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**Natural approaches to Asthma**  
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**Holder not worried over Bayle's form**  
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**AFRICAN CANADIAN ACHIEVEMENT AWARDS**

Photo: Jordan Maxwell

JORDAN MAXWELL/TORONTO CARIBBEAN  
Maestro Fresh Wes, the CBC's Matt Galloway and George E. Carter were amongst those honoured at the African Canadian Achievement Awards at the St. Lawrence Centre of the Arts last Saturday.

Fourteen people were recognized for their contributions to the community in music, media, business, education, sport and also for their life's achievements in helping, being a voice - and giving back - to the community.

The awards were all about pride, respect and dedication to one's work and community, something that was felt heavily in the words of Maestro Fresh Wes when he went to collect his award, and brought his young son on stage to bask in the achievement.

"William Peyton Hubbard. I was born and raised in Toronto, and they did not teach me this in school, that Toronto once had a black mayor in the early 1900s. This is something they don't teach kids coming up in school and it's something that I learned recently."

"I think this is something to inspire the young folks coming up and for us to learn about ourselves. A lot of artists have come to me and I've always said don't make records, make history."

His words highlighted the pride and sense of achievement that came with the night and instilled the inspiration to believe that blacks have actually contributed more to the community than the crime rate.

Mayor John Tory was on hand as his sister, Jennifer Tory was honoured with an award for her work with the Black community in ensuring equal opportunities for black people as member and executive at RBC Canada.

Continued On Page 11

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2 Wednesday, February 25, 2015

TORONTO CARIBBEAN

## Simone Smith: Hear 2 help

Simone Jennifer Smith is a strong independent woman, determined to help promote change and help people discover their true potential. Armed with an extensive background in Humanistic and Clinical Psychology, Simone is the founder and director of Hear 2 Help, a learning development company directed towards assisting students and families deal with everyday life challenges. Over the past couple years, she has dedicated her efforts to help bridge the gap and reinforce the foundations of families who struggle to fit into an ever changing world.

From a very early age, Simone knew that she wanted to help people. She aspired to be a doctor, because her grandmother suffered from hereditary Alzheimer's and Schizophrenia, and she feared that she might one day become that same paranoid woman who didn't know herself. She really wanted to understand the human psyche and discern how people thought the way that they did.

Simone completed her Masters in Humanistic and Clinical Psychology at the Michigan School of Professional Psychology, in 2009. When she came back to Toronto, she was told that her degree was not recognized here. While it was frustrating, it also allowed for the need to discover a new outlet in which to channel her knowledge. While working at a tutoring company, she witnessed how unfairly students were being treated, not receiving the proper one on

one attention they needed to do better. This inspired her to start her own company, concentrating her efforts in helping these same students and families to understand themselves, and help them to unlock their true potential.

Today, Simone spends a lot of time with African immigrant families providing support for parents and helping to nurture the talent of their children. She helps to delegate and share ideas as to what will best help foster growth in these children allowing them to see more in their self worth. Simone wants to teach them that they should strive to do their best, and be their best taking it one day at a time.

"I am actively involved in helping others reach their milestones and helping my team members meet their personal goals. I like to see myself as a risk-taker. I take intelligent risks that capitalize on prime conditions. If I truly believe in something, I will do what I need to do regardless of the risk. I am a creative person that takes the initiative with the appropriate action. Like a chess player, I plan ahead to make the best business moves. Strategic planning involves creating an action plan with a particular strategy in mind."

To learn more about Hear 2 Help visit her website at hear-2-help.com or find her on LinkedIn - Simone Jennifer Smith.

Written by Alyssa Mahadeo  
Toronto Caribbean Reporter



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TORONTO CARIBBEAN Wednesday, February 25, 2015 3



## The Shiva Mandir and Cultural Organization - An evening of entertainment

**Emily Singh**  
TC Reporter

The Vedic Cultural Centre in Markham came alive on Saturday as the Shiva Mandir and Cultural Organization put on an Evening of Entertainment. Under the guidance and leadership of Pandit Laikram Tiwari the dynamic show featured the talented Gems of Toronto Band along with a fashion show put on by the youth of the mandir. Guests came out to have a good time and contribute towards the Shiva Mandir's goal of obtaining a place where everyone in the community is welcome to learn and practice the teachings of Hinduism. The audience was captivated by the sweet sounds of the Gems of Toronto band. The talented harmonium and tabla players coupled with the beautiful voices of the singers had everyone entertained. Raffle tickets were on sale with everyone hoping to win one of the amazing prizes that included an HD television, golf set, gold and diamond jewelry and many others.

The show also featured a number of dance performances that showcased the beauty and grace of the Indian culture. The beautiful and talented Savita Persaud kicked off the show with a religious dance number that set the tone for the evening.

Despite the weather, it was a full house and many came out to support the mandir and their dream of creating a positive environment for the Hindu community. The Shiva Mandir is also comprised of many youth who have shown an active interest towards becoming leaders of tomorrow. The youth group took command of the stage as they all modeled in a cultural fashion show. MC for the evening, Joe Jaglall did a wonderful job throughout the evening and had the crowd going from start to finish. This is Pandit Laikram Tiwari's second year doing this show and he has yet again out done himself. Such an event could not have been possible without everyone who has banded together to help out and volunteer their time and efforts.

## Focus on Black Women in celebration of Black History Month

**Dr. Matthew Weekes**  
TC Contributor

I salute and pay tribute to all the black women of the Caribbean, Africa, South America, UK and the entire world that make up our multi ethnic community for their outstanding contributions to the Canadian fabric.

Black women and "women of colour" have distinguished themselves in every field I can recall.

Among the many names on the Canadian scene is the Honourable Jean Augustine past Federal parliamentarian (born in Grenada) who played a significant role in bringing to the attention of the Canadian Government the need for a month to be celebrated in recognition of the historic and present contributions of our people. Another outstanding woman is Michaelle Jean (born in Haiti) former Governor General of Canada and recently chosen as the Secretary General of the Organization internationale de la Francophonie. She is the first woman to hold this position.

The achievements of our many women trailblazers are without doubt remarkable and praise worthy. This trend continues as barriers to success are coming down. More girls are moving forward despite the many challenges and hardships they encounter.

There are many stories to be told, and in light of this, I highly commend Trish and Grant Browning managing directors of the "Toronto Caribbean" newspaper for providing a section in their newspaper entitled "Women Empowered" highlighting the many success stories. For the most part these are stories of their paths to success. Their achievements are outlined and strategic planning, motivation, determination, perseverance, courage, tenacity, encouragement, and trust in God are for the most common factors that led to success.



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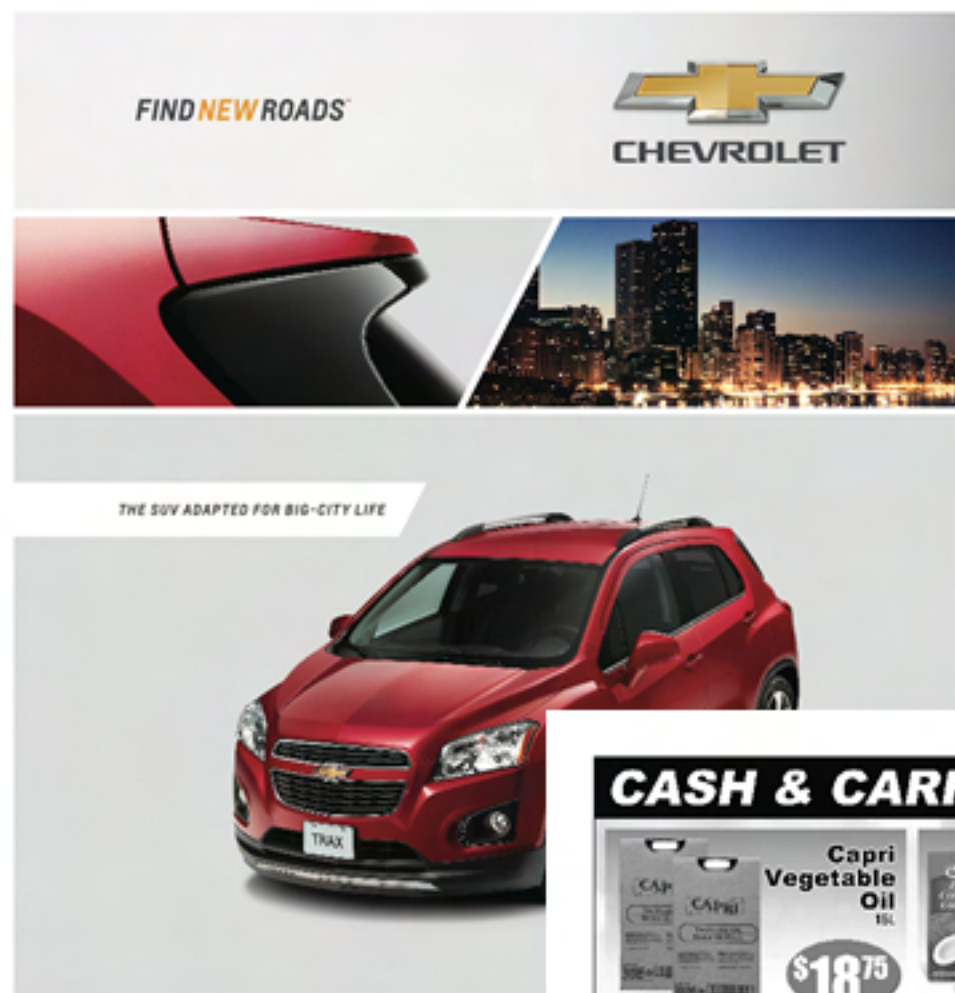
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## Holder not worried over Gayle's form

**TRINIDAD** — Chris Gayle's current poor form is not a major worry for West Indies captain Jason Holder, who believes the batsman's opener will come good soon.

Gayle has found himself in a lean patch, scoring just 111 runs from his last seven innings, at an average of nearly 36. He is without a hundred in the last 20 months with just one half-century.

Asked how this has affected Holder, he said: "The comments are beyond me and I am sure that Chris will put that away and play his game."

Holder has also come under criticism from former coach Otis Gibson, who said that he thinks Holder is far from ready for captaincy at this point in time. He added that the all-rounder needs to focus on his game.

Gayle, 31, is in a bit of a slump, but Holder is confident that he will get back to his best soon.

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TORONTO CARIBBEAN Wednesday, February 25, 2015 15



## Afghanistan forces Sri Lanka to dig deep

**NEW ZEALAND** — Afghanistan threatened to produce a shock victory over Sri Lanka at the Cricket World Cup Sunday before the favourites dug themselves out of deep trouble in the run chase and pulled off a four-wicket win.

The Afghan made a respectable 212 after being sent in to bat, and fiercely defended that total.

The bowlers were performing superbly as Sri Lanka lurched from 2-2 to 18-3 and 31-4. A Mahela Jayawardene 100 and 44 from captain Angelo Mathews salvaged the situation, but Sri Lanka was still a shaky 178-4 in the 42nd over.

However, Thaneesha Perera's selection at 47 off 31 balls guided his team to victory, denying the Afghan a first World Cup victory but not denying them any adoration after coming so close to beating the former champions.

Sri Lanka lost Lahiru Thirimanne to the opening ball of the innings, and when experienced batsman Dinesh Chandimal (5) and Kumar Sangakkara (7) departed in quick succession, the favourites were under genuine pressure.

When Hasrat Hussain bowled Sangakkara with a superb delivery at 18-3 in the sixth over, his reaction was uncharacteristic, but showed his class in building a match-winning

innings on the pitch.

But the 128-run stand between Jayawardene and Mathews set Sri Lanka on its way to victory at the University Oval.

"We probably deserved a better today," Jayawardene said. "All credit to Afghanistan. They batted very well in tough conditions and then bowled beautifully, bowled up to the batsman with a lot of movement and put us under a lot of pressure."

Hasrat bowled round the wicket to Sri Lanka's left-handers and was almost unplayable with the new ball when he hit the right length. The delivery that dismissed Sangakkara angled in through the air but then ripped back further from the seam and seemed just a tentative defensive stroke.

Hasrat beat the bat on several occasions and the Sri Lanka batsman attempted a number of punched strokes which almost led to run outs as the pressure mounted. In the 12th over, Hasrat bowled a ball that seemed away from Dinesh Karanaratne who tried to steer it to third man but succeeded only in edging it to Nazeem Mangal on slip. Sri Lanka was 51-4 and Hasrat's joy was uncharacteristic.

Jayawardene made a nervous beginning, suffering of his recent lack of form, but showed his class in building a match-winning

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20 Wednesday, December 17, 2014 TORONTO CARIBBEAN

## Sorrel cranberry rum punch



**Chris De La Rosa**  
Caribbean Cooking

Bring drinks? The holiday season in the Caribbean is all about music, food, family and drinks. Not in that order but you get the picture – fun and merriment. As a kid I looked forward to a chilled glass of sorrel, made from the fresh harvested petals of the Hibiscus sabdariffa plant, which we usually had planted in our kitchen garden. Living in North America means that sourcing fresh sorrel is almost impossible and when you can, it's insanely expensive. However, we're very lucky in Southern Ontario to have well stocked stores with the dried sorrel petals. Personally I much prefer using the dried stuff now as I find that the "wet" flavor is much more pungent. Today we'll take the traditional way of making sorrel, use in some cranberries and spike things with some wicked Caribbean rum, for what I believe is an outstanding holiday Caribbean rum punch.

**You'll Need:**  
3-4 cups dried sorrel  
1 cup dried cranberries  
1 1/2 cup sugar  
8-12 cups water  
1 stick cinnamon  
1 star anise  
1 orange (cut into wedges)  
thick slice of ginger

**Instructions:**  
The sorrel will take on a rich deep red color and your kitchen will take on the lovely aroma of the sorrel (smells like Christmas). Be careful when doing this step as if it spills it may stain. It should be cool now, so when you have to do this a couple times into a clean jug or punch bowl and get ready to give it the kick good rum punch MUST possess! Discard the strained stuff. Taste for sugar (adjust to your liking), add the honey and go in with as much rum as you like. I used white rum as I wanted the flavors of the sorrel, cranberries and slight hint of cinnamon to really shine, but if you want it more spicy, you can use a spiced dark rum. You'll also notice that I didn't add any cloves as in making traditional sorrel, I personally believe it would be too spicy.

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12 Wednesday, February 25, 2015 TORONTO CARIBBEAN

## Bunji look-alikes spotted around T&T



**Apo Luke**  
Entertainment


Lots of talk about music, concerts, man, yeah... yeah... That's all good but have many times this season have you thought you've spotted Bunji? Well, we've spotted Bunji look-alikes popping up all over the place enough to make us feel there's some kind of cloning taking place in T&T.

Fashion's a big deal in Trinidad and whether we want to admit it or not, trends taken precedence over being fashionable in these parts, so when Bunji began rocking his heavy beard, seems like thousands of other guys thought, "hey, that's not such a bad idea".

Bunji Garlin's been known to defend a very masculine persona, his tough tone accentuating his look all the time, but of course, even with that, the Vikings knew when to add a soft touch to his wardrobe, recently rocking some dapper suits, even at central line. Needless to say, Bunji's one of the industry's most respected male entertainers so it's no surprise that his male fans would look to him for fashion tips. The beard, the jewelry beads and of course, the clothing choices we've spotted around the island are proving that more men are looking to the House of Vikings for their fashion advice. Maybe Jay and the rest of the Vikings will consider bringing out some fashion pieces with this in mind. Think it's still?

**- El-Cel-Ere Boss**

## Simonette just wants to make great music



**TRINIDAD** – Four years ago, he told the T&T Guardian he was not interested in becoming a household name too quickly, rather his focus was on perfecting his craft. Fast forward to 2015, Hashim Simonette who lived in Trinidad since childhood, has moved back home to pursue his music career.

The 22-year-old has been knocking on men's doors for a few years now. In 2011, he offered the self-written composition Ready to Jam, which he entered in the Grammy category of the International Songwriting competition, but failed to make it to the final.

Despite the disappointment he remained committed, putting out material every year.

This year he again entered the competition with his song Free Up, produced by David Fabre, and Sweet Carnival, produced by Precision Sound.

However, for yet another time, he did not make it to the final. But, the Diego Martin resident is not being upset about it. He is always grateful for the opportunity to have even made it this far.

This year is also particularly special for the former R&B pop singer as it was the first time he penned a song for another artist.

Simonette is the composer of Out on D Road sung by Key Cape All Stars' Daniela Simmons.

The song appears on the popular Kasi Kasi Kidiem which also features Phronomax by Bunji, Cila by Daniela Wood, Best Girl by Sekou Star and Her Love by Flips.

Asked about this experience, Simonette said he was happy but also humbled. "I am just happy that they took a chance on the song and me as an upcoming entertainer in this business."

"I am also very proud of Daniela because I think she did an awesome job with vocals."

He plans on writing more for other artists as well as doing song collaborations. "I have always said I am here for the fun of it. I work hard but I also give myself the opportunity to enjoy my work. It is not always about competition. Sometimes it's just about making great music."

**- Trinidad Guardian**

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1/4 Horizontal Ad	B/W	\$150.00

Price is per edition. Applicable taxes not included.

Rates subject to change without notice. Ad locations are based on availability



20 Wednesday, February 25, 2015 TORONTO CARIBBEAN



## Firecracker shrimp wontons

market in North America. According to a...  
"Don't forget your wontons, so-called wontons!"

**You'll Need:**  
12 large shrimp (cleaned & deveined)  
12 wonton wrappers (or 6 spring roll wrap-  
pers)  
2 cups veg oil for frying  
1 to 2 tablespoons pepper sauce (sriracha if  
that is your thing)  
1 teaspoon Caribbean green seasoning  
1 tablespoon ketchup  
1 tablespoon Soy Sauce  
1/4 teaspoon Sesame Oil  
1/2 lime (juice and zest)  
1 tablespoon white sugar

**Chris De La Rosa**  
**Caribbean Cooking**  
At a recent dinner party I was challenged  
by friends to come up with a firecracker  
shrimp recipe, but with a Caribbean twist.  
Being that "challenge" is my second name,  
I'm very competitive, a few days later I  
was in the kitchen loaded with ingredients  
to take that firecracker shrimp we enjoyed  
to a whole new level. They were great, but  
missing were a herbal note and true Carib-  
bean seasoning (heat). Don't call something  
"firecracker" when there's no actual heat,  
but the sort of vinegar based hot sauce they

Add all the ingredients mentioned above ex-  
cept the veg oil and wontons, mix well and  
marinate for 10 minutes.

It's time to wrap up these  
into succulent little packages in the wonton  
wrappers and fry them till golden brown. If  
you're using spring roll wrappers, which are  
considerably bigger than wonton wrappers,  
cut them in half (in two triangles). To better  
understand the wrapping process, it may be  
best if you watch the video below. Basically  
I dip my finger in the same marinade (you  
can use water) and run it along the edges of  
the wrapper so the moisture helps to seal it.  
Wrap each shrimp in the wrapper, with the  
tail exposed.

Heat the oil on a medium heat in a  
wide pan, then gently add about 4-5 to the  
new hot oil. Please don't crowd the pan.  
Taken about 3-5 minutes to fully cook, but  
do sometimes flip them so they brown on  
all sides. Simply remove out of the oil, place  
on paper towels to drain off the extra oil and  
continue frying the rest.

Try to serve warm to really get  
the rich flavors of the Caribbean bursting  
in your mouth as you take into them. I like  
serving it with a basic homemade pepper  
sauce.

If you make these in advance, you can re-  
heat them when your guests arrive in your  
oven on a low heat (do NOT microwave).  
If that is the plan, I would recommend not  
cooking them fully when you originally fry  
them so you don't want to shrimp to go like  
rubber on you.

Back to the dinner party and the  
challenge. I've noticed that since I've been  
getting a lot of recognition for my cook-  
book, people are scared to host me now.  
They're intimidated to have me eat anything  
they have cooked.

CaribbeanPot.com

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32 Wednesday, February 25, 2015 TORONTO CARIBBEAN

**choice**  
**EXIT NOW**

**The real choice... Really it is!**

**Colleen Lindberg**  
**Business Development**

I am sitting at the airport in Dallas wait-  
ing to come home from a great trip of  
learning and experience. I got to hang  
out with a team of top producers in a  
franchise business model that are rock-  
ing efficiency and systems. After meet-  
ing with the owner of the location he  
said something to me that I live and  
breathe but wanted to share, he said  
"The business won't come to you, you  
need to go out and get it. Most of the  
franchise owners, one thing they  
have in common is the fact that they  
were waiting for the phone to ring in-  
stead of going out and getting it". What  
great words of advice, now the real  
question is how many people are going  
out and getting it?

Have you ever heard the saying  
that most people quit right before they  
are about to land (receive/discover/win)  
the goal. The real foundational charac-  
teristic of all successful people is per-  
severance and not quitting. They would  
figure through it, it could mean the suc-  
cessful business owner, the Olympian,  
the sports team that won the finals, the  
little girl who wanted to ride a bike...  
and my examples could go on and on...  
But in reality one key piece is not giving  
up.

So I ask you a question today, is  
the gold medal big enough that no mat-  
ter what is happening in your life, you  
won't give up? Is it really that strong,  
that important and that passionate that it  
will push you in those times of despair,  
those times of fatigue, in those times of  
self-doubt and especially in those times

where you are ready to quit. This is the  
real choice and the real question when  
we are dedicating our time to some-  
thing.

Looking back there were so  
many times I wanted to quit, to pack in  
my business and work for a living...  
then another minute goes by and of  
course I change my mind, because I re-  
mind myself, why is it I am doing what  
I do. I then will get back on the horse  
and continue riding. Now am I saying  
that it's that easy every time... Good  
no. There are some days that I am really  
challenged, especially the ones where I  
have been working 12 days a week, 15  
hour days and I am tired. You know that  
drained tired where you pass out on the  
couch with your computer on your lap,  
contacts still in and the TV on in the  
background. These are the days where  
I go... seriously why am I doing this?  
Then I remember... you are doing this  
for the freedom, for the gift to human-  
ity, for the love of the game and most of

all, everyday you get up and do this for  
you... (look in the mirror) and then look  
at all that I have and all that I have yet to  
accomplish and I breathe, hit the restart  
button and go back at it!

The real choice everyday that  
we get as people is to do or not to do. It  
is a choice and the results will vary de-  
pending on what we choose. I say (now  
this is just me) keep choosing to move  
forward, keep forging through no mat-  
ter what. We will have days where we  
want to give up, where we cry and feel  
pain, where we bleed and feel defeated,  
where we are so tired and drained that  
even a day of sleep won't help but we  
keep pushing on anyways, because we  
said we would, because it's that important  
and because wouldn't it be sweeter if  
we just did. Keep forging through ev-  
eryday... all day long... all year long  
and watch and see what happens! I be-  
lieve in you!

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# ADVERTISING PRICING



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- ✓ Effective Marketing
- ✓ High Gloss White UV Paper
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