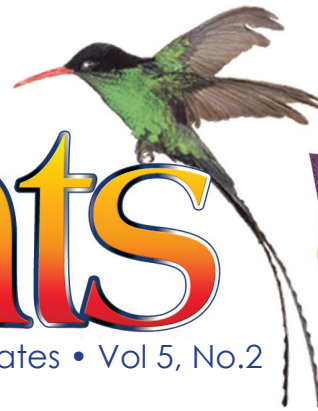


Caribbean Delights



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RCB, CFD, Clear Hurdles to Feed Caribbean Athletes at Penn Relays



Causewell Vaughn
Journalist

Royal Caribbean Bakery and Caribbean Food Delights teamed up to feed Caribbean athletes for the 17th straight year at the nation's premier track and field event.

The companies fed more than 600 school boys and girls over three days as they took part in the annual Penn Relays. And like some of the athletes, the companies, too, had to leap some hurdles to be successful.

"It was certainly more challenging this year," said Vincent HoSang, the companies' president and CEO. The hospitality offered by Royal Caribbean Bakery and Caribbean Food Delights at the Relays is becoming legendary. The companies serve their full line of Caribbean foods to the islands' athletes to make them feel more relaxed away from home. This year, the comfort food may have played a key role for some winners.

The track team from St. Vincent and the Grenadines won two races, even though it was the first time it took part in the Relays. Other islands that fielded teams were Jamaica, Trinidad and Tobago, Grenada and Barbados.

To serve the athletes, the companies had to overcome one obstacle after another that started popping up as soon as they got to Philadelphia where the Relays are

held. It started with a new location.

"They're doing construction, building new dorms and classrooms in the area where we used to set up," Mr. HoSang said. And when they got to the new location, they found there was no running water in the area, which forced Mr. HoSang to put on his engineer's hat.

"We had to improvise," he said. "We have to have hot and cold running water wherever we go, so I added a hot water heater to the sinks

and pumped the water from a drum. Luckily, we had our own generator for lighting."

Then, the number of students who came for the meals was more than anticipated.

"The challenge was, by adding more students it means the costs go up," Mr. HoSang said. "Everything has to be bigger. The tent has to be bigger along with more equipment and the oven has to be double... I may have to get a bigger truck now."

But when all was said and done, the menu was mouthwatering and even included foods the companies don't produce, like the cereal and eggs that were part of breakfast. "We made sure they

ate healthy," Mr. HoSang said.

Despite the hard work and increasing costs, feeding the athletes is a labor of love for Mr. HoSang. This year he even postponed his surgery to make sure the serving operation went smoothly. "I told the doctor I have a very important thing to do," he said.

"I've always said that we are part of the Caribbean and I feel we must give back to help each other when we can."

At the same time, Mr. HoSang appealed to consumers to be tolerant about price increases. "We've absorbed about a 25 percent in our raw materials," he said. "We can't increase our prices that much because they wouldn't sell. But consumers must understand that when prices do go up, the increase allows us to support events like the Penn Relays and other public activities."



Sabrina and Vincent HoSang with the athletes

\$10,000 Gift Supports Caribbean Athletes

Royal Caribbean Bakery and Caribbean Food Delights each contributed \$5,000 to assist Caribbean athletes taking part in this year's Penn Relays.

The \$10,000 total contribution was made to Team Jamaica Bickle, the organization that coordinates care for the hundreds of athletes who travel from the region each year to take part in the prestigious track and field event.



Sabrina and Vincent HoSang presenting a sponsorship check to Team Jamaica Bickle

"This financial contribution goes to the heart of what Team Jamaica Bickle does, which is to sustain scholarships and stipends for many athletes in the diaspora," said Irwine Clare, the organization's founder and CEO. "It also helps us prepare and develop coaches for future generations of our athletes."

Mr. Clare also said the contribution is a boost for Team Jamaica Bickle.

"It shows that we're on the right track," he said. "When you have organizations like Royal Caribbean Bakery and Caribbean Food Delights making contributions, it builds confidence in people who are involved in the operation to go out and do more

"It also encourages others to support what we do, and it demonstrates to our volunteers that we're going in the right direction. Sometimes we need this kind of stimuli, not so much because of the money,

but because it generates interest and ensures the program continues to serve the community."

Sabrina HoSang, the companies' chief operating officer, made the donation during ceremonies at the conclusion of the Penn Relays. It was the 17th consecutive year the companies made a substantial monetary contribution, and she noted that it was used primarily to get accommodations for the athletes.

"The support we give is well needed because some of the students didn't have a place to stay," she said. "It also helps them to succeed in the races, and, in fact, I believe the students' level of participation would have been less if we were not involved.

"I just wish more people would become involved and give more because the support is needed."

The money donated was over and above the companies' providing meals for the athletes each year with

their full line of Caribbean foods. The yearly effort, Ms. HoSang said, "is almost like taking them in like family."

Mr. Clare gave Vincent HoSang, the companies' president and CEO, the ultimate compliment for his efforts to support Team Jamaica Bickle.



Dr. Basil Bryan, Sabrina and Vincent HoSang at the Team Jamaica Bickle Sponsors' Reception

"When the term 'philanthropy' is reassigned as to who or what it means, the name you see there will be Vincent HoSang," he said.



Mayor Brendan Coyne of Cornwall-on-Hudson & Sabrina HoSang

CFD IS 2011 HUDSON VALLEY FOOD BANK DONOR OF THE YEAR

On May 12, 2011, Hudson Valley Food Bank honored Caribbean Food Delights with an award for donor of the year at their Cornwall-on-Hudson warehouse. Throughout the years, Caribbean Food Delights have donated over 200,000 patties (62,000 pounds) to the Food Bank.



"I was very happy to make my bread pudding with your products. I added my special ingredients to make it perfect: Coconut Milk, Apple Sauce and Crushed Pineapple".

-Maxine Greaves, winner of creative idea contest



BEAUTIFICATION AWARD

On the 26th of April, 2011, the Town of Orangetown Highway Department awarded Caribbean Food Delights for maintaining a beautiful landscape alongside their property on Route 303. The award was presented by the town's superintendent of highways, James J. Dean

MUSHROOMS & YOUR HEALTH



Simone HoSang
Director of Nutrition & Food Science
Photographer

Why mushrooms? I know many Jamaicans especially are not fond of mushrooms. Here are reasons why you should look at these delicious B vitamins and potassium rich fungi in a different light.

For one, they contain fiber. Fiber is good for maintaining regularity in the digestive system. Yes, I am talking about your intestinal tract. Get your bowels moving regularly by adding ample fiber to your diet. Fiber also helps you feel full on less food. That is one way it can aid in weight loss. It slows down the absorption of glucose in the blood stream from other foods consumed during the same meal. That is a wonderful benefit for anyone with diabetes or even hypoglycemia.

The potassium in mushrooms can help in lowering blood pressure thus reduce the risk of stroke. It is also high in Selenium, an antioxidant when combined with vitamin E helps to reduce the risk of cancers especially prostate cancer. Mushrooms also contain an aromatase inhibitor which reduces the production of estrogen and in turn lowers your risk of breast cancer.

Poland and China have some of the most advanced systems of farming mushrooms efficiently. Mushrooms are also abundant in their forests and in their cuisine.



Jamaican Style Zapiekanka

Top it with our jerk bbq sauce. Optional: Garnish with parsley or scallions.

Food For Thought

Zapiekanka: A popular Polish street food.

Zapie...what?! It is pronounced za-pē-con-kah. Traditionally this Polish 'fast food' is prepared on halved French baguettes with mushrooms, cheese and topped with Polish ketchup. Polish ketchup has a spicy note that can be easily substituted with our jerk bbq sauce.

Zapiekanka with some Jamaican flare:

Sauté chopped mushrooms and onions in olive oil with a dash of black pepper. Try our new whole wheat coco bread, open it and layer the mushroom and onion mixture on each side. Sprinkle with your favorite white cheese: mozzarella, swiss, muenster, jack, or sharp cheddar. Place that in your toaster oven to melt the cheese and crisp the bread.

Police Foundation City Of Mount Vernon Inducts Damian HoSang



Damian HoSang with Mayor Clinton Young of Mount Vernon, NY

WESTCHESTER MAGAZINE

"21 BEAUTIFUL RESIDENTS"

Simone HoSang was featured in the May 2011 issue of Westchester Magazine's "21 Beautiful Residents" with her empowering definition of beauty.



Photo by Chris Ware

Ocular Health Advice

ALLERGY SEASON IS HERE

Can the eyes have allergies? The majority of people who suffer from seasonal allergies also have signs and symptoms of ocular allergies or allergic conjunctivitis.

What are the symptoms of Ocular Allergies? Itching, red, watery eyes are the major symptoms.

Are ocular allergies contagious? Ocular allergies are not contagious. The eye may get as red as someone who has pink eye, but this is not caused by a virus.

Can allergies be year round? Yes. The majority of ocular allergies occur during the early spring and late summer/early fall months due to pollen, but allergies can be year round due to animal dander

allergy or pollution.

What are the treatments for ocular allergy? Your doctor may prescribe you artificial tears to soothe the eye and rinse away the allergens. Your doctor may also prescribe 'anti-itch' eye drops, that inhibit the release of histamine (the agent which causes itching).

Are there home remedies to treat allergy? Avoiding the allergy is the best treatment. Washing your hands before touching your face can decrease direct exposure to the eyes. Also, changing clothes immediately after entering your home can reduce the exposure to pollen that has fallen onto your clothes. Also showering before bedtime can also reduce your

exposure to the pollen that has fallen onto your skin.

Can allergies cause blindness? Almost never, but vigorous itching can decrease vision temporarily, and may cause an abrasion of the cornea.

If you have or know someone who has ocular allergy, call your local ophthalmologist for an examination.



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of the Caribbean
is captured in every bite!



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