

Sabrina's DELIGHTS

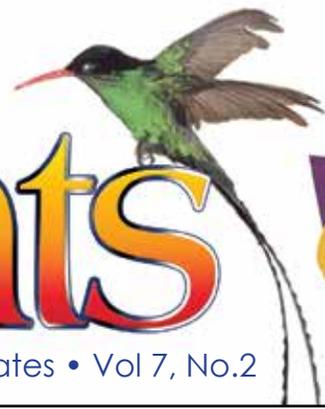
Caribbean Delights



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MESSAGE FROM THE CEO DR. VINCENT HOSANG O.D.



The comradery of the Jamaican Diaspora community and well-wishers being displayed in support of the Vincent HoSang Family Foundation, VHFF Jamaica LINAC Machine Initiative is truly gratifying. In response to my urgent appeal: If 500,000 people give a one-time donation of \$10, we will be closer to our goal, the donation tally now stands at \$35,000.00. Although, we are nowhere near our targeted goal of US\$5M, your contribution to date, is a true expression of the love, care and appreciation we share for our Jamaican brothers and sisters suffering with cancer at home. Your loyalty and support are good enough indicators to predict a fruitful 2013 for the VHFF. Some of you are one-time donors, while others are monthly donors. In whatever category you fall, the VHFF wholeheartedly thanks and appreciates your spirit of giving and your kind generosity. Thank you!

Gift Certificates Now Available!

Surprise your loved ones with a gift certificate for our delicious products.



Caribbean Food Delights a Sponsor in Trans Am Series

Photos courtesy of Rob Bodle

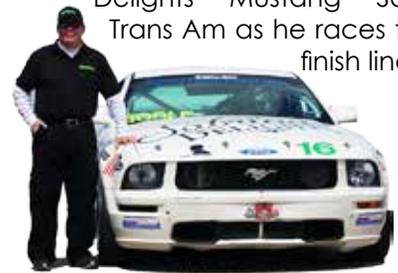


Rob Bodle is the designated driver for our Caribbean Food Delights sponsored Trans Am race car. Bodle need to find a new sponsor for this year's races. As he was eating our Jamaican beef patty, a lightbulb went on and he decided to look up our company. He saw that we are a family business and felt for once that he can actually "speak with a real person" unlike when he had large companies sponsor him. He got in contact with Tim Conway, our Director of Sales and Marketing for sponsorship.

Tim saw it as a great opportunity. After discussing it with Mr. HoSang, CEO, and Sabrina HoSang, COO, the company was on board.

Since, we have gained a lot of new fans on Facebook to support our products and cheer on Bodle.

Our banner can be seen on the back passenger panel above the rear wheel. On the hood of the car is our new product line's logo, Sabrina's Delights. Look for Rob Bodle speeding by in the white, Caribbean Food Delights Mustang Sebring Trans Am as he races to the finish line.



Five Years of Scholarships In Memory of Brian HoSang

It has been five years since Brian HoSang fatally crashed his motorcycle riding with friends on Mother's Day in 2008. The Vincent HoSang Family Foundation has given out numerous scholarships in his memory.

Tamisha will receive surprise care packages with goodies, snacks and souvenirs compliments of CFD, RCB, Jerk Q'zine and VHFF.

This year at the All Islands Association 39th Annual Hacinth S. Peters Scholarship Luncheon, at the Green Tree Country Club in New Rochelle, New York, Tamisha Walters-Hanley received a partial scholarship of \$1000.00 towards her studies in early childhood education. She also has a talent for poetry. Three hundred eco-tote bags were also donated for each guest at the event.

On behalf of the HoSang family, Sabrina spoke words of wisdom as she wished Tamisha the best of luck on her journey towards a bright future. She advised Tamisha to do what she loves and do it with passion. As part of being a VHFF scholarship recipient,



Photo by Noel & Sabrina Photography

Sabrina and Simone present the scholarship check to Tamisha Walters-Hanley at the All Islands Annual Hacinth S. Peters Scholarship Luncheon May 5, 2013

Royal Caribbean Bakery & Caribbean Food Delights Support Local Communities

Penn Relays 2013



Dr. HoSang and Sabrina handing over the \$10,000 RCB/CFD check donation to Irwine Clare of Team JA Bickle as pledged at the Team Bickle press conference on April 16



▲Over 10,000 Meals were served to Caribbean athletes and volunteers. Meals provided by Caribbean Food Delights and Royal Caribbean Bakery at the 19th Annual Penn Relays April 25-27.

◀Royal Caribbean Bakery/Caribbean Food Delights donated over 500 backpacks containing various souvenirs to the athletes

Did you know?

Caribbean Food Delights was the first Jamaican patty manufacturer to develop and introduce the microwaveable patties. The microwaveable patties made their debut in the club stores 20 years ago. Since then, distribution of our patties has increased to over 15,000 retailers worldwide. Now that is another milestone to make our Jamaicans proud.

VHFF donated a \$3000 scholarship to the AFUWI

At the American Foundation for the University of the West Indies (AFUWI) gala on January 30, 2013, the HoSangs gave a \$3,000 scholarship to a student who is attending the UWI. The HoSang family supports the UWI through AFUWI gala annually. In particular, in 2002, the VHFF gave six full scholarships were given to six students at the UWI in the amount of \$150,000.



Dr. Vincent HoSang, O.D., CEO of CFD, VP of RCB ; Maurice Dubois, NBC News Anchor; Sabrina HoSang COO of CFD

materials to help those in need—many without health insurance—to better understand their health and get adequate medical care.



Sabrina HoSang volunteering at Duncan Tree Foundation Fundraiser

RCB Extends a Helping Hand to Food Bank of Westchester

Royal Caribbean Bakery donated 350 loaves of hard dough bread to the Food Bank of Westchester in March.

RCB/CFD Continues to Support Our Troops!

RCB/CFD continues to support the Wounded Warrior Project and their vision: "To foster the most successful, well-adjusted generation of wounded service members in our nation's history. A donation was made on March 18 in memory of Brian HoSang. For more information about the Wounded Warrior Project, please visit their website www.woundedwarriorproject.org

OID Mission Trips



Sabrina HoSang, Dr. Streete, Vincent HoSang

This month, Caribbean Food Delights donated over 2,000 toothbrushes and toothpaste, 150 lunch bags and 600 eco-tote bags worth over \$5,000.00 to the Organization for International Development for their upcoming mission trip to Jamaica in June 2013.



Marcia Jones, Nurse Practitioner, Group Leader giving out lunch bags filled with dental supplies.

Duncan Tree Foundation Fundraiser

On March 8, 2013, Sabrina volunteered her time at the Duncan Tree Foundation Cocktail Reception Ceremony. CFD donated patties and Sabrina's Delights products to the event. The Duncan Tree Foundation works to promote all aspects of wellness: physical, mental, financial and spiritual. Through community outreach programs, health expos, seminars and neighborhood events, Duncan Tree Foundation offers free screenings, consultations and assessments, as well as educational

COJO Benefits from RCB and CFD

Sabrina volunteers every year to help Children of Jamaica Outreach (COJO) with their annual fundraising raffle and supports their annual benefit gala. COJO's annual raffle always offers generous prizes donated by generous sponsors. The raffle drawing was held on May 18, 2013. The week of May 19, Sabrina traveled to Jamaica with COJO's Founder and Chairman, Gary Williams, and the COJO group to present the

donation checks to the various schools. School supplies such as books, sneakers and computers were donated as well.

Photography by Margot Jordan



Patricia Chin, Founder, VP Records; Gary Williams, Founder & Chairman, COJO; Dona Morales, grand prize winner; Vilma Daley, host; Sabrina HoSang, COO, Caribbean Food Delights and Robert DeSouza, COJO Executive and Managing Director, Transcontinental Express Shippers (in background)

RCB/CFD 35th Anniversary Specials

RCB and CFD celebrated their 35th Anniversary on February 16, 2013 at our affiliate, JerkQ'zine Caribbean Grille. Customers won \$35 RCB/CFD gift cards and surprises during the anniversary week, received free anniversary cake with meals, free dinner rolls with entrees, free tote bags, and children won prizes and Toys "R" Us gift cards for entering the Mr. & Mrs. Patty Coloring Contest.

Barbara M. Simpson (BMS) Dinner Fundraiser

On May 9, 2013, RCB/CFD donated 100 eco-tote bags and souvenirs to the BMS fundraiser and gave a financial donation to support the scholarships that were given in Barbara M. Simpson's memory.



Sabrina is Honored as a Woman of Great Esteem



Sabrina with her award



Evette Clarke, Council Woman; Sabrina HoSang, Una Clarke



Sabrina inspiring young girls from M.A.C.A.D.E.M.Y. School of Science and Technology at the 17th Annual Woman of Great Esteem Emerald Awards Ceremony at the Ritz Carlton Hotel in Battery Park, NY, May 4, 2013.

Dr. HoSang Honored at Friends of Good Shepherd Mobay



Photography by Simone HoSang

Caribbean Food Delights Advocates Healthy Employees

To prepare for the warmer months, Caribbean Food Delights offers a healthy lunch with an abundance of fruits and vegetables to invite their employees to their in-house gym. The gym is available for use by all employees. Aside from occasional group exercise classes, the gym has a selection of instructional workout videos including P90x and Zumba, free weights, exercise bands, core exercise balls, kickboxing equipment, as well as, three treadmills,

three ellipticals, one recumbance bike and one arc trainer. It is recommended that each employee obtain a physical before signing the gym waiver.

After hosting several Biggest Loser contests with the staff, Joceline Rodriguez and a team of production staff did their own Biggest Loser contest. When CFD heard of it, we awarded her a plaque for being the biggest loser. Check out Joceline's before and after photos below..



Angel Aloma, Executive Director of Food for the Poor; Bishop Dufour; Dr. Vincent HoSang, O.D.

Food For Thought: Patty Sliders



To add a unique appetizer to your next party, try patty sliders. Directions: Place Jamaican cocktail patties on Royal Caribbean Bakery hard dough bread dinner rolls and serve hot.

Chiropractic Health Advice

BACK PAIN



Dr. Brett Caminez, DC, CCEP
Caminez Chiropractic and Wellness
caminezwellness.com

Without a doubt, when people think of Chiropractic they think of back pain. In reality, Chiropractors do so much more. They actually help your body express it's optimal healing potential and it's amazing what can happen, but we won't get into that right now. If we discuss only backs, "It's estimated 85 percent of people living in the United States will suffer from back pain at some point in their lives. It is the number one leading cause of disability in this country!" As mentioned in my last article/blog, is it any surprise with all the sitting we're doing?

Unfortunately, when people do think of back pain, they don't usually start with Chiropractic. When most people experience pain, the first thought is usually, "What is the fastest way I can get rid of the pain?" Understandably so. However, the problem with this way of thinking does not lead to solutions,

just quick fixes which many times make the problem worse in the long run. Pain medications, for example, only numb or block the pain, they don't resolve what's actually caused the pain in the first place. Used improperly, pain medications can also allow a person to continue to use a weakened or damaged area longer than they should, thus causing more damage. And let's not get into the infamous meningitis outbreak that occurred last year with steroid shots that can also apparently increase the risk of fractures.

Some treatments seem like a permanent solution, but end up just being a permanent hindrance. Such as back surgery - a procedure from which years later, many people claim they're still in pain. Or, high frequency stimulation - a process that implants small leads onto the spine and then are stimulated - much like electrical shock for the rest of their lives. While these may be the "fast" solutions, in most cases the pain continues and requires either more pain relievers or additional surgeries. Maybe they're not so "fast" after all.

In contrast, Chiropractic has been shown to be a safe and effective treatment. The Consumer Reports Health Ratings Center recently surveyed more than 14,000 subscribers who experienced lower-back pain and found that Chiropractic was rated with the highest satisfaction compared to other forms of treatment. Chiropractic does not involve drugs or surgery and it certainly doesn't ignore the problem by masking pain. Chiropractic allows the body to return to its God-given optimal function and allows your body to work at it's best. By aligning the spine, stretching and strengthening, the results are long-term and the cause of the problem is corrected.

I'm not saying that the other treatments aren't useful and in some cases the absolutely best option for patients, but what I'm definitely saying is that before you decide to try an extensive, expensive and potentially dangerous treatment, at least consult a Chiropractor to see if a safer and less invasive option is right for you.



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HOME OF THE BEST Quality Jerk Marinade and Food Products

A Reaction from Ordinary Food

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