



Caribbean Delights



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Wal-Mart Rewards Mr. HoSang For Being Top Minority Supplier



Mr. HoSang receives certificate from Professor Len Greenhalgh at Tuck School of Business at Dartmouth

Articles by Causewell Vaughan

Vincent HoSang, President and CEO of Royal Caribbean Bakery and Caribbean Food Delights, reached another career milestone when he was awarded a certificate by the nation's leading business school.

Tuck School of Business at Dartmouth University in New Hampshire presented the certificate to Mr. HoSang after he completed a course aimed at promoting and

modernizing a business.

"It was really an honor," Mr. HoSang said after receiving the certificate. "It was a totally wonderful experience because I learned a lot."

If the course had an "honor graduate," it likely would've been Mr. HoSang because his companies already use many of the suggestions it made.

"They talked about automation and robotics, how to put your products online and about seeking business overseas," Mr. HoSang said. "Those are some of the things we've been practicing."

The course itself was a reward given to Mr. HoSang by Wal-Mart for being one of its best minority suppliers. The multinational supplier picked up the cost of the course and related expenses.

"We must have performed well to be chosen for the course," Mr. HoSang said. CFD products are now sold by the multinational supplier at 1,300 locations throughout the country.

Caribbean Food Delights overall performance was outstanding due to its impeccable on-time delivery, high quality products at an aggressive

price point and exceptional customer service.

But taking the course at the Ivy League school did not come without conflict for Mr. HoSang. He had already agreed to accept another award at the same time the course was offered.

The National Association of Jamaican And Supportive Organizations (NAJASO), an umbrella agency for charitable groups, wanted to present Mr. HoSang with an award in Michigan. "I had told them 'yes,' but then I had to decline," Mr. HoSang said.

"It's always good when an organization sees fit to give you an award," Mr. HoSang said. "It means you've been doing something good in the community and beyond."

Mr. HoSang said one way he'll use his cherished certificate is to motivate and tease his children who'll take over the companies one day.

"I tell them, 'See, your father didn't graduate from high school, but he still got a college scholarship,'" he said.

Mr. HoSang did, however, get his GED from Columbus High School in the Bronx.

Patty, Bun & Cheese Contests Crown Two New Champions

Royal Caribbean Bakery and Caribbean Food Delights annual eating contests went down to the wire this year as experience gave the edge to the chow champions.

In the RCB national bun-and-cheese eating contest, pay back also played a role as the winner, Mike (Munchin' Mike) Longo of Quantico, VA., eked out the victory over last year's champ, Joel Podelsky of Laurence Harbor, N.J. Longo, who placed second to Podelsky in 2010, won by the slimmest of margins, downing eight bun and cheese sandwiches in five minutes, while Podelsky put away seven and a half.

Mike (The Real Skinny) Hoffman of Farmingdale, N.Y., won the CFD national patty-eating contest. He ate eight of the 5 oz. patties in five minutes, compared to 6.5 for second



place finisher Chris Schlesinger of Bohemia, N.Y. Hoffman geared up for the competition by taking the World Hard Sour Pickle Eating title just weeks earlier.

Contest winners received \$400 along with their titles while runners-up took home \$200.

The contests were held during the annual Merritone Family Fun Day in Middlebury, Conn. Merritone organizer Conroy Allison said the contests have

become "a major attraction" through the years.

"They are exciting and folks look forward to seeing them," Mr. Allison said. "And the fact that Royal Caribbean Bakery and Caribbean Food Delights have their name and their brand associated with the contests brings a certain amount of credibility to everything."

More than 5,000 people attended the event, Allison said. Many of them also took home gifts.

Sabrina HoSang, Chief Operating Officer for RCB and CFD, distributed tee shirts and insulated lunch bags as souvenirs. "The crowd was really enthused and happy to get them," she said. "We gave out about 200 items and I wished we had more. It was a beautiful day."

Gratitude Served Up At Employee's BBQ

Articles by Causewell Vaughan

Caribbean Food Delights' employees were pampered with change-of-pace treats during the company's annual Employee Appreciation BBQ in July.

Hot dogs, hamburgers, potato salad and other traditional American fare were on the menu for the 80 employees at the Tappan, N.Y., plant. But they had to break with tradition and enjoy their meal during their usual lunch hour.

"We normally close the plant for a half day," said Sabrina HoSang, the companies' Chief Operating Officer. "But this year we had special, last-minute orders to fill so we had to keep up the production"

The orders were for three trailer loads of products from both Wal-Mart and Costco, two of the leading distributors for CFD.

During the lunch break, Ms. HoSang and CFD executives mingled with the employees, and also served up more than food and drink.

"We gave away prizes," Ms. HoSang said. "There were umbrellas, beach bags, tee shirts, insulated lunch bags and gift certificates. It was our way of showing our appreciation for the efforts they put in."

RCB also had their BBQ in Mount Vernon, N.Y. Managers, Michael Sperrazza and Damian HoSang served up a delicious lunch enjoyed by all. This year a new addition to the menu was grilled jerk chicken prepared by Kirk King, RCB driver.



Sabrina Gets Locked Up To Support MDA

Royal Caribbean Bakery and Caribbean Food Delights Chief Operating Officer Sabrina HoSang was "jailed" during a unique fundraising drive for the Muscular Dystrophy Association.

Ms. HoSang was incarcerated in a restaurant during the campaign, which coincided with the MDA's annual telethon to fight the disabling muscular diseases that hamper a person's movements.

"Being in jail was just a theme that we used this year to raise funds," said Dr. Richard Pyun, one of the volunteers in the MDA drive. "The object was to collect money for bail that would be contributed to the MDA."

Dr. Pyun said Ms. HoSang was "jailed" for about two hours as she solicited friends and family for contributions. "She was very upbeat and it was all in good fun," he said.

"It was really an interesting experience," Ms. HoSang said. In all, she added, she raised about \$1,200 for the campaign. For more info on the MDA or to make a donation, visit www.mda.org.



On August 3, 2011, Sabrina was locked up to raise bail money for the Muscular Dystrophy Association (MDA). After making several calls to family, friends and colleagues she was able to raise \$1,200 to support this great cause.

Two Prestigious Awards for CFD & RCB COO

Sabrina HoSang, Chief Operating Officer for Caribbean Food Delights and Royal Caribbean Bakery, is gaining recognition for her leadership roles with the two companies and her work with charities.

Ms. HoSang recently received a citation from Brooklyn Borough President Marty Markowitz and a certificate from the Neighborhood Technical Assistance Clinic (NTAC). Each award cited her efforts to promote the two companies and giving aid to the less fortunate.

Mr. Markowitz said he issued his citation because of Ms. HoSang's "outstanding contributions to Brooklyn and beyond."

The citation read in part, "I commend her, a mentor to young teenage girls through the G.O.O.D. for Girls Program, for sponsoring two young children in the deprived

areas of Honduras and Indonesia, for her determination to continue the goodwill and success of her family, specifically by being active in the

family's charitable organization, The Vincent HoSang Family Foundation that provides scholarships..."



Brooklyn Borough Hall honored Sabrina during Caribbean Heritage Month for her outstanding commitment to the Caribbean community.

The NTAC President Valerie Durrah said, "We selected Ms. HoSang to be honored because she represents the best of Caribbean leadership. Ms. HoSang is young, fresh and open to new strategies of leadership. I expect more from her as she steps into her own season leading her companies."

The NTAC is a non-profit agency that serves the needs of philanthropic individuals and organizations in their efforts to develop support and maintain effective community-based and faith-based programs.

Ms. HoSang said the awards made her "feel appreciated."

"I'm happy that they noticed what I do in the community, and it feels good that someone recognizes the

things I do aside from directing the day-to-day operations of the two companies," she said. "I'm following in the footsteps of my dad."



Kathleen Barker is The Biggest Loser of CFD's Office Staff

Over here at the CFD headquarters we put the office staff up to a twelve week challenge, CFD's Biggest Loser. All who participated put in \$20 toward the winning pot. Of the seven contestants, the biggest loser who maintained the highest overall percent body weight-loss every week was Kathleen Barker in accounts payable. Here is an exclusive interview with Kathleen to find out how she lost 21 pounds and what worked for her.

CFD: How does it feel to be the Biggest Loser?

KB: Great, not in the sense of winning a contest over others, but more about the personal challenge.

CFD: What was your motivation for participating?

KB: I was just annoyed with myself for going up in size, and decided to take control.

CFD: What was your strategy?

KB: Just to cut back on food, and get more disciplined exercise routine, something that I could adapt to in the long term, rather than an extreme, flash in the pan approach.

CFD: Did you try different types of exercise regimens? If so, what did you find that worked for you?

KB: I got back into a walking routine, did some cycling, and continued with my Tai Chi exercises.

CFD: Did you do anything different as far as your food choices are concerned? Did you go on any special diet? Portion control methods? Cut out any foods? Only eat certain foods?

KB: I didn't follow a specific plan, like Jenny Craig or Weight Watchers, but

I did count calories. They say that calories aren't everything, but just keeping the numbers in mind helped me stay on track, and know when to cut back. I have been reading labels now more than ever, and for example, switched from a yogurt at 180 calories to one that's 90 calories. The numbers made me think about how much I really wanted the item, or how much of an item. I didn't really cut out anything, just cut way back across the board.

CFD: How did you handle going out to restaurants, vacations, or holiday events?

KB: With great difficulty. In IHOP, they list the calories for each item right on the menu, so the choice was to take the ONLY selection that fit a diet, or eat a day's worth of calories in one meal. Parties are difficult as well because a little bit of this snack, and a little bit of another snack adds up.

CFD: What challenges did you face? How did you overcome them?

KB: I had to face things like Sabrina calling and saying that she made some peach bread! The temptations are always there. I just made up my mind that I was going for it this time.

CFD: Did you allow yourself cheat days?

KB: I didn't have cheat days in the plan, but there were days that I went overboard. I just had to get back on track the next day, and not lose sight of the long term goal.

CFD: Are you satisfied with your results? Would you want to lose more or maintain? Do you think you will continue to do what was working for you now that this is over?

KB: The "plan" is to continue to lose more by just doing what has been successful so far.

CFD: What was a typical day for you?

KB: I was eating a small breakfast, basically yogurt or salad for lunch, and small portions for dinner. I ate desserts, but not as much, and not as often.

CFD: What kept you motivated to keep losing weight?

KB: Seeing positive results!

CFD: What did you learn about yourself during this competition?

KB: You can do what you set out to do and having the right frame of mind about it is just as important as the exercise.

CFD: Any advice you would give to others?

KB: Go for it!

CFD: Did you have to buy new clothes? What clothes size were you before and now?

KB: Yes, I found breaking into a size 16, and now I am down to size 12. I just bought some capris and tops in size M, rather than XL.

FOOD FOR THOUGHT: PLANTAIN TART A LA MODE

Ms. Barker may have been the biggest loser at CFD, but that does not mean she will not occasionally bring in homemade baked goods or a home cooked meal for the office staff to enjoy.



Here is her food for thought: Plantain Tart a la Mode.

Bake plantain tarts. Serve them with a scoop of your favorite ice cream and toppings. We paired it with coconut pineapple ice cream with a drizzle of caramel syrup. Now that is a sweet treat to reward yourself with!

Congratulations Kathleen!



Kathleen Barker
CFD's Biggest Loser
Weight loss: 21 pounds

Ocular Health Advice

CONTACT LENS CARE

It is estimated that 125 million people worldwide wear contact lenses. It is very important that our population understands a few key details about these lenses.

Can I buy contact lenses online? Yes, but it is extremely important that an ophthalmologist or an optometrist properly fit each patient with the contact lens and write an appropriate prescription.

What types of contact lenses are available? Hard and soft contact lenses are available. Soft contact lenses are very popular and come in disposable (daily, biweekly, and monthly).

Are there any risks to wearing contact lenses? If contact lenses are not cleaned every night, and are worn past their date, you put your eyes at risk for an infection.

If my eyes are red and painful should I still wear my contact lenses? Never wear your lenses if your eyes are red and/or painful. This could be a symptom of an infection, and wearing your lenses will make matters worse. Contact your local ophthalmologist immediately.

Can I sleep in my contact lenses? Many extended wear contact lens brands claim to be approved for overnight wear. I do not recommend overnight wear of contact lenses. This can increase your rate of a vision threatening eye infection by 15%. Bacterial corneal infections can result in a corneal ulcer, which can ultimately lead to a corneal transplant and possible blindness.

How can I prevent an eye infection? Proper cleaning of the contact lens every evening after removing them will aid in reducing infections. I also recommend cleaning the contact lens

case every morning and air drying the case during the day. Inspection of the contact lens prior to insertion, making sure the lenses are not torn, will also prevent infection. Contact lenses should only be stored in specified contact lens storage solution, never tap water or saline. Prohibition of sleeping in lenses, and swimming in lenses will also prevent infections.

If you have or know someone who has a contact lens related problem call your local ophthalmologist for an examination.



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