



HUGGINS
Credit Union
Co-operative Society Limited

Quarterly

December 2021

Christmas Edition

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TRINIDAD & TOBAGO p 4**

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Celebrating



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Cell: 868 299-9506
Email: info@hugginscu.com, Website: www.hugginscu.com



Editor's Note

My fellow co-operators we are in the full swing of our Christmas celebrations for 2021, within the Covid-19 pandemic. We must remember that Jesus is the reason for the season and He is no longer a baby in the manger but He is the risen Saviour and lives forever more.

This year has been challenging for all of us but we must be thankful to God for keeping us safe, being allowed the opportunity to provide for our families and the opportunity to keep and maintain long lasting relationships. As a people we face the challenges to change, uncertainty in this ever-changing world and we must not forget our human nature to stop and think. This will allow us the time and the grace to right our wrongs and move forward. Bearing in mind that we all are optimistic as to what the future holds for us and anticipating a fruitful 2022.

Be safe, God bless you and your family.

Merry Christmas

Rachel Briggs





Parang in Trinidad & Tobago

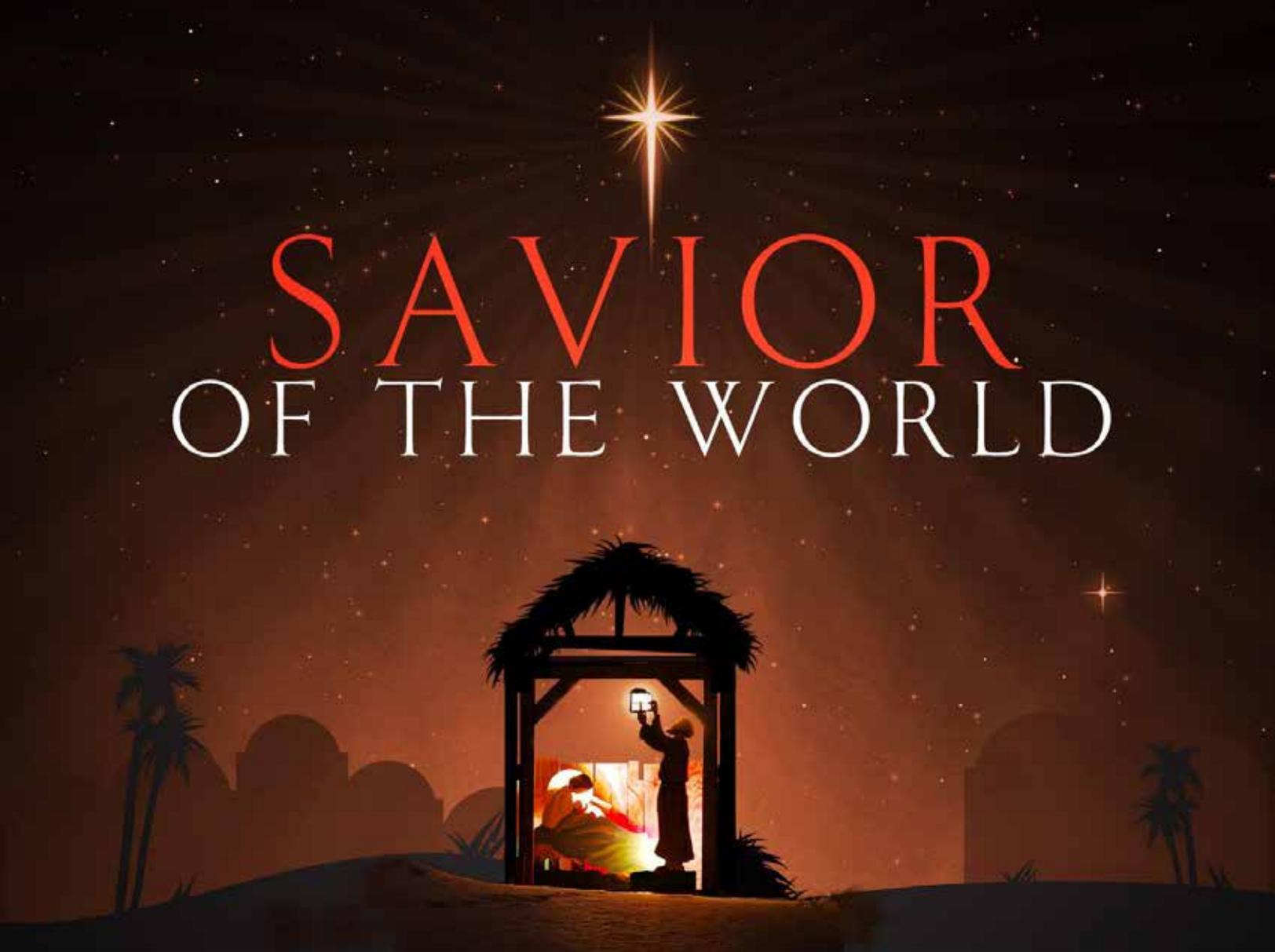
Parang is part of Trinidad's Spanish heritage. The word Parang comes from the Spanish word parranda, which means a spree or a fete. In Trinidad, parang came to mean the songs that were sung especially during the Christmas season. It has become synonymous with merrymaking at Christmas time when groups of musicians called parranderos go from house to house entertaining members of the community. At these visits there are singing and dancing as well as sharing of food and drinks. The main areas for parang in Trinidad and Tobago are: Paramin, Arima, St. Anns, Santa Cruz, St. Joseph, Caura, Mausica, Lopinot, San Raphael and Rio Claro.

There are two theories about the origins of Trinidad parang. The first is that the custom was brought to the island by the Spanish colonists who ruled Trinidad from 1498 – 1797. Because of constant interaction between the people of Trinidad and those of Venezuela, parang continued to increase after the British took over.

The second theory proposes that the custom came over from Venezuela in the 19th century when the cocoapanyols came from Oriente, East Venezuela to work on the cocoa plantations in Trinidad. Some parang groups in Trinidad are: San Jose Serenaders, Los Alumnos de San Juan, Los Niños del Mundo, and Lara brothers. Some musical instruments of the parang band are: the cuatro, guitar, violin, mandolin, bandolin box bass or string bass, maracas (or "chac-chac"), wood block (or "toc-toc").

Whatever its origins, parang is now an important part of our culture in Trinidad and Tobago. When we start hearing the sweet parang music blasting on the radio stations, we know it is Christmas.

ARTICLE SOURCE: <https://www.nalis.gov.tt>
IMAGE: Newsday - Los Alumnos de San Juan

A night scene of a manger with a star above it. The scene is set in a desert landscape with palm trees and domes in the background. A bright star shines in the sky, and a person stands by the manger, holding a lantern. The manger contains a baby wrapped in swaddling clothes.

SAVIOR OF THE WORLD

The Reason for the Season

Christmas is the festival that commemorates the birth of Jesus Christ. It is observed by various Christian denominations and is the most widely celebrated festival worldwide. The word Christmas is derived from the Old English word Cristes Masse which means Christ's Mass.

It is unclear exactly when Jesus Christ - whose life and teachings are the foundation of mainstream Christianity - was born, but most Christian calendars observe December 25th as the date of his birth. The first commemoration of December 25th as the birth of Christ was held in the fourth century AD. This date was chosen by Pope Julius I (337-352), and coincided with a pagan feast celebrated by the Romans.

December 25th was selected as the birth date of Jesus Christ because March 25th, which was the pagan festival of spring, was perceived to be the date of his conception. By adding nine months to that date, it was assumed therefore, that Jesus Christ was born on December 25th.

In many churches, the Christmas season begins on the first Sunday of Advent, which is the Sunday nearest to November 30th, and continues until Christmas Eve. Traditionally, Advent was the time of preparation for Christ's Nativity. This is followed by the twelve days of Christmas, December 25th to January 6th. The last day of Christmas, January 6th (Epiphany), represents the day that the Three Wise Men arrived to pay homage to the baby Jesus.

ARTICLE SOURCE: <https://www.nalis.gov.tt>

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Ponche a Crème

300 ml rum
300 ml evaporated milk
600 ml condensed milk
3 eggs

bitters
lime/lemon juice
clove
spice

Method

Overnight soak clove and spice in rum

Place the three eggs in a mixing bowl and whisk and gradually add lime/lemon juice.

Gradually add the evaporated milk followed by the condensed, continue whisking. Add the rum followed by the bitters. Pour in a bottle and placed same in the refrigerator.

Servings - (4) persons



Coquito

Coquito meaning "Little Coconut" in Spanish is a traditional Christmas drink which has its origins in Puerto Rico. This coconut-based alcoholic beverage can be stored for 4 to 6 months in the fridge.

Ingredients:

- 1 (12 oz) can evaporated milk
- 1 (14 oz) can sweetened condensed milk
- 2 cups (1 15 oz can) cream of coconut
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1 tsp vanilla
- 1 1/2 cup white rum
- cinnamon sticks for garnish

Preparation:

1. Mix all ingredients in a blender at high speed.
2. Refrigerate for a minimum of 1 hour.
3. Shake well before serving.
4. Serve cold in a small glass.

Garnish with cinnamon stick.





Chow Chow

¼ lb carrot
2 cauliflower
¼ lb green paw paw
¼ cup sweet peppers
4 - 5 onion
1 hot pepper
celery stalk
6 tbsp. sugar
¼ lb cucumber
2 cups vinegar
1 cup water
¼ cup mustard
2 tbsp. corn-starch
1 tsp. saffron powder
¼ - ½ cup sugar according to taste
½ cup salt

Chop vegetables into cubes and soak overnight in ½ cup salt and water. Following day, Wash and strain vegetables. Boil for about 3 min and strain. Combine corn starch, mustard, sugar, saffron powder and vinegar, boil until thick. Add vegetables stir well and leave for another 3 mins on the fire. Pour into sterilized jar and seal immediately.

Black Cake

INGREDIENTS

SOAKED SPICED DRIED FRUIT

2 cups seedless raisin(300 g)
1 cup dried currant(150 g)
1 cup prune(150 g), pitted
1 cup dried cherry(120 g)
1 ½ cups cherry brandy(360 mL)
1 ½ cups dark rum(360 mL)
1 cinnamon stick
1 star anise
¼ cup candied citrus peel(20 g), mixed

SOAKING LIQUID

½ cup cherry brandy(120 mL)
½ cup dark rum(120 mL)
¼ cup dry sherry(60 mL)

BURNT SUGAR SYRUP

¼ cup sugar(50 g)
2 tablespoons water

CAKE BATTER

2 cups all-purpose flour(250 g)
1 teaspoon ground cinnamon
¼ teaspoon nutmeg, freshly grated
¼ teaspoon ground allspice
2 teaspoons baking powder
1 cup unsalted butter(225 g), softened
1 cup dark brown sugar(220 g), packed
6 large eggs
½ teaspoon vanilla extract
½ teaspoon angostura bitters
½ cup sliced almond(35 g)

PREPARATION

Make the soaked spiced dried fruit: In a medium saucepan, combine the raisins, currants, prunes, cherries, cherry brandy, rum, cinnamon stick, and star anise. Cook over medium heat until just boiling, then remove from the heat and let steep for 1-2 hours.

About 20 minutes before making the cake batter, make the burnt sugar syrup: Add the sugar to a small nonstick saucepan over medium-high heat. Let the sugar deeply caramelize, turning almost black and smoking a bit. Reduce the heat to low and carefully pour in the water (it will steam) and stir vigorously to incorporate. Let the syrup remain in the saucepan while it cools, about 15 mins. If it hardens too much before using, add a little more water and stir over low heat.

Remove the cinnamon stick and star anise from the soaked fruit mixture. Transfer to a food processor, add the candied citrus peel, and pulse into a chunky paste. Set aside.

Preheat the oven to 350°F (180°C). Grease 2 8-inch or 1 10-inch (25 cm) round cake pans.

Make the cake batter: In a medium bowl, combine the flour, cinnamon, nutmeg, allspice, and baking powder. Set aside. In a large bowl, cream the butter and brown sugar with an electric hand mixer. Once light and fluffy, beat in the eggs, 1 at a time.

With the mixer running, add ⅔ of the flour mixture then ½ of the fruit paste, then another ⅔ of the flour. Switch to a rubber spatula and fold in the remaining fruit paste and flour.

Add the burnt sugar syrup, vanilla, bitters, and sliced almonds. Fold quickly to incorporate so the syrup doesn't harden.

Transfer the batter to the prepared baking pan(s).

Bake for 1 hour, then reduce the oven temperature to 250°F (120°C), and bake for 45 minutes more, until the cake is dark in color and a toothpick inserted in the center comes out clean.

While the cake is baking, make the soaking liquid: In a liquid measuring cup or small bowl, combine the rum, cherry brandy, and sherry.

Let the cakes cool for 5 minutes, then carefully run a knife around the edges of the pans. Slowly pour the soaking liquid over each of the cakes, a little at a time, allowing it to soak in. (Reserve about ¼ cup for serving) Let the cakes cool completely in the pans.

You can serve the cake immediately, but the flavor improves with time. Wrap the cooled cakes in plastic wrap and refrigerate for up to 2 months. Pour ½ cup of rum over the cake every 7 days to keep moist while storing. Brush with more of the soaking liquid before slicing and serving.

Enjoy!

Pastelles

2 lbs mincemeat or 1 1/2 cups soya chunks
1 cup onions, chopped
1/2 cups chive finely chopped
1 tsp. sugar
1 cup pimento peppers, finely chopped
1/4 cup minced garlic
1 tsp black pepper
1 teaspoon salt and 1 teaspoon sugar
1/2 cup ketchup
1 tbsp. Worcestershire sauce
3 tbsp. seedless capers (optional)
1/4 cup olives, chopped
1/2 cup raisin
4 cups promasa corn meal
6 cups water
2 oz. melted butter
4 tbsp. oil
Salt to taste

INSTRUCTIONS

Season the meat with all seasoning. Heat oil in an iron pot and add season meat, add ketchup. Worcestershire sauce, pimento, capers, olives and raisin. Cook for 2-3mins
NB. Grind olive, pimento, capers and raisins to get fine.

Mix together, cornmeal, oil or margarine, tastemaker and salt. Add water slowly whilst constantly mixing until it stick together to form a ball. (A Kitchen Aid or other heavy-duty mixer can be used.) Form into small balls, place in a grease dish and cover with plastic wrap and kitchen towel.

Wash leaves and put to dry. Singe leaves by passing over an open flame on the stove but be careful not to burn the leaf. Leaves will soften and then they can be cut into 10 or 12" squares.

Grease the leaf squares with oil and then place a ball of corn meal on top. Cover with a piece of plastic and press open forming a circle. Remove plastic and add meat on top, fold into pastelle shape. Each unit can then be individually wrapped in foil and stored in freezer or placed in a steamer and steam for 20 – 30 mins.



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Quarterly asked some of our serving members...

What is your Christmas and New Year's wish for the membership and also the nation?



Robin

My Christmas wish for our Credit Union membership, is that we apply prudence and wisdom in all our financial decisions, and that we be each other's keeper, especially in these challenging and unprecedented times.

My wish for the nation is that we put our differences behind us, and be the best that we can be. To use a few words from American Author and Motivational Speaker Pro. Leo Buscaglia (dec) and I quote, 'what you are is God's gift to you, what you do with yourself is your gift to God' end quote.

Merry Christmas and Happy New Year to all!

Wilma



Is that we all be free of the Covid virus. That all our members start saving more in 2022, buying into all our plans, medical, Christmas club, FIP and each member to bring in a new member.

Joanne



My Christmas and new year wish for the membership and the nation is that the country will return to some level of normalcy.

We will take care of our health and that of our loved ones.

That families and friends can gather together without fear and trepidation since man was never created to be alone. We are social beings with feelings.

Let's continue to be our brother's keeper and love each other in spirit and truth.

Gailann



To develop as a nation the value to appreciate and respect our need to sustain the future and to seek out avenues to transcend towards this result for our defendants.

Rachel



To be thankful for life and appreciate our loved ones each and every day regardless of the circumstances or obstacles that we may encounter.

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5 Tips to Wrap Like a Pro

The thought is what truly counts, but a crisply wrapped package shows your loved ones just how much time and effort you put into their gifts this holiday season. For a gift that looks like it was wrapped by Santa himself, consider these tips:

1. Keep supplies together: Each year when you're done wrapping, store your scissors, tape, ribbons, bows and tags together. That way, when it comes time to wrap this season's gifts, you're not searching for each item individually.
2. Pick the perfect paper: Shop for a few wrapping paper options that complement one another. This aids the appearance of your assortment of presents under the tree, so they provide an array of colors and styles without clashing.
3. Work in shorter sessions: Rather than trying to wrap all your gifts at once and burning yourself out, make it a fun experience by wrapping 2-3 presents at a time. Add joy to the task by playing your favorite holiday music or turning on a classic

movie, so it feels more like an exciting tradition than a chore.

4. Use household items as helpful tools: The neater you can keep your wrapping paper, the sharper it'll look as a finished product. Cut an empty cardboard toilet paper roll down the side, then use it as a cuff to wrap around your wrapping paper roll to avoid wrinkling. While you're wrapping, an item as simple as a paper clip can make things easier—use it to mark the end of the tape on the roll or clip it on to the edge of your wrapping paper roll to keep things neat.
5. Tag gifts as soon as they're wrapped: Corners that don't seem as crisp as you hoped might be annoying, but wrapping a group of gifts only to forget which is which can be downright frustrating. Once the kiddo's newest toy is safely wrapped, make sure to immediately put a gift tag on the package before it's mixed up with grandma's sweater.

Protect yourself!

MASK ON ² LIVE ON

this Holiday Season!

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www.hugginscu.com



Richard Giuseppi - Huggins Credit Union Member



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Cell: 868 299-9506
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