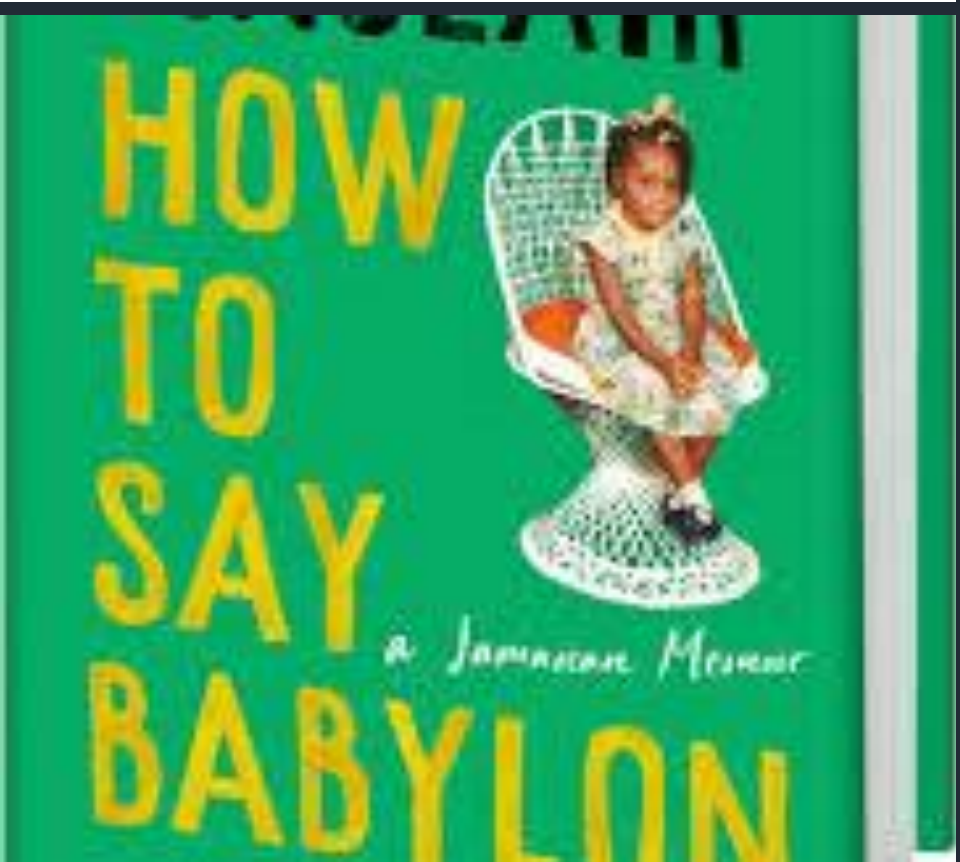


Meeting will start soon

Safiya Sinclair

Winner of the
OCM Bocas Prize for Caribbean
Literature



- Her debut poetry collection, *Cannibal*, won several awards, including a Whiting Award for poetry in 2016 and the OCM Bocas Prize for Caribbean Literature for poetry in 2017.
- Safiya Sinclair is a Jamaican poet and memoirist.
- She is currently an associate professor of creative writing at Arizona State University.
- **Born:** 1984 (age 40 years), [Montego Bay, Jamaica](#)
- **Education:** [Bennington College](#), [University of Southern California](#), [University of Virginia](#)
- **Awards:** [Prairie Schooner](#) Book Prize; [Whiting Award](#); [OCM Bocas Prize for Caribbean Literature](#)



What is the Bocas Prize?

<https://www.bocaslitfest.com/ngc-bocas-lit-fest-2024/>

*** The **OCM Bocas Prize for Caribbean Literature** is an annual award for literary books by Caribbean writers, first presented in 2011.

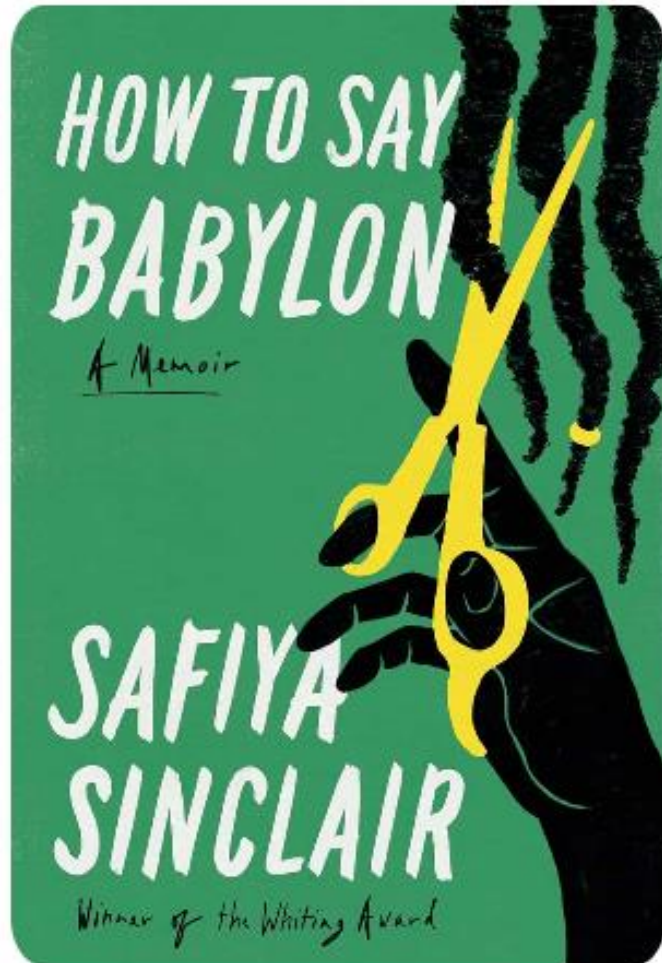
*** Books are judged in three categories:

poetry; fiction and literary nonfiction — including books of essays, biography and autobiography, history, current affairs, travel, and other genres.

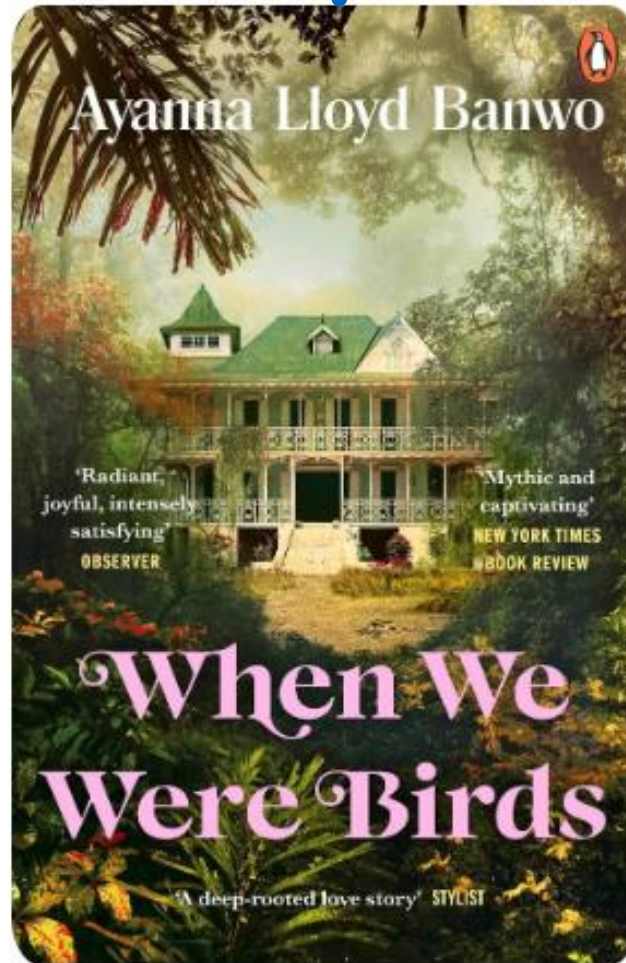
*** There is a panel of three judges for each genre category, who determine category shortlists and winners.

*** The three category winners are then judged by a panel of four judges — consisting of the chairs of the category panels and the prize chair — who determine the overall winner.

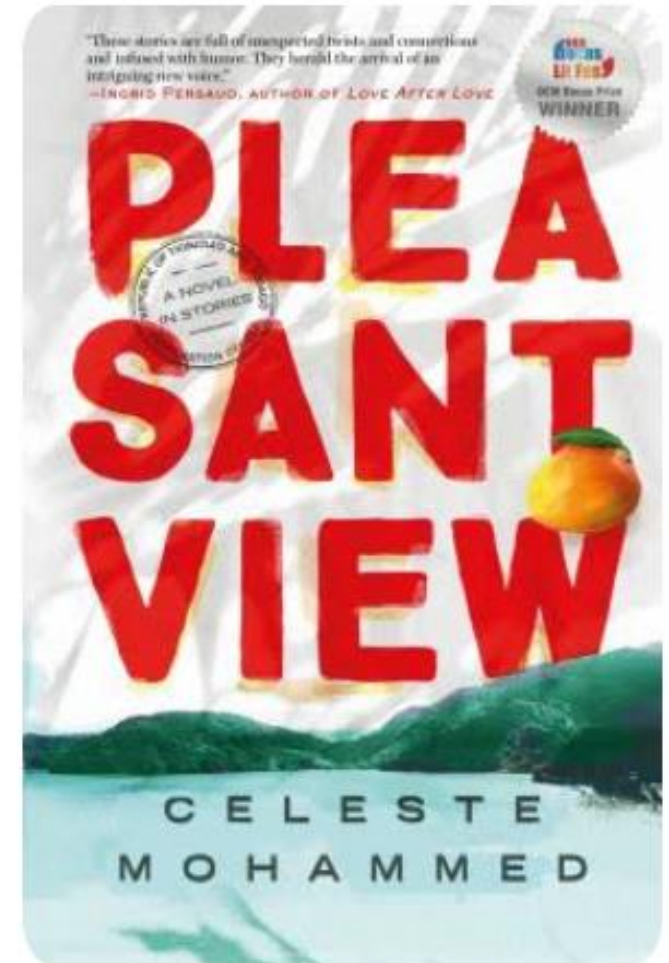
Past Bocas Prize Winners



2024



2023



2022

Origin of word Cannibal

THE WORD 'CANNIBAL'

The word 'cannibal,' the English variant of the Spanish word canibal, comes from the word caribal, a reference to the native Carib people in the West Indies, who Columbus thought ate human flesh, and from whom the word 'Caribbean' originated. By virtue of being Caribbean, all 'West Indian' people are already, in a purely linguistic sense, born savage.

Safiya Sinclair

Poem “Silver”

Silver

By Safiya Sinclair

Silver flows through my veins
Into my hands when I caress the
strings

of my guitar

Silver is the moon I swallowed
on a dry dreary night when I willed it
so

silver is the rain in May
wholesome and lithe, and falling into
me

Our springtime sarabande kisses me
sodden

up when I’s happy
down then I’m sad

1:18 in

https://www.youtube.com/watch?v=F_Bs6U3sKC4

Silver I cry Silver

Silver encases my heart

like a drunk jeweller quenching a cigarette

silver is my lips against the ice

my tongue upon the frost

my sweet staccato

my praline dress

my stuck umbrella on a sunshiny day

Silver is the witty wind

coaxing my eyes to sleep

upon the blurred pastel pages

of a slipshod butterfly

Poem Silver (cont.)

Silver is a legerdemain
Legs like leprechaun that feeds on leer
and lemons
a quire of my deepest thoughts
the inkling of my most secret soul
It is the palsied web
of the crestfallen spider
the ugly dewdrop ring
that scars my finger like acid

dusk that brings the sidereal night
resting its echo upon the wing
of a firefly that drinks the silver from my
eyes
Silver is my billowing meerschaum
is the flicking goldfish fin in the silent sun
silver are the wispy strands in my hair
lined silver spiralling through the universe

Silver (cont)

Silver chose me
like starlight to the naked eye
the words I bleed are silver
the time that dances minuets
upon my broken sylvan skin,
is silver in a lancer's armor
when my stomach bursts
and I disgorge eternity
silver stands beside me
fondling the viol

The weight, the wind, are uxorious
for they are solely silver
ever heading my way
My ears are filled with a pixie's dreams
like honey only Silver
when the days of maiden's trouble
subside
silver peels away
My belly swells
and it'll be a while
but I know more silver
is welling inside.

Guardian article

<https://www.theguardian.com/culture/2023/sep/30/my-father-believed-the-sanctity-of-my-soul-was-at-stake-safiya-sinclair-how-to-say-babylon-memoir>



Interesting videos with Safiya Sinclair



Excerpt from “Home”

<https://www.youtube.com/shorts/NnkJuYRfsEM>

Book Summary

https://www.youtube.com/watch?v=J0x_5KLwdWg

Safiya Sinclair reads from How To Say Babylon

<https://www.youtube.com/shorts/qZYPUholiI8>

Safiya rooftop reading of poems

https://www.youtube.com/watch?v=IELPeJ_bdfE

Today Show Interview

<https://www.youtube.com/watch?v=sFusIS1Zw8Q>

What is Rastafarianism



Bob Marley "War"

<https://youtu.be/-JwL3IPBQ5E>

Bob Marley "Redemption Song"

<https://youtu.be/9ZpxaelCYyg>

Leonard Howell

<https://www.youtube.com/watch?v=rxwpdsZ8iHg>

Marcus Garvey

<https://www.youtube.com/watch?v=R-XjloOKl60>

Haile Selassie

<https://www.youtube.com/watch?v=v83Pjhr5ASM>

Selassie visits Jamaica

https://www.youtube.com/watch?v=X2HnmoclL_A

<https://www.youtube.com/watch?v=LPRlOH-akV0>

*Bob Marley Rastaman
Vibration*

https://youtu.be/_Ol9Mm0miq4?si=QldraO686taZyJMe



Rasta Living Ital Cooking

<https://jamaicans.com/>

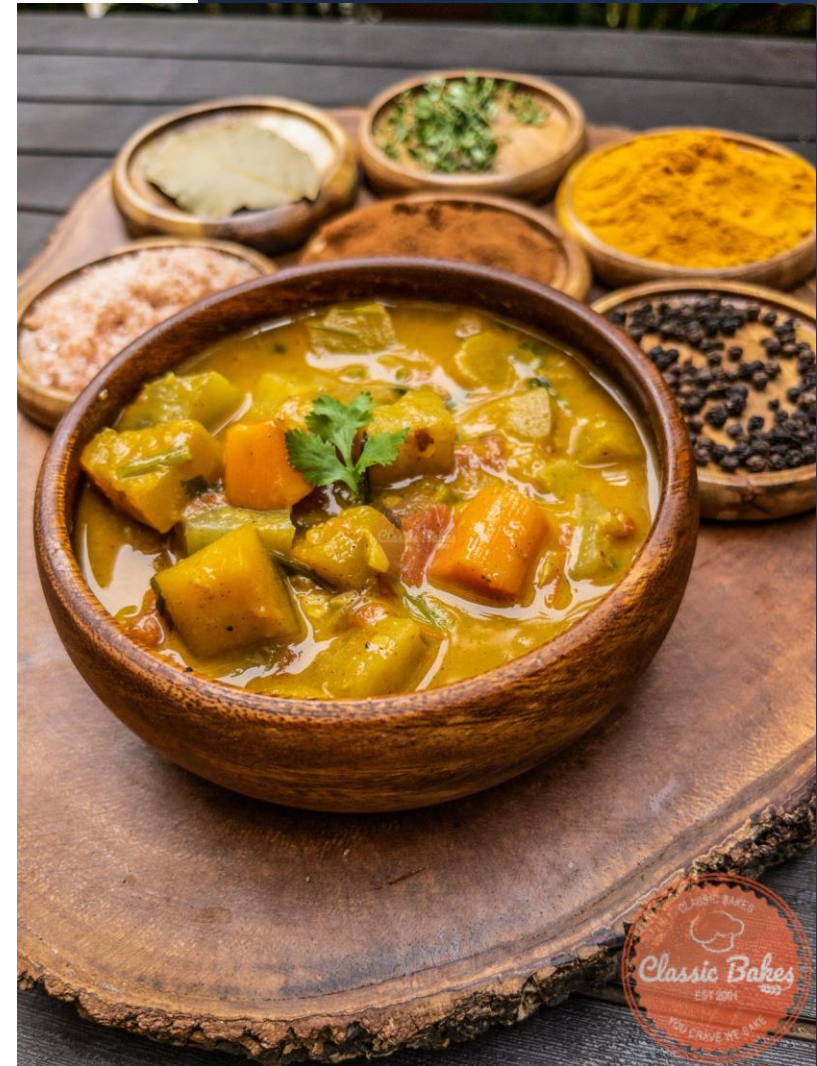
The following are eight things to know about Jamaican Ital cooking.

- 1. In its purest application, Jamaican Ital excludes the use of ingredients such as meat, salt, colorings, flavorings, and preservatives. Rastafarian dietary laws are very similar to those of Jews as dictated in Leviticus 11.
- 2. Ital cooking is essentially traditional Jamaican cooking without meat, salt and additives. Available foods and ingredients are utilized that may include fish and dry salted fish – but not shellfish. In areas outside of Jamaica where traditional ingredients may not be available, Ital cooking makes room for practicality and can include the use of some canned foods.
- 3. Basic ingredients in Jamaican Ital cooking includes coconut, Scotch bonnet pepper, pimento, and thyme. Garlic, green peppers, tomatoes, onions, and scallions can be added to the basics. It focuses on fresh ingredients.
- 4. Jamaican Ital cooking often takes the form of [one-pot](#) soups and stews.



Ital Cooking (cont)

5. The popularity of Jamaican Ital cooking has expanded beyond the borders of Jamaica. It accommodates vegan lifestyles by using tofu and vegetables not native to Jamaica, enabling people in other countries to prepare food that adheres to Rastafarian principles and has sparked a vegan Rastafarian movement.
6. Jamaican Ital cooking sprang from the Rastas that lived in the hills on the island. It's cooking that promotes the spirituality of being one with nature and using natural, plant-based ingredients.
7. Knowledge of Ital cooking traveled from ancient Egypt to East Africa, to West Africa, and then to the Caribbean as part of the transatlantic slave trade.
8. Jamaican Ital cooking is a mindful way of cooking and eating that respects life and does no harm to others.



Rasta Music

Top 11 musicians starts 7:00 in

<https://www.youtube.com/watch?v=3GayvEfUmeE>

Made in Africa by Stephen Marley

<https://www.youtube.com/watch?v=dkerRz1adDU>

Bob Marley's Uprising and Exodus albums

Uprising

<https://www.youtube.com/watch?v=zwJwJ4Xgzpc>

Exodus

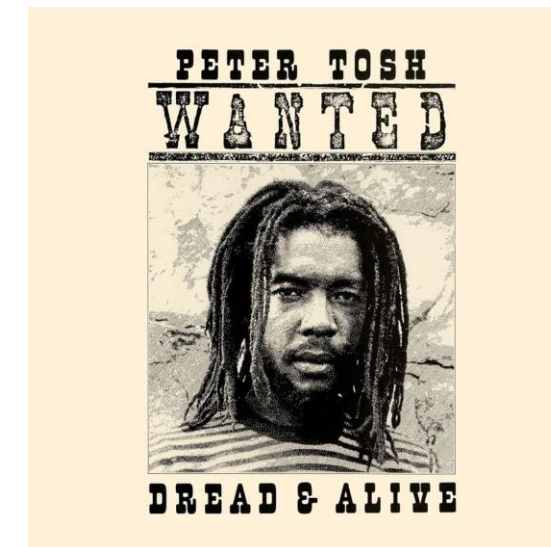
<https://youtu.be/DHKnxAsHkSI?si=w-MRvRWqe3oamlOm>

Ziggy Marley sings Could You Be Loved on The Tonight Show

<https://www.youtube.com/watch?v=67NIRMA9f2w>

Skip Marley Lions

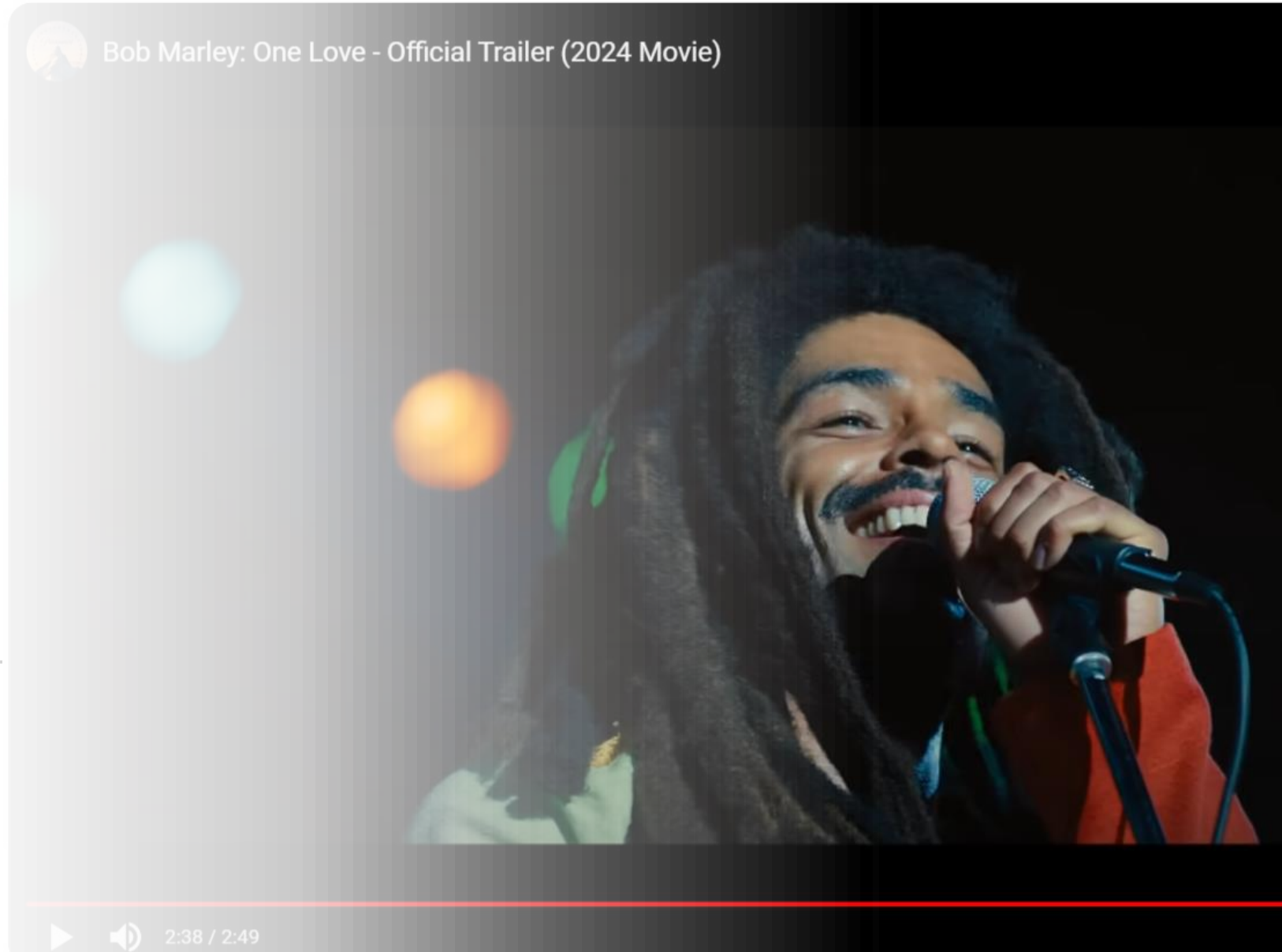
<https://www.youtube.com/watch?v=t6Y7yQIZT4Q>





Bob Marley "One Love" Movie

<https://youtu.be/ajw425Kuvtw>



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Each month we choose a different author
and read two of their books.*

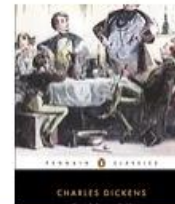
WHAT WE ARE READING NOW



November 29th

Demon Copperhead by Barbara Kingsolver, Pulitzer 2023

And...Dicken's David Copperfield, as it was Kingsolver's inspiration. We will read a summary



December's Author

Quotes



The whole world is run on bluff. No race, no nation, no man has any divine right to take advantage of others. Why allow the other fellow to bluff you?

— *Marcus Garvey* —

AZ QUOTES

Quotes



I Want To Love You

Bob Marley Version

<https://youtu.be/X2SJKEDw1E8?si=pZCMEtAZOKn2Ah-R>

Skip Marley Version

<https://www.youtube.com/watch?v=psMjrXMDS0Q>

Ziggy Marley Version

<https://youtu.be/1i-1-F4MUT8?si=yxk9m1sru8WYU48B>