

The CARIBBEAN VILLAGE Insider CULTURE-ZINE

Volume 2, Issue 5, June 2023

Greetings Patrons, Partners and Friends,



This month we will explore the island of Dominica [not to be confused with the Dominican Republic]. Dominica is lush, green, natural and beautiful. The island is also STILL being formed through geothermal volcanic activity based on its location. FASCINATING!!! This small island nation is forward thinking and is proactive in supporting the development of geothermal energy. The country is currently on track to achieve 100% renewable energy production.

We seek your continued readership and support during 2023, as the CULTURE-ZINE strives to become a powerful testimony to the diversity, tenacity, strength, intelligentsia and reach of Caribbean people and the diaspora.

The FOUNDER'S Word

June 2023 - Greetings My Friends!!



As we explore **Dominica**, we will expose you to the National Dish; an interesting gastronomic read by a Dominican author/chef; Local News; Local Scenes; a discussion about Dominica's sustainable, geothermal energy and much more.

During 2023, we continue to ask that you let us know your thoughts about the CULTURE-ZINE. We are very interested in what you have to say. Did we accurately cover your homeland? Did you learn something you didn't know about your island or another island? Are you motivated to travel? What do YOU want to know? LET US KNOW at email: keywandabattle@yahoo.com.

I'll see you Inside....

Kahila....

Table of Contents

Volume 2, Issue 5, June 2023

- Pages 1:** Welcome and The Founder's WORD
- Page 2:** Table of Contents
- Page 3:** The Flag and Coat of Arms of Dominica
- Page 4:** Dominica: History, Culture and People, Education, Economy, Government, Geography
- Page 10:** "A Natural Phenomenon: Dominica's Sustainable Geothermal Energy" – Article researched and written by Keywanda Battle
- Page 14:** Gastro Caribe – Dominica's National Dish
- Page 17:** BOOKS of the Month
- Page: 19:** Dominica NEWS
- Page 26:** Kahila's Taste – "Cajun is NOT Creole"
- Page 28:** Scenes from DOMINICA
- Page 35:** The VEXILLOLOGY
- Page 36:** WHERE in the World??
- Page 37:** Come VISIT CARIBBEAN VILLAGE
- Page 38:** Caribbean Village OFFER
- Page 39:** Building STRONG Business Communities through ADVERTISING
- Page 41:** Dominica Flag Coloring Page
- Page 42:** Volume 1 of the CARIBBEAN VILLAGE Insider CULTURE-ZINE
- Page 43:** Volume 2 of the CARIBBEAN VILLAGE Insider CULTURE-ZINE
- Page 44:** PRODUCER'S Advertising Page

To open the Links in this E-Zine, Simply CLICK the Link

The Flag and Coat of Arms of Dominica



The flag of Dominica is composed of a horizontal and vertical cross of yellow, black and white colors on a green background. In the middle of the flag, there is a parrot with ten green stars around it in the red circle where the horizontal and vertical yellow, black and white colors meet. The green in the background represents the woodland

areas of the island country. The cross of yellow, black and white colors that divide this green into four equal parts refers to the Trinity in the Christian religion and symbolizes the island country's faith in God. The red circle in the middle of the flag represents the country's social justice obligation, while the ten stars represent the ten regions of the island, each of which has equal conditions. The parrot in the middle is the national symbol of the country, which is also present in the coat of arms of the country. The population is 72,386.

Coat of Arms



The design depicts a shield divided into four quarters of a cross, referring to the Island's name because of its discovery on a Sunday. In the first quarter on the top left, you see the black volcanic soil of Dominica supporting a coconut tree; in the fourth quarter on bottom right a fully developed banana stem bearing a mature bunch of fruits is shown; our Crapaud [a large toad], in the second quarter and in the third quarter, a canoe under sail glides on the Caribbean Sea. A wreath of silver and blue bears the crest, a golden lion standing upon a black rocky mount with two Sisserou parrot (*Amazona imperialis*) as supporters. The motto "*Après Bondie C'est La Ter*" is creole for "after God the earth" which shows the significance of soil and agriculture in Dominica.

Dominica: Sustainable, Lush, Beautiful

History, Culture and People, Education, Economy, Government, Geography

➤ History

The island was settled by the Arawak arriving from South America in the fifth century. The Kalinago displaced the Arawak by the 15th century and were later colonized by the French from the 1690s to 1763. The Kalinago, also known as the Island Caribs or simply Caribs, are an indigenous people of the Lesser Antilles in the Caribbean. It is believed that they are related to the Mainland Caribs [Kalina] of South America, but they spoke an unrelated language known as Island Carib.

The French imported enslaved people from West Africa to Dominica to work on coffee plantations. The vast majority of Dominicans are of African descent. The Kalinago, also known as the Island Caribs or simply Caribs, are an indigenous people of the Lesser Antilles in the Caribbean. They may have been related to the Mainland Caribs (Kalina) of South America, but they spoke an unrelated language known as Island Carib.

Pre-Colonial History: African, British, French, Spanish

Dominica's pre-colonial indigenous inhabitants were the Island Carib people, who are thought to have driven out the previous Arawak population.

Some Spanish colonizers settled in Dominica. As European explorers and settlers entered the region, indigenous refugees from surrounding islands settled Dominica and pushed out the Spanish settlers. The Spanish instead settled other areas that were easier to control.

In 1660, the French and English agreed that Dominica and St. Vincent should not be settled, but rather should be left to the Carib people as neutral territory—BUT its natural resources attracted expeditions of English and French foresters, who began harvesting timber. A very European tactic.

In 1690, the French established their first permanent settlements. French woodcutters from Martinique and Guadeloupe began to set up timber camps to supply the French islands with wood, and they gradually became permanent settlers. They brought the first enslaved Africans from West Africa to *Dominique*, as pronounced in French.

In 1761, during the Seven Years' War in Europe, a British expedition against Dominica led by Andrew Rollo conquered the island, along with several other Caribbean islands. Great Britain took possession in 1763, after the Seven Years' War, and English was gradually established as the island's official language.

In 1778 the French, with the active co-operation of the population, began the re-capture of Dominica. This was ended by the Treaty of Paris in (1783). The island was returned to British control. But the island population, especially the class of free people of color, resisted British restrictions.

The British retained control throughout French invasions in 1795 and 1805. The first invasion took place during the period of the Haitian Revolution [1791 – 1804].

In 1831, reflecting a liberalization of official British racial attitudes, the Brown Privilege Bill conferred political and social rights on free blacks of mixed race, with African and European ancestry.

With the Slavery Abolition Act of 1833, Britain ended the institution of slavery throughout its empire, except in India.

Early 20th century

In World War I, many Dominicans, mainly the sons of small farmers, volunteered to fight in Europe for the British Empire. After the war, an upsurge of political consciousness throughout the Caribbean led to the formation of the Representative Government Association.

Due to public frustration with the lack of a voice in governing Dominica, the Representative Government Association won one-third [1/3] of the elected seats of the legislative assembly in 1924, and one-half [1/2] in 1936. As a result, in 1940, the administration of Dominica was transferred from the British Leeward Islands to the British Windward Islands.

During World War II, some Dominicans volunteered in British and Caribbean forces. Thousands of Free French refugees from Martinique and Guadeloupe escaped to Dominica from the Vichy-controlled French islands, staying in Roseau and other villages.

Vichy Definition:

The Vichy regime sought an anti-modern counter-revolution. They were the traditionalist right in France. Vichy strength lied in the aristocracy and among Roman Catholics, who never accepted the republican traditions of the French Revolution but demanded a return to traditional lines of culture and religion.

Until 1958, Dominica was governed as part of the British Windward Islands. Caribbean islands sought independence from 1958 to 1962, and Dominica became a province of the short-lived West Indies Federation in 1958. After the federation dissolved in 1962, Dominica became an associated state of the United Kingdom in 1967, and formally took responsibility for its internal affairs. On 3 November 1978, the Commonwealth of Dominica was granted independence as a republic.

➤ Culture

English is the official language of Dominica, universally spoken and understood. Dominica's name is pronounced with emphasis on the third syllable.

Demonym:

People from both, Dominica and the Dominican Republic, are referred to as Dominicans.

The difference is in pronunciation, not spelling. Since Dominica is pronounced with the stress on the “ni” syllable (Do-mee-NEE-cuh), we pronounce the demonym similarly (Do-mee-NEE-can). People from the Dominican Republic are called Dominican, pronounced with the stress on the “mi” syllable (Do-MEE-nee-can).

In addition, Dominican Creole, an Antillean Creole based on French, is widely spoken. This is due to the following factors:

- The French migration to the island that started in 1690
- A majority French Creole-speaking population residing on the island, and
- Dominica’s location between the two French-speaking islands of Martinique and Guadeloupe

Dominica was historically occupied by the Arawaks [(Tainos)] and Carib [Kalinago] tribes at the time European settlers reached the island. "Massacre" is a name of a river dedicated to the mass murder of the native villagers by English settlers on St. Kitts. The survivors were forced into exile on Dominica.

Today, the approximate ethnic group percentages are - African [75%]; Multi-racial [19%]; Kalinago [4%] and European [0.8%].

Both the French and British claimed the island and imported slaves from Africa for labor. The remaining Kalinago live on a 3,700 acre territory on the east coast of the island. They elect their own chief. This has produced the modern cultural mix.

Music and dance are important facets of Dominican culture. The annual independence celebrations display a variety of traditional song and dance. Since 1997, there have also been weeks of Creole festivals, such as "Creole in the Park" and the "World Creole Music Festival".

Dominica gained prominence on the international music stage in 1973 when Gordon Henderson founded the group Exile One and an original musical genre, which he called "**Cadence-lypso**" was introduced on the world stage. This paved the way for modern Creole music. Other musical genres include "Jing ping" and "Cadence". Jing ping features the accordion and is native to the island. Dominica's music is a mélange of Haitian, Afro-Cuban, African and European traditions. Popular artists over the years included Chubby and the Midnight Groovers, Bells Combo, The Gaylords , WCK and Triple Kay.

Additionally, it is said that Dominica is often seen as a society that is migrating from collectivism to individualism. The economy is a developing one that previously depended on agriculture. Signs of collectivism are still evident in the small towns and villages which are spread across the island.

➤ Education

School in Dominica is mandatory up to secondary school. After pre-school, students attend primary school for six or seven years, and are admitted into secondary school on the basis of a Common Entrance Exam.

The system is structured so that the primary school cycle lasts 7 years, lower secondary lasts 3 years, and upper secondary lasts 2 years.

The island has its own Dominica State College, formerly named Clifton Dupigny Community College. Some Dominicans attend universities in Cuba on scholarships offered by its government; others go to the University of the West Indies or to universities in the United Kingdom, the United States, or other countries.

The literacy rate in Dominica is 94%. Peers, family, and community have pressured young people to attend school and to do well. The pressure for formal education, however, has unfortunately, depreciated the value of farming as a career.

Dominica's high literacy rate can be attributed to several factors, including:

- **Strong Emphasis on Education:** Education is highly valued in Dominica, and the government has made significant investments in education at all levels.
- **Free Education:** The government provides free primary and secondary education, and this has encouraged more children to attend school.
- **Skilled Teachers:** Dominica has a large pool of qualified and skilled teachers who are committed to providing quality education to the students.
- **Community Involvement:** The community is actively involved in supporting education by volunteering and providing resources.
- **Access to Educational Resources:** Dominica has a good supply of educational resources, including books, technology, and other learning materials.
- **Cultural Traditions:** Education is seen as a key to success in Dominica, and parents often encourage their children to strive for academic excellence. These factors have enabled Dominica to maintain a high literacy rate and continue to provide quality education to its population.

➤ The Economy

Dominica's currency is the East Caribbean Dollar. In 2008, Dominica had one of the lowest Gross Domestic Product (GDP) rates of Eastern Caribbean states. The country nearly had a financial crisis in 2003 and 2004, but following a decade of poor performance Dominica's economy grew by 3.5% in 2005 and 4.0% in 2006.

Growth in 2006 was attributed to gains in tourism, construction, offshore and other services, and some sub-sectors of the banana industry.

Around this time, the International Monetary Fund (IMF) praised the Government of Dominica for its successful macroeconomic reforms, but also pointed out remaining

challenges, including the need for further reductions in public debt, increased financial sector regulation, and market diversification.

Agriculture, especially bananas, once dominated Dominica's economy. Nearly 33% of the labor force worked in agriculture in the early 2000s. This sector, however, is highly vulnerable to weather conditions and to external events affecting pricing. In 2007, Hurricane Dean caused significant damage to the agricultural sector and to the country's infrastructure, especially roads.

In response to reduced European Union [EU] trade preferences for bananas from the former European colonies after the 2009 World Trade Organization decision, the government has diversified the agricultural sector. This diversification included the production of coffee, patchouli, aloe vera, cut flowers, and exotic fruits such as mango, guava and papaya. The economy also became increasingly dependent on tourism.

International Trade

Dominica is a beneficiary of the Caribbean Basin Initiative (CBI) that grants duty-free entry into the United States for many goods. Dominica also belongs to the predominantly English-speaking Caribbean Community (CARICOM), the CARICOM Single Market and Economy (CSME) and the Organization of Eastern Caribbean States (OECS).

Financial Services Industry

The Commonwealth of Dominica is becoming a major international financial center. The largest sectors are "**offshore banking, payment processing companies, and general corporate activities**". There are a number of service providers. These include global financial institutions such as Scotiabank, Royal Bank of Canada, Cathedral Investment Bank, First Caribbean International Bank and The Interoceanic Bank of the Caribbean.

Starting in the mid-late 1990s, the Commonwealth of Dominica avoided sanctions, reputation smear [due to taxation issues] and being blacklisted by the Organization for Economic Co-operation and Development [OCED] by committing to regulatory reform to improve transparency and begin information exchange with OECD member countries about their citizens.

Dominica now offers tax-free status to companies relocating from abroad. It is not known how many companies benefit from the tax-free status because of the strict confidentiality the government enforces, although it is known many Internet businesses and hedge funds utilize Dominica for this reason.

➤ Government

Dominica is a parliamentary democracy within the Commonwealth of Nations. The Commonwealth of Dominica is one of the Caribbean's few republics. The president is the head of state, while executive power rests with the cabinet, headed by the prime minister.

The single-house [unicameral] parliament is a 30-member House of Assembly, with 21 directly elected members and nine senators, who may either be appointed by the president or elected by the other members of the House of Assembly.

Unlike other former British colonies in the region, Dominica transitioned to a republic upon gaining its independence and was never a Commonwealth realm territory led by the British Monarchy.

Dominica is also a member of the International Criminal Court, with a Bilateral Immunity Agreement of protection with the US military.

➤ **Geography, Nature, Environment**

The Commonwealth of Dominica, is an island country in the Caribbean. The capital city is Roseau, located on the western side of the island. It is geographically situated as part of the Windward Islands chain, in the Lesser Antilles archipelago, in the Caribbean Sea. Dominica's closest neighbors are the French islands of Guadeloupe to the northwest and Martinique to the south-southeast. Dominica encompasses a land area of 290 square miles. The most elevated point is Morne Diablotins, at 4,747 feet high.

The GPS coordinates for Dominica are: 15.4150° N, 61.3710° W.

Dominica is referred to as the "Nature Island of the Caribbean" for its natural environment. It is the youngest island in the Lesser Antilles. In fact, it is still being formed by geothermal-volcanic activity, as evidenced by the world's second-largest hot spring, called Boiling Lake.

The Sisserou parrot, also known as the Imperial amazon, is an endangered species and is found only on Dominica. It is the island's national bird and is featured on the national flag, making Dominica one of only two sovereign nations whose official flag features the color purple like the breast of the Sisserou.



A Natural Phenomenon: Dominica's Sustainable Geothermal Energy



BOILING LAKE, Dominica

The geothermal volcanic activity in Dominica is a natural process that created this beautiful Caribbean nation. Boiling Lake is an example of this activity.

The island of Dominica is a volcanic island that began to form as a result of volcanic activity around 26 million years ago. The island was formed by the collision of the Atlantic Plate and the Caribbean Plate. The island's active volcanic history is evident in its many hot springs, fumaroles and geysers. The last major eruption on Dominica occurred in 1270 AD, but there have been smaller volcanic events since then.

Here are some of the dates of these events:

- 🔥 1660: An eruption of the Morne aux Diaboles volcano
- 🔥 1812: An eruption of the Morne Watt volcano
- 🔥 1880: An eruption of the Morne Watt volcano
- 🔥 1903: An eruption of the Valley of Desolation area
- 🔥 1929: An eruption of the Valley of Desolation area
- 🔥 1997: An eruption of the Valley of Desolation area

In fact, Dominica is **STILL** being formed through geothermal volcanic activity because of the island's location on an active tectonic plate boundary.

The location of Dominica, being situated along the Lesser Antilles Volcanic Archipelago, creates this geothermal phenomenon. This region has a series of subduction zones where the North American Plate and the South American Plate

converge beneath the Caribbean Plate. When the plates converge, the intense heat and pressure causes volcanic activity which generates magma beneath the Earth's surface. This magma rises to the surface, creating volcanic eruptions and forming new land masses over time.

What Makes Geothermal Energy Renewable and Sustainable

The geothermal activity in Dominica is a result of magma heating up the surrounding rocks and water, which can then be used to generate sustainable electricity. The island's unique landscape and abundant geothermal resources have attracted many investors and developers looking to tap into its potential for renewable energy.

The government of Dominica has been proactive in supporting the development of geothermal energy and the country is currently on track to achieve 100% renewable energy production.

Currently, Guadeloupe has the only geothermal power plant in the Caribbean which came online in 1984 and supplies the leeward coast of Basse-Terre with electricity. Belize also boasts a diversified energy sector and produces more renewables than most other nations in the region.

Geothermal energy systems work by extracting heat from underground sources, such as hot water reservoirs like Boiling Lake or steam produced by magma. This heat is then used to generate electricity or to meet the heating and cooling needs of homes and buildings.

Once the heat has been extracted, the cooled water or steam is returned to the ground, where it can be reheated and used again.

The sustainability of geothermal energy also depends on the way it is harnessed. This energy source, when harnessed sustainably, can provide clean and renewable energy to the island and surrounding regions, making it an essential part of Dominica's future sustainability.

Geothermal energy is considered sustainable because it uses the Earth's natural heat, which is constantly being produced in its core.

This type of natural energy is renewable and it produces minimal greenhouse gas emissions.

The sustainability of geothermal energy also depends on the way it is harnessed. Careful planning is required to ensure that geothermal resources are used in a way that does not harm the environment, does not damage natural habitats or disrupt the balance of the ecosystem. This means that geothermal power plants must be designed and operated in a responsible and sustainable manner, considering factors such as resource depletion, water usage, land use, and the protection of

nearby ecosystems. The sustainability of geothermal energy and its potential to provide clean, renewable power makes it a promising source of energy for the world's future.

Geothermal energy is different than fossil fuels, which are limited resources that take millions of years to form AND also releases harmful greenhouse gases when burned.

How Geothermal Activity Helps the Environment

Geothermal energy can help Dominica reduce its carbon footprint, create jobs, and protect its environment and communities from the effects of climate change.

Geothermal energy helps the environment in the following ways by:

1. Providing **Renewable energy**: Geothermal energy is a renewable, non-polluting energy source that can help reduce dependency on fossil fuels. This can help reduce carbon emissions and air pollution, leading to improved air quality and fewer health problems.
2. Supporting **Economic development**: Geothermal energy development can create jobs and stimulate economic growth. This can help improve the quality of life for communities and increase access to basic needs like healthcare and education.
3. Facilitating **Reduced deforestation**: Dominica is known for its lush rainforest. Deforestation is a threat to this ecosystem. Geothermal energy can provide a clean and sustainable alternative to traditional energy sources.
4. Offering **Climate change adaptation**: Geothermal energy can provide a reliable and resilient source of electricity, which is particularly important in the face of natural disasters and climate change. In the event of hurricanes or other weather-related disasters, geothermal power can continue to operate, providing power and support for communities in need.

With the continued commitment to sustainable development, Dominica has the potential to become a model for other nations seeking to transition towards a greener future, while preserving their natural resources for generations to come. Dominica's sustainable geothermal energy is not just a promising source of renewable energy, but a beacon of hope for small island nations facing the challenges of climate change.

See Page 13 for relevant definitions for this article.

Relevant Definitions:

- **Fumaroles** - openings in the earth's surface that emit steam and volcanic gases, such as sulfur dioxide and carbon dioxide. They can occur as holes, cracks, or fissures near active volcanoes or in areas where magma has risen into the earth's crust without erupting.
- **Geothermal energy** - is heat energy from below the earth—Geo (earth) + thermal (heat).
- **Magma** - Magma is a mixture of molten and semi-molten rock found beneath the surface of the Earth.
- **Molten** - fused or liquefied by heat; melted.
- **Subduction Zones** - A subduction zone is a collision between two of Earth's tectonic plates, where one plate sinks into the mantle underneath the other plate.
- **Sustainability** - meeting the needs of the present without compromising the ability of future generations to meet their own needs.
- **Tectonic Plate** - The outermost layer of the earth is called the crust and it is broken into large pieces called tectonic plates.





This monthly segment offers ISLAND recipes, food talk, serving advice and helpful tips.

We always start by defining GASTRONOMY - ***Gastronomy is the study of the relationship between food and culture, the art of preparing and serving rich or delicate and appetizing food, the cooking styles of particular regions, and the science of good eating.***

The National Dish of DOMINICA

Mountain Chicken is considered the national dish of Dominica. The natives and indigenous Carib Indians, also known as the Kalinago People of the island, have prepared and eaten Mountain Chicken for many years. The cooked frog is traditionally eaten with provisions [local vegetables such as yams, yucca, pumpkin and plantains], rice and peas, paw paw salad. The mountain chicken actually refers to an endangered species of giant frog native to the area. The legs, which form the basis of a dish, is considered Dominica's national food. If you've ever had frog's legs before, then you know that they indeed taste a lot like chicken. Mountain chicken's legs are fried up with regional spices and seasonings. Dominica "paw paw salad" is a refreshing dish that has a unique flavor. Paw paw [green papaya] has a slightly bitter flavor however paired with the pineapple, sweet red pepper and onions it culminates into a delicious salad. Make it as part of this authentic Dominica meal. **DELICIOUS!!!**



Mountain Chicken with Provisions



Paw Paw Salad

WHAT YOU NEED [for Mountain Chicken]:

- 8 Farm Raised frog legs
- 3 Tablespoons lime or lemon juice
- 2 Teaspoons salt
- 2 cloves of garlic
- 1 Teaspoon pepper, black or white
- 1 Teaspoon vinegar
- 1 Teaspoon chopped thyme
- 1 green pepper, sliced
- 1 cup flour
- 1 cup of vegetable oil to fry Mountain Chicken

WHAT YOU NEED [for Provisions]:

- 2 green figs/plantains, sliced
 - 2 dasheen taro root, cut into 4 pieces
- 2 yams, cut into 4 pieces

WHAT YOU NEED [for Sauce]:

- 1 Tablespoon of butter
- 1 small onion, sliced
- 1 cup of water
- 1 Tablespoon of flour

[Please note that you should not eat this dish if in Dominica using the endangered frog. Locate some farm raised legs.]



DRINK: Dominica Sea Moss with Coconut Milk

WHAT TO DO [for Mountain Chicken]:

1. Season Mountain Chicken legs with salt, garlic, pepper vinegar, thyme and let stand for 1-2 hours
2. Pat Mountain Chicken legs dry with paper towels
3. Coat Mountain Chicken legs in flour
4. Heat Vegetable Oil in a frying pan until very hot
5. Place Mountain Chicken legs in the hot oil and fry until golden brown, turning as necessary

WHAT YOU NEED [for Provisions]:

6. Peel and clean provisions [Green Fig/banana, Dasheen, Yam]
7. Boil or steam provisions until tender, but firm

WHAT YOU NEED [for Sauce]:

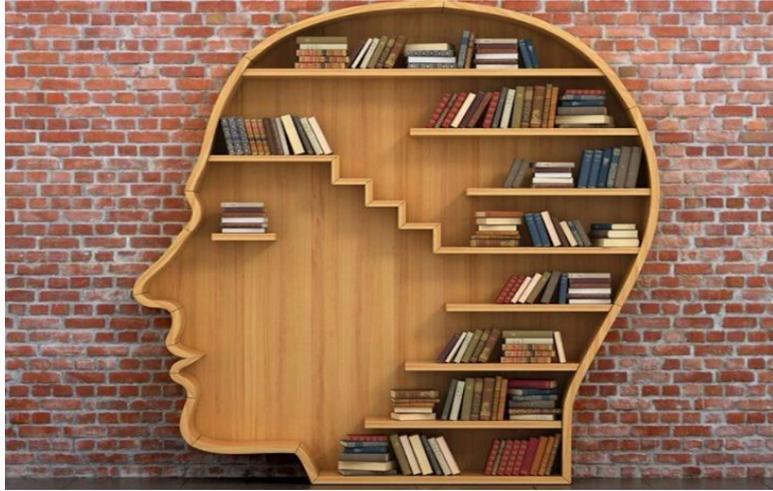
8. Melt 1 Tablespoon butter in a saucepan
9. Add sliced onion
10. Saute for approximately 1 minute, then add 1 Cup of water and bring to a boil
11. Gradually stir in flour to thicken the sauce/gravy and let it simmer on medium heat for about 5 minutes
12. Add the Mountain Chicken legs to the pot of sauce, stir and simmer for another 2 minutes
13. Serve the Mountain Chicken with the provisions and a green salad or a paw paw salad!

ENJOY Pure DELICIOUSNESS from Dominica!!

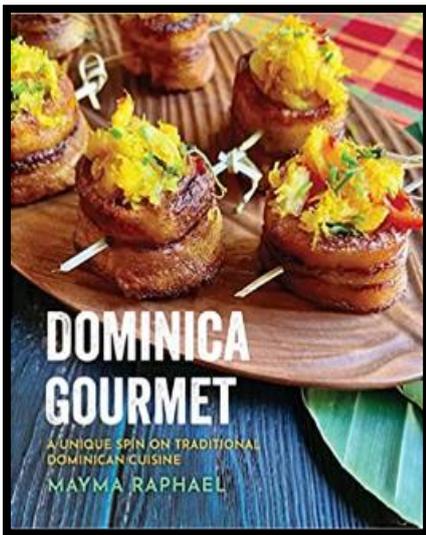


DRINK: Refreshing Sorrell [Hibiscus]

Books of the MONTH



~ **Mayma Rafael** ~



This book is a reference offering a curated selection of recipes highlighting the Caribbean island of Dominica's traditional recipes like broth, "braff" as it's fondly referred to, callaloo soup, and chaudeau. It also features an elevated twist on some of the island's favorites and some inspired ones. Author Mayma Raphael uses her inspiration and creativity to celebrate local Dominican ingredients. In addition, she offers an array of unique techniques to showcase the dishes and authenticate the labors. We're introduced to Raphael as she pays homage to her Dominican roots, sharing her food stories while effortlessly creating a transitional bridge to her more eclectic vision of Dominican cuisine. Her authentic love of Dominican food is evident, allowing readers the

opportunity to create their version of Dominican dishes with the help of well-laid recipes.

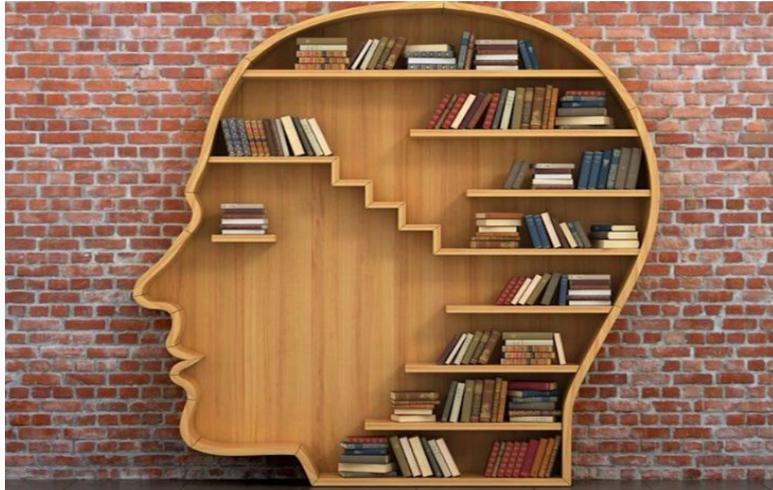
To Find this Book, GO TO:

www.Amazon.com

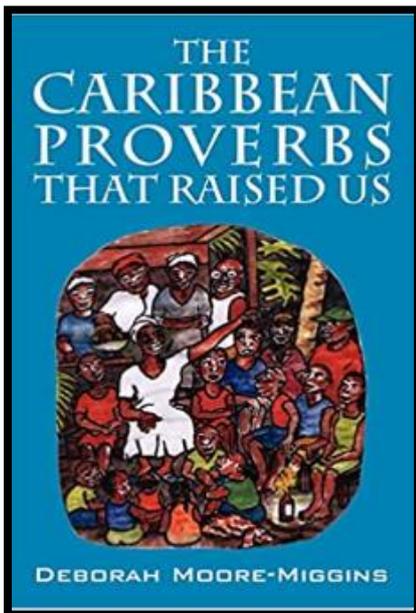
Search: Dominica Gourmet by Mayma Raphael

OR.....Visit your local Library

Books of the MONTH



~ Deborah Moore-Miggins ~



Proverbs are the means by which older generations pass on the fruits of their experience to their children. Every culture or society develops its own unique body of proverbs, using their own language. Tribes without schools use proverbs as a basic teaching tool for social mores. The English-speaking Caribbean is known for its colorful lifestyle, music, dance and speech. Equally colorful are its proverbs, many deriving from African tribal roots, others adapted from colonial masters or Biblical teachings.

Deborah Moore-Miggins has had a fascination with Caribbean proverbs since she was a child growing up in rural Tobago. Drawing from her family experiences and her wide circle of friends and acquaintances, she has put together an impressive collection of Caribbean proverbs

conveniently grouped in areas of ethical subject.

To Find this Book, GO TO:

CARIBBEAN VILLAGE, Monroeville Mall, Monroeville, PA...OR...

www.Amazon.com

Search: The Caribbean Proverbs That Raised Us by Deborah Moore Miggins

OR.....Visit your local Library

CARIBBEAN NEWS

Dominica



President Charles Savarin and Russia's Ambassador

Dominica's President expresses worry to Dominica's new Russian ambassador over the Russia-Ukraine conflict

Dominica's President, His Excellency Charles Savarin, has informed Russia's new ambassador to Dominica, Sergey Petrovich, that the country is concerned about the war in Ukraine and the possibility of a wider confrontation.

He spoke at a ceremony on Monday at the State House during which Petrovich presented his credentials.

"We, therefore, urge all parties to work assiduously to bring an end to the fighting and to find a peaceful resolution to this conflict," the President said.

According to Savarin, the impact of the fighting is being felt worldwide, especially on the supply chain for goods and services and on the price of petroleum products and food supplies.

On February 24, 2022, Russia launched a full-scale invasion of Ukraine. Still, it refused to call it a war, referring to it as a "special military operation." CONTINUED on NEXT Page >

CARIBBEAN NEWS

Dominica

On February 24, 2022, Russia launched a full-scale invasion of Ukraine. Still, it refused to call it a war, referring to it as a "special military operation."

After more than a year of bloodshed, the conflict has ravaged parts of Ukraine, alienated Russia from the West, and caused global economic and food crises.

Meanwhile, Petrovich stated that he would do everything possible to promote the development of Dominica's historic friendly relations with Russia, which have existed for 28 years since diplomatic ties were established in 1995.

"And so I think we have a good potential for the development of our bilateral relations in different spheres like freight, economic investment, tourism, culture, and in particular, education," he said.

While in Dominica, Petrovich also met with Prime Minister Roosevelt Skerrit.

"There was an interesting exchange of views on the issues of bilateral relations, as well as the prospects for the development of dialogue between Russia and regional integration associations operating in the Latin [American] and the Caribbean region," the Russian embassy in Jamaica said in a social media post.

Please [click the link below](#) to see date/day and article authorship references:

<http://sundominica.com/articles/dominica-last-week-top-five-stories-you-may-have-m-7096/>

CARIBBEAN NEWS

Dominica

Dominica in ALBA GAMES BASKETBALL 2023



TEAM DOMINICA at 2023 ALBA Games

See Next Page >>>>

Few Dominicans may have heard about the ALBA Games before 2023, until Dominica sent a 130+-strong contingent to Caracas, Venezuela, for the 5th edition of the ALBA Games, staged from 21st to 29th April 2023. In addition to the officials, Dominica's contingent included teams/representatives in 10 sports disciplines, viz. billiards, boxing, chess, cycling, dominoes, football, table tennis, track & field, volleyball, and traditional 5x5 boys' basketball.

The inaugural edition of the ALBA Games was held in Havana, Cuba, in 2005. Since then, it was decided that Cuba and Venezuela would alternate in hosting editions every two years. However, there was a lull in the staging of the event from 2013-2021, and this year the Games returned to Venezuela.

BACK TO THE ARCHIVES: From the 1960s, 'national' basketball teams representing the Nature Island have engaged teams from the region and the USA in friendlies, participated in the Windward Islands Basketball Tournament from 1975, the CARICOM Basketball Championships from 1981, and OECS Basketball Championships from 1984. CONTINUED on NEXT Page >

CARIBBEAN NEWS

Dominica

DOMINICA IN PAST REGIONAL YOUTH TOURNAMENTS: The year 1997 saw our Nature Island Boys competing for the first time in the CARICOM Under-19 Basketball Tournament in Jamaica. Dominica ended with two wins – over Trinidad & Tobago (66-63) and Grenada (72-57) – and four losses.

Nineteen years later, Dominica participated in the 2016 Caribbean Basketball Confederation Under-16 Championships held in Guyana but emerged winless with at least four blow-outs, ranging from 35 points to 104 points.....TO BE CONTINUED

Please [click the link below](#) to continue reading this article and for date/day and article authorship references:

<http://sundominica.com/articles/dominica-in-alba-games-basketball-2023-7074/>

Electoral Reform or Electoral Modernization - is this Dominica's Impossible Dream?

For over two decades, Dominicans have craved electoral reform to usher in what we hope will be "a government for the people, by the people and of the people".

However, that yearning has become as irritating as trying to reach an unreachable star, as far away and as tenuous as Don Quixote's images in "The Impossible Dream (The Quest)".

So, as Dominica's opposition forces attempt to push the authorities to implement fundamental electoral reform with a rally in Roseau on 31 May 2023, we reflect on the country's dismal failure to make any meaningful progress on this significant problem that will not go away. Yet, we continue to waste time, energy and resources on electoral reform that takes us backwards instead of forward.

We ask rhetorically why electoral reform in Dominica has become so complicated yet easy in other islands such as St. Kitts and Nevis.

There are two simple answers to that question: the Dominica Labour Party, and the alleged independent Dominica Electoral Commission.

Let us take the last one first.

Let us tell it like it is: when we speak about electoral reform, the Electoral Commission has been a disaster for decades. Instead of performing its functions as

the Constitution intended, the Commission has become a political tool, a pawn of politicians.

Of course, based on the provisions of the Constitution, the key to the independence of the Commission is appointing the Chairman, whom the President of the Commonwealth of Dominica appoints in his deliberate judgement. Comparatively, the President appoints the other four members on the advice of the party forming the government (two members) and the leader of the opposition (two members).

However, over the past two decades, who has the President appointed in his so-called "deliberate judgement"? Ask yourself this question: can any person claim to be independent when they benefit from the government's unique and exclusive privileges?

Therefore, many Dominicans have concluded that the Commission is and cannot be independent. Herein lies the popular perception of a tainted election process.

"Electoral commission independence – the extent to which electoral commissions can operate independently of political pressures and external interference – is an important driver of public perceptions of electoral integrity," states the authors of paper: "Understanding and Assessing Electoral Commission Independence: a New Framework".

Furthermore, there are many instances of the need for more independence of the Commission to regulate Dominica's elections. A current example is the Sir Dennis Byron one-person commission.

Observe that instead of the Electoral Commission of Dominica, Prime Minister Skerrett hired Sir Byron, designed his terms of reference, informed the public of his decision to take Sir Byron's recommendations straight to a Parliament that he, in essence, controls with a 19-2 majority. CONTINUED on NEXT Page >

CARIBBEAN NEWS

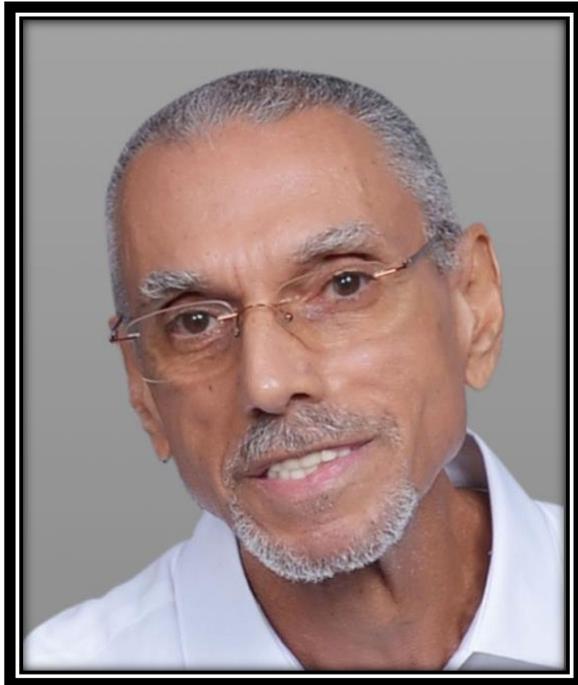
Dominica

As we stated earlier, the Commission appears to us, the people, to be a fast-asleep-backseat-and-sedated passenger on a bus being driven by the Dominica Labour Party (DLP) towards an elusive, never-ending electoral reform or modernisation journey—that elusive impossible dream.....TO BE CONTINUED

. Please [click the link below to continue reading](http://sundominica.com/articles/electoral-reform-or-electoral-modernisation-is-thi-7089/) this article and for date/day and article authorship references:

<http://sundominica.com/articles/electoral-reform-or-electoral-modernisation-is-thi-7089/>

Dominica's Cultural Icon Dr. Alwyn Bully Dies at 74 November 3, 1948 - March 10, 2023



The Government and People of Dominica are in mourning following the passing of Alwin Bully, a distinguished playwright, artist, and cultural administrator; and the designer of the country's national flag. He was 74 years old.

Alwin Bully established and developed the Department of Culture (Division of Culture) and was its first Director, setting the foundation for the promotion of our country's cultural art forms. As Chief Cultural Officer from 1983 to 1987, he spearheaded the establishment of the National Cultural Council, the Dominica Artists' Guild, the Writers' Guild, the Dominica National Pan Association, the Carnival Organizing Committee and the Komité Pou Etid Kwéyòl.

He is credited for leading a vibrant theatre culture in the 1970s, launching the People's Action Theatre which inspired a long-running theatre movement in Dominica.

Alwin was also a teacher and Acting Principal at the Dominica Grammar School (1977-78), the Acting Manager of the Dominica Broadcasting Corporation, DBS Radio (1982-83), and Advisor to the Minister of Culture from 2008-2010.

CARIBBEAN NEWS

Dominica

He was equally impactful at the regional level, serving for over 20 years as UNESCO's Caribbean Culture Advisor, assisting the Cultural Departments in CARICOM

member states to develop their programs and policies.

For his sterling contribution to cultural preservation and promotion in Dominica and the region, Alwin Bully was awarded the Sisserou Award of Honor, the Golden Drum Award, and the UWI Sixtieth Anniversary Award for Outstanding Contribution to Culture in Dominica and the Caribbean, among many other accolades.

Upon his passing, the Government of Dominica says it honors him for his deep, unending love for Dominica; his efforts to impart tradition, knowledge, culture and values; and for teaching them to appreciate and revel in the richness of Dominican heritage.

The Government says: "Alwin Bully was a National Icon of the highest class, a true patriot and hero who represented the people of Dominica with pride and distinction. We will treasure his memory, always."

The Government and People of Dominica have expressed condolences to his wife, Anita, his children Brent and Sade, and all who mourn his passing.

Please [click the link below](#) to see date/day and article authorship references:

<https://caribbean.loopnews.com/content/alwin-bully-designer-dominicas-national-flag-passes-away>

Kahila's Taste



Do you know the difference between Cajun and Creole? Did you know there is a distinct difference between the two cultures although both words are often used interchangeably. Let's talk about and correct that misnomer.

“Cajun” Is Not “Creole”

While “Cajun” is geographically associated with “Creole,” they are not the same.

All around Louisiana, you'll also hear about Cajun food and music, but this word derives from *les Acadiens*, the

name for the French-speaking people who lived along the eastern coast of Canada which was then a French colony. However, when the British conquered Acadia in the 1700s, renaming it Nova Scotia and New Brunswick, the French (*les Acadiens*) were pushed out.

Some of *les Acadiens* went back to France, and others went to the **French Caribbean**. But the Spanish, who had just acquired French-speaking Louisiana, sent messengers inviting them to come to Louisiana and help defend against the rival British colonists.

The new arrivals didn't have the means to join the established class of French plantation owners in New Orleans. So, they mixed with the Indigenous people and free Blacks and spread throughout the south, mainly near water, in swamplands along levees and bayous and on the coastal marshes.

Les Acadiens became “Cajuns,” and these people settled largely in rural areas and retained their distinct culture which was quite different from the New Orleans-based Creoles.

Obviously, FOOD is a major distinguishing factor in any culture. There are two simple ways to distinguish between a Cajun and Creole dish. Cajuns rarely use tomatoes and their food is spicier. For example, a Cajun jambalaya [the Louisiana version of the originally Spanish paella] is brown, not red, like the Creole style.

Now, something which is **“right up MY alley”** - let's look at the meaning of Creole on a restaurant menu. Studying Creole roots can help explain why the creole description could be used by both, a “bougie” French restaurant, as well as, a home-cooking-style diner serving dishes such as red beans and rice. In fact, red beans and rice, can be traced back to Haiti, while a French remoulade (similar to tartar

sauce), with a Creole twist, would still be called “remoulade,” but would be made spicy by adding paprika and hot sauce.

Cajuns and Creoles are both parts of the American melting pot, so it’s hard to unravel what came from whom. In Louisiana and New Orleans, all that matters is to “*Laissez les bons temps rouler*,” a Cajun French phrase for “Let the good times roll!”

Yet, the terms Cajun and Creole define two distinct cultures — Cajun is rural and Creole arose in New Orleans.

The French founded New Orleans in 1718, naming it for the Duke of Orleans. At that time, the term “Creole” referred to non-Indigenous people born in colonized countries of the Americas. This was the era of enslavement, so early on, the term exclusively meant white people. In New Orleans, that meant the children of the white French ruling class.

But that distinction didn’t stick and “Creole” gained a more general meaning. People born in the colonies who had mixed ancestry or parents from Africa were also called “Creoles.”

Creole as a Language

Many Cajuns still speak a non-standard form of French, but it is different from Louisiana Creole.

In the Americas, especially on plantations, new languages arose as people who spoke different languages tried to communicate by blending in various European languages. The results are called “Creole languages.” Louisiana Creole is based on French, and is still spoken by some of the descendants of the enslaved people who worked on the sugarcane plantations in the area.

I hope this brings some clarification to the Cajun vs. Creole discussion!

Kahila

Scenes from DOMINICA
The "Nature Island of the Caribbean"



BLACK LAND CRABS

Scenes from DOMINICA



Cathedral of Our Lady of Fair Haven [Catholic]

ROSEAU CATHEDRAL

Built of cut volcanic stone in the style of Gothic Romanesque Revival which was very popular during the 19th Century, the Cathedral is 167 feet long, 98 feet wide, with one Transept to the East, the final touch being given in December 1855 when the steeple was crowned with its cast iron cross. Detailed stone craftsmanship of that period is clearly seen on the facade. And the fine workmanship in wood from artisans of the past recorded on the windows western exterior wall.

Scenes from DOMINICA



Beach and Villas at SECRET BAY Resort



Beach at Batalie Bay [Note the volcanic rock influence]

Scenes from DOMINICA
The "Nature Island of the Caribbean"



JACKO FALLS, Dominica



SARI SARI FALLS, Dominica

Scenes from DOMINICA
The "Nature Island of the Caribbean"



SPANNY FALLS, Dominica

Scenes from DOMINICA
The "Nature Island of the Caribbean"



VALLEY OF DESOLATION, Dominica



MORNE TROIS PITONS NATIONAL PARK, Dominica
[Volcano]

Scenes from DOMINICA

Gordon Henderson founded the group Exile One and an original musical genre, which he called "**Cadence-lypso**". **LISTEN by clicking link below:**

<https://www.youtube.com/watch?v=hsxUHcy4opw>



Dominica's World Creole Music Festival 2023 Where: Roseau, Dominica

When: Friday, October 27, 2023 - Sunday, October 29, 2023

INTERESTED ??? – Contact CARIBBEAN VILLAGE



VEXILLOLOGY

...The Study of FLAGS...

Flags of independent CARIBBEAN countries



Flags of CARIBBEAN dependent territories and other territories



Where in the World is Dominica?

Where in the World? - is a new segment in the CULTURE-ZINE starting with our 2nd Volume. The purpose is to point out where the Caribbean territories and interests are located in our WORLD.



Dominica is circled in **RED**.

Know that Dominica and the Dominican Republic are NOT the same place! Dominica is located further south than the Dominican Republic. They are two countries in the Caribbean and completely different. Dominica is a tiny island with approximately 74,000 inhabitants, while the Dominican Republic, with more than 9 million inhabitants, is one of the largest countries in the Caribbean, dividing the island Hispaniola with Haiti.

COME VISIT



At

Monroeville Mall

Monroeville, PA, 15146

Suite 100B-1

1st Floor, Near MACY'S

412-377-7951

Business Hours

Monday – Thursday	11AM – 8PM
Friday – Saturday	11AM – 9PM
Sunday	12PM – 6PM





During **JUNE 2023**, we are offering **10% OFF** of **SELECT Summer Clothing and Beachwear ITEMS!!!**

[Check with store management]

- **This Discount is Not Valid with any other offer.**
- **One qualifying discount is available per customer.**

Remember, you can now visit, browse and communicate with “The VILLAGE” via www.caribbeanvillageusa.com. We want to HEAR FROM YOU!!



Building STRONG Business Communities through ADVERTISING

SPREAD THE WORD ABOUT YOUR BUSINESS

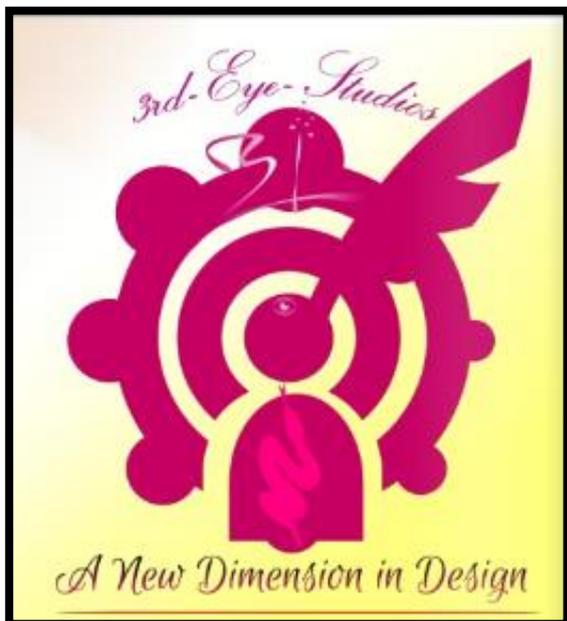
Greetings! We extend an invitation to Advertise with CARIBBEAN VILLAGE via our monthly online publication called, "The CARIBBEAN VILLAGE Insider CULTURE-ZINE".

The CULTURE-ZINE is an online E-Zine purposed to:

- Focus on the "intra-diversity" of Caribbean Culture
- Showcase the whole of the Caribbean, not just a few often visited locations, and
- BUILD STRONG BUSINESS COMMUNITIES by supporting one another through marketing, advertising and promotion

We want to spread the word about YOUR business locally, nationally and/or internationally.

Does your business need an app or a mini site?? Let US do it for you, AFFORDABLY!!



Why spend thousands to do what this ad is doing with the integration of video, text links, forwards and so much more?!?!?

Let us create an ad for YOU!!

We create....

- Profile Pages
- Mini Sites
- Full Landing Pages with e-commerce, for 1/3 the cost of a full website
- And it's all Mobile Friendly

Best of all, it's shareable to all social networks and emails via a link, plus a QR code image for easy customer access. Imagine all of your relevant information in one place. And you don't need a domain name or expensive hosting. Your page can be hosted with us or we can link your existing domain to your mini-site. How efficient is that?

Building **STRONG** Business Communities through **ADVERTISING**

Whatever your business, Whatever the event, Let US take your business promotion and interactivity to the **NEXT LEVEL**

name or expensive hosting. Your page can be hosted with us or we can link your existing domain to your mini-site. How efficient is that?

Whatever your business, Whatever the event, Let US take your business promotion and interactivity to the **NEXT LEVEL**.

You can even sell directly from your profile via PayPal or Stripe – Yes, the effectiveness of ecommerce!

Click this link >>>

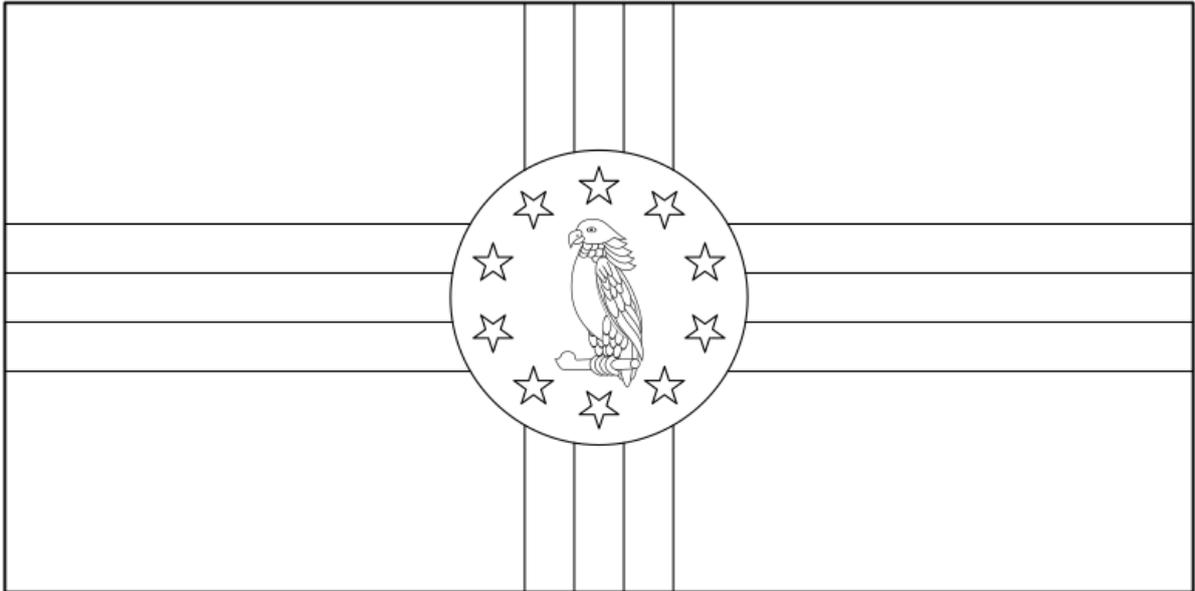
<https://app.linkable.studio/3rdEyeStudios/3rdEyeServices>

And, that's how simple, diverse and efficient **PROMOTING** your business or product can be when you **ADVERTISE** with BattlePlan Virtual and Third Eye Productions!!

Call us on “WhatsApp” NOW for more information - +1 268-773-5264

ADVERTISE WITH US!!

DOMINICA Flag Coloring Page



The flag of Dominica is composed of a horizontal and vertical cross of yellow, black and white colors on a green background. In the middle of the flag, there is a parrot with ten green stars around it in the red circle where the horizontal and vertical yellow, black and white colors meet.



Volume 1 of The CARIBBEAN VILLAGE Insider Newsletters and
CULTURE-ZINE

Issue 1:	 Antigua and Barbuda	November 2021
Issue 2:	 Barbados	December 2021
Issue 3:	 Trinidad and Tobago	January 2022
Issue 4:	 Belize	February 2022
Issue 5:	 Guyana	March 2022
Issue 6:	 The Bahamas	April 2022
Issue 7:	 Cayman	May 2022**
Issue 8:	 Haiti	June 2022**
Issue 9:	 U.S.V.I.	July 2022**
Issue 10:	 St. Kitts and Nevis	August 2022
Issue 11:	 St. Vincent/Grenadines	September 2022
Issue 12:	 St. Lucia	October 2022

** These issues are accessible to view via the www.caribbeanvillageusa.com website. Click CULTURE-ZINE, Move down to the BOOKCASE, Click the cover image!!

Volume 2 of The CARIBBEAN VILLAGE Insider CULTURE-ZINE

Issue 1:  Antigua & Barbuda November 2022

- 41st Antiguan Independence Celebration Issue

Issue 2:  Jamaica December 2022

Issue 3:  Canary Islands, Spain January 2023

- This issue explores the connection between Spain's Canary Islands, the U.S. State of Louisiana and the Caribbean.

Issue 4:  Dominican Republic March 2023

- The DR is located on the island of Hispaniola and shares the land mass with Haiti. The reality of 2 countries existing on one island – Fascinating!!

Issue 5  Dominica June 2023

- NOT to be confused with the Dominican Republic! Dominica is located further south than the Dominican Republic. They are two countries in the Caribbean and completely different.

The CARIBBEAN VILLAGE Insider CULTURE-ZINE

Volume 2, Issue 5, June 2023

This E-Zine is Created, Curated and Produced By



www.battleplanvirtual.com

For CARIBBEAN VILLAGE, Monroeville Mall, Monroeville, PA, 15146

PLEASE feel free to SHARE this publication WITH YOUR NETWORK

*CONTACT CARIBBEAN VILLAGE AT 412 377 7951 or 412 805 9687 to
PURCHASE A PAPER COPY of this CULTURE-ZINE*