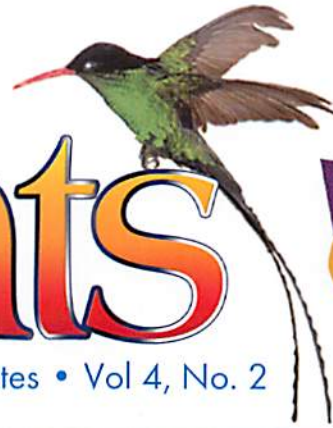


Caribbean Delights



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MESSAGE FROM THE COO



Sabrina HoSang

Welcome to our 11th newsletter!

We have some exciting events coming up for this summer. Our Annual Beef Patty Eating Contest and Bun & Cheese Eating Contest will be held at the Merritone Family Fun Day Picnic at Lake Quassy in CT on Sunday, July 11. We are also hosting a Customer Appreciation Raffle for 2010, where ten lucky winners will each receive \$200 cash prize for a total of \$2000. The drawing will be held at Lake Quassy on July 11 after our eating contests. Our Annual Employee Appreciation Barbecues will also take place this summer which you will get to read about in our next newsletter.

We know it has been a challenging year for most of you due to the recession and we greatly appreciate your ongoing support. Your continued support has allowed us to continue helping the less fortunate and providing scholarships for students.

We welcome your feedback and hope you enjoy our newsletter.

Mrs. HoSang receives an International Business Award at the Brooklyn Borough Hall

The woman behind the successful efforts of Royal Caribbean Bakery and Caribbean Food Delights to export their products was honored for her hard work by a Brooklyn-based agency that promotes the growth of U.S. trade.

On March 29, Jeanette HoSang was presented with a “Women Who Dare to Cross Boundaries Award” by the Brooklyn International Trade Development Center as it celebrated Women’s History Month during a ceremony at Brooklyn Borough Hall.

Mrs. HoSang is the president and CEO of Royal Caribbean Bakery and vice president of Caribbean Food Delights. Under her direction, both companies have expanded distribution of their product line, exporting popular Jamaican beef, chicken and vegetable patties to Europe, the Caribbean and the United Kingdom where they were recently nominated for the “New Product of the Year” award.

“She’s like stainless steel—strong and durable,” said Sabrina HoSang, who received the award on behalf of her mother, who was delayed by company business. “In addition, she’s independent and determined,” added

Ms. HoSang, the chief operating officer of Caribbean Food Delights.

The award was presented by Ruth Morrison, the trade center’s executive director who urged the gathering to understand the importance of exports to the U.S. economy. “Ninety-six percent of the world’s consumers are outside the U.S.,” she said.

The patties are exported from the Caribbean Food Delights plant in Tappan, N.Y., the largest Jamaican-owned baking plant in North America.

Mrs. HoSang helped to found both Caribbean Food Delights and Royal Caribbean Bakery with her husband, Vincent. The couple opened their first store in 1978, two years after they were married.

Other women honored at the event were Tamara Nall, president and CEO of TLN Worldwide Enterprises, a management consulting firm; Atim Annette Oton, co-founder of Calabar Imports in Brooklyn, and Ornella Pisano, president of Ercole, a manufacturer of mosaic tables, chairs and décor.



Sabrina with the other honorees, who received the award on behalf of her mom, Mrs. HoSang

Penn Relays 2010

TEAM JAMAICA BICKLE



Mr. HoSang and Sabrina presenting a sponsorship check of \$10,000 to Team Jamaica Bickle

Ever since its beginning sixteen years ago, Team Jamaica Bickle has had the support of the HoSang Family. “The sixteen year existence of Team Jamaica Bickle is synonymous with the Vincent HoSang Family Foundation, Royal Caribbean Bakery, Caribbean Food Delights and JerkQ’zine,” says Irwine Clare, founder and CEO of the volunteer organization which provides meals and amenities to Jamaican and other Caribbean athletes participating at the annual Penn Relays in Philadelphia. For the 16th straight year Royal

Caribbean Bakery and Caribbean Food Delights played a world-class role in accommodating Caribbean athletes at the Penn Relays, the premier track-and-field meet in the U.S.

The HoSangs and their group of companies are widely recognized as the primary sponsor of Team Jamaica Bickle. Unlike most sponsors, the companies not only provide financial support as well as the products to feed the over four hundred athletes and officials, Mr. HoSang’s personal commitment and participation is legendary. Each year, Mr.

HoSang, his entire family as well as many of their staff make the annual trek to Philadelphia to cook and feed the athletes three square Caribbean meals per day ensuring that they are consuming a diet that is natural to them over the three-day period. This year, the companies served an astounding number of meals to the growing number of athletes and contributed to their housing needs to support their efforts. One alumnus of the program showed how it can pay off.

World record holder Usain Bolt of Jamaica made a cameo appearance at the meet, anchoring Jamaica’s 4 x 100 relay team in its victory over the U.S.

“We used to feed him when he was a student,” recalled Vincent HoSang, president of Caribbean Food Delights and Royal Caribbean Bakery. “I have pictures of us together, and I’m so glad that one of us became a world record holder.”

Actually, Mr. HoSang is a record holder, too. His companies served more than 2,000 meals a day during the three-day event, expanding the menu to include breakfast and even offering meals apart from the companies’ prize-winning selections. The number of meals this year was higher than ever to



Dr. Basil K. Bryan presenting a gift to Mr. HoSang in appreciation of his efforts at the Penn Relays

Food For Thought



Cinnamon Sticks

Butter 4 slices of hard dough bread on one side. Blend ground cinnamon and brown sugar together. Sprinkle mixture on bread. Bake in a toaster oven at 350 degrees for 10 minutes or until golden brown. Slice lengthwise into 1 inch sticks. Serve with maple syrup or vanilla icing.

accommodate “We had scrambled eggs, ackee and codfish, and we always have cereal,” Mr. HoSang said. In addition to the Jamaican athletes, competitors from other Caribbean nations were also served, he added.

“We had students from Barbados, Guyana and Trinidad and Tobago,” he said. “It was part of our reaching out to our brothers and sisters in the rest of the Caribbean.”

“We no longer consider Mr. HoSang and his companies as [mere] sponsors,” says Clare, “we have created a new paradigm as it relates to (the new world order of) what philanthropy is all about.” For this reason, says Clare, “they are [also] foundation members.” According to IrwineClare, “ourrelationshiphasbeen cemented and we would like to believe that it has been reciprocal from the standpoint where our athletes and our communities have benefited largely from this type of relationship. It’s been a win/win situation for all of us involved. Team Jamaica Bickle’s heart and soul is based on the relationship we have with the HoSangs and that is what has

propelled us to where we are today.” As with any project of this size, there were challenges. Mostly they were of a logistical nature, like getting the food from the companies’ plant in Tappan, N.Y., to the University of Pennsylvania site in Philadelphia. Always “hands-on,” Mr. HoSang himself even drove a truck with

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food and equipment. But this year an additional challenge came from an unlikely source—the Philadelphia Department of Buildings. “We had one official come by and tell us we needed to separate the cooking area from where the meals were being served,” Mr. HoSang said. But after some debate, the problem was solved.

“We went out and bought a new tent,” he said.

Mr. HoSang hinted he may step away somewhat from the annual operation and do more of his favorite pastime, fishing. “There are other entities out there that I think could take this over,” he said. “I want to take it a little easier.”

Two Jamaican companies are already giving supplemental support. But with the experience he has acquired through the years, Mr. HoSang admits he would still somehow contribute. “Even if I retire, I would still have to do something,” he said. “I would hate to see those students go without a meal.”

In conclusion, Clare stated, that, “We are indeed honored to have CFD as a major contributor, as a partner in our endeavor, Mr. HoSang has invested tremendously in what we are doing and we wish them heartfelt congratulations on their 32 years of business and can only hope that they will have 32 more years of harmonious and successful endeavors.”

Penn Relay SNAP SHOTS



Sabrina with world track record holder, Asafa Powell and Hon. Olivia “Babsy” Grange, MP, Minister of Youth, Sports & Culture



Mr. HoSang thanking customers for their support after presenting a check for \$10,000 to Team Jamaica Bickle



Dr. Alston Meade, Simone Edwards, Penn Relays coordinator, Hon. Olivia “Babsy” Grange, MP, Sabrina HoSang and Alston Roach



From left to right: Michelle Rollins, Hon. Jamaican Consul General Genevieve Brown Metzger, Sabrina HoSang, Hon. Olivia “Babsy” Grange and Ambassador Anthony Johnson of Jamaican Embassy



Sabrina with the Governor of Pennsylvania and Hon. Olivia Grange, MP

OCULAR HEALTH ADVICE

Open Angle Glaucoma: The Silent Disease of the Eye

WHAT IS GLAUCOMA? Glaucoma is an abnormal pressure in the eye that causes damage to the main nerve in the eye (the optic nerve), which results in vision loss.

WHO GETS GLAUCOMA? About 2 % of the population have some form of glaucoma, but people of African or African/Caribbean ethnicity have higher rates of glaucoma. Also the glaucoma that our Caribbean population develops is much more debilitating than other populations.

WHAT SYMPTOMS DO YOU HAVE WITH GLAUCOMA? None. This is one of the most misunderstood topics that my patients have. For open angle glaucoma, you do not feel any pressure in the eye. This is a silent disease, meaning that patients who have glaucoma, do not realize they have a vision threatening disease. The reason for this is that glaucoma affects your side vision initially. As it gets into the advanced stage of the disease it begins to damage your central vision.

DOES MY HIGH BLOOD PRESSURE AFFECT MY EYE PRESSURE? No. There has not been a correlation between elevated systemic blood pressure, or hypertension, and eye pressure.

IS GLAUCOMA GENETIC? Glaucoma can be passed down through the generations. When I am seeing my glaucoma patients, I stress that they should inform their siblings, children, and parents to have a glaucoma screening test.

WHAT ARE THE TREATMENTS FOR GLAUCOMA? The treatment for glaucoma is to lower the eye pressure. If the eye pressure is lowered, this will inhibit damage to the optic nerve. Eye drops, laser therapy, and surgery are used to lower the pressure.

WHAT CAN BE DONE TO PREVENT GLAUCOMA? At this time, there is nothing we can do to prevent someone from having this disease. This is why I stress that everyone should have a complete eye exam, which includes checking the eye pressure, when they reach the age of 50. If you have a relative whom has glaucoma, then you should have an eye exam starting at the age of 45. Complete eye exams should be performed yearly.

WHAT IS EYE PRESSURE? This concept is used many times by physicians, and many patients do not know what this means. The eye is round because there is fluid inside of the eye. The fluid inside the eye is created inside the eye;

it is also filtered out of the eye, and back into the blood stream of the body. The eye has to create fluid at the same rate it drains fluid to have a normal pressure. If the fluid is not leaving the eye normally, because of a blockage in the drain of the eye, the pressure goes up. For example, if you turn your faucet on in your kitchen, you will see water leaving the faucet, filling the sink, then leaving through the drain. Now, if you clogged tissue into the drain, the water will just build up in the sink and overflow. That is what happens inside the eye when you have glaucoma.

Glaucoma, if discovered early, can be treated and the treatment can prevent blindness from occurring. Please consult your local ophthalmologist for an initial glaucoma screen and your yearly appointment.



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The Real Taste
of the Caribbean
is captured in every bite!

