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A MONTHLY NEWLETTER BY SPACELESS GARDENS **MARCH 2016**

LATIN-CARIBBEAN REMEMBERING HUGO CHAVES

MAJOR FIGURES IN LATIN-CARIBBEAN HISTORY


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Hugo Rafael Chávez

HUGO RAFAEL CHÁVEZ FRÍAS

(Spanish pronunciation: 28 July 1954 – 5 March 2013), commonly known as Hugo Chávez, was a Venezuelan politician who served as the 64th President of Venezuela from 1999 to 2013. He was also leader of the Fifth Republic Movement from its foundation in 1997 until 2007, when it merged with several other parties to form the United Socialist Party of Venezuela (PSUV), which he led until 2012.

Born into a working-class family in Sabaneta, Barinas, Chávez became a career military officer, and after becoming dissatisfied with the Venezuelan political system based on the Punto Fijo Pact, he founded the clandestine Revolutionary Bolivarian Movement-200 (MBR-

200) in the early 1980s. Chávez led the MBR-200 in an unsuccessful coup d'état against the Democratic Action government of President Carlos Andrés Pérez in 1992, for which he was imprisoned. Released from prison after two years, he founded a political party known as the Fifth Republic Movement and was elected president of Venezuela in 1998. He was re-elected in 2000 and again in 2006 with over 60% of the votes. After winning his fourth term as president in the October 2012 presidential election, he was to be sworn in on 10 January 2013, but Venezuela's National Assembly postponed the inauguration to allow him time to recover from medical treatment in Cuba. Suffering a return of the cancer originally diagnosed in

June 2011, Chávez died in Caracas on 5 March 2013 at the age of 58.

Following the adoption of a new constitution in 1999, Chávez focused on enacting social reforms as part of the Bolivarian Revolution, which is a type of socialist revolution. Using record-high oil revenues of the 2000s, his government nationalized key industries, created participatory democratic Communal Councils, and implemented social programs known as the Bolivarian Missions to expand access to food, housing, healthcare, and education. With Venezuela receiving high oil profits in the mid-2000s, improvements in areas such as poverty, literacy, income equality, and quality of life occurred primarily between 2003 and 2007. At the end of Chávez's

presidency in the early 2010s, economic actions performed by his government during the preceding decade such as overspending and price controls proved to be unsustainable, with Venezuela's economy faltering while poverty, inflation and shortages in Venezuela increased. Chávez's presidency also saw significant increases in the country's murder rate and corruption within the police force and government. His use of enabling acts and his government's use of Bolivarian propaganda was also controversial.

Internationally, Chávez aligned himself with the Marxist-Leninist governments of Fidel and then Raúl Castro in Cuba, and the socialist governments of Evo Morales (Bolivia), Rafael Correa (Ec-

uador), and Daniel Ortega (Nicaragua). His presidency was seen as a part of the socialist "pink tide" sweeping Latin America. Chávez described his policies as anti-imperialist, being a prominent adversary of the United States's foreign policy as well as a vocal critic of US-supported neoliberalism and laissez-faire capitalism. He described himself as a Marxist. He supported Latin American and Caribbean cooperation and was instrumental in setting up the pan-regional Union of South American Nations, the Community of Latin American and Caribbean States, the Bolivarian Alliance for the Americas, the Bank of the South, and the regional television network TeleSUR. Chavez's ideas, programs, and style form the basis of "Chavismo", a political ideology closely associated with Bolivarianism and socialism of the 21st Century.



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2016 Schedule: April 14th - May 3rd, 2016

- Saturday, March 19 / Causeway Jump Up & 1st Road to Carnival Party
- Friday, April 1 / Around Town Jump Up & 2nd Road to Carnival Party
- Saturday, April 2 / Senior Calypso Eliminations & Roadmarch competition
- Sunday, April 3 / Junior Queen Show/Junior Calypso Show
- Friday, April 8 / Road To Carnival Party Finale
- Saturday, April 9 / Rio Productions Lighted Parade
- Sunday, April 10 / Survivors Children Balloon Parade
- Thursday, April 14th / Official Opening of Carnival 2016/Carnival Village Opening
- Friday, April 15th / Soca Rumble
- Saturday, April 16th / Caribbean Flag Fest International Concert
- Sunday, April 17th / Junior & Cultural Parade/Village Cookup
- Monday, April 18th / Teen Carnival Queen Pageant
- Tuesday, April 19th / Senior Carnival Queen Pageant
- Wednesday, April 20th / Miss Mature Carnival Queen Pageant
- Thursday, April 21st / Youth Extravaganza
- Friday, April 22nd / Dreamteam Entertainment Concert
- Saturday, April 23rd / Night of the Hit Makers Concert
- Sunday, April 24th / Splash Wet Fete in Carnival Village
- Monday, April 25th / Senior Calypso Finals
- Tuesday, April 26th / International Concert
- Wednesday, April 27 (4am) / Jouvert Morning Jump-Up
- Wednesday, April 27 (8pm) / \$5 Village Night/King & Queen of the Band
- Thursday, April 28th / Fully Loaded III
- Friday, April 29th / Sabor Latino IV
- Saturday, April 30 / Grand Carnival Parade
- Sunday, May 1st / Labor Day Parade
- Monday, May 2nd / Wet & Dry Family Play Day
- Tuesday, May 3rd / Closing/Burning King Momo

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FEB 2016

MONTHLY HARVEST SUMMERY



Monthly Harvest Analytic Summery:

Monitoring our crop harvest on a daily basis helps us to keep track of the amount of production we reap, production Increase \ Decrease and other useful data that may be handle for future research and development toward agricultural sustainability, This data is gathered based on Organic Edible Produce, all waste or unwanted produce is disregarded from this spread sheet.



Results by Fam Manager

CROP TYPES	HARVEST JAN 2016	
Kallaloo	12	Kilos
Bak Choy	11	Kilos
Basil	10	Kilos
Sugar Apples	9	kilos
Sorrel	6	Kilos
Squash	14	kilos
Spanich	8	Kilos
Passion Fruit	3	kilos
String Beans	4	Kilos
Star Fruit	12	kilos
Tomatoes	26	Kilos
Mango	8	kilos
Water Melon	64	kilos
Onion & Garlic Chives	4	kilos
Soursap	12	kilos
Dill	1	Kilos
Okra	9	Kilos

- String Beans
- Tomatoes
- Star Fruit
- Passion Fruit
- Spanich
- Squash
- Sorrel
- Sugar Apples
- Basil
- Bak Choy
- Kallaloo
- Mango
- Water Melon
- Onion & Garlic Chives
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- Okra

MONTHLY HARVEST ANALYTIC SUMMERY FEB 2016:

Monitoring our crop harvest on a daily basis helps us to keep track of the amount of production we reap, production Increase \ Decrease and other useful data that may be handle for future research and development toward agricultural sustainability, This data is gathered based on Organic Edible Produce, all waste or unwanted produce is disregarded from this spread sheet.

er useful data that may be handle for future research and development toward agricultural sustainability, This data is gathered based on Organic Edible Produce, all waste or unwanted produce is disregarded from this spread sheet.

regarded from this spread sheet. The month of February was quite a pleasant month , we harvested our watermelon crop with a fruitful harvest of over 64 kilos. We also had a great first harvest of to-

matoes at 28 kilos. The butterflies left us in the end of January leaving behind the caterpillar damage to the Callaloo and leafy crops such as lettuce and Bak Choy and the dry weather brought in scales on the String bean . Never the less we got to reap a great harvest and now most of the annual crops have gone through their

life cycles and left us with seeds to do it all over again with a better precaution approached to disease control. Although nature may bring certain obstacles your way , we have to give thanks for every element that exists for that is what makes up natures life cycle ... Ending March and beginning April will be a great month

as we will be harvesting Season peppers and Sweat Peppers... On the menu for replanting in the next 2 weeks are, Purple Cabbage, String Beans, Lettuce Leaf and Cinnamon Basil, Bak Choy, Jalapeño Peppers, Spinach, Oregano, Thyme, Cherry Tomatoes, Dill, Egg Plants and Kallaloo...



March 2016 has been another very fruitful month with over 30 kilos of Pumpkins harvest thus far.

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Creating New Relationships with Families, Parents, and Communities PART 2

THE LITTLE STORY in last months edition illustrates a number of interesting pedagogical techniques: integration of disciplines, writing across the curriculum, real-world-based learning, and cooperative learning. It also provides a wonderful example of a teacher asking community members to share their expertise with students. Here, the community is viewed as a resource to be used to help students learn important concepts--in ways that send students and parents alike a positive message about the value of schooling and the work of the community.

A New Vision of the School House: Forging New Relationships with the Community.

A second major theme of the current educational reform movement, which builds on the idea of real-world-based, student-directed learning, involves a vision of the school as an active learning community structured exclusively to enhance student learning. In such "restructured" institutions, the day's schedule, the organization of staff and student time, and the roles and responsibilities of teachers and administrators are designed explicitly to help students learn.

Thus, for example, the length of class periods or the assignment of staff to teaching responsibilities are not seen as "givens" that must structure each day. Rather, teachers in these schools might teach only two or three subjects per day, each class involving teams of teachers working with the same group of students for a length of time, depending on the subject to be covered. In the same vein, "teachers" may play several different roles in such a school, acting as in-

structors, curriculum developers, and decisionmakers (David and Shields, 1991).

Following this logic, the school building is not viewed as the only location teaching and learning can take place. Based partly on the argument that students need to learn critical thinking within a real-world context, as we discussed above, teachers in such learning communities are likely to design learning experiences that take place outside of the formal school building. Science projects carried out in nearby parks, mathematics projects requiring the timing of bus routes, and writing assignments based on field experiences are examples of appropriate out-of-school learning experiences for children in the middle grades.

Rethinking the basic structure and routines of the school also leads to consideration of the need to provide other services to students. More and more schools are recognizing that their students' ability to learn is contingent on their physical and mental well-being and the well-being of their families. Consequently, schools are experimenting with new ways of providing more integrated services to their communities, wherein the traditional educational function of the school is extended to include specific health and social services. Schools embarking on integrated service delivery vary considerably in the extent to which they actually provide versus coordinate such services, but the underlying logic remains the same: the structure of the "school" should be defined not by tradition but by the needs of the specific student body.

The implications of such shifts in the traditional structure of schools for bridging the gap between the school and the community are clear. Staff of such schools are open to leaving the school building to promote educational activities for their students in their own communities. Such steps increase the opportunity for community members to become acquainted with the schools as well as for school staff to know the community better. At the same



time, by structuring schools to meet the broader needs of the students' families through the provision of noneducational services, teachers and administrators are opening their doors to the broader community and explicitly expressing their desire to help community members. Thus, restructuring in these ways can both bring the school to the community and attract the community to the school.

Again, breaking down the long-standing barriers between school and community and asking teachers, parents, and even students to assume new roles is no easy task. The following vignette shows how the traditional lines between school and home, teacher and parent can be crossed in ways that promote student learning and increase communication and understanding.

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A child that sees like this can pass a vision screening.



A child that sees like this can pass a vision screening.



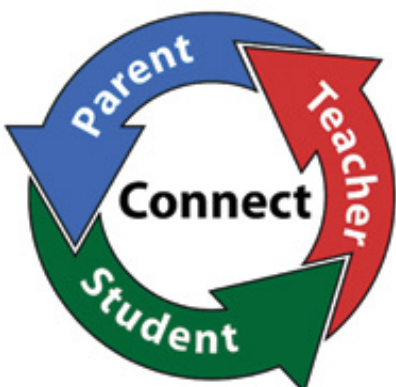
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10 SURPRISING

HEALTH BENEFITS OF SEX - THE PERKS OF SEX EXTEND WELL BEYOND THE BEDROOM



1. HELPS KEEP YOUR IMMUNE SYSTEM HUMMING

"Sexually active people take fewer sick days," says Yvonne K. Fulbright, PhD a sexual health expert.

People who have sex have higher levels of what defends your body against germs, viruses, and other intruders. Researchers at Wilkes University in Pennsylvania found that college students who had sex once or twice a week had higher levels of the a certain antibody compared to students who had sex less often.

You should still do all the other things that make your immune system happy, such as:

- Eat right.
- Stay active.
- Get enough sleep.
- Use a condom if you don't know both of your STD statuses.

2. Boosts Your Libido

Longing for a more lively sex life? "Having sex will make sex better and will improve your libido," says Lauren Streicher, MD. She is an assistant clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of

Medicine in Chicago.

For women, having sex ups vaginal lubrication, blood flow, and elasticity, she says, all of which make sex feel better and help you crave more of it.

3. Improves Women's Bladder Control

A strong pelvic floor is important for avoiding incontinence, something that will affect about 30% of women at some point in their lives.

Good sex is like a workout for your pelvic floor muscles. When you have an orgasm, it causes contractions in those muscles, which strengthens them.

4. Lowers Your Blood Pressure

Research suggests a link between sex and lower blood pressure, says Joseph J. Pinzone, MD. He is CEO and medical director of Amai Wellness.

"There have been many studies," he says. "One landmark study found that sexual intercourse specifically (not masturbation) lowered systolic blood pressure." That's the first number on your blood pressure test.

5. Counts as Exercise

"Sex is a really great form of exercise," Pinzone says. It won't replace the treadmill, but it counts for something.

Sex uses about five calories per minute, four more calories than watching TV. It gives you a one-two punch: It bumps up your heart rate and uses various muscles.

So get busy! You may even want to clear your schedule to make time for it on a regular basis. "Like with exercise, consistency helps maximize the benefits," Pinzone says.

6. Lowers Heart Attack Risk

A good sex life is good for your heart. Besides being a great way to raise your heart rate, sex helps keep your estrogen and testosterone levels in balance.

"When either one of those is low you begin to get lots of problems, like osteoporosis and even heart disease," Pinzone says.

Having sex more often may help. During one study, men who had sex at least twice a week were half as likely to die of heart disease as men who had sex rarely.

7. Lessens Pain Before you reach for an aspirin, try for an orgasm.

"Orgasm can block pain," says Barry R. Komisaruk, PhD, a distinguished service professor at Rutgers, the State University of New Jersey. It releases a hormone that helps raise your pain threshold.

Stimulation without orgasm can also do the trick. "We've found that vaginal stimulation can block chronic back and leg pain, and many women have told us that genital self-stimulation can reduce menstrual cramps, arthritic pain, and in some cases even headache," Komisaruk says.

8. May Make Prostate Cancer Less Likely

Going for the gusto

may help ward off prostate cancer.

Men who ejaculated frequently (at least 21 times a month) were less likely to get prostate cancer during one study, which was published in the Journal of the American Medical Association.

You don't need a partner to reap this benefit: Sexual intercourse, nocturnal emission, and masturbation were all part of the equation.

It's not clear that sex was the only reason that mattered in that study. Lots of factors affect cancer risk. But more sex won't hurt.

9. Improves Sleep

You may nod off more quickly after sex, and for good reason.

"After orgasm,

the hormone prolactin is released, which is responsible for the feelings of relaxation and sleepiness" after sex, says Sheenie Ambardar, MD. She is a psychiatrist in West Hollywood, Calif.

10. Eases Stress Being close to your partner can soothe stress and anxiety.

Ambardar says touching and hugging can release your body's natural "feel-good hormone." Sexual arousal releases a brain chemical that revs up your brain's pleasure and reward system.

Sex and intimacy can boost your self-esteem and happiness, too, Ambardar says. It's not only a prescription for a healthy life, but a happy one.



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Lenny Priest: We Mad As Hell - Letter sent to parliament before the budget was passed

WE AREN'T TAKING IT ANYMORE, WE ARE MAD AS HELL!

It is unacceptable that we just can't get anything right since obtaining the status of country within the Dutch Kingdom on October 10, 2010. Over and over we have to repeat the shame that the established parties (UP, NA, DP, US) are putting this country through. At this moment each one of them are blaming the other. But at the end of the day all of them are to be blamed equally including the independents.

During the debate of the 2016 budget the Finance Minister made a presentation outlining what the benefits are for the parliament of St. Maarten to support it. We've had members of parliament stating in advance that they would not support the 2016 budget before even having the chance to review it. That was a clear indication that this member of the parliament was not thinking about the future of St. Maarten but was willing to vote along party line even if it meant throwing the country many years backwards. It would be very interesting to see what she would do if the other opposition members come to their senses and support the 2016 budget.

But now an even bigger obstacle is the fact that one of the members supporting the coalition government has been detained and no one at this moment knows what will be the outcome of this arrest. Jump high jump low at the end of the day it is the people once again who will be suffering because of this uncertainty regarding the 2016 budget.

According to media reports the opposition of seven is planning to sign in to provide the necessary quorum for the meeting to continue. But at the same time some sort of meeting took place with the leaders of the government and the opposition. Unfortunately, the only conclusion that came out of that meeting is who is lying and who is telling the truth. It seems as if our leaders have adopted a page out of the book of the Republicans in the U.S.A. Nobody seems to know what the truth is anymore. Interestingly enough, there were two other members namely, Mr. Richard Gibson Sr. and Dr. Lloyd Richardson supposedly in the vehicle. They



OSPP Leader Mr Lenny Priest - Photo Island-times

must have some type of recollection as to what actually transpired during that meeting. Or will we have to wait and read about it sometime in the future when they decide to write their memoirs about their tenure in government.

Nevertheless, the people of St. Maarten aren't taking it anymore and they are mad as hell. They are sick and tired of this back and forward between the established political parties in government who promised them a bed of roses during the last election in 2014. But each time they seem to come up short for the people but plentiful for themselves, the elected representatives. The people of St. Maarten hopefully have come to realize that it is not about them. It is about the elected officials running the daily affairs of the government to be able to plunder the coffers of the government and those of the government owned companies.

The OSPP feels that time after time the people of St. Maarten have had the opportunity to elect people who will look after their wellbeing all the time. It is time that our people become conscious of the fact that the established parties (UP, NA, DP, US) are taking them for a ride. It is only left for them to say, we can do what we want with the people and they will continue voting for us. In other words we can walk all over the people for the most part of the term and they must support us at the end of the day anyhow.

The OSPP is calling on all citizens of this country to contact your representatives in parliament by phone or emails and demand that they show up to work to

debate the 2016 budget in the next four days. Demand that they vote on the 2016 budget and that you will not accept them abstaining from voting. Demand from them that you are not paying them to walk out of the meeting. Demand from them that you expect them to submit proposals during the debate that would improve your quality of life by lowering the cost of living, increasing the minimum wage and pension, establishing a general pension plan, constructing low income affordable houses, reducing the crime and to submit new ideas to generate more revenue for the coffers of the government of St. Maarten. Anything short of that you will punish them during the next election on September 26, 2016. Let them know that you are mad as hell and you are not taking it anymore.



WHA YA SAY ?
TELL DI TRUTH
WITH RAS ITAL

MAD AS HELL HIM SAY !!!! Well I man Madda den Heaven, Right ya now Jah fi come down and erase a few a dem off di face of him earth..

Di Biggest Robbery of disya time, dem pull it off a broad day light right front di people them eye. True di people nah watch gaurd them Taxes dem tek di money and do awhole heep a fluckry, sorry fi mi french, but mi affi start learn true long time me feel like marry a french gyal true me ear dem tuff, dem stand up fi dem rights.

Nuff a Dem nah to bright, dem only know how fi add fi dem selves and subtract from di people. Dem a di same one a skip maths class ina secondary education, me memba, nah blame dem seen! Some a dem naah overstand fi handle a large mathematical sitiation !!! More time we fi pay li extra tax fi get a black board outside di parliment building. That way dem can share di whole budget before hand with di people and di people can erase wha naah mek it. Mi sure dem have a few educated people ina SXM who sit front adi secondary maths class. Inl think is time for some new students now, so di people can teach dem how fi run di country fi dem.... After all, calculator mek long time now and barely only cost \$3.75, ya can budget that !

WHAT DO WE MEAN BY ART, ARTISTS, CULTURE, AND INDUSTRY?

THE EVOLUTION OF MEANING IN RELATION TO CHANGING PATTERNS OF WORK P2



Art by www.itsablackthing.com

BY ANN M. GALLIGAN

The term art moved from referring to any human skill to one that came to signify a particular group of skills relating to the “imaginative” or “creative

arts.”

Likewise, around the end of the 18th century, the term artist also began changing. Previously, artist had meant a skilled person across all walks

of life, as reflected by the term artisan, but the term started evolving to describe the skills associated with the imaginative and creative arts, and the notion of class became a factor. As Williams adds, art came to stand for a special kind of imaginative truth and artistic and cultured appeared in polite society. The romantic view of the role of the artist as a different kind of person began to emerge.

The concept of industry, too, underwent a major realignment during the Industrial Revolution. Like art, industry went from being closely tied to individual behavior and describing a human trait—such as an industrious person—to one referring to a collective group or an institution—a thing in and of itself.

Industry also began to be seen as a general word for manufacturing and other forms of production. Williams states that Adam Smith in *The Wealth of Nations* (1776) was one of the first to use the term in this new way and that Industry, as an institution, soon came to be capitalized. The driving force,

of course, was the introduction of machinery and the new industrial processes for production. This major technological revolution changed the way people worked and organized their daily and collective lives as well as how society around them operated.

The same shift had an impact on political vocabulary. The term democracy as currently perceived only came into real usage around the time of the American and French revolutions.

Before that, it was more an abstract concept as *demokratia*, or “government by the people,” as used by the early Greeks. Williams suggests that this is around the same time that the concept of national identity, and of culture and class as we now know them, began to take hold. With the advent of the Industrial Revolution, culture began to be understood as a whole new, interconnected, albeit less organic, way of life. Work, too, became less tied to nature, and employment became a new concept tied to major cities.

EMPLOYERS AND TATTOOS

BACKGROUND

Employers can more effectively hire, recruit and retain staff once they understand the answer to why do people get tattoos. Unfortunately, the media often reinforces negative stereotypes. Here is an objective look.

WHO HAS TATTOOS

It's true many criminals, delinquents and dead beats have tattoos. However, just as many aren't inked. It's also true, millions of great employees don't have tattoos or piercings. However, millions of tattooed and pierced people in the workforce are highly qualified and hard-working staff. Currently, 42% of the adult workforce has tattoos, and 61% has piercings. Tattoos can't solely determine the character, education, skills, drive or merit of an individual.

WHAT DO TATTOOS MEAN

So, why do people get tattoos? The reasons are as unique as the individuals who get tattooed. Often tattoos are memoirs to their family. They have meaningful and inspirational

verses, sayings, or symbols. For employees, tattoos can capture what means the most to them: God, family, friends, values, moments, travels and more.

RECRUITMENT

One of the biggest ways how ink and piercings affect business is recruitment. Lots of people with tattoos and people with piercings turn down jobs if the tattoo and piercing regulations are too strict. Businesses always hurt chances of finding qualified, experienced and skilled employees when they restrict their hiring pool with tattoo and piercing regulations. Disney recently changed their recruitment policies and dress code because they, “couldn't find enough qualified staff without tattoos or piercings.”

RETENTION

When a company tells staff to cover up ink that symbolizes a memory, family member, or value that holds intrinsic meaning to the staff, it hurts company strength. When companies value the individuality

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CONTINUED ON PAGE 11

EMPLOYERS AND TATTOOS..... CONTINUED FROM PAGE 10

RECRUITMENT

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RETENTION

When a company tells staff to cover up ink that symbolizes a memory, family member, or value that holds intrinsic meaning to the staff, it hurts company strength. When companies value the individuality and character of their employees, the employees in return value the character and culture of the company.

LOST CUSTOMERS

According to FOX News, 96% of American adults would not change their current product shopping habits if a business had staff with tattoos and piercings. As long as they felt they received the same quality and pricing. Customers who do stereotype set the bar low for tattooed and pierced employees. If you hire qualified inked or pierced staff they actually exceed expecta-



tions faster than non-tattooed staff.

PUBLIC OPINION

According to polls, a majority of American's don't find tattoos and piercings un-professional. However, a large portion of

shoppers would possibly change product shopping habits if they felt a business discriminated against staff with tattoos and piercings.

Recently, PetSmart changed their corporate policy to allow staff to have visible tattoos and piercings as long they weren't vulgar. Here's the result:

A sharp increase over the next few months of over 20,000 new social media followers. They gained 1000's of new website back links within a few weeks.

Dozens of national magazines, television stations and newspapers covered the story. A press value of over \$500,000.

ECO TOURISM GUYANA RAIN FOREST



GUYANA IS INCREASINGLY LOOKING AT ECO-TOURISM as an economically viable way of preserving and conserving the country's natural environment. Boasting high levels of intact tropical rainforest and biodiversity, Guyana is set apart from many other eco-tourism destinations. Eco-tourism development in Guyana supports socio-economic growth and functions as a sustainable and equitable use of the residing tropical forest ecosystems.

CHARACTERISTICS OF GUYANA'S ECO-TOURISM PRODUCT

Guyana's tourism product is largely nature based and caters to the individuals who strive for adventure with their travels. Northwestern Guyana consists of miles of undeveloped coast and the habitat for nesting sea turtles. Georgetown, the country's capital city is home to more than 200 bird species. Traveling south into the interior, tourists can enjoy the world's largest single drop waterfall and the Iwokrama million acre wilderness reserve. In the Southwest, the Rupununi savannas are among the world's most bio-diverse wetlands.

OPPORTUNITIES

A combination of the pristine natural setting, excellent guides and comfortable lodges makes Guyana an ideal location

for eco-tourism development. Guyana remains largely unknown as a tourist destination on a global scale. As the tourism market in Guyana gains more exposure, the potential for eco-tourism to play significant role in Guyana's economy strengthens every year. A case in point is the the Iwokrama Rainforest Reserve, a unique experiment in sustainable tropical forestry management and biodiversity conservation which protects 371 000 hectares or 2% of Guyana's total forested area. The Iwokrama forest is a unique resource of natural and human communities. It has an exceptional combination of elements with an appeal to visitors interested in biodiversity, social anthropology and conservation.

CHALLENGES

Guyana remains a virtual unknown in the global tourism industry and within Guyana, tourism is still in the development stage. Communities cannot depend on tourism without enough visitors to make it possible. Guyana lies far off South America's tourism path but its pristine beauty and immense species diversity are slowly being discovered by adventurous travelers on a global scale. Although a lack of interior development (the main road through the country remains unpaved) has allowed for the majority of Guyana's interior to remain un-

tarnished, the lack of development functions as an obstacle to support the growing demand for tourism in the country.

The Iwokrama International Centre for Rainforest Conservation and Development (IIC) hopes to promote and sustain lasting ecological, economic and social benefits to the people of Guyana. It incorporates selective timber harvesting, eco-tourism, research operations and the maintenance of close business relationships with the local communities and commonwealth organizations.

IWOKRAMA'S MISSION STATEMENT

To promote the conservation and equitable use of tropical rainforests in a manner that will lead to lasting social, ecological and economic benefits on a national and international scale by undertaking research, training and the development and dissemination of technologies.

BACKGROUND

IIC was established by Guyana in collaboration with the

Commonwealth in 1989 [1]. The centre aims to become an international business model for sustainable, community-inclusive practices. The name Iwokrama comes from the Makushi word for 'place of refuge,' as the Makushi people fled to these mountains after an invasion from the north by the Caribs. The Iwokrama Reserve encompasses one million acres of tropical rainforest, 2% of Guyana's total forested area. 51% of Iwokrama's total area is set aside as a wilderness preserve and the remaining 49% is designated as a sustainable economic zone, where forest management has occurred for the last 12 years.

RESEARCH CENTRE

Iwokrama inhabits some of the world's largest and biologically diverse species. It is home to the arapaima, the world's largest scaled fresh water fish, the jaguar, one of the world's largest cats, along with the world's largest river otters, river turtles, anteaters, snakes, rodents, eagles and caimans.



The Iwokrama rainforest was dedicated to the international community for global warming research in 1989. The center provides a unique site to test the concept of a truly sustainable forest. Scientists are able to engage in on-site research into the impacts of climate change and can measure the scope and value of on-site species biodiversity. Research studies include biodiversity surveys on the residing flora and fauna, forest utilization studies on timber and non-timber forest products, bio-prospecting on endophytic fungi, wetlands research, marketing research, social research, citizen science, ecosystem services and alternative business development.

need to generate a sustainable income for the surrounding communities and to retain the unique global assets of virgin rainforest on which it is situated. Iwokrama recognizes the growing demand for timber that incorporates environmental and social practices into its business value. Iwokrama timber has established a growing market identity in the USA, Europe and New Zealand. Sustainable practices incorporate a monocyclic, silvicultural system that utilizes selective science based felling methods over a 60 year cutting cycle. The business is committed to showing how a rainforest can be used for profitable [[Ceconomic growth, effective climate change protection, and a real community benefit.

SUSTAINABLE FORESTRY

Iwokrama aims to balance the

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10 STEPS TO MAKE YOUR SMALL BUSINESS DREAM A REALITY

DREAM BIG

MUCH LIKE CREATING YOUR DREAM HOUSE, your dream business requires thoughtful planning and preparation. It's important to invest time in plans, goals, and strategies to understand where you are now and where you want to be in the future—and what's most important to you along the way. Failing to do so might require a do-over, or worse yet, a trip to the employment line when your business fails to deliver what you anticipated.

Here are ten fundamental components to consider as you create your "dream" business:

1. I know exactly what business I'm in.

Trick question? Not really. Your answer could determine your company's future. Apple's decision to be in the "consumer electronics" business really paid off. By contrast, Blockbuster didn't ask that question until it was too late. They went by the wayside of "selling VHS/DVD" business when overtaken by Netflix who was in the "delivering entertainment" business.

2. I have a clear understanding of my present and future clients, their needs, and how they acquire their products and services.

The crucial key is to truly know your clients—and their needs—better than they do! How do you achieve such a feat? Continual communication and collaboration with your target audience is necessary.

3. My mission statement fully reflects my values.

Creating a mission statement for your business is the first, and the most important step, in the strategic planning process. If you're ready for "mission possible", ask us for the Craft Your Mission Statement worksheet to create a mission that fully reflects your business.

4. My vision is clear, concise, and a daily source of inspiration.

To live without a clear image of your own vision is to live someone else's vision. Illuminate your vision by requesting and completing the Clarify Your Vision worksheet.

5. I know the strengths and

limitations of my competitors and have properly positioned my company.

Two questions to consider include "what key advantages and vulnerabilities do your competitors possess in the area of marketing, service, reputation, and business operation" and "how will/can your business compete?" Uncovering the answers to these questions will help identify your sweet spot in the marketplace.

6. I have identified my company's strengths, limitations, and competitive advantage.

Your company's strengths can improve your position in the marketplace. On the other hand, identifying internal weaknesses can spur initiatives to address those shortcomings.

7. My company's primary aim provides direction and focus, and is used as a standard for measuring my progress.

Understanding your company's primary aim gives you the ability to actively shape your business rather than accept whatever pleasure—and pain—comes your way. It provides purpose and satisfaction and compels you to create a remarkable business.

8. My business goals and objectives are in alignment with my personal goals and objectives. Business and personal goals intertwine for many entrepreneurs. Considering both provides better focus, less distraction, greater efficiency, and puts you on the road to better results.

9. I assess and upgrade my business plan regularly.

I'm a big fan of "strategic tinkering"—aka updating your plan as things change. Change is an everyday occurrence so minor adjustments in planning should occur with regularity to keep you on track. You can address more extensive upgrades to your plan monthly and annually.

10. I have identified four key strategies that produce a competitive advantage and direct my decisions.

Strategies guide decisions, save valuable resources, prevent squandering time and money on the wrong projects or pursuing the wrong mar-

ket, sort out conflicting priorities, and clarify activities. What more can you ask for? Perhaps a worksheet to identify Strategies to Growth and Manage Your Business. As you can see, addressing all the different aspects designed to grow your dream business is no small deed! However, along the way,

the time invested provides a road map and practical how-to information for creating worthwhile work that makes a difference.

And, remember the wisdom of a sage man who said, "If you don't have time to do it right the first time, how much time do you have to do it over?"



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THE TOP TEN WAYS TO STAY FOCUSED ON YOUR OBJECTIVES PART 1

ANY WORTHWHILE, challenging goal requires sustained effort. Doing the things necessary for a day or two isn't hard. Where most people fall down is in stringing those days together and thereby creating the progress, the momentum, and ultimately, the successful accomplishment.

What follows are ten ways to maintain your focus, your energy and your optimism while pursuing your goal. They've worked for me and they'll work for you. When I've employed all of these components, I've never failed to achieve my intention.

- 1. Have Powerful Reasons.** With a strong enough reason you can and will find the how and the wherewithal to achieve your reward. Reasons plus belief keep you motivated. When you're excited about your goal, it doesn't seem like work. If you're not excited, your efforts will require more discipline and energy. Make sure it's YOUR goal. Make sure it excites you. And then act enthusiastically.
- 2. Write Your Objectives Down.** This is a critical step. Don't think it, ink it. When you write your goals down, they appear not only on paper, but they become indelibly written upon your consciousness.
- 3. Visualize.** "See" your objective already in existence. Nothing can withstand the power of a clear, multi-sensory vision of what you are intending. What does it look like? What will people be saying about it? How will you feel? The more detailed and "real" you can make your vision, the more powerful it will be. It will operate like a magnet and draw forth all kinds of things you never thought possible.
- 4. Affirm Your Success.** Speak your goal into existence. An affirmation is a present-tense, positive statement of your intended outcome. I now have achieved _____ (fill in the blank). The more sensory rich you can make your affirmations, the more effective they will be. All of these techniques help you to feel the presence of your objective and build belief. **MORE ON THIS TOPIC IN APRIL 2016 EDITION**



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"Knowledge in abundance can be obtain if one seeks without a cent, for that reason this paper will always remain free" Wyattte

THE AGE FOR A CHILD TO START AT THE GYM

CHILDREN NEED EXERCISE just as much as adults, so it's appropriate for them to go to the gym from about the age of 2 onward. The Center for Disease Control and Prevention, recommends children get at least one hour of exercise every day. Benefits of regular exercise for children include controlling stress, raising self-esteem, maintaining a healthy weight, building a healthy body and improved sleep. The type of activity a child does at the gym depends on his age and physical maturity.

AGES 2 TO 3

The gym can help your toddler improve her motor skills, through activities such as running and throwing. Toddler gym exercise classes are appropriate but should emphasize fun over structure and creativity over strict form. Observe preschool gym classes geared toward body awareness, while strengthening language skills, cooperation and observation skills. Young bones should not be stretched in a rigorous way

as skeletons are still developing. Play with your child while at the gym using games such as tag or leap frog. As motor skills mature, games can become more complex incorporating movements such as running, jumping, skipping and tag. She may enjoy toddler adapted classes for swimming, T-ball, yoga and tumbling.

AGES 4 TO 5

As her motor skills mature, your child's gym classes can become more complex, incorporating movements such as running, jumping, skipping and tag. She may enjoy classes at the gym such as swimming, T-ball and tumbling. Gymnastics can be introduced, as long as the emphasis is still on fun and creativity, rather than a rigorous, structured fitness regime to further develop her motor skills, improving balance and coordination. Many gyms have T-ball classes, teaching the basics beginning at around age 4. According to the website T-Ball USA, T-ball is one of the first team sports most children



Jamaican kids workout

learn. The game should serve as an introduction to the sport and teach basic skills.

AGES 6 TO 12

An elementary school child starts to make more of her own decisions about how she wants to exercise. She may enjoy more organized gym sports meeting up to three times a week. She's ready to have gym classes extend beyond the basics during these years to help her develop her own style. Her gym activities can include yoga, rock climbing and more advanced gymnastic classes, as well as group activities such as softball, baseball, basketball, soccer, horseback riding and swimming.

AGES 13-18

Your teens begins to exercise in a highly structured manner, that will more closely resemble her exercise regime as an adult. Exercising gives your teen an alternative to sedentary activities such as video games, watching TV and surfing the Internet. He may choose either individual gym activities such as jogging, swimming or weightlifting or team sports such as football, basketball or wrestling. It's appropriate for him to begin weightlifting, if this peaks his interest. According to the website, kidshealth.org, once your child begins puberty, he has the hormones necessary to build muscle through formal resistance training such as weightlifting.





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OUR KIDS & SPORTS

"SHOOT HOOPS, NOT GUNS" BASKETBALL DISTRICT TOURNAMENT IN SIMPSON BAY

SIMPSON BAY, Sint Maarten — After two weeks of meaningful community building activities, the last Saturday of March concluded the "Shoot Hoops, Not Guns" project in Simpson Bay with a fun-filled day of various activities highlighted by the 3-on-3 district basketball tournament.

For the kids there were: cotton candy, a bouncy castle, balloon artist, family games and the Easter egg hunt with the Easter bunny walking in the midst of the children. Domino tables as well as food and drinks were also available.

The day ended with a 3-on-3 basketball competition for ages 12-17 and 18-26, and a 3-point shootout where the winning teams received trophies and a gift certificate from Klass Electronics. All participants received medals. The players



Youngster that competed in the tournament pose for a pic with some of the organizer of the event. Photo 721news.com

were cheered on by the crowd in the stands.

Winners in the age category 12-17 were: Ralph Coulanges, Thyrese White and Imar Tanis; winners in the age category 18-26 were: Andrew Laclé, André Laclé and Leiland Huyyhue; winner of the 3-point shootout was Chiquon Hodge, while the MVP trophy went to Lamar Halley.

During the intermission, an inspiring motivational speech was given by a former Member of Parliament who had a clear message for the youngsters: "The biggest gangsters are the ones who are holding a degree in their hand, not a gun, and those who are trying hard to make something positive out of themselves." The speech was

well received with loud cheers and applause. The "Shoot Hoops, Not Guns" committee extended heartfelt thanks

to the Simpson Bay Community Council for cooperating in hosting the year-long project in their neighborhood as

well as to all volunteers, sponsors and participants. "The Shoot Hoops, Not Guns" project will continue in May in St. Peters. The project's goal is to regain community involvement and use sports to tackle an ongoing dilemma of gun violence. After the 10th district with a major basketball court is visited, all district champions will face off in a grand finale.

For more information, visit the website: www.shoothoopsnotguns.org or the Facebook page www.facebook.com/SHOOT-HOOPSNOTGUNS.



Kids were well entertained at the event. Photo 721News

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