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For Annual Dinner Dance and Show of 2012
Saturday, August 25th, 2012
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August 20th 2011 • Free • www.cfft.us

CITIZENS & FRIENDS of Trinidad & Tobago Inc.

501C3 Non-Profit Corporation

Celebrating

THE 49th YEAR OF
THE INDEPENDENCE OF TRINIDAD & TOBAGO

INDEPENDENCE

ANNIVERSARY AWARDS PRESENTATION

DINNER, DANCE & SHOW

ENTERTAINMENT & MUSIC :

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 You Can Make a Difference in a Child's Life

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Rodney Foster
 Author
WALK IN MY SHOES
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Remember Wen?
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 Rodney Foster
 rodneymfoster4050@comcast.net
 www.rodneymfostertriniiauthor.com
 770.317.5468

Allyson Philma Williams

Sunrise:
May 27, 1954

Sunset:
July 3, 2011

In loving memory of two special people

Bertil E. Samuel

Sunrise:
Sept. 17, 1922

Sunset:
June 12, 2011

How Do I Love Thee Continued

Like when a boar cat see a mouse
Oh my pepper on my pork chop
Sweet like sorrel when it mix
When my hands caress your body
You feel just like a couple-six
You are sweeter than a snowcone
I will give you all I own
You are sweeter than a hambone
Soft and sweet like piece'o'pone
No one can take me from you
Not in this life or death
My Trini girl I love you
More than Sandi love the IMF

YUH KNOW YUH IS A TRINI IF.....

- ◆ You know the meaning of the word "obzokie".
- ◆ You show disappointment by sucking on your teeth (steupsing) ...and you can conjugate "ah steupse" by age four (three if yuh smart)
- ◆ You refer to all salt crackers as "Crix".
- ◆ You say "boy" at the beginning of a sentence and "man" at the end of it... and the words "yes we" doesn't refer to any people...
- ◆ You bring home food from a party. The word "storm" has nothing to do with the weather.
- ◆ You put ice in your beer ...and you chew the ice when you're finished with the beer.
Drinking wine is too sissy ...wine is for fruits.



Message from the President
Jasmine Napier

Dear Friends

On behalf of the board and members of Citizens and Friends of Trinidad and Tobago, it is my pleasure to welcome you to our Anniversary Dinner and Dance, as we celebrate the 49th Anniversary of the Independence of Trinidad and Tobago

“Our mission” Is to MAKE A DIFFERENCE IN A CHILD’S LIFE and, because of your continued, generous support we were able to provide wheel chairs and walkers to a facility in Trinidad. We have also received medical records for two children which are under review.

We thank you and we extend our heart felt gratitude to you for all that you have done and given to CFFT in the past. As we continue to work towards “our mission” and facilitate kids with medical needs and bring a brighter future to many more kids.

We look forward to your continued generosity and support.

Enjoy your evening

Sincerely,
Jasmine Napier



Officers & Board Members

Jasmine Napier RN.BSN.NP/President

Mervyn Richardson/Vice President

Diane Ferguson/ Public Relations Officer

Lloyd Forbes/Treasurer

Joan Forbes/Correspondence Secretary

Nicole Simpson/Recording Secretary

Vincent Samuel/Entertainment Coordinator

Laurence J.S. Weekes, MD/ Medical Director

Julian Belgraves/Photographer

Denice Wint/Youth Affairs

Members

Ashley Elie

Candy Williams-Scarlett

Coreen Fields, RN

Denise Ridley Davis MD

George Jackman

Jhamillia Weekes, MPA

Joyce Edmund RN

Keith Karmody

Raquel Marshall

Timothy Chanman

Velma Anderson

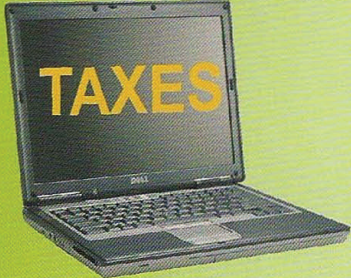
Your Name Belongs Here

How Do I Love Thee

Trini Style

Let me count the ways
 You are the essence in my mauby
 De fish in my fishcakes
 I love you love you dearly
 You are the lardoil in my bakes.
 You are the coconut in my sweetbread
 De pigtail in my rice
 Just like piece of curry goat head
 I will love you till I dead.
 You are the sardine in my gravy
 The dumplings in my soup
 I love you more than gambling
 Yes I love you bad fah true
 Like banana leaf around my conkie
 I'll be always close to you
 Sweet like sugar in your green tea
 I'll do anything for you.
 You are the sauce around my Cou Cou
 Hot like sweetbread when it done
 In my arms I love to hold you
 Just like a glass ah rum
 I will stick to you like dandruff
 Like the corns upon your toes
 Like the fat around your belly
 I'll be everywhere you go.
 Cause you are my black pudding
 And I know I am your souse
 When you call I will come running

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Trinidad and Tobago's 50th Anniversary

The members of Citizens & Friends of Trinidad & Tobago Inc. is currently starting preparation for the celebration of the 50th Anniversary of Independence of Trinidad and Tobago 2012. Information will be provided when available. We will be delighted if you would share these celebrations with us.

Program

- 7:00 pm - Guest Check In & Invited to be Seated
- 7:30 pm - Opening Remarks
 - President's & Vice President's Welcome
 - National Anthems
 - United States** - page 6
 - Trinidad & Tobago** - page 7
 - Invocation
- 8:00 pm - Dinner Served
 - Recognition Awards
 - Graduate Certificates
 - Caribbean Gems Dancers
 - Guests of Honor – Awards Presentation
 - Door Prizes
 - Caribbean Gems Dancers
- 10:00 pm - Floor open for dancing
- 1:00 am - Event concludes



United States of America

National Anthem

Star Spangled Banner

Oh, say, can you see, by the dawn's
 early light, What so proudly we hailed
 at the twilight's last gleaming,
 Whose broad stripes and bright stars,
 through the perilous fight,
 O'er the ramparts we watched, were
 so gallantly streaming.
 And the rocket's red glare, the bombs
 bursting in air,
 Gave proof through the night that our
 flag was still there.
 Oh say, does that star-spangled
 banner yet wave
 O'er the land of the free and the home
 of the brave.

The Star Spangled Banner Lyrics
 By Francis Scott Key 1814



3Ni Production

Says...

**CONGRATULATIONS
TO**

**TRINIDAD & TOBAGO ON
THE 49TH INDEPENDENCE**

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SUCCESS TO
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Anniversary

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Trinidad and Tobago

National Anthem

Forged from the love of Liberty
In the fires of hope and prayer
With boundless faith in our destiny
We solemnly declare.

Side by side we stand
Islands of the Blue Caribbean Sea,
This our native land
We pledge our lives to thee.

Here every creed and race find an equal place,
And may God bless our nation

Here every creed and race find an equal place,
And may God bless our nation.

The National Anthem of Trinidad and Tobago
Lyrics and Music
By Pat Castagne 1962



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&
Mistress
of Ceremony*

*Vincent B. Samuel
&
Nicole E. Simpson*



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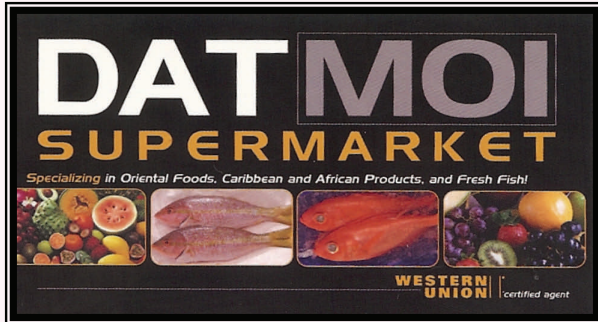
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HONOREE



Biographical Summary Coreen Fields MA, BSN, PHN, RN

Coreen Fields was born in Philadelphia, PA and raised in Yeadon, PA., a suburb of Philadelphia. Coreen attended grammar school in Lansdowne, PA. and High School at Notre Dame Catholic Girls High in Media, PA. She obtained her basic Nursing Diploma at Mercy-Douglas Hospital School of Nursing, in Philadelphia. She obtained her Bachelors Degree in Nursing and Masters Degree in Health & Safety Studies at California State University, Los Angeles.

After graduation, Coreen worked for her basic alma mater, and then she came to Los Angeles. In Los Angeles, she worked for the Los Angeles County-University of Southern California Medical Center in various capacities as a Registered Nurse which included entry level Staff Nurse, Charge Nurse, Head Nurse and Supervising Nurse. At the time of her retirement, she was the Nursing Director of the Surgical Units. She was Associate Nursing Director at Martin Luther King Hospital when it opened, then became the interim Director of Nursing.

Honoree

Coreen Fields (continued)

Coreen is a member of several community organizations. These include: Charles “Dolo” Coker Jazz Scholarship Foundation; Citizens & Friends of Trinidad & Tobago; Sigma Theta Tau International Nursing Sorority; Council of Black Nurses, Los Angeles; Multicultural Nurses Council of Southern California; Delta Sigma Theta Sorority, Samir B. Tleel Medical Foundation for Women and Children.

During her long career, Coreen has published several articles and presentations. These include:

PUBLICATIONS:

- ◆ Observations of Health Care in Brazil
- ◆ An International Nursing Collaboration — United States and Barbados
- ◆ Development of a Hospital Based Tuberculosis Treatment Program (Masters Thesis)

PRESENTATIONS:-

- ◆ Professional Nursing in Cuba — Presented to the Council of Black Nurses
- ◆ The Emerging Majority — Presented to Chi Eta Phi Sorority and the Council of Black Nurses

The members of Citizens & Friends of Trinidad & Tobago Inc, is proud to honor Coreen Fields this evening, for her continued support and her dedication to the mission of our organization throughout the years.

The Members of the Charles Dolo Coker Jazz
Scholarship Foundation, Inc.

Congratulate

COREEN FIELDS MA,BSN,PHN,RN

A Founding Member of The Dolo
Coker Foundation
A Member of the Advisory Board

*Congratulations on being honored by
The Citizens & Friends of
Trinidad & Tobago Inc.*

The Members of the Charles Dolo Coker
Jazz Scholarship Foundation Inc.

Board of Directors and Advisory Board:-

Jacquelyn Snead, Chair-Board of Directors

Sybil Thomas-Coker, President/Founder

Alfred G. Snead, Chair-Advisory Board

The members of CFTT congratulate all award recipients this evening.

Thanks to all who have supported us through the years. You are valued and appreciated.

Thanks to our guest for joining us this evening, to celebrate the wonderful occasion, the 49th Year of independence of Trinidad and Tobago.

We are extremely grateful to have the opportunity to celebrate with you all and hope you continue to take this wonderful journey with us.



HONOREE



Biographical Summary Rodney Foster

Rodney Foster, ChFC, CLU wears several hats. In September, 1981, Rodney and his wife, Marjorie, relocated from Brooklyn, New York, to sunny California. First, he worked with Xerox Corporation as a sales representative. Since June 1st, 1983, he has been an insurance agent with AXA Equitable providing financial products and services in about fifteen states.

Rodney is also the author of two self-published books: "Remember Wen?" and "Walk in My Shoes - Stories of A Trinidadian-American". The books are autobiographical poems and vignettes about his life in Trinidad and Tobago, Brooklyn, New York and California. There is also a CD with pieces from both books. Also, "Remember Wen?" was recently converted to an eBook.

In 1992, Rodney composed a calypso, "Ah Comin Down". Junior Crawford of Belize was the arranger and the Mighty Smitty was the singer.

Congratulations and much Love Coreen
On receiving this much deserved honor.

Lillie M. Thomas

And

Sybil Thomas Coker

Honoree

Rodney Foster (continued)

Rodney Foster was born in 1946 in Barataria, Trinidad, a closely-knit district about three miles east of Port Spain. Rodney attended Ms. Knights' and Mr. Hernandez' private schools and then completed his elementary education at Barataria E. C. school. He attended Osmond High School in San Juan. From 1966 to 1968, he was a student at Mausica Teachers College.

Upon graduating he taught at Morvant North Government School for five years. In 1973, Rodney immigrated to the United States and attended Brooklyn College, New York. There he earned a Bachelor's degree in Psychology, magna cum laude and a Master of Science in Education, majoring in Guidance and Counseling.

Rodney Foster has been very active in the social life in the Los Angeles/ Inglewood community. For several years, he and his wife Marjorie hosted classy Thanksgiving/Dinner dances and literary concerts. He has also appeared on stage as a performer and Master of Ceremony. He enjoys participating in Ole Mas competitions.

Presently, Rodney and Marjorie reside in Stone Mountain, GA.

The members of Citizens & Friends of Trinidad & Tobago Inc, is proud to honor Rodney Foster this evening, for his tireless efforts to provide service to the Caribbean Community, for his continued support and his dedication to the mission of our organization throughout the years and for continually promoting the arts of Trinidad and Tobago.

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TUESDAY 10pm-11pm

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7pm-12midnight

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9pm-1:30am
CARIBBEAN NIGHT
9pm-1:30am

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Save the Date

August 25th, 2012

For 50 years of Independence.

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RECOGNITION AWARDS

The members of Citizens & Friends of Trinidad & Tobago Inc, recognize the following individuals for their tireless efforts in providing their time, expertise and support. It takes a lot of hard work and dedication to steer this organization. And the positive support ,we receive from these individuals, needs to be mentioned. They have given and continue to give freely of themselves and we would like to publicly thank them for all they have done for us. The relationship they have built with us cannot be measured in words. We express our sincere gratitude to them.

Mrs. Lydia Samuel



Mrs. June Richardson



**Mr. Osei Willock
(CFTT's Web Designer)**



RECOGNITION AWARDS

The members of Citizens & Friends of Trinidad & Tobago Inc, recognize the following individuals for their valuable contribution to the visit of our Ambassador Dr. Neil Par-san. Without their contribution his visit would not have been a memorable and productive visit.

Dr. Cadrin E. Gill - Honorary Consul General of St. Vincent & The Grenadines



Ms. Elga Sharpe - Chief of Protocol for the Mayor of Los Angeles



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Congratulations!

To Citizens & Friends of
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Mr. Stanley Hunte - Immigration Attachés
 Embassy of the Republic of Trinidad and Tobago
 Washington, DC

We are very proud of our dear friend and countryman Mr. Stanley Hunte. In October 2009, Mr. Hunte, along with his professional staff, visited Los Angeles for the first time to begin preparation in setting up a satellite office to provide passport service to T&T nationals living in Los Angeles and the surrounding cities. Since then, we have built a relationship with him and his team that is unbreakable.

We realize, he is a civil servant of our twin island nation, but he has gone over and above his call of duty for us. His charm, smile, and angelic personality will consume you. Mr. Hunte is a “knight”. He is a “Trini to the Bone”, and we are proud to work with him.

The members of CFTT extend our gratitude to Mr. Hunte for all he has done for us

Citizens and Friends of Trinidad and Tobago Academic Achievement Awards

Congratulations to Our Graduates of 2011

High School Honoree

Breanna Edwards is a recent graduate from University High School in Brentwood, CA. She will be attending Santa Monica Community College in the fall on a full scholarship with transfer scholarship to any university of her choice (Howard University). During high school Ms. Edwards was very active in various school activities. She was President/Captain of the Dance Company, co-captain of the step team, devoted member of the Cheerleading Squad. Ms. Edwards also was the writer, director, and actress of a play entitled "The Midnight Rose". As she continues on her journey to college she hopes to take her God given talents and share them with others. Ms. Edwards has encouraged and projected her Afro-Trinidadian culture in all walks of life and plans to instill them in younger generations to come.



Undergraduate Honoree

Emily Hampton graduated from Cal State Dominguez Hills on May 20th, with a BS in Business Administration "Concentration finance". The biggest motivating factor in her decision to return to school was her teenage son. She wanted to earn her degree before her son earned his and to lead by example, showing him the importance of a higher education. This decision paid off, because he is now in his second year of college. She is a Unit Administrator for the RAND Corporation in Santa Monica where she applies the skills learned on a daily basis. She recently celebrated her 10 year anniversary with RAND and is considering pursuing a Masters Degree.

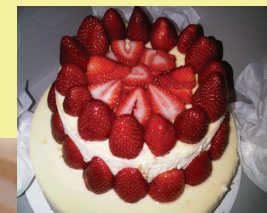


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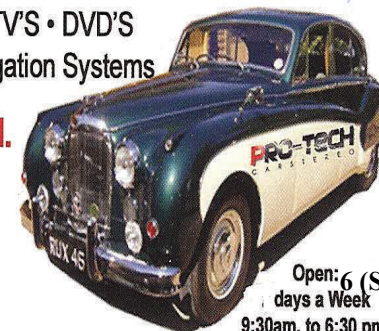
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Congratulations to CFTT on 49 years of independence

You can make a difference in a child's life.

CONGRATULATIONS

Coreen Fields MA, BSN, PHN, RN

AND

Citizens & Friends of Trinidad & Tobago

On the Occasion of your Annual Celebration of
The Independence of the Republic of Trinidad & Tobago



- Samir B. Teel Medical Foundation for Women & Children Samir B. Teel, President
- Council of Black Nurses, Los Angeles Joyce Spalding, MSN, President
- Dolo Coker Jazz Scholarship Foundation Jacquelyn M. Snead, Chairperson
Sybil Coker MA, President
- Multicultural Nurses Council of So. California Dr. Lovene Knight, President

Our Web Master

Kareem Zaim Abdul-Khaliq (Osei Willock)
Graphic & Web Designer at Latchkey Digital

Contact: 424-230-6893

E-Mail: okwillock@gmail.com

The members of Citizen & Friends of Trinidad & Tobago Inc extend our heartfelt thanks for the fabulous job Mr. Willock has done to launch our new and improved website.

Check out our website: www.cfft.us



Graduate Honorees



Beville Constantine successfully completed his Master's program in Communication Studies from California State University at Los Angeles. He currently works as an adjunct professor in public speaking, Vice President of Associated Students, Inc., and also as an Enrollment Counselor at University of Southern California. Mr. Constantine is recognized as a responsible and personable individual who is admired for his leadership qualities.



Lybrya Kebreab has had aspirations to be a teacher since the first grade. She was born in West Covina and raised in La Puente and Pomona, CA. Through her determination and perseverance, she has consistently succeeded in her educational endeavors. Ms. Kebreab graduated from Pomona High School in 1995 with high honors. Upon choosing UC Santa Barbara, her 3.89 GPA earned her a Regent's Scholarship to complete a Bachelor's degree in Political Science. She returned from Santa Barbara in 2002, now a wife and a mother, and began her Multiple Subject credential program at Cal Poly Pomona. In 2010, her ninth year of teaching Math, English Language Arts, Social Studies and Physical Education in middle and elementary school she also received a Master's Degree in Education from Cal Poly Pomona. Currently, she is in the process of applying to the doctoral programs throughout California, to study Urban Schooling and Teacher Preparation.

Returning Graduates



Ingrid Cherrington attained a second Masters degree in Master of Arts in Teaching (MAT) from National University. It enhanced her teaching skills, broaden her intellectual and professional understanding by interrelating educational theory and practice to promote lifelong learning efforts, as well as sustain her commitment as an instructional leader. Her post graduate plans are to propose a change in education, write children's books, and start her own business. Ms.Cherrington would love to utilize her degrees and skills attained to bring about positive change in her school communities for all children, especially her Special Education students, and serving communities. Ms.Cherrington realizes that change doesn't happen overnight but her plans and efforts are to make a huge impact and bring about change in record time. Time is of the essence and children truly cannot wait.



Amanda Napier recently received her Master of Public Health in Health Education and Promotion from the University of Southern California. Continuing in her efforts and commitment to health reform, Ms. Napier will be attending the University of the West Indies School of Medicine in St. Augustine, Trinidad and Tobago.



Toy Drive 2011

Help us

“Make a difference in a child’s life”

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Dates: Sat. Oct 22 & Sun. Oct. 23, 2011

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Your generous donation will be appreciated. These gifts will be shipped to distribute to needy children in Trinidad & Tobago.

Thanking You in advance.

We continue to collect items during the year. Please feel free to contact a member for more information or to arrange a drop off



For more information:

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CITIZENS & FRIENDS OF TRINIDAD & TOBAGO

Together with

Barbados Association of California

Present



A Free Family Fun Day!

SATURDAY SEPT 3RD 2011

From 10:00 am to 8:00 pm

at

The Police Officers Association Recreation Park

7390 Carson Street, Long Beach
(At the 605 FWY and Carson St)

Behind Lowe's Hardware and
Walmart Department Store

Food and Drinks
On SALE

Karaoke!

Open Mike
Poetry Song
Comedy



Board Games
Checkers
Chess
Dominoes



Card Games
All Fours
Biz Whiz
Poker
& More!



Sack
Race

Hoops
Hoops



Bring Your Own for
Egg in Spoon
Race

FUN! FUN!
PRIZES!
PRIZES!



Hot Dog
Eating Contest!

Watermelon
Eating Contest!



Volleyball

Bar-B-Que



Tennis Ball
Cricket
(Windball)

For More Information Call:

CFTT: 310.762.2253 ▪ 310.339.9572 ▪ 323.971.0345 or
BACA: 562.254.5598 ▪ 310.324.8813 ▪ 323.574.3627

FOOD & DRINKS ON SALE - NO COOLERS OR PICNIC BASKETS ALLOWED

Congratulations to the Graduating Students of

AMAH High School Barataria, Trinidad Class of 2011



**Graduating students of AMAH High School
with Principal**

These are students who had a second chance of education after leaving the public school system. They did not have the option to repeat. They were embraced by dedicated tutors who mentored them through graduation.



Trinidad & Tobago Recipes

SALTFISH BULJOL

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Serves: 3-4

Country: [Trinidad and Tobago](#)

INGREDIENTS:

- 1 medium onion
- 2 medium tomatoes
- 1 small scotch bonnet pepper
- 1 medium carrot
- 1 lime/lemon
- 1 Egg (optional)
- 225 gram salted fish
- ½ tsp. white pepper
- 4 Tbsps. olive oil
- lettuce
- 1 avocado pear

METHOD / DIRECTIONS:

- 1 Chop onion and tomatoes. Slice peppers, grate carrot, juice lime/lemon, boil egg and set aside.
- 2 Boil salted fish and remove from water. Cool and remove (pick) bones, then break into small pieces (shred).
- 3 Heat oil. Saute peppers, tomatoes, onion and pepper.
- 4 In the case of boneless salt fish, you may boil, cool and flake into small pieces.
- 5 Add lemon or lime juice.
- 6 Combine salt fish, egg and sautéed vegetables for 2 minutes. Remove from frying pan and place on a plate.
- 7 Garnish with lettuce, avocado pear (Zaboca) and grated carrot.

Sangria Punch

Ingredients

- 1 Bottle Burgundy wine
- 2 large sliced lemons
- 2 sliced peaches
- 1 sliced oranges
- 2 oz Cointreau or Triple Sec
- 2 oz Brandy
- Add sugar to taste and club soda if desired

Method:

- 1) Mix all ingredients in a large Punch Bowl and serve over ice

Sea Moss Drink

Ingredients

- ◆ 1 lb sea moss
- ◆ 1 lime
- ◆ Angostura Bitters
- ◆ milk
- ◆ sugar to taste

Method

- ◆ Soak sea moss in lime juice overnight,
- ◆ Wash thoroughly and cook in pressure cooker for 20-30 mins or until sea moss resembles jelly
- ◆ Cool, add milk and sugar to taste and blend in a blender
- ◆ Flavor with bitters and serve with crushed ice
- ◆ In Trinidad this drink is rumored to enhance a man's performance (wink)