

Sweet TNT

MAGAZINE

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Issue #20

February 2016

Ocean beauty

Pretty in pink a young model displays a jelly fish costume from La Ta Caille Children's Carnival Band 2016 at Red Runway fashion show last December at Hasely Crawford Stadium. See more Carnival models on pages 6 and 7.

Real Carnival babies!
Beauties raise AIDS awareness at UWI
Junior Panorama at the Savannah
Pelau for lunch
Rum chow for fetters to enjoy
Family trip to Tobago
San Fernando Hill



Febeau Government
Primary School.



Providence Girls' High School.



St Francois Girls' College at National Junior Panorama Finals
at Queen's Park Savannah, Port of Spain on January 31.



Junior Panorama dancers

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Classifieds	31
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East Mucurapo Secondary School. See Pages 12 and 13 for steelbands at National Junior Panorama Finals at the Queen's Park Savannah on January 31.



Junior Panorama dancers

Birdsong Academy.

Editor's note

It's the 20th issue of Sweet TnT Magazine and we are proud to launch it in a brand new year. Thanks to all our dedicated writers and contributors for sharing their experiences in Trinidad and Tobago with the world in this magazine. To the visitors to our website, fans on social media, and advertisers, thanks for your support. With all of you we are able to continue highlighting the positive culture that is very much alive in T&T.

This February 2016 issue brings the Carnival atmosphere to you with focus on youth. There are features of young masqueraders wearing extravagant costumes modelling on the runway and parading the streets; youth competing on steelpan at the Queen's Park Savannah; and teenage moko jumbies showing off their talents on stilts. Furthermore, in the Lifestyle section we offer helpful suggestions on water conservation during the Dry Season; a feature on beauties raising AIDS awareness at UWI; and tips on coping with a tight budget and advice on purchasing a new phone.

In the Food section a young lady shows her appreciation for her sister's sushi rolls; we continue to encourage you the reader to grow your own food at home with pigeon peas in this issue; there are plates of mouth-watering lunches for you to enjoy using pigeon peas if you wish; for cutters this Carnival a young woman brings her rum chow to party-goers; and a cake decorator talks about her passion while sharing images of her creative work.

The Local Writing section offers an experience of teaching poetry to teenagers and calls for writers to get support and readers to assist Caribbean writers.

Sweet sweet Tobago is displayed in the Places section with two articles sharing the writers' trips; there are images of the beauty that lies at San Fernando Hill; and scenes in Port of Spain during the Carnival season.

Look out for more images on www.sweettnmagazine.com and on our social media sites.

Enjoy!

Joyanne James
Editor



Sweet TnT Magazine



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Conserving Water during the Dry Season

The Dry Season is here and people need to conserve water while meeting their personal needs, and those of their pets and plants. Here are some tips on how you can make it through the Dry Season:

1. Make sure you have no leaking hoses or faucets.
2. See that the float valve and flush valve in your toilet tank are working properly.
3. Ensure the float valve in your water tank is functional and water is not leaking back out.
4. Use a bucket instead of a hose to water your plants and wash your car.
5. Do your laundry in large loads instead of several small loads.
6. Leave pots and baking pans to soak overnight to avoid using running water to scrub them clean.
7. Close off taps and the shower while brushing your teeth, scrubbing pots, and soaping in the shower.
8. Recycle water where possible, e.g. use the water from washing vegetables to water your plants.
9. Take shorter showers.
10. Defrost food in the refrigerator and not under running water.
11. Teach your family, friends, neighbours and coworkers about conserving water.
12. Report any broken water mains to the relevant authorities.



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Feeling cool



Feisty girl



Patriotic young man



Singing along



I'm cute

Real Carnival babies!



I'm a Carnival baby!

Here are the faces of young masqueraders playing Kiddies' Carnival on the streets of Port of Spain last year.

Carnival 2016 is happening and people are hitting fetes, work parties, calypso, soca and extempo competitions, pan-yards, Panorama, and school jump-ups.

Many masqueraders are collecting their costumes, making plans for the road, and getting in shape at the gym, savannah, and at home preparing to parade the streets of T&T with their children on Carnival Saturday and Sunday, and then with the big bands on Monday and Tuesday.



I'm doing great!



Look at people!



Pretty in pink and blue



See my colourful wig?



Mas is serious business



I'm tired!



I got to keep smiling!



Is this my song?



Too much sun!



Like my costume?



Take my photo



Let's stick together



I'm a thirsty mas queen



This is fun



Penny for her thoughts

FASHION

Ready for kiddies' mas

Red Runway fashion show, Hasely Crawford Stadium



An interesting display of the ocean.



A fierce coral.



Cover photo: A young model elegantly displays the dangerous jelly fish of the ocean from La Ta Caille Children's Carnival Band 2016 at the Red Runway fashion show last December at Hasely Crawford Stadium.



Sun gods.



A jelly fish.



A smiling forest tree during the rainy season.



A proud peacock.



A bright poui tree.



Sad and happy bumble bees.



Posing in his tree costume.



Cute butterflies flutter beneath a radiant tree.



Lifestyle

FASHION

Ready for kiddies' mas

A white cloud in all her glory passes over the runway.



Fashion show organisers Keron Ward (foreground) and Terrence La Caille (background) greet patrons at the end of the Red Runway fashion show last December at Hasely Crawford Stadium.

Beauties raise AIDS awareness at UWI

Nine glamorous contestants participated in the beauty pageant with AIDS awareness as the topic for Miss Teen Awareness 2015 at Daaga Auditorium, University of the West Indies, St Augustine last December. The event was the finale of a series of events in which the announcement of the talent show results was made and special awards were given.

The Miss Teen Awareness Pageant Organisation is a non-profit association established in Trinidad and Tobago to provide young women with the opportunity to develop themselves into well rounded individuals within society.

The pageant was designed to produce young public figures between the ages of 15 and 19 who will focus on raising awareness on many societal issues. Each year the organisation agrees on a societal issue to be used as the theme. The theme for last year was "Let's help save lives against HIV/AIDS among our nation's youth".

There was an opening presentation and introduction of the delegates and members of La Ta Caille Kids Carnival Band 2016, one of the sponsors. MC Valarie Marciano coordinated the event presenting the segments of Evening Gown, Getting to Know the Delegates Better, Question and Answer, Performance on Steel Pan, Final Question, Top Six Final Look, Special Presentations, and Results and Crowning Moment.

Following are the final results:

9th Place Miss Diamond Vale, Mya Grainger
8th Place Miss Coconut Drive, Nateisha Thom
7th Place Miss Matura, Casandra Paul
5th Runner up Miss Tunapuna, Adeola Francis
4th Runner up Miss Malick, Jonelle Brathwaite
3rd Runner up Miss Barataria, Alixia Gadsby
2nd Runner up Miss Palo Seco, Alyssa Johnson
1st Runner up Miss Lady Young, Faith Gajadhar

**MISS TEEN AWARENESS 2015 IS
MISS AROUCA ESHÈ CARABY**



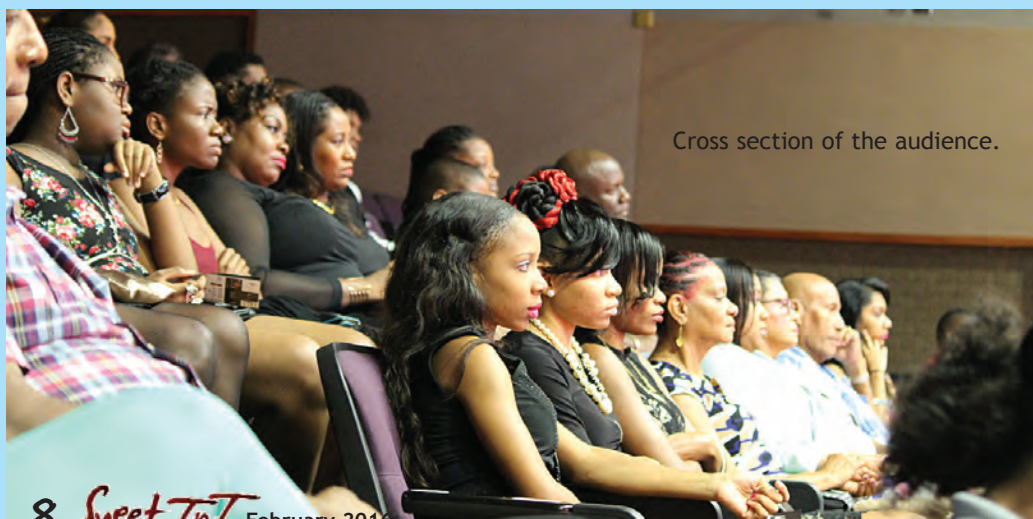
Talent winner Miss Tunapuna, Adeola Francis, performs her piece.



Miss Lady Young, Faith Gajadhar, makes a dramatic presentation.



Contestants strike their stunning poses for the audience. From left are Miss Malick, Jonelle Brathwaite; Miss Arouca, Eshè Caraby; Miss Coconut Drive, Nateisha Thom; Miss Palo Seco, Alyssa Johnson; Miss Lady Young, Faith Gajadhar; Miss Diamond Vale, Mya Grainger; Miss Matura, Casandra Paul; Miss Barataria, Alixia Gadsby; and Miss Tunapuna, Adeola Francis.



Cross section of the audience.



Special performance by Anthony King Jr on steel pan.

FASHION

Beauties raise AIDS awareness at UWI



Contestants in stunning evening gowns.



Gentlemen introduce the ladies.



Teen Awareness 2015 Miss Arouca, Eshè Caraby, is crowned.



Sheer elegance.

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If you often say, "Like I got paid in front of a fan," then you are in dire need of assistance to make changes to your life that would allow you to meet all your needs comfortably without feeling stressed out.

Many people believe that the solution to all their financial worries is to simply make more money. If so, then why do we constantly hear stories about people who have lots of money being unhappy despite having more than they need. We all imagine that we would be different if we were that fortunate. Do you really think so?

Maybe money is not the issue! Can you identify with people who make far less money than you do but have way more needs than you can imagine to have? You probably know a single mother with five children working as a cleaner who goes to work every day, send her children to school looking sharp, makes groceries, feeds her family, and still has a social life. What do you think she is doing right and you are doing wrong?

You may speculate and say she is probably earning money on the side. How about comparing her needs to what you consider yours to be?

If you make a list of all your NEEDS, the things that allow you to survive, and your WANTS, the things that you think you need but can live without, put a price next to them, and calculate the totals, what do you think would happen?

Coping with a tight Budget

Would you see a drastic difference in the amount of money you spend on your needs in comparison to your wants? Would you get angry when you think you are being forced to let go of the things you love? Would you see this as an opportunity to fix your attitude towards spending money so that you would always be ahead of any financial situation you encounter?

Change your attitude towards your WANTS and it will be your first step to seeing where your money goes. These are some WANTS that can be mistaken for your NEEDS:

- Popular brand name items. So what if you grew up using a particular toothpaste, powdered soap, dishwashing liquid, toilet paper, body wash, sardine, cereal, or ketchup? Your parents had their own budget to suit their incomes and you should try to make your own. You are not going to die if

you use the less popular and cheaper brand.

- Luxury items. Do you really need on your grocery list those pancakes, cereals, steaks, pastas, air fresheners, and separate detergents to clean your toilet, bathroom, floor, and yards? The single mom uses one bottle of disinfect to do it all!

- Buying small amounts often. In order to see your money all month long you may think that it is necessary for you to hit the supermarket every week, but did you know that buying in bulk from a superstore or manufacturer can cut your spending severely?

- Recreation. After a hard week's work you need to relax so you visit your favourite bar or club with friends. Without even realising it, you spend \$300 in drinks, \$100 in food, \$100 in transportation, and \$200 for entry to the club. Some people even do this every single day. If

you are guilty of spending lavishly when you are out having a good time and you find yourself struggling to pay bills every month, then you really need to rethink your lifestyle. This does not mean that you should become an "old maid" or a "pops", it means that you can find more affordable ways to enjoy yourself with your friends. One suggestion is to start hanging out at places with no cover charge and leave home only with the cash you intend to spend (leave the cards home) so your spending is limited by the amount of money you have on you.

- Future plans. You open all these savings and pension plans in order to live comfortably when you turn 65, but then you hear stories from older folks about their medical needs being far more than the money they collect, what do you do? Would you save a lot more from the little you have now to assist you in the future?

How about you fix yourself now so that your needs in the future will be covered by the smallest income you may be receiving. Two things, change your attitude towards your WANTS and take very good care of your health now so you would not be surprised with large medical bills in the future.

You do not have to drastically flip around your life. Small changes can help you stick to your tight budget and allow you to have a comfortable lifestyle.

Junior Panorama action



Fierce.



Pan side playing under the banner Courts Sound Specialists at National Junior Panorama Finals at the Queen's Park Savannah on January 31.



Febeau Government Primary School.



Bishop Anstey High School East and Trinity College East.



Valley Harps Steel Orchestra.



"Hooked" on the music!



Laventille Road San Juan Police Youth Club Steel Orchestra.

KEEPING T&T SWEET

Junior Panorama action



Primary school winners with Dr the Honourable Nyan Gadsby Dolly, Minister of Community Development, Culture and the Arts at National Junior Panorama Finals at the Queen's Park Savannah on January 31.



LH Pan Academy.



Queen's Royal College and Providence Girls' High School.



Pamperi.



Real Unity Renaissance Steel Orchestra.



East Mucurapo Secondary School.



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TECHNOLOGY IN YOUR HANDS

Choosing a good phone

By Kielon Hilaire
BSc Internet Technology

For some reason many people now come to me for advice when it comes to phones. I'm not sure if it's because they heard I studied IT, if they think I'm working at a phone company or if it's because they know how much I like to learn about different hardware and software technologies.

Quite frankly, I don't think it's because of either. I more believe it's because someone told someone that I once helped her purchase a new phone then that second someone told another someone and the telling just continued. So time has passed and now here I am sharing my knowledge and experiences with others.

So, a friend messaged me recently to say, "Hey man, what's a good phone to buy for Carnival?" At first I found myself frowning and mentally repeating the words, "good phone to buy for Carnival" with a question mark added to that. So I was about to respond when I "saw him typing" and I waited patiently. Then he said, "I want a phone with a good camera, all those fancy messaging apps, and one that could hold plenty songs and is really fast."

Based on my friend's response it's quite easy to tell that he's not the most tech-savvy of persons, however, it brought to mind the fact that even the average person may be unaware of some critical details when it comes to choosing a good phone.

For ages, it had been promoted that phones with a higher number of megapixels always had the best cameras. What's funny is that many people don't even know what a megapixel is, yet they believe that having more of it is better thanks to years of shameless marketing. The truth is that the size and



quality of the image sensor is much more important. As a rule of thumb, the larger the sensor the larger the pixels can be, and the larger the pixels the more light can be collected when a photo is taken, which helps improve photo quality.

You also need to know the strength of a phone's CPU as this determines how quickly it can render images to further enhance quality, which brings up the question about speed. To keep this simple, more cores and higher GHz generally means faster speeds. Additionally, you would want to get a phone with the largest and fastest RAM that your money can get.

Storage is another important factor that many people overlook. It's like buying a sport car as your primary vehicle, only to realise after that there are no extra seats and little trunk space for your most practical needs.

Many phones nowadays come with non-expandable memory, which means that if you buy the phone and you run out of space then you may either have to delete some vital stuff or you're out of luck. If you're not sure how much space you will need, use the following as a guide: less than 16Gb for

low storage, 16Gb-32Gb for average storage and 64Gb or more if you plan to store everything and the kitchen sink.

It is also worth mentioning that many phones are still limited to using only a fraction of your internal storage to run apps, which means that you can have a phone with internal storage of 16Gb and only 2Gb of that might actually be capable of being used for several apps. This capacity increases in proportion to the amount of internal storage the phone comes with.

Additionally, while it is a plus if a phone can facilitate expandable storage keep in mind that more and more phones are forsaking this in favour of pure internal storage because it generally allows phones to conduct faster processing.

Among the other "minor" things that are often overlooked when choosing a good phone is battery life. The more feature-laden a smart phone, the more power is consistently required by the phone's CPU and the faster the phone will die during the day.

The best way to choose a phone that will last is based on

a combination of factors, namely the size of the screen, the screen's resolution, the power consumption ability of the phone's processor, the type of chipset used, and how proprietary software is optimised to be used with the phone's hardware components.

Furthermore, if battery life is of more concern for you than the average user, then the best alternative would be to get a phone that contains a user-replaceable battery, which would allow you to swap batteries on the go.

Of course there are other factors that help make a phone good, including sound quality, graphics processor, operating system, look and feel and the quality of the front-facing (selfie) camera, but what's mentioned in the core of this article should be your primary concerns.

Once you choose a phone based on the aforesaid factors you can rest assured that whether you decide to play mas, fete, party, go hiking, visit the beach or take a trip down the islands your phone will help you keep the positive vibes and stay lively throughout and beyond the Carnival season.



Horse patrol

Policemen on horses patrol Ariapita Avenue last Carnival Tuesday.

Plans for a successful Carnival 2016

Message from the Ministry of Tourism

Some 25 uniformed visitor guides will be strategically stationed along the streets of Port of Spain for Carnival 2016 from February 5 to February 10.

Visitor guides play an important role in offering assistance and information to locals and visitors who are unfamiliar with the city or merely want information on sites, attractions, shopping or interesting events. Tourism Information Booths will also be at the Queen's Park Savannah and at Brian Lara Promenade opposite Excellent Stores.

These are but a few of the measures announced by the Honourable Shamfa Cudjoe, the Minister of Tourism, at a high level meeting, that took place on January 13, to concretise plans for a successful

Carnival. The meeting was chaired by Dr the Honourable Nyan Gadsby-Dolly, the Minister of Culture, Community Development and the Arts.

Also in attendance at the meeting were the Minister of National Security, Minister of Trade and Industry, the Acting Commissioner of Police, the Chief of Defence Staff and other executives from the various arms of the Ministry of National Security, the Chairman and Deputy Chairman of the National Carnival Commission (TDC), and senior representatives from the Ministry of Health.

Addressing the meeting, Minister Shamfa Cudjoe reported that "on Carnival Tuesday the international cruise liner Saga Sapphire will arrive in the Port of Spain har-

bour with 752 passengers and 406 crew members. Passengers will be encouraged to view the activities in and around Port of Spain. Visitor Guides will also be strategically placed within this area to give guidance to visitors".

Minister Cudjoe further stated that "to date (January 13) hotel occupancy for the Carnival period - both for the small and large accommodation properties - was very healthy - averaging 90% in the Port of Spain region and environs".

Carnival is the highlight of our annual tourism and cultural calendar and the Ministry of Tourism is working to ensure that this will be an unforgettable experience for locals as well as our international visitors.



My sister Katrina Khan prepares her delicious sushi rolls. Above are crab rolls and below are some with rice, cucumber, carrots, sesame seeds and egg.



My creative sister's Sushi rolls

By Candida Khan

My sister is such a creative person. She is an artist at heart, she writes poetry and has been making leaps and bounds in her academic life. She is also fond of making sushi rolls. She developed a liking towards sushi a few years ago, an expensive thing to like.

Recently she decided to try to make it on her own as a way to keep the cost down and still feed her hunger. Being her creative self, she found the items that she

needed locally which included: sushi rice, rice vinegar, nori/toasted seaweed and wasabi. She did some research and read up on the techniques and what she would need to buy before she could make sushi rolls. Having a determined mind, she attempted to make it. She had the loving support of my mother who helped her through this process, getting a taste for it herself.

In my opinion, she made the best sushi ever, even when compared to restaurants. Up to this very day whenever we have family over, she makes sushi rolls. Everyone

loves her sushi rolls. It's fantastic. Every roll is different and she uses all different types of ingredients as fillings, even the unconventional.

She also tried the inside out sushi where the rice is on the outside. It's such pretty food to eat! Really colourful and yummy. Did you know that I did not like sushi at all? Now, because of her and her sushi dishes, I'm quite fond of it.

It's best to uplift and support family members. You never know what great things they are capable of!

Grow your own food

A pigeon peas plant flourishes in the yard of a resident on Aranguet Main Road, San Juan. This plant makes it easy for you to prepare a delicious pot of pelau or Sunday lunch with stewed pigeon peas without the hassle. Having a kitchen garden gives you chemical free foods and cuts down your grocery bill drastically. Try planting some pigeon peas today and enjoy it.





Lunch
time!

Scrumptious meals prepared by Wendy-Ann Alexander (see Issue 19). Above is a tantalising plate comprising of vegetable rice, stewed pigeon peas, baked chicken, plantain, fried okra, macaroni salad, and fresh salad. Below is a delectable pelau consisting of stewed chicken and pigeon peas with cole slaw dish.



Rum chow for feters to enjoy

By Kielon Hilaire

Trinbagonians are naturally so creative that they tend to go out of their way to make chow with almost any fruit imaginable. They make guava chow, pomerac chow, pineapple chow, portugal chow and more by repeatedly slicing away as though playing an active game of Fruit Ninja. They lace it with salt, pepper and fresh green seasonings.

Jovelle La Forest and Kwasi Shade used the formula Chow + Rum = RumChow! Perhaps some people have made a similar chow before but how many have taken the steps to turn this chow into one that can possibly become a commercial success?

Jovelle tells how the idea for RumChow came about, "Honestly, a friend and I (Kwasi Shade) were sitting and thinking of ways to make money and he just said, 'Yo! What do you think of the word, RumChow?' I said I love it. Then we just took that name and created the product around it. And the rest, as they say, is history."

Since that conversation with Kwasi, Jovelle has experimented with different fruits,



Jovelle La Forest interacts with two of her customers at a recent event.

adding different types of rum (with different alcoholic volumes) just to ensure she finds the right mix of fruit and alco-

hol to please customers.

After all is said and done, the result is a delicacy that usually leaves many people not so

much intoxicated but craving a lot more, possibly because the chow simultaneously acts as a chaser to negate much of the



From page 20

potential effects from the alcohol. Whatever it is, the mix just works because it was reported that her RumChow has a pleasantly exotic taste that is unforgettable.

As if to prove this point, Jovelle mentioned that they have received a lot of positive feedback but one remark she clearly remembers came from a man who tasted the chow then blurted out, “Woowoooo! This is different. I don’t like rum but I love chow. So this is the only way rum will ever get into my system.”

Complementing the latter is a fantastic sales pitch: “We’ve all had chow. It is a local innovation that is synonymous with boy days, back-yard limes and good times. A good chow is

sweet, spicy and memorable. The idea behind RumChow is to capitalise on that nostalgia we all are prone to as grown-ups. RumChow is fresh fruit, old memories and a good time! A little something something for party-goers and fetters to enjoy being a Trinbagonian.”

With Carnival in the air, they are set to satisfy their primary audiences, which are those people who love to fete and attend all-inclusive and VIP events. Jovelle has already made deals with a few promoters across the country to stock RumChow at particular venues. So for 2016 and hopefully for many years to come people would be able to purchase RumChow and may even find themselves chipping down the road on Carnival Monday and Tuesday with a distinctive con-

tainer of alcoholic fruit in their hands.

Jovelle also claimed that while the recipe for RumChow may not be as intricate as, say, an all-time famous “11 herbs and spices” recipe, she does face her own unique challenges in getting her product on the shelves, so to speak. From the inability to source specific fruits during certain times of the year to the occasional dilemmas when making deals for the product to be promoted, Jovelle, like many other aspiring entrepreneurs, knows she will always experience her fair share of trials.

Yet, she remains motivated by people who fail — stemmed from her analysis of a notorious French proverb: “Only he who does nothing makes no mistakes.” She believes that the

best mistakes to learn from are those made by others so that you don’t repeat them, thereby saving precious time.

“I rather learn from other people,” Jovelle said. “I’m all about learning, experimentation and growth, and whenever I feel I can’t do it anymore I read motivational books to re-motivate me. Hence whether or not I succeed in the way I originally envisioned with RumChow is irrelevant.

“The bottom-line is that I made an attempt; I stepped forward and I actually got this thing off the ground, which is more than many people with new business ideas will ever try to do. So for now, all I will say is RumChow for the win, especially for those who like to enjoy — because let’s face it, no one thinks with their liver!”



Orchid cake.



Cupcakes.



Roses cake.

'Cake decorating is my passion'

Courtesy Cakes By Kerry

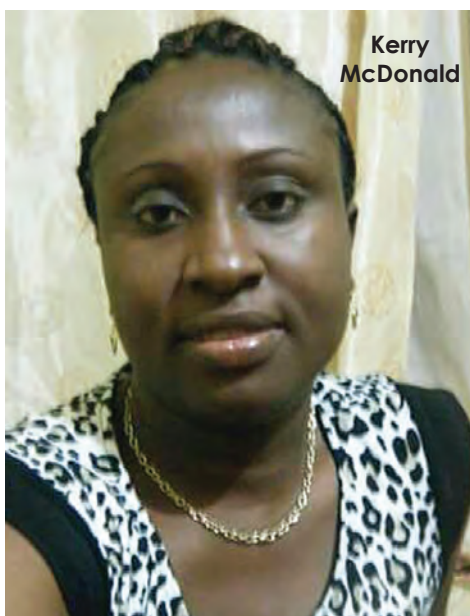
I do cake decorating part-time as I am employed full-time as a Document Management Clerk at Trinidad and Tobago Unit Trust Corporation. Besides cake decorating, I do freelance writing (also part-time). Cake decorating is my passion that I hold close to my heart.

I intend to take specialised courses in cake decorating. I am fascinated by 3D/novelty cakes and would like to gain training/exposure in this area among other cake decorating themes.

Apart from cakes, I do sugar flowers (gumpaste flowers) by order. I took a cake decorating short course in 2008, but would consider myself self-taught as cake decorating is an evolving field. There are many intriguing areas to learn in the cake decorating world and you never stop learning so I sometimes practise a new technique in my spare time.

I am a bit obsessed with cakes as I often get carried away looking at the work of both local and international cake artists (Kerry Vincent, Mike Mc Carey and Ron Ben Israel just to name a few). I love experimenting with cake recipes and adding my twist to it.

My favourite job was a high school musical cake I did. I was elated because the birthday girl could not stop sending me appreciation for the cake she received on her birthday. With all my cakes, upon completion, there is usually some part of the cake I thought I could tweak a bit. I get comments and constructive criticism. Up to this day I get comments on a doll cake I did in



Kerry McDonald



Gumpaste, sunflowers, lilies and carnations cake.

2011. I also get many positive comments about my sugar flowers, for instance how real they look.

My plans are not to limit myself but to learn the various facets of cake decorating and incorporate other areas closely related to this artistic field, such as chocolate work, pastries, cookies and maybe sugar work. I may consider going into cakes full-time. Cake enthusiasts can even look out for a cake decorating book.

I would like to thank Kerlene Grappie-Ransome, my tutor in sugar flowers. Kerlene, owner of the School of Sugar Artistry, Chaguanas has always encourage me to never give up my dreams.



Hello Kitty cake.



Speed Bumps in the classroom

Teaching Poetry to Teenagers

By Joyanne James

Fifteen minutes have passed and these young men are still arguing over who is the best footballer in the world. For every positive point that Lionel Messi gets, Christiano Renaldo gets two. The atmosphere is heated with debate as these passionate students show enthusiasm to convince their opponents and probably me how capable they are at arguing a point very successfully. Little do they know that I am setting the pace for a subject that would make them stay away from class if I had told them before that we were doing poetry today.

Eight pumped up teenagers around a table all excited and ready for the next topic. I present them each with a copy of the poem "Flowers" by Dennis Craig. They are already in a competitive mode so I tell them to grab their pencils and find as many literary devices as they can on their own before we read the poem aloud.

Oh my, look at those sad lost faces! It seems as though some of these guys forgot what are literary devices. I will allow the strong ones to finish the first stanza so the "forgetful" students can feel a little pressure.

Okay, that's enough torture for them. Once again, I will use half of the lesson planned for today to do revision. I will recap the same lesson on literary devices that I created for students who do not revise the work that was done before. It helps them to successfully complete the topic planned for the day. Plus, they just love the "bowl game".

The Bowl Game

I printed about 100 examples of literary devices on sheets of paper, cut each one into a square, and folded and mixed them up into a bowl. The students form teams when there is an even number of classmates or play as singles if the total of students is odd. The first player pulls from the bowl, reads the example out loud, and must name and spell the literary device for 20 points, half for naming and half for spelling.

For two-player teams, a player may consult his partner but the points are deducted by half automatically. The exam-



Some poetry and English books used to teach secondary school students.

ples in the bowl are either a simile, metaphor, allusion, analogy, personification, anthropomorphism, irony, sarcasm, oxymoron, paradox, pun, onomatopoeia, alliteration, assonance, hyperbole, rhyme, imagery, satire, or rhetorical question.

The game is played for 10 rounds. The atmosphere is louder than the football debate as members contemplate risking the chance of gaining zero points for answering the question wrongly on their own, or settling for half the points by consulting their partners.

At the end, they are excited to identify the literary devices in the poem and I get my lesson back on track. When I read the poem out loud, everybody wants to shout out the literary devices they found in each stanza, now that they know. And what is the significance of this literary device? I ask.

Oh my, look at those sad faces again!

Well I see the stronger students are explaining themselves properly and finally getting the chance to show off. Plus, they have the full attention of the weaker students seeing they had so much fun working together just a few minutes ago.

Now everyone has an input as they interpret the poem. They are talking about the "green thing" that grew out of the park built in the "city slums" being a symbol of hope for the people living in the poor community.

Look at my students going on about the first half of the poem being dark and gloomy with disgusting terms which they see as a contrast to the second half of the poem that portrays beauty with the flowers in the park growing in the midst of all the ugly. Since these teenagers are actually discussing an entire poem, I think my work here is done!

Calling all Writers and Readers



Marsha Gomes-Mckie, left, with Carolyn Corriea, author of “How To Find Yourself And Claim What Is Yours” at her book launch. Carolyn’s book was reviewed by Marsha.

By Marsha Gomes-Mckie

Founder, Caribbean Books Foundation

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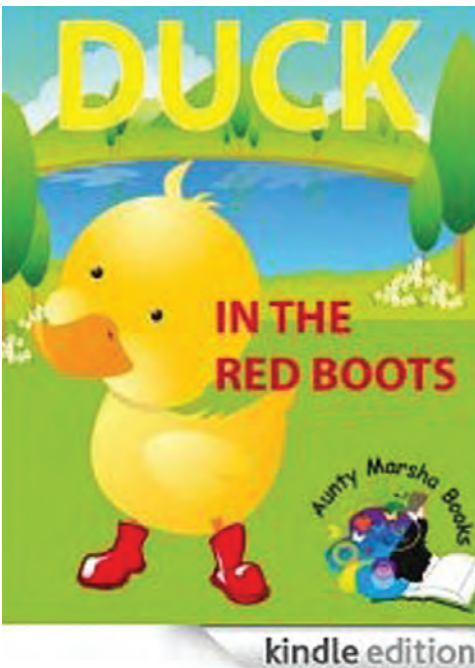
Author Danielle YC Mc Clean greets featured speaker Marsha Gomes-Mckie at the launch of the children’s book “The Protector’s Pledge”.

Two Caribbean books giveaway winners at Bocas Lit Fest 2015. The NGC Bocas Lit Fest 6 will be held April 27 to May 1 in 2016.



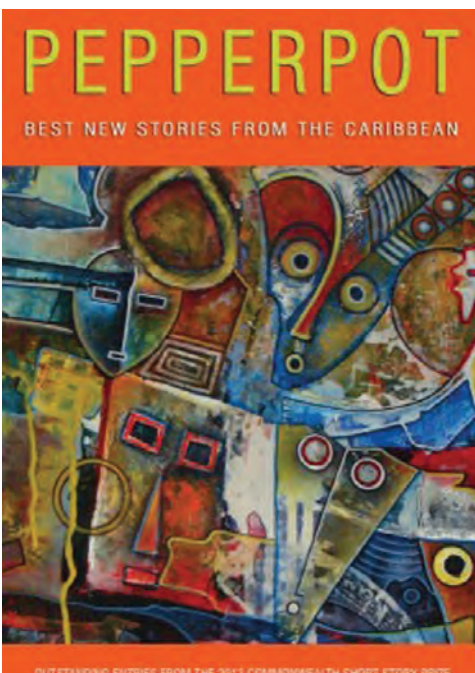
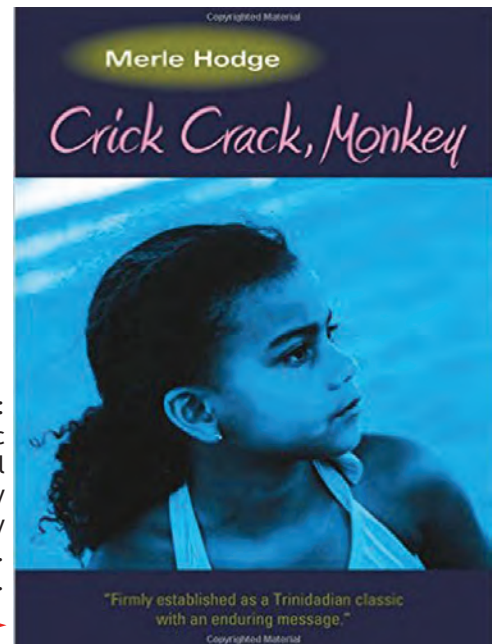
Vanessa Salazar at the launch of "Selima And The Merfolk".

From the catalogue of caribbeanbooks.org



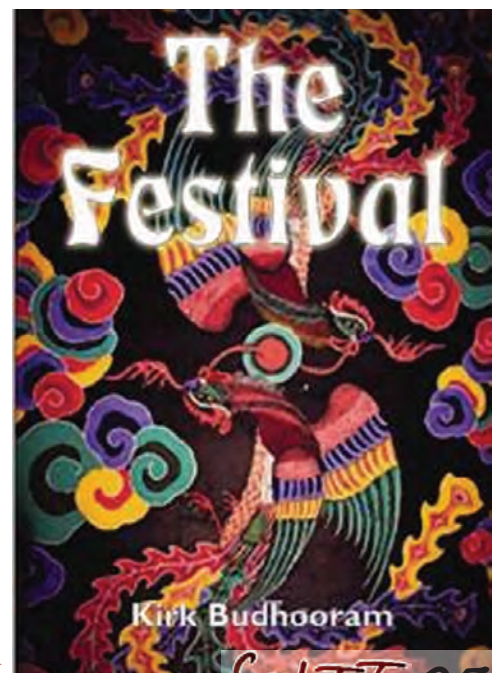
Duck: Unlike other little ducklings, Duck is quite particular about staying clean. His determination to do just that lands him in quite a pickle every day. He stands firm for what he believes in. This story is a cute reminder that children are people too, they have their own characters which when nurtured, produces confident little leaders who can change how we see the world.
Author: Marsha Gomes-McKie.

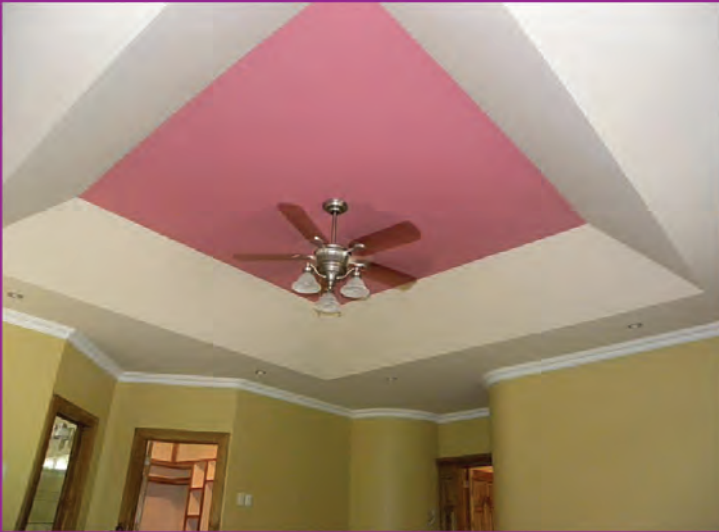
Crick Crack Monkey: The cultural and linguistic complexity of postcolonial Trinidadian society is cleverly portrayed in this beautifully written West Indian novel.
Author: Merle Hodge.



Pepperpot: "This wonderful anthology of fresh voices from the Caribbean... includes writers from Antigua and Barbuda, the Bahamas, Barbados, Belize, Jamaica, and Trinidad and Tobago. The diverse textures of the stories by 13 established and new authors weave a tapestry of the islands, water, sand, ocean breeze, and rum. Vivid settings serve as backdrops for a dazzling display of personalities."

The Festival: On the Caribbean island of Trinidad, Karen Sookoo is murdered and her house burnt to conceal a missing letter, or so it seems. However, her sister Julie is convinced that there is more to her murder than just a robbery that went out of hand.
Author: Kirk Budhooram.





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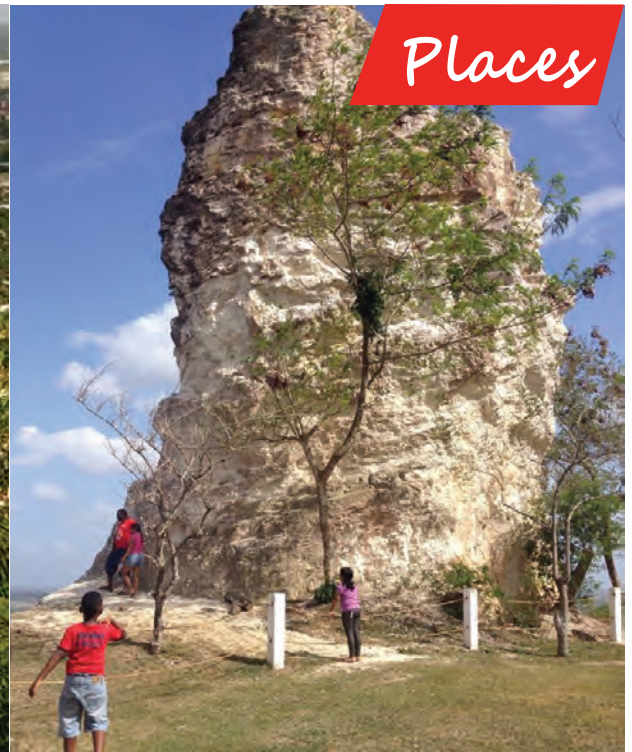
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San Fernando Hill

A natural beauty

By Felesha Parboo

It is an astonishing sight to behold
As it is situated in the middle of the city of San Fernando
One of the most popular tourist attraction in South Trinidad
The southerners bustling around in their own little worlds
Yet every weekend, San Fernando Hill has a tonne of visitors

At first, it was known as Anaparima Hill
But when the Spaniards came along, they renamed it San Fernando Hill
And lately the residents call it Sando Hill as a shorter name
The view at the top of the hill can take your breath away
If you take the chance to look at the surroundings you will see the hustle and bustle of the residents in the villages below
On a Sunday it's a perfect day to visit San Fernando Hill
There is a children's play park available for children to be entertained
While adults could sit and relax as their children enjoy themselves
A family can enjoy a Sunday lunch on San Fernando Hill
It is utterly amazing



From the top of the hill looking northwest, you can see the Gulf of Paria
Turning eastward, you can see the Solomon Hochoy Highway
Further east, as far as the eyes can see, is the sugarcane factory which is located in Usine Ste Madeleine
To the southwest direction is the community of La Romaine where the Gulf City Shopping Complex is just beyond

More directly south, you can see Royal Road going into Coffee Street which runs into the heart of the city

So next time whenever you are in the San Fernando area, take some time and visit the fascinating tourist attraction known as San Fernando Hill
You won't regret it

Tobago getaway

By Nerissa Hosein

As per our usual family tradition, we packed up early Boxing Day morning and grabbed a flight to Tobago. After a hectic year filled with ups and downs, going all day, no break and no time out, we as a family make it our business to cut the pace and slow everything down.

Tobago is the place to do just that. I feel 10 years younger every time I go, I feel less stressed and blissfully happy to be out of my routine life enjoying my two young sons and loving husband. It's what we look forward to every year!

This year, after much searching, we chose to spend our week at the Hummingbird Hotel. We always try to choose family oriented hotels.

My kids were happy to be on our sister isle this year. After arriving at the hotel and dumping our bags we went to explore and get some food seeing that we were starving. Our first meal

in Tobago was from Chef's BBQ!! One word, Delicious!!! It was great food for a great price.

After that and driving around a bit, the kids were anxious to get back to the gorgeous pool at the hotel. So we went back, settled in and jumped in!! For all of us, jumping in the pool was the cherry on top the cake! We were officially on vacation.

The pool was very well maintained and a nice size for us and other guests to enjoy without running into each other. I must admit no vacation is ever a vacation for me without a swimming pool! It's usually the highlight for me! I love to swim! My kids and my husband share my love for swimming so every afternoon we ended our adventures in the pool!

The week went by so fast. Time really does fly when you're in heaven. Most of our mornings were spent having breakfast at House of Pancakes, my son's favourite place to eat



Kids and I at Fort King George.

in Tobago. As they were older this time we got to take a trip onto the Buccoo Reef.

It was such a great experience going to the Nylon Pool and No Man's Land! I hadn't been to these places since I was eight and now my eldest son is also eight.

Other places we visited were Fort King George, Signal Hill, Mount Irvine and the Stone Haven Beach. When it comes to beaches though Pigeon Point is our all time favourite there. I

swear the water gets bluer every time I go.

We loved every moment of it and were all a little sad on our last day. This past year was a long one for my family, and Tobago helped us relax and catch our breath. It was such an amazing and welcomed change to our hectic life in Trinidad.

But all too soon, we were on the plane waving goodbye to our sweet little Tobago!! Hopefully, we will be back very soon!



No Man's Land Beach.



Englishman Bay. Photo by Kerry Mc Donald

Sweet sweet Tobago

By Marissa Armoogam

So I've always written about the beauty of Trinidad simply because it's what I've known. For all my years (we'll leave the number a secret) I have never ventured out of Trinidad to our sister isle Tobago... not until recently anyway.

Once we landed and stepped out our tiny aircraft, the warm and inviting Tobago air hit our faces and immediately awoke every adventurous sense we had. When we came out the arrival gates you could tell you were in a small island at least in comparison to Trinidad.

There were groups of eager taxi drivers anxious to take us to our villa. We had opted to stay at one of the villas on the beautiful Tobago Plantations Estate. As we

drove along I didn't even realise we were on a highway. We pulled into the Plantations' gates and were immediately taken aback by the awesome natural beauty.

It was a group of cousins, seven ladies to be exact and we were there to celebrate the impending wedding of one of our cousins Cristal.

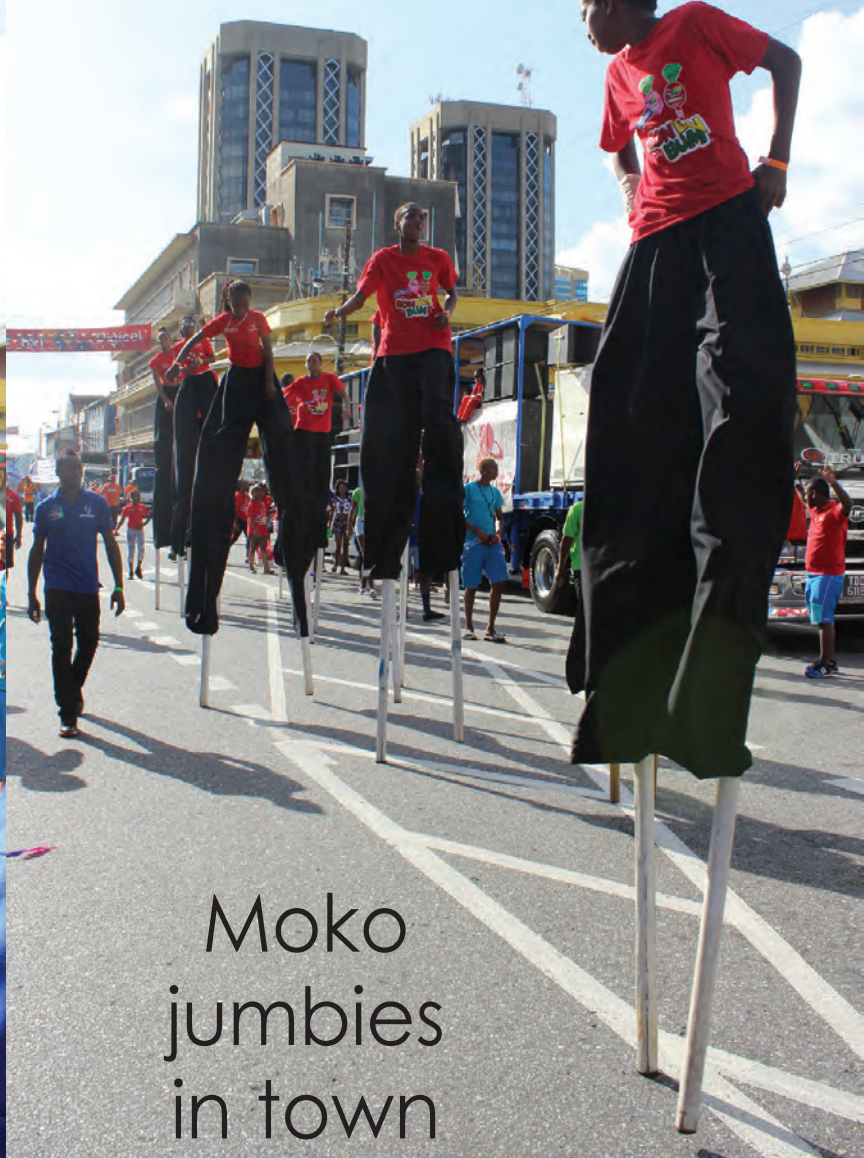
As we pulled up to the villa we were not at all prepared for all the natural beauty we were in store for. We all just slumped into the huge lounge chairs at the infinity pool and took in the breath-taking view of the ocean... we watched as in the distance the boats pulled into the harbour at Scarborough. We didn't want to move, but we were easily persuaded by some tempting fun fruity drinks which were prepared and waiting for us on the deck.

The weather just like everything else was fabulous for the entire weekend. After some fun at the villa we headed out to the beach and back home to prepare for a night on the strip... This is a street in Milton with lots of sport bars, lounges and restaurants. The night life was vibrant and inviting. We made our way to the Shade Night Club where we partied until the morning to the vibrant mix of music but local soca and a great international mix. The club was safe and inviting, filled with friendly people and a fun atmosphere.

On Sunday when we had to leave, we were so sad that this great weekend had to end, but we have decided to make this an annual time for us... bride ... or no bride!

Moko jumbies parade through the streets on South Quay, Port of Spain during Kiddies' Carnival last year.

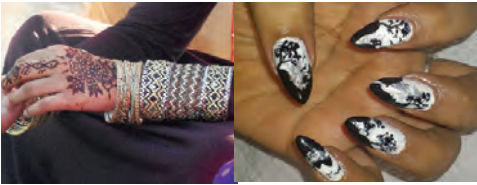
Places



Moko
jumbies
in town



Spectators take in the view of the talented
stilt walkers as they head in the direction
of City Gate on South Quay, Port of Spain.



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