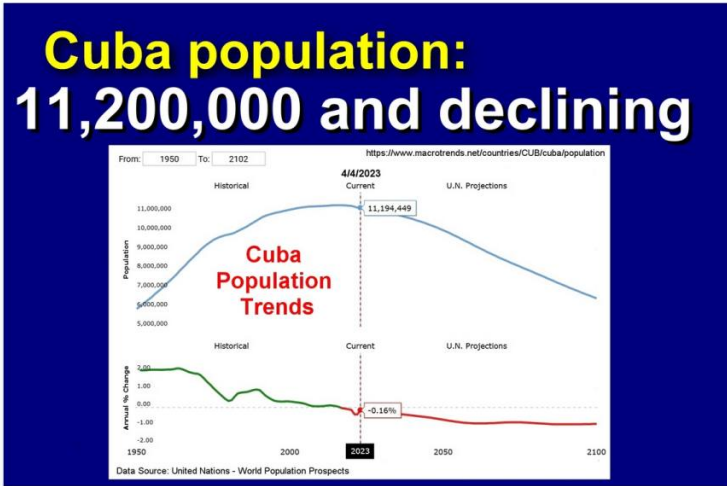
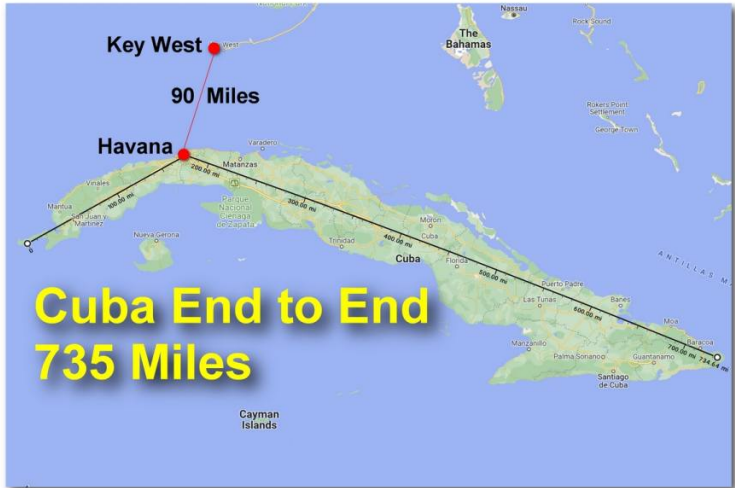


# HAVANA, CUBA

Presentation by  
**Paul Pacter**  
[www.PaulVisits.com](http://www.PaulVisits.com)  
 Baker Senior Center  
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# Cuba Background and History



**Cuba land area:**  
 41,097 sq. miles.  
*Slightly smaller than Pennsylvania.*  
**Coastline:**  
 2,321 miles.

**Land Use in Cuba**  
**Agriculture: 60%.**  
**Forest: 27%.**  
**Built-up Areas, Roadways, Other: 13%.**

**Climate:** Tropical moderated by trade winds. Average temps:

**January:** High 80. Low 62.

**July:** High 90. Low 73.

**Dry season:** November to April.

**Rainy season:** May to October.

**Time:** UTC-5 (same US East Coast).

**Daylight savings time:** Yes.

**Government:** One-party communist state.

**Head of State:**  
President Miguel Diaz-Canel.



**Head of Gov't:**  
Prime Minister Manuel Marrero Cruz.



### Legislature

**Unicameral:** National Assembly of People's Power.

**Seats:** 474 (effective 2023).

**Communist Party is the only party.** Nominates candidates, who run unopposed.

**Assembly elects President and Prime Minister.** No public vote.

### Citizenship

**Citizenship by birth only:**  
Birth in Cuba or to Cuban parents living abroad.

**Naturalization:** Highly restricted.

**Dual citizenship:** No.

### Cubans in USA

**Est. 2 million.** 60% in Florida.

**Cuban-born:** Around 57%.

**Politics:** Heavily Republican. Strongly anti-Communist.

**Successful:** In establishing businesses and developing political influence in US.

### States with largest Cuban-American populations US Census Estimate 2021

<b>United States Total</b>	<b>2,400,152</b>
Florida	1,589,455
Texas	123,565
California	103,500
New Jersey	94,260
New York	83,771
Georgia	37,768
Nevada	36,041
North Carolina	33,258
Pennsylvania	26,316
Illinois	22,518



Mariposa  
Cuba  
National  
Flower

### Cuba Flag

**Designed:** 1849.

**Adopted** 1902.



**Blue bands:** Old divisions of island: Central, East, West.

**White bands:** Purity of independence.

**Don't confuse the Cuba flag (adopted 1902)**



**with the Puerto Rico flag (adopted 1895).**



## Ethnic Groups (2012 self-identification in census)

**White:** 64.1%.

**Mulatto or mixed:** 26.6%.

**Black:** 9.3%.

**Voting:** 16 years of age.

**Official Language:** Spanish.

## Cuba Religions (2020 est.)

**Christian:** 59%.

**Folk religion:** 18%.

**No Religion:** 23%.

Christianity is mainly Roman Catholic modified by African folk customs.

## Cuban Money

**Cuban Peso:**

CUP. Symbol \$.

**Units:** \$1, \$3, \$5, \$10, \$20, \$50, \$100, \$200, \$500

Some coins too.

**Official Rate:** Pegged with US dollar at 25 CUP = US\$1. **BUT...**



## But market rate is very different!

110 to 130 to US\$1. If you pay with US dollars cash in restaurants, hotels, stores, you will get this market rate.

**US dollars cash accepted – preferred – by most merchants.**

**But NO credit cards. NO ATMs.**

## Cuba's Economy

**State-run enterprises dominate.**

72% of workers state employed.

Most others are self-employed.

**Private property and foreign direct investment are allowed.**

But economic activity is tightly controlled by the government.

## Cuba Gross Domestic Product (GDP)

**Per capita nominal (NOT PPP):**

\$7,156 (2020 est).

**Per capita (PPP):**

\$12,300 (2016 est).

Based on limited World Bank data.

**Food rationing system since 1962.**

**Family ration books. Must buy certain low-price items at Bodegas.**

Typical monthly rations per person:

5 eggs                                      6 lbs white rice

1 liter cooking oil                      20 oz beans

1 lb spaghetti                            2 bags coffee

3 lb white sugar                         Dinner rolls

3 lb dark sugar                         2 lbs chicken

*Problems: Availability. Long lines.*

**Exports:** \$2.6 bn (2017 est).

**China 38%, Spain 11%, Netherlands 5%, Germany 5%.**

**Imports:** \$11.1 bn (2017 est).

**Spain 19%, China 15%, Italy 6%, Canada 5%, USA 5%, Russia 5%, Brazil 5%.**

### Cuba History – 1

**1492** Navigator Christopher Columbus arrives. Claims Cuba for Spain.

**1511** Spanish settlements.

**1526** Importing slaves from Africa.

**1762** British capture Cuba.

**1763** Cuba returned to Spain.

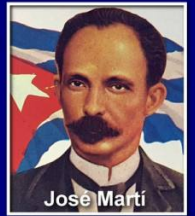


### Cuba History – 2

**1868-1878** Ten-Years War of Independence. Spain won. Promised reforms and autonomy – never happened.

**1886** Slavery abolished.

**1895-98** José Martí leads a second war of independence.



### Cuba History – 3

**1898** Spain sinks USS Maine battleship in Havana harbor. US declares war on Spain.

**1898** US defeats Spain. Spain cedes Cuba to the US.

**1902** Cuba becomes independent. US ends military occupation.

### Cuba History – 4

**1933** Government overthrown in coup led by Sergeant Fulgencio Batista. Batista led Cuba by dictatorship until overthrown by Fidel Castro in 1959.

**1953** Fidel Castro leads an unsuccessful revolt against the Batista regime.

### Cuba History – 5

**1956** Castro lands in Cuba. Leads guerilla war against government.

**1958** US aid to Batista ends.

**1959** Castro army takes Havana. Batista flees. Castro becomes prime minister; brother, Raul, becomes his deputy.



### Cuba History – 6

**1960** All US businesses in Cuba nationalised. No compensation.

**1960** US trade embargo (except medicine and food). All business with Cuba prohibited. Continues to today.

**1961** US breaks off all diplomatic relations with Havana.

### Cuba History – 7

**1961** US sponsors failed Bay of Pigs invasion by Cuban exiles.

**1962** Cuban missile crisis.

**1991** USSR collapses. Their aid to Cuba ends.

**1993** Cuba introduces some market reforms to stem the deterioration of its economy.

### Cuba History – 8

**2008** Fidel retires. Raul takes over as president.

**2008** Bans end on people owning mobile phones and computers.

**2009** US President Barack Obama says he wants a new beginning with Cuba. Relaxes travel restrictions.



## Cuba History – 9

**2014-2016** Some US-Cuba trade and banking restrictions eased. Embassies reopened. Travel resumes. President Obama visits Cuba. Cuba allows small private businesses.

**2016** Fidel Castro dies, age 90.

## Cuba History - 10

**2017-2020** President Trump overturns many Obama reforms. Declares Cuba a state sponsor of terrorism.

**2021** Anti-government demonstrations protest lack of food, fuel, medicine and freedom.

## Cuba History – 11



**October 2022** US Customs and Border Protection reports that 224,607 unauthorized citizens of Cuba had been apprehended and/or expelled trying to enter the United States during fiscal year 2022 ending Sept 30, 2022.

# Legal Travel to Cuba by Americans

**Old “People to People” program ended 2019. Had required using government-owned tour companies, hotels, restaurants.**

**New “Support for Cuban People” program requires support for Cuban micro-entrepreneurs rather than government-run entities.**

### This means:

- Stay in casas particulares (private homes).
- Eat in paladares (small, private restaurants).
- Use private guides.
- Participate full-time (8h/day) in small cultural activities that directly benefit people.

**Best to use tour company. I used [discovercorps.com](http://discovercorps.com).**

**Need Cuban visa. Buy online. \$85+ship.**



**Book flight with visa number and state purpose of visit is “Support for Cuban People”.**

**Complete Traveler Info Form online. Proof of medical insurance.**

**Non-stop flights to Havana from US: JFK, Newark, Tampa, Miami, Fort Lauderdale. 45 min flight MIA & FLL.**

**Vaccinations required? None.**

**US mobile phones: Won't work – maybe just text messages only.**

**Cannot use: ATMs or credit cards.**

**Can use: US\$ cash or Cuban Pesos.**

**Tips for guide/driver: US\$ cash best.**

## Flying into Havana from USA

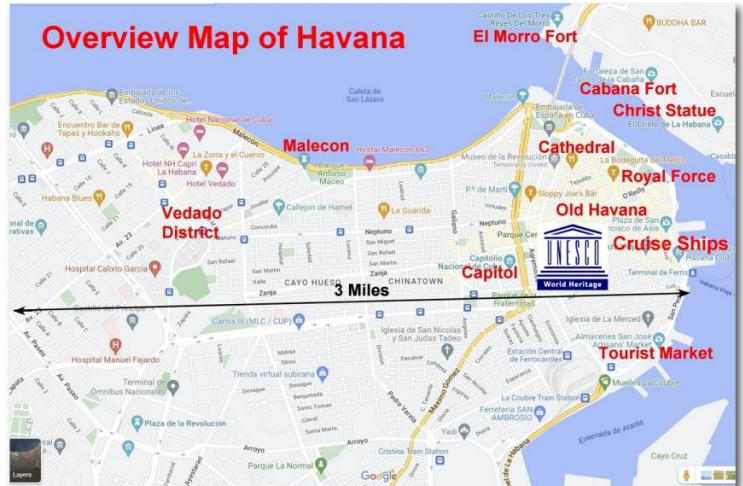


## José Martí International Airport International Terminal



## Where to Go and What to Do in Havana

### Overview Map of Havana



## Havana Cathedral - 1777



### Catedral de San Cristóbal.

1777. Baroque style. Coral stone. 1 of 11 Catholic cathedrals in Cuba. Built by Jesuits.

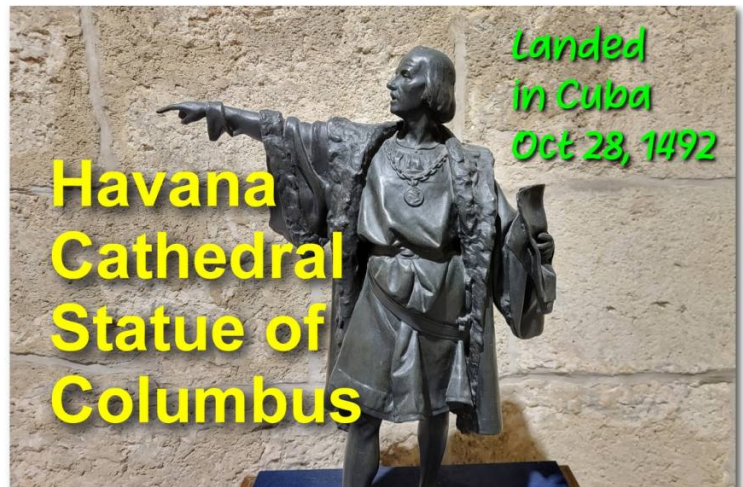
Christopher Columbus' remains were here 1796-1898. Moved to Seville after Cuban independence. Part of Old Havana UNESCO site.

Havana Cathedral Interior  
Mon-Fri 9-5. Sat-Sun 9-2.



## Havana Cathedral Statue of Columbus

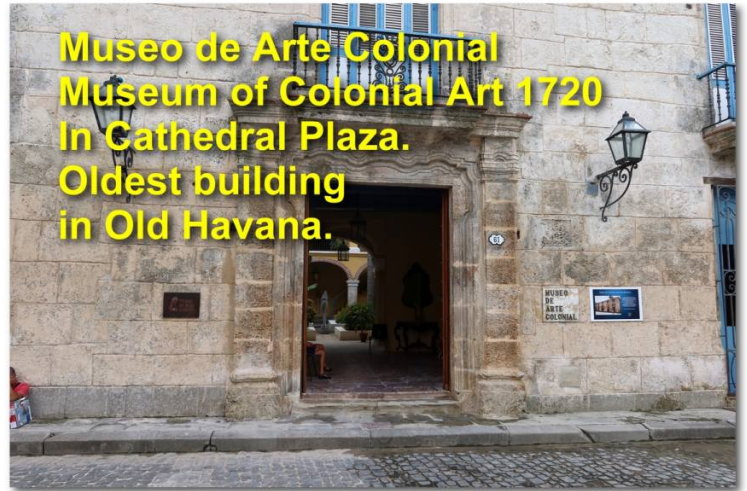
Landed in Cuba  
Oct 28, 1492





**Casa del Marques de Arcos.  
In Cathedral plaza.**

**Private home 1707. Became post office. Now being renovated.**



**Museo de Arte Colonial  
Museum of Colonial Art 1720  
In Cathedral Plaza.  
Oldest building  
in Old Havana.**



**Capitol - 1929**

**Capitol - Capitolio. 1929.  
Exact center of Havana.  
Similar to US Capitol: 1 meter  
higher, 1 meter wider.  
1959: Congress abolished.  
Building fell into disrepair.  
2019: Renovated. Now again  
home of National Assembly.**



**Central Park  
Parque Central  
Statue of  
José Martí**

**José Julián Martí Pérez  
1853-1895.  
Cuban writer, philosopher,  
political theorist, martyr.  
National hero - inspired  
independence movement.  
Died fighting Spain 1895.**

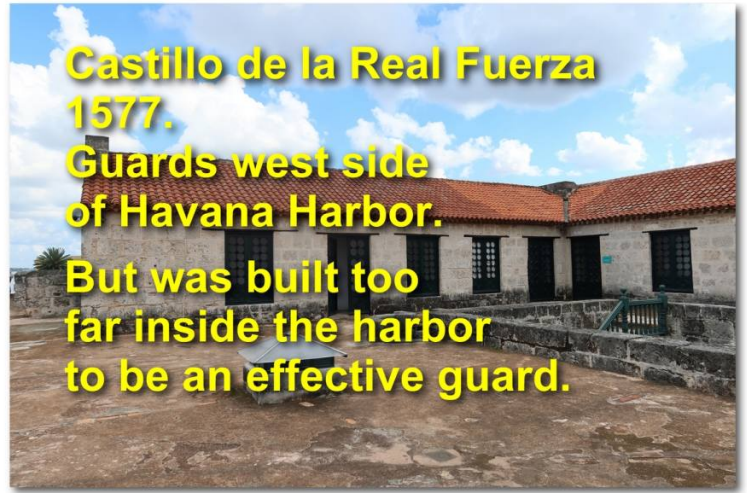


**Plaza de Armas  
Statue of  
Carlos Manuel  
de Céspedes**

**Carlos Manuel de Céspedes,  
Cuban revolutionary hero.  
Plantation owner who freed  
his slaves and declared Cuba  
independent in 1868. Started  
Ten Years' War (1868-1878).  
Killed by Spanish in 1874.**



**Castillo de la Real Fuerza  
Castle of the Royal Force  
Built 1577.**



**Castillo de la Real Fuerza  
1577.  
Guards west side  
of Havana Harbor.  
But was built too  
far inside the harbor  
to be an effective guard.**

**Castillo de la Real Fuerza - 1577.  
Part of UNESCO Old Havana Site.  
Built by slaves and prisoners.  
Was residence of Spanish  
governor of Cuba.  
Inside: Maritime history  
museum.  
Closed Mondays.**



**El Templete - 1827  
Monument to  
Founding of  
Havana**

**Sacred kapok tree**

**El Templete - 1827  
Celebrates the first  
Catholic Mass said in  
Havana Nov 16, 1519.  
Walk 3 times around  
sacred ceiba tree (kapok)  
for good luck.**



**Malecon - 8km Roadway, promenade,  
and seawall. Built 1901 (some later)  
mainly to protect Havana from the sea.**



**Looking down to the sea  
from the Malecon.**



**United States Embassy  
On Malecon in Vedado.**



## US Embassy

1959-1977 Relations severed.

1977-2015 US office, not embassy.

2015 Embassy resumed.

2017 Havana Syndrome. Pain, ears ringing, cognitive difficulties.

2018 Only 10 American diplomats remained. Cause still unknown.

2022 Slowly reopening.

## Monument to USS Maine Sunk by Spanish 1898



## Municipal Palace - 1776 Palacio de los Capitanes Generales. Now the city history museum.

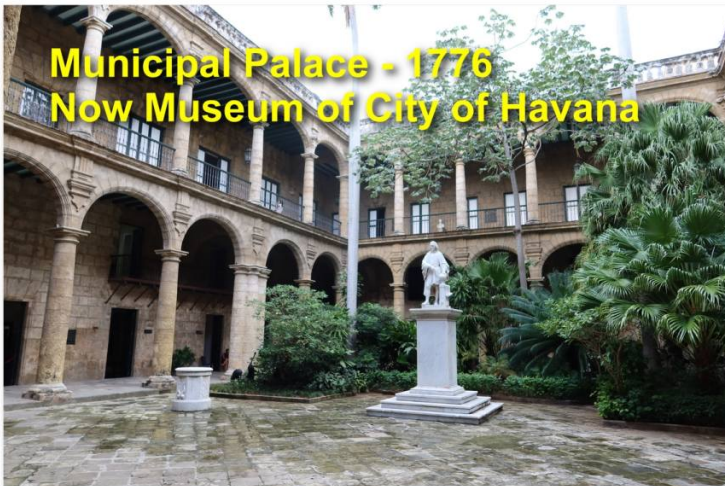


## Municipal Palace - Palacio de los Capitanes Generales - 1776

Captains General were the Spanish governors of Cuba. Palacio was their residence.

Cuban Baroque style. Today it is home to the Museum of the City of Havana (Museo de la Ciudad).

## Municipal Palace - 1776 Now Museum of City of Havana



## Municipal Palace - 1776 Museum of City of Havana



## Museum of City of Havana 19th c Fire Engine Made in Elmira, NY



## National Museum of Fine Arts Museum of Cuban Art



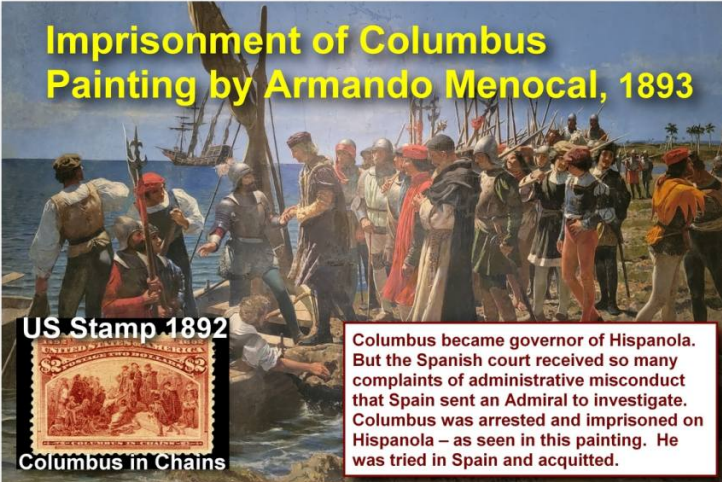
## National Museum of Fine Arts Founded 1913. Two buildings:

- Museo Nacional de Bella Arte Universal – foreign art, classical building.
  - Museo Nacional de Bella Arte Cubano – Cuban art from the Colonial Period to the present.
- I visited only the second one.*

## National Museum of Fine Arts Museum of Cuban Art Courtyard



## Imprisonment of Columbus Painting by Armando Menocal, 1893

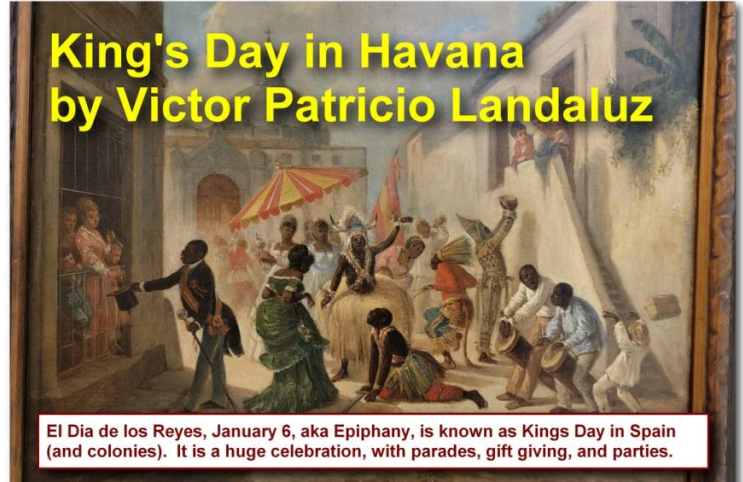


US Stamp 1892

Columbus in Chains

Columbus became governor of Hispanola. But the Spanish court received so many complaints of administrative misconduct that Spain sent an Admiral to investigate. Columbus was arrested and imprisoned on Hispanola – as seen in this painting. He was tried in Spain and acquitted.

## King's Day in Havana by Victor Patricio Landaluz



El Dia de los Reyes, January 6, aka Epiphany, is known as Kings Day in Spain (and colonies). It is a huge celebration, with parades, gift giving, and parties.

## Isla 70 by Raúl Martínez

Raúl Martínez (1927- 1995) was an "abstract expressionist" turned pop artist. Many of his pop-art works were about the Cuban Revolution.



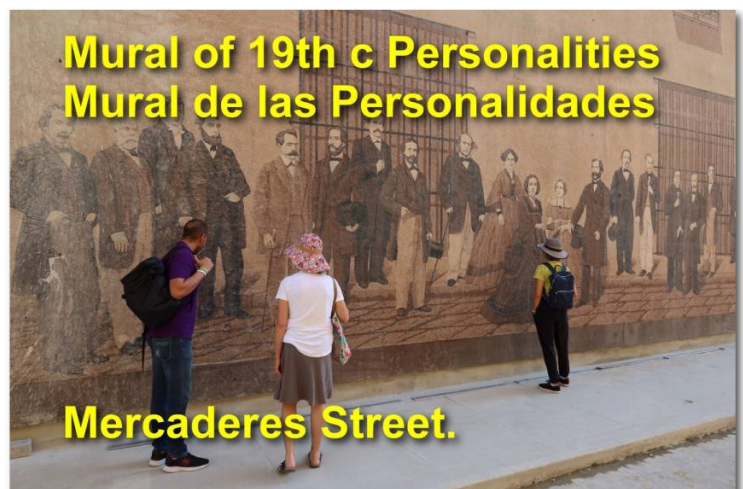
## National Theatre - 1915 Gran Teatro de La Habana



National Theatre - 1915  
Gran Teatro de La Habana  
Home to the Cuban National Ballet.  
Theatres, concert hall, rehearsal rooms, art gallery.  
Renovated 2015.  
Main hall seats 1500.



## Mural of 19th c Personalities Mural de las Personalidades



Mercaderes Street.



**Chamber of Commerce  
Opened 1909.**

**Was Stock Exchange  
until 1959 revolution.**



**Old Havana  
Street Musicians**



**Sloppy Joe's Bar  
Reopened 2013 after  
being closed for 48 years.**

**Sloppy Joes Bar  
Zulueta & Animas Sts.  
Opened in 1920s.  
90% customers American.**



**Magnet for American celebs and  
tourists wanting to mingle with them.  
LA Times called it "almost a shrine".  
Business nosedived after Revolution.  
Closed in 1965. Reopened in 2013.**



**Museum of the Revolution  
Closed for renovations.**

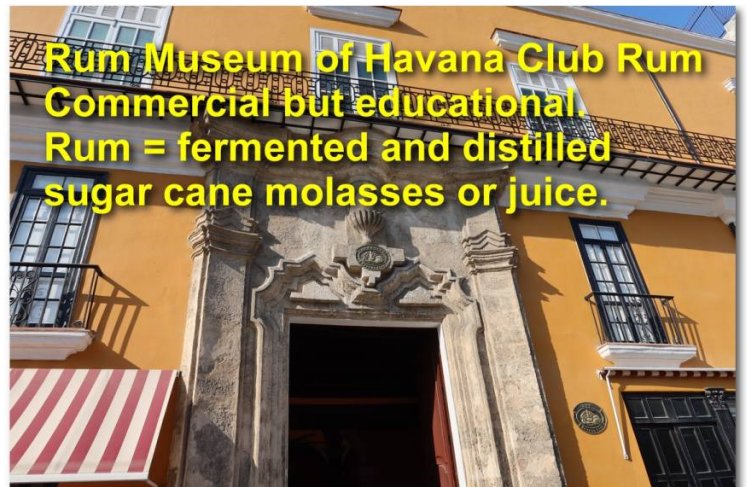
**Across the street is an outdoor  
museum of historic weaponry.**

**Museum of the Revolution  
Museo de la Revolucion  
Story of the 1959 Cuban Revolution.  
Vivid exhibits like blood-stained and  
bullet-riddled uniforms.**

**Building was Presidential Palace of  
all Cuban presidents from Mario  
García Menocal (Pres 1913-1921) to  
Fulgencio Batista (until 1959).**



**Truck used to gain entrance in  
attempted assassination of Batista  
March 13, 1957.**



**Rum Museum of Havana Club Rum  
Commercial but educational  
Rum = fermented and distilled  
sugar cane molasses or juice.**

## Two Havana Club Rums!

Original. Moved to Puerto Rico after Castro.  
therealhavanaclub.com



Havana Club Rum now made in Cuba.  
havana-club.com



## Overview Map of Havana

Our next 3 stops will be across the harbor at El Morro, Cabaña, and the Christ Statue. There's a tunnel for cars to get across.



## Morro Castle - 1589 "El Morro" Harbor Defense



## Morro Castle – "El Morro" 1589

Not to be confused with San Felipe del Morro Fort (aka El Morro) in San Juan, Puerto Rico, Bay.

Built by Spain.

Main defense in Havana harbor until La Cabaña was built next door 1774.

Part of Old Havana UNESCO Heritage site.

## La Cabaña Completed 1774 Fortaleza de San Carlos de la Cabaña



## Nightly "cannon ceremony" by Cuban army personnel.

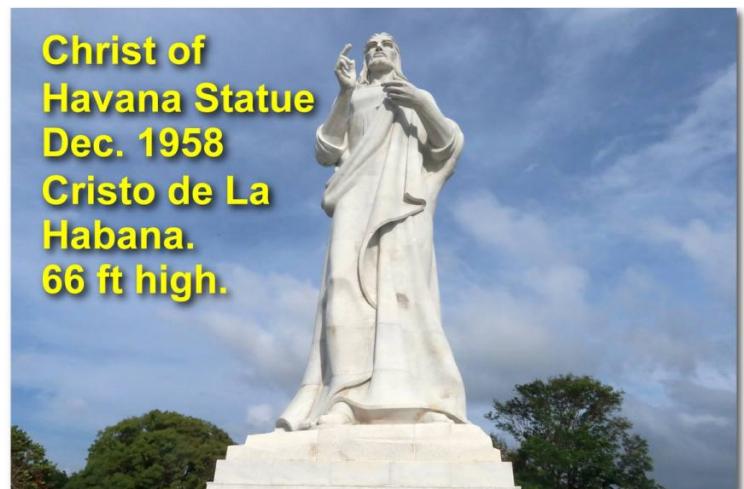


Commemorates historical closing of the gates to protect walled city of Havana from pirates.

In 1959, Castro seized La Cabaña. Cuban Army surrendered. Che Guevara used the fortress as headquarters and military prison. 176 documented executions there of people who opposed the communist revolution.



Christ of Havana Statue  
Dec. 1958  
Cristo de La Habana.  
66 ft high.



**Jesus Christ Statue - Dec. 1958**  
**Cristo de La Habana. 66 ft high.**  
**On a hill overlooking Havana Harbor.**  
Commissioned by Batista's wife to celebrate survival of 1957 coup attempt. 15 days after the statue was unveiled, Castro entered Havana. Batista fled.  
**Castro made religion illegal. Statue abandoned to vegetation until mid-1990s, when cleaned and reopened.**

**New Cruise Ship Terminal.**  
**Next to San Jose Tourist Market.**

**Will handle 3 cruise ships at once.**

**San Jose Tourist Market**  
**Almacenes de San José.**

**In old warehouse next to**  
**new Cruise Ship Terminal**

**San Jose Tourist Market**  
**Almacenes de San José.**

**All prices are negotiable!**

**Cementerio de Cristóbal Colón**  
**Christopher Columbus Cemetery**  
**Begun 1876. 800,000 graves.**  
**Elaborately sculpted memorials**

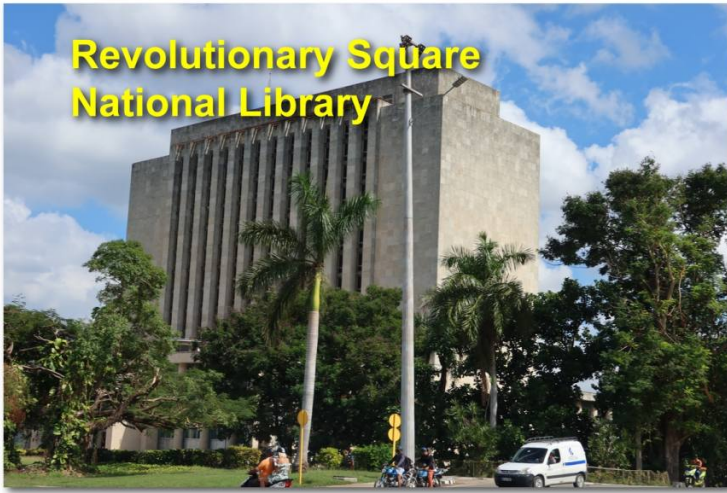
**Cementerio de Cristóbal Colón**  
**Christopher Columbus Cemetery**

**Cementerio de Cristóbal Colón**  
**Christopher Columbus Cemetery**

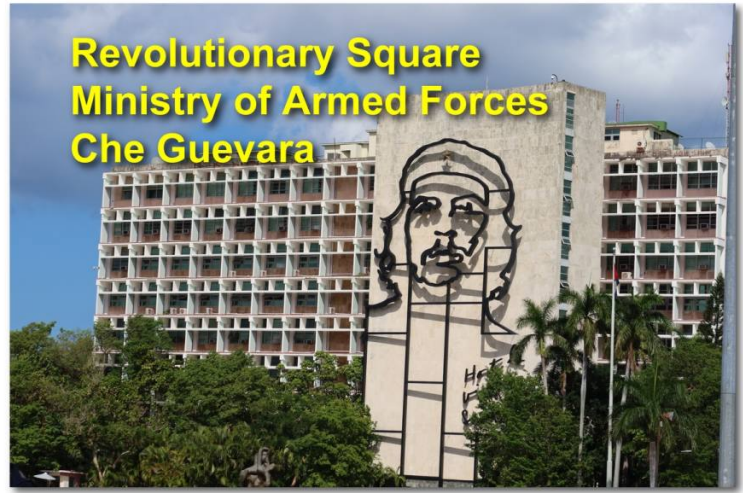
**Revolutionary Square**  
**Plaza de la Revolucion**

- Classic Cars.
- National Library.
- Ministry of Defense (Che Guevera).
- Ministry of Communications (Camilo Cienfuegos).
- Jose Marti Monument.






**Revolutionary Square  
National Library**



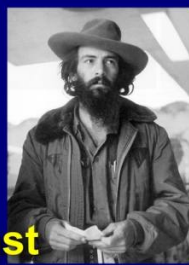
**Revolutionary Square  
Ministry of Armed Forces  
Che Guevara**

**Che Guevara  
1928-1967**  
Argentine physician.  
Became radicalized  
by poverty and  
hunger in Latin  
America.  
Fought against Batista with Castro.  
Countercultural symbol of rebellion.

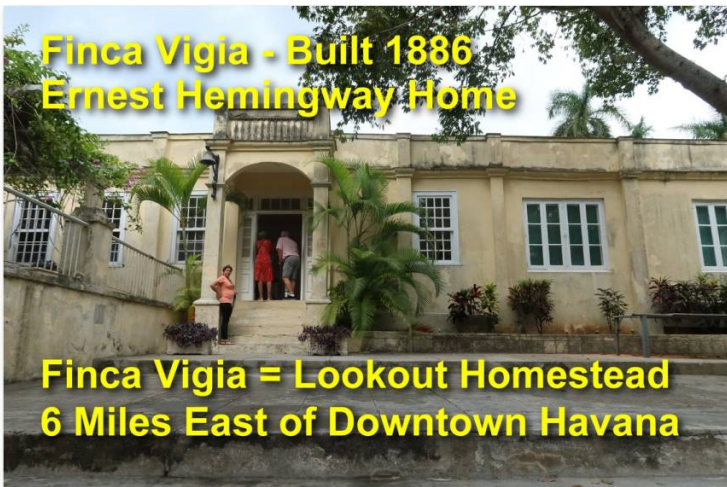


**Revolutionary Square  
Ministry of Communications  
Camilo Cienfuegos**

**Camilo Cienfuegos  
1932-1959**  
Cuban revolutionary.  
Part of Castro's 1956  
armed insurgency against  
Cuban dictator Batista.  
One of Castro's top guerrilla  
commanders.  
Revered as hero of the Revolution.

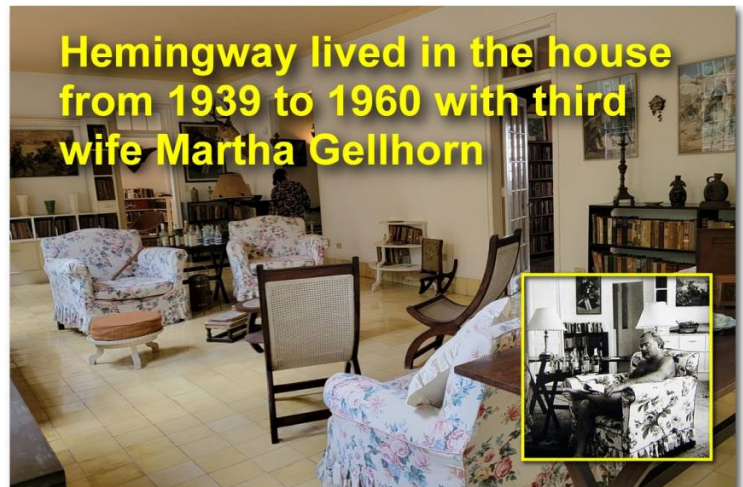


**Revolutionary Square  
José Martí Memorial  
Built by  
Batista.  
Completed  
1958.**

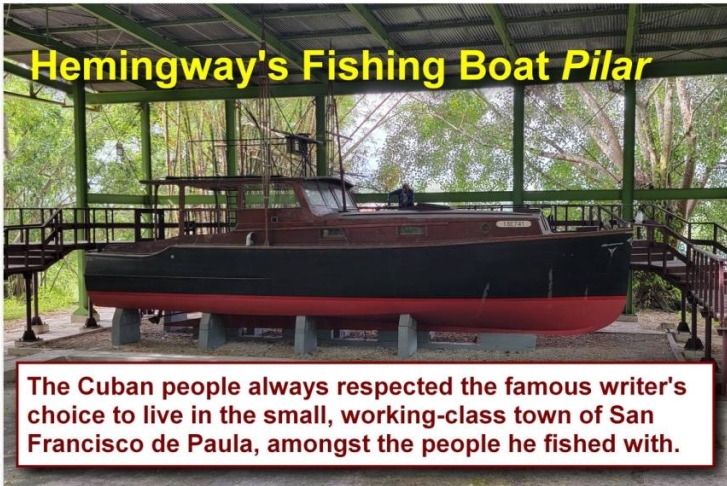


**Finca Vigia - Built 1886  
Ernest Hemingway Home**

**Finca Vigia = Lookout Homestead  
6 Miles East of Downtown Havana**



**Hemingway lived in the house  
from 1939 to 1960 with third  
wife Martha Gellhorn**



## Hemingway's Fishing Boat *Pilar*

The Cuban people always respected the famous writer's choice to live in the small, working-class town of San Francisco de Paula, amongst the people he fished with.

**Fusterlandia**  
José Fuster is a Cuban artist in "naïve style" – meaning he uses childlike crude shapes and bright colors. Ceramics, painting etc. In 1975 he began a project to transform a run-down fishing village into a folk art haven now called "Fusterlandia". **Small fee.**



## Fusterlandia



## Fusterlandia



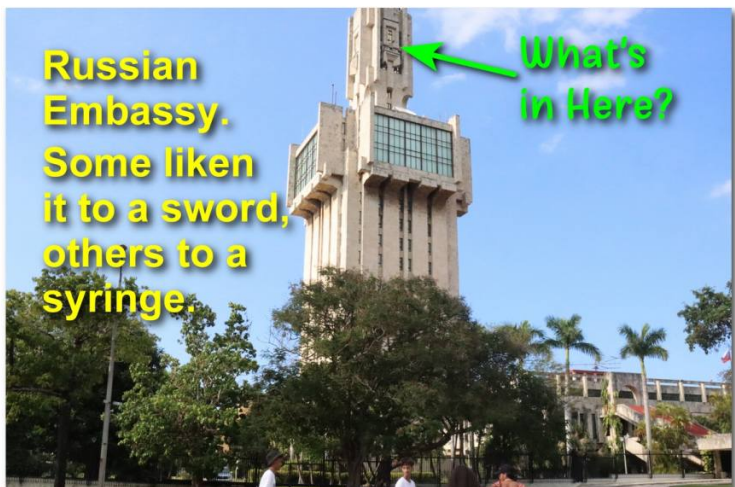
## Fusterlandia



## Paseo del Prado European-style boulevard "El Prado"



## Building along "El Prado"



**Russian Embassy.**  
Some liken it to a sword, others to a syringe.

What's in Here?



**Russian Orthodox Church - 2004  
Our Lady of Kazan Orthodox Cathedral**

**Authorized by Castro - "Monument to  
Russian-Cuban friendship"**



**Havana Forest - Bosque de La Habana  
On the Almendares River.  
"Beauty amid foul smells, litter, stray  
dogs"**



**Santería practitioners in Havana  
Forest**

**Chickens about to be sacrificed**

**Santería**  
African diasporic religion.  
Widely practiced in Cuba.  
Developed by slaves late 19th century.  
Mix of traditional Yoruba religion of  
West Africa and Roman Catholic.  
No strict orthodoxy. No key sacred  
text. No central authority in control.  
Practice animal sacrifices, for example,  
chickens in Havana Forest.



**Bello Vedado  
Casa Particular where  
we stayed (Ground Floor  
Left Side)**

**Bello Vedado  
Casa Particular  
Very clean.**  
One bedroom has  
2 beds, the other one double bed.  
Both private bath with good hot  
water.  
**Both have built in air conditioners,  
safe, fridge.**



**Front Porch**

**Bello Vedado**  
Owner Jorge lives  
nearby. Cooks hot  
breakfast each  
morning.  
Jorge makes internet hotspot. Can  
arrange taxi. Free land line phone.  
Front porch. Sit and watch neighbors.  
2 miles walk to Old Havana. \$5 taxi.



**Across the Street**

**Bello Vedado - Bedroom #1.**  
2nd bedroom has 2 beds.  
Has air con and safe.  
Owner made wifi hotspot  
each morning from his phone.







**Bello Vedado Bathroom**



**Bello Vedado - Typical Breakfast with Coffee and Guava Juice**



**Bello Vedado Breakfast Room**


One morning Jorge made Cuban sandwiches



**National Hotel - Hotel Nacional Open 1930. Vedado sea front.**

**Battle of Hotel Nacional Oct 2-3, 1933**

Two Cuban army groups – one supporting Batista overthrowing the Cuban government and one opposed – fought a bloody battle. 40 dead. **Extensive damage to hotel. More fighting in streets outside.**



**Hotel Nacional's former casino was the setting for the Havana Conference – meeting of the US and Sicilian Mafias in 1946.**



This meeting is depicted in the film *The Godfather Part II*, though the actual scenes were filmed in the Dominican Republic. Fidel Castro nationalized the hotel in 1960.

**People Who Stayed at the National Hotel**

Winston Churchill, Duke and Duchess of Windsor, Jimmy Carter, Frank Sinatra, Ava Gardner, Rita Hayworth, Mickey Mantle, Johnny Weissmuller, Buster Keaton, Walt Disney, Fred Astaire, Rocky Marciano, Tyrone Power, Errol Flynn, John Wayne, Marlene Dietrich, Gary Cooper, Marlon Brando, Ernest Hemingway, Yuri Gagarin, Jesse Ventura, many Heads of State and monarchs, Jean-Paul Sartre, Steven Spielberg, Leonardo DiCaprio, Danny Glover, Francis Ford Coppola, Michael Keaton, Vladimir Putin, Iranian President Mahmoud Ahmadinejad, Chinese President Xi Jinping, John Kerry, Stan Musial, Tennessee Williams, etc etc.



**National Hotel – Many Rooms Full of Celebrity Photos**



**Thousands of Decrepit Buildings Like This in Havana**



**Tens of Thousands Like This**



**Cuban Missile Crisis Museum**

**Outdoor Museum. Various military apparatus, model nuclear missile.**

**Cuban Missile Crisis Museum**  
**1962: Castro allowed USSR secretly to station nuclear missiles on the island.**  
**In retaliation for US stationing missiles in Turkey and Italy.**  
**35-day confrontation.**  
**US U-2 spy plane clearly photographed the missiles.**

**Pres Kennedy was advised by National Security Council to air strike and then invade Cuba.**  
**He declined. Instead imposed a naval blockade. Russia withdrew missiles and planes from Cuba. US withdrew missiles from Turkey.**  
**Considered the closest the Cold War came to escalating into a full-scale nuclear war.**



**Cuban Missile Crisis Museum**

**This is what one of Russia's missiles looked like.**



**Habana Compas Dance Troupe**

**Habana Compas Dance Troupe. Merges Cuban music, Spanish dance, and African percussion.**  
**Classes for 400 children and young people between 5 and 18 years old.**  
**Example: The US "Support for Cuban People" visa requires participation with private sector entrepreneurial groups like this.**



Public and private buses are Havana's main public transport system.  
No subway train system.



Cuban license plate



Havana's main inter-city bus terminal

Terminal de Omnibus

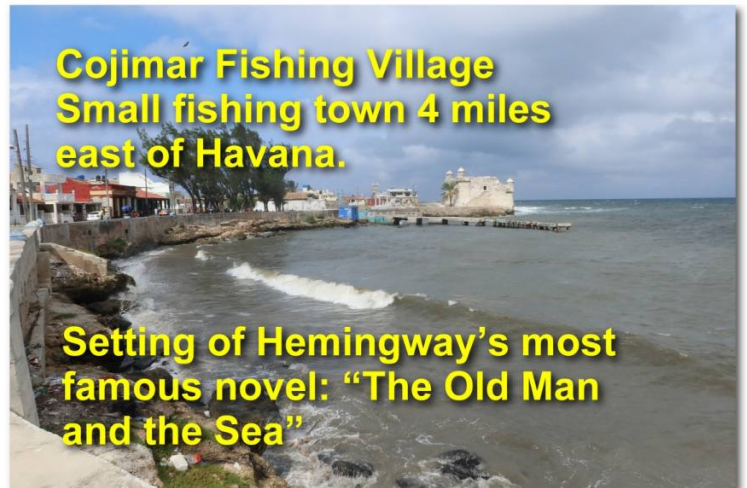


Sport City Arena - Ciudad Deportiva 1957. Capacity 15,000 people. Sports events, concerts, cultural.



Muraleando  
Outskirts of Havana

Community art project turned this neighborhood and its former garbage dump into a gallery of murals, sculptures and more.



Cojimar Fishing Village  
Small fishing town 4 miles east of Havana.

Setting of Hemingway's most famous novel: "The Old Man and the Sea"

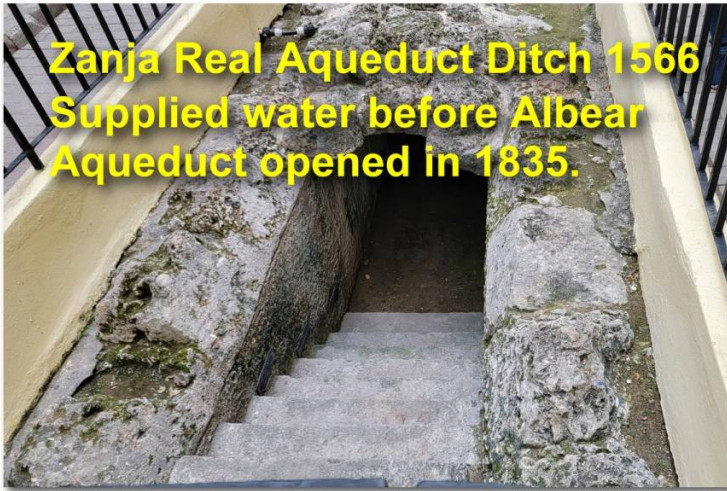


Cojimar Tower  
Torreon de Cojimar 1643



Hemingway Monument at Cojimar

Hemingway docked his boat "El Pilar" here during 40s and 50s.



**Zanja Real Aqueduct Ditch 1566**  
**Supplied water before Albear**  
**Aqueduct opened in 1835.**

# Classic American Cars in Cuba

**Classic Cars**  
**1959 US trade embargo halted export of American vehicles and parts to Cuba.**  
**Cubans rejected Russian cars.**  
**Scrounged or made parts to keep their American cars running.**  
**60,000 pre-revolution cars now on roads.**  
**Total number of cars in:**  
 – Cuba 500,000. *A few of my photos*  
 – USA 295,000,000. 



# Cuban Food

**Cuban Cuisine**  
**Based on Spanish cuisine with influence from African and other Caribbean cuisines.**  
**An island – much seafood.**  
**Tropical climate – many fruits and root vegetables.**  
**Meals often include rice and beans.**  
**Next few slides are examples of what I tried.**



Cuban Sandwich



Empanadillas and Croquetas



Cuban Lobsters Longostos



Crab Congrejo



Rice with Eggs Arroz con Huevo Frito



Shredded Beef with Tomato Sopa Vaje



Crocodile Cocodrilo



Black Beans Frijoles Negros



Cuban Lobster Langosta



Chicken Pollo



Cassava aka Manioc aka Yuca (with one c) Mandioca



Yellow Rice Arroz Amarillo



Chicken Soup Sopa de Pollo



Stuffed Plantains Plátanos Rellenos



Pork Ribs Costillas de Cerdo



Rice Pudding Arroz con Leche



Vegetable Soup with Pork Ajico Cubano



Tuna with White Sweet Potato Atun con Batata Blanca



White Sweet Potato Batata Blanca



Pork Cerdo



White Rice and Black Beans Arroz Moros y Cristianos



Fried Beef Vaca Frita



Guava Jelly with Cheese Mermelada de Guayaba con Queso



Banana, Pineapple, Guava Plátano, Pila, Guayaba



Octopus Pulpo



Cuban Tamale Tamal Cubano



Tres Leches (Three Milk) Cake Pan Tres Leches



Cuban Lobster Langosta a la Cubana

Under development...

A second Cuba presentation.

Areas outside of Havana, including:

- Ciénaga de Zapata National Park
- Bay of Pigs
- Cienfuegos\*
- Trinidad\*
- Las Terrazas
- Viñales\*

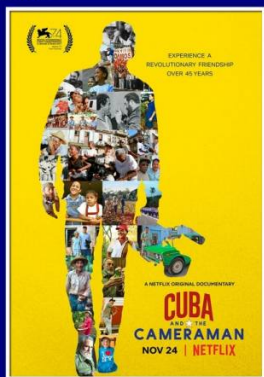
\*UNESCO



**I highly recommend this Netflix documentary**  
**Cuba and the Cameraman**

For 45 years, Director Jon Alpert followed Fidel Castro and three Cuban families affected by his policies. "Because of Alpert's unique access to the island, and the trust and friendships earned over decades, this film is a candid and revealing never-before-seen portrait of Cuba."

[www.documentarymania.com](http://www.documentarymania.com)  
2017 1:50



**Next at Baker Center**

**All About Alligators and Where to See Them (Safely) in the Naples Area**

**Mon Jun 5, 2023, 3-4pm**



**Taiwan: Taipei, the Capital City**

**Mon Jul 3, 2023, 3-4pm**

