

DECEMBER 2021

BUBBLE  JAMAICA
HERE TO CONNECT

HERE TO CHEER MORE

AT BUBBLE JAMAICA WE LOVE
SOME GOOD STORIES...ESPECIALLY
IF WE GET TO PEAK INTO ANOTHER
CORNER OF THE EARTH!

WELCOME TO OUR MONTHLY
COMMUNITY SPOTLIGHT
SERIES

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Communications Director



MEET THREE FRIENDS WHOSE STORIES WILL LEAVE YOU HUNGRY FOR MORE:

Originally from **Brazil**, **Adriana Lombardo** is a Master Coach, specializing in neuro and transcultural coaching. Having lived and worked in Indonesia and Jamaica, and with several other continents under her belt, Adriana has dedicated her research to the development of global leadership, expatriation and cultural advice, in order to make moving to another country or region easier. She is the co-author of seven books and has had articles published in several magazines including the *Harvard Business Review Brazil*. If not immersed in her work, you can find her immersed in tropical seas with her two sons.

Dina Giller, mother of two and chef extraordinaire, holds an MBA in Management and Public Policy. She worked in Human Resources, recruitment, and training until her relocation to Jamaica. Dina is originally from **Israel** and her homemade food is certainly informed by her roots and infused with deliciousness. After moving to Kingston, she launched her own catering business, *TEAMIM - Cooking with Love*, and has filled the bellies of this community, and beyond, ever since.

03

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“Being in such a small country really gives you a sense of belonging...it shows how there is strength in community. ~ Suzanne”

Part of a large **Jamaican-Lebanese** family, **Suzanne Mahfood Beck**, grew up between Kingston and Miami. Mother of five sweet children of her own, she is a trained ballerina. She currently runs her own Kingston-based business, *In Motion Fitness Studio*, where she taught hundreds of young aspiring ballerinas and currently teaches pilates and barre. A creative soul, Suzanne found that photography was another way of finding art in life and "capturing what is felt and not seen," as she herself puts it. You can find her work on Instagram at *Suzanne Beck Photography*.



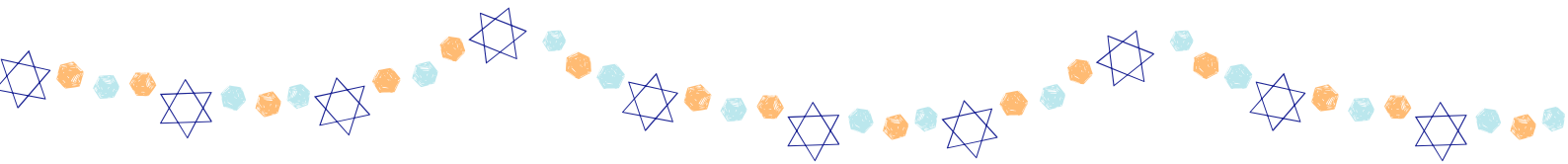
Adriana



Dina



Suzanne



HOLIDAY JOURNEYS:

How do you celebrate the winter holidays in your home country?

Adriana: We celebrate *Natal* on Christmas Eve with a variety of food and drinks. We like to eat together, surrounded by family.

Dina: We celebrate according to a Hebrew calendar in this sequence: Purim (Feb/March), Passover (March/April), Rosh Hashana, Yom Kippur, Sukkot (Sept./Oct.); and Hannukkah (Nov./Dec.), which falls closest to the winter holiday season as we do not celebrate Christmas.

Suzanne: Christmas season in Jamaica is a good mix of family events and parties. From mid-December on it's one party after the other (at least in pre-Covid days).

What is your favorite holiday tradition?

Adriana: I love the ritual of exchanging gifts!

Dina: The lighting of the menorah in memory of the miracle of the jug of oil, in which the oil was supposed to be enough for one day and instead lasted eight days.

Suzanne: One of the best rituals in Jamaica is going to midnight mass on Christmas Eve and seeing all the people you know.



And your family's strangest tradition?

Adriana: My family has a tradition where each one says who in the group did something special during the year and we say thank you to this person.

Dina: In my family, the tradition is to tell the stories about my parents' immigration to Israel.

Suzanne: Our strangest tradition started when my first sons were very young. To instill in them the notion that Christmas was not just about receiving gifts, we'd load our car with presents for family and friends, deliver them, and express how much everyone meant to us. Some of my best memories are from singing and laughing with my kids in the car as we did that.

What is a typical holiday menu?

Adriana: Turkey, roasted pork, ham with fruits, white rice, potato salad, and a *farofa* (toasted cassava flour). We like to drink wine, taste some dried fruits and chestnuts. Food is so important in Brazil.

Dina: Each holiday has its own menu. Some holidays have lamb chops, for Passover my mom's stew, in Shavout a dairy meal.

Suzanne: It wouldn't be Christmas without ham. Never ever do we eat ham, but during the holiday season it is a staple. You know how certain smells bring back memories? Baking ham does it for me.



What is one of the fondest memories you have of this time of the year?

Adriana: The best Christmas memories were when my mother was alive and we could share gifts. She loved to give, receive and take pictures.

Dina: Hearing what my parents experienced in order to reach the Land of Israel.

Suzanne: My favorite family memory was watching my father giving gifts to my mother. He was a very romantic and playful husband...as a small child, I remember being so moved by the care and love he put into choosing her gifts. He would also hide her cards and make it a family adventure as she found them. I loved how special he made her feel.

Name the best holiday dessert and drink:

Adriana: So many. We love to eat panettone, that is a traditional dessert for us. But we also love chocolate pie, chocolate mint mousse, and passion fruit mousse. My mother loved to prepare mousses. Prosecco or champagne are the drink of choice.

Dina: No desserts...but definitely barbecue and lots of alcohol.

Suzanne: We are big hot chocolate fans, with whipped cream, sprinkles and peppermint candy...the more elaborate the better. We also bake cookies and my husband cooks a chocolate, coconut, marshmallow pinwheel. Don't tell anyone, but I am not a fan of Jamaican fruit cake!

ISLAND HOLIDAYS:

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The blessings are countless. To be able to live in Jamaica, surrounded by the mountains and the sea ...is more than I could ever ask for. ~ Suzanne

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What is your current state of mind?

Adriana: I love to have everything planned and organized in advance but this is not always possible.

Dina: My mind is with the family in Israel.

Suzanne: Both exhausted and blessed this holiday season. But we press on...learning not to take anything for granted. This Christmas season I will bask in our happiness and be grateful for just about everything.

Thank you to our three friends and the present of their presence.