



The CHACONIA

The TTAO Newsletter

December 2016

Volume 8, Number 1

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Ingrid John-Baptiste & Adrian Benjamin

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Earlvin (Joe) Dyer

From the immediate Past President's Pen



After five terms at the helm, it was with a reserved sense of relief to hand over the reigns of the Presidency of the Trinidad and Tobago Association of Ottawa (TTAO) to a young, energetic and enthusiastic President, Mr. Adrian Benjamin.

It has been indeed a wonderful experience guiding the TTAO through the last number of years. There were many memorable moments, but perhaps the celebration of the anniversary of our country's 50th anniversary of independence was one event that remains with me. Ironically I was the President of the TTAO when Trinidad and Tobago celebrated its 25th anniversary of independence in 1987. One of the celebratory activities for the 50th anniversary celebration was "TrinbaGold" Day, (a name suggested by one of our members, Mr. Maurice Taitt). TrinbaGold Day has remained as an annual event of the TTAO, and is now known as TrinbaGo Day.

During my term, the TTAO like many other organization, has had to respond to the rapid changes in technology, with a strong emphasis on the use of electronic mail, our website and Facebook page as prime methods of communication. Unfortunately we have not yet capitalized on the use of "Twitter" as it has been a bit of a challenge finding someone to manage the TTAO's Twitter account. The TTAO has however continued to maintain contact with those members and supporters who have not yet moved to the electronic platform and as such hard copy newsletters are mailed to those who prefer that method of communication.

On January 26, 2014, the TTAO as part of its effort to raise the profile of the association in the wider Canadian community, participated in the fundraising Walk for Memories, sponsored by the Alzheimer Society, Ottawa and Renfrew County. Team T&T set itself an ambitious goal to raise \$1,000. With 19 walkers and other supporters from our community, Team T&T was able to raise close to \$20,000, a very proud moment indeed.

The TTAO also welcomed into its fold members of the now defunct All Fours Club and as such the Chaconia All Fours Club was born. This group is part of the Recreation Committee, which sponsors Games Night for TTAO members, both young and old.

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I was also buoyed by the strength of the partnerships that the TTAO developed with our sister community associations in the hosting of events such as the annual Health seminar, our participation in the Kites for Cancer with Club S.O.C.C.A and the Hurricane Soccer Club.

An enhanced relationship was also developed with the Trinidad & Tobago High Commission, which co-sponsored the Night at the Races, TrinbaGo Day and the Children's Christmas Party.

We were also ably supported by sponsors many of whom preferred to remain anonymous donating to the C.L.R James Scholarship fund and other projects undertaken by the TTAO. Special thanks to Mr. Horace Bhopalsingh, the Carib representative in Ontario. Carib has been an unstinting supporter of the Trinidad & Tobago Association of Ottawa with its colourful yellow and blue Carib tent, a signature placement at our Trinbago Day and other association events.

The achievements of the TTAO during the last while would certainly not have been possible without the hard work and dedication of a devoted band of committee members. The flawless execution of all the activities of the TTAO, required countless hours of meeting and planning sessions. The Executive and Committee members gave tirelessly of their time and the success of the events is a testament to the calibre of our members. I would like to say a big thank you to:

To the Past Executive Committees

The Education Committee: Joanne Meredith, Nira Dookeran

The Recreation Committee: Earlvin Dyer, Carmen Dyer, Pat Cholmondeley, Judy Madhosingh, Glen Mason

TrinbaGo Day: Keith Anatol, Linda & Doyle Prevost, Vic & Judy Delaunay-Belleville in addition to members of the Social Committee

The Public Relations and Membership Committee: Carol Joseph and Brenda Agard Alleyne

The Social Committee: Earlvin Dyer, Carmen Dyer, David Bostic, Anne-Marie Bostic, Dianna Pierre, Tony Pierre, Suzanne Whittier, Errol Whittier, Maurice Taitt, Lena Baptiste, Carol Joseph, Patricia Cholmondeley

In closing, I would like to wish the President, Adrian and his new Executive, the very best in all its undertakings. To you the members and friends of the TTAO, a heartfelt thank you for all the support rendered to me over the past five terms. It is my hope that the TTAO would continue to thrive and realize its goals and objectives.

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On behalf of the Executive and Committee Members of the TTAO, I wish you all a very Merry Christmas and a New Year filled with good health, prosperity and happiness.

Ingrid John-Baptiste
Immediate Past President

TTAO Executive and Committees

We welcome the newly elected TTAO Executive and committees for 2016-2017. They will be kept busy planning another diverse and engaging year for you.

Adrian Benjamin is the new President of the TTAO. He was elected at the Annual General Meeting held on Friday 29th October, 2016 at the Trinidad and Tobago High Commission, located at 200 First Avenue, Ottawa. Other members of the newly appointed TTAO Executive Team for 2016 – 2017 are Earlvin Dyer - Vice President, Judy Madhosingh – Secretary, Nadine Lambie - Ass't Secretary, Anne-Marie Bostic – Treasurer, Floor members, Carmen Dyer, Yasmin Asgarali, Brenda Agard Alleyne and Immediate Past President, Ingrid John-Baptiste.

Adrian worked in the Energy Sector in Trinidad and Tobago for about twenty years. He then moved to the Occupational Safety and Health Agency, where he served as their Communications and Outreach Manager for two years before migrating to Canada. He and his family arrived in Ottawa in 2014.

Adrian is a graduate of Andrews University, Michigan, U.S.A. with a Masters of Business Administration, a BSc in Business Education with a minor in Communications. He is a very active member of our community as he serves on the Boards of the Ottawa Safety Council and Crime Prevention Ottawa. A very dynamic and enthusiastic individual, he has a passion for singing and is a recent member of the Ottawa Police Choir.

The TTAO has been in existence since 1983. The mission of the TTAO is to promote and maintain the integrity of our cultural heritage and assist with the continuing development of nationals of Trinidad and Tobago. Congratulations are extended to the new members of the TTAO Executive Team, who will ensure that the association continues to thrive and maintains its purpose.

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Immediate Past President of the Trinidad & Tobago Association of Ottawa (TTAO), Ingrid John-Baptiste (left) extends congratulations to the new President, Adrian Benjamin.



The new executive (left to right): Carmen Dyer, Anne Marie Bostic, Brenda Agard Alleyne, Judy Madhosingh, Nadine Lambie, Earlvin Dyer, Adrian Benjamin and Yasmin Asgarali.

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Our standing committees for 2016-2017 are as follows:

The **Culture & Education Committee** ensures that cultural and educational aspects are included and promoted within our activities.

The **Public Relations (PR), Communications & Membership Committee** has a mandate 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. This is the first publication of our Chaconia newsletter for this new membership year.

The **Social Committee** has a mandate 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.

The **Recreation Committee** has a mandate 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.



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Inspiration Corner.....



Once again, **Baccanalle** represented The High Commission for the Republic of Trinidad and Tobago, Ottawa at the 2016 Embassy Chef Challenge, held on November 3rd, 2016. Hosted by the Inflammatory Bowel Disease (IBD) Foundation, this third annual competition raises funds for the Children's Hospital of Eastern Ontario (CHEO), as part of the IBD Foundation's ongoing commitment to support children and youth living with the disease. Baccanalle, the 2015 winner, won the People's Choice Award for their take on two of T&T's beloved classics - Curry Crab & Dumpling and Souse. Heartiest congratulations to Baccanalle and Chef Resa Solomon- St. Lewis.

For some background, Chef Resa completed Chef Training (with honours) and studied Culinary Management at Algonquin College, this after acquiring a Chemical Engineering degree from the University of Ottawa. She was born in Winnipeg, Manitoba, and her family originates from Trinidad & Tobago. Chef Resa developed a love for cooking as a youngster with her family. She reserves special memories for making roti, curry, fruitcake, saltfish and many Caribbean delicacies over the years. These heritage traditions continue to be a key source of inspiration in the dishes that she creates.

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NO BETTER LIFE

Naz Deen, a retired Superintendent of Education, and a member of the Ottawa-Carleton community for almost fifty years, has written a memoir. It is entitled, NO BETTER LIFE, The Evolution of a Personal Philosophy of Learning and Teaching. It is available for \$20 plus \$6 for shipping, and the proceeds are being donated to three local charities: The United Way, The Ottawa Heart Institute, and the Trinidad and Tobago Association's CLR James Scholarship Fund. You may buy this book by contacting Naz at 613-829-8815, by mail at 26 Higgins Road, Ottawa, ON, K2G 0R5, or by email at nbdeen@aol.com.

The book has been widely praised. Some early readers are calling it inspirational. Without a doubt, you will find it an excellent read. It will be a perfect gift for Christmas, or any other special occasion.

Buy a great book by a fellow Trinbigionian and make a contribution to our CLR James Scholarship Fund.

On the Bookshelf...Interesting Reads:

For Adults:



T&T Oui! by Nneka Edwards

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T&T Oui! is a photo-poetry book which features the culture of Trinidad and Tobago in 20 poems and accompanying images. From flora to fauna to fine cuisine to fun things to see and do.....it's all in there! This book is a visual and literary feast as the photography and poetry are equally vivid and captivating. It is the perfect coffee-table book!

About the author: Nneka Edwards is a Canadian-born Caribbean-bred creative writer. She grew up in Trinidad and Tobago, but later attended university in Canada, Taiwan and South Korea. She also spent one year in Japan teaching English with the Japan Exchange Teaching (JET) Programme.

In her final two years of high school she entered the language stream, concentrating on French, Spanish and English Literature in Form Six. So, you've got it, she's in love with language / language learning. She has dived into or dipped her toes in Spanish, French, Chinese, German, Korean and Japanese and has also done some foreign language teaching locally and abroad. Education is actually her other passion.

Visit Nneka Edwards' [website](#) for information on her other publications.

For Children:



Grandpa take me to T&T by Khamini Leston

Grandpa Take Me to T&T is a fun rhyming educational story about a little boy who lives in Brooklyn whose desire is to go to his grandfather's home country. Get swept away in this magically imaginative plea to visit Trinidad & Tobago.

About the author: Khamini Leston resides in Brooklyn, New York. The Trinidadian native and self described "cultural ambassador" said that she has been a lover of literature since childhood. "At six years old I remember I wrote a story called The Thrown Away Peppers. My mom read it and bought me a notebook and I have

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been writing ever since," she recalled.

As Leston grew older, she became more interested in poetry whose themes centred around family, love and God. Leston, who describes her style as "raw", developed her craft even further after migrating to the US in 2007. "When I moved here I met Damion Gonzales who became my mentor. Much of my poetry started to reflect my life in the U.S. and the need to go back home," she said.

Working as a babysitter when she first immigrated, Leston revealed that she was around literature a lot since she would often read to her charges. The idea of creating a relatable children's book from her own experience then became the impetus to pen her first children's book. "There are many Americans who are immigrants, not just from the Caribbean but from everywhere. However a lot of the television shows and literature are about the American experience. That made me want to write something that our kids could have for themselves," she emphasised.

Did you know.....

plenty of everything

There is an old saying in Trinidad and Tobago: Eat peas on New Year's Day to have plenty of everything the rest of the year. This saying is taken to heart in our homeland and the preferred meal to welcome the New Year is a big pot of black eyed peas and rice cook up, with pig tail and ham bone no doubt.

Trinidad and Tobago is not the only country that prepares this traditional meal. Many countries around the world do but there are many variations. In Jamaica, cinnamon, cloves and bay leaves are used in preparing black eyed peas cook up. In other cultures, the meal is

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prepared separately, as in steamed rice with stewed black eyed peas and sometimes the rice is substituted e.g. quinoa.

If you're not a fan of black eyed peas then a pigeon peas pelau will certainly suffice as a delicious alternative!

Trini Christmas food is de bess...

In our 2015 Christmas edition of The Chaconia newsletter, we provided you recipes for Black Cake, Ginger Beer, Sorrel and Pastelle. This year we have included a twist to a Christmas staple, a seasonal rice and a must have "cutter" (for non-Trinbagonians, this means hors d'oeuvre)! Try the recipes and show off to your friends and family how we Trinbagonians "cud real cook".....!



Pumpkin Ponche de Creme

<http://www.simplytrinicooking.com/pumpkin-ponche-de-creme/>



Christmas rice

<http://www.simplytrinicooking.com/christmas-rice/>



Geera Pork

<http://caribbeanpot.com/tantalizing-trini-geera-pork/>

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It's Christmas, Merry Christmas...

(Adapted from an article written by Newsday Commentary contributor, Ian Lambie)

No one knows the real birthday of Jesus. No date is given in the Bible, so why do we celebrate it on the 25th December?

The first recorded date of Christmas being celebrated on December 25th was in 336, during the reign of the Roman Emperor Constantine, the first Christian Roman Emperor. A few years later, Pope Julius I officially declared that the birth of Jesus would be celebrated on the 25th December.

In the "good old days", preparations for Christmas in Trinidad and Tobago began early in December but Christmas Eve often arrived with the job still incomplete. Preparations began with cleaning of the house, often with the teenagers at home on school vacation participating in the painting of walls including the fence, varnishing the furniture, scrubbing, varnishing or polishing the floors, hanging the new lace curtains and laying new linoleum on the kitchen floor. Later came the decorating of the artificial Christmas tree, mounting the nativity scene, and hanging the balloons, coloured lights and other decorations.

For the majority of Trinis the Christmas Season begins with the launching of the "Parang Season", formerly known as "Parranda", with the singing of songs relative to the nativity sung in Venezuelan Spanish, accompanied by a small group of cuatro and drum playing musicians called "paranderos". In the past it was a pantomime with the "paranderos" arriving at a selected house to find the doors closed. After rendition of the appropriate "agrenaldo" by the "paranderos" the door was opened and they entered often accompanied by the neighbours. Food and drink were provided and the party often continued into the early hours of the morning. It is reputed that some "paranderos" do not return home for many days.

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In Trinidad there cannot be a Christmas without pastelles and black cake. Trinis also look forward to enjoying sorrel, ginger beer and ponche de creme.

Like "parang", the pastelle was introduced to Trinidad by the "cocoa panyols" who arrived from Venezuela during the 19th century to work on cocoa estates. The Trinidad-style pastelle may be filled with cooked minced beef, pork, chicken, raisins and olives enclosed in a very thin layer of cornmeal "dough" while the Venezuelan-style is much larger with a thicker "dough" enclosing the meat, raisins and olives with added pimentos, potato chunks and hard-boiled egg. Wrapped in banana leaves, the dough with the enclosed meats is steamed. There is no pastry as delicious as a well made pastelle.

In many countries the Christmas dinner is served on Christmas Eve or soon after the traditional mid-night Christmas Eve mass. In Trinidad and Tobago the Christmas lunch menu varies according to the household income. In a middle income home the menu may be a variation of baked turkey, baked leg of ham, baked leg of pork, stewed pigeon peas, stuffing, chicken salad, potato salad, macaroni pie, cole slaw, green salad and pastelles of course. Back in the day there were no household refrigerators and there were no frozen hams or frozen turkeys available. The ham was a smoked and dried pork leg encased in a tar jacket. The ham was removed from the tar jacket and boiled often over a wood fire in the backyard. In some country areas of Trinidad and in Tobago the Christmas day menu may contain "wild meat".

Many readers may be too young to know that during the 1940's, 1950s and 1960's, Boxing Day (26th December) was traditionally a day of family togetherness when family members travelled from many parts of Trinidad to gather at the Queens Park Savannah. Boxing Day at the Savannah was also the biggest Horse Racing Day on the calendar before horse racing was relocated to Santa Rosa Park. In my opinion, the camaraderie and spirit of family togetherness, which was lost through the relocation, has never been regained.

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Soca Parang Music is de bess...

The traditional lyrics of parang, which was sung in Spanish, were mainly Religious and Christian songs. In the last several years Soca and Calypso have fused with parang creating Soca Parang with lyrics in English. The fusion of Indian drumming and Chutney melodies with parang has also evolved into a whole new revolution of parang.

Of course Scrunter is the King of Soca Parang with great, well-known hits such as [Leroy](#), [De Parang Now Start](#), [That Eh Working Here Tonight](#), [Homemade Wine](#), [In De Backyard](#), [Anita](#), [Madam Jeffery](#), [Drinking Anything](#) and [Eat Something](#). Baron is also known to hold his own with staples such as [Spanish Woman](#), [Sweet Man](#), [Come Go](#) and [It's Christmas](#).

Here is some more recent Soca Parang music:

[Parang in St. Helena](#) – Crazy

[Iwer for Christmas](#) – Iwer George

[Paranging in Fantasy Land](#) – Johnny King

[Local Fruits](#) – Crazy

[She Eat Out All](#) – Incredible Myron B

[De Parang Soca](#) – Kurt Graham

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Ah Trini Chris'mas - 'Tales from Under de Breadfruit Tree'

(Adapted from a story by Alloy, Trinidad Tabanca)

It ent have one Trini dat could tell me he ent like Cris'mas. Ah go tell he strait to he face.....he lying. Ah doh care if yuh born in Caratal, Arima, Icacos, Moruga, Biche, Toco, Siparia or Palo Seco..... Cris'mas mean ah lot to ah Trini. Cris'mas to ah Trini is like wat life is all aboutis 'bout God, family, frens, food, fete and culture....all mix up in one.

Sometimes ah does wonder who start Cris'mas in Trinilan'. Ah hear some people say, it was de pyol an' dem, who did come across wid Columbus, some say it was de French and anodder set ah people say, was de English an' dem. To tell yuh de trut, ah doh really care as long as ah get Cris'mas an' Boxin' Day off from work to spread joy, drink mih rum an' fete. Wat more yuh want? But in real seriousness, who really start dis Cris'mas fete? Ah doh tink it was dem pyol because to start wit, dey doh know nutten about frut cake, besides ah nevah see no picture ah Columbus wid ah cuatro in he han'... maybe dey supply de Spanish words for de parang tune an dem.....but Ah know for sure, dat Columbus ent come wid no pastel eider, because where he did come from, it didn't have no corn.....unless he did pass Venezuela fus'. Accordin' to wat ah read in histry, he pass Venezuela strait. Anodder ting is, wen Columbus went back to way he come from, he didn't leave any ah he fellas in Trinidad to teach we 'bout Cris'mas. Is long after....wen dey hear how ting nice dong here, dat dey start to come back, one by one. So ah go give dem pyol de credit for de spanish words in we parang. Ah really tink dat dem Venezuelan give we a lot, wid dey quatro and pastel...widdout dem two tings, we wooda have ah real paipsy ting to call Cris'mas.

Ah doh tink dat de French people did like Cris'mas too much. Wat dey give we? De only ting ah could tink about is....NOEL! As in de 'FUS NOEL'. Apart from dat, ah cyar tink ah nutten else! Ah doh tink dat dem French was big on Cris'mas. Ah know dey did like Carnival an' maybe dey uses to save up dey money to play MAS. Besides, from wat ah hear 'bout dem French Creole, an' how dey like money, ah bet it was dem making all de bush rum to sell for Cris'mas, to put dat Potogee fella, Fernandes outta business.

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Dem English had a big han' in we Cris'mas. Is dem dat introduce we to carols, frut cake, biscuit in tin, salt ham in tar paper, Cris'mas tree, Cris'mas cards, Fadder Cris'mas, linoleum, oilcloth, all dem fancy nuts in de shell, like almon' and hazel, mashmallow, eggnog, grapes, apple, toffee, choclote wrapup in dem fancy silver paper, carbye, real cowboy gun (to play stickem-up), caps (for de cowboy gun), dem pretty dolly (to play dolly house). Is lot ah tings dey contribute to we Cris'mas, oui! Ah tink dat after we, dey is de one dat contribute the mos'.

De onlies' tings ah know dat Potogee give we is, Rum an' Garlic Pork!

After all ah dat, yuh want to know wat make ah Trini Cris'mas so special? Is all de commotion in de preparation, de activties, de excitement, de music, de crowds, de build up to Chris'mas Eve.....to walk in de house to smell, de new linoleum, de ham boilin', de fresh baked frut cake and sweet bread....to sit quiet an' look at de Cris'mas tree lites blinkin', an' in de distance yuh hearin' carollers by de neighbour, singin' "O! Holy Nite' and de radio playin' ah Soca Parang. If yuh cyar like dat, yuh heart make out ah stone!

Yuh know all dem tings ah mention arready, like pastel, carols, cards, cris'mas tree and so on, you could get any part of de worl', except we doh have snow....besides, de only way we like snow, is in snowball, wid milk if you please. Wat dey missin' is wat WE have.....wat we have? Dat is for dem to find out! For we, Cris'mas is not a vie-key-vie tingCris'mas does take plannin'. From de time yuh finish buy all de chilren school books for dem to go back to school, after de August holidays, we does start to plan for Cris'mas.

Fus' ting, yuh have to fine out which one of yuh family from foreign, coming over to spen' Cris'mas. Every year, someone ah dem does come, because wen de cole take dey tail, is rite back home dey does come to warm it up. Den yuh makes a list to shop wid. Yuh have to start shoppin' early because of how tings always short an' to save yuh from runnin' here and dere like 'Mahal'. So yuh have to secure yuh prunes, raisins, currants and mixpeel early and put dem to soak, for yuh frut cake. Den yuh have to locate de proper corn meal, to make pastel. Every year de shops does run out of pastel corn....is not every kine ah corn yuh use, yuh know.....de local one ent good at all! Yuh have to get de Venezuela bran'. Very important, yuh have to locate a supply ah plantain or fig leaf.....dat is to wrap up de pastels and dem. Nowadays, de young people usin' foil paper, buh I fine dat it does take away from de tayse. Believe me, yuh know wat hard to fine for Cris'mas? Is dem leaf! And

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PR, Communication & Membership

Brenda Agard Alleyne & Carol Joseph

Social

Ingrid John-Baptiste & Adrian Benjamin

Recreation

Earlvin (Joe) Dyer

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or

The Trinidad and Tobago
Association of Ottawa
P.O. Box 8401, Station T
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since we have dis kinda chutney parang.....it more scarce!

Nex on mih list, is mih hams an' mih turkey. Yes, ah say HAMS. Yuh does have to get at leas' two hams, one for de family an' one for de parang side an' frens dat drop in. After dat is de bev'rage stockyuh need har...d an' sof', so yuh have to prepare gingerbeer, sorrel and ponche a crema in advance.....yuh have to stock up on wiskey, rum, wine an' beer. Ah does usually buy a bottle ah brandy an' Harveys Bristol Cream, just in case mih boss an' he wife drop in over de season. Apart from all dat, yuh have to make de usual coconut sweetbred, ordinary wite bred an' a few sponge cake.....but dat yuh does leave for las', because yuh doh want to make it too early to get mole an' give people 'bad belly'....yuh go nevah hear de end ah dat, because Trini mout' wusser dan de internet.

Wonce mih food and bev'rage department organise, ah okay.....is only mih house to put in order....ah new piece ah linoleum for de kitchen, two/tree curtain, ah cris'mas tree, ah scrubbin' here, ah dustin' dere, some brite decorations an' cris'mas tree lites for outside, an' I done fix. De fete now start!

Now, yuh does have to organise yuh fete an' dem real good, because dey have so much fete. If yuh go to all, yuh sure to lose yuh work, because yuh go be drunk all season. Well I like mih Parangso ah doh miss de opening competition, de semi-final and de final..... an' wherever San Jose playin'....ah dey wid dem! Dat mean from de middle of October to de fus' week ah December, every weekend book! From Friday nite to Monday mornin'.....fete like bush! From de middle ah December until Cris'mas Eve is office party an' house to house parang. Yuh could just imagine yuh runnin' long on party an' short on res'.....and wen yuh reach home to rest....Guess wat? Is a set ah noise de neighbour chilren makin', bussin' bamboo an' carbye in yuh head....BOODOOM! BADAM! An' if it ent dat, is a group dat drop in to sing Cris'mas Carols.....an' no sooner dey leave, annoder group singin' parang tune, drop in to eat an' drink yuh out! Is ah good ting yuh did prepare in advance!

At las' Cris'mas Eve reach, so yuh get a quiet time to go to midnite Mass an' pray. No sooner yuh reach home, anodder parang side from de office drop in, guess wat? In all de commotion yuh forget to pickup yuh mudderinlaw in de airport, she coming in from Canada. But wid de grog in yuh head an' she bein' ah Trini also, she go have to understand. Rite now, is more water dan flour! By de time de parang side leave and yuh settle yuh mudderinlaw in bed, is time to start preparing de Cris'mas

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lunch, because yuh havin de immediate family over.....is ah good ting yuh did plan in advance! By half past eleven Chris'mas Day, family start to arrive an' yuh have to start entertainin'....

Tantie: "Is ah good ting it have Cris'mas, odderwise ah woodn't ah see yuh!"

Uncle: "Yuh come like Santa Claus...Yuh does come once ah year!"

"We could smell de ham an' pastell from de road!"

"Yuh tree lookin' nice!"

"So wha' yuh get for Cris'mas?" "But wha' happen to de music?" "Yuh doh have Parang record?"

All dis time yuh tinkin'.....Thank God today is de last, tomorrow is lunch at Uncle, de day after dat one week's vacation at Mayaro, to REST UP.....for CARNIVAL!

What's on Around Town.....



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)

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Events of Interest:

Christmas Lights and Sound and Light Show

From Dec. 7, 2016 to Jan. 7, 2017, the downtown core is lit up with about 400,000 twinkling lights. Also, if you walk up to Parliament Hill, you can take in a holiday-themed sound and light show. This free show, which is projected onto Parliament's iconic Centre Block, runs at about 15-minute intervals from 5:30 p.m. to 11:00 p.m. nightly until Dec. 25, 2016.

Onegin: Jan. 19 - 21, 2017, NAC Southam Hall

Set to music by Tchaikovsky, *Onegin* tells the story of the bored Russian aristocrat Eugene Onegin, who meets, seduces and then casually abandons the trusting and innocent Tatiana. Years later, Onegin encounters a much changed, more worldly and self-possessed Tatiana and, finding himself genuinely in love with her, is himself rejected. With beautifully modulated character development, exquisite choreography and glorious sets and costumes by Santo Loquasto, *Onegin* is classic balletic storytelling par excellence.

Winterlude: Feb. 3 – 20, 2017

This festival is Ottawa's biggest winter season event! Over three fun-filled weekends in February, you can enjoy everything Canada's enchanting winter season has to offer from the giant ice slides of Winterlude's Snowflake Kingdom, to beautiful ice sculptures, to skating all along the famous Rideau Canal Skateway. Lace up a pair of skates and see if you can glide across the Canal's entire 7.8 kilometres (4.8 miles), which stretch from Ottawa's lovely downtown core to Dows Lake. And the best part of Winterlude? Most of the events are FREE! You won't be disappointed; close to 600,000 people take part in Winterlude activities each year.

On February 3, there is the FREE Winterlude Kick-Off party. Taking place at Confederation Park amongst the beautiful ice sculptures, there is live music and an exciting outdoor dance party.

Don't miss the Ice Dragon Boat Festival from Feb. 17-18, 2017, which is

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new this year. For the first time in North America, dragon boats will race down the frozen Rideau Canal Skateway. Be there to cheer them on!

Alterna Savings Crackup – Comedy Festival: Feb. 4 – 18, 2017

Taking place at various venues throughout the city, this comedy festival offers a little something for everyone from improv to stand-up, to intimate and interactive shows. Featured comics for this year's festival include Ron James, Mary Walsh, Johnny Harris, Derek Seguin, Mark Forward and many more! For more programming information or to purchase tickets, visit the [official festival website](#).

TD Ottawa Winter Jazz Festival: Feb. 9 – 12, 2017, La Nouvelle Scène

This Winter Jazz Fest offers jazz artists of international acclaim as well as local talent. Featured artists for this year's festival include Atlantis Jazz Ensemble, Tia Brazda, The Mark Ferguson Quartet and Emilie-Claire Barlow, among many others. For more programming information or to purchase tickets, visit the [official festival website](#).

Ottawa Winter Brewfest: Feb. 17 – 19, 2017, Horticulture Building, Landsdowne

If you like craft beer, this is where you'll want to be! This three-day festival brings the Ottawa and surrounding area's best craft breweries together. More than 25 breweries will be in attendance offering delicious brews. Sip great beers and enjoy live music! Visit the [Winter Brewfest website](#) for [tickets and details](#).

Hockey Day in Ottawa 2017: Feb. 18, 2017

Enjoy a day in Canada's Capital that celebrates all things hockey! Throughout Ottawa, people of all ages and of all levels of ability can enjoy skating, pick-up hockey and more at Ottawa's more than 250 outdoor rinks. FREE activities will take place at various rinks from 1:00 p.m. to 3:00 p.m. Visit the [City of Ottawa's website](#) for more information.

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Winter Getaway at Nordik Spa-Nature

Why not get a mix of hot and cold temperatures on a night out with the girls at [Nordik Spa-Nature](#) this season? Nordik is North America's largest outdoor spa! Here, you'll find hot tubs, saunas and steam rooms that all invite you to relax in a unique, Scandinavian-inspired experience. On Tuesdays, enjoy Nordik's famous [thermal experience](#) along with sparkling wine, a tapas platter and homemade dessert for \$82.95 CDN per person. This package also includes a bathrobe rental. Visit Nordik's [website](#) for more information.

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.

[TTAO membership form](#)

The TTAO Membership Form has been updated and is now fillable online. Once the form has been completed, email it to our [mailbox](#). 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 feature.

Just a reminder, the annual membership for the association runs from **September 1 to August 31. Your membership for 2016-2017 is now due.** Please think about renewing your membership if you have not already done so.

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>. On an almost daily basis, we post news and stories of interest pertaining to Trinidad and Tobago and the community in which we live. Your feedback and comments are always appreciated.

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Feedback.....

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!



