



Sweet TnT

MAGAZINE

Issue #14 February 2015

www.sweettntmagazine.com

Face of Carnival!

Happy masquerader enjoys the sun
on the streets of Port of Spain.

Allure of a Trini woman

Pepper mouth

My love for Valentine's Day

From Trinidad to
China and back

Now that's superstitious!

Journey to Biche



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Sweet TnT
MAGAZINE

Lifestyle
Creole Language
Food
Places

Trinidad and Tobago culture for so!



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Pan truck on the road

Sound Specialists of Laventille play sweet pan music on a truck as they move along Ariapita Avenue last Carnival.

Editor's note

Carnival is in the air as people hit fetes, pan yards, calypso competitions, and hustle to get their costumes for the big march on the road on February 16 and 17. Love is also in the air even for the children as Valentine's and Kiddies' Carnival fall on the same day. Once again, your February 2015 issue of Sweet TnT Magazine is packed with culture from all around Trinidad and Tobago with many positive experiences shared by our contributors.

In the section Lifestyle, you will enjoy the artistic faces of women playing Mas on our streets, a costume designer's creative works for 2015, an interesting poem on a Trini woman's allure, some Valentine's love stories, a cricket experience, and an interview with a talented musician. The Creole section features very interesting pieces on accents, superstition and a short story about fishing in the Maracas Valley river.

In the Food section, a traveller talks about a roti shop in the US, you get a taste of a peppery story, and you are in for a treat with Chinese food on the Brian Lara Promenade. The Places section features the big change for a Trini who moved to China, scenes on Ariapita Avenue for Carnival, a scenic journey to Biche, a family's visit to a fun place on Tragarete Road, Port of Spain and some Emperor Valley Zoo friends just relaxing. The issue is a delight thanks to all our writers and talented persons featured in the magazine.

To our readers on www.sweettnmagazine.com and fans on our social media sites, your hits, likes, shares, and comments are very much appreciated. Our priority is to keep entertaining you with the positive happenings of our country. Congratulations, team!

Enjoy!

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Sweet TnT
MAGAZINE

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Ladies having a ball as they chip to the soca music from their truck in Port of Spain.

Mas in the streets



Some walk while others dance in the sun on the streets of Port of Spain.

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Proud Trini wearing a flag on her lips.



Oooo what a time!



Singing along to soca.



Pretty in purple.



Sweet taste of Carnival!



Yes, the music sweet!

Faces of Carnival!

These are some faces of Carnival from our album posted on www.sweettntmagazine.com.

Visit the website to see more albums and share your views on our forums.



Penny for her thoughts.



We love to sing, dance and have a good time!



Having so much fun!



This is we Mas!



Nice music, man!



Making sure to rehydrate.



Couple loving the camera!



Into the music



Our cover masquerader at right enjoys a joke with her friend.



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Founder of La ta Caille Kidz:

My dream for the children!

My name is Terrence La Caille and I am 24 years of age. While growing up, my desire to design and create my own children's Carnival band was my biggest dream. In 2012, to further my creative desire, I approached veteran wire bender Stephen Derrick to teach, guide and provide me with the skills needed to professionally produce my costumes to which he happily obliged.

I took my first step in pursuit of my dream by designing and creating a Queen's costume for two consecutive years for Personal Student Learning Unit (PSLU) a community oriented school. The school was celebrating their anniversary over the period depicting "Joy" and "Peace" respectively which highlighted the goals of the school within the community. This was an auspicious moment for them more so as the celebration was highlighted in the media.

With my passion for creating and drive towards achieving my goal I have successfully



registered my first children's band "La ta Caille Kidz". The band had its first launch at the Cascadia Hotel on July 6, 2014 which was profiled in the *Sunday Express* on July 13. We would like to have a second band launch in October 2015 catering to the communities in the east so that they too can be aware of and participate in the La ta Caille Kidz 2015 presentation.

My choice to design for children stems from my dream of seeing young children come alive with the joy of knowing that they are participating in what is considered the greatest

show on earth. Our children are the instruments and future of this country and as such we need to expose them to acknowledge, not only of our country's history but world-wide history and other enlightening topics. Through this experience and art form we would, hopefully, be able to keep them involved in the creativity of our Carnival.

The 2015 presentation of the Zodiac Signs are as follows:

- Aries, God of War
- Cancer, the Blue Crab
- Capricorn, the Guptain (Half guppy fish and half mountain goat)
- Gemini, the Non-Identical Twins, Day and Night
- Leo, the Lion
- Libra, Themis Goddess of Justice
- Sagittarius, the Archer Centaur
- Taurus, the Bull Fighter
- Virgo, the Victorian White Bride



Memorable Valentine gifts on a budget!

By Nerissa Hosein

I love Valentine's Day but these last couple of years I am fed up of the traditional and completely commercial take on this once sweet, sexy holiday!

I am fed up of the teddy bears, lingerie and chocolates that I have to see everywhere I go so these last few years I have tried to come up with my own spin on V-Day! Here's a few easy to do, affordable but cute gifts that can be easy on the wallet but heavy in the heart's memory!



Nerissa and
Muhammad
Hosein

Home made dinner for two

Why go to a crowded, overpriced restaurant that serves a buffet with their most unpopular dishes? No privacy, no romance there and a maxed out credit card at the end of the night! Why not cook a romantic dinner, set the mood for your love with songs you both like, few candles and the air will be ready for romance!

Name a star

Who doesn't want a star named after them? This is truly a unique, romantic and thoughtful gift. There are many sites online that you can do this on and it starts at approximately \$150TT, which is more than you'd spend on a teddy bear and a few roses.

Creating an "us" scrap book

I know this might be kind of challenging for the guys, but trust me any girl would love this! Creating a book or DVD with your special moments, memories, songs and even old love letters! This would melt any girl's heart and also show her the time and effort you took to put this all together.



Adopt and save a life

If your sweetheart has the room, time and love to give, why not take them to the shelter and let them choose their own little bundle of joys! Trinidad has many animals waiting to find a home. It's a good feeling knowing you spent your money helping place an animal in a safe environment, your sweetheart will get a new pet to enjoy and the love you get in return will last longer than the overpriced roses!

They may not be the typical Valentine's Day gifts but they will cost less and last longer than most of the store bought gift options! So this Valentine's, take a chance and do something different, it will certainly be appreciated! Happy Valentines!!!

A gentleman's advice to men:

Keep the romance alive!

By Kielon Hilaire

“It’s a bird! It’s a plane! No, it’s Superville!” His first name is Emmerson and he is from Arima. He bears no reference to the once popular TV series Smallville despite his fancy name and the ring he wears with the Superman “S” logo. He works in the construction industry by day and saves relationships at night. He is well known for his ability to secretly save or sustain love where it otherwise might not exist.

Emmerson claims that one of his secrets to sustaining relationships is to always tell people exactly as it is, even if it means not softening the blow. He recalled the story of a man who once came to him for advice upon realising that his girlfriend had been losing interest. Emmerson quickly asked the guy to hand over his cell phone and in five seconds he typed up a message then told the man to send it to his girlfriend. To this date the couple is still together.

He explained that lack of genuine effort from either person is what causes a relationship to fail eventually but if you continuously personalise your relationship based on each other’s needs you may find love forever. He also mentioned that you should never get comfortable with someone to the point that you stop trying hard enough.

He then shared some of his personal and successful attempts to keep romance alive which include randomly cooking a three course meal in his backyard while dressed in a tuxedo, creating an indoor picnic in his bedroom with candles lit all around, designing a birthday cake that was based off a woman’s favourite pair of shoes and giving the gift of a miniature candy machine that contained M&Ms imprinted with her smiling face on each piece.

We live in a time where it seems that the average person is focussed mostly on being an individual but Emmerson said, “There is nothing better than love. Without love we will never feel complete and as much as we may think we can face the world on our own, sooner or later we will want someone to be there to catch us when we fall, whether we want to admit it or not.”



Emmerson Superville and Sonya Sandy.

such as he or she has to look a certain way or has to have a certain job else what you would most likely end up with is a temporary working companionship.”

Emmerson is very quick on the draw as he is able to use words, art and spontaneity to sweep his woman off her feet. He also has aspirations to one day open up a card business that will help others say what they need to say to their loved ones without them having to resort to generic “I love you” cards that he deems are highly impersonal.

What Emmerson would like people to know most of all is that love is not exclusive to fairytales no matter your past experiences, and with Valentine’s Day coming up, whether or not you believe in the validity of February 14 is not what is important. Using something, anything, as a starting point to progressively build a loving relationship is far more significant.

And ladies, this “Superman” is already taken by his “Lois Lane”, the romanced Sonya Sandy. Those of you still in search of that special feeling know that you only need to keep your heart free and your mind open as every day is a new chance to be super and to rise in love.



Emmerson gives a birthday cake to Sonya with her favourite pair of shoes.

He then went on to say, “My advice for people looking for love is to do not settle. Please! Some people want love so badly the first thing they see that kinda looks like love they grab onto it and hold on for dear life. But you need to be sure of what you are getting into. Also, if real love is what you’re looking for then you may need to forego some pre-notions

On the road

Masquerader poses for the camera on the street at Queen's Park West, Port of Spain.



The allure of a Trini woman

By Marissa Armoogam-Ali

An island so rich, she exudes a confidence unmatched
 Her earth is rich and nourished; she brings forth abundant fruit
 The ample mountains of its framework beckon to those longing for adventure
 The curves of her form entice in great rapture as she gracefully woos without even trying

In her outstretched arms from one point to the other she carries strengths beyond her abilities
 As the wind blows upon her, a sweet inviting fragrance travels through the cool Caribbean air
 An encounter with the island leaves you longing to return to her pristine natural beauty
 At night the sounds of the island breathing awaken your senses and engross your imagination

She's beautiful, she's exotic, and she's everything
 She is a woman; this is the allure of the Trini woman

FAMILY OF WOMEN:
 Back row from left are
 Korrene, Samantha,
 Amanda, and Tanisha.
 3rd row: Natasha, Lisa,
 Laura, Gabriella,
 and Rachael.
 2nd row: Marissa,
 Tamara, Liana, Alicia,
 Megan, and Tabitha.
 Front row: Sarafina,
 Crystal, and Jade

Musician Juliet Robin's story

'I'm taking it higher!'

**Keeping
T&T sweet!**

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I am Juliet Robin, daughter of former Director of Culture Melville Robin and Rosalind Robin. I am a musician, vocalist, composer, arranger, producer, teacher and radio host, classically trained in string, woodwind and keyboard instruments and I am specialised in the violin, clarinet and piano. I have been involved with music from the age of five.

At 15, I performed throughout Europe playing the piano and cuatro as part of the band that accompanied a folk choir and at age 17 I was selected to represent Trinidad on a cultural trip to Venezuela to play the violin with the Caracas Youth Symphony Orchestra. I am the winner of several classes in the Trinidad and Tobago Music Festival, including those for composition.

I performed as a keyboardist and vocalist with several bands including Charlie's Roots, Chandelier, Dr Roy Cape, Andre Tankar and Mano Marcellin. I played the clarinet, bass, drums and piano with the female jazz band called The Jazz Triple. I am still a member of the jazz band but recently started my own band. I have also performed as a guest Clarinetist with members of the Police Band in a series of concerts.

I travelled extensively throughout Europe, North America and the Caribbean either as a member of a band or as a soloist, performing at several festivals and carnivals. I performed privately for former Miss Universe Lara Dutta. I provided musical accompaniment for several artistes including David Rudder, Destra Garcia, Machel Montano and many popular Jamaican artistes. I worked on an international level, sharing the stage with artistes such as Terry Brock from the band Kansas (the original singer of the song "dust in the wind") and Jarmo Hoogendijk, jazz trumpeter from the Netherlands.

I held the position of Musical Director and



Juliet with her keyboard.

Choir Master at various private schools, preparing children for public performances, competitions and examinations. I have been the Assistant Musical Director of the band Chandelier.

I had both good and bad experiences as a musician. I recall on one unfortunate occasion while visiting a country for the carnival, the promoter was given money to take care of expenses for the band. However, he decided to provide

inconsiderable accommodation for the band and keep the extra money. As a result of this, the musicians demanded that the promoter take them back to the airport and on the next flight back to Trinidad. I recall that all hotels were booked up except for the most expensive five star hotel and the promoter had no choice but to use the most expensive hotel. Some of the members did have a feast as they ate no end of



Juliet with her band at Fiesta Plaza in 2014. Photo by F Singh

lobster and they also took advantage of the room service.

One of my most memorable experiences was when I was contacted by Jocelyne Guilbault, Professor of Music, French and English-speaking Caribbean music, French and English-speaking Americas, theory and method in popular music studies, aesthetics, cultural politics in musical production and circulation, from the University of California Berkeley, to be included in a book entitled "Fifty Years Of Living Music: Saxophonist and bandleader Roy Cape from Trinidad".

I was contacted because Roy Cape mentioned me to Jocelyne who later informed me that I was the only female musician that was featured in the book. Another positive experience for me was the respect that I got from Terry

Brock who treated me as if I was the star of the band even though Terry was the star.

I am proud to be a Trinidadian and of the fact that my father was responsible for introducing the symphony orchestra and teaching stringed instruments, including the recorder. My elder sisters were the first to play the recorder in Trinidad and Tobago and there are many older musicians who can testify to what I am sharing. However I am very saddened not only of the increasing crime, but the type. There seems to be no more respect for lives including children.

As for 2015, I am excited because I recorded a pan song called "Take it Higher". It has been getting a fair amount of airplay. As a result of this, I have been contacted by a few other studio owners who expressed interest in me singing

their compositions. The result is that I will be recording a variety of different genres although I am working on my Latin Jazz CD, which is my first love. Why am I doing all these different styles? I have nothing against vocalists but I want people to know that many musicians can do even more than vocalists do but rarely get the opportunity.

I am currently pursuing a Bachelor's Degree in Human Resource Management with future plans to pursue a second degree in Carnival Studies. I donate my talents to several charities including performing at homes for orphaned children. This is a cause that is near and dear to my heart. As a teacher, I continue to share my knowledge of the music business with students who are interested in pursuing music as a career.

<http://kemsan.brainabundance.biz/>

<https://www.facebook.com/BrainAbundanceTT>



Cricket fans at the Queen's Park Oval.
Photo by Nadia Ali

Cricket, sweet cricket

By Nadia Ali

“Anyone for cricket?” For die hard cricket fans the chance to see the national and Caribbean professional cricketers play a game at the Queen's Park Oval in the heart of Port of Spain is a sporting event not to be missed.

Historically, the sport of cricket was introduced to the West Indies by England in the 18th century. It was later in 1950 that the West Indies won their first Test victory against England in England.

Today, as we got closer, the excitement grew. The closer the car got to the surrounding streets of the Oval we could see a steady stream of spectators sporting colours of red and national symbols like the Trini flag. It is

definitely not a sport that is only supported by men as you can see groups of females going to cheer on their favourite cricketers.

Now, as much as I am new to cricket I will only watch the 20/20 matches not an all day international, mostly because I won't find the company to go. “Oh gosh dat, it's too long!”

Once inside the Queen's Park Oval which is Trinidad's largest cricket ground seating about 25,000 fans, the early bird fans were very sparse. We were in the Leary Constantine Stand and could see fans filling up the popular Trini Posse stand which had cheerleaders dressed in bright colours, singing chants and dancing.

As we waited for the game to start, music blared from the resident DJ. Vendors walked around with an assortment of pies, food, drinks

and Trinbago flags to wave in support of the national cricketers. The stands began to fill up and soon it was time for the game to start.

I was familiar with a handful of the players and together with the DJ, cheerleaders and fan support it was fun. Through a zoomed camera lens I could see who was who as the cricketers took to the stumps. The fans and DJ erupted into euphoria whenever a 6 was hit. It actually took a while for the crowds to settle down before resuming play.

As the game came to a close in true Trini style the fans started leaving and by the time the officials got around to giving out trophies, only a few diehard fans remained. After the match, the streets outside were flooded with people heading to their cars having enjoyed cricket, sweet cricket!

This accent thing

By Annisa Phillip

There are some accents that can be classified as the easiest to imitate.

The top three are British, American and Jamaican... well maybe this is true for English speakers. I believe that Bajan may fall right in fourth place, I could be wrong but this is my assumption. Now, there are others but these I believe to hold the top rating on the easiest-to-imitate scale or the most-commonly-imitated scale.

I'm sure that many of us or someone we know at some time or another threw on a British accent. If not British, then definitely an American and you know the one,

the water-down-yankee-come-from-afar or maybe just some fella trying to impress a lady. And of course you must try to pull off a Jamaican, just because you can and not because you need to. My latest experience strangely was a random "fresh water yankee" male trying to make my friends and I feel uncomfortable – his mission was accomplished by the way.

These accents have made for interesting discussions among my friends, the "American" having a conversation with the "British" who is friends with the "Jamaican". Topics range from the nonsensical to controversial current issues. I have even heard some Punjabi thrown into a few of these

conversations, obviously to spice things up (there was a pun in there).

Now, have you ever heard someone try on a Trini accent? I have heard a few, and in my not so humble opinion, I'm yet to hear someone actually pull it off. The ones I've heard sound forced and too brutal to a Trini's ear. Some may even try to fly by with a Jamaican twang in attempting to imitate us. Clearly in my experience no one can sound like a Trini except a Trini. Maybe it's simply because a Trini accent is too sweet for any non-native tongue. It is a thing of beauty, indicative of our diverse history and maybe too fast for some foreigners but a Trini accent is second to none.

Gosh! Trinidad is so hot, I miss America!

Steups! But you only spend two weeks up dey!



Ole Mas

Fancy Indian plays Ole Mas on Frederick Street, Port of Spain.



Now that's superstitious!



By Kerry Mc Donald

Amanda: Girl, this year will make it five years now and Ronnie ain't married to me as yet.

Linda: Amanda, yuh lie. Five years, but what Ronnie waiting on?

Amanda: I really don't know nah girl. Cock might get teeth and I still waiting.

Linda: Well, we both know cock aint getting no teeth and I positive that my boy Ronnie will marry yuh girl.

Amanda: Linda, yuh know when you come to think about it, Mammy sweep this house and she happened to pass the broom over my feet, so many times, I lose count.

Linda: Yes! That's it. What we go do girl? We have to pray away this action yuh mother performed. Yuh mother sweep over your foot so much time that she prevented yuh from getting married.

So, my friends, could you attest to the above dialogue?

What superstitious beliefs could you remember?

Does the belief stir up fear, curiosity or disbelief?

Have you ever tried to put any of these beliefs to the test?

As Trinbagonians we love a good picong, a



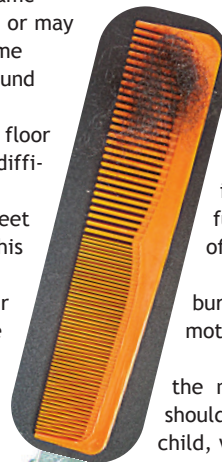
good lime, good food and so much good things, but what about some good superstitious beliefs? As you have read above, one of those beliefs did not turn out good for Amanda.

You may have heard some of the same superstitious beliefs for years, recently, or may have never heard about it. Here are some superstitious beliefs that have been around for years:

- If you put your handbag on the floor you will experience prolong financial difficulty.

- Do not sweep over someone's feet they will never marry (yes, apparently this was to Amanda's detriment).

- If you see a butterfly in your home, you will see someone you have not seen for a long time.



- If you see a brown grasshopper in your home, someone within the household will get sick

- If the palm of your left hand scratches you, you will get money. If the palm of your right hand scratches you, you will lose money. I could confirm this belief (smile). However, I have always experienced the reverse result. If my left palm scratches, I lose money. If my right palm scratches I gain money.

- If you arrive home after midnight, walk into the entrance of the door backwards or jumbies will follow you in your home.

- If your left eye jumps, you will receive disturbing news.

- Take off your clothes and leave it outside when coming home from a funeral as this leaves the death/spirit of the dead person outside.

- When you comb or cut your hair, bury the hair by a fig tree as this will promote hair growth.

- If you going home with your baby in the night do not hold the baby on your shoulder as evil spirits will play with the child, which can lead to nightmares. Instead, hold the baby in your arms.

- When your baby passes stool for the first time, the stool should be left in the diaper and thrown on the top of the roof of your home. This is done to prevent illness. In the event your baby is out in the night, if dew falls, the chance of the baby getting sick is impossible.

As for one superstitious belief that has stuck with me for years:

Eat black eyed peas on Old Year's night. Do not forget to eat your black eyed peas, yes people, eat your black eyed peas. Whether it is a black eyed peas pelau, black eyed peas soup – yes soup, or black eyed peas with rice and the option of meat, eat black eyed peas for prosperity into the new year. Also, ensure your purse has money and you are wearing new clothes.

There you have it. These are some of the many superstitious beliefs that have been with us and will continue to be with us.



The one that got away

By Omilla Mungroo

"Is only in Trinidad people does say man turnin into thing eh!"

So the talk went around Maracas Valley after that river expedition. But one had to be in the right place at the right time to tell the story...

Uncle B laughed his usual laugh while carrying the fish net made out of wire in his left hand. He held a cutlass in his right hand, as the six of us waded up the river in the cool dark of day.

Uncle Shaun and Aunt Janice waded along with the basket and other cooking items. My father held a sack of fish and my mother could

only steups as I slipped a million times on the cold slippery, mossy stones in the water. My brother, only eight years old, a year younger than me, made walking on those stones look so easy. He never slipped! What an expert, I thought, as I winced at my grazed ankles and soles.

The exciting thing about this river lime was the fact that Uncle B vowed to catch a fish he said had eluded him the last time he visited Morang river. Morang had the best, cleanest water in all the rivers in Maracas Valley at the time.

"Man if you see that thing! It big! But what scared the daylight outa me was how the fish

watch me when I miss him with the poya!" Uncle B's face scowled, "I never see a fish look so in all the years I walk up this river catching fish. The thing look like it was laughing at me!"

Uncle Shaun had chuckled, "Well you have a real imagination boy Bolo. You mus' be see a man that turn into a fish yes!"

"No joke," Uncle B said seriously, as he swung his cutlass to cut a branch that dangled precariously in front of us.

The whole group burst out laughing, but I thought I heard a little quiver in their voices.

"Bolo you better forget that fish yes. We have enough coski and tayta here to cook under



the bridge and to carry home,” Uncle Shaun did not like to entertain such superstitious thoughts of a man turning into a fish. However, Uncle Bolo dismissed his advice and prepared to get that fish.

Aunty Janice had looked behind to see how far my brother and I were, as I kept getting cut from the stones.

“Is better we did leave alyuh home oui! Look how you get cut up.” She spoke so loudly I was sure the big fish they talked about had heard her.

As we settled under the bridge and the ladies got a fire going, Uncle B waded into the deep part of the pool. “Is right by that bank I hit the culprit last week, and he turn and watch

me as if to say ‘who you feel you is?’ But alyuh fix up, I goin’ and look for him.” And he dove into the water, cutlass in hand.

I counted eight beer bottles my mother had put in the river water to chill for the men, and four soft drinks. No wonder, I thought. The water was ice cold! There was no way I was going in that water to bathe!

The smell of curry wafted around and the dumplings were done already but Uncle Bolo did not return to our spot. Uncle Shaun shaded his eyes with his left hand as he called out over the pond to Uncle Bolo. Not a sound.

“You see how harden that man is? I tell him we have enough fish but he want that one.”

No one saw Uncle B walk around from the

river bank on the opposite side. There were too many trees and bush and bamboo stools, but he appeared like a ghost wiping his cutlass with an old piece of cloth. I thought I saw some blood on it, and he fell to the ground in a heap, as everyone went to him.

All I heard was a loud swish in the water, and I turned to see something big and greyish, making a loud splash. The eerie laughing sound still lingers on my mind sometimes whenever people talk about a river lime. It reminds me that it was never the cuts and bruises I got from the sharp mossy stones that made me despise bathing in any river. I don’t know if anyone else saw what I saw that day, but that was one huge wabine that no man could ever catch!





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Customers making their way to Singh's Roti Delight. Photo by Nadia Ali

Having Trinbago food in Fort Lauderdale, USA

By Nadia Ali

On a recent trip to Fort Lauderdale, USA my brother-in-law said, "Let's go for doubles for breakfast?" "Doubles?" I questioned. "Well maybe you want some roti, tomato choka and bhagani choka then!" he laughed.

Little did I know that he was referring to a Trinbago eating place called "Singh's Roti Delight" located on N State Road 7, Lauderdale Lakes. As we walked across the car park two brightly coloured Singh's Roti Delight delivery vans were parked in the open mall car park.

Besides the tropical sign, the exterior of Singh's Roti Shop was painted in neutral beige to blend in with the rest of the shops, but once inside the sound of calypso music greeted us playing loudly for the foot tapping enjoyment of customers. A wide screen TV perched above the counter showed accompanying videos. The

décor reflected the Trinbago colours with the walls being painted in signature red. On display were Trinbago memorabilia with a variety of Caribbean flags to welcome all Caribbean diners. The display fridge behind the counter had all sorts of Caribbean imported drinks and home-made peanut punch. On the counter were large plastic food containers with cur-rants rolls, coconut rolls and even some huge chunks of moist cassava pone.

The display menu on the wall was extensive with everything you could ever want including curried chicken, goat and fish, dhalpuri, sada and paratha and even the signature dish from Maracas – bake and shark.

"This is Praveen," announced my brother-in-law introducing me to one of the owners. Praveen had a bubbly personality and was genuinely excited to know that I was visiting from Trinidad. She began telling me all about how she and her husband Gavin got started. When she finished, we put in our order and pulled

out a seat to wait for our food.

The restaurant was cheerful and had a steady flow of customers in and out of the door carrying the most popular breakfast order of doubles. When we got ours it was almost double the size of the ones we buy in Trinidad. We were offered pepper sauce, a sweet n spicy hot tamarind sauce and a cool cucumber sauce to further enhance the tasty doubles.

Open seven days a week, Singh's Roti Delight serves breakfast, lunch and dinner and do catering for private events. The owners Praveen and Gavin also take an active part in sponsoring a cricket team, Miami Carnival and other West Indian events. They also have an area near the entrance with free information about Caribbean fetes and businesses in the area.

So, the next time you are in Fort Lauderdale and want some tasty, affordable food from sweet T&T drop in to Singh's Roti Delight.

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Who is a pepper mouth like me?

By Candida Khan

I absolutely love pepper. Once it's hot, makes your nose run and eyes water, you know that is some good pepper.

Did you know that pepper can actually help with weight loss? Ever sweat when you have some hot pepper?

I have not tried the local scorpion pepper yet, but I heard that it's extremely hot. It was the hottest pepper at one point, but there is one that is said to be

hotter which is called the "Carolina Reaper." It was recorded as the hottest pepper by the Guinness World Records in 2012.

There is also another beneficial property in pepper called Capsaicin. Current research has found pepper to be beneficial in reducing the risk for ulcers and promoting anti-inflammatory properties.

Regular consumption can reduce pain in the body. Moderation is always key, but you should consult any health care profes-

sional before consuming large amounts of pepper to help with pain or ulcers. Capsaicin can be found in lots of peppers including hot pepper and jalapenos.

Some persons can even consume them raw. I enjoy raw jalapenos as I find them delicious! Pepper can be beneficial not only to the stomach, but to the entire digestive system. Excessive alcohol drinking and smoking has been found to lead to ulcer formation and complications such as bleeding.



Jalapeno, pimento and hot peppers.
Photo by Candida Khan



Attendants help themselves.



Lunch is served

By Marika Mohammed

It was a massive turnout when the Chinese Association decided to host a celebration for the arrival of Chinese immigrants to Trinidad so many moons ago on the Brian Lara Promenade recently. It was definitely a grand success. There was a variety of things to see and do. There is nothing greater than displaying how welcoming Trinidad is to all cultures and people.

There was a variety of Chinese dishes one can sample. From savoury like noodles, chicken and pow to the sweet and beautiful desserts like snow drops and coconut mousse. Everything was beautifully plated to the point that you may not want to eat it, but when you do, you'll only feel upset that you finished eat it already.

Food is not the only way to learn about a culture but also through the language. There were volunteers to educate the non speaking mandarins on basic reading, writing and speaking of the Chinese language. Through this, many people were made aware that learning a new language is not as hard as they may think it is and that it can be quite fun.

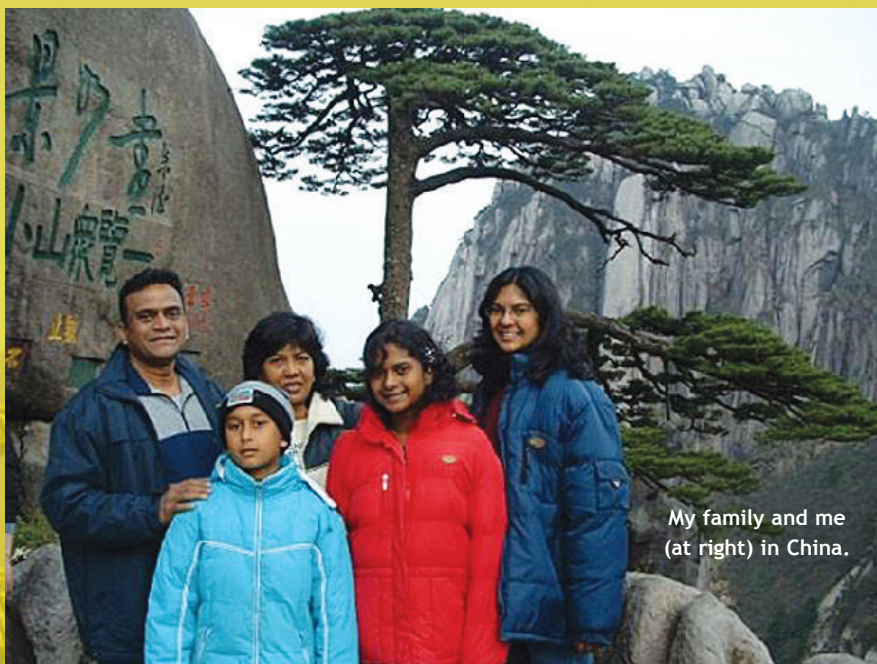
Lastly, there were so many things to see like tai chi and a kung fu performance. It not only excited the crowd that was there but also gave insight to the possibilities of learning these skills for physical, psychological and emotional well being. It was such a wonder-filled day. It was such a great day of learning and participating in a different culture. It was such a delight to know how open minded Trinis are to new things.

China's alive in Trinidad!



Entrance to the celebration.

Photos by
Marika
Mohammed



My family and me
(at right) in China.

The big change

From Trinidad to China and back

By Candida Khan

I've had the most amazing and challenging experiences during the years 2003 to 2008. You may be wondering what I could be possibly speaking about. Well, my family and I moved from our home land to a foreign country, you could even say that it was on the other side of the planet. We moved to China.

I was only 12 years old when we moved. My father was offered a job there and I was ready for a change. Completely excited to meet new people and see what the world had to offer, I approached the opportunity with an open mind and anxious spirit.

After many flights, we finally made it to China around the end of December 2003. Smiling from ear to ear with my heart racing with excitement, we landed on the ground of a foreign place. My first thought was, "This place is freezing cold!" Shivering from head to toe, we ran to a car that took us to a shopping mall where we bought winter clothes! It was such a rush to be in a place where the sun did not warm the earth. The cold winter breeze was a completely new experience.

My siblings and I started school there. My younger brother was in what was called year 5, I was in year 7 and my sister was in year 9. The system of a British International School was completely different. We were the only Trinbagonians there and there were only 2 or 3 other brown skinned students in the whole school! It was a new school, but very promising. Unlike schools in Trinidad, we had very small classes in that my class held around 16 persons.

At first, it was difficult to make friends. After a while, however, I did make a really close friend who I still speak with up to this very day! She's from Germany. We had such adventures in China. It really impacted my life in a positive way. Now I'm back home in Trinidad and Tobago currently pursuing a Diploma in Institutional and Community Dietetics and Nutrition. I have missed it here so much, my family, the beaches, the warmth; it feels like Spring all year round!

I am grateful for the many adventures I've had so far and I know that there's more to come. Life has many ups and downs, twist and turns, but just hold on for the ride, there's always an adventure ahead!



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Carnival on 'de Avenue'



Police officer rides his horse on Ariapita Avenue last Carnival.



The streets are colourful all the way from Ariapita Avenue to downtown Port of Spain.

Fruit stall on Eastern Main Road, Sangre Grande.



Our journey to Biche

...to attend Stoveman's funeral

By Kerry Mc Donald

Many people are familiar with popular places in Trinidad, such as Port of Spain, Arima and San Fernando, to name a few, but what about Biche? I distinctly remembered when I mentioned Biche to my cousin, Kemisha, she looked at me in amazement. Her response: "The only Biche I know about is the one where you go to bathe in the sea. I know about that beach."

For persons who may have visited Biche, I received the opportunity to visit this part of Trinidad to attend my friend, Mervyn aka Stoveman's funeral.

As I embarked the maxi for Biche that day I was brimming with excitement. We wondered which would be the easiest route to Biche. There were two options via Tabaquite or Sangre Grande, so the latter option was chosen. Upon reaching Sangre Grande, everything came to a standstill, as we were not sure how best to proceed.

As fate would have it that day,



Cocoa-pod on tree on the side of Plum Mitán Road, Manzanilla.

we met a young lady by the name of Gloria who was awaiting transportation to Biche. Luckily, she knew Stoveman. Gloria was our map that day for approximately 90 minutes as we journeyed to Biche, Canque Village. Like a kid in a candy store, I was happy when I got the chance to sit next to Gloria in the maxi. She had my undivided attention as we had intermittent conversations about this highly anticipated village.

Sangre Grande, Plum Mitán, untouched forested areas, rich vegetation and more. I saw the full works. What captured my attention though were the forested areas, which appeared to be untouched – so clean, vivid, and inviting, like a cosy area of your home, warm and inviting to relax after a hard day's work.

Upon arriving in Biche, we met with Stoveman's family who provided us with the rich history of the vil-

lage. A usually agricultural area, this is where the infamous Mano Benjamin lived. He had enslaved and tortured two girls in the 1960s. The most widely means of transportation was the bus and the villagers were grateful for the police station, which was walking distance from the house of mourning (Stoveman's sister).

Interesting too were the spiritual values of the villagers. Since the community was so closely-knit, less focus was placed on partying. Instead, many people preferred to visit their respective places of worship, the church, temple or mosque.

The cemetery was a "stone's throw away" from the house of mourning too, so we decided to walk. We sang, clapped and danced to give Stoveman a glorious send-off. Finally, it was time to depart the village of Canque village for home. We received numerous directions, however, everything worked out in the end as everyone reached their respective homes safely.

I was thankful for this memorable occasion and look forward to visiting Biche again, next time with my cousin, Terry, and other friends and relatives interested in seeing this lovely part of Trinidad.

Eastern Main Road in Manzanilla



IJump on Tragarete Road

A wonderful experience

By Nerissa Hosein

I heard through social media about this new establishment called IJump opened on Tragarete Road so I just had to check it out. It turns out it was a great decision on my part!

IJump is basically a jump park for kids! My sons Eshan, two, and Zayn, seven, had a blast! Parents need to go check this place out.

As you enter you are greeted by the extremely friendly staff. They proceed to register you and get you out of your shoes! No one wears shoes at IJump! Not even us

parents. As you enter, it's like a child's dream come true. There are all types of bouncy castle fun! There is a ball pit for the kids to get lost in, a giant slide, an obstacle course and even a jungle themed bouncy castle.

Parents of the little ones can go through with them also. It is clean and safe. There are staffers to help the little ones get in and out and round about whichever units they choose. The girls that were working their shift when we were there were so friendly, my fussy two-year-old who would normally not go with anybody got accustomed and felt safe very quickly. If your kids are older you can sit back and relax as they also have a

lounge and cafeteria for parents. They even offer wifi services for their patrons.

My two-year-old who was in wonderland, kept my husband and I on our toes and I even went into one with him which I must admit was more fun than I thought.

It was a really nice idea to create such a kid friendly zone. Being a weekday we chose to visit the place was pretty quiet but I'm guessing on the weekends it's a bit more crowded.

I think it's a great thing for the kids to go experience and we surely plan to visit again soon!! All parents with kids 2 to 12 should visit.



Zayn and Eshan play in the ball pit.

At home!



A Scarlet Ibis gets ready to take a bath at the Emperor Valley Zoo, Port of Spain.



A deer is seen relaxing in the shade.

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