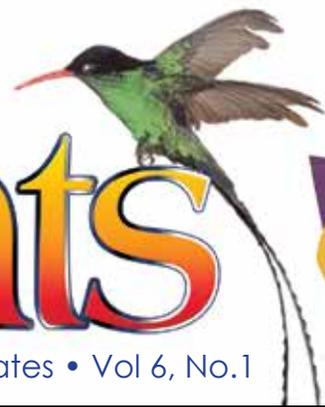




# Caribbean Delights



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## Royal Caribbean Bakery & Caribbean Food Delights' Holiday Celebrations

In December 2011, Royal Caribbean Bakery and Caribbean Food Delights hosted their Christmas parties at work instead of at a catering hall. Both companies had the party catered with delicious entrees and dessert. Employee awards and prizes were given out. Employees also participated in a Secret Santa game which added a nice twist to the party.



Neil Benjamin  
Employee of the Year



Ms. Dawn Davis, Positive Attitude Award  
presented by Michael Sperrazza



Sheldon Williams  
Best Attendance Award



Warren Shaw  
Raffle Prize Winner



Royal Caribbean Bakery Team



Mr. HoSang and Sabrina presented the Employee  
of the Year Award to Saji Skaria



Raquel Pascual presented Belquis Rodriguez  
with the Positive Attitude Award at CFD



Sabrina presented Anthonette Elliott & Alan Carpanini presented Kathleen Barker  
with the Best Attendance Award at CFD



Maria Henriquez & Griselda Urena



Maria Collado & Carolina Casilla



Jeanne with Mr. HoSang, Charles Chung, Sabrina HoSang and some of her fellow co-workers.



## Jeanne Anoux's Farewell to Caribbean Food Delights



Caribbean Food Delights' managers and employees bid farewell to Jeanne Anoux, a wonderful employee who was a pleasure to work with and always went above and beyond her job duties. For 17 years, Ms. Anoux was a production employee who had worked for Caribbean Food Delights since the plant opened in Tappan, New York in 1994. Ms. Anoux had announced her retirement and gave her farewell speech at the Christmas party as tears of sadness came down her face. Her kind words about the company, her supervisors and co-workers brought tears to everyone's eyes. All were grateful to have had the opportunity to work with her. Ms. Anoux will be greatly missed.



Mr. HoSang, Lori Hutchinson & Sabrina HoSang

Every year we give a scholarship to a student in memory of Brian HoSang at our annual Christmas party. We have partnered with UJAA who helps us to do the screening of the applicants. With the help of Karlene Largie, President of UJAA and Barbara Richards, the Education Chairperson and Vice President of UJAA (USA), Inc, our scholarship recipient for 2011 is Lori Hutchinson. Lori is currently a first-year student at The City College of New York studying Pre-med at the Sophie Davis School of Bio-Medical Education. She expects to graduate in June of 2017. Sophie Davis School of Bio-Medical Education is considered one of the top schools of medicine in the country and requires high academic achievement to be accepted. Congratulations, Lori!

## Caribbean Food Delights Receives Beautification Award from Keep Rockland Beautiful

On November 5, 2011, Keep Rockland Beautiful (KRB) awarded Caribbean Food Delights a Beautification Award for their beautiful landscape in front of their state-of-the-art frozen food manufacturing plant on Route 303 in Tappan, New York. Keep Rockland Beautiful is a nonprofit organization that leads efforts to cleanup, beautify and protect Rockland County's environment. Best known for its annual spring Great American Cleanup, KRB also organizes environmental education



Michelle Damiani & Vincent HoSang

programs in schools, promotes litter law enforcement, and supports public art and beautification activities. Chair of 2011 Keep Rockland Beautiful Awards Gala Committee, Patricia Hubbard, explained, "The awards gala theme this year focuses on 'working' because we understand that we each have a responsibility to be the 'tools' that increase environmental awareness, advocate for sustainable public policies and step into brooks like the Nauraushaun to reclaim clean, clear water." Mr. HoSang and his daughter, Sabrina, attended the gala at the Rockland Country Club to receive the award. Mr. HoSang said, "We feel honored that Keep Rockland Beautiful has recognized us for our efforts to make Rockland look beautiful to attract more residents and businesses to our community. We will continue to do our part and hope that others will follow so that Rockland will continue to be a beautiful place for residents to live and businesses to thrive in."

## Mr. HoSang Nominated for Jamaica Observer Business Leader Award



Photo: Joseph Wellington/ Jamaica Observer

Jason Corrigan, Commercial Director of Digicel Jamaica, Joy Spence, Master Blender of Appleton Jamaica Rum, Jeanette & Vincent HoSang, AI Edwards, Caribbean Business Report Editor, Jamaica Observer, Ltd.

## Mr. HoSang Honored for His Community Service

Mr. Vincent HoSang was honored by St. Catherine High School Alumni Association North East, Inc. for his untiring work and dedication to nation building through his unselfish giving to the children of Jamaica, in sport and education. Mr. HoSang's daughter, Sabrina, accepted the award on his behalf as he was unable to accept the award in person. The awards banquet was held on October 22, 2011 at Beckwith Pointe Country Club in New Rochelle, New York. The theme for this year's awards banquet is "Making an Impact - Future Leaders". The keynote speaker was Dr. Una Clarke, C.D., president and CEO of Una Clarke Associates and former New York City council member who also received a community service award.



Mrs. Jasmine Clarke-Barnes, President S.E. Chapter, presenting the award to Sabrina HoSang

## Mr. HoSang is "Called to Serve"

Friday, October 14, 2011, Reverend Noel Chin of the First United Methodist Church presented an award to Mr. HoSang for his dedication, commitment and compassion to Mount Vernon and the communities he serves. The theme this year is "Called to Serve".



Reverend Noel Chin & Mr. Vincent HoSang

The gala banquet was held at the Davenport Club in New Rochelle, New York. The First United Methodist Church is collecting diaper bags, diapers, teething rings and baby clothes for single mothers.

Donations can be dropped off at 227 East Lincoln Avenue, Mount Vernon, NY.

# DIABETES PREVENTION: TIPS FOR TAKING CONTROL

## So what will it take for you to change?



Katherine Ossolinski, Registered Dietitian

As per the American Diabetes Association, almost 26 million people in the United States have diabetes. Type 2 diabetes is the most common form and can occur at any age, even childhood.

### This being said, why would you want to avoid this disease?

Statistics show that in 2007, almost 250,000 people died with complications related to diabetes; this number is only growing. Other problems that could occur are blindness, neuropathy, kidney disease and amputations, to name a few.

Now that you may be starting to get nervous, you might be wondering what your risk factors could be. Assess if you:

- Have family history
- Are overweight/obese
- Are more than 45 years old
- Do not exercise regularly
- Have low HDL (good) cholesterol, high triglyceride levels, and/or high blood pressure
- Have Prediabetes (elevated glucose levels, but not high enough to be called diabetes)
- Are of a certain race/ethnic group (occurs more often in Non-Hispanic blacks, Hispanic/Latino Americans, Asian Americans, Pacific Islanders, and American Indians/Alaska Natives)
- Have had Gestational diabetes, or had a baby over 9 pounds

The good news is that Type 2 diabetes can be prevented or controlled, but it is up to you to do the work. Let's start!

### MAINTAIN A HEALTHY WEIGHT

Studies have shown that losing even 7% of your body weight can decrease your risk of getting diabetes- that's only 15 pounds if you weigh 200 pounds!

### EXERCISE

This should be done regularly. Even a quick walk for 30 minutes, five days per week, can help. Develop an exercise routine with your doctor or health care professional for best results.

### EAT HEALTHY FOODS

This does not need to be complicated, but requires planning. Write down a shopping list to have the staple foods easily available at home. Remember to choose:

- **A Balanced Diet:** this includes whole grains, lean meats, fruits and vegetables, low fat/non-fat dairy - this also helps lower cholesterol and triglycerides
- **Limit saturated fats** (fried foods, butter, cream, cheese)
- **Decrease intake of sugary foods/drinks** (soda, juice, cake)
- **Limit alcohol intake**
- **Watch portion sizes!** - Different strategies could be like buying smaller plates/cups; or to use measuring cups/spoons when cooking or serving food
- **Eat smaller meals more often** throughout the day
- **Skip fad diets** (low-carb, glycemic index, etc.) These could work at first, but have not been proven to have positive results long term. Limiting certain food groups may mean missing out on important nutrients
- **Get treatment if you have prediabetes.** See your doctor and make the above lifestyle changes now! There are more than 79 million people with prediabetes, and it has been shown that long term damage can start at this stage of the disease

Now, prevention is all very simple if you accept that you may be at risk for diabetes. What are YOU ready, willing, and able to change?



## THE VINCENT HO SANG FAMILY FOUNDATION HELPS TO FUND \$2.2 MILLION MEDICAL EQUIPMENT FOR JAMAICA

The Vincent HoSang Family Foundation (VHFF) continues to support Jamaica by pledging financial support to the Cornwall Regional Hospital in Montego Bay. The Jamaica Association of Administrative Professionals (JAAP) and Dr. Delroy Fray have asked VHFF to help purchase a linear accelerator (LINAC) machine which will be used to treat patients with cancer. The cost of this machine is US\$2.2 million. JAAP would like to purchase this machine by June 2012. Caribbean Food Delights and Royal Caribbean Bakery are asking their customers to continue purchasing their products as a percentage of the proceeds will go towards their contribution for the purchase of this machine. They are also seeking additional corporate pledges to help fund the project. Mr. HoSang has always been the one being asked to sponsor something. Now, he is asking others to support this cause as it will benefit many who are

in great need of these medical services which currently are not available to them.



If you wish to donate, you can make your donation to Vincent HoSang Family Foundation (VHFF) and mail it to 117 Route 303, Suite B, Tappan, NY 10983. For more information, call 876-952-5100 or e-mail [crhospital@yahoo.com](mailto:crhospital@yahoo.com).

In December, VHFF will also be giving a scholarship to a student in memory of Brian HoSang. If you are interested in applying for a VHFF scholarship, please e-mail Caribbean Food Delights at [info@caribbeanfooddelights.com](mailto:info@caribbeanfooddelights.com) for a scholarship application. A student will be selected based on academic

merit and community service as well as other criteria. All scholarship applications must be submitted by December 1, 2012.

# FOOD FOR THOUGHT: Jamaican Cake Pops

By Simone HoSang



Cake on a lollipop stick! Cake pops have become the latest trend for cakes, desserts and party favors. They are portion controlled, easy to eat and fun for all ages. Once you get the hang of it, they are pretty easy to make too.

Traditionally, cake pops are made by crumbling a 9x13 inch cake, mixing it with ¾ container of frosting to keep it moist, molding them into shapes by hand and decorating them. We took cake crumbs of our moist Black Fruit Cake, molded it into pear shapes, chilled them, added lollipop sticks, dipped them into melted white chocolate candy coating and decorated them as little snowmen for a fun, adult, winter-inspired treat. Check out our Facebook page for details on how we created them.

# Ocular Health Advice

## EYE STROKE

### What are the symptoms of a stroke in the eye?

The major symptom is a sudden, painless loss or major decrease in vision of the eye.

### What is a stroke of the eye?

The technical term is called retinal artery occlusion, or retinal vein occlusion of the eye. This occurs when an artery or vein of the retina (the most posterior portion of the inner eye) is blocked. Blood cannot supply the rest of the retina, causing death of tissue and loss of vision.

### What are the causes of strokes?

As with strokes of the brain, high blood pressure, high cholesterol, high eye pressure, and hypercoagulation diseases (Lupus) can cause strokes in the eyes.

### What can I do to prevent this condition?

To prevent retinal arterial or venous occlusions (strokes), make sure your blood pressure, diabetes, and cholesterol are under control.

### If I know someone who has had a stroke, what should they do?

It is very important that they see an ophthalmologist. They need to be followed to prevent possible glaucoma in the eye. They also should have a blood test to prevent a possible stroke of the other eye.

If you have had loss of vision, or know anyone that has had loss of vision, please see an ophthalmologist as soon as possible.



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As you may know, we received our Safe Quality Food (SQF) certification in December 2010. We are proud to announce that we have received our new certification on December 2, 2011 as it is a certification that is renewed annually. 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.



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