

Dr. Altreisha Foster-Bentho, Virologist and UTech, Ja Alumna makes special presentation of her book: *Cake Therapy: How Baking Changed by Life*

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**Sweet Inspirations: Dr. Altreisha Foster-Bentho, Virologist and UTech, Ja Alumna makes special presentation of her book: *Cake Therapy: How Baking Changed My Life***



*Dr. Altreisha Foster-Bentho (centre), Virologist, Pastry Chef and UTech, Jamaica alumna presents Mrs. Myrtle Weir (left), Head, School of Hospitality and Tourism Management (SHTM) and Dr. Andrea Sutherland, Dean, College of Business and Management with a copy of her book: **Cake Therapy: How Baking Changed My Life**, during a courtesy call at the UTech, Jamaica Papine Campus on Tuesday, May 30, 2023.*

University of Technology, Jamaica alumna Dr. Altreisha Foster-Bentho, a virologist by profession and a Pastry Chef by passion, paid a special visit to the Papine Campus on Tuesday, May 30, 2023, where she not only shared her inspiring personal story, but also shared with the University two copies of her recently published book, **Cake Therapy: How Baking Changed My Life**.

The special visit was led by Mrs. Myrtle Weir, Head, School of Hospitality and Tourism Management (SHTM), College of Business and Management who along with her team, has been in collaborative discussions with Dr. Foster-Bentho since the pastry chef and author was introduced by *Jamaica Observer's*, Novia McDonald-Whyte, Senior Associate Editor, Lifestyle.

Dr. Foster-Bentho is a Jamaican vaccine scientist who is currently developing her creative side through baking. She studied Medical Technology at UTech, Jamaica and earned a doctorate in 2009 from the Department of Microbiology, Howard University College of Medicine, USA. Her career in public health and vaccine science began in Washington DC. Later, she worked in the Caribbean as vaccine principal. Her research is published in several prestigious journals including Nature. She owns a premier baking and dessert making company, Sugarspoon Desserts, in Minneapolis, Minnesota, USA and is currently on the first leg of her local media book tour.

Dr. Foster-Bentho shared that she was happy to make the book presentation to UTech, Jamaica, noting a sense of pride in the institution "where I had my start." She asserted with pride that "anywhere in the world

you go, and you meet UTech graduates there is a significant difference in how we approach things. We are strategic in our approaches, it's a little bit different because of the practical exposure that we received, and we champion this outside of Jamaica and so we are recognized out there a little bit more.”

## Inspiring and Empowering Girls

Giving brief insight into her personal story of resilience, healing and overcoming obstacles to achieve growth and success, captured alongside pastry recipes in the 18 chapters of her book, Dr. Foster-Bentho shared that her journey has not been easy, growing up in a “broken home” and without a father. Explaining her motivation to pen the inspiring “190 pages of hope”, she expressed that, “my purpose with baking is really to serve girls...baking really is a hobby for me and it really has transcended and catapulted me to the limelight,” quipping that “it wasn't my vaccines that did that,” adding, “I am using it as a platform to really support girls.” She also shared that she recently started a foundation – Cake Therapy that is about teaching girls financial independence and personal development and which also facilitates teaching girls to bake, free of cost.

Dr. Andrea Sutherland, Dean, College of Business and Management expressed sincere gratitude on behalf of the College and the University of Technology, Jamaica for the book donation and assured Dr. Foster-Bentho that her book will provide hope for many students who are facing difficult situations and welcomed further institutional collaborations with her.



*Dr. Altreisha Foster-Bentho (2<sup>nd</sup> right), Virologist, Pastry Chef and UTech, Jamaica alumna presents Dr. Andrea Sutherland (1<sup>st</sup> right) with two copies of her book : **Cake Therapy: How Baking Changed My Life**, beautifully encased in a unique cake box designed by the Pastry Chef. Also contained in the box was a cake baked by Mr. Winston Piper (left), Lecturer, SHTM and his team. Mr. Piper and his team in the SHTM have made 13 similar mini cakes for Dr. Foster-Bentho's presentation to recipients during her local book tour. Dr. Foster-Bentho noted that one of the books is specially presented to Mrs. Weir, (3<sup>rd</sup> left), Head, SHTM and the second is for a female SHTM student as determined by the School. Sharing in the happy occasion are Mrs. Rosalee Sawyers, Lecturer, SHTM and Mr. Richard Warren, Lecturer and Programme Director, SHTM.*

**By Corporate Communications Unit  
Advancement Division  
University of Technology, Jamaica**

**Photos: Instructional Media Services (IMS), Calvin McKain Library**