

Sweet TNT

MAGAZINE

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Issue #21 April 2016

**A true
'football
factory'**

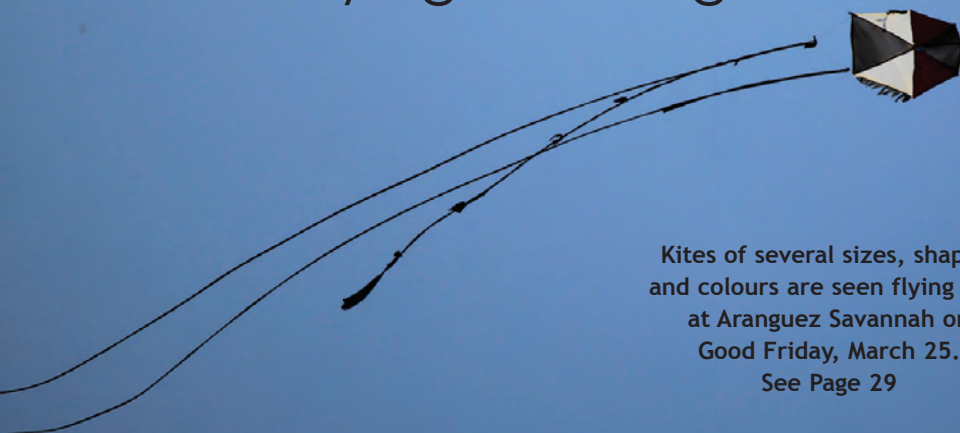


Feisty young footballers of Football Factory academy train as a parent looks on at St Mary's College grounds in Port of Spain on Tuesday, March 22, 2016. See more professional footballers in the making on Page 4 and in the album Football Factory on www.sweettntmagazine.com

**Kite flying in Aranguez
North Eastern dragon boat racers
Unspoilt Columbus Bay**

**Special Easter treat at the Oval
Farmers' market at the Savannah
Family trip to Tyrico Beach**

Kite flying in Aranguez



Kites of several sizes, shapes, and colours are seen flying high at Aranguez Savannah on Good Friday, March 25. See Page 29



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Up high

A yellow kite is flown high by a girl standing below it in sunny weather at Aranguez Savannah on Good Friday, March 25. See page 29



Editor's note

Excitement galore is happening in Trinidad and Tobago and this is evident in the April 2016 issue of Sweet TnT Magazine. At the same time we are hearing about the negative news in our country, there are many positive events taking place. Our cover photo and inside photos show football coaches training determined young ones with caring parents to become professional players at St Mary's College grounds. On this page there are kites flying high created by talented young people just for fun at Aranguez Savannah. If you thought that cricket was the only occurrence at the Queen's Park Cricket Club, then guess again, because thanks to a lot of considerate persons, many less privileged children had the time of their lives modelling, playing games, and taking photos with their favourite cricket stars. The fun continues with the story behind a boat racing association from East Trinidad. The Lifestyle section is also packed with features on finance, technology, health, and art.

The Food section begins with our Grow Your Own Food segment with an image of tantalising pimento peppers. We share photos with readers from the Farmers' Market at the Queen's Park Savannah. Also, there are mouth-watering fish dishes for readers to enjoy.

The Local Writings section opens with an article about teaching the distracted student. There is a thrilling short story about a suspicious character lurking outside a store. Also, see more local books on a site that supports authors.

In the Places section, readers will visit Tobago with a couple on vacation; take a tour of Columbus Bay with amazing scenes; and spend some time with families visiting Queen's Park Savannah and Tyrico Beach.

Thanks to all our contributors, advertisers, and team members for making the April 2016 issue a success. To all our readers who visit www.sweettntmagazine.com and social media fans who like, share, and comment on our posts, thank you very much for your support. Hopefully, the positive news will spread and one day Trinidad and Tobago will regain its name sweet T&T.

Enjoy!

Joyanne James
Editor



Sweet TnT Magazine



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Stretching time.

Pro footballers in the making

Energy, happiness, and skills in great weather all describe the practice session of the Football Factory academy at St Mary's College (CIC) grounds in Port of Spain on Tuesday, March 22, 2016.



Head coach Terry Fenwick with Under-7 future stars.

Photo courtesy Facebook page

The "football factory" is all about developing kids from as young as 4 to 24. They share many accomplishments with victorious matches played on September 30, 2015.

This year their Easter camp runs from April 4 - 8 and includes both indoor and outdoor football at Woodbrook Youth Facility from 9 am - 2 pm. Kids will receive fantastic prizes and give-aways. They will also get a special package upon registering.

Persons interested in joining can call 309-2166 / 291-0101; check them out at CIC grounds on Tuesdays and Thursdays between 4 pm - 6 pm and Saturdays between 9 am - 11 am; send them a message via Facebook; or email footballfactoryacademy@gmail.com



Teens run drills furiously.



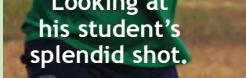
Jumping high.



Cover photo: Determined young players go after the ball.



Parents take in the practice session of the energetic young players.



Looking at his student's splendid shot.



Coaches and players watch young superstar in action.



Young goalkeeper gets specialised training.

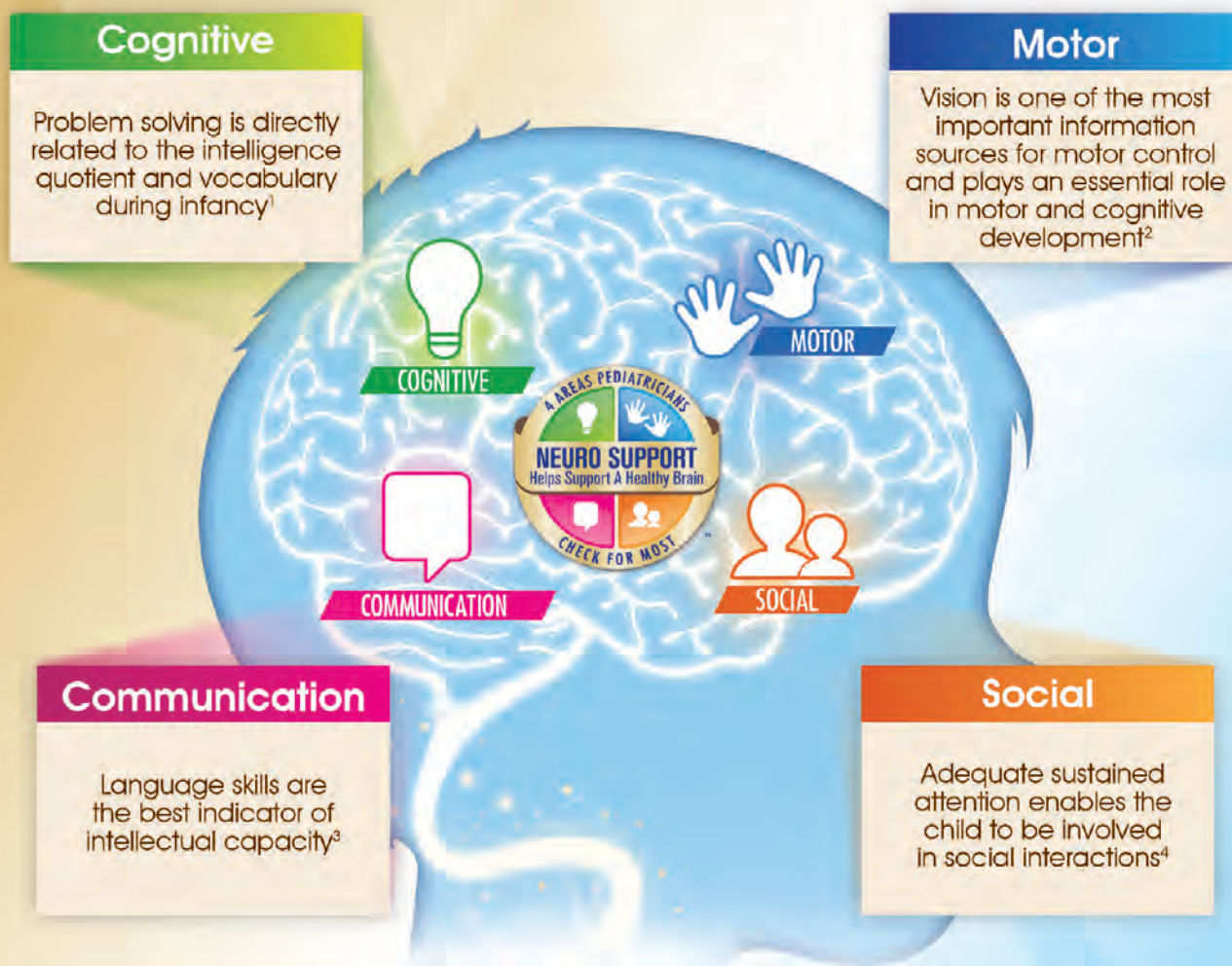


A display of skills on the field.

The formula to help children reach their milestones
and promote **mental development** is

$$= \text{NUTRITION} + \text{STIMULATION}$$

The brain controls the development of **4 key areas**:



Adequate nutrition is fundamental
for **mental development**



1. Drover 2009; Three Randomized Controlled Trials of Early Long-Chain Polyunsaturated Fatty Acid Supplementation on Means-End Problem Solving in 9-Month-Olds; page 1382. 2. Evensen 2009; Do Visual impairments affect risk of motor problems in preterm and term low birth weight adolescents?; page 48. 3. Courage 2008; Encyclopedia of Infant and early childhood development; page 108. 4. Wilks 2010; Developmental Milestones: Cognitive Development; page 366.

Special Easter treat at Queen's Park Cricket Club

It was a fantastic fun day for children organised by the Ladies Members Committee, Queen's Park Cricket Club with assistance from many sponsors held at the Oval on March 19, 2016.

The children enjoyed themselves to the max with an Easter bonnet parade, fun games, great music, food and drinks, pony rides, and took photos with their favourite cricket stars.

Participants came from St Dominic's Children's Home; Angels on Earth Foundation – Angels of Hope Foundation; Cascade School for the Deaf; Goodwill Industries of the West Indies; Credo Drop-in and Develop-

ment Centre and Sophia House; St Mary's Children Home; Princess Elizabeth Centre; Immortelle Children's Centre; Lady Hochoy Home; St Jude's School for Girls; Couva Children's Home and Crisis Nursery; and Cotton Tree Foundation Early Childhood Centre.

The Homes have been commended for their efforts in preparing and bringing the children to the event. Cricketers presented representatives of the Homes with certificates for participating.

It was a day the children will always remember.



A beautiful display of Poui flowers.



Pure elegance with these models in beautiful dresses.



Pretty in pink.



Sheer style in polka dots and a puppy.



Modelling her hot pink dress.



Cute in blue.



Strutting their stuff with class.



Adorable in bunny ears.



Cute and ready.



Sweet smile.



Dolls up and looking pretty.



Cricketers distribute participation certificates to representatives of various Homes.

Special Easter treat at Queen's Park Cricket Club



Digging in the Easter egg brand tub.



Getting her face painted by a clown.



In the girls' musical chairs round, the last two chairs are taken so little missy takes a lap!



This party now start!



Boys in musical chairs battle.



This party cannot done!



Enjoying his pony ride.



Climbing high.



A token of appreciation for a job well done!



Paddlers in training. Photos by Leon Lewis

Come join the Dragon boat racers in North East Trinidad

Randolph Cato and Shallona Shallowe started the Dragon Boat Programme in 2012. Randolph founded the North Eastern Dragon Boaters Association (NEDBA) and teamed up with Shallona who shared his vision for sport in rural communities. Shallona tells readers of Sweet TnT Magazine the story about their journey as a team.

Randolph Cato is a dragon boat racing coach, an educator for over 15 years and a qualified draughtsman and a youth at heart. Cato won the Community Heroes Award in 2013 in the area of Sport and Recreation. Daddy Cato or Cato, as he is commonly called by the young people under his charge, loves working with youth and is passionate about sports.

Cato is from the Sangre Grande community and has a vision for sport in rural communities. He believes in the skills, talents and abilities of youth and engages youth in all aspects of community work by placing them at the centre of all projects. This ensures that youth is engaged in the planning and decision making activities which allow the youth to develop into a productive member of society.

I am Shallona Shallowe aka "Shal", I have been a teacher for over ten years and a youth development practitioner. I have been engaging in youth



Randolph Cato and Shallona Shallowe display the head and tail for their dragon boat.

development work since I was 17 years of age and actively volunteering in several communities both locally and internationally.

I have worked with the Kicking Aids Out Network in South Africa and the Girls Inc in the United States of America, both of which have been making a remarkable impact on the lives of youth in several parts of the world.

I have also been developing sport for development programmes in deserving communities in North East Trinidad as the Youth Programme Director in the North Eastern Dragon Boaters Association.

While cycling in the Chaguaramas area on a very cool Sunday morning, I saw a very long kayak (or so I thought) on the sea and was

mesmerised by the 20-odd persons in the boat paddling to the beat of a drum. I thought it would have been a great activity to introduce this water sport at the school I am currently employed; Bishop Anstey and Trinity College East School.

SPORT DEVELOPMENT

I shared the idea with Mr Cato, at the time, who was very excited to introduce the programme to the boys at Trinity College East.

The Dragon Boat Programme was highly structured in the school from orientation programmes to fitness training, coach training and procurement of dragon boating equipment. This would not have been possible without the youth paddlers who trained

hours on end, parents and the volunteers.

Cato and I continued to be engaged in the development of the sport of dragon boat racing by voluntarily participating in the 2011 National Dragon Boat Racing Programme where Cato was one of the protégé national team coaches for the under 18 racing crew, under the directorship of National Coach.

I was Team Leader of the 2011 national team with a contingent of 83 athletes. Cato mentored and gave support particularly to eight national dragon boat racing athletes from the following communities: Toco, Matura and Sangre Grande. The insurmountable challenges faced by these eight athletes motivated Cato to set

Continued on page 9

Teams pose for photos at the beach.

Come join the dragon boat racers in North East Trinidad



From page 8

up an association that allowed youth from these communities to access participation in the sport of dragon boat racing in North East Trinidad.

With no boat, no paddles, no training ground, and no financial support this proved to be an impossible task. With strength, determination, passion and divine intervention; the North Eastern Dragon Boaters Association was born.

In 2012, North Eastern Dragon Boaters Association was registered as a non-profit organisation. Cato and I successfully began a dragon boat programme in Salybia with meagre resources and it challenged us to be innovative and resourceful.

In 2016, the programme includes youth from marginalised communities and currently has approximately 200

athletes from the following schools: North Eastern College, Sangre Grande Secondary, Guaico Government Secondary, Toco Secondary, Manzanilla Secondary, Malabar Government Secondary and Bishop Anstey and Trinity College East Schools. Major successful projects completed and ongoing ones are:

- Jus Come and Paddle Programme - an open invitation to any individual or group from the community to jump into a dragon boat and try out the sport.

- Dragon Boat Coaching Clinic and Paddling Clinic - the clinic aimed to empower youth who want to become dragon boat racing coaches.

- From the River to the World Programme - programme started to give young people of East Trinidad the opportunities to travel and compete as elite athletes in dragon boat racing

events overseas.

- Coach Mentoring Project - the more experienced coaches mentor younger coaches to eventually adopt their own teams.

- River Dash - a community-based dragon boat racing event where paddlers compete in a 100 metres dash to the finish.

- North East Schools Dragon Boat Racing Event - an annual event that attracts schools in the North East to compete with each other.

A lot of the programme activities are funded via donations. The ultimate goal of the programme is to increase youth participation in the sport of dragon boat racing in the North Eastern district to promote healthy lifestyles and youth leadership in sport. This goal will be beneficial to Trinidad and Tobago because it will improve social relation-

‘The programme’s ultimate goal is to increase youth participation in the sport of dragon boat racing in the North Eastern district to promote healthy lifestyles and youth leadership in sport’

ships within communities, increase volunteerism and develop the human resource capital in sport and recreation.

Youth of school age who wish to be a part of the programme can indicate interest with their schools and join the school programme. If their school does not have a dragon boat racing team they can come down to the Salybia River on Sunday mornings at 9 am and speak to one of the programme leaders.

You can also join as an adult. You can contribute to the programme by volunteering your time on Sundays to support the kids in the programme and provide financial assistance towards the purchasing of sporting equipment.

Further information about the association and the programmes offered can be obtained by contacting Mr Cato at (868) 772-7787 or email to northeastdragonboaters@gmail.com. NEDBA is also on Instagram and Twitter.



Guaico Secondary School preparing for a race.

Why do I need Insurance?

By Patricia James-Wilson
LUTCF, CAT, Financial Advisor
T/A Semaj Consultancy Services

The topic of insurance and the need of having insurance is always a conversation for contention. The demographics of thoughts and feelings on the topic normally range from those who feel that insurance is a rip off from the word go, to others who will swear up and down about the benefits of having it.

There are also those who wish they had more but can't afford it while those who can afford it and have needs for it just simply are not very responsible to themselves and their dependents.

The history of insurance in the first place came from the needs that exist in the IF found in life.

The most crucial "IF" is "If I were to pass away unexpectedly what would the financial status of those I leave behind?"

'Since we are not all blessed with unlimited funds to take care of the different needs in life, insurance is the best solution unlike the chances of winning the Lotto'

"If I was to get seriously ill what will be my choices for good health care?" "If I was to become disable and could no longer work what then?" These and many others stirred the need to protect that "IF" in life.

Since we are not all blessed with unlimited funds to take care of the different needs in life, insurance is the best solution unlike the chances of winning the Lotto.

Lifestyle
FINANCE

When a young person leaves school their major concern thereafter is securing employment to take care of themselves. During their working years they may want to return to school or do additional schooling for higher earning power.

Then love, marriage, children, owning a home, vehicle, vacation, etc. duly become life's goals. Before long, they are facing education now for their own children, while approach mid life and heading down towards retirement.

Along the way unforeseen occurrences may or may not afflict them, i.e. illness, accidents, retrenchment, even death.

These are the realities, whether we want to accept them or be like an ostrich sticking our heads in the ground with our behinds exposed to the elements.

With proper planning for the short, medium and long term goals the "IF" in LIFE can be successfully embraced even looked forward to with a measure of peace of mind.

In the next article, we will look at how a person can identify what and how they should approach the selecting of what is best for themselves and their families.

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Twin Towers

View of Eric Williams
Financial Complex
(Twin Towers), from the
Waterfront, Hyatt
Regency, on Independence
Square, Port of Spain.



TECH

By Kielon Hilaire
BSc Internet Technology

So you come home to stream the latest episode of "The Walking Dead" or maybe just to complete a class project or a last-minute presentation for work, only to find that anything you try to do on your computer seems to be taking its cool time as though you're begging it for a favour. You become angry.

"Move nah, man. Move!" You rapidly slide your computer mouse from left to right as though expecting the cursor on the screen to hop to life. What happens instead is the sudden appearance of a mysterious circular icon that spins and causes your machine to freeze, which makes you even angrier. You smack the computer screen and an instant blue screen of death appears.

You then hold your head and scream. This is exactly what happened to someone I know. "The computer was moving too slow," he said, so he hit it and it died. But you certainly don't need to go through a similar experience.

PCs often tend to slow down for various reasons and you're often left to figure out why and what to do to speed them up. But you don't always need to sink into depression at the first sign of trouble or rush to call your IT guy. There are many things you can do to either ensure that your computer is much less likely to experience a slowdown or at least quickly recover from it.

First it's important to pinpoint the reason for the slowdown. No, it's not always because of some dreaded virus so when it comes to speeding up your computer it's best not to jump to conclusions before conducting a proper diagnosis. With that said, from the beginning it would be in your best interest to restart your computer, defragment your hard drive, update your web browsers and drivers and run a virus scan (install a virus scanner if you don't have one) to rule out the possibility that some of the simplest of issues are not affecting your speed.

If either does not improve

Speeding up a Slow PC



Photo courtesy
Mikhel Pitman

your machine's speed then it's possible that one of the following software fixes will.

- Remove Malware/
Spyware: Even if you have an anti-virus installed it is still possible that it won't remove all forms of malware and spyware from your computer. Spyware is software that secretly gathers information about you and your computer and malware essentially causes strange errors to occur with a specific emphasis on getting your computer to malfunction. Both malware and spyware utilise system resources at your expense, which causes slowdown. Install and run a malware/spyware remover to rid your system of the nuisances and you can restore some speed to your machine.

- Delete temporary files: The average computer performs endless processes to ensure basic operation and execution of your programmes. Unfortunately as a computer runs these programmes, it stores temporary files on your hard drive, which are not always automatically deleted and tend to build up over time. These files consume precious storage space and cause your machine to slow down, similarly to what occurs when hard drive space eventually becomes critically low (average less than 20GBs). Deleting these files will speed up your machine but to do this you need to use Disk Cleanup

software (which comes built-in to modern day Windows machines).

Those running Windows 7 or higher can click on the Start Menu (or its closest alternative) and type %temp% in the search box then hit the enter key on the keyboard and a folder will immediately open up.

Delete all temporary files located in that folder with the exception of any files that the computer warns you may be unsafe to delete. Your computer's speed could then significantly increase depending on how many files you have in that folder; as an example, I was able to delete 15GB of temporary files just before writing this article.

- Deactivate background programmes: While this one is a common issue that significantly affects speed, a lot of people don't know that some programmes that are installed set themselves to launch automatically each time you boot up the machine.

A typical culprit is a resource intensive anti-virus scanner that is set to start up and run for hours each day, thereby sucking the speed out of your PC until it's finished scanning. Any programme you don't need to start up upon booting should be deactivated through the Start Menu or otherwise. You can also press Ctrl+Alt+Delete simultaneously on your keyboard to open up the Task Manager, at which point you

can then click the "Processes tab" at the top of the active window and evaluate the list that appears to see which background programmes may be utilising the most memory and ultimately affecting speed.

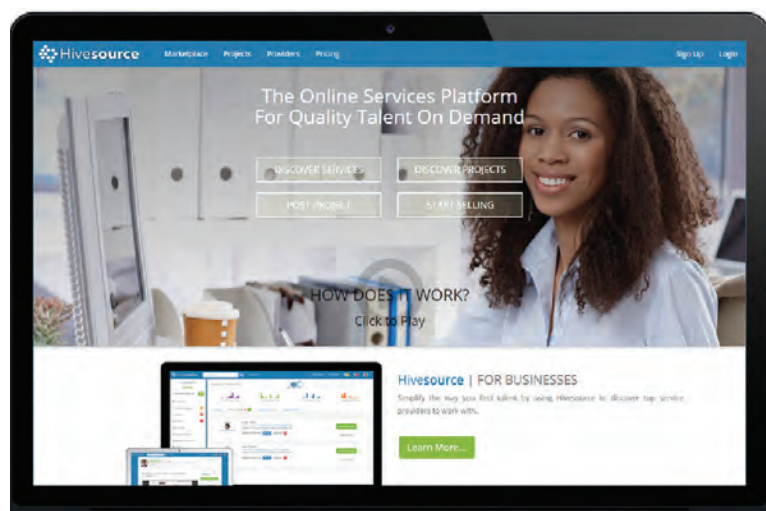
If none of the above issues seem to increase your computer's speed (especially after restarting your machine afterwards) then there's a good chance that the problem is hardware related.

Typical problems include you needing to install more RAM (4GB minimum is recommended these days), a corrupted or failing hard drive, a hard drive that has passed its prime and can no longer keep up with the processing power required for today's software (Solid State Drives are always better), hardware conflicts, a failing motherboard or CPU or your CPU overheating.

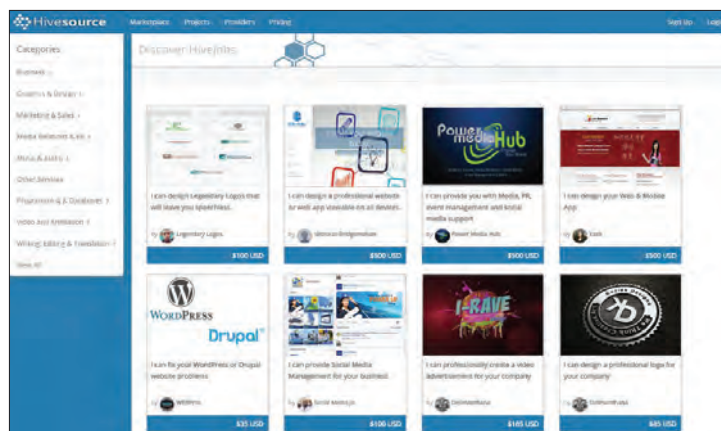
Yes, that last one actually happens because several years ago after ignoring my computer's slowness for weeks, one day while watching an action movie I began to smell smoke; I didn't realise what was happening until the computer shut off, and then I inspected it and saw a small fire extinguishing itself at the back of the tower and part of the power cord had melted and turned green. Days later I was able to joke that it probably melted because the movie was so hot but it certainly wasn't funny when it happened.

Finally, if after implementing all of the latter your PC is still acting up then you might want to consider that maybe it could be a sign that it's just time to get a new machine. But before you do that, there's one method (my favourite) that just seems to work wonders and can buy you as much as extra years sometimes: wipe the entire machine and start fresh.

All you need to do is to create a bootable flash drive or CD with an Operating System of your choice and run it on your machine. However, if attempting this be sure to backup all of your important data on an external storage device first. This may not be the most ideal solution for every little problem you encounter but when it works it works, potentially restoring everything to full speed. It may even make you wonder why there wasn't a "wipe and start over" method for curing slowdowns in relationships and all.



Home Page



Marketplace

Business is easier with hivesource.me

Wesley Gervais, CEO of Hivesource, introduces readers of Sweet TnT Magazine to his award winning online services platform for businesses and freelancers where members can post, discover and collaborate on projects as well as sell digital services called Hivejobs between each other. This local entrepreneur is a Computer Science graduate from the University of Hertfordshire who offers a service that connects businesses together.

He states, "Imagine yourself trying to start your own business. You may be thinking to yourself that you may not have the skillset required to develop marketing graphics, a website, a logo or even to manage your social media pages effectively.

"You know you won't need to hire someone full-time for this, but you may be wondering where you can find people with these talents that can assist you when you need them. Well, there is somewhere you can go to find the talent you need and it's the recently launched online platform called Hivesource on www.hivesource.me."



Wesley Gervais

Hivesource is free to join and supports any service or activity which can be done online. This ranges from web development and graphics design to copyrighting and voice overs among many others. The platform features an area called the Apiary Workspace that allows buyers and sellers to chat as well as manage tasks, files and invoices relating to the work on which they are collaborating.

All payments can be made online through the platform, Wesley notes. He came up with

the first iteration of Hivesource as part of his final year project. He was determined to create something that he could not only use to gain marks for his BSc but also something he can use as a framework to commercialise after graduating.

His experience as a part time freelancer implementing web technologies also helped him in getting a greater insight into the needs and challenges of businesses and other freelancers like himself. A year after graduating, he set out to make his goal a reality and in 2012 he was awarded an i2i Grant and in 2013, he won the Economic Entrepreneur Award in the Caribbean Innovation Challenge and the Louis Ferrandes Social Entrepreneur Award at the TIC Americas.

Following the competitions, Wesley continued working on improving the subsequent iterations of the platform along the way and was in public beta for a couple of months before releasing to the public in March 2016. He described the journey filled with ups and downs as learning valuable lessons along the way

'Hivesource is free to join and supports any service or activity which can be done online. This ranges from web development and graphics design to copyrighting and voice overs among many others'

but maintained his determination towards bring the platform to market.

Wesley described Hivesource as a platform that can become the catalyst for increasing diversification through innovation and entrepreneurship among individuals, given the challenging economic environment the country is currently facing.

He believes that Hivesource can also help businesses in reducing costs through outsourcing many of their non-critical tasks. With the future of work changing, skilled persons now have a means to showcase their talent and businesses can leverage these talents without having to hire them full time. This will in turn give rise to more service provider based businesses.

Wesley states, "The next time you are looking for online talent, don't just outsource it; Hivesource it. Visit Hivesource at www.hivesource.me to simplify the way you find work, find talent and collaborate online, from anywhere."

JUST LUXURIOUS BOTANICAL

KEMSAN



100% NATURAL

Just Luxurious Botanicals (JLB) is a wide collection of luxury quality natural, organic spa, skincare, wellness and soap products. We use only food / cosmetic grade natural ingredients, most of which are organically grown or wild crafted. Choose from our extra gentle moisturizing base of Shea Butter and Extra virgin Olive oil infused with a magical blend of organic herbs and essential oils that will delight your senses.

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- organic baby & maternity care

and so much more exotic all natural products.

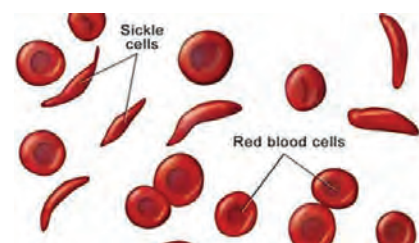
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Everyone should know about Sickle Cell For the child who cannot play!



Nelaja Alphonse, founder of the Sickle Cell Awareness Foundation of Trinidad and Tobago, shares with readers of Sweet TnT Magazine the story behind her foundation that aims to fight Sickle Cell Anaemia and Sickle Cell trait that can affect anyone from birth. Her mission to make people aware of the dreadful disease and to join her in the fight to find proper care for victims in T&T has already brought comfort to many families through past fund raising events. Nelaja continues her efforts in 2016 and hopes to bring more smiles to faces this year.



Nelaja Alphonse

I am a media manager with an advertising company. Basically, I have been running the Foundation alongside my everyday job, by myself. Everyone is always happy to be on board until the work starts... lol. There is a lot to do, I had taken a hiatus because the support was so depressing, but I plan to start back again soon.

The Sickle Cell Awareness Foundation is for everyone, those who suffer from the full blown disease and its trait already know what it is about. The Sickle Cell Awareness Foundation was formed in October 2010 with a mission to promote and raise awareness and understanding about Sickle Cell Anaemia and Sickle Cell trait.

My cousin died from this in February of that same year, I was privy to his suffering when he lived with us, when he was very young. He could not play with us, he was always in pain, long hospital stays, just a very dismal childhood. It affects a large number of persons both children and adults alike.

Therefore, despite precautions the life expectancy was usually not beyond 40 years old and in most cases, claimed the lives of young children. Fast forward to 2015... bone marrow transplants can be possible without dangerous chemotherapy. This means the possibility of a cure is closer.

One of the main missions of the Sickle Cell Awareness Foundation is for persons to get tested for the Sickle Cell trait. Persons with this trait may genetically pass the disease onto their children. Two persons with this trait have an even greater risk of having at least one child or more with Sickle



Items given to participants in the walkathon.

Cell. In the long term we would like to set up an effective Sickle Cell Crisis Ward and Mandatory Newborn Screening.

Education of this disease will promote an understanding of the effects of Sickle Cell on the daily lives of those afflicted and in turn help to eradicate this dreadful disease.

The Foundation plans to formulate and bring on stream an education and outreach programme in Trinidad and Tobago with conferences and workshops scheduled for other Caribbean islands. In doing so, we

‘One of the main missions of the Sickle Cell Awareness Foundation is for persons to get tested for the Sickle Cell trait. Persons with this trait may genetically pass the disease onto their children.’

would need financial support in helping us to print brochures, run ads and campaigns, and help us with events to raise funds.

Although the Sickle Cell Awareness Foundation is newly established we have a clear and determined mission to which we are fully committed.

So far we have done a Donate to the Kids Christmas Drive, which had full corporate support and we were able to provide presents for a children's home in Belmont. We also hosted a walkathon and had lots of companies donate. But as I said, it is difficult to do this alone.

I can be contacted at sicklecelltt@gmail.com or through our Facebook page The-Sickle-Cell-Awareness-Foundation if anyone or any organisation is interested in partnering or donating to help the cause.

Are you bright about kites?

By Nadia Ali

It's kite season, the winds are blowing across the Queen's Park Savannah making it an ideal place for the annual kite flying contest. A variety of kites take to the sunny Caribbean sky flown by adults and kids enjoying this outdoor activity. Did you know that kite flying has been around for thousands of years and originated somewhere far, far away from sweet T&T? Do you know where? Well, take my fun quiz and find out if you pass with "flying colours"!

1. Kites originate from this country?
A. USA
B. England
C. China

2. What is the name of the diamond shaped kite made with kite paper in local schools?
A. Mad Bull
B. Fighter
C. Cheekie Chong

3. In what country was kite flying thought to be a sacred ritual?
A. Guyana
B. New Zealand
C. Egypt

4. Kites were used to perfect what mode of transport?
A. Landcraft
B. Hovercraft
C. Aircraft

5. Which island has an annual contest called, The ____ Flying Colour Kite Flying Festival?

A. Tobago
B. Jamaica
C. Grenada

6. What is the Guinness Book of Records number of the most kites flown at the same time?
Clue: it's held by the children of the Gaza Strip?
A. 24,741
B. 12,350
C. 6,979

7. In Trinidad kite flying is associated with which celebration?
A. Christmas
B. Divali
C. Easter

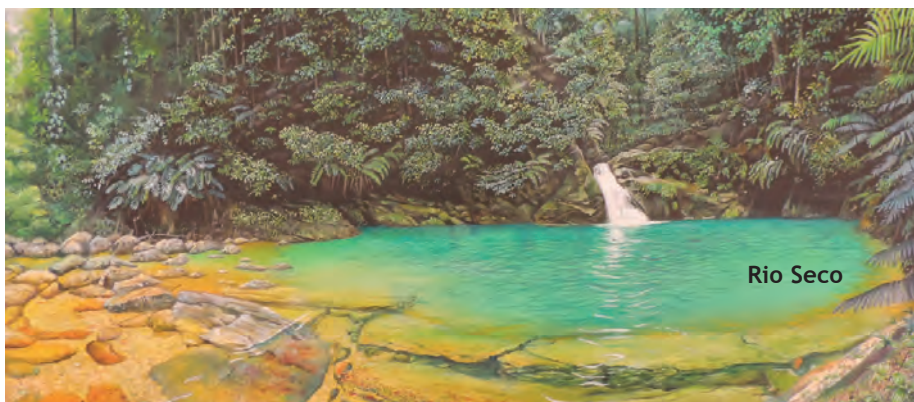
8. In which country are kites used to help with fishing in today's world?
A. India
B. Indonesia
C. Singapore

9. Which historical fact is true?
A. Kites were used to deliver letters and newspapers during the American Civil War
B. Kites were used to pull stagecoaches in the UK
C. Kites have been used in sea rescues

10. In 2016, how many years has the annual kite flying contest be held?
A. 9 years
B. 15 years
C. 17 years

ANSWERS

1. China
2. Cheekie Chong
3. New Zealand
4. Aircraft
5. Tobago
6. 12,350
7. Easter
8. Indonesia
9. All answers are true
10. 17 years



Pushing the boundaries of

Art

Great talent in T&T is shared by contributor Salisha Noor-Birjou with readers of Sweet TnT Magazine. Submissions of talent pieces can be sent to contact@sweettnmagazine.com to be published for readers to enjoy.

Cliff A Birjou is a self-taught Trinidadian-born artist whose life's work encompasses over 40 years experience in art. Primarily, his earlier works were created with watercolour, but for the past 15 years his paintings progressed to oils on canvas.

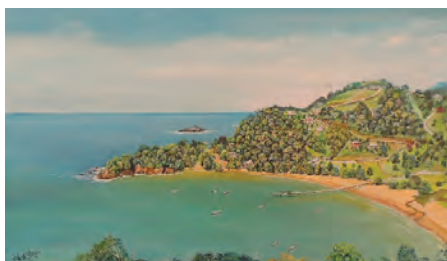
This artist is not limited to creating any one particular genre as he continues to push the boundaries of his art. Cliff specialises in landscapes, cityscapes and seascapes but also does commission pieces including but not limited to fine art portraits and murals.



Cliff A Birjou

Other exhibitions in recent times were shown at Horizons Art Gallery where some of his art is currently displayed. His paintings were also exhibited on the wall at the Queen's Park Oval in Port of Spain.

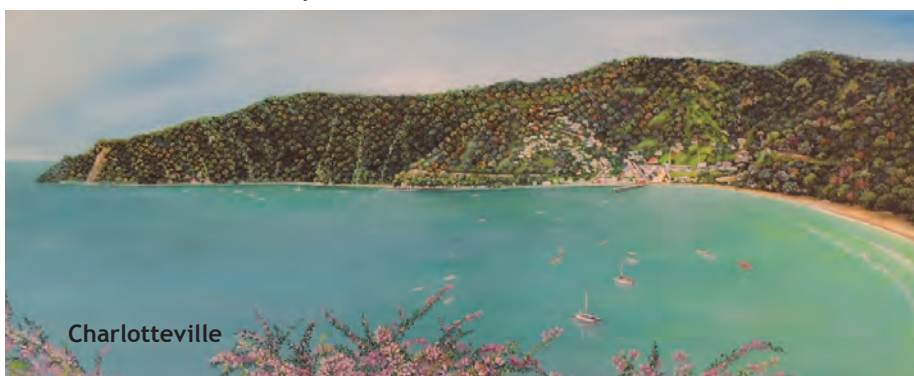
For more information on this artist as well as a closer look at his artwork, visit his Facebook page at <https://www.facebook.com/Birjouart> or email your queries to birjouart@gmail.com



Parlatuvier Bay



Matura River



Charlotteville

Grow your own food

A pimento pepper tree bears the red, ripe, and ready-to-pick seasoning ingredient at the backyard of a resident's home in Petit Bourg. This pepper magically flavours any dish and is a very popular seasoning found in the kitchens of many cooks in Trinidad and Tobago. Pimento peppers are sold for as much as \$2.00 for one even though it is easy to plant. Having these peppers in your very own kitchen garden would not only make cooking much easier but it would be one less item on your grocery list to worry about.



Customers selecting tomatoes, cabbage, and callaloo bush.



A farmer peels a pineapple for a customer.



Informative booklets and two ready-to-cook callaloo packs were distributed upon entry.

Farmers' Market

at Queen Park Savannah

Customers got the opportunity to buy fresh produce directly from the farmers at the National Agricultural Marketing and Development Corporation (NAMDEVCO) Farmers' Market, Queen's Park Savannah on Thursday, March 24 and Saturday, 26.

The NAMDEVCO team informed and educated the visitors to the market about eating healthy, buying local, training programmes for persons interested in farming, and other marketing services offered.

See more on website at: www.namdevco.com



A friendly NAMDEVCO employee distributes gift bags.



Oranges, portulacas, and grapefruits on sale.



Choosing the perfect pineapple.



Locally grown jalapeno and chilli peppers.

Farmers' Market at Queen's Park Savannah



Happy farmers selling melongene, pimento and scotch bonnet peppers.



Customer buying pimento peppers.



Lettuce, tomatoes, cucumbers and pak choi on sale.



Yam, ginger, and cassava.



Shadon beni, chives, celery, Spanish thyme, peppers and a bottle of Paramin seasoning.



Helpful farmers interact with customers.



Green fig and dasheen.



Picking the right bundle of callaloo bush.

Tasty fish dishes



Meals prepared by Wendy-Ann Alexander. Bhaji rice, callaloo, fried fish, cole slaw, cucumbers and tomatoes.



Cheesy macaroni and carrots, baked beans, fried fish, diced cucumbers and tomatoes.



Speed Bumps in the classroom

Teaching the distracted student

By Joyanne James

Here I have a class of eight students sitting around a table. The one at my left keeps daydreaming, probably because he thinks I cannot see him. The one next to him looks at his phone every two minutes. The girl who faces me constantly giggles when no one is talking. I believe she is entertained by the drawings in the book of the student next to her. Of course, there is the usual class clown always making everyone laugh with "off topic" comments. Everyone else is now distracted, including me, by the already distracted students before us.

I am not going to use half of my session trying to discipline students. I am not going to lay down rules such as no daydreaming, no cell phones, no giggling, no drawing, no joking, and no laughing. I have already prepared an extremely boring English lesson that involves a lot of reading, understanding, and answering of questions. If I behave strict and lay down rules for these students, there is no way they would enjoy doing this lesson today. Even if they learn something, they would reject it and remember it as being a task.

Text Twist Word Game

Before I bring out the comprehension passage, we are going to play the word game Text Twist. Look at their faces all bright and ready. They have no idea that I am making them focus and not daydream, stare at their cell phones, giggle, draw, and joke senselessly. Write the word PARTICIPATE in your books and you have ten minutes to use the letters to find as many words as you can, GO! The room is silent, they write, hide their books from each other, look up in the air to think, and gasp when they get ideas. I play along too, and scare them by shouting, "I am on number 10!" They panic and are in disbelief that I have reached so far so quickly. I stop them after ten minutes and they exchange books



to mark each other's words fairly. The student with the most words gets excited as if he passed an exam today.

Since they are already in a competitive mode, I hand out the comprehension passage and set a time for them to read it to themselves. Everyone is worked up and wants to show off that they know what the passage is about. I encourage them to talk as much as possible about the passage. They argue over differing interpretations, make comparisons to their own lives, search the Internet to support their opinions, and come to me to settle their disputes.

I explain to them that thus far they definitely have the right approach to under-

standing a comprehension passage, and their next move is to explain themselves in writing by answering the questions given. I tell them that while everyone may have different views, it is up to each person to explain themselves clearly and provide evidence from the passage to support their answers.

The excitement simmers as I talk about writing. They do not like to write. I keep reminding them that they are not going to write an oral English examination. It was already a challenge to get them to focus for this lesson, so I will let them write their answers for homework. My work here is done!

Playing Target

By Omilla Mungroo

"Time to close up, Cherise. What's the keep-back?" Andy was counting the last bit of the cash from the day's sales and sorting out the float for the next day, when he noticed Cherise standing idly by the gate.

She turned sharply to Andy and he thought he heard fear in her voice.

"I think we are being watched." She said in a low tone, and without moving an inch from where she stood.

"Watched?" Andy raised his head and looked outside the door. "I don't see any."

"Hush!" Cherise tried to look calm and she even smiled while she spoke.

"Don't come to the gate. Look normal." With that said, Cherise busied herself with the regular duties. While she dusted and pretended to pack papers and stationery, she continued talking in a low tone, with her head bent, while Andy continued to re-count the money, listening to her all the while without once raising his head.

From outside anyone would think they were laughing, chatting, but really busy and carrying out their regular closing up routines.

"There's a man by the corner in a dark jacket, and another standing opposite us on the other side of the street. He is wearing a hat and a gray scarf, a cigar in his hand. But he is looking straight here even as I speak." Cherise was smiling as she spoke, yet only Andy could hear her voice tremble.

"Do you know any of them?" Andy asked.

"No. I don't. But they have been there for the past half-hour that I noticed them. They look like they're waiting for somebody, or others. Don't know."

"You don't suppose they are there for some other reason? You jump to conclusions all the time Cherise. Sometimes I wonder-" Andy didn't get to finish.

"I'm telling you, there's something fishy in the way these men look. And it's Carnival Friday night. I think we are about to get robbed!"

Andy steupsed, got up and went to the back room to put away the money in the safe. Cherise checked the time, went to the



gate to turn the sign saying they were now closed.

As she got to the gate, a shadow blocked the light from the street lamp outside their store. Then she heard a familiar voice.

"Can I have a pack of Du Maurier please?"

She could not see the man's face but the voice sounded very familiar.

"I'm sorry, we are already closed. But hold on. I think I can get you that." She got the cigarettes and as she handed it to him the man had shifted away from blocking the street lamp. She saw a gun tucked in the front of his belt and his left hand was just resting gently on the top of it. The light shone across Cherise's face as she raised her head to look at the man.

"Aye, it's you working here?" He sounded surprised. "I didn't know you work here." He mellowed his voice down a bit and turned to his right slowly and waved his right hand as if chasing away a mosquito.

Cherise looked up and saw the man who all or most of the people in her village knew as the "gun king" - a man feared, yet loved by the many people he helped out financially.

Cherise almost gasped but remained cool. The great Vincent Murray! She thought of her dad and brothers who were always talking about this man's reputation for being the "baddest of the bad" in the whole

of the north of the island. He was the one known to make and supply guns for criminals.

Cherise managed a smile and was a bit surprised she didn't panic. Instead she breathed a sigh of relief.

He paid for the pack of cigarettes, opened the pack right there whilst chatting and lit up one, whilst turning to signal to the other two men in their positions that their mission was aborted.

All this Cherise noticed while Andy stood dumbfounded to the back of the small room with some float money on the table. Cherise pretended not to notice, gave him his change and told him, "We are closing up now," to which he asked, "You want a lift home?"

"Oh! No thanks. My co-worker usually drops me home."

Vincent Murray smiled, "Does Daddy know him?"

"Yes, he does." Cherise replied, turning to look at Andy who seemed very worried and irritated at the man.

Mr Murray looked over at Andy, waved at him and smiled. "Well in that case, get home safely then." He tipped his hat and left, a dark, tall, looming figure of a man gliding gracefully across the compound, calm and inconspicuous, the wind flapping his long jacket as he walked.

Cherise looked to where the two men were standing. They were gone.

Support for Authors



Marsha Gomes-Mckie

Marsha Gomes-Mckie is the founder of Caribbean Books Foundation, an organisation dedicated to assisting authors after they have published their books.

She is the Regional Advisor for the Caribbean South Chapter of the Society of Children Book Writers and Illustrators, an International NGO committed to Children's Literature.

Marsha is a published author of a line of Children Books, "Aunty Marsha

Children's Books" which she writes and illustrates personally. She also writes Romance and Folklore Fantasy Fiction. She is a Public Relations Innovator and avid Caribbean Book reviewer.

The website www.caribbeanbooks.org is fast becoming an inventory for the Caribbean community and its diaspora to find Caribbean books. It is an international platform that connects authors and readers.

This site is a great way to

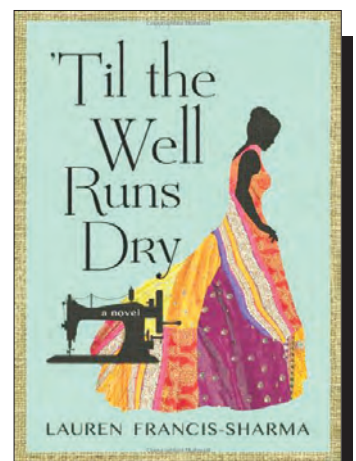
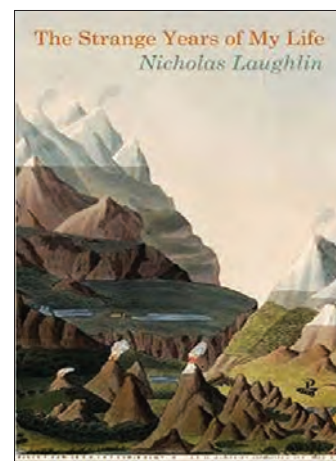
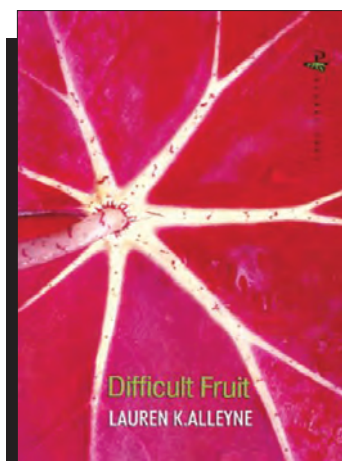
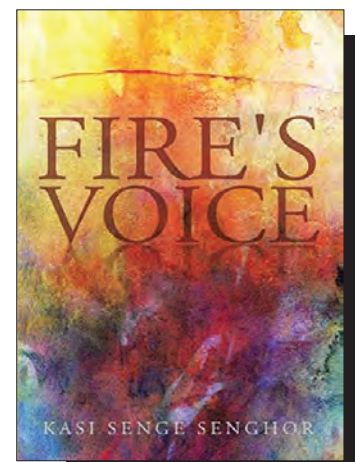
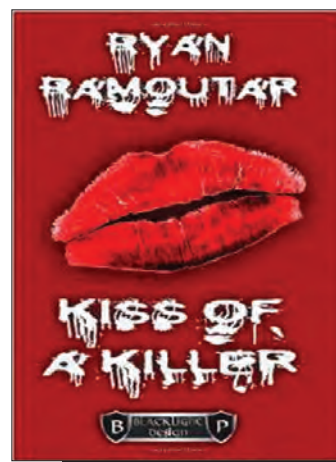
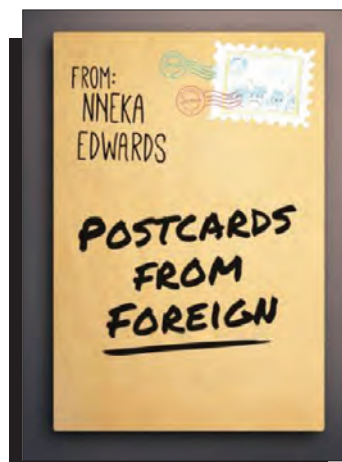
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Top Quality and Affordability

The mystery of Tobago

Places

By Kielon Hilaire

Every once in a while something happens in your life that surprises or changes you in a way that you never thought would be as easily possible. This year I experienced both surprises and changes when I decided to do something I never did before — to visit Tobago during the Carnival season, even after being warned by numerous people that it was pretty much going to be the same experience as it usually would be in Trinidad. They were wrong, it wasn't.

Now off the bat, this certainly was not my first visit to Tobago, nor am I about to claim that I had an experience that no one else has had before. Nevertheless, my experience may serve as a reminder for some people and it may also help those who have never had the opportunity to experience such a thing.

My girlfriend and I left for Tobago on February 5, which was Carnival Friday, and raced down to the Port in Port of Spain to catch the 5 o'clock ferry to Tobago. We were pumped and ready to go. After waiting anxiously to board the ferry, we eventually got to hop on and spent the next three hours being driven by sea to the island. We made it to Tobago some time after 8.00 pm then a taxi took us to a reputable chain of apartments. We got our keys and settled in for the night.

When I woke the next morning everything felt different — different than it felt in years. My girlfriend greeted me early that morning, then we had breakfast, watched a little TV, then spent some time just talking about life, movies, books, people, food, music and so on. Not realising it was after 1.00 pm by then. Then it was back to bed for an hour or two for us then more of a rinse and repeat formula for the rest of that day, to which some Trinidadian's may have said, "Tha's wha all yuh leave Trinidad to pay money and do?" And that was the beauty of it; it wasn't

about what we paid to do but what we did not do.

During our stay in Tobago we just woke up whenever and did whatever we felt like, even if in some instances that happened to be cooking or cleaning. We had not a care in the world, which is something that I've come to realise being in Tobago tends to do. Perhaps we felt this way because of the sea breeze, the overly

'It felt strange realising that days passed and I didn't care who had messaged me on WhatsApp, who had posted what on Facebook, or who sent me an email about anything'

warm personality of Tobagonians or the fact that you can walk the streets day or night wearing almost anything you like and no one would bat an eye, which some may even argue that we only felt this way because we were technically tourists. But I've been to other countries and I can definitely say that Tobago is still different.

Being as attuned to technology as I am, it felt strange realising that days passed and I didn't care who had messaged me on WhatsApp, who had posted what on

Facebook, or who sent me an email about anything. And one of my favourite past-times, which is browsing the Internet for insightful and edifying information had also taken a back seat — a pretty big deal coming from me. Instead, I often found myself sitting on a balcony either by myself or with my girlfriend, contemplating nothing but the moment. That's when I realised that for whatever the real reason may be, Tobago is capable of getting you to live in the moment and to embrace everything serene and good, which is something that while you can get at other places it's rare to find an entire island with over 50,000 people that bask entirely in this atmosphere. Quintessentially, once you are in Tobago you are more likely to feel at ease, no matter where you go or who you interact with.

So while I pretty much did a lot of the same things that I would normally do in Trinidad during Carnival, which is to watch Soca Monarch and the Parade of the Bands live on television, it was rather interesting to observe that doing that and everything else I would normally do whenever I visit Tobago (such as roam through Storebay and hit the beach) became secondary in this instance. By the end of the trip, I got back more in touch with the core of who I am, I embraced a friendship on a different level and I found a new love and respect for Tobago.

Some may think that the beaches, the fauna and flora, the festivities and local cuisine are what make Tobago a beautiful place but in my humble opinion I truly believe that the increased peace of mind you can experience there is what makes the island the true paradise that it really is. If you've never experienced such a thing after going there, my advice is that you should keep going — keep going and learn to free up yourself until the mysteries of the land unlocks your mind, heart and soul.

Unspoilt Columbus Bay

By Marika Mohammed

Located deep south, Columbus Bay is somewhere few have gone. It's so calm and clean. There is even washrooms. I didn't expect that considering there doesn't appear to have much visitors. However, it doesn't stop the locals from enjoying its unspoilt beauty. There's a lot to do at Columbus Bay, the question is where to start?

The water is warm, calm and clear. There is no crowds, no stalls, and no waves. It's perfect for families with little ones as they can run, swim and hop to their little hearts' content. There are various pools of water so just pick one to bathe. And you know for sure your toys won't get stolen by the ocean.

There is a little hill and ledge to climb. So if you're a

Continued on page 27

Pointing at a crab, perhaps! Visitors to Columbus Bay enjoy photo moments near unusually shaped rocks on the shore.



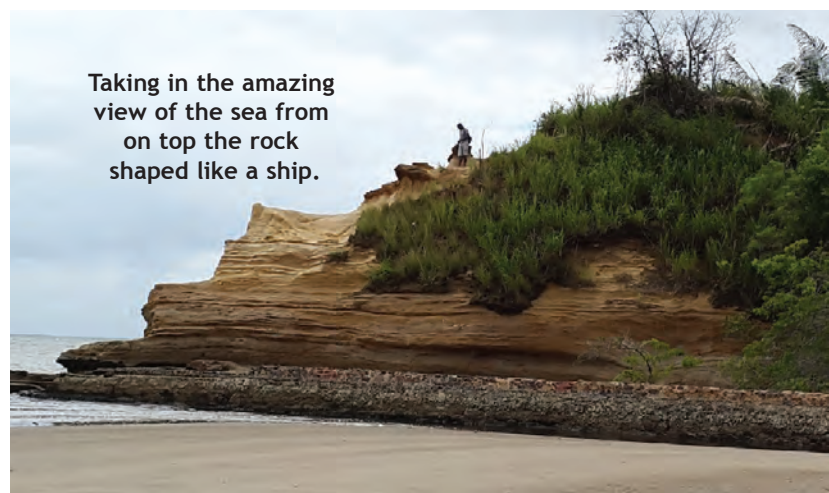
Locally referred to as the "three sisters" this unique sighting is the result of erosion of the once protruding headland at Los Gallos Point. The rocks are sometimes called Santa Maria, Pinta and Nina, the names of three ships that brought Italian explorer Christopher Columbus on his first visit to the West.



Between the rocks is an entrance to the beautiful calm waters.



Taking in the amazing view of the sea from on top the rock shaped like a ship.



Magnificent display
of coconut trees.

Places

Unspoilt Columbus Bay



Red-footed Booby

From page 26

thrill seeker this will get you going.

On top of the hill you get the most amazing views of the rocks in the ocean. You can see how the water erodes it and wonder to yourself how big it must have been. There used to be an arc that joins one hill to another, but sadly the ocean showed no mercy and it no longer exists.

On the edges of the ledge, you can see oysters in the making. It was my first time seeing this and it blew my mind. The next thing I tried to do as would any Trini is pull it out.

These things are stuck in there until it feels to come out itself. This I was told so I had to go away empty handed. You will see it

along the ledge, growing out of the wall. Defiantly, a nature miracle moment.

Lastly, was when I hopped over the ledge, there's this animal, just standing there. What is it? I don't know. It appeared to be used to the camera as it stayed still and posed when I was taking some shots.

I have given it the name "ducken". It looks kinda like a duck and kinda like a chicken, hence the name. I found out later it is called a Red-footed Booby.

It was for sure an adventure! When you thought you've seen all that Trinidad can offer you, it surprises you with a "ducken". Columbus Bay seems to have everything a beach-goer would want. A little peace and quiet with a side of adventure.

Fishing boat ready to
sail out to the bay.



Breathtaking view.



Having fun in the
midst of all the
splendour.

Around the Savannah!

By Nerissa Hosein

As a child growing up one of my best memories is going around the Queen's Park Savannah with my parents and my grandparents. Almost every Saturday evening after my grandfather came home from work he would take us all for boiled corn and pholourie. Sometimes we'd be lucky enough if the Coney Island was in Port of Spain also and we'd get to go on the Ferris wheel or the scrambler. It was so much fun!

Nowadays, the Coney Island is no more, the National Academy for the Performing Arts building has taken the spot where the Ferris wheel once rested. But I can still go to the Savannah and get my boiled corn and pholourie. At least some things never change.

Although we don't go every weekend, I go as often as I can because I still love the vibe there. The vendors are no longer scattered around the Savannah but now placed in one part which makes it a lot more convenient. It's a Trini Food Haven. No longer only boiled corn and pholourie, you can now get all the Caribbean classics like jerk food, bake and shark, hot sada roti, gyros, BBQ and many other local flavours.

Drive down any Saturday or Sunday afternoon after 6.00 and the place is packed with people. They come for the food, to enjoy the fresh air, to let their kids run around the grass, or ride their bikes and



One of the stalls visited by families at the Queen's Park Savannah.

skateboards, while some adults just grab a pull-out chair and enjoy the night's activities.

The flavours are still all there. If you're lucky you can even catch the sno-cone vendor out. It reminds me so much of long time days. I still love my pholourie the best. My kids love the ice cream and they love being

able to run around and kick their ball. I admit I love the ice cream too because you can surely go and get the old time flavours like peanut and Guinness.

It's one of the few places in Trinidad that has stayed relatively safe and convenient for all types of people to go and have fun.

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Kite flying in Aranguez

Visit the Aranguez Savannah anytime in March or April and you will find kites flying high and low by many persons of all ages just for fun.

Kite flying is one of the fun exercises seen at this savannah among people jogging, playing football, cricket, or taking walks.



Repairing their kites.



Getting ready to fly the big colourful kite.



Flying her kite low.



Flying his kite high.

Family trip to Tyrico Beach

By Felesha Parboo

Tyrico Beach provides a calm and serene experience because the beach is more rural than urban. It is known by many as Tyrico Bay. It is in the vicinity of Port of Spain and a few miles east of Maracas Bay.

There is a small access road that allows you to drive right onto the sand but be very careful and don't stop while driving because you can get stuck in the sand.

While my husband and I were driving in we saw a few cars got stuck in the sand and friendly strangers decided to help them out of their situation by pushing their cars out of the sand. As there are no vendors here, I would recommend bringing your own food or purchasing something tasty to eat and drink while passing Maracas Beach. You should consider dropping by even if you aren't staying nearby because the drive to the beach is extremely beautiful.

You can see the beach scenery as you drive along the mountains before entering Maracas Beach which can be heavily crowded. Tyrico Beach on the other hand tends to not be overly congested and extremely exciting.

This quiet, beautiful beach is great for someone who wishes to be in close proximity to the foods and amenities of Maracas Beach, but get the quiet and relaxation away from all the crowds.

Upon our visit to this beach, the water provided a chill at first swim but after a few minutes your body tends to warm up to the temperature.

The water was a green/blue colour and it was very refreshing. It is a more relaxing swim as the waves are smaller and have a less amount of people which makes it ideal for visitors with little children.

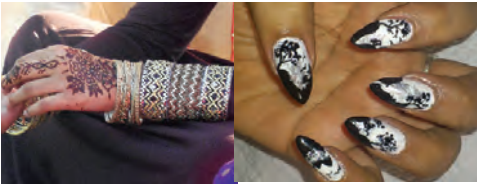
Keep in mind that bathrooms won't be found on-site, which is something to consider if you're bringing the kids, or plan to spend all day outside.

I loved my visit there and I enjoyed the water the most. I also got really sunburnt but it was worth it. With lots of sand and sun, this is the best of both worlds.



My family relaxing at Tyrico Beach.

The water was a green / blue colour and it was very refreshing. It is a more relaxing swim as the waves are smaller and have a less amount of people which makes it ideal for visitors with little children

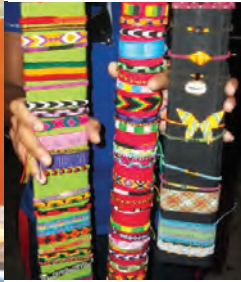


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Cookie's Delights
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Beautified nails by fiona
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<https://www.facebook.com/BeautifiedNailsByFiona/>

N.S. Promotion - Events
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<https://www.facebook.com/NsPromotionEvent/?fref=ts>

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Reliance Estates
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Designer Outlet.TT
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<https://www.facebook.com/designeroutlet.tt/>

A. Karim's Photography
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Everywhere Assistant Ltd
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