



## President's Message



Mrs Claire Craig  
President, ACHEA

Dear Current and Future Members,

It is with joy and humility that I write to you to thank you for the privilege to serve as your President of ACHEA for 2018-2020. I follow in the footsteps of several distinguished past presidents, and I only hope to be as successful as they were.

ACHEA is an active community of engaged Higher Education Professionals at all stages of life and careers who are devoted to the promotion of professional and ethical standards for higher education administrators in the Caribbean region. The ACHEA seeks to derive practical solutions to common concerns, issues and challenges faced by our

education sectors. To that end, we have established committees to carry out the Association's the Operational Plan and fulfil the strategic objectives for long-term growth and development. These committees are chaired by executive members and a select few other volunteers.

Because an informed and engaged membership is at the heart of building and sustaining our Association, I would like to reignite our communications initiatives to promote the ACHEA through our refreshed website and other social media platforms.

As such, we need to hear from you regarding your thoughts about the ACHEA and what we can do to further the association's objectives. How do we grow our membership; what can we do to attract more participants to our annual conference; and what fund raising activities can be explored?

I look forward to serving you for the next two years and appreciate hearing from you.

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## Editor's Note



Welcome again to another edition our ACHEA Newsletter. We are happy to have you! The administrative year 2018- 2019 was an awesome one! We have had several activities during that time and we are excited to show you!

There are new features in this edition which we hope you will like such as our 'Meet the Executive Member ', Sudoku and Caribbean Recipes.

Thank you for choosing us!

Yours truly,

Michelle Holness  
Public Relations Officer  
ACHEA

## ACHEA MEMBERSHIP

Any person, agency, institution or organization, both government and non-governmental, engaged in leading and administering activities, programmes, human, physical or financial resources, student services, academic or infrastructural support services within any institution of Higher Education are eligible for membership and to hold an elected position.

Membership in the Association is annual and shall be renewable each year on April 1st and remains in effect until March 31st of the following year or as otherwise specified by the Executive, except in the case of Life Members. See form on page 11.

## MEET THE EXECUTIVE MEMBER

Interviewed by: Michelle Holness



### 10 Questions with Florence Francis

#### 1. How did you know about ACHEA?

My journey with ACHEA, started from its inception in the year 2000 when working with the then UWI's University Registrar and founder, Mrs Gloria Barrett-Sobers. As Administrative Assistant/Office Manager, I was asked to assist with the organising of a one-day workshop and launch of ACHEA. This event was held on October 4 at the Social Welfare Centre of the UWI Mona Campus where I performed administrative duties.

#### 2. How long have you been associated with ACHEA?

I have been associated with ACHEA for 21 years and a member of the executive for the past 7 years.

#### 3. What do you think is the best thing about ACHEA?

ACHEA is the only vibrant educational organization within the Caribbean that has maintained its role as a professional body, primarily geared towards promoting the highest standards of professionalism and the continuing development of administrators and managers in higher education institutions.

#### 4. What is your role?

Currently, I am the Assistant Treasurer for ACHEA.

#### 5. Do you believe that this association impact lives and make a difference?

ACHEA continues to bring academic and administrative professionals; both regional and global together, to share experiences and find solution to issues and challenges that higher educational institutions face.

#### 6. Tell me three benefits of joining the association?

1. Development of one's skills-set as an administrator.
2. The opportunities of gaining new knowledge and experiences.
3. Meeting persons from other countries, learning new cultures and creating friendships.

#### 7. Tell us a little about yourself. What do you enjoy doing the most when you're not working?

I consider myself a product of the Caribbean as my maternal ancestry has roots in Panama, Cuba and St Kitts while my paternal fore-parents journeyed from India. I am the youngest of 3 children, one boy and two girls. I am also the mother of three adult daughters and grandmother to Alexandria for the past 19 months.

Away from work I am an active member of the Portmore Church of Christ and serve as a member of several auxiliaries and outreach ministry. I also spend time with family, visit friends and relax with a good movie or going to see a play.

#### 8. What is your favourite dish?

My favourite Jamaican dish is curried goat but I do love Indian cuisine, in particular the vegetarian dishes.

#### 9. What kind of profession are you involved in?

My job is in Event & Hospitality Administration. As higher education institutions grapple with economic and financial constraints, there is the need to find creative ways to maintain our institution facilities.

#### 10. Do you have a mantra or philosophy that you live by?

Mantra – Kindness change lives. This is in keeping with my favourite book and chapter of the Bible; Romans 12:8 which states "If you have

a gift for showing kindness to others, do it gladly" (ASB).





## CCJ Revival! - Regional Judicial Body Crafts Plan To Make Court More Appealing

Published: Thursday | March 14, 2019

Unfazed by the chorus of voices from some jurisdictions across the Caribbean who have rejected, in referenda, the Caribbean Court of Justice (CCJ) as their final appellate court while choosing to remain with the Judicial Committee of the Privy Council, president of the regional judicial body Justice Adrian Saunders says that a strategic plan is being crafted to win over those who remain skeptical about the court's operations and transparency.

In a wide-ranging lecture held at the University of Technology in St Andrew earlier this week, Justice Saunders divulged that the court was taking steps to address a number of issues that have prevented it from being accepted and seen in a positive light among the masses across the region.

In November 2018, both Grenada and Antigua and Barbuda voted against accepting the United Kingdom-based Privy Council as their final court. On November 6, 2018, Grenadians said "No" in a referendum on whether to embrace the CCJ or stay with the Privy Council. At the same time, the people of Antigua and Barbuda also made it clear in a referendum that they wished to stay with the Privy Council.

"Why is it that fate is cruel? These are two states whose governments are extremely enthusiastic about signing on to the appellate jurisdiction, and these are not governments that have bare majorities. In Grenada, the government has won all the seats. In Antigua and Barbuda, the government won all the seats except one. It's just a cruel fate of nature why these countries absolutely need a referendum. We thought that the primary reason was the insufficient awareness about the operations of the court and about the relationship between the court and the rest of the justice sector which it interfaces with on a daily basis," the CCJ president said.

Justice Saunders reasoned that although some governments were excited over the CCJ, the people themselves have not harboured similar sentiments.

This he blamed on the court's communications strategy.

Justice Saunders argued that the CCJ was feeling the blow-back of a lack of confidence in the ability of local courts "and a feeling that if we are not very happy with the way in which justice is being delivered on the local stage, then why are we going to add on top of that another local-Caribbean layer?"

However, he said that it was a wrong characterisation of the CCJ.

Justice Saunders said he was yet to hear a good reason for the retention of the Privy Council as the final court for Caribbean countries, rejecting the arguments that local judges were too close to power wielders and that politicians could exit the court at any time, creating a constitutional crisis.

"Jamaica can build into its own constitutional entrenchment mechanisms to cater for that issue, but I don't think it's a sufficient basis upon which to say that a Caribbean Court of Justice that has been carefully constructed in a way that removes it from political interference, that removes it from financial influence, is less independent over whose judges you have no control," he said.

Prime Minister Andrew Holness has maintained that he would allow Jamaicans to decide in a referendum whether they want the CCJ to replace the Privy Council as the country's final court.

Currently, Barbados, Belize, Dominica, and Guyana are the only Caribbean Community states that have made the CCJ their final appellate court.

**Article Link:** <http://jamaica-gleaner.com/article/lead-stories/20190314/ccj-revival-regional-judicial-body-crafts-plan-make-court-more>

## Launch of the Universities Caribbean 2018



Kingston, Jamaica – A major development in the transformation of the Higher Education sector in the Caribbean took place in the Dominican Republic, November 12th and 13th, 2018. Presidents and Rectors of dozens of Universities and Research Institutes in the Caribbean region, historically associated as UNICA, convened in General Assembly, in order to reorganize, revitalize and rebrand the organisation to achieve greater relevance for the 21st century.

Academic leaders from Cuba, Haiti, Caricom, Puerto Rico, Colombia, the French speaking Antilles, and the Dutch speaking Antilles after voting to restructure UNICA resolved to create a new organisation which was approved "UNIVERSITIES CARIBBEAN". The general mandate given UNIVERSITIES CARIBBEAN is to integrate the regional university sector and to enhance its quality and regional impact. The approved strategic plan [Triple R] is built upon three pillars: to improve the Reputation of the sector; to enhance the Resilience of the member universities; and to increase the Revenue position of members and sector.

Projects to promote student mobility across the region, and to create joint research around important regional challenges, were approved for implementation. The organising principle guiding these projects is "ONE CARIBBEAN". Officials from UNESCO and other UN development agencies who were invited as strategic partners welcomed the launch of UNIVERSITIES CARIBBEAN and pledged commitment to the objectives of promoting greater integration and partnership across the regional universities.

Elected as president of the newly launched UNIVERSITIES CARIBBEAN is Professor Sir Hilary Beckles, Vice Chancellor of the University of the West Indies. The executive committee comprises:

Professor Sir Hilary Beckles, President of UNIVERSITIES CARIBBEAN and Vice Chancellor of the University of the West Indies

Padre D. Ramón Alfredo de la Cruz Baldera, Rector, Pontificia Universidad Católica Madre y Maestra (PUCMM), Dominican Republic

Dr. Jorge Haddock-Acevedo, Universidad de Puerto Rico (UPR), Puerto Rico

Dr. Francis de Lanoy, Rector Magnificus, University of Curaçao (UC), Curaçao

Professor Eustase Janky, President, Université des Antilles, Guadeloupe (Represented by Professor Fred Reno)

Dr. Elmo Bell Smythe, Universidad Latinoamericana y del Caribe de Venezuela (ULAC), Venezuela

Dr. Myriam Moïse, Acting Secretary General of UNIVERSITIES CARIBBEAN and Associate Professor, Université des Antilles, Martinique  
President Beckles informed the Assembly that UNIVERSITIES CARIBBEAN will bring the region in line with other parts of the hemisphere and world where similar regional university organisations exist to support and direct the effective planning and networking of higher education program and research. UNIVERSITIES CARIBBEAN will be the region's voice in the areas of quality, globalization, resilience, and financial sustainability.

Original article link: <http://www.universitiescaribbean.com/press-release-launch-of-the-universities-caribbean-2018/>



## DENGUE FEVER

Dengue fever is a painful, debilitating mosquito-borne disease caused by any one of four closely related dengue viruses. These viruses are related to the viruses that cause West Nile infection and yellow fever.

### Symptoms of Dengue Fever

Symptoms, which usually begin four to six days after infection and last for up to 10 days, may include

- Sudden high fever
- Severe headaches
- Pain behind the eyes
- Severe joint and muscle pain
- Fatigue
- Nausea
- Vomiting
- Skin rash which appears two to five days after the onset of fever
- Mild bleeding (such a nose bleed, bleeding gums or easy bruising)

Sometimes, symptoms are mild and can be mistaken for those of the flu or another viral infection. Younger children and people who have never had the infection before tend to have milder cases than older children and adults. However, serious problems can develop. These include dengue hemorrhagic fever, a rare complication characterized by high fever, damage to lymph and blood vessels, bleeding from the nose and gums, enlargement of the liver, and failure of the circulatory system. The symptoms may progress to massive bleeding, shock, and death. This is called dengue shock syndrome (DSS). People with weakened immune systems as well as those with a second or subsequent dengue infection are believed to be at greater risk for developing dengue hemorrhagic fever.

### Diagnosing Dengue Fever

Doctors can diagnose dengue infection with a blood test to check for the virus or antibodies to it. If you become sick after traveling to a tropical area, let your doctor know. This will allow your doctor to evaluate the possibility that your symptoms were caused by a dengue infection.

### Treatment for Dengue Fever

There is no specific medicine to treat dengue infection. If you think you may have dengue fever, you should use pain relievers with acetaminophen and avoid medicines with aspirin which could worsen bleeding. You should also rest, drink plenty of fluids, and see your doctor. If you start to feel worse in the first 24 hours after your fever goes down, you should get to a hospital immediately to be checked for complications.

### Preventing Dengue Fever

The best way to prevent the disease is to prevent bites by infected mosquitoes, particularly if you are living in or traveling to a tropical area. This involves protecting yourself and making efforts to keep the mosquito population down. In 2019, the FDA approved a vaccine called Dengvaxia to help prevent the disease from occurring in adolescents aged 9 to 16 who have already been infected by dengue. But, there currently is no vaccine to prevent the general population from contracting it.

## Report on the ACHEA Jamaica Chapter Forum Held December 2018

Since September 2017, the focus of the ACHEA Local Chapter has been on creating more satisfied, intrinsically motivated and "well" professionals within the Association and by extension, within institutions with which the Association is affiliated.

Consequently, the seminars hosted by the Chapter since then have been centred on enhancing individual job satisfaction and motivation to perform optimally in one's areas of responsibilities. Our last seminar held at the University of Technology, Jamaica on Thursday, December 6, 2018, was one which sought to bring an awareness of the importance of health and wellness in the workplace and the steps needed to safeguard one's health and wellness while tackling the ever increasing demands of one's personal and professional life.

The afternoon was moderated by the University's very knowledgeable senior Counsellor Mrs. Marlene Gyles, while the highly interactive presentations/sessions were facilitated by the very articulate, able and dynamic presenters Professor Denise Eldemire Shearer, Professor of Public Health and Ageing and Director for Graduate Studies and Research, UWI; and Mrs. Veronica Forbes-Blake, Administrative Officer at the Hugh Wynter Fertility Management Unit, UWI Mona Campus. Both have had a longstanding relationship with ACHEA and who without hesitation, accepted the invitation to share their expert knowledge on the topic.

Professor Eldemire - Shearer's presentation was titled *Health and Wellness in the Workplace* while Mrs. Forbes-Blake's presentation was titled *Navigating The Sphere of Attitude In Health and Wellness*, a paper jointly authored by Dr. Vernon DaCosta.

Both presentations were well received and aligned with goals of The Ministry of Health's (Jamaica) to promote health and wellness among Jamaicans in the face of a sharp rise in non-communicable/lifestyle diseases and mental illness.

For access to the full presentations, persons are invited to email the Chapter at [acheajamaica@gmail.com](mailto:acheajamaica@gmail.com). Note also that the Chapter will host its next session in April 2019 ; stay tuned for further information.

## Life Lessons From Hendrickson

Published: Thursday | March 21, 2019

Baking mogul Gary 'Butch' Hendrickson last Thursday highlighted the value of embracing data as a critical component in the formula for business success, citing some practical examples from this experience, while delivering the keynote address at the University of Technology's (UTech) Research, Technology and Innovation 2019.

Efficiency standards, which are a way of life in the private sector, is the defining economic differentiator that sets it apart from state-run enterprises in Jamaica, the chairman and chief executive officer of Continental Baking Limited explained during his presentation at the opening ceremony, which was observed under the theme 'Research and Innovation...Fuelling a Bright Future'.

"If I were to try to run my plant the way the public transportation system is being run, I don't think we would last six months.

"We could, but we would have to double the price of the bread. Data is everything, and we have decided, through data and using our knowledge, that the National bread van can't be a bigger size," he disclosed.

When the matter was debated as an option for increasing revenue in light of rising production costs, data prevailed over the combination of speculation, optimistic projections, and business hunches. Hendrickson explained: "We can't because if that van is twice the size and holds twice the amount of bread, for that man to sell off all that bread, he cannot service a customer properly.

At the end of it, our goal is to give you the best product backed up by the best service. I can't do that if a man has far more than he can manage comfortably and goes whipping all over the place, never seeing you. Him just drop off and gone."

### MAKING LIFE INVOLVED

The company made life a lot easier for the drivers by positioning the load ramps a little higher than the truck, which allows for the exertion of less effort in loading when trays are packed with baked products, easily sliding along the slight incline. This was an informed decision, the CEO pointed out.

Another feature that sets all National delivery trucks apart is that the doors all roll and down, with none of them swinging out to the sides.

"When you driving past a National truck, it not suppose to swing open and hit your vehicle's windshield because it happened to me and I didn't want any of my salesmen or tradesmen to go through any of that, or you as a customer, once I can avoid it."

Article Link: <http://jamaica-gleaner.com/article/news/20190321/life-lessons-hendrickson>





**ASSOCIATION OF CARIBBEAN HIGHER EDUCATION ADMINISTRATORS**  
**MEMBERSHIP APPLICATION/RENEWAL FORM**

Please complete all sections

1. Name: Prof/Dr/Mrs./Miss/Ms./Mr. \_\_\_\_\_
2. Job Title: \_\_\_\_\_
3. Type of Institution/Organization: University  Community College  Teachers' College   
Other  Please specify \_\_\_\_\_
4. Name & Address of Institution/Organisation: \_\_\_\_\_
5. Telephone: (W) (\_\_\_\_) \_\_\_\_\_ Mobile: (\_\_\_\_) \_\_\_\_\_ FAX: (\_\_\_\_) \_\_\_\_\_
6. Email Address: \_\_\_\_\_
7. I am applying for: New membership  Membership Renewal  I first joined ACHEA in: \_\_\_\_\_
8. Membership Type (See attached for details): Full  Institutional  Associate  Contributing   
*\*\*Renewal Period: 2018 to 2019*
9. \*+#Cheque in the amount of: \_\_\_\_\_  
 \* USD cheques enclosed must be drawn on a United States bank and made payable to ACHEA  
 +Cheques paid through The UWI Bursary (Cave Hill & St. Augustine) should be made payable to The UWI  
 #In Jamaica make cheques payable to ACHEA and forward to Paul Payton and Florence Francis
10. \_\_\_\_\_  
 Signature Date

**FEES:**

<b>Full:</b>	<input type="checkbox"/> BDS, EC, J, TT - US\$50 or local equivalent	Guy US\$40 or local equivalent
<b>Associate:</b>	<input type="checkbox"/> BDS, EC, J, TT, US\$30 or local equivalent	Guy US\$25 or local equivalent
<b>Institutional:</b>	<input type="checkbox"/> BDS, EC, J, TT, US\$175 or local equivalent	Guy US\$140 or local equivalent

**Contributing:** Please contact Chair, Membership Committee at [acheamembers@sta.uwi.edu](mailto:acheamembers@sta.uwi.edu)  
*\*\*Fees are due April 1, 2018 for the period April 2018 – March 2019*

**Please return completed form and cheque or UWI receipt to one of the following members of the Executive:**

**Barbados – Thomas Edward** c/o Department of Computer Science, Mathematics and Physics, The UWI Cave Hill St. Michael Barbados  
 Tel: (246) 232-9678  
 email: [Thomas.edward@cavehill.uwi.edu](mailto:Thomas.edward@cavehill.uwi.edu)

**Jamaica – Paul Payton** – Office of Finance, Regional Headquarters Building, 2 Hermitage Road, Mona Kingston 7, Jamaica, Tel: 1(876)970-4722 ext. 8893 [paul.payton@uwimona.edu.jm](mailto:paul.payton@uwimona.edu.jm); **Florence Francis** – Office of Administration, Regional Headquarters Building, 2 Hermitage Road, Mona Kingston 7, Jamaica, Tel: (876)977-2407/3325 ext.8961 [florence.francis@uwimona.edu.jm](mailto:florence.francis@uwimona.edu.jm)

**Trinidad and Tobago – Claire Craig** – c/o Campus IT Services, St. Augustine Campus, Trinidad and Tobago, 868-662-2002 Ext. 83227  
 email: [claire.craig@sta.uwi.edu](mailto:claire.craig@sta.uwi.edu).

**FOR OFFICIAL USE ONLY**

Date Application Received \_\_\_\_\_

Application accepted and acknowledged  Application not Accepted  Date \_\_\_\_\_



## **ASSOCIATION OF CARIBBEAN HIGHER EDUCATION ADMINISTRATORS**

### **Categories of Membership**

The following Sections of the ACHEA Constitution pertaining to membership have been extracted to guide persons completing the Membership Application/Renewal Form

There are four (4) categories of members for which applications can be made; these are as follows:

#### **1.0 Individual (Full)**

Any employee of an institution of higher education within the Caribbean region engaged in administering programmes and non-governmental, engaged in leading and administering activities, programmes, human, physical or financial resources. Student services academic or infrastructural support services.

#### **2.0 Associate**

Associate membership is open any person or institution, local or international interested in but not directly involved in the administration of HE within the Caribbean who subscribes to the aims and objectives of The Association.

#### **3.0 Organisational/Institutional (Full)**

This category of membership is open to any agency, institution or organization involved in the administration of HE within the Caribbean Region. This type of membership entitles the organization to have five (5) designated persons represent it at meetings of the Association.

#### **4.0 Contributing Members**

This category of membership is open to institutions and persons operating outside the Caribbean who have an interest in or are involved in Higher Education. Such members may not be elected to office or vote at Annual General Meetings but will obtain the Association's publications upon payment of relevant fees.

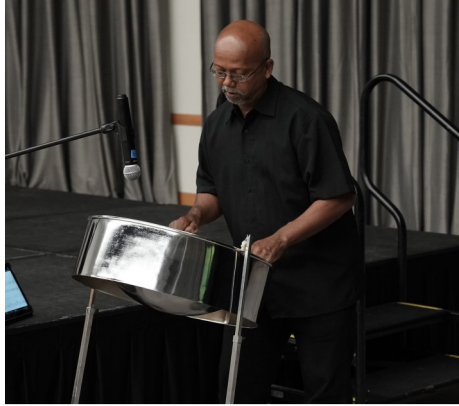
Further details on membership can be obtained from the Constitution which is posted on the Association's website at: <http://sta.uwi.edu/achea/> or contact the Membership Chair at [acheamembers@sta.uwi.edu](mailto:acheamembers@sta.uwi.edu).

**Chair, Membership Committee**

**March, 2018**



# ACHEA CONFERENCE 2018 HIGHLIGHTS





# CARIBBEAN RECIPES



## Jamaican Cow Foot and Broad Beans

**Category:** Dinner, Easy  
Preparation time 10m | Cooking time 35m  
For 10 Person(s)

### Recipe Ingredients

- 4 pound(s) cow foot
- 8 cup(s) water
- 1 cup(s) Grace White Vinegar
- 6 clove(s) garlic, chopped
- 3 large onions, chopped
- 10 whole pimento berries
- 3 sprig(s) thyme
- 1 teaspoon(s) ginger, chopped
- 3 stalk(s) escallion, crushed,
- 1 teaspoon(s) salt
- 2 tablespoon(s) soy sauce
- 1 tablespoon(s) Grace Caribbean Traditions All Purpose Seasoning
- 1 teaspoon(s) Grace Caribbean Traditions Black Pepper
- 1/4 cup(s) Grace Vegetable Oil
- 10 cup(s) beef stock
- 3 medium carrots cut diagonally
- 1 large green pepper, cut in strips
- 1 teaspoon(s) scotch bonnet pepper, finely chopped
- 2 can(s) Grace Broad Beans
- 1 teaspoon(s) cornstarch, dissolved in 2 tbsp water

### Cow Foot and Broad Beans Directions

1. Wash cow foot in a mixture of 4 cups water and Grace White Vinegar.
2. Scald cow foot in 4 cups boiling water for 5 minutes then drain.
3. Season with garlic, onion, pimento, thyme, ginger, escallion and salt. Rub in the seasoning well. Add soy sauce, Grace Caribbean Traditions All Purpose Seasoning and Grace Caribbean Traditions Black Pepper.
4. Marinate for one hour.
5. Heat pressure cooker and pour in Grace Vegetable Oil, add marinated cow foot and brown lightly stirring constantly.
6. Add beef stock and fasten pressure cooker lid, pressure cook for 20 minutes. Cool pressure cooker thoroughly before opening.
7. Add carrots, green peppers and scotch bonnet pepper, Stir lightly and allow vegetables to cook until tender. Add Grace Broad Beans and cornstarch and allow to simmer for another 5 minutes. **To Serve:** Serve with white rice and tomato slices.



## Barbados' Cou Cou

Cou cou, served with flying fish is the national dish of Barbados. Somewhat similar to polenta or grits, Cou-cou is made with corn meal and okra.

### Here's what you'll need:

- 8oz corn meal
- 3oz okras
- 1 medium onion (chopped)
- 3 tbsp butter
- Water
- salt to taste

### Cou Cou Directions

- ⇒ In a bowl, combine the cornmeal with sufficient water to cover the meal. Set aside.
- ⇒ Cut the tops and bottoms off the okras and slice into rings. Place the sliced okras in a saucepan with water, chopped onion and salt. Bring to a medium boil for a few minutes until the okras soften.
- ⇒ Strain the okras into a bowl, setting aside the liquid.
- ⇒ Add about a quarter of the okra liquid back into the saucepan and add the soaked meal. You'll need a whisk or wooden stick to stir the cou cou as it cooks. In Barbados we use a flat wooden spoon known as a 'cou cou stick'. Stir constantly to avoid lumping.
- ⇒ Add more of the okra liquid gradually. You can tell you're nearly finished when the cou cou starts to bubble gently at the surface. At this point add in the cooked okra slices and continue stirring for another 2-3 minutes.

Remove from the heat and stir in the butter.

Enjoy!

Best served with fish and lots of gravy!



## Trinidad & Tobago - Callaloo Recipe

**Callaloo** is usually considered one of Trinidad and Tobago's staple national dishes - with particular reference to the island of Trinidad. A typical Sunday lunch offers the delicious fare of - *callaloo*, white rice and stewed chicken, macaroni pie, a side of boiled ground provision, potato salad and or green salad.

### Ingredients: (makes 8-10 servings)

- 1 tablespoon oil (extra virgin olive oil - optional)
  - 2 (10 oz) packages of frozen chopped spinach OR 1 1/2 - 2 lbs young dasheen bush leaves & stems
  - 1 lb pumpkin or squash, cubed
  - 1/2 - 1lb ochres, sliced in 1 inch pieces or pre-cut frozen ochres
  - 1 medium carrot, thinly sliced
  - 1 medium onion, chopped
  - 4-5 scallions, finely chopped (about 1 1/2 cups)
  - 1 small bunch of thyme (about 8 sprigs, whole or chopped finely)
  - 6-8 large garlic cloves, minced
  - 3 tablespoons *Trini* green seasoning
  - 1 stalk celery, finely chopped, optional
  - 2 cups fresh coconut milk + 2 cups water
  - Salt and pepper
  - 1 habanero pepper and 2 pimento peppers
- Optional:** include 1lb chicken, beef or prepared salted meat or approximately 1.5 lbs crab – the addition of more crab, yields more flavor.

### Preparation:

**Step 1** - Assemble all the ingredients - the spinach/dasheen bush (bhagee) is already washed and chopped, the ochres cut and the pumpkin already peeled and sliced.

**Step 2** - Wash and chop scallions, celery, onions, slice carrots, and mince garlic. Finely chop the thyme or place the entire whole bunch in the pot, removing the stems after cooking.

**Step 3** - When using fresh coconut milk (optional, but recommended), prepare as well. Otherwise use a good brand of the canned or powdered coconut milk.

**Step 4** - In a saucepan over low heat, add 1 tablespoon of oil, when hot, add pumpkin, carrots, ochres, spinach/dasheen bush (bhagee), scallions, celery, onion, thyme, garlic, green seasoning, habanero and pimento peppers.

**Step 5** - Add the coconut milk to the pan, season with salt and freshly ground black pepper.

**Step 6** - Cover and let simmer (low heat) for about an hour or until all ingredients are cooked and soft, stirring every 10-15 minutes to mix and prevent sticking to the bottom.

**Step 7** - When finished, remove habanero pepper (being careful not to burst the pepper in the pot) and then swizzle using a *swizzle stick* (also called *dhal ghutney* in Trinidad) in order to break up chunks.

**Step 8** - You may also use a food processor, blender or hand immersion blender for a finer, smoother consistency. The (*swizzle stick* is the traditional utensil used).

**Step 9** - Return meat or crab back into the pot and serve hot over rice. For a spicy rendition of this dish - the hot pepper can be broken on the plate.

### Trini Green Seasoning:




- ⇒ 5-6 large cloves garlic
- ⇒ 4 scallions, chopped (about 1 cup)
- ⇒ 1 bunch thyme – this may be added separately
- ⇒ 1-3 pimentos peppers or scotch bonnet pepper



# ACHEA Jamaica Chapter Forum Highlights



# ACHEA Executive Members

Name:	Position	Organization
 Mrs Claire Craig	President	The UWI, Trinidad & Tobago
 Dr Linda Steele	Immediate Past President	The UWI, Trinidad & Tobago
 Mrs Marvette Facey-Thompson	1st Vice President	The UWI, Jamaica
 Mrs Beverly Hunter	2nd Vice President	The UWI, Jamaica
 Mr Paul Payton	Treasurer	The UWI, Jamaica

Professional Development  
 Professional development programmes, seminars, courses and workshops, including our Annual Conference and Exhibitions

## Opportunities

Networking with over 4,500 higher education professionals, by both geography and interest

## SUDUKO

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6								
			5	3				
		8					2	
	3		4	7	1	6		
4						5	7	
			1		7	5		
	6	5	2			4		
3				9		8	6	







## ACHEA NEWSLETTER

Email: [newsletter@acheacaribbean.org](mailto:newsletter@acheacaribbean.org)





[www.acheacaribbean.org](http://www.acheacaribbean.org)



# ACHEA Executive Members

Name:	Position	Organization
 Mrs Florence Francis	Assistant Treasurer	The UWI, Jamaica
 Miss Michelle Holness	Public Relations Officer	UTech, Jamaica
 Ms Georgia Alexander	Assistant Public Relations Officer	The UWI, Trinidad & Tobago
 Mrs Kasiane Reid Martin	Secretary	The UWI, Jamaica
 Miss Sarnya Hylton	Assistant Secretary	The UWI, Jamaica
<b>Co-opted members:</b>		
 Dr Kofi Nkrumah-Young	International Liaison Officer	The UWI, Jamaica

# ACHEA Executive Members

Name:	Position	Organization
<b>Co-opted members:</b>		
 Dr Thomas Edward	Chair, ACHEA Barbados Chapter	The UWI, Barbados
 Mrs La-Cresha Gordon-Brydson	Chair, ACHEA Jamaica Chapter	UTech, Jamaica
 Ms Floris Fraser	Chair, ACHEA Trinidad & Tobago Chapter	The UWI, Trinidad & Tobago
 Mrs Marjorie Bolero-Haughton	Membership Officer	The UWI, Jamaica

## SUDUKO ANSWERS

5	7	9	6	8	1	4	3	2
6	2	3	7	9	4	8	1	5
1	8	4	2	5	3	6	9	7
7	1	6	8	3	5	9	2	4
2	3	5	9	4	7	1	6	8
4	9	8	1	6	2	5	7	3
8	4	2	3	1	6	7	5	9
9	6	7	5	2	8	3	4	1
3	5	1	4	7	9	2	8	6