

Caribbean Delights

VHFF Celebrated 11 Years of Giving

MTVNHC Honors Vincent HoSang



Left to Right: Mount Vernon Neighborhood Health Center Network's (MTVNHC) Honorees: Dr. Vincent HoSang, Dr Guirlaine Agnant and Dr Andrew D. Racine

Popular business leader and philanthropist, Dr. Vincent HoSang is the 2014 (MTVNHC) Achievement Award Honoree. The Jamaican-Chinese entrepreneur was recognized for his exemplary leadership in business, community empowerment and 'giving back' at the second annual Winter Gala and Awards Ceremony held in March at the Glen Island Harbor Club in New Rochelle.

The Caribbean Food Delights Chairman, was honored along with two other outstanding community stalwarts: Community Service Awardee, Dr. Guirlaine Agnant, a medical doctor, a pioneering obstetrics and gynecology specialist and president of the Women Medical Wellness of Westchester and Leadership Award Honoree, Dr. Andrew D. Racine, senior vice-president, chief medical officer and executive director of the Montefiore Medical Group.

Everybody's Magazine Honors Mothers



Everybody's Magazine honored Simone HoSang amongst other wonderful mothers at their 2015 Mother's Day Saturday Concert, Mother We Love You. Simone was not able to attend. Sabrina HoSang accepted the award on her behalf.



Left to Right: VHFF Chairman, Dr. V. HoSang, Founding Member of the Friends of the Mustard Seed Communities, Daphney Mahoney, President of UJAA, Lesleyann Samuel, Chairman of OID, Dr. Roy Streete, President of JAMCCAR, Suzanne Young-Mercer, Past President and Life Member, JAMCCAR, Sonia Tracey-McCallum

The Vincent HoSang Family Foundation (VHFF) recently celebrated eleven years of philanthropy and 'giving back' at its Anniversary and Awards Breakfast at the Door Caribbean Restaurant in Queens, New York.

The celebratory event highlighted the VHFF's 2014 successes and recognized four distinguished community organizations: Friends of Mustard Seed Communities, Jamaican Civic & Cultural Association of Rockland (JAMCCAR), the Organization for International Development (OID) and the Union of Jamaican Alumni Association (UJAA) each celebrating 25 years of unparalleled commitment and support to nation building and community empowerment.

The VHFF's 2014 'giving back' efforts totaled approximately \$150,000 to various organizations here and in Jamaica, in the fields of health, education and community outreach.



Private party room at the Door restaurant where guests of the VHFF celebration enjoyed an authentic Jamaican style breakfast.

All Islands Association 41st Annual Hacinth S. Peters Scholarship Luncheon



Simone & Sabrina HoSang (The Vincent HoSang Family Foundation), Amanda Carby and her parents, Sandra & Asquith Carby

Star student, Amanda Carby, is one of All Islands Association's 41st Annual Hacinth S. Peters Scholarship awardees. She is a graduate of Cardinal Spellman Class of 2015 and will major in the field of nursing at Dominican College in Orangeburg, New York. Amanda was recognized not only for her academic achievements, but for her outstanding leadership qualities, community involvement and for having perfect attendance since fifth grade.

CFD & RCB Proud Partners of TJB

CFD Chairman, Dr. Vincent HoSang serves the athletes breakfast in preparation for day 3 of the 22nd annual Penn Relays. The chairman is a proud partner of the Team Jamaica Bickle Hospitality Program and is the backer of the three-day nutrition and feeding program. In addition to providing meals for the over 600 Caribbean athletic contingent daily, Caribbean Food Delights and Royal Caribbean Bakery also donated \$10,000 cash.



Sabrina HoSang Recognized for Community Service



CFD's COO, Sabrina HoSang Jordan, shares her celebratory moment with sister, Simone HoSang. Sabrina was honored by the Organization for International Development, OID recently for outstanding dedication and unwavering support to community outreach.

Ask Uncle Vinny...



Over the years, I have come across many young entrepreneurs hungry for advice on a myriad of business related issues.

The ones they were never taught in the classroom and those that can only be solved from experience. The truth is, the "School of Hard Knocks" has its own set of unwritten code of ethics and the resources directly solving these issues are not readily available. While I do try to find some time to impart knowledge and advice from my own experiences, there are no 'quick fixes' or time limit in solving these issues. Doing business today is so much harder than when I first began some thirty-seven years ago. Over the next few issues of our company's newsletter, I am committed to sharing some of these questions I have been asked with you, more so, our entrepreneur readers, in an attempt to answer similar issues that you might be faced with, as you do business daily.

Q: Uncle Vinny, I operate a Jamaican restaurant and I am advertising for a chef, but my uncle who used to cook in a restaurant is coming up from Jamaica, should I give him the break?

A: It's one thing to want to look after your uncle. However, the most important role in your restaurant is that of a chef's. As you are aware, to operate a restaurant is highly competitive and your survival depends on taste and presentation. You would need to ensure that the chef you employ understands your concept, the importance of quality and excellent customer service. Your chef also needs strong interpersonal skills to cultivate a good rapport with the kitchen staff as generally he or she supervises and trains the team.

The first issue though is to determine who better suits your concept, taste and presentation. To determine if you hire your uncle or someone else, you could have both prospects prepare a similar menu separately and conduct a sampling. Don't rely solely on your taste buds, but include others to arrive at the more suitable person for the job.

Some keywords to remember: concept, customer service, quality, taste, presentation and competition.

Remember competition is fierce and only the best restaurants survive.

Best of luck,
Uncle Vinny

Tau Gamma Zeta Chapter of Zeta Phi Beta Sorority 6th Annual Finer Womanhood Scholarship Luncheon



Sabrina proudly shows off her community service award from Tau Gamma Zeta, a chapter of Zeta Phi Beta Sorority, Inc. She was awarded at their 6th Annual Finer Womanhood Scholarship Luncheon in March.

Happenings...

AFUWI Gala

The American Foundation of the University of the West Indies (AFUWI) 17th Annual Awards Gala on February 11, was undoubtedly a stellar event. The jam packed event at The Pierre in Manhattan was a resounding success with patrons representing all walks of life. Special guest, DJ Extraordinaire, Doug E. Fresh kept guests minds off the cold weather with his prolific reggae tribute.



Rapper, MC Lyte and our Marketing and PR Officer, Janice Julian posed for a photo as they exited the gala.

Lose to Win



Nyack Hospital's Lose to Win program at Caribbean Food Delights taught by Sabrina HoSang.

Try Our New...
**Rotisserie
 Jerk Chicken!**
 &
 Our New Sides

JERK QZINE
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Food For Thought:

Bacon, Egg & Cheese Jamaican Beef Patty



Breakfast does not get any tastier. Here's our twist on the traditional bacon, egg and cheese sandwich.

Ingredients:

- 1 Caribbean Food Delights Beef Patty
- 1-2 fried eggs
- 1-2 slices of bacon
- 1 slice of Havarti Cheese or any cheese you prefer

Directions:

Bake your favorite Caribbean Food Delights Jamaican Style Patty as directed on the package. We used a spicy beef patty. In the meantime, while it cools, fry an egg or two to your preference. Cook bacon until crisp. Open patty by the crimp. Layer cheese, fried egg and bacon. Enjoy open faced or closed. This meal stacks up about 27-37g of protein.

In Loving Memory of
 Our Colleague & Friend
 Raymond K. Francis
 AKA "Bushy Black"
 Rest in Peace
 Sunrise: January 13, 1956
 Sunset: January 30, 2015



Photo by Ajamu Photography

In this issue, Caribbean Food Delights pays tribute to our hardworking and dedicated employee, Raymond "Bushy Black" Francis, who passed away in January. Bushy Black was always the 'life of the party' with his ever dapper outfits. Here, he is 'dressed to impress' in full white at the last employee appreciation BBQ he attended. May his soul rest in peace!

Nutritional Health

AUTOIMMUNE PROTOCOL (AIP)



Simone HoSang
Director of Nutrition & Food Science

You or someone you know may be suffering from an autoimmune disease. Some people may not even know they have one because they have dealt with symptoms their whole lives, they assume the discomfort they have been experiencing is normal. Common symptoms are headaches, bloating, irregular bowel movements, inability to focus, fatigue, irregular heartbeats, hair loss, sensitive skin, vision problems, changes in mood, infertility and much more.

Autoimmune diseases are unrelated to immunodeficiency diseases such as HIV/AIDS. An autoimmune disease is when your immune system goes rogue and starts attacking healthy cells in your body. An immunodeficiency occurs when your immune system is resistant or not able to fight disease.

An Autoimmune Protocol (AIP) is commonly thought of as a restrictive version of a Paleolithic diet as it shares

similarities. It is an anti-inflammatory diet with the end goal to heal the gut in order to improve the immune system, lessen autoimmune reactions and even bring an autoimmune disease into remission.

Many people may not realize they have something called, leaky gut. This is when the small intestines' cell wall becomes semi-permeable and undigested food may pass into the bloodstream and cause an immune response. Your body creates antibodies that are designed to attack foreign substances, however, later it may mistake the tissues in your body for these intruders causing an autoimmune disease. Not all autoimmune diseases develop this way, some are inherited and just need a trigger like stress to turn it on.

AIP eliminates most allergens such as wheat, eggs, dairy, nuts, peanuts and soy, as well as, legumes, grains like corn, barley, rye and rice, pseudograins like quinoa and amaranth, nightshades like tomatoes,

potatoes with the exception of sweet potatoes, eggplant, peppers (except black pepper) and vegetable oils. Some AIP diets eliminate high glycemic fruits like tropical fruit, bananas and apples.

That is an overwhelming list of what not to eat, you are probably wondering what people eat on this protocol. It simply comes down to protein: meat, chicken, fish; vegetables: leafy greens, cucumbers, carrots, sulfur-rich vegetables like those in the broccoli family; fruits: berries, citrus, any fruit; grains are replaced with complex carbohydrates: sweet potatoes, squash and pumpkin; healthy fats: avocado, olive oil, coconut oil, and coconut butter.

There are also plenty of supplements that go along with this diet, but they are specific to the autoimmune disease and the needs of the person. Consult with your doctor if you believe you have an autoimmune disease. It is best to work with a trained nutritionist, too.



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