

Sweet TnT

MAGAZINE

Issue #11 August 2014

www.sweettntmagazine.com

True photography

Photographer Chad Wilson (inset) shares one of his favourite shots with readers of Sweet TnT Magazine. In photo, beauty Anastasia Basheer strikes a pose for the camera at Las Cuevas Beach. See interview with Chad on pages 4 and 5.

Family days and water parks

Is Trini we typing!

Fish broth

Pomegranate perfection

El Dorado and Tunapuna scenes



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Sweet TnT

MAGAZINE

Lifestyle
Creole Language
Food
Places

Trinidad and Tobago culture for so!

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Emancipation Day parade

Emancipation Day parade on Frederick and Oxford Streets, Port of Spain on August 1.

Editor's note

Readers are in for a treat with the August issue of Sweet TnT Magazine as we continue to bring the great news happening in Trinidad and Tobago.

Our writers and photographers give you a taste of our celebrations for July and August which are Eid ul Fitr, Emancipation, and Independence.

Also, it's vacation time for young people and citizens are having a ball at family days and water parks seen in our Lifestyle section. Our Creole Corner section features short stories, poetry, and a very interesting piece on the use of Trinbagonian Creole in social media.

Feast your eyes on our Food section with tasty Eid delicacies, fish broth, hot peppers, yogurt and pomegranate. Finally, take a tour in our Places section of El Dorado, Tunapuna, and Carenage.

A job well done to our talented writers for sharing their work and experiences with everyone. Thanks to all our readers, social media fans, interviewees and advertisers. Your loyalty is much appreciated.

Please enjoy the August issue!

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Sweet TnT
MAGAZINE

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Sweet TnT
MAGAZINE 3

Photographer Chad on what makes true photography:

Taking the perfect shot

without using Photoshop or artificial lighting

By Kielon Hilaire

Since the advent of cameras almost 200 years ago more and more people have consistently gotten used to the idea of “taking a picture”. Today, taking pictures have

become a way of life for many people, thanks to high quality cameras now being embedded into most cell phones, ensuring that users have less of a reason not to capture life’s best moments. And no, “leh meh take ah selfie” hardly ever qualifies

Two glamorous models at a fashion show at National Academy for the Performing Arts.
Photos by Chad Wilson



Models of costumes by La Ta Caille Kidz “Zodiac Signs” at their band launch for Carnival 2015 at Cascadia Hotel.



Chad Wilson at the Botanical Gardens.

as best! With that said, many people have lost the concept of what true photography is all about. But not Chad Wilson.

Chad Wilson is a photographer residing in Trinidad who is six feet seven inches tall, which interestingly makes him taller than Kobe Bryant. He considers himself to be a diligent and ambitious individual who is open-minded enough to embrace life for the fun and positive affair that it generally deserves to be.

Chad is in love with photography, simply because he sees it as an art – an art so distinctive that it can capture the highlight of an entire day in a single second. But of course there's more to it. "Anyone can take a picture," Chad said, "but someone who can take a perfect shot without needing to use Photoshop or artificial lighting is what I consider to be a true photographer."

Chad is presently the CEO and founder of C Wilson Photography where he fulfils his primary role as a photographer, constantly taking great shots of a variety of persons, places and things located all across Trinidad and Tobago. Whether it's photographing guests at the Hyatt Regency Hotel, snapping pictures of beauty queens as they strut down glamorous runways or some exotic animals down at Trinidad's Caroni Swamp, Chad is always ready to take action with his trusty camera.

As to how he got started, Chad recalls when he was 15 years old and had gotten his first camera. Oh, the joy that was. He wanted to take pictures of every

bird, plane, sun, moon, car, beach, tree, leaf – practically every living and non living thing in existence. And of course, he wanted to take snapshots of so many beautiful women! Thank God he has huge thumbs and a huge memory card!

Nevertheless, as passionate as Chad is about photography he claims that nothing means more to him than God and his two-year-old son. Therefore, he said that despite all the challenges and discrimination he sometimes faces as a photographer he will continue to climb the artistic ladder until he becomes universally known as "De Photographer". His aspirations stem far beyond the confines of Trinidad and Tobago as a primary goal of his is to make his business international.

Finally, Chad was asked what makes a picture beautiful and he replied, "A picture evokes strong emotion but the power of the picture lies completely in the eyes of the beholder. It is subjective, not objective. It is personal based almost entirely on the experience of the viewer." He then expatiated by saying, "A picture can convey a thousand times more detail than words can. If you had never seen a rose and I described it to you, you could never grasp the beauty of it. But if I showed you a picture of a rose, then you'll capture the entire image." Yeah, I agree – what he said!

Facebook link to C Wilson Photography: <https://www.facebook.com/pages/CWilsonPhotography/455681817860732?fref=ts>



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Eastern Performing Arts Fraternity celebrates 10 years with music, art, mass, wine and cheese



This year the Eastern Performing Arts Fraternity celebrates this milestone occasion with many activities. The first installment of the celebrations was the recently staged, Divas Live 2014 at the Little Carib Theatre featuring the headlining cast of Glenda Collens, Kay Alleyne, Inge Schluer and Lillian Lopez backed by the Eastern Youth Chorale and the Princeton Girl Choir, a visiting choir out of New Jersey in the US. Currently, the chorale is executing their annual Music Literacy programme, presenting its fourth camp free of charge for young persons interested in local culture, music and art.

Up next in the month of August other events are “Wine & Cheese, Music & Art IV” on August 10 at the Queen’s Royal College with proceeds to the Lady Hochoy Homes. The function features the EYC soloist and their friends in the performing arts arena such as the Trinity Tenors, Marlon De Bique, John Thomas and Wendell Constantine, among other performers.

The season’s celebrations culminates with EYC’s tenth anniversary thanksgiving service (free for the public) on August 16 and the African Sanctus, a mass celebrating the fusion of ethno and western and classical music on August 17, both to be held at the Central Bank Auditorium of Trinidad and Tobago. Keep an eye out for their celebrations and Christmas schedule of appearances you simply don’t want to miss!



About the Eastern Youth Chorale

The Eastern Youth Chorale is a movement of young people pursuing musical excellence and social development through the performing arts. We are firm in our conviction that our communities benefit holistically when its people’s appreciation for the Arts and self-expression are nurtured. The choir consists of forty-five core members whose ages range from 12 to 35, coming from a variety of social, cultural, and economic backgrounds throughout East Trinidad. For ten years, the Chorale has honed the talents of hundreds of young people, and provided an outlet for social, cultural and interpersonal development.

The chorale has been awarded by the mayor of Arima for outstanding community service, has received six National Youth Awards, and has won numerous competitions locally including our Trinidad and Tobago Music Festival. The EYC has been honoured to perform for local and foreign heads of state and has been afforded the opportunity of staging the very first performance of the National Academy of the Performing Arts. Recently, the chorale together with EPAF their parent body, successfully staged “Choral, Voice and Piano Festival” at UTT APA and at NAPA (north) involving choirs and soloists from all over T&T in workshops, master classes, recitals, competitions and a grand finale concert. Workshops and master classes were conducted by visiting professors of music, Dr Jo Ellen Milano and Dr Karen Becker of the State University of New York (Plattsburgh). This event was one of the chorale’s milestone achievements as the movement had realized fully all their aims and objectives, fulfilling every sector of the chorale’s mandate.



'One Love' on the Avenue

This talented young lady known as One Love displays her works of art for Sweet TnT Magazine's camera outside the La Habana club on Ariapita Avenue in Woodbrook. She sells bracelets, anklets, and necklaces all handmade from different types of fabric, beads, and shells. One Love is well known by many limers on the "Avenue" for her friendly approach and rastafarian vernacular. She says, "You want to remember my name just think of Bob Marley's song 'One Love', yuh hear!"



Independence Day Quiz

By Nadia Ali

On August 31st, Trinidad and Tobago will celebrate its 52nd Independence Day which occurred in 1962. There will be a grand, early morning military parade put on by the various arms of the TT Defence Force, followed by the national awards ceremony. The celebrations culminate in the illumination of the sky with spectacular fireworks. But, what do you really know about this our native land – take our quiz and find out?

1. What was the name of the flag that was lowered for the last time when sweet T&T gained its independence?

- A. The Tricolour Jack
- B. The Eureka Jack
- C. The Union Jack

2. The national bird of Trinidad is the Scarlet Ibis, what is the national bird of Tobago?

- A. Cocorot
- B. Cocoquit
- C. Cocrico

3. Tobago was not the original name given to the island, it was first known as

- A. Tobacco
- B. Toboggan
- C. Little Trinidad

4. Who presides over the Independence Day parade?

- A. The Prime Minister
- B. The Queen
- C. The President

5. Which one does NOT appear in the Coat of Arms?

- A. Three birds
- B. Three coconut trees
- C. Three ships

6. Which member of the royal family attended the 1962 Independence Day celebrations in Trinidad?

- A. Lady Diana
- B. The Queen
- C. Her Royal Highness the Princess Royal

7. The last sentence of the 'Independence Pledge' states... "And the honour and XXX of my country." What is the missing word?

- A. Glory
- B. Hope
- C. Happiness

8. Who delivered the Independence speech on August 31st 1962?

- A. Sir Ellis Clarke
- B. Dr Rudranath Capildeo
- C. Dr Eric Williams

9. Which one of these is NOT a National Award medal?

- A. The Chaconia Medal
- B. The Hibiscus Medal
- C. The Hummingbird Medal

10. In 1962 who was declared the Independence Calypso King?

- A. Lord Pretender
- B. Lord Kitchener
- C. Lord Bryner

ANSWERS

1. The Union Jack is the name of the national flag of the United Kingdom
2. The Cocrico is the national bird of Tobago
3. Tobacco
4. The President presides over the Independence Parade
5. Three coconut trees do not appear on the Coat of Arms.
6. Her Royal Highness the Princess Royal.
7. The word Glory is missing – ... "And the honour and glory of my country."
8. Dr Eric Williams delivered the speech over the radio in 1962.
9. The Hibiscus Medal does not exist.
10. Lord Bryner won the Independence Calypso King Show.

BIBLIO - for questions that aren't so obvious

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By Annisa Phillip

I must admit that I am glad to be back home in sweet T&T. It feels like I've been gone for eons though I was only away for a few months. I've missed many of the celebrations that I have grown used to celebrating in this lovely land. Christmas (which was compensated for by Trinidad-style dishes), Carnival and birthdays were missed, or rather, alternatively celebrated.

Many of us would skip at the opportunity to leave this land for good with the assumption (and hope) that we could make a better life for ourselves and family elsewhere. Many of us would hop, naïve about the culture, lifestyle, dynamics, living conditions or opportunities in the country we plan to inhabit. In many instances circumstances permit a better being, a better wellbeing. However, just as equally many are forced to

Glad to be home

toil and experience hardship beyond imagination. Leaving for what was thought to be a better life only for reality to squall all hopes. Any clichés come to mind?

While enjoying my hiatus in a first world country I could not help but feel a sense of satisfaction when locals comment and complain about the very same issues we do. The satisfaction was not because I was happy to know that they're dissatisfied but because of the "anywhere better than here" mentality some Trinibagonians have. The satisfaction was in reality a sense of pride.

Many people close to me told me not to return home for one reason or another, in many cases my

response was "just smile and wave" but sometimes I tried to make it known that the grass is not always greener. Leaving a house in Trinidad and Tobago to rent a room in another country, leaving a mediocre job with mediocre pay for what can be considered fish feed, taxes that take almost half of your income, leaving friends and family to become an illegal immigrant is not exactly my idea of progress. A citizen, originally from T&T, actually told me that she wants to return home because "the crap you have to deal with here worse than the crap you have to deal with back home".

Please don't misunderstand what I am trying to convey, I am by no means attempting to discourage anyone from emigrating to achieve their goals and dreams. I am simply saying, have pride in yourself and your country, but always and foremost, do what is best for you for now and in the long run. We in Trinbago have our issues but so does every other country, know what issues you are willing to deal with.

Red, white and black to the world!

Women celebrate Eid at the Centre of Excellence, Tunapuna. Photo by Nadia Ali



By Nerissa Hosein

Being born into a Muslim family, Eid has been part of my life since birth. It has always been a time for family and for tradition. There is a certain aura that goes along with the day that I have always loved.

As a child I remember getting ready with my parents, my grandparents and the rest of my family to go to mosque. I would have a hard time sitting still through the prayer but I always enjoyed it. Then we would give alms to the less fortunate who would line up outside the mosque. When we came home the smell of sawine would surround us. Qaseedas would be playing and all my cousins and I would play while the adults finished the cooking.

The day would go by with neighbours and other relatives coming over to eat and spend time together. It was a day that had such a peaceful and loving theme to it that I always found myself sad when it was over.

As an adult now with children of my own I still feel that way. Most of the traditions have stuck with us. Eid still has a certain air to it. The day itself smells differently to me than any other day. From the moment I open my eyes, I feel the auspiciousness of the day. Times have changed. My grandfather is no longer with us and he holds many of my Eid memories with him. But this year will mark the third Eid that he is not with us. There is a sadness very profound about that. But as a family we push on, hold our memories close to

Eid ul Fitr

- a family festivity

us and still gather together. I have married into another close knit Muslim family that have their own traditions, they too have suffered loss but my husband and I hold to the good moments and Eid to us is now a moment to give our children memories that they will one day cherish as we have cherished ours.

The day still starts with the familiar rush to get ready for mosque. The air is thick with the scents of sweet sawine, tinged with the spiciness of the curry. The crispiness of clean linens and woody aroma of polished furniture is also a strong presence. It is a fulfilling experience watching your own children get prepared for the Eid traditions that you know all too well. You see the excitement on their faces and you remember your innocent days.

My family goes to Eid Salaah at the Nur-E-Islam Masjid. It is quite an experience. The Salaah itself takes about an hour or so. The Imam's words are always profound and deep, giving us strength and enlightenment. Afterwards the lines are long as the excited

kiddies gather around for the Eid goodies! It sure is a treat for the young ones.

Our families gather after the Eid Salaah and the laughing and playing goes on around us while we the adults finalise all the preparations. The rest of the day always goes by with neighbours, family, and friends stopping by for the customary foods such as curry goat, curry mango, channa and aloo. Then comes the sweets such as halwa, sawine and burfi.

My favourite parts of the day is the ones that remind me of my childhood, the traditional aspects such as seeing all of my family and now extended ones come together. Hearing the Qaseedas that I grew up listening to such as Lahilaha playing in the background most of the day and the atmosphere that embraces us when we come together.

Yes, Eid to me is about family, about sharing and honouring past and present elders that have left us, and about holding close to the traditions that were handed down to us so we can pass them on to our young ones.

Family funtivities

By Marika Mohammed

It is nice when families enjoy old school entertainment rather than being wired to modern entertainment. It's the best time to see community bonds being rekindle through good food, games and just the all-round socialisation. Nowadays, families are seen doing different things separate from each other at different times of the day.

Family fun days mean giving up work, tech, school, and nights out without the kiddies to rekindle little body movement, lung screaming and healthy competition with the family. Not only does it benefit the body physically and psychologically but it gives us the moments we won't ever get back. Time goes by fast and with

Get reacquainted with real people, not just on social networking sites

technology speeding up the process even faster. Even though some individuals may throw tantrums on the way they'll appreciate it as the years go by reminiscing down memory lane,

Keeping
T&T sweet!

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"Remember when I won this?" or "You ate three doubles at once!"

Family fun days are awesome since it becomes an opportunity to get reacquainted with real people and not just those on social networking sites, get a little rest and relaxation while reconnecting with the people you live with every day without work and school getting in the middle and basically have a great time and lime. What better way to do that than basically at family fun days.

Families have fun playing musical chairs.



Great outdoor water parks for August

By Nadia Ali

It's August and I am sure you can't wait to go outside and play in refreshing, cool water either at the various beaches, waterfalls or river limes in and around sweet Trinidad and Tobago. But what about going to a fun water park for the entire day? You can shoot down a turbo slide splashing into a pool of water or close your eyes while you float on an inner tube down a lazy river. So, take your pick of water parks right here at home.

Harry's Water Park

One of the largest water parks in the twin island, located on 30 acres of land on the Tabaquite Road, Rio Claro. It is about one and a half hours drive of countryside from Port of Spain.

Before you go, it's best to call ahead and ask how much it costs to rent one of the rustic carat sheds. These are located around the boating pond and offer wonderful views of the park. They provide much needed shade, seating, BBQ pits, running water, that way you and your crew can drive up through the park to your designated shed. Once there, a big welcome sign greets visitors leading them to the ample car park.

The water park is vast and includes:

- A boating pond which offers paddle boats for three and kayaks for one
- Three water slides – two for adults, one for kids
- Lazyman river – tubing and hammock area
- Cabled bridge
- Three swimming pools – two large, one small
- Nature trail and wildlife park – mini zoo
- Monster slide area – adults only
- Play park area – swings, slides
- Water play park – for kids ten years and under
- Fishing ponds
- Harry's food court – includes fast food outlets and ice-cream
- Log cabins – available for rent for extended stays

<http://harryswaterparktt.com/>



Fun water characters at Fun Splash



Paddling boats at Fun Splash. Photos by Nadia Ali

Fun Splash

Located in south Trinidad on the M2 Ring Road, Debe, Fun Splash offers a modern state-of-the-art water park. Before you go, call ahead and ask how much it costs to rent one of the carat sheds. These are located around the man-made boating pond and offer seclusion from the rest of the park.

The highlight is the tree fountain in the kids' area which is ideal for toddlers as the water level is only 18 inches so they get to have a bit more freedom.

The park includes:

- A large recreational swimming pool with kiddies' area
- Kayaking
- Paddle boats
- Aqua Twister – from a 20-foot platform
- Turbo slide – from a 20-foot platform
- Picnic sheds
- A courtyard
- Food court
- Washrooms and changing rooms
- Kids party room – for rent
- Snack shop

<http://www.funsplashtnt.com>

Aqua Water Park

Opening August 2 this inflatable water park located in Port of Spain boasts of having the Caribbean's largest waterslide towers. They offer a lot more than just fun with water, there are ATVs to rev up on a track, a mechanical bull – ride 'em cowboy! And even a movie night to entice visitors.

The park includes:

- Bouncy castles
- 100-foot pools with slides
- Wet / dry slides
- Bumper boats
- ATVs – (All Terrain Vehicle)
- Instant photo booth
- Mini golf area
- Mechanical bull
- Junior slides
- Inflatable basketball
- Food outlets

<http://www.aquafunparktt.com>

Cascadia Water Park

The Cascadia Hotel and Conference Centre located in St Ann's in the heart of Port of Spain. The Cascadia Water Park consists of three slides that twist and turn down a hillside ending in a splash pool. It has two sessions to enjoy the thrill between 9.30 a.m. to 1.00 p.m. and 1.30 pm to 5.30 p.m. and visitors do not have to be guests of the hotel. Do call for the current cost of a session.

<http://www.cascadiahotel.com/>

No matter which water park you choose to go to, each provides sufficient life guards, supervisors and attendants to ensure the safety of all visitors both big and small. So rub on some sunscreen and get ready for a level of excitement that you can only get from the thrill of a great outdoor water park.

Addressing rape, prostitution, and child abuse on stage

By Members of Steven Edwards Productions

The cast and crew of Steven Edwards Productions (SEP) hosted an audience of 250 specially invited guests to witness a showcase of the organisation's 2014 to 2015 programmes and projects as well as a campaign against child abuse on Wednesday May 28, 2014. This showcase was supported by the Ministry of Gender Youth and Child Development.

There is a Biblical proverb that implies that your gifts would make room for you in the presence of the great and members of SEP proved that as they performed for patrons of royal, honourable and excellent statuses. In attendance were Shebah 'Ra III, Queen of the Nubian Nations, Representative for the Prime Minister Vernella Alleyne Toppin, Embau Moheni, Minister in the Ministry of National Security, Gerard Latiluppe, High Commissioner of Canada and other members of the diplomatic corp. Also, member of parliament for Laventille West Nileung Hypolite, and former first lady Zalayhar Hassanali.

The programme took the form of a showcase in the first half, consisting of a mixture of oral presentations and speeches, performances and video clippings. The audience was informed about such projects as the historic "Act It Out Theatre Festival" (Five days Five Plays) and the award winning "Transformation Through Theatre and Technology (TTTT)" anti-crime initiative. It was revealed that the TTTT programme is currently being researched to be the first proven social intervention that is applicable to the Caribbean. Those in attendance were also then treated to a one-minute animated clip of a pilot of a children series. "Why the Fox Left Trinidad" is a project that resulted from an award that SEP won from the Trinidad and Tobago Film Company.

During the intermission it was clear that the audience was not only intrigued but highly impressed with the quality of work coming out of this NGO. However, nothing could have prepared them for the roller coaster of emotions they were about to experience, with their signature style of intense acting on real issues.

Guests had difficulty holding on to the reality that they were witnessing a play as they became enthralled with gripping issues such as rape, prostitution, and child physical and sexual abuse presented on stage.

There was a deafening silence as tears trickled from many a patron, and those who

Keisha Julien and Aaliyah Johnson in a scene from Vicious Cycle.



fought the tears were left choked with emotion. At the end of the campaign there was not a doubt in the room that something more had to be done to assist the victims of child abuse.

In celebration of Arrival Day, the showcase ended with a medley of popular "Bollywood" performances featuring the singing prowess of Aaliyah Johnson, Rebecca Mahabir, Akil Samuel and Neeshan "The Hitman" Prabhu. Guests left

feeling informed, inspired and encouraged that there is hope for Trinidad and Tobago.

Should you want to volunteer your talent, time, resources and services to such a worthy cause, please do not hesitate to contact the organisation at 757-3591 or 304-9159. Check out their website at www.stevenedwardsproductions.com or email them at communications@stevenedwardsproductions.com



Steven Edwards, Zalayhar Hassanali, Shebah 'Ra III, and Rachel Mahabir-Edwards.



Trini woman

By Marc Algernon

Where can I go, do you know, for sapodilla brown skin?
Majestic eyes, barefoot smiles, sexy innocent sin
There is this place in the world, that live the most beautiful girls, an island in the sun
Take a chance, come and dance, come and have some fun

I came for a day and in some strange way I haven't left yet
I took a "wine from behind" I must have lost my mind, we met in a fete
Couldn't refuse it, trapped by sweet soca music, best dance of my life
Maybe I got carried away, just for that one day but now that woman is my wife

We got married below coconut trees, sweet island breeze, the pastor an old Indian man
Of course there was soca, buss up shot, pumpkin choka, sweet tenor pan
I was hypnotised, by the love in her eyes, the hibiscus in her hair
My dreams came true, by two words "I do!"
Her cheeks wore silver tears

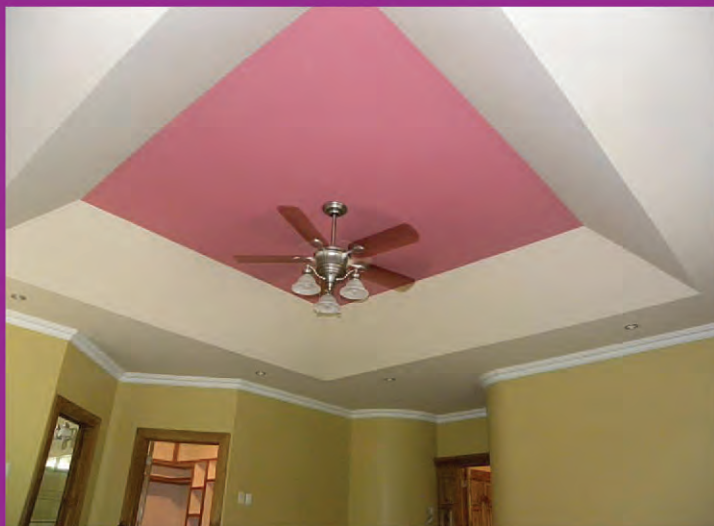
We built a house out of bamboo, what would you do, if your weather was only sun and rain
A wide verandah, overlooking a wide savannah; never need a fan again
I planted coconut and cassava, pumpkin and banana, my favourite... mango
I worked the land with my bear hands, as far as a man's hands can go

So here I lay in my hammock, on my verandah, smelling the sweet grass of my savannah,
Recounting all the events in between
She made me ochro rice and fish, my favourite dish... a meal for the King and Queen
I tap my feet as I eat, and read my "Sweet TnT Magazine"

Beautiful women of
Trinidad and Tobago.

Photo courtesy
<https://www.facebook.com/Trinivibe>





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A bad hair day!

By Omilla Mungroo

The barber shop/salon I worked in at Sangre Grande almost two years in the 90s was situated in a back road away from the main hustle of the town itself. I was one of two new workers sent by our trainer while pursuing our hair-dressing course. I guess she sent us because, as we were told, we were the best in the group.

Our trainer was taught by the owner of the barber shop and he had asked her for two extra hands from her class, so she sent us. It was supposed to be additional training for the two of us but we would be getting paid for whatever we did. "Fifty percent," the barber said. He only worked on weekends though.

It was a very hot and humid Thursday morning when the woman walked into the salon. Business was very slow and no one had come into the shop for the day except two men earlier in the morning for haircuts.

This woman had graying hair which was pulled back from her face in a very neat ponytail. She walked with a slight limp in her right leg, and held an old blue handbag at half-mast on her left forearm, which rested easily against the old, washed out looking green dress she wore. After greeting us, she sat in one of the salon chairs without waiting for Antoinette's instruction to do so.

"I want a nice hairstyle, milady! I have a funeral to attend to later but I want to look good eh."

Antoinette, the most experienced among us, and the salon's main hairdresser, set about asking the woman for details of what exactly she wanted, then proceeded to work on the woman's hair. She was her usual chatty self, except she paused and gave us some questioning stares at times. The woman was giving her instructions to do something, and then kept changing her mind,

and made Antoinette do something else.

The other trainee whispered to me, "Better she than me! I woulda send she out de shop in a flash!" We looked on, listening to their conversation which sounded forced from Antoinette's side.

"So how much you does charge for ah relaxer?" The lady asked.

"Forty dollars," replied Antoinette, as she was putting dye on the woman's hair.

"Oh gorsh! So much just to straighten this little bit of hair on my head?" She was picking her nose while she made this statement, and we all tried desperately not to make a sound.

The woman's hair was already dead straight and we looked at Antoinette's face which showed not a trace of emotion. We thought she meant the roots of her hair, as most women of African descent came to the shop to get done, but even there were no roots that seemed to need straightening.

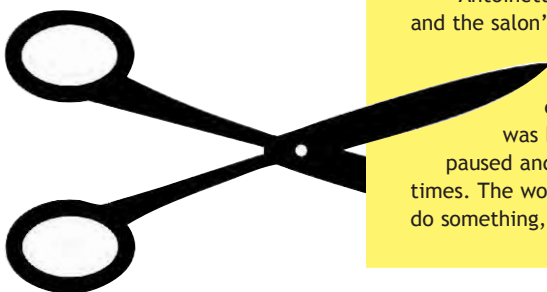
Antoinette dyed, washed, blow-dried, and styled the woman's hair with a flat iron and curling iron, then completed the job with a light spray of sheen and hair-spray. It made the woman look so much different and much younger. It was a neat job, despite all the woman's protest and directions.

She then got up, paid Antoinette and fixed her clothes, pulling the top part of her dress down, as if it was too tight across her breasts.

She stood in front of the mirror for a few minutes, turning left and then right. Then as Antoinette unplugged the hot irons and went about tidying up the work-station, I noticed the woman reaching into her handbag and taking out a comb and a hair clamp. She combed out her hair, and pulled all of it into a neat ponytail, securing it fast with the hair clamp. She then dusted her face and walked out of the salon without looking back.

Antoinette shook her head and laughed.

"Dis Trinidad sweet yes!"



Trinbagonian Electronically-Mediated Communication: Is Trini we typing!

By Jamie Gangoo

My knowledge and fascination of the topic of Trinidadian English Creole use in Electronically Mediated Communication (EMC) such as text messages, emails and social networks derived from my final year research project at the University of the West Indies entitled “Trini Net-Spelling: Examining the use of Trinidadian English Creole on an Internet Forum”. I won the prize for linguistic research.

Three years after graduating, I continued to independently explore the topic. From my research, I have realised that there is a limited amount of information available on the use of the Creole on EMC, as it is quite a new area of research.

EMC has more implications for language than we may realise in Trinidad and Tobago. Sure, the existence of texting, emailing and Facebooking saves time and money, while making it difficult to find excuses for not contacting someone you’ve been avoiding. But for Trinbagonian English Creole and other Caribbean Creoles that are not standardised, the phenomenon has had a different significance. Before the prevalence of EMC, the Creole had been primarily used orally, sporadically appearing in written media such as novels, magazines and newspapers. Recently, however, writing (or in this case typing) Creole has become a daily and habitual occurrence, with the results being various and creative representations of the language on screen.

The extensive use of Creole may be accounted for by the very nature of some media of communication. Due to a history of being stigmatised and considered “broken English”, it is common to view Creole as being appropriate in only casual settings. Since many social networks such as Facebook and Twitter are often used for, well, socialising, speakers therefore feel comfortable enough to use the language in these contexts.

Furthermore, linguist David Crystal has



“Lise Winer’s *Dictionary of the English/Creole of Trinidad and Tobago* provides common variant spellings of Trinidad and Tobago words.”

‘Ah bun meh food!’ is an example of ‘eye-dialect’ as the spelling of the words are manipulated so that they visibly show Creole. However, ‘I burn my food!’ uses standard spellings while still using the Creole structure.

referred to EMC as “written speech” as it borrows features of both writing and speaking. You create and edit text, like in writing, and can expect your messages to be received almost instantly, like in conversations. The wonderful thing is that eye rolls and exasperated sighs can be disguised by emoticons (cons indeed!). As the mother tongue and spoken language for most Trinbagonians is

Trinbagonian English Creole, it is also no wonder that the language is used in EMC, where many contexts seem like real-time conversations. Of course other factors such as sender-receiver relationships will affect language usage, but there is no denying that Creole has a prominent presence in EMC.

It is on this newfound platform speakers are manipulating structure and/or spelling to denote Creole in text. Whereas one person will rush to update their Facebook status as, “Ah bun meh food!” (an unfortunate incident most likely caused by Facebook in the first place), another will type, “I burn my food!”. Creole has distinct and consistent grammatical rules and both sentences are evidently Creole as seen by their use of Standard English present tense, “burn”, to mark the past tense.

The difference between the two statuses is in the choice of spelling. “Ah bun meh food!” is an example of “eye-dialect” as the spelling of the words are manipulated so that they visibly show Creole. However, “I burn my food!” uses standard spellings while still using the Creole structure.

There are numerous other examples of the standard spellings of English words being respelled to represent Creole, such as spelling “girl” as “gyul” or “gyal”. Other words have more variants, for instance “cannot” can be spelled as “cah” “cyah” “cyar” and “kah” and the phrase “that is” as “dais”, “daiz”, “daz” or “thaz”. Yes, dais a lot of different spellings!

Words are also being modified, as seen in the trend of adding “-ment” and the non-standard plural form “-ments”, to create or recreate nouns out of words that do not take this suffix in Standard English. Examples of these are “funment”, “pumpment” and “drunkment”, as seen in the declaration, “De party definitely get de best of me last night yes... drunkments!”

We have also joined the global community in their use of short message service (SMS) variants, where words are abbreviated to save time, space and money. One form of SMS

IS TRINI WE TYPING!

spelling is the use of acronyms, such as the overused “lol”, which translates to “laughing out loud”.

Words may also be spelt phonetically as seen in the spelling of “phone” to “fone”, or replaced with letters or symbols as seen in representing “you” as “u” and “hate” as “h8”. Despite the widespread condemnation, these ingenious manipulations have indeed saved me much time and money when trying to squeeze in 160 characters in a text.

It is interesting to note that inconsistent spellings are nothing new to the Creole language’s journey. While Creole variations are being formed for English words that already have standard spellings, the fact is that there are no official spellings of Trinbagonian-specific words like “bhaaji” and “dhal” (or are they “bhagi” and “dal”?).

Lise Winer’s *Dictionary of the English/Creole of Trinidad and Tobago* provides common variant spellings of Trinidad and Tobago words, although noting that there are no official spellings for these terms due to issues such as unknown word origins.

Across the world, fiery criticisms have emerged on the adverse effects of EMC and its role in the deterioration of language. What does this mean for a language that is already vastly viewed as a deteriorated form? Crystal notes that EMC is still too recent for any long-term effects on language to be determined.

As Creole has become more prevalent in texts than it has ever been before, it is also to be determined whether this will affect negative attitudes towards it and broaden the contexts in which its use is deemed acceptable. Presently, however, users continue to experiment with its representation to serve their various purposes.

As a user yourself, you can check out your texts, Facebook statuses, Twitter posts or whatever else medium you use to vent your daily frustration. Do you make attempts to represent Creole? If so, how do your preferences differ to your friends? The differences may be minor, or perhaps bigger than you would’ve thought!



Talk nah!



By Omilla Mungroo

De talk start off in town...

“Well Gary Boy? 2014 started with a bang in Trinidad and Tobago! Way we go do now boy?” “That was ah understatement boy. Is real talk I hearing all about de place, but...”

With 24 murders on the 12th day of the month it was like a ridiculous tidal wave turned tsunami! I greeted two of my friends early New Year’s morning with a text from my cell phone, “D shot call in 2014! Make sure is Jesus callin’ it!” only to find that the man who shot the pastor – the first murder for the year – beat my “Bodow!”

Which part of sweet T&T can one find peace and comfort and an almost illusive crime free zone? How many times now can I take my son to the park without constantly looking around for some sinister character? Jumbies! That is what the Mighty Shadow would say we’ve become. And look thing! Celebrities are now also targets, since he too has been a victim of crime. So it’s not all about the gangs and guns and drugs anymore. It’s delinquency gone mad!

Who played God in Trinidad and Tobago when God is a Trini, and banned corporal punishment in schools? American culture and textbooks cannot teach Trinbagonians. Well, most Trinbagonians anyway.

In a country so lavished with oil, (need I throw in a bit on the oil spill? Nah! That is ah whole new ball-game) one would think every single citizen would be happy like pappy, gainfully

employed or self-employed. But no, in Trinidad it seems like the “Carrion Crows” here build two or more nests while the little “chicky chongs” trying hard to even find a twig. Big “zandolies” dig several holes, while the young ones settle for being victims of higher crime – victimisation from the old school system. “Who got sent to a junior secondary school instead of the school they really “passed for”? Don’t let me go to social stratification! That is as old as every concrete block cemented in government offices in this country!”

When the shots get called here, we need to know who is calling them.

Like who calls for the appointment of a new Commissioner of Police? Who calls for the prison system, the education system, the health system, to be re-vamped? And by the way, who called the shot on Miss Dana Seetahal?

“Wrong shot, Uncle! That woman was ah boss!”

“Ent? I hear somebody say bring back de Queen!”

“Where? Here? In sweet T and T? You mad or what?”

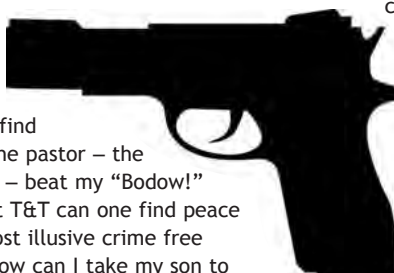
“That shot might just be called in 2015, if God Almighty don’t call one before!”

“Chile, when big people talkin’, hush nah!”

“What you say?”

“I eh say nuttin Tantie. Is you talkin all de time! I was jes listenin.”

“Well, talk nah!”





Eid

By Felesha Subadar

Happy Eid! Happy Eid!

People scurrying
In preparation of Eid.

Some buying clothing
Some pistachio and almonds.

My beloved I leave you in God's care
Life is Carnival of four days.

We will celebrate Eid
The day that we'll meet again.

Eid is fun and great
It's time to celebrate.

Eid Mubarak to everyone, come on
Let's have lots of fun!

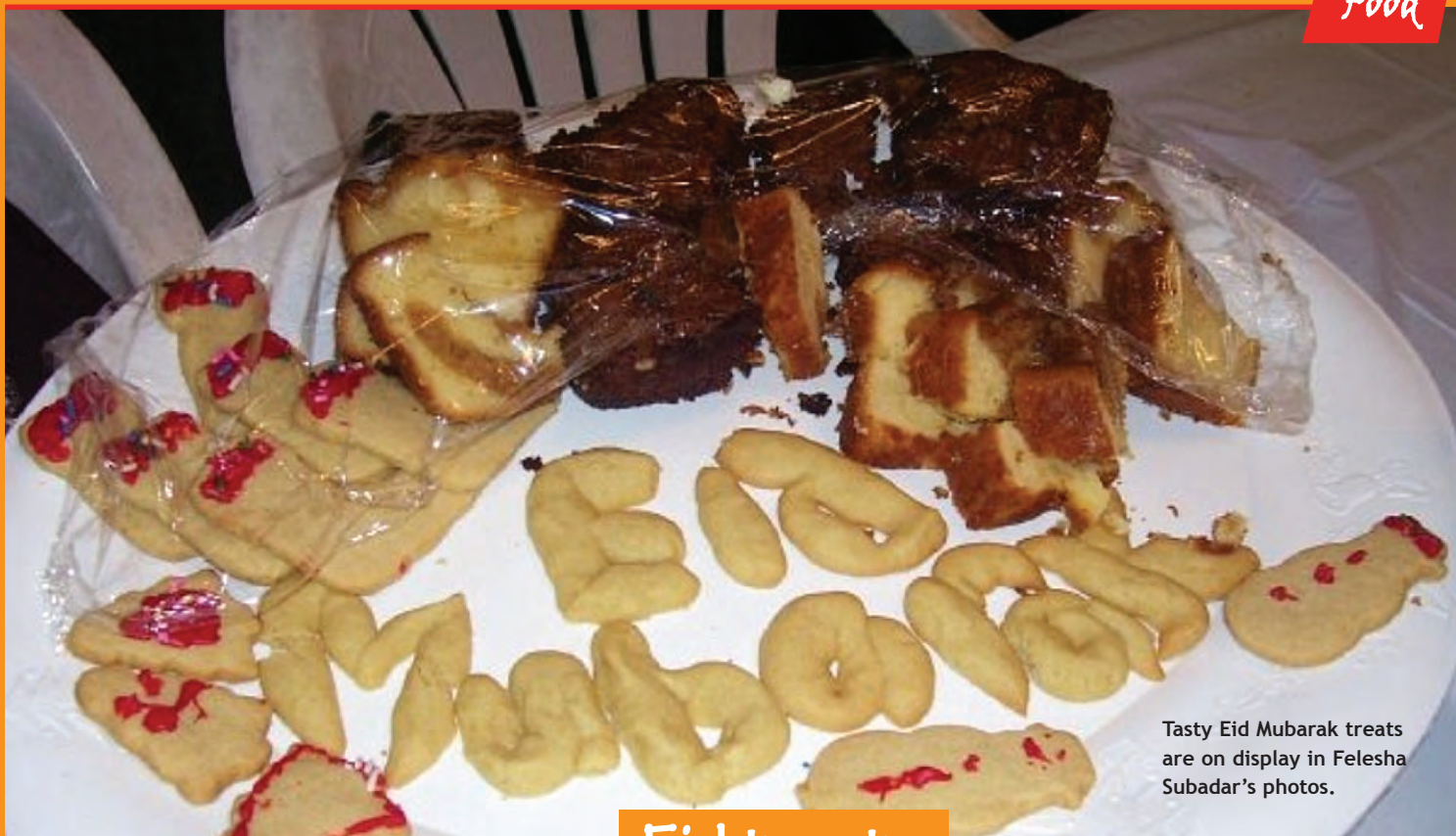
Everyone's going to the mosque to pray
People are grateful, it's a special day.

"Mmmm"... the taste of the delicious food
Really puts you in a good mood.

Everybody's wearing their posh clothes
And the guys are cruising in their
Flashy cars on the roads.

Children opening their gifts with smiles
On their faces and having fun going
Out to different places.

All of a sudden the day comes to an end
Well what can I say...
Thank you for a lovely day!!!



Tasty Eid Mubarak treats are on display in Felesha Subadar's photos.

Eid treats





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Yogurt *good for the health and sweet for the tummy!*

By Nerissa Hosein

My sons love their ice cream! Which kid doesn't? But as parents my husband and I know we need to limit them sometimes! Sugar highs, cavities and health are a real concern for us.

So a couple of weeks ago we were in Price Plaza and my older son was yammering for ice cream. As we were walking down the corridor I saw the sign YOGURLAND! So I turned to him and said ok, let's compromise, let's have yogurt, it's healthier! Well I should have known better. Using the "H" word is like condemning your child! Which kid do you know likes to eat healthy? My husband and I still decided to check out the place, much to my son's utter horror!

So we went in, it's not a big place. But we were greeted by a very friendly staff. They showed us how to operate the self-serve machines and which flavours they had. All we had to show my sons were the labels chocolate and vanilla and his grim face started

to look a little less depressed. So he decided to try them and my husband and I opted for some cheesecake, banana cream pie and vanilla.

Then we got to the toppings and my sons started to look a little more positive as they picked out some chocolate sprinkles, some wafer cone pieces and some syrup. We then weighed everything and paid.

Then we sat in one of their little table settings and watched the kids conduct their taste tests! Bingo!!! We had a winner. They loved it! The yogurt was very tasty indeed.

My son drained his to the last drop. I can't say my husband and I didn't also! It was yummy! So now every weekend, my son wants to go Yogurtland! Of course we told him, not every weekend but I must say I look forward to it too!



Zayn loving his Yogurt Land treat!



Fish broth

‘Steaming hot pot filled with every type of ground provision and perfectly seasoned fish’

By Marissa Armoogam-Ali

Growing up I can clearly recall the fun my siblings and I had at each family gathering and event, be it a wedding, birthday or just a Trini day lime. As you all may know EVERY Trinbagonian event is usually accompanied by some extremely tantalising and delicious food.

One of my favourite dishes has always been the local fish broth. Steaming hot pot filled with every type of ground provision, fresh ground green seasonings, a selection of delicious and perfectly seasoned fish, bits of pimentos and hot peppers and of course a lit-

tle piece of Golden Ray... I mean it's fish broth and at the end a squeeze of some fresh lime juice before serving. All of these ingredients swim around in the most decadent and delicious broth I tell you this is a remedy for almost anything that goes wrong.

It must be consumed hot and you should always have a full meal on standby since this broth has been known for opening up your appetite. This dish can definitely be had at any given time, but for me in particular, I crave for this broth when it's raining. Imagine a rainy day, outside your door is wet and all you want to do is be inside. I love to get comfortable on the sofa pull my legs up under a

nice blanket, put the television on to an intriguing show and enjoy spoonfuls of the hot, steamy and flavourful fish broth. Usually I just fall asleep right after this and I wake up when the end credits of the show is on.

Besides being very tasty a good fish broth is also extremely healthy, all the goodness of the fish, provisions and vegetable are left right in the broth and not strained away, so the goodness remains and is then enjoyed by one and all. So the next time you have a small lime or even as a starter to a grander dish or perhaps if you feel a bit under the weather, a nice big hot pot of delicious fish broth might just be the right ticket.



Turn up the heat

By Annisa Phillip

Roti, doubles, pholourie, pelau, Japs and wantons. What is the one thing that they each have in common? Pepper sauce. Oh how Trinis love pepper. Pepper sauce is one condiment that every food establishment has to have available so as to have even a marginal chance at prosperity.

I remember distinctly hearing a Dominican colleague saying, "Trinadians put pepper in everything. I think it even goes in juice." Laughter rung out at this utterance but it is indeed

true... Well minus the juice part... I hope.

For those of us who are not avid mouth burning seekers, this statement is meritless. For the rest of us, we can't deny that in reality we add pepper, in some form or the other to most of our meals. It's part of the seasoning for the meat, the flavour for the callaloo, the sweetness of any pot. Not to mention that more pepper is added to the food after it lands on the plate.

From pepper sauce to mother-in-law, pepper is undeniably ingrained in our culinary cuisine.



Pomegranate perfection

By Nadia Ali

I love fruits, especially ones without much seeds like the local fruits of mango and pomecythere which only have one seed. So, can you imagine trying to eat a fruit with about 600 seeds in it? Fortunately, the Pomegranate or *Punica granatum* which is Latin for “apple with many seeds” is juicy, sweet and has edible seeds, not to mention a beautiful rose colour.

The pomegranate is considered an “ancient food” because it is mentioned in religious texts and its image has been used in mosaics in ancient Rome, Egyptian tombs and etched onto the walls of the Alhambra Islamic palaces in Spain. It is native to the Middle East and Asia and was first introduced to the Caribbean by the Spanish.

A pomegranate tree was first introduced to me by my father-in-law who graciously bought me a seedling for my garden. He called it “anaar” which is how it is referred to in the Middle East and India. Over the years it has

Inspired by my own tree

grown, almost withered away and bloomed again. There are a number of red flowers on it right now, small buds and two or three pomegranates that are almost fist size. It’s a beautiful tree with bright green leaves and brilliant red almost tulip-like flowers that seem to light up in the Caribbean sun.

It is a fruit that has steadily grown in popularity due to recent scientific research that proved its numerous health benefits. This in turn has pushed the worldwide production to about 2.5 million tonnes a year. Of which, nearly 85 percent of that figure is produced by India and Iran collectively. Yet, here it is growing in my own backyard. It attracts birds, insects and glorious hummingbirds that dart in and out on occasion.

A long time ago, the pomegranate was

eaten only as a juicy fruit, picked from the tree opened and consumed. Nowadays, almost every part of the pomegranate has a health benefit, from the rind and the bark being used as a remedy against diarrhea, to the juice boosting immunity. It also assists in the fight against heart disease, the spread of cancer and the wrinkly side of the aging process. It also helps with digestive problems, reduces stress, improves bone quality and helps to raise the haemoglobin levels in the blood. It’s no wonder it’s considered a “super fruit”.

There are recipes that encourage the use of pomegranates as part of a salad, in desserts, as a chutney and is the ingredient that gives the flavour and rich red colour to Grenadine Syrup which originates right here in the Caribbean from St Vincent and the Grenadines.

In Trinidad and Tobago, it is common to see pomegranate trees growing to a height of about ten-feet tall in neighbourhood gardens. Fortunately, my garden is one of them and I keep an eye on the number of blooming red flowers, hoping they will remain on the tree to produce another pomegranate that brings a burst of rich flavour and rich health benefits.



The fruit stall in photo above and the clothing store and food outlet in photo below are some captivating scenes in El Dorado along the Eastern Main Road in Trinidad.





The Trinidad Theatre Workshop is a not for profit organization and has long been a flagship for theatre here in Trinidad and Tobago, and indeed for the Caribbean.

Trinidad Theatre Workshop has multiple facets. These are:

- Theatre in Education (T.I.E.)
- School for the Arts Workshops (Children Theatre Workshop, Teen Theatre Studio, New Actors Workshop)
- Productions

• **Theatre in Education**

Theatre in Education also known T.I.E. was started in 1991. The concept of theatre in education (T.I.E.) incorporates the elements of education, theatre, and drama.

The benefits to school children and young people, while interacting as members of the audience or as participants of a TTW T.I.E. Company Project, may be put into four basic components:

1. Social Interaction
2. Content
3. Forms of Expression
4. Use of the media – the language of drama

• **School for the Arts**

The school for the arts has three components which are Children Theatre Workshop, Teen Theatre Studio and New Actors' Workshop. These classes teach basic acting techniques, movement and allow students to engage in fully participatory sessions. The January Cycle has already started. The New Cycle begins in April and May.

New Actors' Workshop - Wednesdays 6 pm to 9 pm - Restarting April 30th - \$1600.00

Children Theatre Workshop - Saturdays 10 am - 1 pm - Restarting May 3rd - \$1200.00

Teen Theatre Studio - Saturday 1 pm - 4 pm - Restarting May 3rd - \$1400.00

Scholarships and deferred payment plans available



Trinidad *Theatre* Workshop

Founded 1959. Derek Walcott, Founder. Albert Laveau, Artistic & Managing Director



Busy Tunapuna

Photos show scenes around Pasea Street and Eastern Main Road in Tunapuna just before the closing of schools late June.





Fire station near the traffic lights on Pasea Street, Tunapuna.



Variety store in the heart of the busy Tunapuna.



CAPS Pub and Lounge.



Variety store on corner of Pasea Street, Tunapuna.

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- Foods You Have To Eat In T&T
- Places Worth Visiting and Why
- Talk Like A Trinbagonian
- Magazine Comments

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