

In this issue >>>

- **Date Change for 40th Carnival**
- **Spotlight on Preston's Young Entrepreneurs**
- **Celebrating Community Projects**
- **Why Preston?**
- **Guide to Taking part in Carnival**
- **Preston Caribbean Carnival needs you!**
- **Unity: poem by B J Barrow**
- **A lesson for Life**
- **Recipe: Macaroni Pie**
- **Island News**
- **Community News, Puzzle Time**
- **Preston Black History Group**

To make sure you and your friends receive a free copy of 'Have You Heard' please contact:
Preston Black History Group
c/o Preston CVS,
Units 23-27 Guildhall Arcade, Lancaster Rd, Preston PR1 1HR
info@prestonblackhistorygroup.org.uk
07772504644

We have a limited number of printed copies so please give us your email address if possible

www.prestonblackhistorygroup.org.uk
www.facebook.com/prestonblackhistorygroup



The News Sheet for Preston's African Caribbean Community >>>

Issue 5
Spring 2014

Have You Heard?

DATE CHANGE FOR 40th CARIBBEAN CARNIVAL >>>

Public attending the first consultation meeting for Preston Carnival heard how the date will move to Sunday June 29th for its 40th Anniversary this year.

Discussions with the City Council and Police to agree the procession route and the venue for the family entertainments are on-going.

The Committee also made a call for action to help fundraising for the Carnival. Preston Carnival Committee spokesperson said:

"The main focus for every Carnival supporter at this time is to raise funds to make sure Preston Carnival has a great 40th Birthday. We are looking for local businesses to invest in Preston's cultural heritage by supporting this year's procession, park entertainments and family activities. We have sponsorship packages to suit your marketing budget and will be delighted to discuss your ideas - so get in touch now and show how much you love your Carnival!"



Preston Caribbean carnival in 1976

Preston Caribbean carnival has been Preston's largest annual event for over 40 years, founded in 1974 by local Prestonians with origins in St Vincent and the Grenadines, Dominica and other Caribbean islands. Preston Caribbean Carnival gained momentum as an annual event with a desire to create a cultural celebration, featuring both professional and park based events for both Preston residents and visitors to the city. The inspiration came from watching the 1972 Preston Guild Processions and the carnivals back in the Caribbean. Why not have a colourful celebration every year?

Traditionally Carnival has strong links with Soca, Calypso and Steel Pan. It sets the mood and pace of playing Mas and is the legacy of African cultures, European Masquerades and Caribbean festivals.

Should your Group or Project Be Here??? Get in touch with Preston Black History Group, c/o Preston CVS, Units 23-27 Guildhall Arcade, Lancaster Rd, Preston PR1 1HR. info@prestonblackhistorygroup.org.uk (news sheet contact 07772504644)

Spotlight on Preston's Young Entrepreneurs >>>

Erphelia Chambers from Lia's cakes >>>



special occasions, weddings, birthdays and christenings and also aims to supply Restaurants and Businesses.

Erphelia was born in Montserrat, studied 'Culinary Arts' in the USA and came to Preston in 2005. She came to join family as her brother was already here and her Grandfather came to Preston many years ago. She comes from a family with ideas. Her dreams, when younger, revolved around opening a Restaurant which she still hopes to do one day and her sister is planning to set up an Interior Design

business in the future. Brother and sister are often roped in to help when things get busy. Setting up a business takes time and a lot of thought and Erphelia had help from Orvia Enterprise in negotiating the legal stepping stones required. She would recommend Orvia to anyone thinking of setting up as it takes hard work and motivation and all the help you can get!

Most of her advertising is through word of mouth and satisfied customers and she also attended the Preston Markets in August and Christmas. It's a good way of meeting her customers and researching their likes. Sponge cakes are very popular but also Chocolate and Carrot cake. She will be at the Easter Market on 19th April – why not come along and support one of Preston's newest businesses?

Erphelia says "If we all support local small businesses it will make Preston unique and special"

Find Lia's Cakes on Facebook, email Liascakes@ymail.com or phone 07719288612



Erphelia Chambers established 'Lia's Cakes' after working at Moka on Fishergate where she made the cakes for the restaurant and Cafe. She found it a little scary to take the first step out on her own, it took courage and determination. Now she appreciates the freedom she has to be as creative as she likes and express her own ideas in her cakes. She is happy to take orders for individual cakes for

Something to Shout About >>> Celebrating Preston's African Caribbean Business Entrepreneurs and Community Projects

Culture Awareness – African Drumming and Dancing >>>

Community Help Africa/UK CIC is a community interest company dedicated to helping deprived people in Africa and the United Kingdom to achieve their potential through education and training. We are running many workshops in the area, throughout February and March for the Lancashire Initiative. These are the Culture Awareness – African Drumming and Dancing workshops. The workshops will be held at the local libraries throughout South Ribble, Wyre and Chorley. We will teach the importance of communication using drums and

the differences between cultures and why it is so important to know. We are hoping that our contribution will reduce racial misunderstandings. We believe that race crime is contributed by a lack of understanding of other peoples culture. Our main focus would be to encourage young Africans to join in with activities in their area and encourage them to introduce their own culture activities they know of to their friends. This would be empowering them and giving them a feeling of pride that they can also make invaluable contributions to the culture diversity. *Phil Kaila*





Philip in Carnival gear in the 2012 Guild Communities Procession

'Why Preston?' Philip Duncan >>>

Philip first came to Preston in 1957. He was working on an apprenticeship as a Diesel Engineer on ships travelling between Preston, Sweden and Holland. In the final three months of his apprenticeship he returned to Preston and met a fellow countryman from St Vincent and the Grenadines who was stationed at Fulwood Barracks. They made a plan to stay in Preston with other friends and acquaintances also based here. Philip likes Preston and has

always felt that he can get on well here. He has good networks and can always find someone to help out. He can't think of anything he doesn't like "I get on well with people" he says.

Philip's main interest is taking part in Preston Caribbean Carnival every year. This photo was taken when his troupe 'Spectrum Association' took part in the Preston Guild Procession where Spectrum showed off their costumes with other Carnival bands.

In the 65th Anniversary Year of Windrush we asked 'Why Preston???'

What's your story? What brought you here or keeps you here? Share your likes and dislikes about Preston. Email velvickb@gmail.com

Guide to Taking Part in Preston Carnival >>>

Preston Caribbean carnival invite individuals, groups and Troupes to take part in Preston carnival Sun 29th June 2014.

Theme for 2014

2014 is the 40th year of Preston Caribbean Carnival so Troupes will incorporate something relating to 40; the colour Ruby/Red and/or past links to Preston carnivals.

We also encourage costumes that reflect the African-Caribbean carnival cultures and music associated with Caribbean carnivals (Calypso, Soca) going back to the roots.

Taking Part . . . Options

Join a Mas Troupe

We have several well established Mas Troupes (carnival bands). Two of these run regular dance sessions and always welcome new members.

Isles in Harmony:

www.facebook.com/groups/IslesInHarmony/?fref=ts

Spectrum Association:

<http://www.spectrum-association.co.uk/index.php?r=site/contact>

Join a T shirt band

Are you an individual who used to play carnival or maybe you are totally new to carnival and wish to Play Mas (take part in the carnival procession) but don't feel comfortable wearing some of the more elaborate costumes that Mas Troupes (carnival bands) wear. Join a T-shirt band and enjoy the vibe of Carnival.

Register as an individual

Carnival has a tradition of individuals Playing Mas and maybe you fall into this category. You are very welcome to join carnival 2014 and future. You will receive advice and support from professional artists and volunteers in constructing your costume (including materials). Any resources you can provide will be helpful but not essential.

New Local Groups or Mas Troupes

We are promoting opportunities to build partnerships with new groups & communities to enable them to participate in carnival; promoting social cohesion. Local groups will be given the opportunity to take part in

workshops and taught skills and techniques used in creating carnival costumes. They will be supported by professional, friendly artists and volunteers with a depth of carnival experience. The workshops can be based in the Carnival workshops at Oyston Mill, Strand Road or in a local community setting

Frequently asked questions:

Q1. How do I join a group?

Contact Preston Caribbean carnival by email info@prestoncarnival.co.uk and we will help you find a troupe to link with.

Q2. How do I register as an individual?

Email info@prestoncarnival.co.uk for a registration form. A friendly member of the team will contact and guide you through the next stages.

Q3. How does my group join?

Email info@prestoncarnival.co.uk and we'll be delighted to welcome you into Preston Caribbean Carnival.

Preston Caribbean Carnival Needs You! >>>

How can I help?

There are many ways that you can help. For example:

- Help setting up carnival day
- Handing out flyers
- Helping in workshops
- Booking Equipment

Perhaps you have skills in a particular area: Health and Safety, Event Management, Security. You can even take a role on the committee and help shape the carnival. There are opportunities to learn new skills and develop you as a person; you will make new friends on the way. So please if you have a bit of spare time then, get in touch. or download the information pack. You can be part of something special and to be proud of.

Our mailing list . . . info@prestoncarnival.co.uk Our Facebook Group . . . Preston Carnival
Download the information pack from our website
<http://www.prestoncarnival.co.uk/downloads/Volunteer%20information%20Pack.pdf>

Are you a business? Spread the word?

Carnival needs your help as well

- Sponsorship
- Materials
- Equipment
- Transport
- Venues

Are these some of the avenues that your business could support carnival with? In return we can offer advertising space on flyers, banners and our website. Remember Preston Carnival draws in a large audience of thousands of people and this is a great opportunity to give exposure to your business. So please help support carnival in any way you can.

We live in a technical age and it has never been so easy to spread the word.

- Facebook
- Blogs
- Tweets
- Google

...and good old fashion word-of-mouth!

There are many ways you can help so tell the world Preston Carnival is here. Stay up-to-date with the latest happenings.

We want to keep you up to date with the latest news and happening so please join . . . and get your friends to join as well!!!

Let's make sure carnival continues for another 40 Years - with your support we can!! >>>



Unity >>>

Unity is not just another word
To be brandished about in hope
That it will someday equalised itself
And come together without effort.

Unity is not borrowed light
Filtered through a clear glass pane
Its part of the whole togetherness
Like the massive ocean tides
That ebbs and flow and still remain
as one.

Unity is not fragmented
Like sand in a desert storm
And when the dust settles
Its solid as if not disturbed.

Unity is not like autumn leaves
Blown around and then left to die
Unity flourishes like summer blooms
Co-existing in a world of beauty.

Unity is not the division of people
In small pocketed groups formed
That positively comes together
In a state of solidarity.

In unity there is strength
In strength there will be power
The power to control destinies
Where greatness can be achieved.

Unity comes from standing together
Building the unseen bridges
That linked the masses forever
To cross the barren desert plains.

Deserts that man has constructed
To deprive and to keep apart
This has served a specific purpose
To keep the oppressed divided.

Burgess Jay Barrow

Call Out >>>

Working sewing machines and machinists are needed to help the Carnival troupes with costumes.

- Do you have a sewing machine you could loan
- Do you have sewing skills and no machine?

We can put you together with a sewing machine and a troupe so you can be part of this exciting and unique Caribbean Preston event.

Contact
info@prestoncarnival.co.uk

A Lesson for Life >>>

A teacher's life lessons using a jar and some golf balls. This is a very important life lesson that a philosophy teacher taught his students. The teacher cleared his desk and placed on top of it a few items, one of which was a large empty mayonnaise jar.

When things in life seem almost too much to handle. When twenty four hours a day is not enough, remember the jar and the two beers. The teacher stood before his class in front of him. Then he began wordlessly, he picked up the very large jar and start to fill it with golf balls. 'He then asked the students if the jar was full.' 'They all agreed it was full.'

He then picked up a box of pebbles and poured them into the jar, he then shook the jar lightly. The pebbles rolled into the open area between the golf balls. 'Then he asked the students if the jar was full.' 'They agreed it

was full.'

He next picked a box of sand and poured it into the jar. Of course the sand filled up everything else; he asked once more if the jar was full. The students responded with a unanimous 'yes'.

He then produced 2 pints of beer from under the table and poured the entire contents into the jar effectively filling the empty space. The students laughed. Now! He said as the laughter subsided. I want you to recognize that this jar represents your life. The golf balls are the important things. God, family, friends, health and favourite passions. Things that if everything was lost and only they remained your life would still be full. The pebbles are the things that matter, like your job, house and car. The sand is everything else. The small stuff. If you put the sand into the jar first, he continued, there is no room

for the pebbles and the golf balls. The same goes for life. If you spend all of your time and energy on the small stuff. You will never have time for the things that are important to you.

So... pay attention to the things that are critical to your happiness. Play with your children. Take time for a medical check up. Take your partner out. There will be always time to clean the house and fix the dripping tap. Take care of the golf balls first. The things that really matter. Set your priorities. The rest is just sand. One of the students raised her hand and enquired. 'What does the beer represents? The teacher smiled. 'I am glad you asked, it just goes to show that no matter how full your life seems, there's always room for a couple of beers with a friend.'

Anon c/o BJB

Recipe: Macaroni Pie >>>

Ingredients:

8oz/250g macaroni
1 tablespoon butter or margarine
12oz/375g sharp cheddar cheese, grated
1 egg
8floz/240ml milk
2 teaspoons onion powder
1 teaspoon hot English mustard
1 teaspoon white pepper
1 teaspoon salt
1/2 teaspoon red pepper sauce or cayenne pepper (optional)

Garnish:

2 tablespoons fine breadcrumbs
2 teaspoons butter
2 tablespoons grated cheddar cheese

Method:

Bring water to the boil and add the broken up macaroni or macaroni elbows and salt. Boil it uncovered until it is just tender but not overcooked (about 8 minutes).

Preheat a moderately hot oven 350F, 180C or Gas Mark 4.

Drain the macaroni thoroughly, put it back into the same hot saucepan it was cooked in and mix in the butter.

Grate the cheese and mix it in with the macaroni a bit at a time, while it is still warm.

Whisk the egg until fluffy and add the milk, onion powder, white pepper, salt, pepper sauce and mustard. Pour in with the macaroni and mix.

Place in a greased oven proof casserole dish. Top with a little butter, some grated cheese and fine breadcrumbs. Bake in the centre of the oven for about 30-45 minutes depending on the depth of the dish.





Island News >>>>

Dominica >>>

Diaspora challenged to invest in Dominica

The Dominican Diaspora has been challenged to do more than just merely sending remittances back home, but should also invest in the island.

General Manger for the Agricultural, Industrial and Development (AID) Bank Julius Corbett threw out the challenge during a diaspora investment forum at the Fort Young Hotel on Friday.

"For example, individually, or collectively we believe that the diaspora could volunteer their time, or share their intellectual and technical expertise with young entrepreneurs or businesses that are struggling," Corbett said.

He added the Diaspora can play an important role in facilitating market access for Dominican products and services and "help improve the operational efficiencies within various sectors facilitate access, especially to agencies that promote grants or special projects."

"And on a softer note consider building a much needed vacation retreat or retirement home," he stated.

Corbett is of the opinion that the Diaspora can assist in the economic success of Dominica.

"You can help with the economic prosperity of Dominica wherever you are in the world, notwithstanding where you are," he stated. "You are a Dominican and Dominica needs you."

Dominica News Online

Montserrat >>>

Childhood memories captured in 'Island Days'

Caribbean mothers in the Diaspora are raving about 'Island Days', the new children's book by Nerissa Golden.

"For West Indian parents raising their children outside of the Caribbean, it is a fun book, easily read aloud, to help them introduce their culture," said Eva Greene Wilson of socamom.com.

"I'm enjoying the feedback from parents on how the children react and laugh when they read Island Days and that is the best testimonial I could get," beamed Nerissa Golden. "It's also been helpful to discuss what life was

like on some islands years ago but I like the fact that many aspects of the poems still occur on Montserrat today."

"This is a book that . . . should be in the hands of every Caribbean child," commented Sonja Smith, the Librarian at the Montserrat Public Library. ". . . an interesting and entertaining account about Montserrat and aspects of Caribbean culture . . . themes that include family, fun, religion and festival. It brought back reminders of going to the market to buy produce with my very own grandmother and the lovely times we had as children."

Kathryn Duncan of Karibgraphics of Trinidad and Tobago said she "thoroughly enjoyed illustrating Island Days. I gave as much colour and texture to the

Jamaica >>>

Gov't to set compulsory examinations policy

All grade-11 students will be required to sit at least three external certification subjects by 2016, Education Minister Ronald Thwaites has announced.

The minister, who was speaking in the House of Representatives yesterday, said the students would be required to sit the examinations in English language, mathematics, and at least one technical or vocational subject.

He said, however, that the new government policy would seek to ensure that students do more than go into the examination room, adding that achieving certification will be critical to the process.

"The culture of this country has to become more disposed towards success in these basic areas," Thwaites said.

Jamaica Gleaner

characters and scenes as possible, because that is what the Caribbean is all about: colour and texture! I hope that readers, especially children, will be able to identify with the characters, as the latter help to bring the poems to life."

Island Days was officially launched at a reading party in December 2013 at the Montserrat Public Library. In attendance was Governor Adrian Davis and his wife Sujue, who were early financial supporters of the project.

More details on the author and the book can be found on www.nerissagolden.com

Caribbean News Now!



Greson Fontenell writes . . .

I am a Londoner now living in Fulwood, Preston and was wondering if you could just mention the anniversary of my Father's death (30/11/2003). His name was Cyriacus Chester FONTENELLE aka Greson or Keken. He was born in Soufriere, St Lucia (08/08/1931). He came here to London in 1957. We know he is looking down on his grand children Reja (8 years) and Saul (8 months) who know him through pictures and many family stories. I hope some of your St Lucian friends may know him.



Cyriacus Chester FONTENELLE

23rd March - Dominos trip from Birmingham at Jalgos

6th April - Jalgos AGM 4pm

19th April - Easter Market in the town centre . . . come along and meet Erphelia from Lia's Cakes!

19th April - Preston Caribbean Carnival Fundraising Dance at Jalgos

25th July - deadline for PBHG marketing BHM events . . . get your Black History Month event in the PBHG booklet and together we'll fill October 2014 with celebrations of the history and achievements of people of African heritage.

Happy Birthday



Barbara Lucas on 1st January 2014
Joseph Barrow 81 on 12th January 2014
Jonathan Pond 23rd Jan 2014

Whose birthday would you like to celebrate?

Info for Jalgos Events >>>

Jalgos Sports & Social Club
Rose St, Preston PR1 3XY
01772 556109

Puzzle Time >>>

Cities of the Caribbean >>>



Words to find:

- basseterre
- bridgetown
- castries
- charlotteamalie
- fortdufrance
- georgetown
- havana
- kingston
- kingstown
- kralendijk
- marigot
- nassau
- oranjestad
- pointrepitre
- portofspain
- roseau
- sanjuan
- santodomingo
- scarborough
- stgeorge
- stjohn
- thevalley
- willemstad

Preston Black History Group >>>

Researching, Preserving and Celebrating Black History and Culture, a shared history FOR ALL.



PBHG and others at Holocaust Memorial service at Preston Minster

Black History Month at Wymott Prison >>>

Every year for the past few years I've attended a very special Black History Month Celebration at Wymott Prison. The prison has an African Caribbean group who spend time researching and studying topics that interest them about Black History and achievements of people of African heritage.

I've learned a lot from the wide range of material the group members have presented to an invited audience and to fellow

members of the prison community. I've learned about the political situation in Africa, the history of the Moors in Spain, Racism in Football and heard poems and personal stories that explore the experience of individuals, stories that speak to all of us.

We've been treated to speakers exploring thought-provoking and enlightening subjects, from Paul Wilson's hilarious romp through Black History to Neil Sayer

(Lancashire Archives) who found people of African heritage living, working and being educated in Preston across several centuries. I've seen the Wymott group gaining in confidence in sharing their passionate interests, making me laugh as well as sharing sad and difficult moments. Afterwards we've all shared a meal of African and Caribbean inspired cuisine. I feel privileged to have been part of these inspiring and uplifting Black History Month events. BV

Preston Black History Group Membership >>>

Preston Black History Group is an umbrella organisation that aims to work with like minded groups to celebrate the achievements of people of African and Caribbean heritage.

Preston Black History Group works to:

- Highlight the achievements of people of African descent
- Motivate community and social development
- Promote confidence in social enterprise
- Share our histories with the wider world

We work through a program of **DISCUSSION, PRESENTATION and EDUCATION**

We'd love to welcome YOU as a member

Membership forms are available to download on our website . . .

<http://www.prestonblackhistorygroup.org.uk/membership/> or you can request a paper copy from Christina Cooper, PBHG Secretary at our CVS address at the bottom of the page.

Do you have a story to be told or do you have a story that you want telling about African and Caribbean heritage?

We meet on the second Tuesday of every month at CVS in Guildhall Arcade, Preston.

Meeting dates are on the calendar on our website at www.prestonblackhistorygroup.org.uk and find us on Facebook www.facebook.com/prestonblackhistorygroup

To submit articles, announcements, creative writing, recipes, puzzles, photo teasers and events information for the news sheet and the website please contact:

Preston Black History Group

c/o Preston CVS,

Units 23-27 Guildhall Arcade, Lancaster Rd, Preston PR1 1HR

info@prestonblackhistorygroup.org.uk

07772504644 (news sheet contact number)

8 Do you know someone who would like a copy? We produce a limited number of printed copies so please give us email addresses if possible.

