

CARIBBEAN CONNECTIONS

ONE PEOPLE...ONE LOVE

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EDITORIAL

ONE PEOPLE...ONE LOVE

Welcome to the First Issue of Caribbean Connections: One People, One Love

This newsletter has been created as a space to inform, connect, and engage. It reflects our belief that diplomacy is not only about formal meetings, negotiations and agreements, but also about people, relationships and shared experiences.

Trinidad and Tobago and Jamaica enjoy a long-standing and friendly relationship, grounded in shared history, culture, trade, education, respect and values. Through this Newsletter, the High Commission aims to highlight the work which continues to be done to strengthen this relationship, while also keeping Trinidad and Tobago nationals in Jamaica informed and connected.



Caribbean Connections will feature updates on the activities of the High Commission, developments in bilateral relations, community engagement, cultural events, and practical Consular information. It is also intended to celebrate the achievements of our nationals and to spotlight the many ways in which our two countries continue to collaborate within CARICOM and the wider international community.

One People, One Love.
With warm regards,

High Commissioner,

Above all, this newsletter is about connections – between governments, between communities, and between people.

We hope that this Newsletter serves as a useful and enjoyable resource, and we invite you to share your feedback, ideas and stories as it grows.

Thank you for being a part of this journey with us. We look forward to staying connected.

FROM THE HIGH COMMISSIONER'S DESK



ONE PEOPLE...ONE LOVE



Building Caribbean Connections Beyond Borders



I am Deborah Thomas-Felix, the High Commissioner for the Republic of Trinidad and Tobago to Jamaica. It is both an honour and a privilege to serve in this role, particularly in a country with which Trinidad and Tobago shares such deep historical, cultural and people-to-people ties.

Since I have been living in Jamaica, I am constantly reminded that the relationship between our nations extends far beyond official engagements. It lives in the music, the food, our shared classrooms and workplaces, and in the many families whose stories cross borders naturally and effortlessly. These connections speak to a Caribbean reality that predates modern diplomacy and continues to shape who we are today.

This newsletter is born out of that reality. It is intended as a space for dialogue, reflection, and shared pride – a place where voices from Jamaica, Trinidad and Tobago and the wider Caribbean diaspora can meet. Through interviews, cultural features, and personal stories, we hope to highlight the lived experience of regional integration and the many ways our peoples continue to support, inspire, and uplift one another.

Across the diaspora, many people carry with them a slice of Trinidad and Tobago in very meaningful ways. They carry these connections to our twin-island nation sometimes through memory and tradition, sometimes through innovation, leadership, and service in their adopted communities. These connections do not diminish with distance; rather, they grow stronger and more influential, offering opportunities for collaboration, investment and mutual understanding.

In a world that often feels divided, the Caribbean continues to offer a powerful example of unity in diversity.

As High Commissioner, I am deeply committed to the strengthening of these bonds and encouraging greater engagement among our peoples, particularly our youth and diaspora, whose ideas and energy will shape the future of our region.

I hope this publication becomes a platform where readers feel seen, heard and connected – where we are reminded not only of who we are, as Caribbean people, but of what we can achieve together.

Her Excellency Deborah Thomas-Felix

High Commissioner for the Republic of Trinidad and Tobago to Jamaica.

Ambassador for the Republic of Trinidad and Tobago to Dominican Republic and Haiti.

Permanent Representative for the Republic of Trinidad and Tobago to the International Seabed Authority.





ONE PEOPLE...ONE LOVE



Regional Solidarity & Climate Resilience

Hurricane Melissa tested the resilience of the people and the communities of Jamaica, while at the same time it underscored the growing realities of climate vulnerability of small island states.

I witnessed firsthand the devastating impact of the hurricane and the remarkable strength, determination, and recovery efforts of the Jamaican people.

The Government and people of Trinidad and Tobago responded swiftly to this horrific disaster,

providing relief supplies to support the people of Jamaica. Also, a team of 29 electricity workers from the Trinidad and Tobago Electricity Commission (TTEC), together with 7 vehicles and specialised equipment for pole installation was deployed to assist in restoration efforts. The team was assigned to Overhead Line Reconstruction works in Montego Bay for a month. This work significantly contributed to the restoration of power and a sense of normalcy in the area.

As Small Island Developing States (SIDS), we face shared and increasingly severe climate challenges.

Hurricanes, earthquakes and extreme weather events are no longer isolated occurrences; they are part of a broader pattern and a reality for SIDS.

Climate resilience in the Caribbean is not only about infrastructure – it is about people, partnerships, and the strength of our regional institutions. It is about standing together, sharing resources, and building systems that can withstand these challenges.

Hurricane Melissa is a powerful reminder not only of our challenges, but of our strength and resilience as small island states.



PEOPLE

Jennifer Cape

Born and raised in Maraval, Trinidad, Jennifer began her academic journey at Sacred Heart Girls' R.C. School and continued at St. Joseph's Convent, Port of Spain. In 2004, she moved to Florida, where she earned a BSc in Spa Management from the Florida College of Natural Health. By 2008, she relocated to Jamaica and served as Regional Spa Manager with Couples Resorts, further refining her leadership in the wellness industry.



In 2012, she purchased Bella Oasis Day Spa and later established it in its current Kingston location, where she continues to grow and inspire through her passion for beauty, wellness, and excellence.

Though she misses the Trini food, music and a good lime, Jennifer embraces a beautiful life in Jamaica – blooming wherever she is planted. Proud of her roots, she has/will never miss a Carnival back home... with bags packed from January. She also attends as many soca events as possible during Jamaica's carnival season.

Janine Sale



I am Janine Sale, born in Trinidad and Tobago, but Jamaica has been home for the past 30 years. I have literally built my life here, both personally and professionally. I am happily married, a mom of three, and a stepmom too (all Jamaicans, btw). Despite spending more than half my life here, Jamaicans still swear my Trini accent gives me away the minute I start talking. I actually love that. It is a small reminder that you can belong deeply in a place and still carry "home" with you.

That is why I am happy about this newsletter: it is a simple, meaningful way for us to recognise each other, connect, and keep that Trinidad and Tobago spirit alive every day, not just on special occasions.

Professionally, I have spent 32 years in advertising, marketing and communications, and what still energises me is the thinking behind what makes people respond.

I enjoy studying the nuances of different generations—how they listen, what they ignore, what they trust, and what makes them act—and shaping campaigns that truly resonate, not just look good. Public education is part of that work, as are brand strategy, storytelling, and integrated campaign planning. In recent years, I have been involved in digital media literacy work and campaigns that help people navigate the online world with more confidence, particularly as AI changes what we see, hear, and believe. Right now, misinformation seems to travel faster than the truth, and AI is making deception more believable. So, a quick word of advice: responsible use of digital media matters. Always check sources, question what you see, and share content carefully.

Anyway, even though everyone reading this may have a Trini accent too, I am always excited to hear another Trini voice in the crowd... so if we cross paths, please don't hesitate to say hello.

Carrol Richards

“
**All how mi try,
 mi still cyaa
 chat patwa
 without dem a
 laugh after mi!**
 ”

Meet the effervescent, friendly, and fun-loving Trini to the bone — legally Jamaican — Carrol Richards, affectionately called “Aunty Carrol” by the students and youth she serves. I am a speaker, trainer, life and leadership coach, transformational prayer coach, and chaplain who presently serves as Executive Director for the International Leadership Foundation for the Caribbean.

I moved to Jamaica after a handsome Jamaican agriculturist won my heart while studying in Trinidad. We got married and moved to Jamaica in 1992 — one week after our wedding (not recommended, lol!). That initial stint was difficult and packed with culture shocks, from “bulla” to “hush” to the “cooley man” who calmly answered with a smile after being summoned to “come here,” and the passionate verbal exchanges in patwa that sounded like a fight was about to break out

—only to end in laughter and friendly body language that calmed my anxious nerves.

In 1995, we returned to Trinidad to transition from Associate Staff to full-time missionaries with Campus Crusade for Christ. There, we had our two sons before moving back to Jamaica in 1999 to lead the ministry in Jamaica. One year later, we welcomed our daughter. I love both Trinidad and Jamaica — the food, the passion for sports and the arts, and the rich cultural music that makes both islands so delightful.

I enjoy the “liming” in Trinidad and hearing our dialect in its many tunes and intonations. The terrain of Jamaica is irresistible, and I take pleasure in driving through its beautiful parishes. But I especially love hearing Jamaicans speak both standard English and sweet patwa. “All how mi try, mi still cyaa chat patwa without dem a laugh after mi!”



ONE PEOPLE...ONE LOVE



Life & Lady Montano



In 1976, I left my young family – husband Winston and two sons – in Trinidad to pursue a Certificate of Education, followed by a Bachelor's degree in Education at the University of the West Indies, Mona Campus, Jamaica. My first year was spent on Lily Way, surrounded by talented Trini students who went on to achieve great success. I excelled academically, earning a distinction in my certificate course, and continued with my studies.

The following year, my family joined me, and we settled into life in Jamaica. My sons, Marcus and Machel, almost four and two

respectively, started school; Marcus at Hope Valley Experimental in August Town, Kingston and Machel at Mona Heights Basic Montessori in Mona Heights, Kingston.

Balancing work and study was tough, but necessity drove me. I taught at Jamaica College, worked in the English and Social Science departments at UWI, and even met the Honourable Michael Manley. Despite advisors warning against it, I persisted and secured another distinction with my Bachelor's degree. Our time at UWI was filled with great experiences and lifelong friendships.

Returning to Trinidad, our family thrived. Winston became a Geologist, I worked as a Guidance Officer, and our kids pursued their passions. Machel, at 7, entered the music industry, becoming the Soca King. Machel received the Keys To the City of Kingston in 2023.

Marcus, who also started in the music business went on to fulfil his personal dream of becoming Captain Marcus Montano, a pilot with BWIA/CAL, often flying to Kingston. We have maintained our Jamaican connections, and the country remains our second home. We cherish every moment and every friendship forged there.

Cherished Forever

-Lady Montano



STUDENT SPOTLIGHT



Melinda Alfred

Hiii everyone!

I am Melinda Alfred, the Tobago Representative for the Trinidad & Tobago Student Association and a final year Social Work student at UWI Mona, Jamaica. I am truly grateful that I had the privilege of meeting "Aunty Debs," our High Commissioner of Trinidad and Tobago, at such an integral time here in Jamaica especially in the aftermath of Hurricane Melissa. Aunty Debs graciously hosted a Christmas dinner for us that genuinely felt like a home away from home, and for that I am deeply thankful. It meant more than words can express.

And if anyone is wondering, my favorite part of the day was definitely Aunty Deb's macaroni pie, she made it with so much love! I'm hoping she knows I'll absolutely be back for seconds.



Ray Clarke

My name is Ray Clarke, and I am a third-year medical student at the University of the West Indies Mona campus. I am a proud son of Mayaro, and I have been living in Jamaica for the past three years, and honestly, it has been quite a journey thus far.

One of my best memories was having dinner with Aunty Debbie, our lovely High Commissioner of Trinidad and Tobago in Jamaica. I look forward to networking, engaging, and enjoying my time here while studying to become a medical doctor.

CONSULAR SERVICES



ONE PEOPLE...ONE LOVE



The High Commission for the Republic of Trinidad and Tobago in Kingston, Jamaica, in addition to maintaining the bilateral relations between Trinidad and Tobago and Jamaica, is also charged with the responsibility to provide consular services to Trinidad and Tobago nationals and non-nationals residing in Jamaica and other islands in close proximity.

There are a significant number of Trinidad and Tobago nationals residing in Jamaica for various reasons. Some of our nationals are involved in business and entrepreneurship, some attend tertiary institutions while others made Jamaica their home due to their marital status.



In accordance with the provisions of the Vienna Convention on Consular Relations, to which both Trinidad and Tobago and Jamaica are State Parties, the Consular Section also receives information from time to time from the host country on the arrest, detention and imprisonment of Trinidad and Tobago nationals in Jamaica.

The High Commission provides the following services to nationals and non-nationals residing in Jamaica and neighbouring islands:

- accepting applications for the renewal of machine-readable passports
- issuing emergency certificates
- certifying life certificates
- providing assistance to nationals in distress,
- facilitating the repatriation of the remains of nationals to Trinidad and Tobago
- providing guidance and information on investment opportunities and matters relating to business, and other services.

These services are provided in person as well as online. For additional information, persons can visit the following website:

foreign.gov.tt/hckingston

For consular assistance, please contact the High Commission's Consular Section via email at hckingston@foreign.gov.tt or by telephone at (876)926-5730 (876)926-5739

We are happy to serve you and look forward to our continued engagement.



Amanda Fraser
Head of Chancery



ENGAGEMENTS



Presentation of Credentials to H.E. Sir Patrick Allen, Governor General of Jamaica. **November 18, 2025**



Presentation of Credentials to Sen. the Hon. Kamina Johnson Smith, Minister of Foreign Affairs & Foreign Trade, Jamaica. **November 18, 2025**



Presentation of Credentials to H.E. Leticia Carvalho, Secretary General of the International Seabed Authority. **December 17, 2025**



ENGAGEMENTS



Courtesy call on H.E. Manual Durán Pilarte, Ambassador from the Dominican Republic to Jamaica.
February 17, 2026



Courtesy call from Kohei Maruyama, Ambassador-designate of Japan to Jamaica.
January 8, 2026



Courtesy call from H.E. Tania López Larroque, Cuban Ambassador to Jamaica.
February 13, 2026

ENGAGEMENTS



Gala Reception for Dominican Republic National Day. **February 24, 2026**



Head of Chancery, Amanda Fraser and the High Commissioner at the Generation 2000 (G2K) Conference with European Union and Indian representatives at UWI Mona. **February 17, 2026**

ENGAGEMENTS



Courtesy call on Sen. the Hon. Aubyn Hill, Minister of Industry, Investment & Commerce of Jamaica. **February 4, 2026**



(L-R)Maj. Natalie Nichols, TTDF; Ms. Amanda Fraser, Counsellor (High Commission); Ms. Glynis Wilson, TTDF (Air Guard), at the Regional Women, Peace and Security Symposium. **March 2, 2026**



With Minister of State in the Ministry of Foreign Affairs and Foreign Trade, the Hon. Alando Terrelonge.

December 3, 2025

ENGAGEMENTS



Young Bredda visits the High Commissioner. **March 16, 2026**



With Mrs. Velia Espeut, a member of the diaspora. **November 27, 2026**



Christmas dinner with Trinidad and Tobago students, hosted by the High Commissioner. **December 30, 2025**



Barbados Independence Church Service. **November 23, 2025**

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