annie John by Jamaica Kincaid Redemption in Indigo by Karen Lord A Proper Companion by Candice Quartet by Jean Rhys Sleep it Off Lady: Stories by Jean Rhys Flickering Shadows by Kwadwo Agymah Kamau Crossing the Mangrove by Maryse Condé The New Moon's Arms by Nalo Hopkinson A Bend in the River by V.S. Naipaul Lucy by Jamaica Kincaid Conversations with Maryse Condé by Françoise Pfaff The Brief Wondrous Life of Oscar Wao by Junot Díaz Yo! by Julia Alvarez Sans Souci, and Other Stories by Dionne Brown Girl, Brownstones by Paule Marshall The Farming of Bones by Edwidge Danticat Le Coeur A Rire Et A Pleurer by Maryse Condé I is a Long Memoried Woman by Grace Nichols How Tia Lola Came to (Visit) Stay by Julia Alvarez Finding Miracles by Julia Alvarez A Girl like me by Loverly Sheridan

#### WEB SITES

www.caribbeanpot.com - Caribbean recipes www.tasteslikehome.com - Caribbean recipes www.islandflave.com - Caribbean recipes www.recipeisland.com -Caribbean recipes www.caribseek.com - Recipes, news, information www.caribshout.com - Caribbean social network www.caribbeannewspapers.com - Caribbean newspaper www.caribeean360.com - Caribbean news www.caribbeannewsnow.com -Caribbean news www.caribbeanchoice.com - General information www.trinigourmet.com - Caribbean recipes www.caribbeanchildrem.com ebooks







THE STANLEY G. WORKOUT
1051Blue Hills Ave. Bloomfield, Ct. Ph # 860-242-STAN (7826)

# CONNECTICUT SCIENCE CENTER

## CITY OF HARTFORD RESIDENTS!

Enjoy Free General Admission to the Connecticut Science Center during the month of August 2013\*

\*Proof of Hartford residency required.



Visit any public library in the city of Hartford and request a coupon.

Children 18 and under must be accompanied by an adult.



**860.SCIENCE** [724.3623] www.**CTScienceCenter.**org 250 Columbus Blvd | Hartford, CT 06103

Connecticut
Science Center





Brunton, mother, Controller at Access Health CT, Founder of gomom.me, LLC and President of The Females' Center of Excellence and Leadership, Inc. (Xcel, Inc.) hails from Trinidad and Tobago.

Tricia holds a Bachelor of Science in Finance from North-

eastern University and Master of Science in Finance and MBA from Indiana University. She founded Xcel, Inc. (www. xcelinc.org), a non-profit dedicated to the advancement of women and girls of all backgrounds at Northeastern University in 2002. Xcel, Inc. offers programs and services centered around mentoring, education, networking, scholarship and community service throughout Connecticut and Western Massachusetts.

In 2010, she started gomom.me, LLC; a social network and resource for moms on the go and producer of Connecticut's annual Let's Play Expo. Through gomom.me, LLC (www. gomom.me), Tricia aims to encourage moms, to be great, amazing, happy, beautiful and successful - not just for themselves, but for their children.

What's your favorite color? Blue

What's one of your pet peeves? One of my pet peeves is lack of communication. I think it's important for everyone to be on the same page so that people know where they stand and get things accomplished.

What's your favorite Caribbean food? Curry chicken roti. I am overdue for one right now.

What would surprise people about you? I am a social entrepreneur. I founded The Females' Center of Excellence and Leadership, Inc. when I was in undergrad at Northeastern University.

Hot or cold? Hot, definitely. I am not a fan of really cold drinks. No ice in my fridge

What do you do to unwind? I rarely ever unwind. However, I do enjoy NCIS marathons and watching movies with my

What is your daily mantra? "One step at a time".

Where were you born? I was born in Port of Spain, Trinidad

When is your birthday? September 20th

If you could have dinner with anyone alive, who would it be? Michelle Obama would be my first choice. She has been such an encouragement to so many women.

What kind of music do you enjoy? calypso, soca, and Motown.

If you could be any animal for a day, which one would you be and why? I would chose an octopus. It would be a wonderful day of multi-tasking!

What is your middle name? Theresa

Do you have a nickname and what is it? Yes, Trish.

Do you have a favorite Bob Marley song? "Three Little Birds".

Can you speak another language? No. But, when I speak Trini to my son he thinks I am speaking another language.

Do you collect anything? I don't collect anything.

What was your first job? I interned at Mass Mutual via a school to work program in Springfield, MA.

What is the one book you would recommend everyone should read at least once? "Good to Great" by Jim Collins.

What is your favorite bush tea? Bay leaf tea.

Can you play cricket? I haven't played cricket since I was younger, but I'm sure I still can.

Can vou swim? No

Caribbean – what does the word means to you? **Home** 

What subject you were good in secondary/high school? Math.

What do you get complimented about the most? My laugh. I don't realize it, but apparently I laugh a lot.

What's the most exciting so far in 2013 that happened to you? Starting my new role as Controller at Connecticut Health Insurance Exchange d.b.a. Access Health CT.

Sweet tooth or sour? Sweet tooth.

Gold or silver? Gold, it matches my skin tone.

Salsa or meringue? Salsa. Energetic and a fun dance.

Knowledge or wisdom? Wisdom because it comes from personal experience.

What's is your favorite mango Julie mango. Mango chow using Julie mango was the best afternoon snack ever!

If you could describe you life in one word what would it be? Blessed.

Finish it

I would love to see

| I would love to see | emore women in key leadership          |
|---------------------|--|
| positions.          |  |
| Home is fan         | nily time.                             |
| Sometimes           | there are not enough hours in the day. |
| When I am sad       | I try to think positive thoughts.      |
| Sunset is calmi     | ing, is relaxing                       |





Mango sweet by RS White
I don't want the skin off
I don't want the seed out
I want to eat it
I want to suck it
I want to indulge every bit of it
Big dirty bites
Juices dripping all over my hand
I want to savour skin and all
I want to suck on the seed until its white
I want to be satisfied

My mango





### Triends of the Taste of the Caribbean

#### Paul R. Viets Esq.

Tanya Coory

Faye Drain

Jackie Hafner

Linda Siblev

Tracy Harris

Pam Fitzpatrick

Tywanna Donaldson

Charlotte Cameron

Valerie Fluitt

Carolyn Almeida

#### Kenneth H. Kennedy Jr. Councman. City of Hartford

Elorie Stevens

Andrea Genus

Tiffany Wright

Kenneth Sr. & Lorna Wright

Lisamarie Wright

AaNiyah Wright

Tonya Phillips

Anthony Sr. & Hopal Daley

Michael Dalev

Fnid Stevens

Janett Stevens

Reggie Jackson

Judith Williams

Signe Milner Martin

Shelley McEwon

Charlene Poiez

Kate Oslan

Bryan Watson

Felecia Farrell

Sophia Clarke

Marilyin Clarke

Norman and Joy Clarke

Noel Hanlon

Clinton Buckrige

Trevor Harris

Nicolla Blytho

Alex B. Sales

Tangala Sales

Winsome Barnaby

Shauntelle Barnaby

Carter Durham

Morgan & A. J. Barnaby

Jennifer Lindo-Watt

Denzil Ricketts

K & M Jewellers

Everton & Elaine Stewart

Winston Barnaby

RAB Trucking LLC

JLW Trucking LLC

Wild Cat Trucking, LLC

Michael Davis Trucking

J & J Trucking Company

Toce Brothers

Woodland Fish Market

Frenshaun Bass

Dr. Roy Kellerman

Mrs. Delores Kellerman

Donna Maxwell

Peter Maxwell

Melinda DeBeatham-Terrell

Bernard Terrell

Charles & Tayna Jean

Encarnacion

Kiplin Freeney

Michael Perry

Juliet D. Relph

Celeste Hite

Robert Henriquez

Joyce M. Crayco

Eva M. Bryant

Cheryl Shelton

Nick Merritt

Tricia Brunton

Jevidi Hulton

Eleanor Cooper & Family

Sydney Halsall

Joan Sullivan

Courtney Burgess

Jean Mitchell

Janie Grav

Marvin Weaver

Michelle Weaver

Ingrid LeBron

Councilman Kyle Anderson

Council President Shawn

Wooden

Sandra Kee Borges

### Triends of the Taste of the Caribbean

Fay Scarlett

Larry Franklin, Sunset Cafe

Veronica & Norris Taylor

Mayor Sydney Schulman

Rudy & Kay Brooks

Renee Smith

Errol L. Smith

Patricia Miles

Loida John Nicholson

Senator Eric Coleman

Ainsworth Thompson,

Mortgage Banker

Althea Thomas

Janet C. Jubrey

Grace Soares

Marcia Clahar

Ann & Orville Jones

Barbara P. Lindo

Nicone Gordon

Jessica Angelo Julien

Dr Gary Rhule

Rodney Isaacs

Claudia D. Jones Esq.

Attorney Aaron J. Romano

Attorney Tanya T. Dorman

Nikki Z

Kristina Newman Scott, Dir.

of MEECA, City of Hartford **Amy Sailor: Community** and School Partnership Administration for The

Connecticut Science Center

In Loving Memory of: Floris Simpson, Dossell Simpson and Vernal "Ricky" O'Connor.

Grantley Adams

Martin Nelson

Ann Nelson

Desrey Downer

Lincoln Peters

Carlton Carroll

Forbes Cummings

Elizabeth Cummings

Michael Richards

Deborah Webster

Tysheen Downer

Cora Ricketts

Lorenzo Ricketts

Urani DeSouza

Andrew & Sophia Lindsay

Chyna Lindsay

Camryn Lindsay

Cyana Lindsay

Ophni Davis

Stan Walker

Aliena Ali

Byron R. Lester

Rep. David Baram

Jerry & Marlorie Long

Ophni Davis

Andrea Thompson

• Marcus Watkins

Alice McCall

Salihu Jimbah

Alton Grange

Prudential Insurance

#### Once Again Thank You!



We worked really hard to ensure you have an awesome experience with good music, good food and good fun in 2013. But, it no don yet, we need your help in making sure 2014 is even Bigger and Better with....

More Vendors, More Advertisers,
More Sponsors, More Friends

Because this festival is done 100% by contributions.

Talk to us on Facebook tell us how we are doing, what you want or just to say Hello.

Visit our website: www.tastect.org.

If you have any pictures of this year or past year, please share them.

Oh! Do us a favor in 2014 bring a friend or two with you.

Taste of the Caribbean
PO Box 1604
Hartford, CT 06144-1604
For more information, contact
Leslie Perry 860.306.1693

See you first saturally in August!

## CELEBRATE CULTURE







The Greater Hartford Arts Council is proud to support the TASTE OF THE CARIBBEAN & JERK FESTIVAL and hundreds of other events, concerts, festivals and celebrations all year long that make our community an exciting place to work and live.

ONE GIFT to United Arts helps make all of this possible.

**LEARN MORE AT** LETSGOARTS.ORG greater hartford arts council





Over 80 years ago, Price Chopper took root as a family in business. Since then, we've been committed to nurturing the roots of our communities, helping them to thrive. Beyond our promise to offer the best in fresh and low prices, we're proud to give support to events like the Taste of the Caribbean and Jerk Festival, which help to enrich the lives of us all.





www.pricechopper.com

