

Sabrina's  
DELIGHTS



# Caribbean Delights



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## MESSAGE FROM THE CEO DR. VINCENT HO SANG, O.D.



I am pleased to announce that in spite of the downturn of the economy and challenges of 2012, our customers and friends have supported us continuously helping our business to grow. We are grateful for those of you who purchase our products at the club stores like BJ's Wholesale, Sam's Club, Costco and Wal-Mart and also at the mom and pop stores and restaurants. In September, we introduced five new products branded under Sabrina's Delights for Wal-Mart in Florida and Georgia. They are also available at our Fulton Avenue store in Mt. Vernon, New York. They are a puff pastry product with five different fillings namely apple cinnamon, chicken, turkey, and beef pot pie and western style eggs. Above all I always thank the good Lord for his guidance and blessings. Let me close by wishing you a healthy and prosperous new year.

### Upcoming events for 2013

- February 16:** RCB/CFD's 35th Anniversary
- April 25-27:** 19th Annual Penn Relays at UPenn
- June 11:** RCB's Employee Appreciation BBQ
- June 14:** CFD's Employee Appreciation BBQ
- June 17-22:** Customer Appreciation Week at JerkQ'zine Caribbean Grille
- July 14:** RCB's 9th Annual Bun and Cheese Eating Contest and CFD's 12th Annual Beef Patty Eating Contest at the Merritone Family Fun Day
- December:** 2014 Calendars are available

To keep current with our upcoming events for 2013, please visit our Facebook page at [facebook.com/cfdny](https://www.facebook.com/cfdny).

## We Now Have a Doctor in the Family!



Professor the Hon. Sir George Alleyne, Chancellor of the University of the West Indies bestowing the degree on Dr. Vincent HoSang

Our very own CEO, Vincent HoSang, received an honorary Degree of Doctor of Laws (LLD) from the University of the West Indies on November 3, 2012 for his many years of philanthropy and service to the Jamaican community and the HoSangs' success in building their patty empire. Dr. HoSang was also asked to give the commencement speech, which was heartfelt and very touching that it brought tears to the eyes of the graduates and almost everyone in attendance. In his commencement address, Dr. HoSang said, "While I am proud to have seen my four children graduate from their universities, I

never graduated from high school. So the honor you bestow on me today has allowed me to leapfrog to the very top." His daughter, Sabrina HoSang, COO, was also in attendance to experience his great accomplishment, along with family in Jamaica and friends who traveled to see this prestigious event. Sabrina said, "I am so proud of my dad on achieving this recognition because although he didn't graduate from high school, the lack of formal education has never held him back from achieving what he has today. His drive, humility, commitment and charisma have been inspirational and continues to inspire me and many others. I am honored to have witnessed this special occasion and blessed to have him as my father." Dr. HoSang and his family will always cherish this moment. One piece of advice, amongst others, that Dr. HoSang gave to the graduates was, "Remember, whatever profession you pursue in life, you did not do it alone. Remember those who helped you get to where you are and don't forget to help others, especially the less fortunate."

## Dr. Vincent HoSang Sharing the Celebrity Spotlight at Barclays Center



On December 17, 2012, Davhed Levy, WBLS radio personality, honored Dr. Vincent HoSang along with other Caribbean celebrities to name a few, Bobby Konders, Jabba, Dr. Henry Lowe and Mighty Crown at the newly built Barclays Center. Dr. HoSang was honored for his philanthropic efforts over the years.

# Caribbean Food Delights & Royal Caribbean Bakery Christmas Parties

CFD Photography by Ajamu



Royal Caribbean Bakery and Caribbean Food Delights each held their Annual Company Christmas party for their employees on December 13 and 14 which took place at each work site. Food was catered, music was provided, raffles were drawn, and awards were given out for Employee of the Year, Best Attendance and Positive Attitude. All employees went home with a holiday goody bag and complimentary professional photos provided by the companies. Management expressed their appreciation for all of the hard work everyone contributed over the year. The parties ended the busy work week on an upbeat, cheerful spirit.

## Women Supporting Women Honors Sabrina HoSang



Sabrina received a Business award from Minister Patricia Malcolm of Women Supporting Women Ministries, Inc. at their first annual dinner in Brooklyn on October 21, 2012. Sabrina, accompanied by her friends, Sandy and Maxine, holding the award.

## Scholarship Presentation to Ashley Scott



Vincent, Simone and Sabrina HoSang presenting the scholarship to Ashley Scott.

On January 8, 2013, a presentation was made to Ashley Scott, one of the many recipients of the Vincent HoSang Family Foundation scholarship of \$1,000.00. Karlene Largie, President of UJAA and Barbara Richards, the Education Chairperson and VP of UJAA (USA), Inc. helped with the screening and selection process.

The scholarship is in memory of Brian HoSang. "With the VHFF scholarship, I am able to purchase a laptop to assist me with my homework, Ashley stated. "Personally growing up in an inner city community consisting of financial and academic challenges, I truly realize the importance of a college education now that I'm attending the University at Albany." Ashley's family accompanied her for the presentation and enjoyed getting a tour of Caribbean Food Delights state-of-the-art facility as well as having the company's newest products for lunch. Ashley is currently a first year student at SUNY Albany pursuing a major in Public Health. She expects to graduate in June of 2016.

## SQF Level 3 Certification



Caribbean Food Delights, once again, went above and beyond to achieve their Safe Quality Food (SQF) certification which can be renewed annually. We are proud to announce that we are SQF Level 3 certified for 2013 and we are the **only** Jamaican frozen food manufacturer

that is SQF Level 3 certified in the world. The SQF Program is a leading, global food safety and quality certification program and management system, designed to meet the needs of buyers and suppliers worldwide. The Program provides independent certification that a supplier's food safety and quality management system complies with international and domestic food safety regulations. This enables suppliers to assure their customers that food has been produced, processed, prepared and handled according to the highest possible standards, at all levels of the supply chain.

## American Friends of Jamaica (AFJ) Benefit Gala

Sabrina HoSang attended the AFJ gala on November 29 to support the organization. The AFJ works with a broad coalition of Jamaican organizations and stakeholders to bring about change in the lives of Jamaicans in need by giving an education to those who have none; to provide much needed medical care for young mothers, children at risk, the elderly and sick; and the physically challenged.



Photography by Ajamu

Sabrina HoSang with Dave Barger, President and CEO of JetBlue, 2012 AFJ Honoree



From left to right: Sabrina HoSang, Chris Blackwell, Ms. Pat Chin and Kecia Chin of VP Records

## Hurricane Sandy

In preparation for Hurricane Sandy, Caribbean Food Delights' Business Continuity Team took the initiative to secure an industrial generator 10 days before Hurricane Sandy hit the tri-state area. The generator was used to maintain power to our freezers which hold approximately 34 trailer loads of product. The storm caused a power outage to our facility for five days. During this period of time, the product was not compromised and maintained a minus five degree temperature.

Because the manufacturing area had no power, production employees could not work. The HoSang family decided to pay all employees their full week's salary even though there was no obligation to do so. The office staff also was unable to work because there was no electricity in the office. Some office employees still came in to work doing what they can to help fill orders and get products shipped out.

Post Hurricane Sandy, Caribbean Food Delights, started a collection for the victims to contribute to the worldwide relief efforts. Some of the items that are being collected are clothing, toiletries, shoes, toys, food and other items. Donations were made to local organizations and areas that were impacted the most.

## Students Receive More Than Just a Tour at CFD

As part of our ongoing community service, Caribbean Food Delights (CFD) hosts multiple school tours throughout the year at their facility in Tappan, New York. Students are given an opportunity to see how products are made at CFD and also receive a sample of the products for lunch. After the tour, students are given an opportunity for Q&A as well as a taste of the many different job opportunities created in the food manufacturing industry. Many of the students are surprised of the variety of jobs involved from Accounting to Sales including Information Technology (IT) and Research and Development (R&D). At the end of the tour, students and teachers leave with company souvenirs and more information about the company.



Sabrina and the students getting ready to go on the tour.

# Chiropractic Health Advice

## KEEPING FIT WHILE YOU SIT



Dr. Brett Caminez, DC, CCEP  
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Computers, televisions, smart phones, electronic books - they are all amazing aren't they? Technology has come a long way and along with all these great technologies, we are spending more time sitting than ever before! The problem for us though is that our bodies have stayed pretty much the same and were never designed to be sitting for prolonged periods of time.

On average we're sitting 9.3 hours a day, even more time than we spend sleeping (7.7 hours). Let's say you work an eight hour day, that's a lot of time hunched over a computer! All this sitting is not just detrimental to our health, it's dangerous. When we sit, blood flow becomes stagnant, lung capacity and oxygen levels decrease, constipation is more likely, sagging spinal posture results, and it decreases your metabolism therefore causing you to rapidly gain weight. That's quite a laundry list of side effects.

It doesn't stop there, a study published in July of 2012 by The British Medical Journal finds that limiting sedentary time to less than 3 hours a day would add about 2 years to life expectancy, and limiting TV-viewing time to less than 2 hours a day would add another 1.4 years to your life. Sitting is actually taking years off of your life!

Let's be clear, as a Chiropractor, every day I see the results of sitting too long (especially the effects on the spine and nervous system) but the good news is that there are some easy things you can do to help you not only feel better and increase your energy but they might help you add some years back onto your life as well. Good health has a formula. The formula is the same regardless of your job responsibilities. To be fit while you sit, you must regularly be mindful of how your body is affected while sitting. The amazing thing is that the changes are simple.

First, you should take breaks or make changes regularly throughout your day. In other words, change your position to improve your posture. Therefore, if we sit all day, then when we take a posture break, we should be standing. We should try to have meetings in which we are standing and not sitting anymore. This doubles as a time management tip because standing can also keep conversations and meetings shorter. If it is not possible to leave your desk, then you could even just stand for a minute or take a call standing. Many people use the calendar on their computer, so you could set an hourly reminder to do something as simple as stand up and stretch for 30 seconds.

Another great tool is to perform an ergonomic review of your workstation. Survey the following body angles of positioning: Your

wrists must be linear in all activities, meaning straight, not bent up or down while working on the computer. Your elbows should be at a 90 degree angle and you should be able to keep your shoulders relaxed, specifically make sure your upper back is relaxed as well. When you are on the phone, try to keep your head straight and whenever possible use a headset.

The single biggest ergonomic disaster I see people making and it's the easiest to fix is to simply raise your monitor. After reading this article, go back to your desk. Sit up nice and straight and close your eyes. Now open them. You should be looking directly at the center of your monitor. Nearly everyone's workstation I review has the monitor too low, so go find an old phone book or something around the office and put it under your monitor. This simple change can save your neck and upper back from years of pain, tension and spasm. Another great tool is to change your workstation regularly. If your phone has been on the right side of your desk since you started, it's time to move it to the left side. Once per month move something around so you can prevent repetitive injuries and strains.

Remember that your body simply wasn't built for long periods of sitting. Simple yet powerful changes can make all the difference in the world to you, your coworkers and your family.



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is captured in every bite!

The Real Taste  
of the Caribbean



A Vacation from Ordinary Food



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