



The CHACONIA

The TTAO Newsletter

May 2015

Volume 6, Number 2

In This Issue

- From the President's Pen
- TTAO Committees
- TTAO Activities for 2014-2015
- Did you Know?
- Inspiration Corner (Mark Rajack, Wonton Crunch, UN Art winner)
- Community Corner
- On the Bookshelf
- What's on around town
- Member's Corner

TTAO Committees

Chairpersons

Cultural and Education

Joanne Meredith

Finance and Fundraising

Anne-Marie Bostic

PR, Communication & Membership

Brenda Agard Alleyne, Carol Joseph & Joel Murray

Social

Ingrid John-Baptiste

Recreation

Earlvin Dyer & Pat Cholmondeley

From the President's Pen



Members and Friends,

Finally, the long awaited Spring season is here. For those of you who were not fortunate enough to escape to a warmer destination during the long, harsh winter, I know you can't wait for the temperature to soar. If you hear anyone complaining about how hot it is this summer, please refer them to Winter 2014/2015.☺ Luckily for you, more amiable weather also heralds the start of varied activities hosted by the Trinidad & Tobago Association of Ottawa (TTAO).

The TTAO's General Meeting will be held on Friday May 29, 2015 at the Trinidad & Tobago High Commission (TTHC). The Acting High Commissioner, Mrs. Venessa Ramhit-Ramroop, will present information on the services provided at the High Commission as well as provide an overview of the upcoming events which the TTHC will be hosting or in which the High Commission will be participating.

It should be noted that a delegation representing the Registrar General's Department, Ministry of Legal Affairs, Government of Trinidad & Tobago, is scheduled to visit Ottawa from June 20 - 27, 2015. They oversee civil, land and commercial registration and maintain the national archive of births, adoptions, marriages and deaths. They also record land titles and maintain a register of companies and businesses. Nationals will be invited to an information session by these officials, at which specific questions or issues could be addressed. Please feel free to forward your questions to the TTHC at sukhbirl@ttmissions.com or research@ttmissions.com so that they may be included on the agenda.

On Thursday, June 25, 2015, the TTAO will partner with the TTHC to host Trinidad & Tobago Night at the Races at the Rideau Carleton Raceway. This promises to be an enjoyable evening with great door prizes (applicable to T&T Night at the Races guests only) including **a three (3) night stay for two (2) with breakfast at the famous Magdalena Grand Beach and Golf Resort in Tobago**. There will be sample stations with Carib products and the Trini-Canadian Angostura Treacle Cocktail. Also available for sampling, will be the now famous wontons from Wonton Crunch. The bar will carry both Carib beer and Angostura 1919 rum and of course feature our Signature Drink the

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Sorreltini (Sorrel, Grand Marnier, Vodka and more) courtesy of Bacchanalle. Entertainment will be provided by the Nepean Panharmonic Steelband and The Cultural Arts Studio, School of Afro-Caribbean Dance. This event is a major fundraiser for the association and part proceeds will be assigned to the C.L.R. James Scholarship fund, which benefits children in Trinidad & Tobago, as well as children of nationals in the National Capital Region. To augment this important fund there will be a Silent Auction with very interesting items on which to bid.

Four weeks later on Saturday July 25, 2015 the TTAO and the TTHC will again partner to profile our twin-island state at TrinbaGo Day. There will be booths showcasing the culture and products of Trinidad and Tobago, as well as others which highlight the relationship between our nationals and the services offered by Canadian based businesses. We promise to provide great entertainment and of course delicious 'trini' dishes prepared by Mugena's.

We invite you, your family and friends to join us at the Family Fun Day picnic held in conjunction with Club S.O.C.C.A's Kites for Cancer on July 26, 2015. We always welcome suggestions for activities which could make this event more enjoyable for all.

It is not too early to organize your group for our Independence Dinner and Dance which will be held at the Tudor Banquet Hall, on Saturday, September 12, 2015.

Members of the diaspora here in the National Capital Region have been placing Trinidad & Tobago on the map and those of you who looked at Season 9 of the popular Dragon's Den reality series, <http://www.cbc.ca/dragonsden/pitches/wonton-crunch> would have seen the successful bid for investors, by the Singh Family of Smiths Falls. Prim Singh was able to captivate the Dragons with his delicious Trinidad style wontons. There is a full article on Wonton Crunch further on in this newsletter.

Members of the Executive continue to represent our Association at events hosted by our sister organizations. Brenda Agard Alleyne and Anne-Marie Bostic, TTAO's Secretary and Treasurer respectively, manned a table at the welcome reception for the new Jamaican High Commissioner, Mrs. Janice Miller. Anne-Marie also represented the TTAO at the Jamaican Ottawa Community Association Night at the Races. Ingrid John-Baptiste lent our support to the Cotillion hosted by the Cultural Arts Studio, School of Afro Caribbean Dance. TTAO again partnered with a number of community organizations to host the annual

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Health and Wellness seminar held on April 11.

We look forward to your continued support of activities hosted by the TTAO and encourage you to visit our Facebook page (Trinidad and Tobago Association of Ottawa – TTAO), our website at ttaa.ca or contact us by email at tandtassociation@gmail.com for further details on our planned events.

Sincerely,



Ingrid John-Baptiste (President)

TTAO Executive and Committees

The TTAO Executive and the committees for the 2014-2015 year are planning another engaging, health conscious and culturally satisfying year.

This is your 2014-2015 TTAO Executive:

President - Ingrid John-Baptiste

Vice-President - Earlvin (Joe) Dyer

Treasurer – Anne-Marie Bostic

Secretary – Brenda Agard Alleyne

Assistant-Secretary - Joanne Meredith

3 Floor members - Carmen Dyer, Judy Madhosingh and Jassodra Rampersad

Our standing committees for 2014-2015 are as follows:

The **Culture & Education Committee** is chaired by Joanne Meredith. The mandate of this committee is to ensure that the cultural aspect are included and promoted within our activities. They assisted in planning the April 11th Health Seminar in collaboration with other community organizations.

The **Finance and Fundraising Committee** reviews the TTAO financial processes and launches activities to raise much needed funds for our CLR Scholarship Fund.

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The **Public Relations (PR), Communications & Membership Committee** is co-chaired by Brenda Agard Alleyne, Carol Joseph and Joel Murray. The mandate of the committee is to broaden the TTAO's visibility and promote the Association's activities to forge stronger ties with and among its members and the general public.

The Social Committee is chaired by Ingrid John-Baptiste. The mandate of the Social Committee is to organize and execute events hosted by the TTAO with efficiency and fiscal responsibility, while respecting the guiding principles that are reflective of the Association.

Recreation Committee

This committee is chaired by Earlvin Dyer and Pat Cholmondeley. The mandate of the Committee is to organize and execute events that will engage our members and friends in recreational activities.

We are always looking for participation on these committees, which will increase chances of success. You are more than welcome to volunteer and/or share your ideas so please contact us if any peaks your interest.

TTAO Upcoming Activities 2014-2015

MAY 2015

Friday May 29: TTAO General Meeting (GM), Trinidad and Tobago High Commission, 200 First Avenue from 6 – 8 p.m.

Saturday May 30: Chaconia All Fours Club Game Evening, Overbrook Community Centre, 33 Quill Street, from 7 p.m.

JUNE 2015

Thursday June 25: Trinidad and Tobago Night at the Races in collaboration with the T&T High Commission at the Rideau Carleton Raceway (RCR), 4837 Albion Road, from 6 p.m.

JULY 2015

Saturday July 25: TRINBAGO Day, Ottawa City Hall, 110 Laurier Avenue West, from noon – 6 p.m.

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Sunday July 26: Family Fun Day in collaboration with Club S.O.C.C.A's Kites for Cancer, Petrie Island, Orleans, from noon – 7 p.m.

SEPTEMBER 2015

Saturday September 12: 53rd Independence Dinner and Dance, Tudor Hall, 3750 N Bowesville Road.

TTAO Past Activities 2014-2015

Children's Christmas Party

Saturday December 07: Our first event for the year reflected the celebration of the holiday season and the gift of children in true Trini style. It was a rave success and will be definitely repeated.

Health and Wellness Seminar

Saturday April 11: This was yet another success. This year there was improved representation by members of the Trinidad and Tobago diaspora. The topics were well received by all with animated presenters and an MC that kept everyone engaged. It was a great display of the various organizations working together to enrich our community. Many positive feedbacks were received.

Family Games Evening

Saturday April 18: The Family Games Evening of the Chaconia All Fours Club was a great evening to bond with family and friends. Although the turnout wasn't as we expected, those present completely enjoyed the evening. We had stimulating games of All Fours, Scrabble, Cranium and Pictionary. Overall, it is definitely an event worth repeating.



Did You Know.....?

The best time for Leatherback Sea Turtle watching is April – July and one of the best places to do it is on the beaches of Trinidad and Tobago.

The best places to see nesting leatherbacks in Trinidad and Tobago is on the protected

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and quiet beaches of Matura and Grande Riviere. The leatherbacks could also be seen from the easily accessed beaches of [Maracas](#), Las Cuevas, and [Blanchisseuse](#) to the more secluded beaches of [Paria](#), Pitit Tacarib, Grande Tacarib and Madamas on the North Coast to Matelot, Big Bay in San Souci and Guayamara in the Toco area.

Trinidad is one of the most important leatherback sea turtle nesting sights in the world. During peak season some beaches report up to 300 nesting leatherbacks in a single night. It's estimated that approximately 20 percent of the world's leatherback sea turtle population is of Trinidadian ancestry.

Inspiration Corner...new beginnings

From sports, to food, to art, within the National Capital Region or back home in T&T, Trinis are doing noteworthy things that will hopefully inspire others to perservere in whatever they wish to accomplish.

Read the following stories and be inspired!

History made...Trinidad and Tobago at the World Championship Skiing, February 18 to March 1, 2015.



For the first time in history, T&T was represented in the field of Cross-Country Skiing when 33-year-old **Mark Rajack** competed at the 2015 FIS Nordic World Ski Championships in Falun, Sweden held from February 18 to March 1, 2015. Mark had his eyes set on the 1.4K classic sprint qualifier, after failing to place in the top 10 of his 10K qualifier race. A dual citizen of Canada and Trinidad and Tobago, Mark was introduced to cross-country skiing a few years ago while working for Fresh Air Experience

Ottawa, a shop that specializes in cross-country skis and bicycles. He is the lone member of the Trinidad and Tobago National Cross-Country Ski

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Team. In an interview on Ski Trax.com Mark, who migrated when he was 6 years old confessed, "Most people of Caribbean descent have a negative outlook on winter and there's no way I would have imagined this happening." "Part of being a new Canadian means you have to adapt or find ways to cope with the climate. For me, it was cross country skiing. And it's come to the point now where I can't live anywhere that doesn't have snow." Mark's interest and dedication to the sport of cross-country skiing was recognized by XC Ottawa, the city's premier racing team and home to some of Canada's top skiers, which he eventually joined to develop his racing abilities. A Carleton University alum, Mark also received a tremendous amount of coaching and training from members of Carleton's Nordic ski team, where the head coach, Nic Clifford, said, "Even in the bitter cold, he's often the most enthusiastic to be out skiing, and it really lifts everyone's spirits on those tough days." Mark's next goal is to represent T&T in the 2018 Winter Olympics, a plan he never thought would be possible.

Share this story: <http://snapwidget.com/v/926967479545820570>

The Singh Family's "Wonton Crunch" a local success



The Singh Family of Smiths Falls Ontario successfully pitched their Wonton Crunch business on CBC's "Dragons' Den" and landed an investor. This Trinidadian family has transformed the traditional wontons by adding new succulent flavours. They have been making wontons by hand for decades and eventually

decided to share the family's favourite snack with the world. Wonton Crunch specializes in the manufacturing and retail of freshly made wontons that are immediately frozen. If you haven't tried them as yet, you will have the opportunity to sample these fantastic wontons at our Trinidad and Tobago Night at the Races on June 25th, 2015 at the Rideau Carleton Raceway. Visit the site below for more information about Wonton Crunch.

<http://www.wontoncrunch.ca/>

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Visit the link below to view the actual episode on CBC.

<http://www.cbc.ca/dragonsden/pitches/wonton-crunch>

UN Secretary-General receives winning "climate" artwork by student from Trinidad and Tobago



A vibrant vision of a future powered by the sun painted by **17-year-old Coryse Wright** was the winning artwork recently presented to the UN Secretary General Ban Ki-moon by H.E. Eden Charles, Charge d'Affaires a.i. of the UN Mission of Trinidad and Tobago. The painting by Ms. Wright, a student from Speyside High School in Tobago, was selected from among dozens of entries as the winner of the Bridging

Borders through Art Competition run by The Ministry of Foreign Affairs of the Republic of Trinidad and Tobago.

Entitled "Solar Cooler", her picture now hangs proudly in the Executive Office of the Secretary-General at United Nations headquarters in New York.

The Ministry first developed the competition in 2011 to provide an avenue for students to creatively demonstrate their interpretation and understanding of International Relations issues through the medium of art. The competition is one of the public diplomacy initiatives conducted by the Ministry to increase awareness of its work among the Secondary School population.

Ms. Wright was also the 3rd place winner of the competition in 2012.

You can share this story via the link below:

<http://www.un.org/climatechange/blog/2015/03/un-secretary-general-receives-winning-climate-artwork-student-trinidad-tobago/>

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Community corner...

Presentation at the Osgoode Youth Centre

On April 15, 2015, home-based staff at the High Commission were invited to engage approximately fifteen students aged eleven to eighteen years of various schools in the community of Osgoode on the culture and lifestyle of Trinidad and Tobago. This event was an initiative of the Osgoode Youth Centre in Ottawa and aimed to expose their students to various cultures.

In an relaxed and genial setting, Trinidad and Tobago's history, Carnival, religious festivals and celebrations, food, flora and fauna, tourist attractions, national symbols including its flag and Coat of Arms, as well its national instrument, the steelpan were displayed in the form of a power point presentation, poem, demonstrations and engagement with the students in the form of quizzes etc.

Members of the Youth Association, students and the staff at the High Commission enjoyed a dinner of roti, curried channa (chick peas) and potatoes and stewed chicken. Those present were also delighted to sample sorrel and trini coconut sweetbread.

The Trinidad and Tobago High Commission is grateful for the connection with the Osgoode Youth Association which was established through Mrs. Ingrid John- Baptiste, President of the Trinidad and Tobago Association of Ottawa.

The High Commission stands open to facilitate requests by students for information on Trinidad and Tobago. Research facilities at the Office of the High Commission include a reading room, an exhibition room, Carnival costumes and steelpanns.



Staff teaches children about popular local dishes

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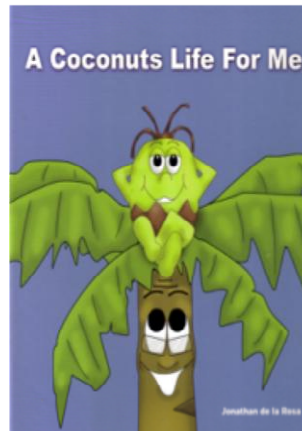
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On the Bookshelf... Interesting Reads

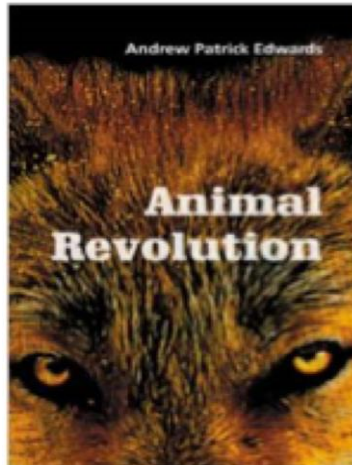
For Children:

A Coconuts Life for Me by Jonathan De La Rosa



Jonathan de la Rosa has spent most of his life working and playing "Down the Islands", off the North West peninsula of Trinidad. He is an avid fisherman who runs a family owned charter boat business called Island Yacht Charters Ltd. and has a love for anything marine. His writing was inspired by his desire to read a local book to his first born who was one at the time. He wanted an age appropriate book with a local Caribbean flavour and so Husky was born.

For Adults:



Animal Revolution by Andrew Edwards

Andrew Patrick Edwards was born in Trinidad and immigrated to Canada in 1962. He has been residing in Edmonton for the past fifty years. He retired in 1997 from the Alberta Provincial Government, and again in 2007 from his house building Construction Company, Hummingbird Homes Inc. Andy has been writing since 2002.

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What's on Around Town!

Ahhhhhhhhh.....Spring



Spring is a time of phenomenal renewal. The earth reawakens from her slumber, and explodes with new life. In our own lives, Spring can be symbolic of starting new projects, sowing new seeds and coming forth with new ideas. This is also a time to contemplate health and physical well-being too. Be refreshed and prepare for your soulful debut!

The spring season is also full of transformations. The temperature rises to a more bearable degree, opposing Mother Nature's last few months of freezing surroundings. The leaves we saw fall and flowers we saw wilt are now budding into lush, green, picture-perfect plants. Aside from the weather's transformations that occur in the spring season, we are transforming our lives, too.

Experience spring fever in Ottawa

Canadian Tulip Festival - May 8 – 18 – Enjoy one of the colourful celebrations of spring in the capital. <http://tulipfestival.ca/>

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Canada Agriculture and Food Museum (Open everyday from 9:00 a.m. to 5:00 p.m.)

Experience the country in the heart of the city. Ottawa is the only world capital with a working farm at its heart, providing a unique opportunity to immerse yourself in its agricultural heritage.



Doors Open Ottawa, a free annual architectural event that celebrates out community's built heritage, will take place **from June 6 – 7, 2015**. The Trinidad and Tobago High Commission, located at 200 First Avenue in the Glebe will be featured. If you have never visited your High Commission, this is your chance to do so.

Follow the link below for more information
<http://ottawa.ca/en/residents/arts-culture-and-community/museums-and-heritage/doors-open-ottawa>

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Indian Arrival Day Celebration hosted by the **Caribbean Hummingbirds, Saturday June 13, 2015** from 6 p.m. – 12:30 a.m. at the Jim Robillard Union Centre, 1505 Carling Avenue (between Kirkwood and Churchill). Buffet Dinner, Entertainment & Dance
Proceeds from event to CHEO "Tiny Hearts"
Admission: Adults: \$30, Youth (ages 7 to 12): \$10 and children 6 years or younger: free
Dance only: \$10

For tickets and information please contact: 613-721-0424 | 613-435-2215 | 613-255-7341.

In case you wish to get away for a weekend without driving too far.....

Montreal is hosting the 16th annual [Taste Of The Caribbean's food, music, and art festival](#). The event takes place from June 26th until the 28th from 11am to 11pm. For the first time ever, the event will be taking place outside on Ile-Bonsecour and admission is FREE before 7pm.

The festival will feature concert from world famous artists, a ton of outdoor activities, a number of affordable food samples, live cooking shows, mixology demos as well as a street carnival. The event will be celebrating the cultures of 20 Caribbean nations including Jamaica, Barbados, Cuba, Barbados, Trinidad & Tobago, Dominican Republic, Grenada, Haiti and many others.



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If you choose to do so, you can also pay extra (\$150) to get VIP access to the festival which gives you special 3 day access to an open rum bar, a private elevated terrace, perfect stage views for every show and fresh Caribbean food.

Tune in:

Saturdays - CHUO 89.1FM (www.chuo.fm) and CKCU 93.1FM (www.ckcufm.com)

African, Caribbean and Latin American music and news.

Joe Sounds Calypso Oldies: Internet Radio featuring Calypso, Soca and Reggae (www.LIVE365.com)

Member's Corner...

To enhance what the TTAO can do for the community, we need your support. Support us by becoming a member. New members are always welcome! Does an event or committee peak your interest? If you are 16 years of age or older, looking to get involved, then consider becoming a member and joining a committee that interests you the most.

The TTAO Membership form

The TTAO Membership Form has been updated and is now fillable online. You can complete the form online and email it to our mailbox at tandtassociation@gmail.com. You will then be contacted to make arrangements for payment of your membership fee. We hope that our members will make use of this great new feature.

The annual membership for the association runs from **September 1 to August 31. Your membership for 2014-2015 is now overdue.** Please think about renewing your membership if you have not already done so.

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The TTAO website

We are currently experiencing challenges maintaining the TTAO's website so please bear with us while we explore options to address this issue. Sending us an email at tandtassociation@gmail.com or visiting our Facebook page are good alternatives for the latest news and activities regarding the association.

The TTAO Facebook page

Please encourage your friends and family to like our Facebook page at <https://www.facebook.com/pages/The-Trinidad-and-Tobago-Association-of-Ottawa-TTAO/157550578878>. The page was not maintained for a few months due to the change in Facebook rules regarding non-personal accounts, but we are now back on track. As usual, on an almost daily basis, we post news and stories of interest pertaining to Trinidad and Tobago and the community in which we live. Remember to like and share information on/from the page to net a wider audience and subsequently peak the interest of non-TTAO members.

Is this a job for you?

The association has a Twitter account and is seeking a volunteer from the general membership to maintain it, with full support from the Public Relations, Communication and Membership Committee. If you are interested, please contact us for further details by sending an email to tandtassociation@gmail.com

Feedback...

Are you interested in contributing to the next newsletter? Would you like to provide comments or suggestions to the TTAO? Send us an email, write us a letter or put a posting on our Facebook page and tell us what you think!



Enjoy the Spring season!!!!

The Trinidad and Tobago Association of Ottawa
In collaboration with
The High Commission for the Republic of Trinidad and Tobago
presents

The Trinidad and Tobago Night at the Races Fundraiser
at the Rideau Carleton Entertainment Centre
on Thursday June 25th, 2015 from 6:00 pm

FEATURING

Live Harness racing
Trinidad and Tobago Cuisine
\$15 worth of free vouchers
Free Racing Program
Free Valet Parking
Grand Door Prize
Silent Auction from 5:00 p.m. -8:00 p.m.

Adults	\$35.00
Kids 6-12	\$20.00
Kids 5 and under	FREE

CONTACT:

tandtassociation@gmail.com

OR

613 834 1718
613 834 4282
613 850 0870

GRAND DOOR PRIZE

Three (3) night deluxe room stay
inclusive of breakfast and all taxes for
two (2) persons at the Magdalena
Grand Beach and Golf Resort in
Tobago! * some conditions apply



**The Trinidad & Tobago
Association of Ottawa**

Part proceeds to the TTAO's C.L.R. James Scholarship fund that benefits
students in Ottawa and Trinidad and Tobago



All guests must be 19 years of age or older with a Government issued Photo ID to enter through the slots area, Dining Room guests under the age of 19 years must enter through the family entrance (right hand side when facing the building).