NEWSLETTER
Amistad

Nov/Dec 2022 Bi-monthly newsletter of Canadian-Cuban Friendship Association Toronto Issue 43.6

Fourth Edition of the Calixto Garcia Solidarity Brigade to Cuba

FEW SPOTS AVAILABLE!!! VAMOS A CUBA
We are going to Cuba.
We invite you to come and JOIN the 2022 Calixto Garcia Solidarity Brigade!!!!
November 28th to December 10th, 2022

COME and JOIN us!!! An opportunity to view Cuba's beautiful "Oriente" this year we will be visiting 3 of its provinces: Holguin, Santiago de Cuba & Guantanamo. Learn about Cuba's culture, history and music, and meet some of the most beautiful & friendly people.

Contact Us (To Register and get a copy of the program)
Email: calixtogarciabrigade@gmail.com

The CHE Volunteer Work Brigade to Cuba during their May Day celebration is back on track and being organized. Information will be available in January.

Protest this immoral, illegal cruel blockade:

Monthly Rallies Against the illegal/immoral US Blockade on Cuba

(that also affects Canada & other countries.)

Join us in front of the **U.S. Consulate**
360 University Avenue, Toronto
(south of Dundas & north of Queen)
Bring signs and flags
Sunday - November 27th from 1 pm to 2 pm

"Eliminate the Blockade - it also is a virus"



Saturday, 14 January 2023 - 7 p.m.

Please mark this date in your new Calendar!

We will Celebrate the 63rd Anniversary of the victorious Cuban Revolution!

Together with the LACSN and the JGG (Cubans in Toronto), we are planning an event Saturday evening - January 14th.

Please check the CCFA Website for details.
www.canadacubafriendshiptoronto.ca



Table of Contents:

2 CCFA Toronto AGM Report
3 CNC Letter to Prime Minister re US Sanctions
4 Cuba's New Families Act
5 UN Upcoming Vote Against US Sanctions
6 Cuban Treatment for Kidney Cancer / Calls by Artists & Intellectuals Supporting Cuba
7 Florida's Marco Rubio's Fight Against Cuba / Monthly Demo in Toronto at U.S. Consulate
8 Recipe for Cuban Flan
INSERT (back to back)
9 To Be an Anti-Capitalist / Havana Intl Fair
10 All Arms & Efforts in Cuba's Post-hurricane Recovery

CCFA Annual General Meeting - 2022

The CCFA Toronto held a very successful Annual General Meeting (AGM) on 22 September 2022, its first in-person annual meeting since 2019 and the AGM Webinar in May 2021.

The event, held at Friends House, received a warm greeting from Cuban Consul General, Jorge Yanier Castellanos Orta. He told the thirty members present, "I am infinitely grateful to the members, and especially to the board of the CCFA-Toronto, for all the donations you have made to Cuba and your demonstrations in front of the U.S. Consulate in Toronto demanding the end of the blockade."

On behalf of the CCFA Executive, Elizabeth Hill summarized political activities of the CCFA including protesting the blockade and the illegal occupation of Guantanamo. She praised the generosity of CCFA Toronto members, who have contributed significantly to the several fundraising campaigns for material aid for Cuba that have raised over $220,000 from across Canada. These campaigns, mainly for medical supplies and syringes, helped Cuba to recover following the Saratoga Hotel fire in Havana and the supertanker explosions in Matanzas.

Reports from the Treasurer, Sharon Skup; from the Amistad Committee, Mara Glebovs; and the social media work, Brien Young, received with appreciation.



Special guest speaker Lessner Goméz Molina, Consul in charge of Tourism in Cuba, gave a lively presentation on Cuban Tourism as it has been affected by COVID-19 and the tightening of the U.S. Blockade.

His PowerPoint presentation detailed exciting preparations for the fall and winter seasons.

The AGM elected a new executive of eleven, including five new members: Domenic Bellissimo; Viktoria Csoka; Miguel Figueroa; Elizabeth Hill; Samantha Hislop; Michelle Meghie; Aminah Sheikh; Sharon Skup; Sara Sutcliffe; Wiakiat Tang; Brien Young.

Elizabeth expressed appreciation for the devoted work of five members of the past executive who did not stand for re-election: Mara Glebovs, Jim Kabitsis, Ray Marsh, Sean Smith, and Yaima Menendez.



The CCFA Toronto adopted an impressive plan for future work, emphasizing ending the U.S. Blockade of Cuba, taking Cuba off the so-called "State Sponsors of Terrorism list", promoting the 29th Che Guevara Brigade and continuing to fundraise for material aid.



Canadian-Cuban Friendship Association Toronto
CCFA Toronto Tel: 647.501.1219
P.O. Box 99051 – 1245 Dupont St Toronto ON M6H 4H7
ccfatoronto@sympatico.ca
www.canadacubafriendshiptoronto.ca

Open Letter to the Prime Minister of Canada From the Canadian Network on Cuba

October 14th, 2022

The Right Honourable Justin Trudeau,
P.C., M.P., Prime Minister of Canada
Office of the Prime Minister
80 Wellington Street
Ottawa, ON K1A 0A2

LETTER RE: The Impact of U.S. Sanctions on Cuba, Recovering from Hurricane Ian

Dear Prime Minister Justin Trudeau,

The Canadian Network on Cuba, comprised of 23 organizations across Canada, are deeply concerned about the devastating effects of hurricane Ian on the small island of Cuba.

The economic sanctions by the United States are preventing Cuba from acquiring the necessary materials to rebuild and recuperate after the devasting Category 3 hurricane Ian, which destroyed much of the housing and infrastructure in its western provinces and caused a temporary collapse of and permanent damage to Cuba's aged National Electric System.

The United Nations considers Cuba a leader to emulate in hurricane preparedness, a "model in hurricane risk management". Cuba is an example that the vulnerability of people can effectively be reduced with strong determination and the will to protect human lives, and their preparedness, loss prevention and response to hurricanes show this. Simply compare that after hurricane Ian, just two lives were lost in Cuba, compared to in the United States, where so far, more than a hundred people have died directly due to the disastrous hurricane.

This difference in mortality rate is staggering and demonstrates that the Cuban government is resolute in protecting its citizens despite a lack of material resources and the economic hardships imposed by the U.S. which they have faced for over 60 years.

Unfortunately, while people were relocated, protected, and saved, thousands of homes and infrastructure in blockaded Cuba have been obliterated by hurricane Ian.

The arbitrary and immoral U.S. policy of sanctions against Cuba threatens companies around the world from doing business with Cuba, selling them construction materials, and providing aid, including some of the most basic goods and materials. These same policies make it very difficult or impossible for organizations to send aid to Cuba in a timely and efficient manner.

It is unconscionable for the United States government to collectively punish the Cuban people under even normal circumstances, let alone after a natural disaster such as hurricane Ian. The Canadian Network on Cuba (CNC) joins virtually the entire international community, once again, in the condemnation of the blockade, and calls for the government of Canada to demand that the United States immediately cease all the sanctions against Cuba.

We ask the Honourable Prime Minister to stand on the right side of history and that Canada not only vote against the genocidal blockade against Cuba at the UN General Assembly in November, but strongly speak out publicly against the United States' policy on this issue, and demand that they remove all sanctions from the Cuban people once and for all.

We also appeal to the Canadian government to urgently send much-needed humanitarian aid to its neighbour Cuba, with whom we have had friendly relations for decades, to assist with its rebuilding and construction efforts at this critical time.

The Canadian Network on Cuba, on behalf of its member organizations, stands with the Cuban people and affirms that we will always stand up for Cuba and provide any help that we can in the face of this imperative struggle for justice.

Samantha Hislop
Julio Fonseca
Co-Chairs, Canadian Network on Cuba

www.canadiannetworkoncuba.ca
cncexec@canadiannetworkoncuba.ca

Cuba's New Families Act Passes with Wide Majority

Monday, 26 September 2022, Holguin, Cuba
Video/photos by Katheryne Schulz

Cuba's new Families Act was approved on Sunday by 66% of Cuban voters. Turnout for the national referendum was 74% and polling booths were open early in the morning to accommodate voters. In the lead-up to Sunday's vote, a national consultation process was held to get feedback from Cubans about the proposed Act.

Ballot boxes were flanked by Cuban youngsters who saluted each voter as they dropped their ballots.



video, photo by Katheryne Schulz

As one of the most progressive pieces of legislation in the world, Cuba's new Act challenges stereotypical ideas about gender and heteronormativity in Latin America and the Caribbean. The Act makes extensive changes to family definitions, the rights of women, children and grandparents, and to domestic responsibilities.

Women's rights have been strengthened, with labour rights extended to those who care full time for dependents and promotion of equal sharing of domestic responsibilities. Corporal punishment has also been outlawed.





Baracoa Pride, photo by Roberto Jovel

"A major change that affects women is in the case of divorce," said Roselia Tano Ricardo, former Secretary General of the Holguin Federation of Women. "Now there is more protection for us in the division of assets, and in awarding alimony and child support."

"Our new Act benefits Cubans from the youngest to the oldest, said Maria Petra Patterson, Community Delegate and Deputy in the Cuban National Assembly. "In particular, the Act strengthens the rights of women dealing with domestic violence."

LGTBQ+ marriages are now recognized and same sex couples have the right to adopt. The code also acknowledges the diversity of family forms so that parental rights can be shared with grandparents, stepparents and surrogate mothers.

Roberto Jovel, a Canadian who spends long periods in Cuba with his Cuban partner Manuel de Jesus Riquenes Nunez, welcomed the referendum results saying:

"This new Families Act is the result of decades of work by a large number of people in Cuba, including women, jurists, family services experts, sexual and reproductive rights advocates, disability rights advocates and many more. It is underpinned by the most progressive thinking and enshrines comprehensive provisions – it is a great victory for all families in Cuba."

Katheryne Schulz is a Canadian writer currently travelling in Cuba.

She thanks Yamila Fernandez of ICAP for arranging a tour of the local polling station in Holguin.

CUBA: Imagine What We Could Have Achieved Without the Blockade

By Alejandra Garcia on 20 October, 2022
Source: Resumen Latinoamericano – US

On November 2 and 3, the **United Nations General Assembly (UNGA), will consider for the 30th time in a row, the need to put an end to the economic, commercial, and financial blockade imposed by the United States against Cuba more than 60 years ago.** This will take place in a special context, marked by the devastating effects left by Hurricane Ian on the Caribbean island, and a global multidisciplinary crisis, which includes food and energy scourges.

The vote on the draft resolution that Cuba submits every year to the UN calling for an end to the blockade, will also take place amid an unprecedented scenario, marked by the tightening of that policy and unconventional warfare that seeks to provoke the collapse of the Cuban economy.

The damages are incalculable and irreparable, according to Cuban Foreign Minister Bruno Rodriguez Parrilla, who presented on Wednesday the most recent report of the island on the damages caused by the blockade in the last year.

Bruno reported that between August 2021 and February 2022, the blockade caused US$3,806.5 billion in losses, a record amount for only seven months.

The country's Gross Domestic Product, according to conservative estimates, could have grown by 4.5% in this period if these measures had not been applied. In the first 14 months of the current U.S. government of Joe Biden, the damages caused by the blockade reached US$6,364 million, which represents an amount of over US$454 million per month and over US$15 million per day.

Let us remember that Biden maintains the same policy of maximum pressure against Cuba launched by his predecessor Donald Trump.

Since this policy began to be applied six decades ago, the accumulated damages amount to US$154,217.3 million. "Imagine what Cuba could have done if it had had that money. Imagine the development the country could have achieved in all these years," the Foreign Affairs minister stressed.

The economic blockade is the central element that defines the nature of U.S. policy toward Cuba, Rodriguez added during a press conference.

"No changes have been introduced. The White House keeps hitting Cuba's finances. The impact of this attitude, from a humanitarian point of view, is perverse and harmful. The blockade has acquired an aggressive posture that it hasn't had in the past," the minister pointed out. No one can claim that the blockade doesn't exist. It is tangible and harms every Cuban family, but also those Cubans living in the United States and U.S. citizens themselves. It is aimed at provoking the inability of the country to solve its main social needs.

During the press conference, Rodriguez also urged the US government to remove Cuba from their list of "states sponsoring terrorism".

"It's lethal," he said and added that the listing, "prevents people from sending remittances to the country from abroad and raises the price of vital products the country buys on the world market."

Most Americans and the international community are also opposed to the hostilities against the island. Today, even NBC condemned that while the Biden administration has rolled back some Trump-era restrictions on Cuba, the continuing terror designation is now affecting travel to the United States. "People from 40 countries this year lost the right to travel to the U.S. without a visa if they visited Cuba in the last decade. For U.S. travel, they must now apply for a visa, and it can take months for an appointment,"

Despite the claims of Cuba, the Americans, and the world, everything remains the same. Nothing has changed even though the UN General Assembly has voted in favor of the resolution urging the US to end its blockade against Cuba 29 times in a row.

A $2 million U.S. donation to Cuba in the aftermath of Hurricane Ian made headlines recently. Cuba thanked the US for the gesture, even though the donation will be made through the Agency for International Development (USAID) an organization that has allocated billions of dollars over the last decades to provoke a regime change in the island regardless of the consequences. The money will then go through the Red Cross which has its own administration fees. Compare this relatively token amount to the billions the US spends to send military aid around the world makes this donation seem like some sort of sadistic joke.

"Cuba suffers because it has the right to live without a blockade and in peace. Everything would be better without a blockade. The United States would be a better country without a blockade. The world would be a better place without hostilities," Bruno Rodriguez concluded.

Roswell Park-CIM Study Shows Novel Agent Can Overcome Immune Dysfunction in Cancer

Washington, Oct 6, 2022 (Prensa Latina)

The Roswell Park Comprehensive Cancer Center (EPCCC) in the United States on Thursday reported that Cuba´s VSSP cancer drug effectiveness on metastatic kidney cancer paves the way for a new treatment on such a disease.

According to a collaborative effort among EPCCC researchers and Cuba´s Center for Molecular Immunology (CIM), they have created a new strategy to correct immune dysfunction in patients suffering from malignant tumors, the source said.

The reports, which involved both lab studies and an early-phase clinical trial, showed that a new immune modulator (VSSP) can significantly reduce myeloid-derived suppressor cells (MDSC) among people with advanced kidney cancer.

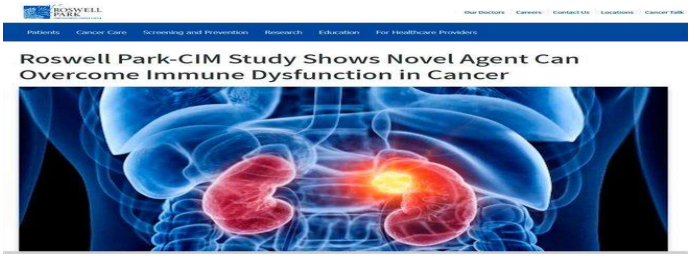
Previous research has proved that the antitumor immune reaction can be enhanced by blocking MDSCs, a prominent cell type that drives immune suppression. So, scientists then sought an alternative method to target them by using VSSP, a nanoparticle that has been in clinical development in Cuba for over 10 years and has been incorporated into the formulation of three different candidate cancer vaccines currently in different stages of clinical trials.

The study, recently published in the Journal for ImmunoTherapy of Cancer, showed that VSSP administration in preclinical trials converted MDSCs in the bone marrow into monocytes and dendritic cells, a potential result for cancer treatment in high-MDSC burden patients.

Moreover, CIM researchers also completed a VSSP early-phase clinical trial in 15 patients with metastatic kidney tumor, and found that the MDSCs amounts in patients' blood was significantly reduced, accompanied by increased levels of monocytes and dendritic cells.

"These clinical and preclinical trial results assured that VSSP can be used to correct myeloid dysfunction in cancer and also provide a rationale for combining it with other immuno-oncology agents," said Jason Muhitch, PhD., co-lead author at Roswell Park.

In this way, CIM's Circe Mesa, Ph.D., VSSP drug is positioned as a first-in-class immunomodulatory therapy to combine with other antitumor options.



#Cuba #health #Roswell Cancer Center #SCIENCES #study #USA #VSSP

Cuban President Supports Call by Artists and Intellectuals

Havana, 16 Oct, 2022 (Prensa Latina)

President Miguel Diaz-Canel today highlighted that over 1,100 people have signed in support of the appeal by intellectuals and artists of Cuba, which was issued several days ago in La Jiribilla cultural magazine.

On Twitter, the President pointed out that this sovereign and dignified document defends the essence of the Cuban nation and has the support of 90 thinkers and social fighters from 16 countries such as France, Italy, Brazil, Argentina, Mexico and Venezuela.

Among the international personalities are: journalist Ignacio Ramonet, writer Frei Betto, philosopher Fernando Buen Abad, political scientist Atilio Borón, anthropologist Hector Diaz, singer Cecilia Todd, theater director Manuel Santos and economist Geraldina Colotti.

The message expresses the commitment of intellectuals, artists and journalists of the island, based on ideals and patriotic principles.

It also recognizes the unrestricted support of subscribers to independence, sovereignty and anti-imperialism and their certainty in building a more united society, based on the full dignity of man, one of the proclamations of the apostle Jose Marti.

At the same time, the call rejects the distortion by hegemonic and social media of the "hard and heroic reality of Cuba these days" and rejects "messages that incite violence and support the blockade, contrary to the interests and wishes of the homeland".

Did Marco Rubio Bite Off More Than He Can Chew?

By Cheryl LaBash (USA) on October 17, 2022

He must have considered it a midterm election campaign stunt to rile up the rabid anti-Cuba electors in his state, or to impress his benefactors, but Florida Senator Marco Rubio may have overstepped himself. On August 5 Rubio publicly announced from a senatorial bully pulpit his letter to the FBI accusing illegalities and requesting an investigation of high school teacher, U.S. military veteran and Cuban American, Carlos Lazo and the remarkable movement that has grown around him appropriately named Puentes de Amor, Bridges of Love.

Let's remember Lazo's crime is bringing powdered milk and pediatric liver transplant medicine for Cuban children. In so doing, the international harm done to Cuban families by the US extra-territorial blockade is brought into plain view. One might think that Rubio, instead of multiplying his hate against Cuba, would be paying a little more attention to his Floridian constituents who remain without water and electricity after the devastation they are suffering from Hurricane Ian.

On October 11 the Cuban solidarity group and fourteen individuals responded with force by issuing a letter to the U.S. Senate Ethics Committee requesting an investigation of Rubio's defamation campaign. Most are longtime Florida residents and Rubio's constituents.

The letter cites the Senate Ethics Manual which "condemns 'improper conduct which may reflect upon the Senate.' … "Senator Rubio's conduct harkens back to the dark era of McCarthyism, where the chambers of the Senate were used by its members to target, harass, defame, silence, persecute and imprison citizens whose political and policy views differed from Senators like Joseph McCarthy or Marco Rubio."

Rubio is a self-righteous advocate for starving the Cuban people into relinquishing their sovereignty through an economic war. Support for this opinion is dwindling among the Cuban American community, in Florida and throughout the U.S. For more than two years, Puentes de Amor has conducted monthly, public, bike and car caravans in Miami itself calling for the U.S. blockade on Cuba to end.

These caravans began after Lazo and others rode bikes from Washington State to Washington, D.C. carrying this same message in 2020 inspiring other cities to do it as well. Rubio is no longer the unchallenged spokesperson for Cubans living in the U.S.

Many who hid their disagreement out of fear for the Miami terror campaigns of the past are no longer afraid.

A press statement announcing the complaint is on the ACERE.org website. The full text of the complaint can be found here. For anyone interested in signing the complaint, please fill out this form.
Source: Struggle – La Lucha



CCFA Toronto and other groups participated in the Monthly rally on Sunday, Sept. 25 at the United States Consulate on University Avenue, calling for an end to the immoral, illegal, U.S. Blockade against Cuba.





Recipe for Cuban Flan

By Elizabeth Hill and Mara Glebovs



Elizabeth Hill kindly agreed to share her Cuban Flan recipe, which was served at our AGM.

Cuban Flan is essentially a baked egg custard similar to Crème Caramel. Liz says she got this simple recipe from a Cuban mother. With the festive season approaching, you may wish to make it for dessert.

Ingredients:

- 1 can of condensed (evaporated) milk, (2% or regular)
- 1 cup of white sugar (plus 3 tablespoons for caramelized topping)
- 1 tsp. vanilla extract
- 4 large eggs

Equipment: a Blender and a Double boiler

Instructions:

What makes a nice flan is a caramelized sugar topping: put about 3 tablespoons of white sugar in the top pot of a double boiler. Put pot on a stove element and stir constantly over medium heat until sugar melts completely and just starts to burn. Remove pot from burner.

Put the remaining ingredients in a blender and mix well. If you don't have a blender, you can also mix the ingredients with a fork.

Heat just enough water in the bottom pot of double boiler so it does not overflow when you put top pot on.

Next, place the top pot on the bottom of the double boiler, which contains the hot water. Simmer gently on the stove (just under a boil).

Pour mixture from blender into the top pot, covering the slightly burned sugar. Put the lid on and simmer for about one hour and ten minutes. Check occasionally to ensure water in the bottom does not boil away.

The flan is done when firm. Remove top pot cum lid and let cool, e.g., outside in the snow (but don't let the raccoons and other critters get to it).

When flan is completely cool, remove lid, place a plate upside down on top of pot and flip both over, so the plate is on the bottom and the pot is upside down on it.

The flan will fall onto the plate. Keep in the refrigerator till you are ready to slice and eat! Enjoy!

CCFA Toronto Statement:

The Canadian-Cuban Friendship Association Toronto is active in promoting friendship, respect and co-operation between Canadian and Cuban peoples. We work with other Canadian groups and overseas.

Our activities are directed to:

-providing info/events about Cuba to the public and media — such as culture, health, education, sports, Canada-Cuba relations
-ending the illegal US blockade of Cuba and defending both Cuban and Canadian sovereignty from US interference
-counteracting the deliberate misinformation about Cuba by the US.

Amistad is the newsletter of the CCFA Toronto produced six times a year with volunteer labour. The Editorial Committee reserves the right to edit submitted material. The opinions expressed are not necessarily those of the editorial committee. Printed by union employees

We encourage everyone interested to submit media articles, editorial ideas, letters *or* to join the Editorial Committee in person or online.

Deadlines are the 10th of every even month

Editorial Committee:
Elizabeth Hill, Sharon Skup, Brien Young.

✂----------

Time to Renew? If you think it's time to renew your membership but you are not sure if it has expired, check your mailing label. **The month/year when your membership expires is on the label.** *Help keep the CCFA going by keeping your dues up to date.*

CCFA Toronto Application & Renewal Form

Membership includes a subscription to the bi-monthly Amistad Newsletter (6 issues annually).

☐ New member ☐ Membership renewal
☐ I only want the Amistad Newsletter

Annual Fees ***You can pay by cheque/cash/e-transfer***

☐ $20 Individual ☐ $10 Unwaged Ind. or Student
☐ $30 Couple/Family ☐ $30 To a foreign address

An Option: ☐ Instead of mailing a black/white Amistad, send me the coloured Amistad by email.

☐ I wish to donate $ _____to help with the CCFA's projects.

*** Please Print***

Name _____

Address _____

City _____

Province _____Postal Code _____

Phone _____
&/or
Cell _____

Email _____

Canadian-Cuban Friendship Association Toronto
CCFA Toronto Tel: 647.501.1219
P.O. Box 99051 – 1245 Dupont St Toronto ON M6H 4H7
ccfatoronto@sympatico.ca
www.canadacubafriendshiptoronto.ca

The Most Revolutionary Thing Today is to Be Anti-Capitalist

Author: Karima Oliva Bello | informacion@granmai.cu
20 October 2022 Translated y ESTI



Photo: *Ariel Cecilio Lemus*

To sustain the freedom bequeathed to us by our forefathers the way is to continue being anti-imperialist.
October 10 materialized, in the same cry of rebellion, the most revolutionary spirit of the times. It had its first expression in the call for unity that has mobilized Cubans ever since: **unity for a free nation against any form of foreign domination.**

At that time, in the very heart of the sense of our budding identity, took shape the hardest of all the contradictions we have had to work out as a people, which has marked the course of our history until today: between the will to be masters of our destiny and the temptation to be in the image and likeness of the empire; first Spain, then the United States, fulfilling the destiny of a colony that they have traced for us.

Today, under a new appearance, the dilemma is the same. The greatest threat to a country like Cuba is not only the interference policy of the United States and its desire to dominate our economy in the same terms as 60 years ago. Circumstances have changed and the world has been reconfigured since then. The fundamental risk that we face, together with the other peoples of our region, is the advance of capitalism with giant steps. It puts at risk our sovereignty and survival.

With the granting of unrestricted freedom to the market, characteristic of the neoliberal model, a new type of colonialism operates, through the mechanisms of coercion exercised by international financial organizations, such as the International Monetary Fund, on national economies, demanding the imposition of structural reforms that facilitate transnational corporations the unlimited exploitation of the natural resources of our territories (here in the South) and of the labor force, in almost slave-like conditions.

The uncontrolled privatization of strategic sectors that provide key services to the population, the reduction of public spending, the precarization of working conditions, the withdrawal of the State from its responsibilities for welfare and social security, the criminalization of anti-capitalist social movements and a long list of abuses, represent now the greatest danger to the sovereignty of the former colonies.

There are those who are dissatisfied with Cuba's present, because they would like the changes to lead, once and for all, to the development of a good capitalism, as if that were possible (especially for the most vulnerable), or they want us to make concessions so that our neighbor forgives us and welcomes us back into its tutelage, as if that were worthy.

Those of us who do not want to see a history of rebellion turned into submission and abysmal social differences are not satisfied with Cuba's present either. The only difference is that we understand that, in order to sustain the freedom bequeathed to us by our heroes and to achieve a progress that does not leave out any Cuban, the path must continue to be anti-imperialist. The only way to be consistent with the legacy of the founding fathers is to try to save it from capitalism to the last consequences.

Cuba Prepares Edition of Havana International Fair

Havana, Oct 22 (Prensa Latina)

Cuban Prime Minister Manuel Marrero today reviewed the preparatory actions for the XXXVIII edition of the Havana International Fair, Fihav 2022.

This meeting constitutes the most important general commercial exchange in Cuba and the Caribbean, and one of the most representative in Latin America. Between November 14 and 18, the Expocuba fairgrounds will host exhibitors, businessmen and technicians from all sectors of the Cuban economy, and a wide international trade show.

Fihav has been running since 1983 and is a business platform for new and established companies.
Despite the economic, commercial and financial blockade of the United States government against Cuba, intensified in times of pandemic, Cuba has the confidence of business-men from all over the world in the Cuban market.

Granma - All Arms and Efforts for Cuba

Author: Wennys Diaz Ballaga – 13 October 2022
Translated by ESTI

Cuba came together in one big volunteer workday on Sunday to support the post-hurricane recovery.

"I'm so proud of being able to work hand in hand in the volunteer work with the First Secretary of the Party and President of the Republic!" Natalia wrote on Twitter. "It's not a pose, it's attitude. He is the same Díaz-Canel that, when he was a member of the National Committee of the Young Communist League (UJC in Spanish), we saw every Sunday in volunteer works in work centers where he went by bicycle, whether it was in the municipality of Cotorro or Marianao," posted Iroel Sánchez.

The president was not there only in his capacity as Head of State. In the Juan de Dios Fraga neighbourhood of the municipality of La Lisa, he was just another one among all the brave and noble people who gathered there to work, to make revolution, which, as Fidel said, it's the duty of every revolutionary.

All of Cuba responded to the call to hold one big day of volunteer work nationwide to support the recovery works after Hurricane Ian hit the country on September 27. Young people and workers, intellectuals and scientists, sportsmen and artists, workers, military people, teachers - in short, Cuban women and men, at the call of the Union of Cuban Workers, took part Sunday in the works to recover from the damage caused by Hurricane Ian in the western part of the country. Those who were not affected also answered the call in production works to support those who were most affected. Cuba, the Homeland, called and its people joined the struggle to recover what the hurricane has damaged and to help those who suffered the most.

Of course, this is a work of love, inspired precisely by the example of Che, the man from Cuba and from America, the invincible one, the man the United States wanted dead, but came back multiplied; that is why imperialism is so afraid of him. He was the one who promoted these volunteer works to help the Homeland in the tensest moments because he was also the one who said that "a true revolutionary is guided by great feelings of love."

There, in La Lisa and in the Cuba that welcomed him as a son, the Heroic Guerrilla Fighter materialized, 55 years after his death in action, in the words of the First Secretary, when he affirmed that days like these enhance "the conviction that Che is present, and that we have not renounced to build the new man." That is why in Juan de Dios Fraga, the boss and the subordinate worked side by side to remove the debris and make the neighbourhood more beautiful.



Photo: Ismael Batista

Meanwhile, in Pinar del Rio and Artemisa, the heroic electricians, as the President defined them when describing what the people had done as a feat, hung from the poles to restore electricity to both provinces, a task they undertook after restoring electricity service in Havana in record time and, without asking for anything, not even water, they left for Pinar del Río and Artemisa.

Once the volunteer work was over, Diaz-Canel listened to the people's concerns and worries about the nation's situation. He reflected that what a hurricane damages in six hours cannot be recovered in the same period of time. He commented that it is understandable that people, faced with the lack of electricity and water, feel despair, but it is also necessary to understand that there are others who work 24 hours a day to re-establish these same services.

He thanked the scientists living in the community of La Lisa for the battle against COVID-19. He also spoke of the effects of Ian on agriculture and housing, which require time to solve them all, but alternatives are being sought as they speak, he said.

"All Cuba, I would say, has its eyes on Pinar del Río and Artemisa, but above all in Pinar del Río, which is the place with the most complicated situation," he emphasized. He described what happened there as devastating and praised the heroic work of the linemen who had already restored more than 30 % of the electric service.

"We are a family of Cubans, we can share here without any frontier of positions, origins, situations, skin colour, gender; simply as free Cubans, in socialist Cuba," he said with emotion.

This Sunday was an invigorating day because his concept of creative resistance and his phrase: "Let's join arms and efforts among all of us" became a reality for Che, for Cuba and for his Revolution.