

CULE CUBA DIET NEWS

Volume 1, Issue 12

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ONE MONTH TO GO!

WOW! We are counting down. This will be the last newsletter prior to convention. Hopefully you found some useful information or entertainment from the newsletters during this past year. Researching and compiling the information for this newsletter has been both fun and informative for me. I will miss it.

I wish you all a joyous Holiday Season and a New Year of Peace and happiness.



Hasta la vista!

Colleen

Shopping in CUBA

The typical Cuban products, those that are impossible not to take are, without doubt, Cigars and Rum. Considered the best of the world, some of the main Cigar marks are Cohiba, Hoyo of Monterrey and Punch. It's advisable to buy them in official establishments, asking for the receipt. It's also possible to acquire them in the airport stores and the main tourist hotels. It's not recommendable to buy them from a street salesman, since they are not of high quality.



Cuban music is another good option of purchase.

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Special points of interest:

- Shopping
- Spanish lessons
- WW Christmas Dinner
- Travel Tips



Cuban Meal Tips

The evolution of Cuban food involved many cultures—notably descendants of Spanish colonizers, African slaves, and Chinese laborers. The Spanish brought with them their beloved bacalao, or salt cod. African slaves brought a knowledge of tropical produce with them, making possible dishes such as tostones (twice-fried plantains) and yuca con mojo (yuca with spicy garlic sauce), and rice came from the Chinese, a staple in the Cuban diet.

The typical Cuban dish is the ajiaco, a vianda and meat soup. The calf and the pig are the meats of greater demand; it's traditional to cook the pig to the prong, roasted to the whole furnace, gutted and shaved. Also much fish is consumed, mainly in the cities. The most appreciated is pargo, although also great amounts of shrimps, lobsters and other varieties of seafood are consumed. The Cuban kitchen has many creole plates, like the rice with chicken and the romeritos, prepared with white flour and leavening.

Among desserts the best is guenguel, candy done with ground maize, sugar and cinnamon, and among drinks the champola, with gunábana, sugar cane and milk. The cane juice and the molasses serve to prepare sweet drinks.

TIPS:

1. During dinner, beer and water are usually the beverages of choice.
2. Guava marmalade with yellow cheese is a typical Cuban dessert.
3. Breakfast consists of a tostada (buttered toast) and cafe con leche, a combination of strong espresso and warm milk.
4. Beef and pork are the meats most often used in Cuban kitchens.
5. Pollo al bloqueo (chicken a la blockade) is a popular recipe from the 1990s when trade with and support from the Soviet Union ceased.

Cuban Recipes

Cuban Rice

- 1 (16-ounce) can peas
- 3 cups cooked white rice
- 8 ounces fresh white mushrooms
- 1/2 pound smoked or baked ham cut into 1/4-inch cubes
- 2 medium yellow onions diced
- 1 stick butter
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white table sugar
- 2 tablespoons seasoned salt
- 1 teaspoon garlic powder
- 1 teaspoon MSG
- 1/2 teaspoon red pepper
- 1/2 teaspoon black pepper

In a 4-quart saucepan add the can of peas, liquid and all, into warm rice and cover pot so rice will absorb most of pea liquid. Cut mushrooms into 1/4-inch slices and dice ham and onion. Heat 12-inch frying pan over high heat. Add 1/2 stick of butter. Once the butter melts add mushrooms to pan. Do not stir or turn for 2 minutes. After 2 minutes turn mushrooms and add onion and remaining butter. After 2 more minutes stir once and add ham cubes and olive oil. Reduce heat to medium and cook while stirring constantly for 1 more minute to warm ham. Pour contents of frying pan into pot with rice and peas and then add all spices. Mix well and serve.



Cuban Sandwich

- | | |
|---------------------------------|-------------------------------|
| 4 individual Cuban bread loaves | 1/2 pound sliced Swiss cheese |
| 4 tablespoons butter | 1 cup sliced dill pickles |
| 1 pound shaved roasted pork | 1 pound shaved smoked ham |

The Atlantic Staff will be bringing 105 less pounds to the beaches of CUBA!!!!!!

We spell motivation — C.U.B.A.

Preheat the griddle. Slice the bread loaves in half. Smear the butter on both sides of each loaf of bread. Build each sandwich with the roasted pork, ham, cheese and pickles.

Place the sandwiches on the hot griddle and place a waffle iron on top of the sandwiches to flatten the sandwich. Griddle the sandwiches for 2 to 3 minutes on each side. Slice the sandwich in half and serve.



Spanish At A Glance - (recap)

Hello — Hola! (OH-lah)
 Good Morning - Buenos Días (bway-nohs DEE-ahs)
 Good Afternoon - Buenos tardes (bway-nohs TAHR-dehs)
 Good Evening - Buenos noches (bway-nohs NOH-chehs)
 Thank You <very much> - <Muchas> gracias (MOO-chahs GRAH-see-ahs)
 Goodbye - Adios (ah-DYOHS)
 Yes - Sí (see)
 No - No (noh)
 Please - Por favor (pohr-fah-BOHR)
 I'm sorry - Lo Siento (loh see-EHN-toh)
 That's all right, okay - Está Bien (eh-STAH- bee-ehn)
 See You later - Hasta la vista (AH-stah lah BEE-stah)
 So Long - Hasta Luego (AH-stah loo-AY-goh)
 Lets go - Vamos - (BAH-mohs)
 Go away - Váyase! (BAH-yah-say)

Do you Speak English? - Habla usted inglés (ah-blah oos-TEHD een-GLAYS)
 I don't speak Spanish - No hablo español (noh AH-bloh ehs-pay-NYOHL)
 Sir— Señor (she-NYOHR)
 Madame - Señora (she-NYOHR-ah)
 Miss - señorita (she-nyohr-EE-tah)
 I understand - Yo comprendo (yoh kohn-PREHN-doh)
 I don't understand - No comprendo (noh kohm-PREHN-doh)
 Please repeat - Repita, por favor (ra-PEE-tah pohr fah-BOHR)
 My name is - Me llamo _____ (may YAH-moh)
 What's your name - Cómo se llama usted? (KOH-moh say YAH-mah oos-TEHD)
 How much is it? Cuánto es? - (KWAHN-toh ehs)
 Beer - Cerveza (sayr-BAY-sah)
 Bottoms Up, Cheers - Salud! (sah-LOOD)

Extra Pounds Age Your DNA

An ongoing 32 year research project at the Tulane School of Public Health found that extra pounds can literally age your DNA. They found that as people gained weight and became more insulin resistant, their telomeres -(the physical ends of chromosomes) shrank more than those of people who didn't add pounds and develop greater insulin resistance, a clear sign that the aging process was accelerating in overweight volunteers. Researches believe that the stress caused by weight and insulin resistance generates inflammation and free radicals that damage cells. "Losing weight can slow telomere erosion," says study co-author Abraham Aviv, MD. Preliminary research shows that exercise and a healthy lifestyle can keep your DNA younger, too.

Keep Walking

50% That's how much you can cut diabetes and heart disease risk with exercise—even if you don't start until you're 55.

All it takes is 30–45 minutes of walking, 3 days a week.

Source 10 year study at the University of Western Ontario, London

Christmas Dinner WW Plan — Plan ahead and end the day happy

1 Slice turkey Breast = 2 pts for white = 3 pts for dark	1/2 Cup Stuffing = 4pts
1/4 C Gravy = 2 pts	1 C Squash = 1 pt
1 C Turnip = 0	1 Sweet Potato = 3 pt
1 Cup green beans = 0 pts	1/4 C cranberry sauce/ mustard pickles/ or chow = 2 pt
1 small roll = 3 large = 6	4 oz glass wine = 2 pts
1/2 C mashed potatoes = 2 pts	1 tsp butter or margarine = 1pt

Room For Dessert?

1 slice Apple or Pumpkin Pie (1/8 of pie) = 9 pts	3/4 Cup Apple Crisp = 8 pts
2 TBSP Whipping Cream = 3 pts	2 TBSP Light Cool Whip = 1 pt
1/2 C Ice Cream = 5 pts	



Travel Tips From www.voyage.ec.ca

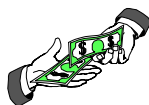
SAFETY AND SECURITY

There continues to be an increase in the number of Canadians who are victims of pickpocketing, theft and assault, especially in Old Havana, Centro Havana and the Malecón, in various parts of Vedado, and on the beaches of Varadero and Playas del Este. The autumn months of 2005 have seen an increase in violent crime, including the stabbing death of a tourist. Exercise caution at all times, especially in tourist areas. Ensure personal belongings, passports and other travel documents are secure at all times. Avoid wearing jewellery or showing signs of affluence. Police officers may only speak Spanish. In cases where a Canadian has been robbed of all identification and money, it is advisable to contact the Canadian Embassy before contacting the police in order to avoid being held in jail until your identity is confirmed and your solvency restored.

MONEY

Goods and services, including lodging, can no longer be purchased using US dollars or US travellers cheques originating from any country. All purchases have to be made in the Cuban convertible peso. It is possible to exchange US currency, but a 10% fee is charged to exchange US dollars in addition to the exchange rate difference. It is also possible to exchange Canadian currency and Canadian travellers cheques at banks and international airports for Cuban convertible pesos without the 10% commission fee. Canadian currency can also be exchanged at major hotels. As of April 9, Cuban convertible pesos are no longer at par with the US dollar. It will be possible to exchange Cuban convertible pesos back to US dollars at the international airports before leaving the country or to Canadian dollars if available.

We recommend that you change your currency while in Cuba since it is not possible to exchange Cuban converti-



Keep receipts for the traveller's cheques separately. Credit cards will continue to be accepted in major establishments provided they are not issued by an American bank. American Express cards are difficult to use, regardless of country of issuance. Debit cards are not accepted. Visa or MasterCard holders may obtain cash advances (in Cuban convertible pesos or in US dollars) at banks, hotels, or Cadeca exchange houses.

If you choose to cash US dollars, you should take into account that they will not be accepted in the country to pay for goods or services. In Havana, ATM machines allowing cash advances of Cuban convertible pesos from Visa cards are located at Hotel Parque Central, Hotel Cohiba, Hotel Nacional, and Miramar Trade Centre. In Varadero, Visa's ATMs are located at Plaza America and at banks. If you use an ATM, do so during business hours at a location inside a bank, supermarket, or large commercial building. Leave copies of your card numbers with a family member in case of emergency.

LOCAL TRAVEL

Canadians should avoid driving. Road travel can be hazardous. Signs are scarce. Bicycles, pedestrians, and horse-drawn carts use the middle of the road and do not readily give way to oncoming vehicles. Many vehicles are old and poorly maintained. Inoperable vehicles are often left on the road until repaired. Few roads are lit and vehicles rarely have lights or reflectors. If you must drive, drive defensively at all times and avoid driving after dark.

Canadians should be cautious when renting a vehicle in Cuba. Although insurance is offered, coverage differs from that in Canada. If the traveller is in any way at fault in an accident, rental agencies will nullify coverage and seek damages to cover the cost of repairs. Traffic accidents are the most frequent cause of the detention and trial of Canadians in Cuba, whether you are responsible for the accident or not.

Tour companies offer good bus service between airports and the all-inclusive

resorts. Buses used for organized day trips from hotels are also in good condition. However, buses tend to be driven at high speed along narrow roads crowded with slower horse-drawn carriages and bikes.

ASSISTANCE FOR CANADIANS ABROAD

You can obtain consular assistance and further information at the following address:

Cuba - **HAVANA**, Embassy of Canada
Address: Calle 30, No. 518 esquina a 7a, Miramar, Havana, Cuba
Postal Address: Havana, Cuba
Tel.: 53 (7) 204-2516
Fax: 53 (7) 204-2044

Cuba - **VARADERO**, Consulate of Canada
Address: Calle 13 e/Avenida Primera y Camino del Mar, Varadero, Matanzas, Cuba
Postal Address: Varadero, Cuba
Tel.: 53 (45) 61-2078
Fax: 53 (45) 66-7395

For emergency assistance after hours, call the Canadian Embassy in Havana and follow the instructions. You may also call the Department in Ottawa at 613-996-8885 To call collect from Cuba dial 012 to reach a local operator. Advise operator that a recorded message will indicate that collect calls are accepted.

HEALTH AND TRAVEL INSURANCE

Do not rely on your Provincial health plan to cover all expenses if you get sick or are injured while abroad. It may cover nothing or only a portion of the costs. Understand the terms of your supplementary insurance policy. Some credit cards offer their holders health and travel insurance. Do not assume the card alone provides adequate coverage. Carry details of your insurance with you. Also, tell your travel agent, a friend or relative, and/or travelling companion how to contact your insurer. Get a detailed invoice from the doctor or hospital before you return to Canada.



Travel Tips From www.voyage.gc.ca

LOCAL LAWS AND CUSTOMS

You are subject to local laws. A serious violation may lead to a jail sentence. The sentence will be served in local prisons. However, Canada and Cuba have a treaty that permits a Canadian imprisoned in Cuba to request a transfer to Canada to complete the sentence in a Canadian prison. The transfer requires the agreement of both Canadian and Cuban authorities and takes over a year to execute.

Canadians arrested or detained have the right to contact the responsible Canadian government office (embassy, high commission, etc.) listed below. Arresting officials have a responsibility to assist you in doing so. Canadian consular officials can provide a list of local lawyers upon request.

Consular officials may not be granted access to detained Canadians for delayed periods of up to 21 days following their arrest. Canadian consular officials will be accompanied by Cuban authorities during visits with Canadians who have been arrested or detained.

Under the Cuban judicial system, charges are not laid until the investigation is complete, and you may be jailed during the entire period of investigation.

Crimes such as drug trafficking, corruption of minors, rape, and assisting in illegal migration of people from another country to a third country are punishable by long prison sentences. Although Cuba retains the death penalty, it has to date never been used on a foreigner. Drinking and driving is against the law.

Travellers may be approached and offered black-market goods (e.g. cigars) or asked to change dollars for Cuban convertible pesos. Engaging in black-market transactions is illegal and can lead to difficulties with the Cuban authorities. Never transport packages for strangers. Pack all luggage yourself.

It is forbidden to leave Cuba with illegally bought langoustes (spiny lobsters). Authorities can impose fines of thousands of dollars for a few kilograms of lobster, and you will be required to pay before leaving the country.

Visitors should avoid military zones and any other restricted or heavily guarded areas. These are not always identified. Photographing military or police installations or personnel, or harbour, rail, and airport facilities is forbidden.

Tourists are allowed to enter Cuba with a maximum of 20kg of personal effects, duty-free. Personal effects include: new or used articles reasonably needed for a holiday: sports equipment, jewellery, one camera with five rolls of

film, one small-mm movie camera with two rolls of film, one video camera, one digital camera, one pair of binoculars, one portable musical instrument, one portable sound recording device, one portable radio receiver and one personal mini-computer (laptop). For further details, go to <http://www.aduana.islagrande.cu/>.

Tourists may bring to Cuba, duty free, 10 kg of medicine and presents worth up to US\$50. Tourists to Cuba often bring items for donation to Cuban friends, families, schools, churches, etc. It should be noted that Cuban customs may seize anything that they do not consider to be for the tourist's personal use. Donations of all types over the above limits, whether by individuals, companies, organizations, or businesses, must be coordinated through the Cuban Embassy in Ottawa (see below), which in turn will coordinate with the one agency in Cuba that handles donations: ICAP (Instituto Cubano de Amistad con los Pueblos, tel.: 537-55-2400; 537-55-2414 and 537-55-2420/ e-mail: tramites@icap.cu).

Articles prohibited from entry into Cuba include, but are not limited to, walkie-talkies, satellite phones, hand-held GPS equipment, televisions, VCRs, DVD players, freezers, air conditioners, stoves, water heaters, electric frying pans, toasters, and irons (i.e. any item that draws heavily on electricity). Fresh fruits and vegetables are prohibited as well. Such items are routinely seized on arrival, without compensation.

RETURNING TO CANADA

Declare everything acquired abroad, whether purchases for yourself or gifts, as well as goods bought at a Canadian or foreign duty-free store. Keep original receipts. Certain items are restricted from entering Canada. If you are considering importing meat or dairy products, plants, vehicles, weapons, cultural property, endangered species or products derived from them, obtain more information from the Canada Border Services Agency, the Canada Fire Arms Centre, Canadian Heritage, or the office of CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora). The booklet "I Declare" describes what you can and cannot bring back to Canada if you have been away for less than a year.

Transportation companies, such as airlines, are required to ensure that all passengers returning to Canada have satisfactory evidence of their identity and status in Canada, if any. For international travel purposes, the Canadian Certificate of Citizenship (citizenship card) accompanied by a non-Canadian passport is not reliable evidence that the holder is a Canadian citizen. A passport is the only reliable and universally accepted identification document. It proves that you have a right to return to Canada.

