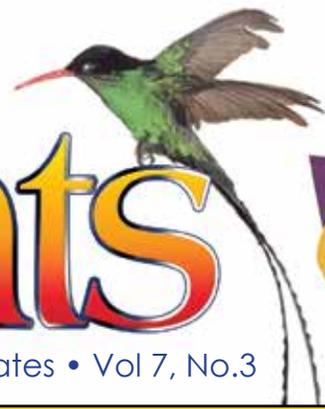




Caribbean Delights



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Message from the CEO Dr. Vincent HoSang O.D.



My decades-long love for humanity was something that came naturally. When my wife, Jeanette and I started Royal Caribbean Bakery in 1978, we had a passion for a better life for our family and by extension, the less fortunate. We felt that if we led a life helping others, then our lives would be rewarding and worth living.

Since then, we have accomplished many goals. Not only for ourselves, but we have significantly increased opportunities and improved the lives of many, most of whom are our Jamaican brothers and sisters. Our philosophy is simple - In our efforts and aspirations to achieve our goals, we must never forget we did not get there alone. Someone during our lifetime, no matter how insignificant helped us along the way. With this in mind, giving back was easy and we knew that our philanthropic efforts would be a lifelong commitment and so the Vincent HoSang Family Foundation, VHFF was formed in 2002.

Our mission is limitless as we strive to break down the challenges and focus on opportunities that will over time enhance the lives of many less fortunate individuals and communities both locally and in the Caribbean.

St. Luke's Episcopal Church's \$10,000 Shower of Blessing on the VHFF



Rector, Father Pierre Duvert and members of the congregation presenting check to VHFF.

St. Luke's Episcopal Church is being praised for their record breaking \$10,000 donation to the Vincent HoSang Family Foundation, VHFF's Jamaica LINAC Machine Initiative Project.

The church is particularly being hailed for what is considered the largest single donation to date to the cancer fighting machine fund. However, Rector, Father Pierre Duvert sees the contribution as the duty of the church. He said, his church's congregants are made up of caring individuals, who understand the purpose of the church in time of need. Father Duvert said, he approached his congregation for assistance with the VHFF's urgent appeal and the response was gratifying. "It took us almost a month to raise \$9,750 and on

the day of the official handing over, I asked the congregation to round it off to \$10,000 and they did", he said.

VHFF's Founder Vincent HoSang said, he was pleasantly surprised when the whopping \$10,000 figure was announced. He said, words cannot express how moved he was by the church's benevolence and although the fund is nowhere near its target of \$5 million dollars, the support so far is very encouraging. HoSang added, that he is still basking in the glory and he is appealing to others to assist our ailing Jamaican brothers and sisters with cancer by donating to give hope a fighting chance.

Similarly, in the spirit of giving, Jamaican owned Record Label and Music Distribution Company, VP Records, donated \$1,000 that same week.

The Jamaica LINAC Machine Initiative Project Fund has made positive strides over the summer months, moving from \$35,000, in May, to approximate \$90,000 as at the end of September.

Rockland Community Foundation Welcomes Sabrina HoSang and Miles Taylor to Its Board of Directors

NY (New City Patch) - The Rockland Community Foundation is pleased to announce the appointment of Sabrina HoSang and Miles Taylor to its Board of Directors.

"Sabrina and Miles bring unique capabilities to our Board of Directors," says President Patrick Byrne. "Both have strong ties to our community and will be tremendous assets in helping us build upon the

critical work we are doing to increase charitable giving in Rockland."

Ms. HoSang is COO of Caribbean Food Delights in Tappan and Mr. Taylor is well respected as an Ex-Chief of the Nyack Fire Department, and runs his own business as a video engineer.



Sabrina HoSang



Miles Taylor

To learn more about the Rockland Community Foundation and its programs, visit www.rocklandgives.org

The VHFF Racked Up Donations...

Church of The Good Shepherd, A Friend of the VHFF



Reverend McIntyre popped in to see his friend, Viny and to drop off a check donation.

Special thanks to Reverend Canon McIntyre and the congregation of the Church of the Good Shepherd for always supporting the VHFF/Caribbean Food Delights/Royal Caribbean Bakery Family. We certainly appreciate your support and your donation of \$2,500.

Toots Hibbert Donates \$5,000 to the VHFF

Legendary Jamaican musician and reggae superstar, Toots "54-46 That's My Number" Hibbert, puts his money where his mouth is, when he made a surprising \$5,000 donation to the VHFF, at the press conference for Groovin' In The Park, held at the Jamaican Consulate in April.

Toots said, he heard about the VHFF's Jamaica LINAC Machine Project Initiative and knew immediately that

he wanted to make a positive impact to such a worthy cause. He said, his contribution is a way of giving back to Jamaica and to show love and appreciation for his fans, who have contributed to the growth and development of his career over the years.



Vincent HoSang, Toots Hibbert and Sabrina HoSang at Groovin' In The Park.

The VHFF's founder, Vincent HoSang in receiving the check, thanked Toots for his kindness and expressed that he was extremely grateful for such a large donation. HoSang said, "This is a new beginning and there is more to come!"



**TO SUPPORT THE VHFF,
VISIT WWW.VHFF.ORG**

One of 50 Asians Honored



Jeanette, Dr. Vincent HoSang, O.D. at the Outstanding 50 Asian Americans in Business Gala

Does Your Dumpling Surprise You?



If not, you can get your dumpling surprise at JerkQ'zine in Mount Vernon, New York or if you are a little adventurous, you can make your own using Caribbean Food Delights' Dumpling Mix (coming soon).

Jamaican Diaspora Promoters Rally Around the VHFF

The Vincent HoSang Family Foundation is feeling the love from Jamaican Diaspora entertainment promoters. It all started with a \$5,130 boost from veteran female promoter, Alma "Mama Alma" Campbell's All White Affair. Ms. Campbell raised the donation through her organization, M. A. N Promotion's Annual Fundraising Gala, held at the elegant Crawford Park Mansion in Rye Brook, New York in August.

In making her presentation at the VHFF headquarters in Tappan, New York, Ms. Campbell lauded the charity organization's chairman and philanthropist, Vincent HoSang for his dedicated service to humanity and for his infectious spirit of giving.

Popular Promoter Maxine Greaves, also shared her proceeds with the VHFF by donating \$1,500 from her Pure White Affair, held at the Breezy Point Yacht Club in September. Ms. Greaves too heaped praises on the VHFF for its involvement in the community over the years. She

added that the VHFF's contribution to the community is unparalleled, is truly inspiring and that she was very proud to be a part of such a worthy cause.

The kind generosity of the promoters have motivated others, so much so, that the VHFF is slated to benefit from several other upcoming events.



Left to Right: Bob DeSouza, Co-host WGBB Radio, Monique Shaw, M.A.N Promotion, Ms. Alma Campbell, President M.A.N. Promotions, Vincent HoSang, Chairman, VHFF & Sabrina HoSang, COO, Caribbean Food Delights.

The donations received from part of the VHFF's Jamaica LINAC Cancer Machine Project Initiative Fund, which now stands at approximately \$90,000.

The VHFF continues its appeal to the Caribbean Diaspora, more so Jamaicans, to support the Jamaica LINAC Machine Project Initiative which is set up to raise approximately \$5 million dollars to two (2) radiation cancer machines for both the Kingston Public and Cornwall Regional Hospitals in Jamaica.

VHFF's contact info:

The Vincent HoSang Family Foundation: 117 Route 303, Suite B, Tappan, NY 10983, 845-398-3000, www.vhff.org



Sabrina & Vincent HoSang & Entertainment Promoter, Maxine Greaves

New 2013 CFD/RCB Eating Champion Crowned

Photo by Ajamu Photography



Left to Right: Wayne Algenio, Jamie McDonald, Molly Schuyler and Joe Menchetti.

Annual National Bun and Cheese Eating Championship title, but she still was not full.

The highlight of the day came when she dethroned the defending champion and crowd favorite, Joe Menchetti, to win the 12th Annual National Caribbean Food Delights Patty Eating Contest. The insatiable Molly gulped down eight spicy Jamaican beef patties in 1:46 seconds. The athletic Caucasian is the first female champion to win the national competitions and is the first female to win both national titles on the same day.

Other winners were Joe Menchetti and Jamie McDonald both from Connecticut, who won second and third places respectively in the National Bun and Cheese Eating Contest, while Jamie returned to take second place in the National Patty Eating Contest and Wayne Algenio, third.

Total cash prizes and giveaways for both national events were in excess of \$4,000.

The Annual National Royal Caribbean Bakery and Caribbean Food Delights Eating Competitions were a cake walk for Nebraskan female, Molly Schuyler, who shocked the crowd in record breaking winning moments.

Schuyler won both coveted titles at the 16th Annual Merritone Family Fun Day on Sunday, July 14, 2013, at Lake Quassy in Connecticut. First, she took on the men devouring seven bun and cheese sandwiches in 1:29 seconds easily winning the 9th

Jamaica's 51st Independence Ball Flashback...

It was yet another major milestone for the many Jamaicans and well-wishers who turned out to celebrate Jamaica's 51st Independence at the prestigious Jamaica Independence Ball, held at the Hilton Hotel in Manhattan, NY. The event which has always been of the highest caliber, delivered exquisitely on all levels and we cannot wait to do it all over again next year!

Photo by Margot Jordan



Richard & Rosie Sue Low Chee, Damian, Simone, Jeanette, Vincent & Sabrina HoSang and Sean Jordan at the Grand Ballroom, Hilton Hotel, NYC.

Caribbean Food Delights' Staff Spotlight!

Employee Appreciation Summer BBQ 2013

Photos by Ajamu Photography & Simone HoSang



Welcome Aboard!



Janice Julian, Marketing & PR/Corporate Sponsorship & Richard Murphy, Sales Executive

The management and staff of Caribbean Food Delights & Royal Caribbean Bakery would like to welcome Richard Murphy and Janice Julian to our team. Richard and Janice, we are happy to have you on board with us as we look to great things ahead!

R&D Working on the Next Big Thing!



Raquel and Sandra working hard in the R&D lab.

Chiropractic Health Advice

STRAIGHTEN OUT YOUR EXERCISE ROUTINE



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

Exercise, we all know it's good for us and we all know we need it. Exercise has long been proven to decrease our blood pressure, build strength, increase our immune response, decrease our resting heart rate and is the single best way to maintain bone density, (sorry milk). For some of us, finding the time is the biggest hurdle. For others, it is motivation and for many more, it is because of pain. Either we have injured ourselves in the past and are afraid of legitimate concerns: re-injury or current pain is preventing us from even thinking about exercise. These are very real.

As a Chiropractor with advanced training in extremity issues, I see this scenario daily. A person wants to workout and tries to but every month or so injures themselves. Often times an overzealous trainer or workout DVD pushes the person harder and faster than they should and injury occurs. The mantra, "No pain, no gain," refers to pain or soreness that's temporary and associated with high levels of strength or endurance training, not pain that we feel when we are just beginning to move or exercise.

Chances are, that you were more active when you were younger and if you are a weekend warrior, you are probably finding you aren't recovering as fast as you did months and years ago. While age is certainly a factor, the good news is that exercise can be started at virtually any age with amazing results. An important study of weight lifting and older adults conducted with 100 male and female residents of a nursing home in Boston (age range: 72 to 98 years of age; average age 87), subjects lifted weights with their legs three times a week for 10 weeks. At the end of the study, there was an increase in thigh mass of 2.7%, walking speed increased 12%, and leg strength increased a whopping 113%!

For those thinking about getting into exercise and are worried about injuring themselves, what can they do to check that they are ready? Well, the best way is to visit a doctor like myself for a strength and flexibility evaluation to determine if they are ready to start an exercise routine. For those actually in pain, this is also the perfect time for a health evaluation. One of the worst things you can do is to try to exercise through the pain. One of the best things you can do is listen to your body. When your body is properly aligned, you will be amazed how you can not only exercise free from pain, but actually push

yourself safely towards amazing results.

Once your body is in check, the key is starting simple. Most of us are not looking to enter bodybuilding competitions. We want to be able to work around the house over the weekend or simply play with our kids without pain. I usually recommend patients start slowly at home with stretches and walking. Take a regular walk around your neighborhood. Movement is one of those physiological keys to life and health. Once the person is comfortable with that, it is a great time to move to more challenging activities, but slowly. For example, add some pushups and crunches to your walking routine. The way to get the best results is also to change your routine every month or two. This will keep challenging your body in different ways.

The amazing thing about exercise, is that the more you do it, the better you will feel and the greater likelihood that you will be able to increase your activity and continue exercising. So, start simply, or just simply start! If you are concerned about your ability to start, please visit me for a complementary health screening. Caminez Chiropractic PC. 845-353-1543. 60 Dutch Hill Rd. Ste 1 Orangeburg, NY 10962 www.caminezchiro.com



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The Real Taste
of the Caribbean
is captured in every bite!

HOME OF THE BEST
JERKAZINE
A RECIPE FROM ORDINARY FOOD

THE VINCENT HOSANG FAMILY
FOUNDATION