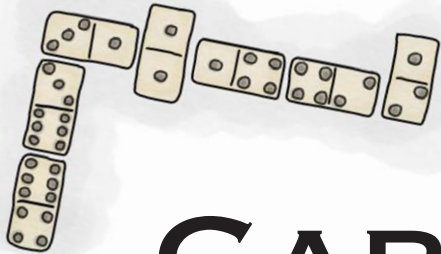




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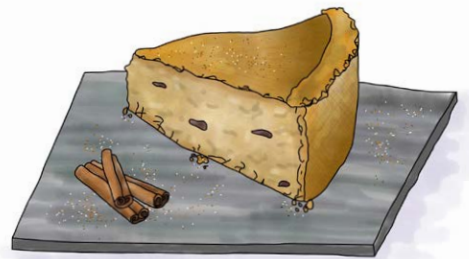
WINDRUSH DAY

22ND JUNE



CARIBBEAN

FUN PACK



PRODUCED IN ASSOCIATION WITH

THE CARIBBEAN ASSOCIATION GROUP



THE JAMAICA SOCIETY
& FRIENDS
READING



BARBADOS AND FRIENDS
ASSOCIATION (READING)
(REGISTERED CHARITY No.1102221)



ST VINCENT & THE GRENADINES
& FRIENDS ASSOCIATION
(READING)



WINDRUSH DAY

22ND JUNE

CARIBBEAN FLAGS MAKE YOUR OWN BUNTING

WHY NOT HAVE A GO AT MAKING YOUR OWN BUNTING TO PUT UP ON WINDRUSH DAY, USING THE MANY FLAGS OF THE CARIBBEAN.

DO YOU KNOW WHICH COUNTRIES ARE INCLUDED IN THE CARIBBEAN, AND THE DIFFERENCE BETWEEN 'THE CARIBBEAN' AND 'THE WEST INDIES'. TECHNICALLY 'THE WEST INDIES' REFERS TO ISLANDS COMPROMISING THE GREATER AND LESSER ANTILLES, AND THE CARIBBEAN INCLUDES ALL SHORELINES THAT BORDER THE CARIBBEAN SEA.

IGNORING THE AMERICAN COUNTRIES THAT BORDER THE CARIBBEAN SEA, THERE ARE 13 INDEPENDENT COUNTRIES IN THE CARRIBEAN, AND THESE ARE THEIR FLAGS:



ANTIGUA AND BARBUDA



THE BAHAMAS



BARBADOS



CUBA



DOMINICA



DOMINICAN REPUBLIC



GRENADA



HAITI



JAMAICA



SAINT KITTS AND NEVIS



SAINT LUCIA



TRINIDAD AND TOBAGO



SAINT VINCENT AND THE GRENADINES

CARICOM STANDS FOR CARIBBEAN COMMUNITY. IT IS AN ORGANISATION OF 15 CARIBBEAN NATIONS WHICH PROMOTES ECONOMIC INTEGRATION AND COOPERATION.



CARICOM

THERE ARE ALSO 9 ISLANDS THAT REMAIN DEPENDENCIES TO THE NATIONS OF THE UK, USA, FRANCE AND THE NETHERLANDS THAT YOU CAN ALSO INCLUDE ON YOUR BUNTING:

ANGUILLA (UK) ARUBA (NETHERLANDS) BRITISH VIRGIN ISLANDS (UK) CAYMAN ISLANDS (UK) CURAÇAO (NETHERLANDS) MONTSERRAT (UK) PUERTO RICO (USA) SAINT BARTHÉLEMY (FRANCE) COLLECTIVITY OF SAINT MARTIN (FRANCE) SINT MAARTEN (NETHERLANDS) TURKS AND CAICOS ISLANDS (UK) UNITED STATES VIRGIN ISLANDS (USA)

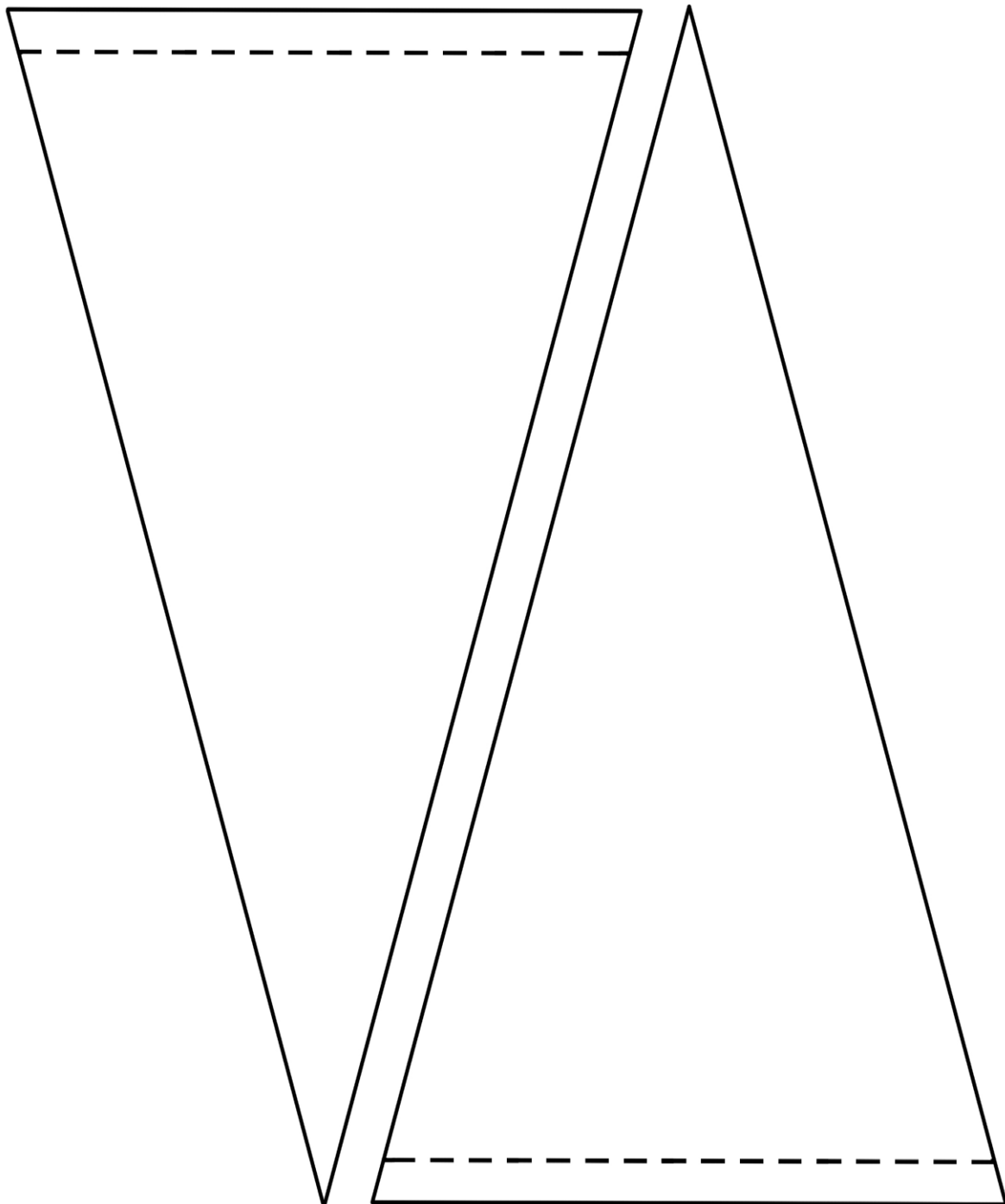


WINDRUSH DAY

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CARIBBEAN FLAGS BUNTING TEMPLATE

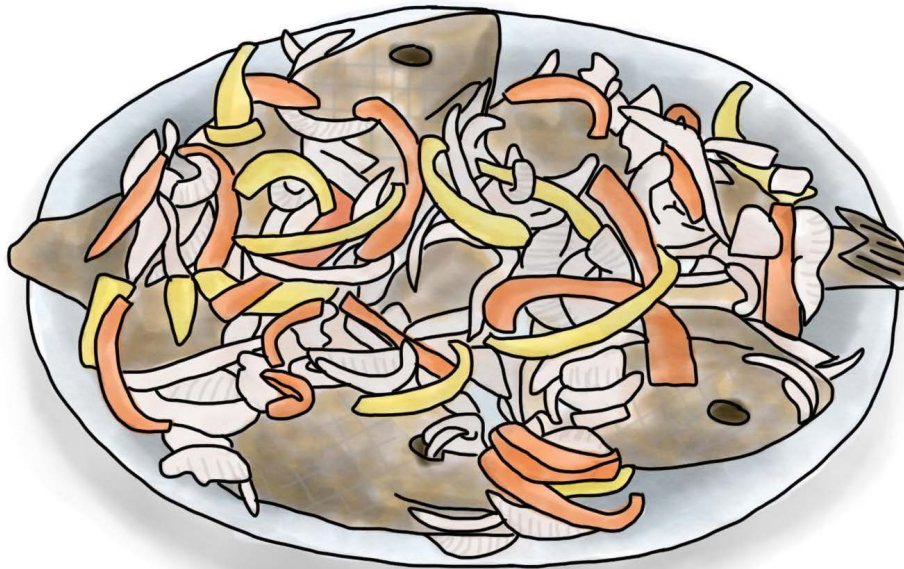
YOU CAN DECORATE DIRECTLY ONTO THE TEMPLATE BELOW, OR USE IT TO CUT ROUND PAPER, FABRIC OR ANY MATERIAL YOU WANT TO USE. FOLD THE TOP PART DOWN AND STICK OR SEW OVER SOME STRING OR RIBBON TO HANG YOUR BUNTING UP. YOU CAN REPEAT TO MAKE IT AS LONG AS YOU WANT!



WINDRUSH DAY

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ESOVICH FISH BY ANNETTE LEVY



INGREDIENTS

4 SNAPPER FISH OR WHITE FISH (DESCALED IF PREFERRED), 4 TBSP COOKING OIL, 2 LARGE ONIONS, 1 RED PEPPER/YELLOW PEPPER, 1 TBSP GROUND BLACK PEPPER, 2 TBSP SELF-RAISING FLOUR, 2 TBSP VINEGAR, 2 LEMONS

PREP

1. WASH FISH IN A BOWL WITH LEMONS AND DRAIN OFF EXCESS WATER
2. MARINADE FISH WITH SALT AND PEPPER
3. LEAVE FISH COVERED IN BOWL FOR APPROXIMATELY 15 MINUTES
4. SLICE ONIONS AND SWEET PEPPER AND MIX TOGETHER IN A BOWL
5. MIX FLOUR, SALT AND PEPPER IN A BOWL
6. COVER FISH IN THE FLOUR MIXTURE

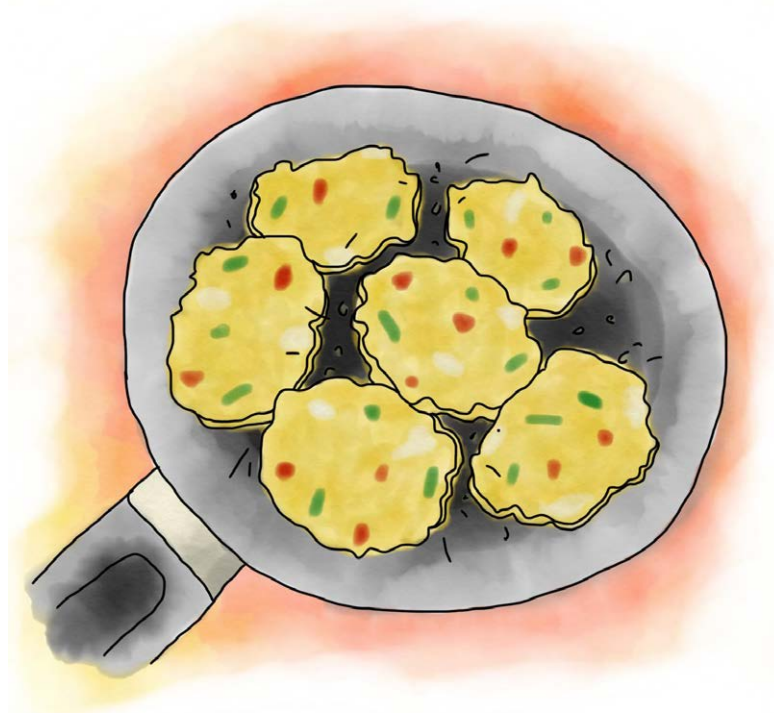
METHOD

1. HEAT OIL IN PAN UNTIL PIPING HOT
2. ADD FISH, COOK EACH SIDE ON A MEDIUM HEAT FOR 5 MINS UNTIL BROWN
3. PUT FISH ON PLATE READY TO BE GARNISHED
4. ADD ONIONS AND PEPPERS WITH VINEGAR/BALSAMIC VINEGAR TO FRYING PAN AND SAUTÉ FOR 3 MINS
5. DRAIN EXCESS LIQUID AND GARNISH FISH
6. SERVE HOT OR COLD WITH SALAD, VEGETABLES OR BREAD!

WINDRUSH DAY

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JAMAICAN FRITTERS BY ANNETTE LEVY



INGREDIENTS

**100 GM SALT FISH (COD), 2 ONIONS, 4 SPRING ONIONS, 1 TOMATO, 1 CLOVE GARLIC,
1 TBSP ALL PURPOSE SEASONING, 1 TBSP THYME, 3 CUPS SELF-RAISING FLOUR,
1 PINT SKIMMED MILK OR WATER**

PREP

- 1. COVER FISH WITH BOILING WATER
IN A BOWL FOR APPROXIMATELY
5 MINUTES**
- 2. DRAIN OFF BOILING WATER, RINSE
WITH COLD WATER TO TAKE OUT
EXCESS SALT UNTIL WATER IS CLEAR
AND LEAVE TO COOL**
- 3. DICE ONIONS, SPRING ONIONS,
TOMATO AND GARLIC. MIX
TOGETHER IN A BOWL WITH FISH,
ADD FLOUR, MILK (OR WATER) INTO A
THICK MIXTURE, ENOUGH TO MAKE
12 FRITTERS**

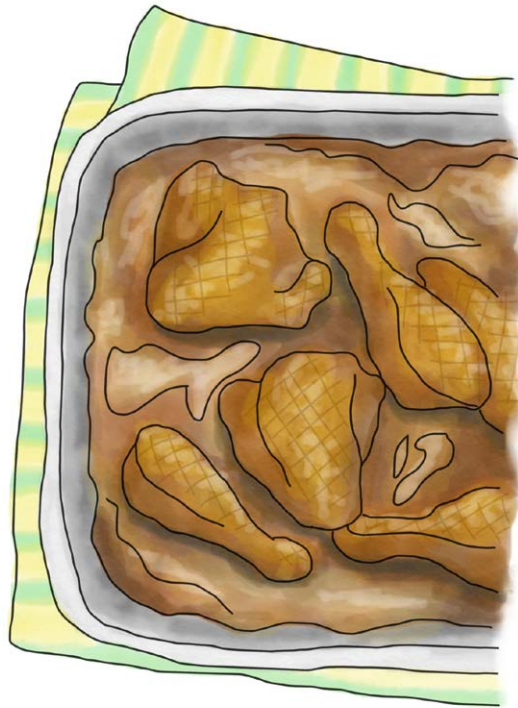
METHOD

- 1. HEAT OIL IN FRYING PAN UNTIL
PIPING HOT**
- 2. ADD A TABLESPOON OF MIXTURE TO
MAKE ONE FRITTER**
- 3. COOK EACH FRITTER FOR
APPROXIMATELY 3 MINUTES ON EACH
SIDE ON MEDIUM HEAT**
- 4. FRITTERS CAN BE SERVED HOT OR
COLD, WITH OR WITHOUT SALAD!**

WINDRUSH DAY

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BARBECUE CHICKEN MAY BY KEVIN MOHAMMED



INGREDIENTS

1 CHICKEN CUT INTO PIECES, **1 TSP** BARBECUE POWDER, **1/2 TSP** SMOKED PAPRIKA, **1/2 TSP** PEPPER, **1 TSP** GARLIC POWDER, **1 TBSP** OLIVE OIL, **2 TBSP** BARBECUE SAUCE, **1 TBSP** TOMATO SAUCE, **1** ONION (DICED), **2** CLOVES FRESH GARLIC, **1 TBSP** SOY SAUCE, OIL FOR BROWNING CHICKEN

METHOD

1. SEASON THE CHICKEN WITH A MARINADE OF THE ONION, GARLIC, BARBECUE POWDER, WHITE PEPPER, GARLIC POWDER, SMOKED PAPRIKA AND SOY SAUCE.

2. LEAVE COVERED IN THE FRIDGE OVERNIGHT

3. BROWN THE CHICKEN IN A DASH OF OIL IN A PAN ON BOTH SIDES, THEN PUT ON A TRAY AND FINISH COOKING IN THE OVEN AT GAS 190C/GAS MARK 6

4. IN A BOWL, MIX THE TOMATO KETCHUP, BARBECUE SAUCE AND A TABLESPOON OF THE JUICE FROM YOUR COOKED CHICKEN TRAY AND A SPOON OF BROWN SUGAR

5. COVER THE CHICKEN IN SAUCE MAKING SURE THERE IS A GOOD GLAZE ON EACH PIECE OF CHICKEN

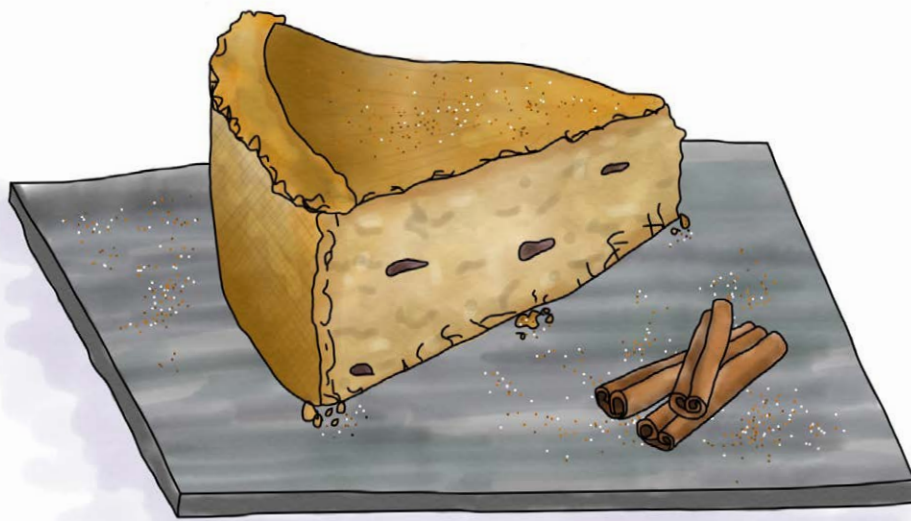
6. PLACE CHICKEN BACK IN OVEN UNTIL A NICE STICKY CONSISTENCY GLAZE FORMS ON THE CHICKEN, A NICE GOLDEN BROWN IN COLOUR!

WINDRUSH DAY

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ST VINCENT SWEET POTATO PUDDING

BY KEVIN MOHAMMED



INGREDIENTS

1 KG SWEET WHITE POTATO, **1** SMALL COCONUT, **1 LB** SELF-RAISING FLOUR,
1 TSP CINNAMON, **1/2 TSP** SALT, **8OZS** SULTANAS (OPTIONAL),
1 TSP OF MIXED ESSENCE OR VANILLA ESSENCE, **6OZS** SUGAR,
4OZS MARGARINE OR BUTTER

METHOD

- 1.** GRATE OR BLEND SWEET POTATO AND COCONUT IN A MIXING BOWL
- 2.** ADD THE SUGAR, FLOUR, SALT, CINNAMON, SULTANAS, ESSENCE, RUM, WATER AND MARGARINE OR BUTTER.
- 3.** MIX TOGETHER TO FORM A SMOOTH CONSISTENCY (NOT TOO THICK OR RUNNY)
- 4.** POUR INTO A WELL-GREASED PYREX DISH OR DEEP BAKING TRAY

- 5.** DISTRIBUTE CUBES OF MARGARINE EVENLY OVER THE PIE
- 6.** BAKE IN PRE-HEATED OVEN AT GAS MARK 5 (150C) FOR APPROX 1HR30M
- 7.** REMOVE FROM OVEN
- 8.** MIX A TABLESPOON OF SUGAR WITH A LITTLE HOT WATER UNTIL DISSOLVED, THEN BRUSH THIS SYRUP OVER THE TOP OF THE PUDDING
- 9.** SPRINKLE WITH A LITTLE SUGAR TO GIVE A NICE GLOSSY FINISH WHEN COOL!

WINDRUSH DAY

22ND JUNE

RUM PUNCH

RUM PUNCH IS A CULTURAL STAPLE IN THE CARIBBEAN, MADE THROUGH A DELICIOUS COMBINATION OF RUM, FRUIT JUICES AND SYRUP. THE POPULAR BEVERAGE EVEN HAS ITS OWN NATIONAL PUNCH DAY ON 20TH SEPTEMBER! BUT DID YOU KNOW IT ORIGINATED IN THE 17TH CENTURY AND IS CONSIDERED A PRECURSOR TO THE MODERN COCKTAIL?

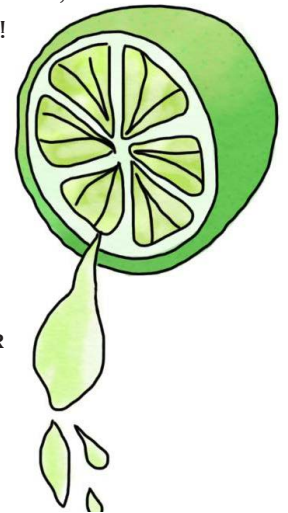
IT'S UNKNOWN WHO CREATED THE FIRST RUM PUNCH, OR CAME UP WITH THE NAME. ONE THEORY IS THAT 'PUNCH' DERIVES FROM THE SANSKRIT WORD 'PANCH', MEANING FIVE, AS PUNCH IS OFTEN MADE OF FIVE KEY ELEMENTS: 'SOUR, SWEET, STRONG, WEAK AND SPICES'. ANOTHER THEORY IS THAT THE NAME ORIGINATED FROM A PUNCHEON, A 500-LITRE CASK WHICH STORES AND TRANSPORTS ALCOHOL!



ONE OF THE OLDEST RUM PUNCHES IS BARBADIAN (OR BAJAN) RUM PUNCH AND IT FOLLOWS A SIMPLE RHYMING RECIPE:

'ONE OF SOUR, TWO OF SWEET, THREE OF STRONG, AND FOUR OF WEAK.'

THIS MIX FEATURES ONE PART LIME JUICE, TWO PARTS SWEETENER (USING CANE SUGAR OR SUGAR SYRUP), THREE PARTS A STRONG RUM (PREFERABLY BAJAN) AND FOUR PARTS WATER. WHILST THERE MANY VARIANTS OF THIS RECIPE, THE PUNCH IS SERVED WITH ANGOSTURA BITTERS



ON THE NEXT PAGE, DISCOVER RECIPE MEASUREMENTS BASED ON THE BAJAN RHYME (THAT CAN BE UPSCALED FOR MULTIPLE SERVINGS)! INGREDIENTS MAY VARY FOR YOUR OWN TASTE AND AVAILABILITY.

FOR EXAMPLE, GRENADINE SYRUP CAN BE SWAPPED FOR SUGAR SYRUP; YOU CAN PRODUCE 400ML BY DISSOLVING 300G CASTER SUGAR IN 150ML WATER OVER A LOW HEAT, AND THEN COOLING AND STORING IN THE FRIDGE.

ANY OF THE JUICES CAN ALSO BE SWAPPED, AS CAN THE FRUIT GARNISHES!

WINDRUSH DAY

22ND JUNE

RUM PUNCH



INGREDIENTS

25 ML/1OZ LIME JUICE
OR **1** WHOLE LIME
50ML/2OZ GRENADINE SYRUP
75ML/3OZ DARK
AND/OR GOLDEN RUM
50ML/2OZ ORANGE JUICE
50ML/2OZ PINEAPPLE JUICE
A PINCH OF NUTMEG,
GARNISH OF FRUIT WEDGES (LEMON,
LIME AND ORANGE) AND ICE

METHOD

- 1.** FILL A TALL GLASS WITH A QUARTER SERVING OF ICE AND HALF THE FRUIT GARNISH
- 2.** POUR THE SYRUP, JUICES AND RUM INTO THE GLASS. STIR WITH A SPOON UNTIL COMBINED
- 3.** SPRINKLE NUTMEG OVER THE DRINK AND DECORATE WITH THE REST OF THE GARNISH. ENJOY!

FAMILY-FRIENDLY

INGREDIENTS

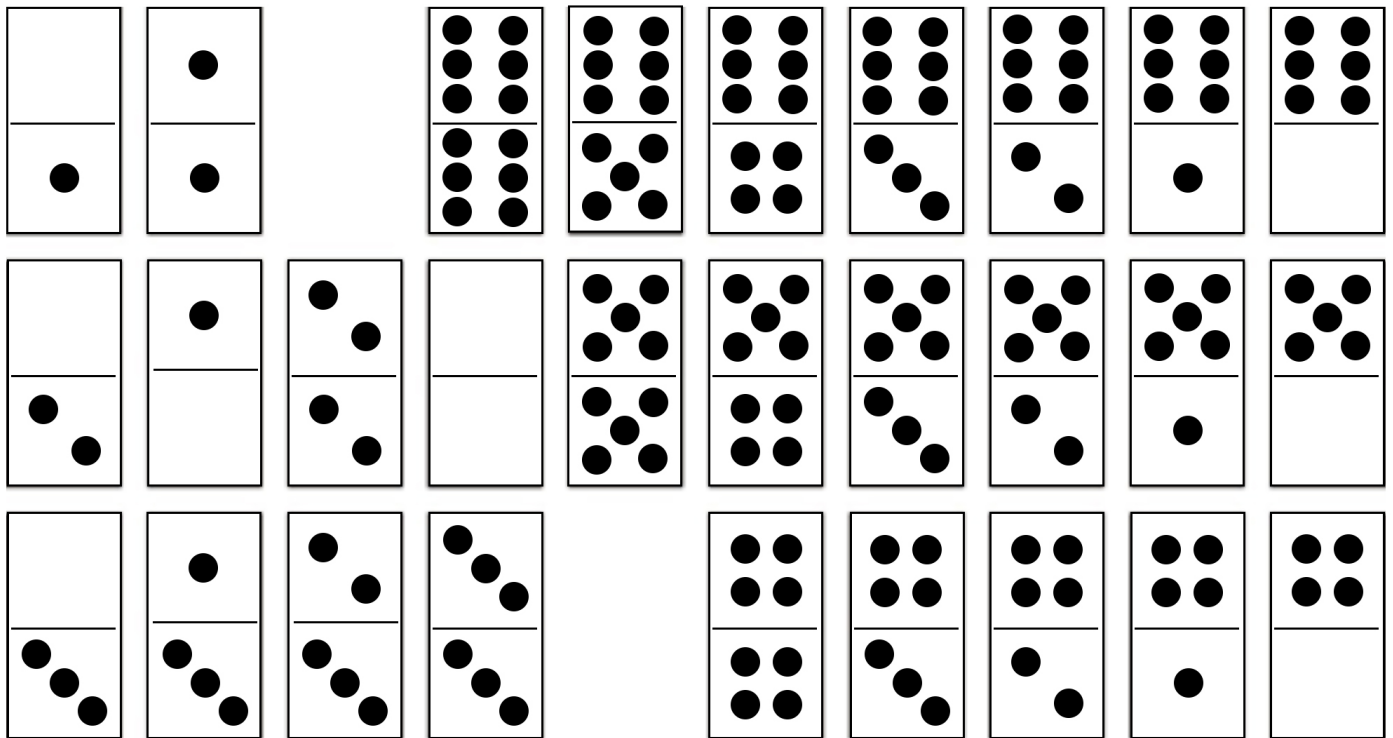
25 ML/1OZ LIME JUICE OR **1** WHOLE LIME, **50ML/2OZ** GRENADINE SYRUP,
75ML/3OZ PINEAPPLE JUICE, **50ML/2OZ** ORANGE JUICE, **50ML/2OZ** APPLE JUICE,
GARNISH OF FRUIT WEDGES (LEMON, LIME AND ORANGE) AND ICE

WINDRUSH DAY

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DOMINOES PARTNER

THE GAME DOMINOES ORIGINATED IN CHINA, AND FIRST APPEARS IN HISTORICAL SOURCES IN THE 13TH CENTURY. IN JAMAICA, THE MOST POPULAR VARIANT OF THE GAME IS CALLED PARTNER, WHICH IS PLAYED ACROSS THE CARIBBEAN BOTH INDOORS AND OUTDOORS, CASUALLY AND COMPETITIVELY!



HOW TO PLAY

1. CUT OUT THE DOMINOES TEMPLATE ABOVE, OR MAKE YOUR OWN. YOU NEED 28 TILES: 8 OCCURANCES OF EACH NUMBER (2 ON THE DOUBLES AND 6 ON THE SINGLES)
2. 2 PARTNERS PLAY SITTING OPPOSITE ONE ANOTHER, EACH PLAYER RECEIVES 7 TILES
3. THE PLAYER WITH THE DOUBLE 6 BEGINS THE GAME, PLAY MOVES ANTI-CLOCKWISE
4. THE NEXT PLAYER MUST EXTEND ONE OF THE ENDS OF THE LAYOUT BY LAYING A TILE WITH A MATCHING END (DOUBLES ARE LAID CROSSWISE)
5. IF A PLAYER CANNOT LAY A TILE, THE PLAY PASSES ON
6. THE TEAM WHOSE PLAYER LAYS ALL OF THEIR TILES FIRST, WINS. IF NO ONE CAN PLAY, THE TEAM WITH THE LEAST SPOTS LEFT IN THEIR HAND WINS
7. THE WINNING TEAM SCORES 1 POINT. (IF THE 'KEY TILE' IS PLAYED THE TEAM SCORES 2, THIS IS THE LAST LEGALLY PLAYABLE TILE
8. TO WIN THE GAME, THE WINNING TEAM MUST REACH 6-0. IF THE OTHER TEAM WINS A ROUND, THE SCORE GOES BACK TO 0-0!

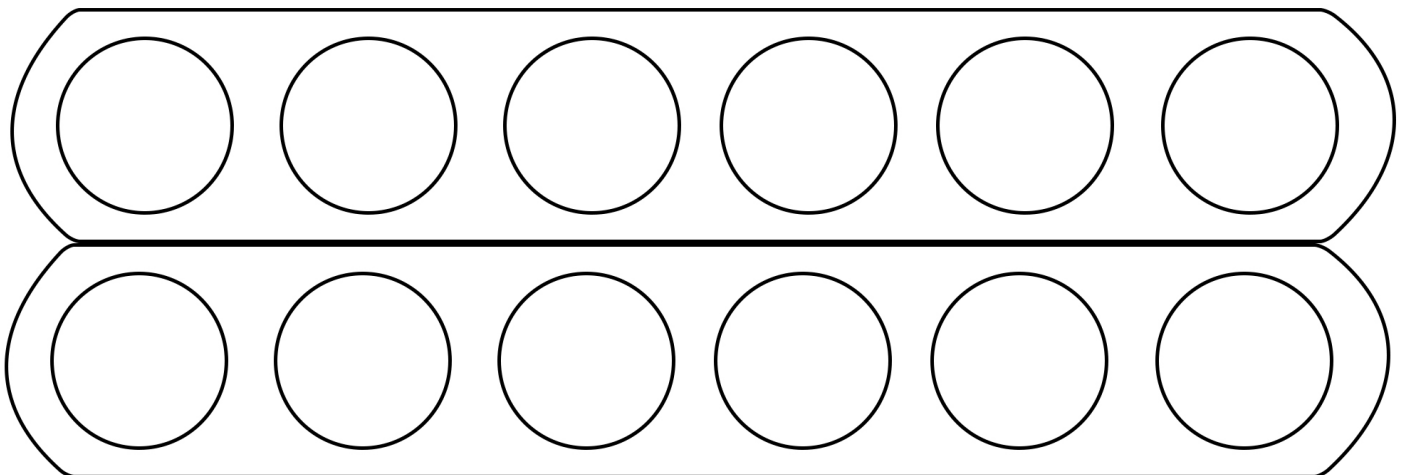
WINDRUSH DAY

22ND JUNE

OWARE WARRI

OWARE IS ONE OF THE OLDEST GAMES IN THE WORLD, AND PROBABLY CAME TO THE CARIBBEAN FROM GHANA. THE GAME IS OF THE 'PIT-AND-PEBBLE' TYPE AND CAN BE PLAYED ANYWHERE WITH WHATEVER MATERIALS ARE AVAILABLE TO YOU. IT HAS MANY DIFFERENT NAMES, AND SLIGHTLY DIFFERENT RULES IN DIFFERENT COUNTRIES.

IN BARBADOS, THE GAME IS KNOWN AS WARRI, AND IS THE ISLAND'S OLDEST SURVIVING GAME. THE NAME COMES FROM THE NIGERIAN IJO DIALECT, AND MEANS 'HOUSES'.



HOW TO PLAY

1. TO CREATE YOUR 'BOARD' YOU COULD USE 12 SMALL BOWLS, A 12 CUP EGG BOX, OR USE OUR TEMPLATE ABOVE.
2. THE PLAYERS SIT AT OPPOSITE SIDES WITH 6 'PITS' OR 'HOUSES' EACH
3. THE GAME USES 48 COUNTERS - YOU CAN USE SEEDS OR PEBBLES.
4. THE OBJECTIVE OF THE GAME IS TO WIN THE MAJORITY OF THE SEEDS
5. TO BEGIN, ONE PLAYER TAKES 4 SEEDS FROM ONE OF THEIR PITS, AND PROCEEDS TO DROP ONE AT A TIME INTO THE NEXT 4 PITS IN AN ANTI-CLOCKWISE DIRECTION - THIS IS CALLED 'SEWING'
6. IT IS THEN THE NEXT PLAYER'S TURN, AND THEY DO THE SAME
7. IF THE LAST SEED OF YOUR TURN LANDS IN YOUR OPPONENTS PIT, AND THE TOTAL SEEDS EQUALS 2 OR 3, THEN THAT PLAYER CAPTURES THOSE SEEDS
8. THIS IS ALSO THE CASE IF ANY OF THE PROCEEDING PITS ALSO EQUAL 2 OR 3, BUT THEY MUST FORM AN UNBROKEN STRING
9. IF YOUR MOVE LEAVES YOUR OPPONENT WITH NO SEEDS TO PLAY, YOU FORFEIT YOUR REMAINING SEEDS. ALWAYS TRY TO ENSURE YOUR OPPONENT'S SIDE STILL HAS SEEDS LEFT UNLESS YOU ARE SURE YOU WILL CAPTURE MORE SEEDS THAN YOU'LL LOSE!
10. PLAY CONTINUES UNTIL ALL SEEDS ARE REMOVED OR THE REMAINING SEEDS ARE STUCK IN A LOOP, IN WHICH CASE PLAYERS AGREE TO STOP PLAY.



WINDRUSH DAY

22ND JUNE

LONDON IS THE PLACE FOR ME LYRICS

ON THE 'VOICES' SECTION OF OUR WEBSITE YOU WILL FIND OUR GROWING DIGITAL ARCHIVE FOR GATHERING AND SHARING VOICES AND STORIES FROM READING'S CARIBBEAN COMMUNITY.

THE FANTASTIC DE ADMIRAL (JEFFREY HINDS) HAS PRODUCED A VIDEO PERFORMANCE OF THE SONG 'LONDON IS THE PLACE FOR ME'. WHY NOT SING ALONG AT HOME!

LONDON IS THE PLACE FOR ME
LONDON THIS LOVELY CITY
YOU CAN GO TO FRANCE OR AMERICA,
INDIA, ASIA OR AUSTRALIA
BUT YOU MUST COME BACK TO LONDON CITY
WELL BELIEVE ME I AM SPEAKING BROADMINDEDLY
I AM GLAD TO KNOW MY MOTHER COUNTRY
I HAVE BEEN TRAVELLING TO COUNTRIES YEARS AGO
BUT THIS IS THE PLACE I WANTED TO KNOW
LONDON THAT IS THE PLACE FOR ME

TO LIVE IN LONDON YOU ARE REALLY COMFORTABLE
BECAUSE THE ENGLISH PEOPLE ARE VERY MUCH SOCIABLE
THEY TAKE YOU HERE AND THEY TAKE YOU THERE
AND THEY MAKE YOU FEEL LIKE A MILLIONAIRE
LONDON THAT'S THE PLACE FOR ME

AT NIGHT WHEN YOU HAVE NOTHING TO DO
YOU CAN TAKE A WALK DOWN SHAFTESBURY AVENUE
THERE YOU WILL LAUGH AND TALK AND ENJOY THE BREEZE
AND ADMIRE THE BEAUTIFUL SCENERY
OF LONDON THAT'S THE PLACE FOR ME

YES, I CANNOT COMPLAIN OF THE TIME I HAVE SPENT
I MEAN MY LIFE IN LONDON IS REALLY MAGNIFICENT
I HAVE EVERY COMFORT AND EVERY SPORT
AND MY RESIDENCE IS HAMPTON COURT
SO LONDON, THAT'S THE PLACE FOR ME