

# Sweet TnT

## MAGAZINE

[www.sweettntmagazine.com](http://www.sweettntmagazine.com)

Issue #4

June 2013

# Hearty artists!



Barrel children  
and their fate

A coach's vision for  
youth of Morvant/  
Laventille/Beetham

Caribbean books  
on one site

Producing world class  
hospitality graduates

# 4000



Thank you for liking our page  
and reading our magazine on  
[www.sweettntmagazine.com](http://www.sweettntmagazine.com)

## Sweet TnT

MAGAZINE

Lifestyle  
Creole Language  
Food  
Places

Trinidad and Tobago culture for so!



Join Sweet TnT Magazine on

facebook

for updates on  
NEW ISSUES

of the magazine posted on  
[www.sweettntmagazine.com](http://www.sweettntmagazine.com)



Sweet TnT  
MAGAZINE

[www.sweettntmagazine.com](http://www.sweettntmagazine.com)



## Colurescape

In cover photo, artists Gabriella D'Abreu, Rueben Gonzales and Sarah Burrows share laughs at the opening of Colurescape, an exhibition by Sarah and Gabriella held at Bohemia, Night Gallery, 33 Murray Street, Woodbrook from May 2 to 12. Photos show several impressive works at the show including artistic bookmarks and handmade bags. Rueben's exhibition is scheduled to be at the same gallery on August 2.



## Editor's note

Sweet TnT Magazine launches Issue #4 with a bang on our newly designed website at [www.sweettnmagazine.com](http://www.sweettnmagazine.com). While you the reader can still click on any issue of the digital magazine and flip through the culture-soaked pages, you can now comment in the forums provided to discuss popular topics in Trinidad and Tobago that make us say, "This country sweet too bad!" These forums and the magazine pages are always open for readers to share their positive experiences in T&T with visitors to our website.

In Issue #4, we feature several interesting people. Readers can enjoy some works of two young talented artists, an account of a Trini woman's first Jouvert experience, a literature supporter's plans to promote Caribbean books, and interviews with our newest culture promoter, a chef lecturer at Trinidad and Tobago Hospitality and Tourism Institute and a football coach in the Morvant/Laventille/Beetham communities. Also, there are many photos from Hott 93 Iron Pot Cookout and Nestle Health Fair and 5k Run to enjoy. As usual, you will be entertained throughout the magazine with our comics, poem, folksong and enlightening images of different places.

Special congratulations to our team members and thanks to our contributors and supporters for making this issue and our new website a success. As the support on our Facebook page continues to grow, we welcome fans to join the forums on our website and subscribe to our Youtube channel. Remember that you can share your experiences with the world by emailing your stories, photos, poems, videos and comments to [contact@sweettnmagazine.com](mailto:contact@sweettnmagazine.com). Enjoy!

Joyanne James  
Editor

**SWEET TNT MAGAZINE IS AN  
ONLINE AND A PRINTED MAGAZINE**

## Contents



|                             |    |
|-----------------------------|----|
| Curry duck explosion        | 5  |
| Identity and belongingness  | 8  |
| Healthy fun in the Savannah | 10 |
| My happy-go-lucky life      | 13 |



|                                             |    |
|---------------------------------------------|----|
| Producing world-class hospitality graduates | 15 |
| Get your cassava here!                      | 18 |
| Folksong: Mangoes                           | 19 |

## Creole Corner

|                                       |    |
|---------------------------------------|----|
| Caribbean books on one site           | 21 |
| Study tips from an after-school limer | 22 |
| Poem: Excursion Down South            | 23 |



|                                                  |    |
|--------------------------------------------------|----|
| Vision for youth of Morvant/Laventille/Beetham   | 26 |
| Breezing on the Ocean Spirit... Down the Islands | 28 |
| Tobago sand and sea                              | 29 |

## Credits

**Publisher**  
Culturama Publishing  
Company, 31 Maitagual  
Road, San Juan, Trinidad

**Editor**  
Joyanne James

**Graphic/comic artist**  
Andrina James

**Marketing representative**  
Jevan Soyer

**Media consultant**  
Andrew Pitman

**Contributors**  
Mary Arneaud  
Rachael Cedeno  
Marsha Gomes  
Kielon Hilaire  
Chantelle Wilson

**Technical assistant**  
Andre Harrington

**Web designer/developer**  
Net Control Limited, 76 Main  
Road, Montrose, Trinidad

**Printer**  
TechXpress, 579 First Street,  
Edinburgh 500,  
Chaguanas, Trinidad

## CONTACT

Editor: 340-4085 Marketing Representative: 782-4808 Email: [contact@sweettnmagazine.com](mailto:contact@sweettnmagazine.com)

# Welcome to THE IRON POT CURRY DUCK EXPLOSION



## WELCOME

**Hott 93**  
The Best of Music 93.5

**TROPHIES & AWARDS LTD**

**THE NEXT**

Team Movie Towne were the winners with their "Avengers" themed presentation of curry duck at Hott 93 FM Iron Pot Curry Duck Competition on Sunday, April 28 held at St John's Courtyard, Wrightson Road, Port of Spain.

Patrons of the event were treated not only to curry duck but sounds of Laventille Rhythm Section, live Tassa, Soca and Chutney performances. The gates opened at 12 noon and patrons had an opportunity to visit the highly decorated booths and sample the various dishes of curry duck being offered for judging on that day.



**Cooking up a storm**



**Pose for the camera!**



**Beautiful smiles**



**Music for the mood**



**Having a good time**





## *Las Cuevas Beach Lodge*

**Las Cuevas Beach Lodge** is a small unique hotel catering to eco-lovers and quiet type interested in local culture and cuisine. Turtle watching, bathing, diving, hiking and deep sea fishing available. Local food from fresh produce and daily caught seafood.

Snugly nestled on a hillside overlooking the Caribbean Sea, against a background of mountains of the Northern Range, and surrounded by lush tropical rain forest, our lodge offers all the ingredients of a Caribbean vacation and more. Sun, sand and sea with the added bonus of crystal clear rivers, deep green valleys and majestic mountains.

Las Cuevas Beach is a nesting ground for leatherback turtles. The turtle watching season runs from February to August and many adult females return to lay their eggs on the same beach where they were hatched many years ago after navigating the world's oceans. They come ashore at night and if not disturbed, will lay about 60-80 tennis ball size eggs, several times during the season.

**Tours are available to observe this phenomenon of nature.**

**Amenities:** • Bar • Laundry/Dry cleaning services • Restaurant  
• Airport shuttle • Fax (for guests) • Complimentary breakfast  
• Room service • Non-smoking rooms • Beach access

Visit us at <http://www.lascuevasbeachlodge.net/>



Iron Pot Curry Duck Explosion



Lovely ladies



Artistic display



Time to eat!



The winners!



Putting down a pot



Enjoying the ambience



Liming with the crew

By Mary Arneaud

At what I feel is an old age in my Trinidadian life, I played j'ouvert for the first time on Monday morning. It actually started off on the Saturday before when my sister, Sarah, and I went to register to play in 3 canal's 2013 presentation entitled 'Mix it up'. I will say that I was somewhat disappointed when I saw we'd be playing with paint, and not mud. Also when I was told that the downtown stands were not included in the parade route. This is because as children Sarah and I would go to the downtown stands with our parents to watch j'ouvert, and j'ouvert was always about mud. Plus, I was looking forward to singing Mud Madness on the road! Nonetheless, 3 canal's music is in my heart, and I'd not play with another band, so that was that.

The meeting point on Monday morning was behind the Hasley Crawford stadium. We got there at about 3:45 am, after having been stuck in traffic on the Beetham Highway for about 45 minutes. It's been a hilarious observation of mine that although Trinians are notorious for being late throughout the year, we manage twice annually to get stuck in traffic during early morning hours to be on time to party. Shortly after our arrival, the 3 canal truck rolled forward a few feet, indicating that we'd be moving off soon. Band members started congregating, and I observed that Joshua, a student from my tutoring days, who is now involved with the independently organised TED talks in Trinidad, was a part of the band. As Sarah and I waited leaning on a crash barrier, one band member with a small paint roller and a bucket of white paint came over and began what was going to be a series of body paintings that we'd experience throughout the morning.

We moved off to paint being exuberantly thrown in the air, making us turn our heads away and close our eyes ... and to what can only be described as the singing of j'ouvert angels. I'd only ever attended 3 canal's carnival productions at Queen's Hall, and seen them at other sundry events over the years. However, the band at J'ouvert was more than the musical channel of rebellion with which working-class me so identifies. They transformed into a harmonic choir of positive vibes, reverberating into the darkness of a pre-dawn, Carnival-Monday, Port of Spain morning. The sonorous voices... the coolness of the air and nearness of the dark morning sky... the fact that I was in the capital of this land of my and my forebearers' birth... all culminated in an emotional, ethereal and sensu-

ous connection to my Trinidad and the universe, in my heart, mind and body in those moments...

We chipped in front of, at the side of, and behind the music truck at various times. I was singing out (possibly off-key versions of) new favourites like Wheel and Tumble, and classics like Blue along with the band at the top of my lungs; often drifting like one intoxicated, but since I'm a teetotaler, it was a totally musical inebriation. There was a truck accompanying us distributing paint by the bucket to anyone asking for it. I felt my sneakers sliding on the paint-splattered asphalt underfoot, and wondered at the fact that no one, including myself, seemed to be slipping, or about to take a fall. All the while, as we spread our hands and let go along the route, random men and women smeared paint on our bodies. I joked to Sarah that for some J'ouvert seemed to be an excuse to feel people up; but really only joked, because not once did we experience a touch that could be conceived as sexually inappropriate, given that we had not previously met even one of these individuals. The highlight of all this for me was, of course, when a gentleman came up to my side, put his hand on my cheek and told me he thought I was beautiful; making another happy mark, not only on my face, but also on my mood :)

Other particularly joyful moments were: random people coming up to my face to say good morning as Morning Neighbour was being sung; on Tragarete Road seeing that Kes and members of his band were playing alongside us; bawling out "Ceciil! Ceciil!" by the Tragarete Road gate of the

Lapeyrouse Cemetery to hail out my grandfather who was buried there years before I was born; and because I had a small vuvuzela around my neck, having a similarly equipped young man come up to me indicating that we should blow our horns together... I should have anticipated, but did not, that this would have resulted in me putting paint in my mouth, from the by now well-splashed vuvuzela. Oh, well... what was eating a little paint on a J'ouvert morning...

I wasn't fond of two happenings: firstly, the fact that people who had not registered with the band had joined us, mostly because more often than not, their smells were rather unpleasant; and secondly, the tusty men coming up to wine behind me. I don't actually mind if ah man tusty for wine, I just prefer if he approaches me from in front so I can see who I'm wining with. The thought dawned on me as I removed various hands from my waist and shoulders to indicate the unwelcome-ness of their intrusion to their owners, that a recent comedic video post by Kevin Baldeosingh on youtube, in which he remarked that Trini men tend to prefer bottoms to breasts must be true; because these men had no idea what I looked like from the front, but of course had a full view of my sugar bum bum (I joke, people, I joke... the Kitch reference was too easy... I couldn't not include it). Of course Sarah dealt with these characters by turning around and giving them a beast face, which resulted in them grumbling about her stush behaviour, but also in them leaving her alone.

When we got to Green Corner (Park

# Identity and belongingness

or

## my 'jouvay' band 2013

and St. Vincent Streets' corner), the crowd went wild because a clanging from the deejay truck signalled that it was time for rags and flags, water and powder. The little bags of coloured powder we received in the registration packages came out, were opened and thrown in the air with wild abandon. People climbed the walls of the various surrounding work places to show off their wining acumen from on high. Wotlessness!

In the vicinity of the Royal Jail (Port of Spain State Prison... listen from about 4:35 mins), I saw my friend Michael, who is an organic farmer and creator of food products indigenous to Trinidad. This was significant for me because I rarely leave my house, and when I do, I rarely see anyone I'm relatively close to wherever I go. Around that time, Kes got up on the truck and serenaded us with his 2013 offerings.

We were making steady progress to the Savannah, and when we crossed the roundabout and entered, Sarah and I took out the bottles of Ammens powder we'd brought in anticipation of Superblue's Fantastic Friday being played as we crossed the stage. The paint truck added red to the blue and green that they'd been sharing up until then. Large packets of pink, purple and yellow powder appeared as well, and were thrown on revellers traversing the barber green. As we chipped up the stage, initially the most beautiful, and subsequently the most hilarious sights met us. Firstly, by now the sun was out, and the colourful bodies of our fellow revellers were thrown into sharp relief. It was such a radiant sight that I understood the reason for paint j'ouvert. Secondly, the stands were bereft of an audience. As I said, I'd grown up going to the downtown stands to see mud mas, so I expected that since we were crossing the stage, we'd have an audience. I wondered what happened over the last 15 to 20 years, and guessed that the situation was the same at the downtown stands. I saw three more people I know on the stage: Gillian who is an insightful writer and the only woman I know who home-schools her children in this country; my most recent French teacher, Titian-Rose; and Safiya, a Rastafarian sistrin with whom it seems, from the exchanges we've had in a course at school, I share similar worldviews.

As anticipated, when the music truck drove up, Fantastic Friday was the tune of choice, and Sarah and I were wildly throwing powder toward the sky. One young woman told me: "That was my first powder for the season!" I promptly showered her with more. As we neared the end of the stage, we ran back toward the middle to extend our stay there, bouncing with the other revellers. When we eventually came off, profuse amounts of paint and powder were being thrown from that truck, as our



This is me at left with my sister Sarah posing for a photograph taken by my nephew Jonathan Nicholas Skinner after playing J'ouvert on Carnival Monday this year. When I uploaded this picture after we'd gotten home to my facebook profile, I felt an unexpected and agonising tabanca that not only was j'ouvert over, but that it was now a whole year away! Sigh.

parade was nearing its end. A young man came up and told me he loved how I had my hair open, and proceeded to pour what felt like a bag powder on it. As I felt the powder from my hair gently sprinkle my face, I had a moment of panic... was this powder abir? Does abir stain teeth?! I told Sarah what I was thinking. The young man heard me, laughed, put his arm around my shoulders and told me: "Doh worry 'bout dat!". Of course, for several seconds, I kept showing Sarah my teeth, and repeatedly asked her if they were stained, she kept telling me no :)

Another young man put his pink stained palm over my face leaving his hand print, including a pink nose on my face. I saw another young woman I know, Lexie, who has in the past contacted me when she felt like liming and wanted to know what I was up to. She came over to take a wine on my sugar bum bum (Lo! I can't help it! This is the last one, promise!). As we advanced toward Cipriani Boulevard, I saw Gabby, a gender lecturer who once allowed me to sit in on one of her classes for a semester although gender wasn't my major, or even my minor.

Why did I mention all the people who I know that I saw in the band? Well, seeing every one of them reminded me of something Kevin Baldeosingh told me many years ago... I think I was newly married in those days, so perhaps it was about a decade ago... I have feelings of both delight and

incredulity that I can use phrases like 'a decade ago' with reference to myself now... sigh. Anyway, the gist of it was that as I get older, I will find myself among people with similar interests to me. As I said before, my social life, acquaintances and friends are limited. Yet, unexpectedly, I had happened upon these individuals who I like and respect for various, although somewhat similar reasons. Individuals who chose to play in the same j'ouvert band that I did.

My work at school is about identity development, and one prolific writer in the field, Erik Erikson, discussed the important role that those with whom we interact, play in our personal identity formation. Another pioneer, James Marcia, proposes that personal identity is re-formulated across the life span. And on j'ouvert morning, for the second time (out of two) after a major carnival activity, among individuals who I like and respect, I felt like I was where I truly belonged, and that I am continuing to become the person I want to be.

When I uploaded a picture taken by my nephew Johnathan Nicholas Skinner after we'd gotten home to my facebook profile, I felt an unexpected and agonising tabanca that not only was j'ouvert over, but that it was now a whole year away! Sigh.

<http://atrinewomansblog.blogspot.com/201>



5K runners





Health Minister Dr Fuad Khan (centre) talks to a reporter



Young ladies ready to run

## Healthy fun at the Savannah

Nestle Health Fair and 5K run was held on Saturday May 4th at the Queen's Park Savannah.

There were booths from various government organisations and companies as well as Nestle sharing both product samples as well as advice on healthy living.

The highlight of the evening was the 5K run that was officiated by Dr Fuad Khan, Minister of Health.

Other activities at the fair were nutritionist consultations, fitness and dental demonstrations, a Zumba dance session, various games at some of the booths and a fun park for the kids. It was a fun packed day for young and old alike.

Photos by Jevan Soyer



Getting fit with Zumba



Health advice for the heart



Product sampling

# 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.

Environmentally friendly, organic, vegan, completely biodegradable and never tested on animals you can rest assured that JLB is... your choice for soap, bath, spa & skincare!

- cold crafted Shea butter & extra virgin olive oil soap
- facial beauty serums
- facial beauty mud
- shea butter eye & face creams
- virgin coconut oil body silk
- shea & virgin coconut skin butters
- bath, body and massage oils
- organic baby & maternity care

and so much more exotic all natural products.

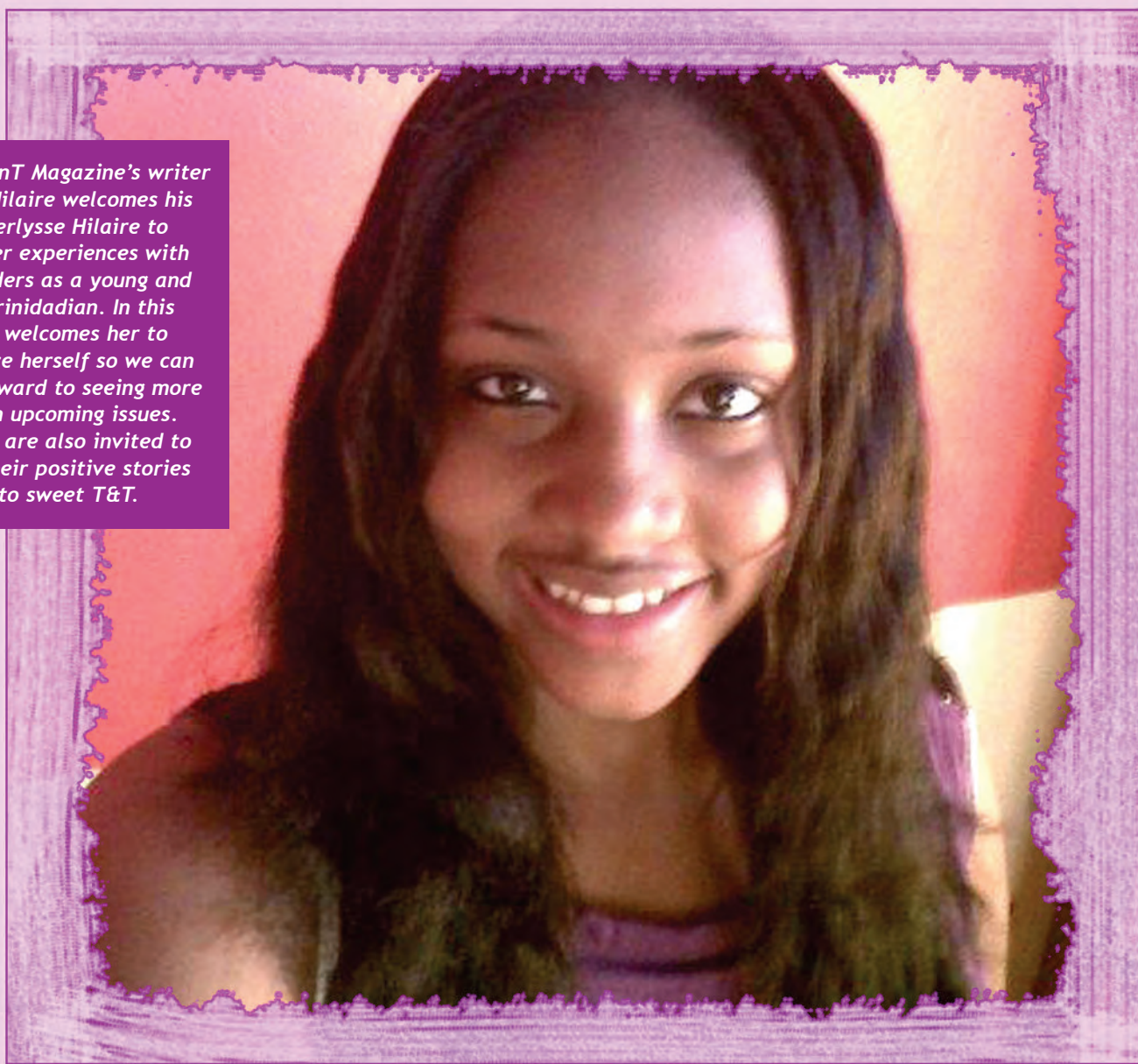
For wholesale enquiries call 1868-355-8524

[www.facebook.com/JustLuxuriousBotanicals](http://www.facebook.com/JustLuxuriousBotanicals)

[kemsanj@yahoo.com](mailto:kemsanj@yahoo.com)

<http://kemsanj.wix.com/1>

Sweet TnT Magazine's writer Kielon Hilaire welcomes his sister Kerlysse Hilaire to share her experiences with our readers as a young and proud Trinidadian. In this issue he welcomes her to introduce herself so we can look forward to seeing more of her in upcoming issues. Readers are also invited to share their positive stories related to sweet T&T.



# Just loving *my happy-go-lucky life*

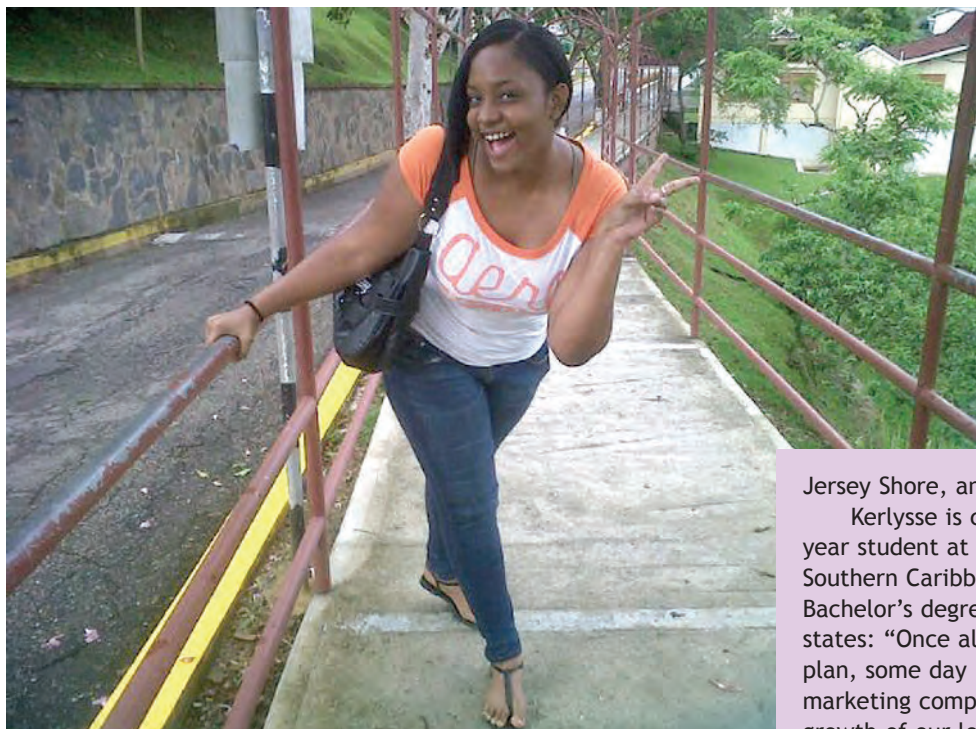
**M** meet Kerlysse: a happy-go-lucky young lady who seems to know what it means to think positively, live life, and just have some good old fashioned fun.

She stands as tall as the average

full grown man, which may intimidate some guys until they realise she is quite down-to-earth and does not bite... at least when she is not hungry!

Blessed with the gift of sheer enthusiasm, Kerlysse utilises a great

portion of her time aspiring to become a better person, whether it be through spending time with close friends and family, working odd jobs, cooking and baking or simply watching reruns of popular television shows such as Glee,



Jersey Shore, and DeGrassi.

Kerlysse is currently a second year student at the University of Southern Caribbean pursuing a Bachelor's degree in Marketing. She states: "Once all goes according to plan, some day I will open my own marketing company and help fuel the growth of our local Tourism Industry. Until that day arrives I will apply myself to my studies and try to learn all I can about marketing. When I'm finished with my degree I will probably proceed to launch a rather annoying advertising campaign called, 'Kerlysse has arrived' which I hope would provoke a marketing company enough to give me a job." Obviously, great sense of humour runs in the family!

On a personal note, Kerlysse likes nature, chilling on the beach, hiking and furry pets. Her tastes in music is eclectic; whether you buy her a local Machel Montano CD or an album from an international superstar like Michael Jackson, she will most likely either start singing or dancing on the spot to the musical rhapsody.

Also, possessing a natural talent of robbing people of giggles, fate may even have it that Kerlysse may end up becoming a professional comedian at the side. Who really knows?

Nevertheless, regardless of the path this blessed gal is destined to follow, one cannot dispute that there is a high chance that with commitment and perseverance, great things certainly await Kerlysse, now and in the future.

What else would you expect from someone who vows that life inevitably becomes an adventure when you are willing to try most things at least once? — **Kielon Hilaire**

## Life in T&T by A. James [sweettntmagazine.com](http://sweettntmagazine.com)



# Producing world class hospitality graduates

at Trinidad and Tobago Hospitality  
and Tourism Institute

*Douglas Soo Yam, chef lecturer at Trinidad and Tobago Hospitality and Tourism Institute, speaks with Sweet TnT Magazine about his work and shares with readers photographs of several delicacies prepared by his team.*

**W**hat can I say about myself... I am a chef, a lecturer, a student, a guide. Currently, I am in my last semester at TTHTI completing my BSc in Culinary Management; as a chef you can never stop learning and developing yourself. I am also a chef lecturer at TTHTI where I am also part of the team that executes



This is Vanilla Panna Cotta with mango chow and spicy blueberry sauce on caramelised pineapple. Ms Simone Edwin, a fellow lecturer and TTHTI Lecturer of the Year 2012, prepared this for a lunch meeting we did.



A watermelon carving I did for a friend.



Pan fried White Salmon with Citrus Beurre Blanc served with provision au Gratin and sautéed Vegetable medley done by our team.

*“It is our fusion of flavours from our different cultures that has allowed me to create all the dishes that we know with my personal twist for people to enjoy,,*

functions and events. I love teaching and working with young and mature student chefs; they have that excitement and attitude that encourage me as a teacher to give them as much knowledge as possible so they can be successful.

Our main and internal clients are our students first and foremost; we take pride in producing world class hospitality graduates who time after time excel in their fields of expertise. When we do functions for a various range of external clients, we always ask our students to volunteer or integrate it into practical classes so they can take the opportunities and gain first hand experience.

Students get real hands-on experience and also get to see the appreciation of clients when they receive great products and services that they [the students] have put forth. It really gives them a great feeling to see clients happy and they really enjoy the pace and excitement. We have done a list of events ranging from all-inclusive fetes for 1000-plus people, to a lunch meeting for seven people. We try not to limit ourselves because we teach our students to challenge themselves so they can



Mushroom Bisque with garlic croutons prepared by our team.

improve and grow as chefs.

Trinidad is my land of which I am proud and glad... I love Trinidad. Nowhere in the world is perfect but I rather be here than any place else. The diversity of this country has made me what I am, because it is our fusion of flavours from our different cultures that has allowed me to create all the dishes that we know with my personal twist for people to enjoy. There is no place like it and I will continue doing what I love here for as long as I can.

Young people in Trinidad and Tobago are exposed to so much more than I was when I was younger that I do not see them having a problem in finding the right channels to practice and use their talents. What I will say is, doing what you love and loving what you do will always bring you happiness and fulfilment. Do not sell yourself short; if you think you have a talent or skill, pursue it and embrace it; do not let people tell you what to do. Develop yourself as a professional and you will always be successful. Keep positive company that will help you be a better person and keep God a part of your life and you will achieve everything you can imagine. It is easy to do nothing, but great things don't come easy; work hard and keep thinking of ways to improve yourself.



White Chocolate mousse with peanut butter cookie done by students.



Checker board cookies prepared by students.



## Get your cassava here!

A vendor poses with her cassava for Sweet TnT Magazine at Tunapuna Market on the Eastern Main Road. Readers are invited to share photos of hard working vendors in T&T like her so the world can see inside Trinidad and Tobago in this online magazine posted on [www.sweettntmagazine.com](http://www.sweettntmagazine.com)

# Mangoooooes

Folk song “Mangoes” by Olive Walke

Mangooooes  
Mangooooes  
Mangooooes

Mango vert mango teen  
Mango vert mango teen  
Ah want ah penny to buy  
Mango vert mango teen  
Gimme ah penny to buy  
Mango vert mango teen

Mango dou-dous sou se matin  
Savez-vous all for me  
Mango dou-dous sou se matin  
Savez-vous all for meeeeeeeee

Mangooooes  
Mangooooes  
Mangooooes

Mango vert mango rose  
Mango vert mango rose  
Ah want ah penny to buy  
Mango vert mango rose  
Gimme ah penny to buy  
Mango vert mango rose

Mango dou-dous, sou se matin  
Savez-vous all for me  
Mango dou-dous, sou se matin  
Savez-vous, all for meeeeeeeee!”

Life in T&T by A. James [sweettntmagazine.com](http://sweettntmagazine.com)

Oh gosh sexy, ah want to  
take yuh out to dinner!



*Sweet TnT*  
MAGAZINE

Oh really?!  
Well I eating  
for two eh!



[www.sweettntmagazine.com](http://www.sweettntmagazine.com)

# GADGETEER

All The Best Technology In Your Hands



**GADGETEER HAS EVERYTHING YOU NEED.**

**KINDLES FOR ALL YOUR READING AND ENTERTAINMENT PURPOSES.**

**KINDLE FIRE \$1650.00**

**ASUS X401A  
INTEL® CORE™ I3 PROCESSOR IN-  
TEL® CELERON® DUAL CORE PRO-  
CESSOR**

**DDR3 1600 MHZ SDRAM UP TO 4G  
MEMORY**

**320GB 5400RPM HARD DRIVE**

**ONLY \$3000.00**

**IPODS FOR ALL YOUR MUSIC NEEDS**

**IPOD NANO \$1250.00**

**IPOD SHUFFLE \$450**

**PLUS MANY MORE LAPTOPS, ACCES-  
SORIES, TABLETS. CHECK US OUT  
NOW.**

**Contact Us At**

**223-9598**

**Or Visit Us At**

**Suite 204 Kawalsingh,  
Building Montrose,  
Chaguanas.**



**Gadgeteer.**



**GADGETEER**

**TECHNOLOGY IN YOUR HANDS**

# Caribbean books on one site

By Marsha Gomes McKie

I grew up reading funny stories by Paul Keens Douglas and feeling proud to be from the part of the world that brought forth writers like Derek Walcott, V.S. Naipaul and Bob Marley. As a public relations practitioner and a budding author, I started thinking out of the box, not just thinking about writing a manuscript but selling it. I looked at the global industry that was publishing these manuscripts, selling the books and buying them.

Did the Caribbean publishing market have a business model, a chain of distributors/wholesalers? Where was the link to international buyers? Who were our customers? Even more basic who were the writers, key players in our region? I found that Caribbean writers were scattered, there was no place to glance at the competition or to find out what bookstores were looking for. So I created a business model of my own. My answer was [www.caribbeanbooks.org](http://www.caribbeanbooks.org) a home for Caribbean writers and a promotional platform for Caribbean books. This is a



non profitable project that links global readers to Caribbean books. The focus is to provide an online catalogue for readers to find out what Caribbean books are available on the market so they can either go to their local book shop or website to find the book in question - thus creating a greater demand for books from the Caribbean region. I would like the Caribbean to be seen as a region that produces quality fiction and to have an Amazon Caribbean/South America that caters to our needs and preferences with translation services for books - English, Spanish and French.

Currently, the website is accepting catalogue submissions and working on fully developing a reading list. The aim is to give weekly updates on the market about what books are being published and where to purchase books written by fellow Caribbean nationals whether it is online or at the nearest bookstore. Supporters can get involved by contacting me at [info@marshagomes.com](mailto:info@marshagomes.com). Also, a campaign for financial support has been launched on Indiegogo

<http://www.indiegogo.com/projects/caribbeanbooks-org> and funding goes to expanding the site design; creating a catalogue and starting a weekly newsletter filled with book reviews and author profiles.

This is an opportunity for many Caribbean writers to make a mark. Readers can find out what books are on the market and purchase them with ease whether it is an e-book or paperback. In the last few years the e-book market has really opened up and it is also cheaper than traditional publishing which is going through its own metamorphosis.

While I love to read books on paper, to touch and feel the romance of turning pages, I see the e-market as an opportunity to do much more for these books. It is really nice to see e-books sharing the market with paperback and now readers looking for either version can find this info on [www.caribbeanbooks.org](http://www.caribbeanbooks.org). As a start, I hope all Caribbean nationals visit the site and join the reading list.

Supporters may also visit the site at [www.caribbeanbooks.org](http://www.caribbeanbooks.org) and like our page on Facebook, LinkedIn and Twitter. A thousand miles begin with one step and [www.caribbeanbooks.org](http://www.caribbeanbooks.org) needs your help to succeed.

## Barrel children and their fate

Dr Beverley Ann Scott shares the Preface of her new book "Is America She Gone?" with Sweet TnT Magazine readers. Issue #3 featured an interview with Dr Scott particularly on the challenges she faced when writing the Creole language in her first book "The Stolen Cascadura". She claims that writing the spoken language now has become much easier for her, which is evident in her new book. Readers can visit [www.sweettnmagazine.com](http://www.sweettnmagazine.com) to see her interview and look out for "Is America She Gone?" in bookstores.

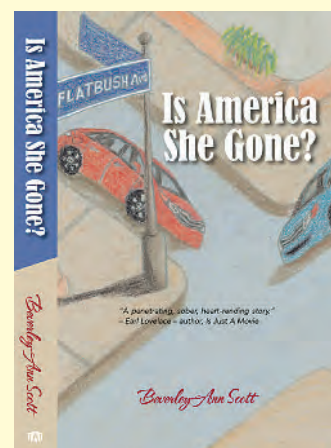
### Preface

"Is America She Gone?" portrays the life experiences of a single mother who leaves Trinidad to work in the United States illegally for six months. The novel is set between Trinidad and

Brooklyn, New York and debunks the myth that all immigrants are able to live a charmed life and enjoy a better standard of living in the United States.

The social impact of West Indian immigration and some of the long-term consequences for family life are examined. The phenomenon of "barrel children" and their fate in a society that suggests they be more grateful for the contents of a barrel than the presence of their parents is explored. Many West Indians have been able to preserve family and cultural values during the process of immigration but many have also abandoned cultural and family values in an effort to belong. This issue of identity disownment and redefinition continues to be a challenge to immigrants even today.

"Is America She Gone?" forces us as West Indians to examine our Caribbean



identity which is as diverse as our cultural heritage. No matter where we find ourselves in the world, we create a new history every day as people of the Caribbean. It is my hope that this book will encourage all Caribbean people, and in particular those of the diaspora, to embrace their unique identities and share them with the world.

# STUDY TIPS



## from an after-school limer

Sometimes you see a million secondary schoolchildren in uniform looking like if they are wasting time after school just liming on the Priority Bus Route with friends and you think, “Why dem chirren doh go home and stop wasting their parents’ money?”

Well, I was one of those loud mouth children who you pass every day after school. One thing though is that while I enjoyed spending time with my friends getting kicks and relieving some stress from school work, I made it my priority to lock off liming at a certain hour so that I could prepare for studying as I had scheduled. So, I had both my liming after school and studying hard at home down-packed every evening. I handled my business and was successful in my CXC examinations.

I will share some tips that worked for me on how to study after a hard day of school:

- Make sure and set a time for all your evening activities.
- Lime with your friends after school, but do not overdo it.
- When you arrive at home, whether it’s 4 p.m. or 6 p.m., the first thing you should do is relax. You can play your favourite games, watch television, talk on the phone or surf the net. Just relax.
- Take a bath so you feel clean and refreshed rather than sweaty and bothered.
- If you haven’t had a meal since lunch try and eat something, so you have no excuse when it is time to study.
- Usually after eating, people tend to feel sleepy. Don’t drop on the bed and say good night; instead set your phone or clock to wake you, giving yourself appropriate time to rest.
- When you do wake up take ten minutes to get yourself in order. At this point you may start to feel annoyed and may try to find excuses not to study. However, you have already done everything so you have no excuse.
- Find an area where you can sit upright and the light is not dim or blinding.

- If you have any helping aid such as a fan or music, set it to an appropriate level where you won’t be distracted.

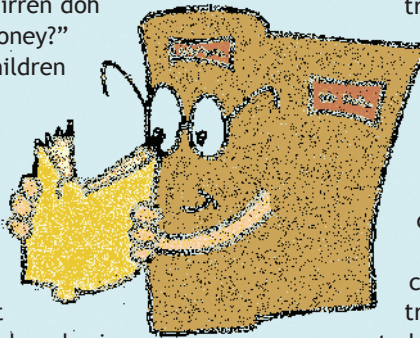
- You are now prepared but don’t confuse yourself by trying to study everything. Choose at least two subjects to study, keeping in mind any research you might need to do. By doing this, the work seems little, you don’t get bored and overwhelmed with information and studying becomes so easy that you subconsciously continue studying daily.

- If you don’t know which two to choose, study the subjects that gave you trouble in school. Before you know it you are studying.

- Give yourself at least two hours. If you go over, don’t overwork yourself.

- The key to following and sticking to this method is time management. If you don’t like timetables or schedules, make a conscious effort to watch the clock.

If you have mastered the art of studying and would like to share it with us, you may write to [contact@sweettntmagazine.com](mailto:contact@sweettntmagazine.com). – *Chantelle Wilson*



# Excursion down South

By Joyanne James

Everybody happy cause Saturday morning reach  
Whole night dey cooking up ah storm to go by de beach  
Is Tanty, Mammy and baby, everybody going  
All dem woman dress to kill with everything showing

De place noisy and people saying which bus dey want to ride  
Somebody shouting "keep ah space for meh when yuh reach inside"  
Dey say de chirren and ladies haf to go in first  
Some fellas fed up of waiting bawling "dis is de worst"

De buses full, de drummers beat and people start to shout  
"All yuh get ready to jam, we going down South"  
Everybody in de bus rocking to and fro  
Dey singing "down San Fernando, down San Fernando"

Drinks only passing, is sweet drink, beers and rum  
People singing calypso to de beat of de drum  
Is shack shack, bottle and spoon and ah old milk pan  
And sounds of "All Day, All Night Miss Mary Anne"

A woman in de back seat get up and start to dance  
All de fellas gaping cause she in de shortest pants  
Another woman decide to get up and compete  
Everybody saying, "gyal, go back in yuh seat"

De fattest man get up and say he want to talk  
He say "stop de drummin" as he popped ah beer cork  
He look at all de women asking, "who would dance with me?"  
A fat lady shout out "come over here and see"

De buses pull over fuh people to take ah break  
Tanty shout out "finally, dat's all my ears could take"  
Outside is only grumbling about who bus is de best  
While de drivers inside trying to take ah rest

Everybody back in de bus after dey tay lay lay  
Dey get real excited as de music start to play  
Is dancing, singing and nonstop energy  
Dey bawl "oye oye oye" when dey reach by de sea

Families set up dey business all over de sand  
Old folks begging de youths "come gih meh ah hand"  
Some fellas watching ladies who modelling dey shorts  
While others kicking ball or playing other sports

De chirren in de water trying to ketch dem wave  
Some girls not bathing saying dey forget to shave  
People fraid to bathe because too much jelly fish  
While others sit and enjoy dem tasty creole dish

People liking dem self as dey take ah lil dive  
Then one bus driver bawl out "people, it's after five"  
Is hustling and shouting "everybody out de water"  
Ms Mavis bawl out "who's dat boy with mih daughter?"

All de buses pack up and is time to leave South  
Everybody quiet, some people done knock out  
Tanty spend de whole ride staring through de glass

De short pants girl looking like if she play mas

After some hours dey come to a stop  
A driver bawl out "all yuh wake up"  
De people walk outside like de living dead  
Some ah dem shouting "oh gosh, mih head"

De day is all over and everybody beat  
People must now walk on their own two feet  
Dey say de pain is worth it after all dat fun  
Which is de best ting about an excursion



**Sweet TnT**  
MAGAZINE

*Make T&T sweet again!*

Share your stories, photos, poems and comments about Trinidad and Tobago with the world on [www.sweettntmagazine.com](http://www.sweettntmagazine.com)

Send content to [contact@sweettntmagazine.com](mailto:contact@sweettntmagazine.com) or [sweettntmagazine@gmail.com](mailto:sweettntmagazine@gmail.com)

and look for it in upcoming issues on the website

See Issues #1 and #2 on [www.sweettntmagazine.com](http://www.sweettntmagazine.com) for Trinidad and Tobago

**Culture for so!**

f t YouTube



# DESIGN

---

# STUDIO

Design | 3D | Motion

Changing the world, one pixel at a time.

[jason.m.banfield@gmail.com](mailto:jason.m.banfield@gmail.com)

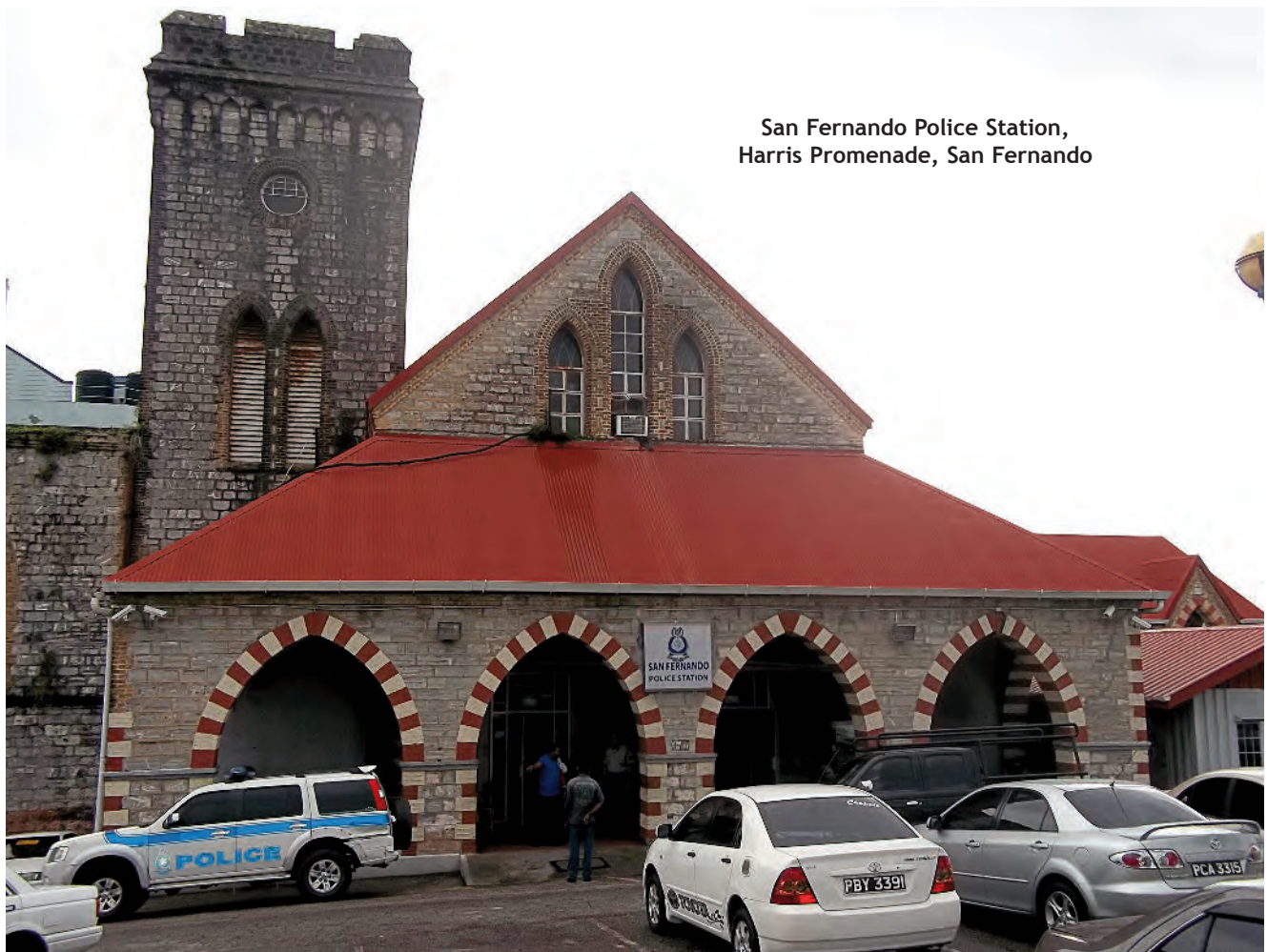
(868) 764-6661

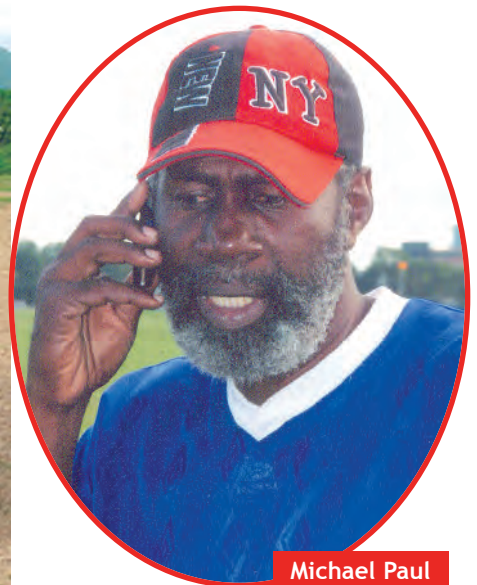
Copyright © 2012 Banfield Design Studio. All rights reserved

National Library building on Hart and Abercromby Streets, Port of Spain.



San Fernando Police Station,  
Harris Promenade, San Fernando





Michael Paul

## A man with passion and vision for youth of Morvant/Laventille/Beetham

*Rachael Cedeno interviews Michael Paul, a sportsman in football, basketball, cricket, volleyball, table tennis, and boxing of Beetham Gardens who tells Sweet TnT Magazine about the work he has been doing with the youths in his community for many years. Although for him it has been a continuous struggle for financial assistance and dealing with unruly children, the positive outcomes of the programmes make it all satisfying.*

For the past thirty-plus years Michael Paul has been at the centre of an inspirational project that uses sport in a strategic way towards community building and the development of youths in the hot spot of Morvant/Laventille/Beetham, communities often highlighted negatively in the media.

Speaking with him, two things stand out: his passion and vision, as he puts it, for the younger ones and his love for his communities of Morvant/Laventille/Beetham, a love that drives this former national middleweight and light heavyweight boxing champion of Trinidad and Tobago to continually work at helping develop the areas and the people.

His work began in the 1980s as the public relations officer of a group called the Phase 4 Sports and Cultural Club which offered a variety of self-help programmes,



“It is his belief that instead of condemning the youth more programmes like these need to be offered in communities to give them positive alternatives ,,”





Academic programme



Football players in action

clean-up campaigns, jobs, cultural shows and courses, for example, in playing the steel pan.

Although they would continually seek government assistance for these programmes, more often than not the money that was needed to run them had to be sourced through fund-raisers or taken out of pocket. In the end, though, the fruits were quite evident in the construction of a court and the many school books that were bought for children in need.

Certain personal issues would eventually lead Mr Paul to leave the Phase 4 Sports and Cultural Club but today he works with Sheldon De Frietas (P&D Soccer Coaching School) whose focus is primarily on football and caters to the development of boys aged 7 to 13.

His associate Keith Anderson, many parents, and the teachers Arlene Charles, Karen Stone, Keith Swanston, Phillip Marcelle, Beverly Greaves, Caroline Thomas, Wilfred Farrell, and Gregory "Bobby" Pierre assisted in the programme. Also, he gives credit to the sponsors Angostura, Maureen Lawrence, Jack Lewsey, and Sandra Awai.

For Mr Paul, this move was a decision of which he is particularly proud. "So many of the youths that have passed through the programme are now gainfully employed in the police force, regiment and even playing professional football both locally and abroad," he humbly shared.

The success of the current programme, according to Mr Paul, is proba-

bly linked to its holistic approach. It's not just about the boys coming out to learn the mechanics of a game. A very important principle that is communicated is that football, like any other sport, can and must be related to life.

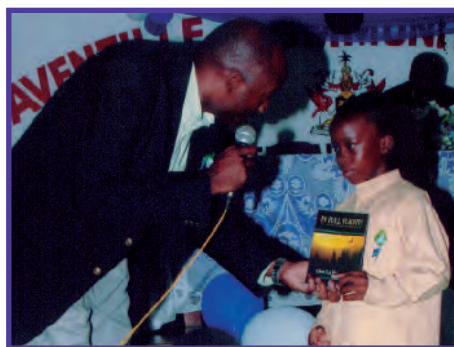
Using the metaphor of how passes are negotiated on the field he teaches the boys about making proper decisions in real life and the consequences of those decisions. He also relates lessons learnt on the field to other real life situations like choosing friends or managing anger

so as to avoid unnecessary violence. From Monday to Wednesday the boys engage in practical training, as with any other club, but the thing which distinguishes this programme is that every Saturday from 9 am till 1:30 pm they are taught essential skills like reading (mostly theory football) and public speaking, before they go out to the field.

Mr Paul has a genuine interest in the academic development of his boys and the programme he offers is geared at moulding them into disciplined, well rounded individuals by equipping them with necessary life skills, even hygiene and etiquette.

The anthem of the P&D is Sparrow's "Children go to school and learn well", a quite appropriate motto. An annual prize giving awards ceremony is kept at the community centre. This is a shirt and tie affair that is eagerly looked forward to, by the students, and a function in which their efforts and progress are publicly recognised.

Over the years, thousands have come under the care of this positive father figure and he continually testifies that he is always seeing progress. Although he will also readily admit to the tiresome nature of this endeavour he says it is totally satisfying. Indeed it is his belief that instead of condemning the youth more programmes like these need to be offered in other communities to give them positive alternatives. — **Rachael Ceden**



Prize-giving awards ceremony



This is me (at right) enjoying the water with my friend Teneisha near the beach house where we stayed Down the Islands.



My friends and I relaxing on the Ocean Spirit. I am standing taking in the fantastic view.

## Breezing on the Ocean Spirit

### Sailing Down the Islands

The Ocean Spirit is a yacht in Trinidad well known for big limes and parties, but for me and my friends it was a perfect getaway for a magnificent evening. I've been on boats before but this was my first time on a yacht.

Sailing with my friends going Down the Islands while getting kicks and enjoying the sunny breezy atmosphere makes me feel like a tourist in my own country. I know for sure what I'll be doing on my next vacation from work.

— Chantelle Wilson



The captain and a friend.

## Life in T&T by A. James [sweettntmagazine.com](http://sweettntmagazine.com)





# Tobago

## sand and sea

Admit it. Tobago has the best beaches in the world! Both foreigners and citizens usually take a trip to a Tobago beach as part of their vacation schedule.

Some popular names are Store Bay, Pigeon Point, Crown Point and Buccoo Reef. These beaches are well-known for their unusually blue calm waters that can make you feel like you are in a swimming pool.

These pictures may not offer the warmth of the sun, the soothing water on your body or the thought that you are on a vacation, but surely they will arouse your imagination. Enjoy!







## **ADVERTISE WITH US**

**Call:**

**782-4808**

**or**

**340-4085**

**Email: [contact@sweettntmagazine.com](mailto:contact@sweettntmagazine.com)**