

FREE

NOV 2017

#SXM STRONG

MINDSET

THE SPIRIT OF CLAUDE - Wyatte

If Mr Wathey was alive today, Agri-Culture would
of been a reality

SPOKEN WORD

Poetry by Latoya Ruan

WHEN LAST

Have you been to the Farmers See
(Pharmacy)? Natural remedies for TB

CARIBBEAN ARTIST

it's time to submit your music and
earn great rewards at
caribbeanworldcharts.com

caribbean WorldCharts



CULTURE IS XPR

MAJOR FIGURES IN AFRO-CARIBBEAN HISTORY

FRANÇOIS DUVALIER (14 APRIL 1907 – 21 APRIL 1971), AKA PAPA DOC, PRESIDENT OF HAITI FROM 1957 TO 1971

FRANÇOIS DUVALIER (14 April 1907 – 21 April 1971), also known as Papa Doc, was the President of Haiti from 1957 to 1971. He was elected president in 1957 on a populist and black nationalist platform and successfully thwarted a coup d'état in 1958. His rule, based on a purged military, a rural militia known as the Tonton Macoute, and the use of a pervasive cult of personality, resulted in the murder of 30,000 to 60,000 Haitians and the exile of many more.

Prior to his rule, Duvalier was a physician by profession. His profession and expertise in the field acquired him the nickname "Papa Doc". He was unanimously "re-elected" in a 1961 referendum in which he was the only candidate. Afterwards, he consolidated his power step by step, culminating in 1964 when he became President for Life after another faulty election, and remained in power until he died in 1971. He was succeeded by his son, Jean-Claude, who was nicknamed "Baby Doc".

Early life and career
Duvalier was born in Port-au-Prince in 1907, son of Duval Duvalier, a justice of the peace, and baker Ulyssia Abraham. His aunt, Madame Flor-estal, raised him. He completed a degree in medicine from the University of Haiti in 1934, and served as staff physician at several local hospitals. He spent a year at the University of Michigan studying public health and in 1943, became



Francois Duvalier

active in a United States-sponsored campaign to control the spread of contagious tropical diseases, helping the poor to fight typhus, yaws, malaria and other tropical diseases that had ravaged Haiti for years. His patients affectionately called him "Papa Doc", a moniker that he used throughout his life.

The United States occupation of Haiti, which began in 1915, left a powerful impression on the young Duvalier. He was also aware of the latent political power of the poor black majority and their resentment against the tiny mulatto elite. Duvalier supported Pan-African ideals, and became involved in the négritude movement of Haitian author Jean Price-Mars, both of which led to his advocacy of Haitian

Vodou, an ethnological study of which later paid enormous political dividends for him. In 1938, Duvalier co-founded the journal *Les Griots*. In 1939, he married Simone Duvalier (née Ovide), with whom he had four children: Marie-Denise, Nicole, Simone, and Jean-Claude.

Political rise

In 1946, Duvalier aligned himself with President Dumarsais Estimé and was appointed Director General of the National Public Health Service. In 1949, he served as Minister of Health and Labor, but when Duvalier opposed Paul Magloire's 1950 coup d'état, he left the government and resumed practicing medicine. His practice included taking part in campaigns to prevent yaws and oth-

er diseases. In 1954, Duvalier abandoned medicine, hiding out in Haiti's countryside from the Magloire regime. In 1956, the Magloire government was failing, and although still in hiding, Duvalier announced his candidacy to replace him as president. By December 1956, an amnesty was issued and Duvalier emerged from hiding, and on 12 December 1956, Magloire conceded defeat.

The two frontrunners in the 1957 campaign for the presidency were Duvalier and Louis Déjoie, a landowner and industrialist from the north. During their campaigning, Haiti was ruled by five temporary administrations, none lasting longer than a few months. Duvalier promised to rebuild and renew the country and rural Haiti

solidly supported him as did the military. He resorted to noiriste populism, stoking the majority Afro-Haitians' irritation at being governed by the few mulatto elite, which is how he described his opponent, Déjoie.

François Duvalier was elected president on 22 September 1957. Duvalier received 679,884 votes to Déjoie's 266,992. Even in this election, however, there are multiple first-person accounts of voter fraud and voter intimidation.

Presidency - Consolidation of power

After being elected president in 1957, Duvalier exiled most of the major supporters of Déjoie. He had a new constitution adopted that year.

Duvalier promoted and installed members of the black majority in the civil service and the army. In July 1958, three exiled Haitian army officers and five American mercenaries landed in Haiti and tried to overthrow Duvalier; all were killed. Although the army and its leaders had quashed the coup attempt, the incident deepened Duvalier's distrust of the army, an important Haitian institution over which he did not have firm control. He replaced the chief-of-staff with a more reliable officer and then proceeded to create his own power base within the army by turning the Presidential Guard into an elite corps aimed at

**CONTINUED
ON PAGE 3**

Created BY:
Denicio Wyatt
Editors & Photography
Wattzz Publishing
Denicio Wyatt
Latoya Ruan
The Public at Large

Contributors
UNESCO SXM
UNDP
Viva Signs
721 News
Prince Bernhard
Cultuur Fonds
Laser 101



Cultural Xpression
News Magazine
King Ashandi Music
Iland VibeZ
Spaceless Gardens
St Maarten Agriculture
375Q Miles The
Affiliates Sint Maarten
Wattzz Publishing SXM
Expressed By Latoya
I Rep Lib
The Caribbean World
Charts

Website:

caribbean
worldcharts.com

wpsxm.com

llandvibez.com

stmaarten.
agriculture.com

madeinstmaarten.
com

EMAIL
info@wpsxm.com

OFFICE: 721 524-4733

721NEWS

St Maarten Breaking
News Network
WWW.721NEWS.COM

LES FRUITS DE MER RELEASE NEW ALBUM "FRUITS" AROUND THE WORLD

GRAND CASE—October 31, 2017—The new album by Marc AuMarc—Fruits Around the World—lives up to its name. From the opening blast of horns to the closing sighs of a church organ, it's a globetrotting journey of sounds and styles. Over the course of twelve songs, it reshapes the ever-fruitful Les Fruits de Mer theme song in surprising new directions. This latest release is available for free download at <http://marcaumarc.com>.

Fruits Around the World was composed and recorded over the last year in a wide variety of extraordinary places, from 30,000 feet above the Atlantic Ocean to the mountains of Cuba. Working with mobile technology, Marc AuMarc was able to create many of the songs on location.

"Drawing inspi-

ration from different cultures and musical traditions keeps the music fresh," explained Marc AuMarc. "This is the second full-length album based on a theme song that's less than a minute long, and I think it's even better than the first one."

Many of the new tracks are upbeat. Latin rhythms brush up against Scandinavian techno, driving neo-disco and Chinese electro-funk. A few more contemplative takes on the theme balance out the tracklist. "The variety of moods on this album is key to the listening experience," said Les Fruits de Mer President Jenn Yerkes. "We also use different takes on our theme as the soundtrack to most of our documentary filmmaking, so this gives us a range of moods and styles to



work with as we produce new films."

An ever-expanding single idea, a simple universe based on a melody reflecting it-

self across the globe, and a fun time for all, Fruits Around the World is a lot like Les Fruits de Mer. Download it for free at <http://marcaumarc.com> and make it the soundtrack for your next expedition.

###

About Les Fruits de Mer

Les Fruits de Mer is a non-profit association based in St. Martin whose core mission is to raise awareness about nature, culture, and sport. The organization carries out this mission through publications, an education program, and special public outreach events that entertain, inspire, and inform. The association is currently accepting new member and corporate benefactor member applications on its website, <http://www.lesfruitsdemer.com>.

MAJOR FIGURES: FRANCOIS DUVALIER ...FROM P2



maintaining his power. After this, Duvalier dismissed the entire general staff and replaced it with officers who owed their positions, and their loyalty, to him.

In 1959, Duvalier created a rural militia, the Milice de Volontaires de la Sécurité Nationale (MVSN, English: Militia of National Security Volunteers)—commonly referred to as the Tonton Macoute after a Haitian Creole bogeyman—to extend and bolster support for the regime in the countryside. The Macoute, which by 1961 was twice as big as the army, never developed into a real military force but was more than just a secret police.

In the early years of his rule, Duvalier was able to take advantage of the strategic weaknesses of his powerful opponents, most-

ly from the mulatto elite. These weaknesses included their inability to coordinate their actions against the regime, whose power had grown increasingly stronger.

In the name of nationalism, Duvalier expelled almost all of Haiti's foreign-born bishops, an act that earned him excommunication from the Catholic Church. In 1966, he persuaded the Holy See to allow him permission to nominate the Catholic hierarchy for Haiti. No longer was Haiti under the grip of the minority rich mulattoes, protected by the military and supported by the church; Duvalier now exercised more power in Haiti than ever

MORE ON THIS TOPIC IN DEC 2017 EDITION

TR OPIXX 105.5FM
THE SOUNDS OF THE CARIBBEAN

LINEUP

MID-MORNING
W/ MIXMASTER PAULY
WEEKDAYS 10AM-2PM

TOKÉ LATINO
W/ SUPER RICKY & EL CHICO PARTY
WEEKDAYS 2PM-6PM

NOTICIAS Y MAS
W/ MAXIMO CASTRO
WEEKDAYS 6M-6:30PM

LA MAQUINA DEL TIEMPO
W/ EL MUÑECO
SATURDAYS & SUNDAYS 10AM-2PM

MIX ANTIANO SHOW
W/ J.C. ANTONIA
SATURDAYS & SUNDAYS 6PM-9PM

FREQUENCY MIXSHOW
W/ DJ CROWN PRINCE & BARRIE HYPE
SATURDAYS 9PM-10PM

LISTEN & WATCH LIVE! DOWNLOAD THE FREE MOBILE APP!
WWW.TROPIXX.FM
TWITTER: @TROPIXXFM
INSTAGRAM: @TROPIXXFM
FACEBOOK.COM/TROPIXXFM

VIVA SIGNS
ST, MAARTEN PREMIER DIGITAL OUTDOOR BILLBOARDS

WANT TO BE SEEN?
VIVASIGNS

tom
TARGET ONE MEDIA
WWW.VIVASIGNS.SX

100 THINGS THAT YOU DID NOT KNOW ABOUT AFRICA - P5



67. Ethiopia minted its own coins over 1,500 years ago. One scholar wrote that: "Almost no other contemporary state anywhere in the world could issue in gold, a statement of sovereignty achieved only by Rome, Persia, and the Kushan kingdom in northern India at the time."

68. The Ethiopian script of the 4th century AD influenced the writing script of Armenia. A Russian historian noted that: "Soon after its creation, the Ethiopic vocalised script began to influence the scripts of Armenia and Georgia. D. A. Olderogge suggested that Mesrop Mashtotz used the vocalised Ethiopic script when he invented the Armenian alphabet."

69. "In the first half of the first millennium CE," says a modern scholar, Ethiopia "was ranked as one of the world's greatest empires". A Persian cleric of the third century AD identified it as the third most important state in the world after Persia and Rome.

70. Ethiopia has 11 underground mediaeval churches built by being carved out of the ground. In the twelfth and thirteenth centuries AD, Roha became the new capital of the Ethiopians. Conceived as a New Jerusalem by its founder, Emperor Lalibela (c.1150-1230), it contains 11 churches, all carved out of the rock of the mountains by hammer and

chisel. All of the temples were carved to a depth of 11 metres or so below ground level. The largest is the House of the Redeemer, a staggering 33.7 metres long, 23.7 metres wide and 11.5 metres deep.

71. Lalibela is not the only place in Ethiopia to have such wonders. A cotemporary archaeologist reports research that was conducted in the region in the early 1970's when: "startling numbers of churches built in caves or partially or completely cut from the living rock were revealed not only in Tigre and Lalibela but as far south as Addis Ababa. Soon at least 1,500 were known. At least as many more probably await revelation."

72. In 1209 AD Emperor Lalibela of Ethiopia sent an embassy to Cairo bringing the sultan unusual gifts including an elephant, a hyena, a zebra, and a giraffe.

73. In Southern Africa, there are at least 600 stone built ruins in the regions of Zimbabwe, Mozambique and South Africa. These ruins are called Mazimbabwe in Shona, the Bantu language of the builders, and means great revered house and "signifies court".

74. The Great Zimbabwe was the largest of these ruins. It consists of 12 clusters of buildings, spread over 3 square miles. Its outer walls were made from 100,000 tons of granite bricks. In the fourteenth century, the city housed 18,000 people, comparable in size to that of London of the same period.

75. Bling culture existed in this region. At the time of our last visit, the Horniman Museum in London had exhibits of headrests with the caption: "Headrests have been used in Africa since the time of the Egyptian pharaohs. Remains of some headrests, once covered in gold foil, have been found in the ruins of Great Zimbabwe and burial sites like Mapungubwe dating to the twelfth century after Christ."

76. Dr Albert Churchward, author of Signs and Symbols of Primordial Man, pointed out that writing was found in one of the stone built ruins: "Lt.-Col. E. L. de Cordes . . . who was in South Africa for three years, informed the writer that in one of the 'Ruins' there is a 'stone-chamber' with a vast quantity of Papyri, covered with old Egyptian hieroglyphics. A Boer hunter discovered this, and a large quantity was used to light a fire with, and yet still a larger quantity remained there now."

77. On bling culture, one seventeenth century visitor to southern African empire of Monomotapa, that ruled over this vast region, wrote that: "The people dress in various ways: at court of the Kings their grantees wear cloths of rich silk, damask, satin, gold and silk cloth; these are three widths of satin, each width four covados [2.64m], each sewn to the next, sometimes with gold lace in between, trimmed on two sides, like a carpet, with a gold and silk fringe, sewn in place with a two fingers' wide ribbon, woven with gold roses on silk."



78. Southern Africans mined gold on an epic scale. One modern writer tells us that: "The estimated amount of gold ore mined from the entire region by the ancients was staggering, exceeding 43 million tons. The ore yielded nearly 700 tons of pure gold which today would be valued at over \$7.5 billion."

79. Apparently the Monomotapan royal palace at Mount Fura had chandeliers hanging from the ceiling. An eighteenth century geography book provided the following data: "The inside consists of a great variety of sumptuous apartments, spacious and lofty halls, all adorned with a magnificent cotton tapestry, the manufacture of the country. The floors, cieling[sic], beams and rafters are all either gilt or plated with gold curiously wrought, as are also the chairs of state, tables, benches &c. The candle-sticks and branches are made of ivory inlaid with gold, and hang from the cieling by chains of the same metal, or of silver gilt."

MORE ON THIS TOPIC IN DEC 2017 EDITION

Wings & Things
ST. MAGNET

Happy Hour

\$3 MIXES

\$1 BEERS

EVERYDAY 5:00PM-7:00PM
ABU G WINGS & THINGS
(MADAME ESTATE)

TASTE EVEN BETTER AT ABU G!!!
IF IT AINT ABU G THEN IT AINT A SHWARMA

THE SPIRIT OF CLAUDE

IN SEPTEMBER

2017 Hurricane Irma brought destruction to our beautiful island. It reaped havoc on our countries infrastructure, economy, educational system, working class, people it self and over all, it displaced the current direction of our sitting government.

Despite the destruction that came with Irma, she left us with a few great opportunities that many still fail to see. Irma brought us a chance to unite, a chance to share our thoughts and visions, a chance to begin again and this time to do it right based on what she has taught us encountering the brief experience of her presence.

I promised myself that I won't go into the blame game or try to outline what most of us already know has not been done for recovery efforts for our country, nor would I elaborate about the way our government went about things before they realized that we are faced with a situation that bypasses their personal agendas by miles.

Instead over the next few editions of Cultural Xpression Newsmagazine I will try to shine some hope, some light and some direction on what I think we as the people should start to direct our energy toward if we want to truly see changes in our country. This month Nov 2017, I'll like to take us back just a bit to when our country had its most prominent leader, Mr Claude Wathey.

In order to understand where we are going we first have to understand where we come from or what foundation our country was built upon from the very start.

Claude Wathey, The name to this this still rings a bell in the ears of every elder today over the age of 50 and will forever be a name that will symbolized the pillars of what St Maarten was truly set out to be. Mr Wathey was a great man, though he also

had his controversies surrounding him, he never failed to let the country down.

Claude Wathey (full name Albert Claudius Wathey; 1926 - January 1998), was a prominent politician of the Democratic Party from the island of Sint Maarten. He was knighted by the Dutch Crown for his political longevity.

Wathey championed political independence for the island in 1989, but was later convicted on charges of perjury; however, many on Sint Maarten felt the trial was nothing more than a witch hunt conducted by his rivals and adversaries in Curaçao and the Netherlands in order to break his monopoly on political power in Sint Maarten and to destroy his credibility. Despite this, he remains a popular figure, even after his death.

Biography

The Wathey family is an old Caribbean family of Belgian origin, from the city of Tongeren. With the proclamation of the Islands Regulation of the Netherlands Antilles in 1951, the Dutch islands obtained greater political autonomy, in the wake of world wide decolonization. Three years later, the Charter for the Kingdom of the Netherlands was proclaimed, giving full autonomy to the federation of the six islands as a constituent country of the Kingdom of the Netherlands.

Claude (as he was known) was elected to the Parliament of the Netherlands Antilles in 1954, representing the three Dutch Windward Islands of Saba, St. Eustatius, and Sint Maarten. Under his administration, Sint Maarten was transformed from a neglected colonial backwater into a thriving tourism destination with one of the highest per capita incomes in the region. He won every election until 1990 and made a comeback in 1991 after a brief setback.

After declaring



that he was a "proud Caribbean man", he resigned from office in 1992 as a sign of protest to Dutch "higher supervision", a form of oversight and financial control imposed by the Dutch government to ensure "good governance", after allegations of the island's first coalition government fell and Wathey's main rivals found themselves in opposition again. In 1994 Wathey was charged with corruption, fraud, and being part of a "criminal" organization; however, he was never sentenced or convicted on any of the latter, but received a one-year prison sentence for perjury. In the duration of his trial Claude Wathey claimed serious health troubles hindered him from appearing in court which delayed the painstaking trial. Claude spent his remaining days on Sint Maarten and died in January 1998.

- Wiki

So can we really get away from something that a country was truly founded on? This will forever be our struggle unless we the people take control and put our foot down, when it comes to the way government execute the peoples duties. For those that didn't know! This country was built on conspiracy, corruption and fallen governments from the start and it will haunt us until the day we the people stand up. These political games at the benefit of stake holder and campaign supporters, will always just be a game and illusion of our prosperity. We have to set our direction or we will forever fail...

"Mr Wathey was a good man", I always heard my grandmother saying that. I never got chance to personally speak to Mr Wathey, as was a young boy during the time our country was under his leadership. What I can conclude today as a big man from all the folk tales, was despite what ever Mr Wathey did in his time of Reign, it was solely to ensure that St Maarten People or should I say the inhabitants of St Maarten (as we have always been a very mix cultured population from the start) would be able to cater for their wellbeing by ensuring a sustainable economy for many years to come.

I believe in a man, doing what he has to do, if he is doing it for the right reasons. During Mr Watheys time the country saw progress and our Tourist economy was a vital one. We may never get back a "Mr Claude

Wathey", so we have to choose diligently who will represent us in moving forward in the next coming years, not only with rebuilding our country but also reassuring the mindset and confidence of the people that all play a vital role in revitalizing and sustaining our economies longevity.

I am confident that if Mr Wathey was alive today he would of given an ear to the tremendous benefits Agri-Culture would of brought our country especially in a time like this, when our food security and well being was of utmost importance to every man, woman and child of this country.

I hope that if we are truly force to go to the poles again, that this time we make our vote count, make it count by not voting for those that were already given a chance to represent us. Lets give a chance to new visionaries with proven track records. Not just empty talkers, complainers and illusionist. Lets vote for people that we have seen been fighting for change amongst themselves and surrounding communities.

We cant change the world much less our country, if we don't change ourselves first, most importantly change they way we think. We eat pig tail,

pig snout, ears, drink cow milk, smoke cigarettes knowing these things cause all type of diseases to invade our body and even death, but yet we tend to accept how it satisfies our temptation and wants rather than needs, and in the end become contented with the results.

"The slave diet". The diet we choose to carry on even after we were free from slavery is just a mindset we refuse to change. Our minds have been conditioned to it its weakest point without us even consciously realizing. It's no different from politics, we allow ourselves to consume the negative backlash, blame game, miss representation, non visionaries and ratchet views of our beautiful Island to invade our true perception of what a great leader should be while vigilantly demanding his or her integrity toward our representation. The need to ensure our wellbeing should always be the first priority, if not by government then we have to ensure it to ourselves. We cant always blame government, cause the truth is, we'll be blaming ourselves because we put them there. There is a lot we can also do

**CONTINUED
ON PAGE 6**

BACKPACK RELIEF GOODS



Mr Wyatt of Spaceless Gardens, Ms Enmore of Backpack Project and Mr Wilson of Gifted Hands Foundation stand outside St Peters Community Center

International organization Act & Pack has teamed up with local community organizations and community leaders on St Maarten to offer their effort in

delivering relief goods to the island for the community members that are still in need of basic necessities. Community leaders Mr Wyatt of Space-

less Gardens and Mr Wilson of Gifted Foundation have offered their assistance to-

**CONTINUED
ON PAGE 13**

ST MAARTEN VEGAN COMMUNITY MAKES DONATION TO ST PETERS COMMUNITY GARDEN

ON MONDAY 6 Nov, 2017 Vegan to go SXM and The Chef's at St. Maarten Vegan's Community donated their weekly profits of their organized event "Feel Good Lunches" held at the Belair Community Center to Spaceless Gardens as a contribution toward the rebuilding of the St Peters Community Garden Research and Development Center. Spaceless Garden received \$864 - Fls 35 & 5 Euro, which will be used to compensate volunteers for their time and effort along with any other materials that may be needed to ensure the farm may reach its redevelopment stage.

"We were very grateful to be nominated as one of the organizations to receive the donation from The Chef's at St. Maarten



Mr Wyattte and the Ladies of The Chef's at St. Maarten Vegan's Community

Vegan's Community and will make sure the funds go to the direct cause," Wyattte explained.

The St Peters Community garden was badly damaged by the passing of Hurricane Irma, Mr Wyattte along with volunteers from

the surrounding communities who have reached out to give a helping hand on the clean up, replanting and redevelopment of the Community Garden have been working hard to get the garden back on its feet.

"Its not an easy task, sometime you feel like giving up because of all the fight you get for trying to do something good, you feel like there is no encouragement coming from the same people and country you do it for and just

when you feel like going up, here come people like the St Maarten Vegan Community that you never really noticed your efforts have encourage greatly. Just the small things like this individual contribution brings back a direction of hope. I just want to say Thank you to the supportive organization and its members for believing in our efforts" Wyattte expressed.

Mr Wyattte encourages as much people to go out this coming week to the Belair Community Center and support the 'Feel Good Lunches' fundraiser as they continue to provide lunches for those in need while also supporting local community organizations that are doing their best to get back up and running so they may continue serve their community at their best ability once again. Your contributions will go

along way.

The closing event will end on Nov 19, 2017 at the Belair community Center and will be an open event for the public with positive lectures on veganism and importance of being "environmentally friendly by the members and organizers of St Maarten Vegan Community and Feel Good Lunches accompanied by a lecture on the Importance of Agri-Culture by Mr Wyattte.

The event will begin at 12 pm noon on Sunday Nov 19, 2017 at the Belair Community Center with the introduction of lectures, followed by the statistics of the organizations past few weeks of the fundraiser and ending with delicious open vegan buffet.

The participating organizations encourage the general public to come out.

THE SPIRIT OF CLAUDE..FROM P5

as individuals in our community that can also lessen the burden of the tasks government may be face.

We have to start teaming up with our community leaders, NGO's, successful business men and women, private investors and socially active persons to see how we may be able to spark a network of reliable re-sources that can help toward positive community development efforts.

Irma brought us a chance to change our "diet", Demand Integrity Everyone Trusts. "Demonstrating Individual Efforts Together" or "Discover innovative Entrepreneurial Techniques". No matter which one you choose to implement individually, make sure to add the value of Agriculture to it.

At the of the day Agriculture may be one of the sectors that may bring stability to all other sectors. It will bring us back to the root of things, It will bring us back to understanding what you put in is what you

get out while connecting us back to our long neglected cultural values. People of cultural stand together with pride, they defend tradition and they uphold solidarity.

So until the day that day that i may be giving an opportunity to represent my people of country St Maarten toward a better tomorrow, I will walk with the spirit of the good man Claude Wathey, defend Agri-Cultural and my countries solidarity until my last breath and add as much value as I can from the outside.

So on your way to the pole this February 2018, don't fall for the fairy tales, blame gamers and plain out eligible social media complaining candidates who have thus far only outlined the problems without suggesting solutions. Put your vote where it counts and make sure count your vote on track records.

"For every one can tell a good story, but only a few ever lived it" - Wyattte

The Chefs of St. Maarten Vegans Present
In Collaboration with
Sadhu Vaswani Center St. Maarten (SVCSXM)

"Feel Good Lunches"

Friends-giving

- 5:30am Walkathon registration
- 6:00am-8:00am Walk / Yoga
- 8:00am Breakfast
- 12:00pm Friends-Giving
 - Opening Ceremony
 - Fun presentations
 - Buffet Thanksgiving lunch

#SXMSTRONG

The chef's of St. Maarten Vegans would like to thank everyone for the amazing success of "Feel Good Lunches".

To continue the tradition of the annual Vegan Festival, "Feel Good Lunches" would like to invite you to a blowout "Friends-Giving" lunch on Sunday, November 19th, 2017.

There will be talks about sustainable living on St. Maarten, as well as all your favorite vegan Thanksgiving dishes.

When: Sunday Nov. 19th.
Time: 12pm - 2pm
Where: Belair Community Center

veganSXM@gmail.com



THE FARMER SEE: HOME REMEDIES FOR TUBERCULOSIS

By top10homeremedies.com

TUBERCULOSIS, also referred to as TB, is a highly contagious respiratory infection caused by the bacteria known as 'mycobacterium tuberculosis.' Although primarily a respiratory condition, tuberculosis can also infect and affect other organs of the body as the infection can slowly spread via the lymph nodes and bloodstream.

The infection usually does not spread in a single social contact, but repeated or prolonged exposure to the bacteria will increase your risk. Other risk factors include a weak immune system, reduction in vitality and an improper diet.

Symptoms of tuberculosis are a general feeling of fatigue, persistent coughing (with blood in the mucus in the advanced stage), labored breathing or shortness of breath, weight loss, night sweats, fever, and sensation of pain in the chest, kidneys, or back.

If left untreated tuberculosis can be fatal, as it causes tissue death in the infected organ. The World Health Organization reported that TB killed 1.4 million people and infected 8.7 million in 2011. Proper medical treatment is a must for this condition. You can also use some natural remedies as an adjunct treatment.

Here are the top 10 home remedies for tuberculosis.

1. Garlic

Garlic is rich in sul-

furic acid that destroys the germs causing TB. It also contains allicin and ajoene, which have been found to inhibit bacterial growth. Plus, its antibacterial properties and immune-boosting effect are highly beneficial for a TB patient. Garlic can be eaten raw or cooked.

Mix together one-half teaspoon of chopped garlic, one cup of milk and four cups of water. Boil it until it is reduced to one-fourth of the volume. Drink the mixture three times daily.

Add 10 drops of garlic juice to a glass of hot milk and drink it before going to bed. Do not drink water afterwards, as it may diminish the beneficial effects.

Dice 10 cloves of garlic and boil them in one cup of milk. Eat the boiled pieces of garlic and then drink the milk. Do this daily for a few months.

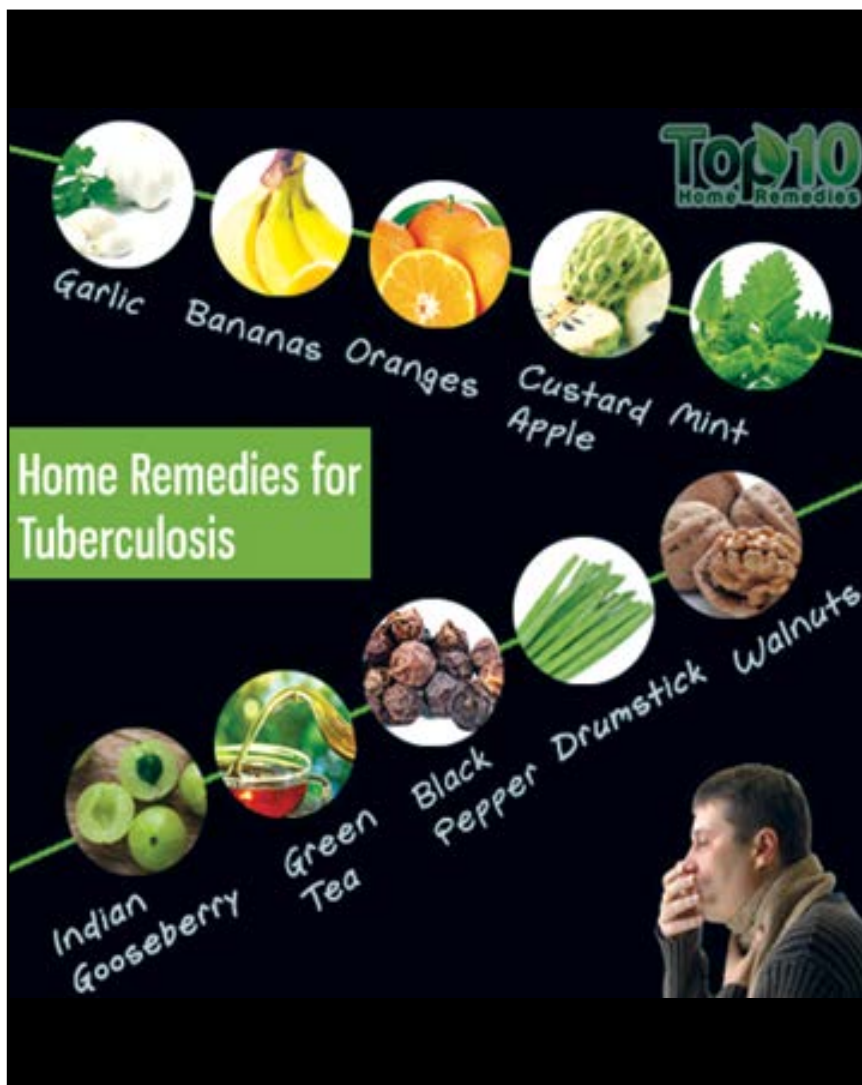
2. Bananas

Bananas are an excellent source of nutrients and calcium that can help boost a TB patient's immune system. They also can help alleviate the cough and fever.

Take a ripe banana, mash it and mix in one cup coconut water, one-half cup yogurt, and one teaspoon honey. Consume it twice daily.

Make raw banana juice and drink one glass of it daily.

You can also drink the juice of the banana plant stem to relieve symptoms like chronic cough, excess phlegm, excessive perspiration



at night with a high fever and so on. Slowly sip one to two cups of banana stem juice every two hours until symptoms subside.

3. Drumstick

Drumstick has anti-inflammatory and antibacterial properties that can help eliminate the TB-causing bacteria from the lungs and reduce inflammation resulting from the infection and constant coughing. Plus, drumstick pods and leaves are a good source of carotene, calcium, phosphorus and vitamin C.

Boil a handful of drumstick leaves in one cup of water for five minutes.

Allow it to cool and add salt, pepper and lime juice.

Drink this daily in the morning on an empty stomach.

Also boiled drumsticks can be consumed daily to get relief from the infection.

4. Indian Gooseberry

Indian gooseberry, also known as amla, has anti-inflammatory and antibacterial properties. The various nutrients in Indian gooseberry provide energy and enhance the body's capacity to function properly.

De-seed three or four Indian gooseberries. Extract the juice with the help of a juicer.

Add one tablespoon of honey and mix it well.

Drink this every

morning on an empty stomach.

Raw Indian gooseberry or its powder can also be consumed.

5. Oranges

Oranges have many essential minerals and compounds. Orange juice has a saline action in the lungs, which eases expectorations and protects the body from secondary infections. It can boost the immune system as well.

Add a pinch of salt and one tablespoon of honey to a glass of freshly squeezed orange juice. Mix it thoroughly.

Drink this twice daily, one glass in the morning and another in the evening.

6. Custard Apple

The rejuvenating properties in custard apple can also help in the treatment of tuberculosis. Usually the pulp of custard apple is used.

Boil the pulp of two custard apples and 25 seedless raisins in one and a half cups of water until one-third of the water is left.

Strain the mixture and add two teaspoons of powdered sugar and one-quarter teaspoon each of cardamom and cinnamon. Allow it to cool.

Drink this twice daily.

7. Black Pepper

Black pepper helps cleanse the lungs, which in turn helps alleviate chest pains associated with tuberculosis. Also due to its anti-inflammatory properties, it can reduce the inflammation caused by the bacteria and constant coughing.

Fry eight to 10 black peppercorns in clarified butter.

Add a pinch of asafetida powder and allow the mixture to cool.

Divide the mixture into three equal parts and have one dose every few hours.

8. Walnuts

Walnuts act as a source of strength and boost the immune system of those suffering from tuberculosis. The various nutrients in walnuts can speed up the healing process.

Combine two teaspoons of crushed walnut powder and one teaspoon of garlic paste. Add one

CONTINUED ON PAGE 8

HOME REMEDIES FOR TB

.....FROM 7

teaspoon of clarified butter and mix the ingredients thoroughly. Eat this once daily.

Walnuts can also be added in meals to keep the immune system strong.

9. Mint leaves

Mint is very advantageous for treating tuberculosis due to its healing and antibacterial properties. This remedy will help dissolve mucus, revitalize body organs, and nourish the lungs as well as helping to prevent dangerous side effects of medicines taken for tuberculosis.

Mix one teaspoon of mint juice, two teaspoons of honey, two teaspoons of pure malt vinegar, and half a cup of carrot juice.

Divide the mixture into three equal parts, and drink one dose every few hours.

10. Green Tea

Green tea can help in the treatment of tuberculosis because of its high antioxidant content and immune-strengthening properties. It also contains polyphenol compounds that can inhibit the proliferation of the bacteria that causes the disease.

Green tea leaves can be brewed with warm water to make a tea. If green tea leaves are not available, you can take them in capsule form easily found in the market. Explore more health benefits of green tea in this post.

Do consult your doctor for proper diagnosis and treatment of this condition. Use home remedies just as an adjunct treatment.



Going on vacation abroad? Leaving the island temporarily?

We strongly advise our customers to purchase medical travel insurance.

Your SZV insurance card is only valid on Sint Maarten.
Purchase medical travel insurance locally at one of the many insurance companies on island or via your travel agent.

For more information call us at +1721-546 6782 or
e-mail info@szv.sx

For general information visit our website
WWW.SZV.SX



Vegaterian & VEGAN Recipes Spicy Curried Lentils



These curried lentils are a hearty, healthy winter meal full of warming spices and vegetables.

INGREDIENTS

2 medium shallots
1 can tomato paste
1 jalapeño chile
4 slice peeled ginger
2 clove garlic
2 tsp. ground cumin
2 tsp. ground coriander
2 c. vegetable broth
1½ c. lentils
1 can light coconut milk
3 c. large cauliflower florets
1 c. frozen peas
1 tbsp. fresh lime juice
Cooked basmati rice
1/3c. chopped shelled unsalted pistachios
salt
black pepper

DIRECTIONS

In food processor, pulse shallots, tomato paste, jalapeño, ginger, garlic, cumin, coriander, and 1/2 teaspoon each salt and black pepper until mostly smooth; transfer to 7- to 8-quart slow cooker bowl.

To same slow cooker bowl, add broth, lentils, coconut milk, and 1 cup water, stirring to combine. Place cauliflower on top. Replace lid and cook on high 5 hours or on low 8 hours or until lentils are tender.

Into slow cooker bowl, stir peas, lime juice, and 1/4 teaspoon salt. Serve over rice; garnish with pistachios.

"Make peace with one self to be at peace with others"

WHA YA SAY ?
TELL THE TRUTH !
WITH RAS ITAL

CHINA BUYS INROADS IN THE CARIBBEAN, CATCHING U.S. NOTICE P2

NASSAU, THE BAHAMAS — One theory, according to a 2003 cable, suggested that China was lining up allies as "a strategic move" for the eventual end of the Castro era in Cuba, with which it has strong relations.

But the public line today is to be untroubled. "I am not particularly worried, but it is something the U.S. should continue to monitor," said Dennis C. Shea, the chairman of the U.S.-China Economic and Security Review Commission, a bipartisan Congressional panel. But, he added, "With China you have to be wary of possible policy goals behind the effort."

This archipelago, less than a one-hour flight from Florida, has gotten particular attention from the Chinese. Aside from the new stadium, with its "China Aid" plaque affixed prominently at the entrance, Chinese workers here in the Bahamas are busy helping build the \$3.5 billion Baha Mar, one of the region's largest megareorts.



Beyond that, a Chinese state bank agreed in recent weeks to put up \$41 million for a new port and bridge, and a new, large Chinese Embassy is being built downtown.

The new stadium here, Bahamian officials said, was in part a reward for breaking ties with Taiwan in 1997 and establishing and keeping relations with China.

It is one of several sporting arenas that China has sprinkled in Caribbean and Central American nations as gratitude for their recognition of "one China" — in other words, for their refusal to recognize Taiwan, which Chinese officials consider part of their country.

"They offered a substantial gift and we opted for a national stadium," said Charles Maynard, the Bahamian sports minister, adding that his government could never have afforded to build it on its own.

In this enduring tug of war with Taiwan, others have switched, too, with a little financial encouragement. Grenada ended relations with Taiwan in 2004, and was in talks with China about getting a new national track and field stadium. The parting has not been entirely amicable; Taiwan and Grenada are now locked in

a financial dispute over loans that Grenada received to finance the construction of its airport.

Determined not to be sidelined, Taiwan is seeking to solidify its existing relationships with countries like Belize, St. Kitts and Nevis, and St. Lucia — which in 2007 broke relations with China in favor of Taiwan — with a bevy of projects, many of them agricultural, including an agreement signed with Belize in recent weeks to develop the fish farming industry there.

Still, Taiwanese diplomats in the region conceded that they could never keep up with China's largess but continued to make strategic investments in the Caribbean.

There are some commodities in the region that China wants. In August 2014, a Chinese company, Complant, bought the last three government sugar estates in Jamaica and leased cane fields, for a total investment of \$166 million. Last year, Jamaica for the first time shipped its famed Blue Mountain Coffee to China.

The Jamaican government has also received several hundred million dollars in loans from China, including \$400 million announced in 2010 over five years to rebuild roads and other infrastructure.

"In order to be prosperous you need to build roads first," said Adam Wu, an executive with China Business Network, a consulting group for Chinese businesses that has been making the case for China in several Caribbean countries.

Several analysts in the Caribbean say they believe that China eventually will emerge as a political force in the region, with so many countries indebted to it, at a time when the United States is preoccupied with the Middle East and paying little attention to the region.

**MORE ON THIS
TOPIC IN DEC 2017**

WHA YA SAY TELL DT TRUTH !

RAS ITAL

The New world tek ova!

Same stands mi a tek from creation, Indian fi Indian, China man for China Man, ni mah racist but, but when will black man be fi black man stead a mix up inna everyone thing ? We nahh tek time fi invest in we own comuunity dem, we a wait pon others fi dweet fi us. Nuff fa unnu fi sit and wait pun nothing, cause that wha ya a do, NOTHING! We a wait till dem pot full and we belly empty? Dem done control we food and from dem control we food, dem control we.. I man nah no remote seen, this one channel dem nah wann fo tun on !!

AVAILABLE AT

Natural Health Center

ALKALINE WATER

Natural Health Supplements Detoxing

Natural Health Center | Location: Walter Nisbeth Rd, #71 Pondfill | Tel: 721 543-0302



ENCOURAGED FAITH

BEAUTIFUL sun rays surfaces and lighten up my entire morning, grateful to be given another chance to see what this life is dawning.

My daily routine kicks in and I prepare myself for my day, unconsciously not worrying about things from the previous day.

Smiling as I get ready for what we call work flow and praying that i remain the same as I walk thru my work place doors.

Now am on the stage of what we call life...doing what we have to do just to make things right, but knowing there is more to this is it even worth the fight.

Some of us are

fortunate to have landed a good paying job, but what about the minority who are struggling and just can't seem to get rid of the fog, that has clouding their future and is breaking down their today's, we can easily say they have lost hope and don't remember how to pray.

We are all grown and know right from wrong, but why are u still blaming someone else for our wrongs.

You see it doesn't tae a rocket scientist to open up our eyes. To see the unfortunate mistakes we make just to get a slice of the life pie.

I came across a bible verse that just



simply reads ... Truly we have to have faith as tiny as mustard seed.

Knowing that our dreams are small and can grow into something big.

Don't limit yourself just to making ends meet..because what if Dr King had given up and decided not speak

Where would we be today if he had given up his fight.... Just think about it for a minute and let it reflect on your life.

I know your probably brain storming

and you are starting to even think... What can I do make things better or where should I really start.

It starts with that faith I mention as tiny as a mustard seed,

and knowing that things will get better as your faith starts to proceed.

You see Sometimes all we need is a few words to encourage us along the way...and that is what I decided to do on this very day.

Give you hope, and help myself to push others to the top....because we are all winners but won't know if we always decide to stop.

Written by Latoya Ruan

CHAWK COAL DRAWING



ARTISTS' CHARCOAL is a form of dry art medium made of finely ground organic materials that are held together by a gum or wax binder or produced without the use of binders by eliminating the oxygen inside the material during the production process.[1] These charcoals are often used by artists for their versatile properties, such as the rough texture that leaves marks less permanent than other art media. Charcoal can produce lines that are very light or intensely black, while being easily removable, yet vulnerable to leaving stains on paper. The dry medium can be applied to almost any surface from smooth to very coarse. Fixatives are often used with charcoal drawings to solidify the position to prevent erasing or rubbing off of charcoal dusts.

The method used to create artists' charcoal is similar to that employed in other fields, such as producing gunpowder and cooking fuel. The type of wood material and preparation method allow a variety of charcoal types and textures to be produced.

Types

There are various types and uses of charcoal as an art medium, but the commonly used types are: Compressed, Vine, and Pencil.

Compressed charcoal (also referred as charcoal sticks) is shaped into a block or a stick. Intensity of the shade is determined by hardness. The amount of gum or wax binders used during the production process affects the hardness, softer producing intensely black markings while firmer leaves light markings.

Vine charcoal is a long and thin charcoal stick that is the result of burning sticks or vines in a kiln without air. The removable properties of vine charcoal through dusting and erasing are favored by artists for making preliminary sketches or basic compositions. This also makes vine charcoal less suitable for creating detailed images.

Charcoal pencils consist of compressed charcoal enclosed in a jacket of wood. Designed to be similar to graphite pencils while maintaining most of the properties of charcoal, they are often used for fine and crisp detailed drawings, while keeping the user's hand from being marked.[citation needed]

Other types of artists' charcoal such as charcoal crayons were developed during the 19th century and used by caricaturists.

MORE ON THIS TOPIC IN DEC 2017

St Maarten
Optical N.V.



Located ONLY on the Pondfill, Marcus Building, Walter J.A. Nisbeth Road #51, Philipsburg, St Maarten



- Eye Exams
- Glaucoma Testing
- Retina Photography
- Glasses
- Eye Wear

WorldCharts caribbean

Changing the way the World View
and Stream Afro-Caribbean Artist & Music !

INTERVIEW - Julia FatStash

CARIBBEAN ARTIST always seem to bring the right touch to the party. CX brings you closer to some of your favorite Afro-Caribbean artist. This month we touch based with a Caribbean artist of Jamaican descent currently residing in the Netherlands that has been in the music scene for some time now and been burning up the dancehall party scene. As the Dancehall music scene is a constant demand in the Netherlands and gets bigger and bigger, there are many Caribbean descended artist that are adding their unique swag and dialect to the growing sector. With so much talent to offer as Caribbean Artist, it's just a matter of consistency, hard work and patience before you can find the right Dj, Studio and Club to TUN IT UP LOAD. In the Nov 2017 Edition we bring to you from the Caribbean to the World, **JULA FAT STASH**:

First Off introduce yourself. Which part of the Caribbean is your roots and which part of the world are you currently residing ?

My mother is from Jamaica and her grand mother is from Cuba. My father is from Croatia, which used to be Yugoslavia. I am currently residing in Amsterdam (The Netherlands).

What is your genre (Style) of Music ?

My genre is Reggae Dancehall music.

Was this genre always your first choice, If not, please mention why you changed genres?

My first choice of listening music was hip hop and first choice of making music would be dancehall. I could not be a hip hop artist because i have a Jamaican accent so dancehall was a better fit.

How long have you been doing Music in this field as an artist?

I've been making dancehall music for 12 years now

What challenges, if any, do you face being a Dancehall artist in the Netherlands?

One of the biggest challenges I face being a Dancehall artist in the Netherlands is that this genre has no market over here. I have a fanbase yes but right now the Dutch Hip Hop scene is growing and people like to listen music they can understand.

What are your observations of the music scene in the Caribbean and World, how can your style as an artist add to it?

How my style can add to the Caribbean music scene, is if they accept me and start playing my music on radio and tv. I don't have to do much, my music is Caribbean already.

Do you think there are more potential artist in holland of Caribbean background that have potential to make internationally, Please name a few ?

Yea, there must be more artist with talent in the Netherlands from Caribbean decent I just can't name them now.

Why do you think so much Talented Caribbean artist struggle to make it in the industry?

I think many artist struggle in the industry because of the way they or their team conduct business.

What genres of music do you feel have a great impact on the outside world influenced by our Caribbean culture?

I feel like the Hip Hop/Pop has a lot of Dancehall influences now a days. And we must not forget that Hip Hop is what it is because of The Legendary Dj Kool Herc

The Great who came from Jamaica, and he brought the Jamaican sound system culture to New York and then Hip Hop was born. So were just one big family.

How do you feel about the new wave of African music thats taking over the world ?

The new wave of African music BEEN doing it's thing for years! It's just coming to the Caribbean now. But it's not so wavy over here as before! In Europe every country has there own music scene now. Holland has its own Hip Hop scene, France has there own hip hop scene, the UK has there own Hip Hip scene and so does Belgium, Italy, Spain, Germany and every other country in Europe.

What would you like to see change or adapted in the Caribbean that will help inspire you and other artist to be more productive?

What needs to be changed in the Caribbean? I think a lot. I think we need a market, we need good looking music videos and stop releasing amateuristic looking music videos. We need music thats mix and mastered good, we need MTV Caribbean, we need to be accepted in America and on American TV and radio because we have a lot of Caribbean

CONTINUED ON PAGE 12



REOPENING SOON
GET YOUR DRINK ON @ ABU G 37
BAR & LOUNGE SXM
LOCATED UPSTAIRS ABU G SHAWARMA MADAME ESTATE

CWC INTERVIEW: Jula FatStash.. from page 11

I listen to Gage (Young Legend)

Which underground and international artist have you enjoyed working with. also mention who you would like to collaborate with in the near future ?

I enjoyed all of the collaborations i did. And i would like to work with Vybz Kartel, Bounty Killer, Damian Marley, Diana King and probably some more upcoming or big artist, it does not matter I just like to make good music.

What keeps you motivated currently?

Who or what are some of your biggest inspirations



PURCHASE NEW MUSIC: Jala FatStash - LOUD - on Spotify

Malachi Z York, Sister Soulja, Tupac Shakur, Mike Tyson, Dr Sebi, Vybz Kartel, Ivan Van Sertima

Where do you see yourself in the next year?

In the next year I see my self trav-

eling the world and doing shows. The year after that I'm going to be in America.

What can the Ca-

ibbean & World Expect next from Fat Stash? Good Music

If you could be anywhere in the world right now, where would it be? Miami

Cultural News Magazine is focused on a number of community awareness building topics, most importantly Agriculture and Community Development. What are your thoughts and views of the importance of Agriculture? It's a good look!

As we come to the end of the Q and A interview: Please give a shout out and also some inspirational words for

our Afro-Caribbean Artist and youngsters that look forward to taking on music as a career possibility! also let the world know where they can find or purchase you music or product items! My advice to all upcoming artists is stay real, be your self and keep some money in your pocket. You can find me on instagram as @ jula_fatstash And you can stream all my latest songs on Spotify.

Nuff Respect goes out to Fat Stash ,one of the Caribbean to Holland's rising Dancehall Artist... Cultural Xpression wishes you all the best on your journey forward!!!!

WorldCharts caribbean

TOP 10 SUBMIT YOUR COUNTDOWN TRACKS

Email: submit@caribbeanworldcharts.com



www.caribbeanworldcharts.com



ECOTOURISM IN THE AMAZON

THE MOST diverse eco-system on the planet, the Amazon rain forest, is also one of the most endangered. More than 20 percent of the Amazon has already been destroyed, and thousands of species of animals, plants and insects are now extinct. The relatively new trend of ecotourism seeks to help maintain the natural environment of the Amazon. According to the International Ecotourism Society, ecotourism can be defined as sustainable tourism that focuses on education about the local environment and people while providing income and unity for the local inhabitants. Ecotourism allows adventurous travelers to experience the largest rain forest in the world and take part in its revitalization.

History

Ecotourism was not widely practiced in the Amazon until the last decade or so. Local people, particularly the indigenous, began to look for ways to replace more destructive forms of income,

such as invasive farming practices and oil and ore removal. Ecotourism became an outlet not only to retain and increase income for locals but to educate outsiders as well. Although certifications and training have not been standardized throughout the region, several international organizations have been developed to bring the industry together.

Examples

The growing industry of ecotourism in the Amazon lets travelers get an insider's view of this vast and lush landscape. The Association for Environmental and Cultural Preservation of Silves created Aldeia dos Lagos in Brazil to replace the unsustainable fishing practices of the people of the area. The organization focuses on educating visitors about local foods and lifestyle as well as how the Amazon impacts the rest of the world. The Rio Blanco Project in Ecuador provides ecotourists with a glimpse into indigenous life, and local guides offer tours into the rain forest.



Indians, Yasuni National Park, Amazon

What to Look for

Ecotourism is not all the same, and the industry is far from standardized. Planetaneta.com suggests that travelers become "activists" and get involved in the conservation of the areas they plan to visit. Asking questions of the tour operators is essential to gain a feel for the business and its level of commitment to the eco-system. Ask

whether the tour focuses on education or adventure and what steps are taken for sustainability of the region. As with any tour, ask how many people will be part of the tour and what experiences will be offered. If you prefer a laid-back self-guided vacation over a structured plan, make sure the itinerary matches your tastes.

The range of amenities available on an

Amazon ecotour varies greatly. Although some luxury accommodations may be available, many businesses offer arrangements that fit into the local eco-system. Accommodations may not be air-conditioned or offer hot water. Sleeping arrangements may range from beds made from recycled materials to hammocks. However, this simplicity shouldn't dissuade the ecotour-

ist. Usually, hosts do everything possible to make their visitors comfortable. Food is typically locally grown and caught to provide the traveler with a one-of-a-kind experience while supporting local growth. Tours may focus on bird- and animal-watching or plant education.

Warning

Being an ecotraveler in the Amazon can be a rewarding experience, but taking a few precautions is advisable. Study the area you will be visiting on your ecotour. The Amazon region gets about 9 feet of rain annually, but rainy seasons and local ecosystems may vary, so it's important to know the best time to visit and what to pack. Wildlife may not only be plentiful but dangerous as well. Poisonous snakes are not uncommon, and wild boar and large cats can also be dangerous when surprised or provoked. Understanding the areas and the environment can help the ecotraveler have an enjoyable and educational trip.

By usatoday

BACKPACK RELIEF GOODS... FROM PAGE 5

wards securing and distribution of these items to surrounding community members. The relief items consist of a variety of non perishable goods, basic personal clothing, toiletries and personal care items emergency essentials, clothes, medical supplies, diapers, cleaning items and 75 backpacks with basic care items. The items are scheduled to arrive in the last week of Nov 2017. Members of the surrounding community that may know friends, neighbors, single parents or elderly persons that may be in need of these basic items are urged to contact Spaceless Gardens on FB, Mr Wyatte (5276709) or Mr Wilson (5877533) and they'll assist as best as they can to get to the community members in need of these items in a timely manner. Spaceless Gardens

would like to thank Ms Melissa Enmore, Ms Shereen Ashman-Henderson and everyone that was

involved in the St Maarten Hurricane Relief Act and Pack Back Pack Project all the way in Canada and

The USA. We would also like to thank Ms Connie Fransis Gumbs of the St Peters Community Center for al-

lowing us temporary storage of these items until our facility at the St Peters Community Garden is back up and

running.. On behalf of the community members of St Maarten, We thank you all.

WWW.APP.WLOJII.COM

WLOJII
WLOJII.COM

Download on the App Store

GET IT ON Google Play

The Best of Liberian Music

BUDGETING FOR 2018 8 TIPS FOR BUDGET CREATION

BUDGETING

Every year companies embark on a very challenging activity – the creation of the annual budget. There is a large investment of time and money to make the budget a valuable tool for the business.

So, what is the role of a budget? It should represent what the business believes is achievable and what it intends to accomplish. The organization establishes a budget that becomes the baseline for performance management. Follow the 8 tips below to create a budget that is a useful tool for your business:

1. Start the budgeting cycle with a timeline, assumptions, and goals and make sure that all stakeholders understand the ground rules.

2. Establish clear guidelines for the budget process.

Below are just a few examples:

- Start and stop dates?
- When is the budget due to finance?
- How to incorporate the opportunity pipeline?
- What is the growth rate expected?

3. Use a collaboration tool to provide all stakeholders with the visibility and control they need over the



budget.

4. Establish a business cadence and hold monthly/quarterly reviews where the budget is reviewed and updated for change.

5. Time-phase the budget and align it to the period of performance

6. Model the best case, most likely, and worst-case scenarios. A tool that allows for what-iffing or modeling is a necessity.

7. Analyze rate differences whether they be OH, G&A, COM, or Labor Rates. Make sure your tool is flexible enough to account for project specific rates, ceilings, and budget as well as forecasting rates.

8. The budget is a dynamic document... keep it up to date with

changes.

Budget Revenue

Budgeting revenue is crucial as it drives many other metrics (profit, growth rates, etc.). The revenue plans are the barometer of your company's health. The revenue plan will contain awarded contracts and opportunities that are still in the pipeline, so make sure both are included.

Tips for revenue budgeting are below:

- Look closely at your pipeline for new opportunities
- Understand how your profit is trending
- Labor vs Subcontractor – examine closely
- Examine backlog, breaking it out be-

tween opportunities and awarded work

- Benchmark your expenditures with prior years

Look Closely at Your Resources

People are by far the biggest investment and in turn, it is the largest revenue generator for services based companies. Resources should be managed during the entire project lifecycle: starting a proposal, project initiation, execution, and closeout. Measuring the utilization of resources is critical and below are a couple of questions you should be able to answer.

**CONTINUED ON
PAGE 15**

COMMUNITY CLASSIFIES

Search the community classifieds to find skillful members in your community or item for sale by surrounding Community members ..

CALVIN BOYDE
MASTER MASON AND BUILDER
COMMUNITY: ST PETERS
TEL: 721 554-6654

KENNETH SAMSON
MASTER CARPENTER AND CRAFTSMAN
COMMUNITY: BETTY'S ESTATE
TEL: 721 580-6315

PHILBERT LINDO
GENERAL MAINTANANCE
COMMUNITY: COLE BAY
TEL: 721 553-8411

KERRY ARRINDELL
AUTOMOTIVE ENGINEER
COMMUNITY: FRENCH QUARTER
TEL: 721 550-0907

JURICK THOMAS
LANDSCAPING
COMMUNITY: CUL DE SAC
TEL: 721 586-6425

DELANO BRYAN
CARPENTER
COMMUNITY: SOUTH REWARD
TEL: 721 553-4987

NOTICE

**WANT YOUR
AD HERE ?**

**Call :
721 524-4733**

SUBMIT YOUR:

NAME, SKILLS, COMMUNITY YOUR FROM & CONTACT INFORMATION TO:

info@wpsxm.com

Your info ends up here to be contacted by members in your community for possible job or sale opportunities.



CHECKPOINT

AUTO ANALYSIS & DIAGNOSTIC REPAIRS

IF YOU HAVE ANY OF THESE WARNING SIGNS, YOU HAVE A PROBLEM.
RED LED (SYSTEM FAIL) YELLOW LED (SYSTEM FAILURE DETECTED)
GET ANSWERS NOW! CALL: 550-0907 / 588-0394

SIGNS OF A GREAT LEADER: HOW TO BE A GOOD BOSS P2

By livechatinc.com PRAISE YOUR EMPLOYEES

A person who feels appreciated will always do more than what is expected.

Recognition at the workplace cannot be underestimated. Just look at the statistics:

- 16 percent of employees left their previous job due to a lack of recognition,
- 35 percent of them claims that lack of recognition is the biggest hindrance to their productivity,
- 78 percent of US workers said that being recognized motivates them in their job.

It means that employee recognition is essential if you want to have a well moti-

vated, efficient team. There are more benefits as well! For example, thanks to recognition your employees will be more loyal and satisfied, their individual productivity will increase and their retention will be lower.

How to recognize your employees:

- Thank the person by name, specifically state for what are they being recognized,
- point out the value added to the team or organization by the action that they have taken, reward them with a gift (a dinner, ticket to a theater or a pay rise).



Inspire your employees

"I never teach my pupils. I only attempt to provide the conditions in which they can learn." - **Albert Einstein**

Inspiration at work is about commitment and passion. If your employees love what they do, they will need only a little bit of help from your side

to spread their wings.

How to inspire your employees:

- Tell them about your vision - people love to know that they are part of something important, tell about benefits behind your ideas, don't speak only about "how" but tell them also "why", praise them and encourage to develop,

share your knowledge with them, acknowledge feedback!

Let your employees to be themselves

"Most people are other people. Their thoughts are someone else's opinions, their lives a mimicry, their passions a quotation." - **Oscar Wilde**

If you don't accept your employees as they are, you cannot expect that they will feel comfortable in a workplace. If you want for your employees to be highly motivated, you cannot increase the division between home and work. You need to integrate them.

Let them be themselves:

If there is no need to look smart, don't try to implement dress code, encourage them to talk about their passions, trust them and let them decide how to achieve their goals, encourage them to take the ownership of their work, get familiar with the Fish! Philosophy and bring some joy to your workplace.

Value feedback

"We all need good people who will give us feedback. That's how we improve." - **Bill Gates**

MORE ON THIS TOPIC IN DEC 2017 EDITION

BUDGETING FOR 2018 ... FROM PAGE 13

- What utilization do you need to meet profitability goals?
- Understanding billable and non-billable utilization?
- What utilization should you aim for to avoid burnout?
- Project probability in people forecasting to more accurately understand both billable revenue and utilization?

Indirect Rates are Pivotal

The management of indirect rates can be the difference be-

tween winning a bid, losing a bid, making profit, and the ability to grow. It is critical to have the ability to look both at the actual rates being charged as well as bid rates to determine profit by resource. Often, proposed rates will be different than actual rates, budget rates different than forecast rates, forecast rates are different year over year, and having the ability to apply multiple rate scenarios to your direct cost is very valuable in help-

ing you create your forecast.

Rates play a big role in revenue baseline assumptions. For instance, if your overhead rates are less than you predicted on cost plus projects the actual revenue recognized will be less.

On fixed price projects, higher than anticipated rates will eat into planned profit. Having revenue forecasts for the 1-5 year horizon will help the finance team more accurately predict corporate or forward



pricing rates. Managing rate forecasts are important for all contract types and communication of rate changes to project and proposal teams

will help eliminate a rate impact surprise.

Below are a couple of pointers for indirect budgeting:

- Don't forget to budget your indirect costs. Look at labor utilization to better understand the indirect component.
- Do you have a system that will handle cost pools and allocations?

- Understand your sales forecast and demand for resources.

Hope these tips helped spark new ideas for your budgeting process and gave you some new things to think about. We wish you a smooth budgeting cycle and a very prosperous 2018.

By wtop

STM N.V.
All Matters Shipping

55 Gallon \$65.00

77 Gallon \$85.00

E Container \$125.00

D Container \$225.00

MIAMI - ST. MAARTEN

Rates: Excluding container/Barrel - Excluding insurance - Including home/office delivery (exceptions apply)

CONTACT US FOR MORE DETAILS

PH: (1721) 342 5152 / (1721) 342 5215
PH USA: (1786) 433 4911
EMAIL: SALES@STMNV.COM

LCL CARGO, CONSOLIDATION & DIRECT SHIPPING

IT'S ABOUT TIME
BOAT CLEANING
PROTECTING YOUR INVESTMENT

TEL: +1 904-814-9102
EMAIL: itsabouttimecleaning@outlook.com
LOCATION: 3501 North Ponce de Leon Blvd 269
Saint Augustine, Florida
FB: It's About Time Boat Cleaning Services

HOW SPORTS CAN BUILD PEACE IN TROUBLED COMMUNITIES P1

THE DEFINITION of sports usually refers to the activities that foster physical fitness and mental health and is suitable to people of all ages and abilities. This physical fitness and mental health can be achieved when we participate in the various sectors of sports. Competitive sports involve values - teamwork, fairness, discipline, and respect for the opponent. The contribution of sports in peace building in troubled communities cannot be over emphasized at the community level. At the community level sports has the unique power to attract, mobilize and create an atmosphere where people can come together and work together towards the same goal and show respect to one another. Sports can contribute to development,



create jobs, support the economy and promote gender equality.

The UN General Secretary, Mr. Ban Ki-Moon, said that, "Sports has become a world language, a common denominator

that breaks down all the walls, all the barriers. It is a worldwide industry whose practices can have a wide-spread impact. Most of it all, it is a powerful tool for progress and development".

Some communities in some countries have been experiencing conflicts since they gained independence, and these particular conflicts have not been resolved; even politicians and diplomats find it difficult to solve these conflicts. Such conflicts usually arise due to discrimination, intolerance, tribalism etc. And when these conflicts occur many lives are lost, property destroyed, and there is the retardation of growth and development. However, through sporting activities all these conflicts can be reduced to help build peaceful communities. Sports can be a powerful tool for building peace. A Nigerian organization, Peace Initiative (pin) is using sports

to teach young people tolerance, co-operation and respect.

Sporting activities like football can serve as a weapon to replace the various weapons like the AK47 guns which are used in killing during conflict times. Some countries have accepted sporting activities as a cultural symbol which is used in bringing individuals of that particular community or country together. For example, a study on the case of football in Liberia, a West African country with its own dreadful story of civil war, shows that football is considered as a "neutral" pursuit - a common cultural property unspoiled by war". During the civil conflicts, football tournaments were considered the only

occasions that produced a sense of national unity. Globally, it is known that the general public, armed forces and all lovers of peace are putting measures in place to help build peace in troubled communities but are finding it difficult to rebuild the bridge of peace. So the question is: how can sports succeed when all the above -mentioned have failed in their area of specialization? The answer is simple: generally, sports displays factors that can serve as building blocks in building the much needed peace.

Let's take an example with one of the factors that cause troubles in community and how sports can help build peace - racial discrimination. Racial discrimination refers to the situation where a person is treated less favorably than another person in a similar situation because of their race, color, or ethnic origin.

Apart from racial discrimination, tribalism is recognized as one of the factors that brews trouble in communities and distracts peace.

By Mildred from Ghana - Camfed MasterCard Foundation Scholars Program student

MORE ON THIS TOPIC IN DEC 2017 EDITION

WEEKDAY SCHEDULE

THE SUPPA DUPPA MORNING SHOW
W/ SUPPA | WEEKDAYS 7AM - 10AM

THE AM/PM WORKLOAD SHOW
W/ GEE MONEY | WEEKDAYS 10AM - 2PM

THE POWER HOUR
W/ THE CUT CREATOR DJ OUTKAST | WEEKDAYS 2PM - 3PM

SAGAN'S PLAYGROUND
W/ SAGAN | WEEKDAYS 3PM - 6PM

SPECIALITY SHOWS

DIRTY DUTCH MUSIC
W/ CHUCKIE | FRIDAYS 10PM - 11PM

DI-NAMIX TOP 40 COUNTDOWN
W/ JOE WARRICK | SATURDAYS 3PM - 6PM

DJ POWER MIX SHOW
W/ DJ POWER | SATURDAYS 9PM - 10PM

A STATE OF TRANCE
W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT

WADE-O RADIO SHOW
W/ DJ WADE-O | SUNDAYS 12PM - 2PM

FEEL RADIO
W/ KP LONDON | SUNDAYS 3PM - 4PM

LISTEN & WATCH LIVE! DOWNLOAD THE FREE MOBILE APP!
WWW.LASER101.FM
TWITTER: @LASER101 | INSTAGRAM: @LASER101XFM | FACEBOOK.COM/LASER101
ON AIR: +1 (721) 543-7101 // OFFICE: +1 (721) 543-2200

HUNGRY? CALL 5247844 TO PLACE ORDER

The GuavaBerry

EVERYDAY \$5 LUNCH SPECIALS

FAMILY SUNDAY KIDS SPECIALS \$3

EVERYDAY ENTERTAINMENT
MUSIC - DOMINOES - POOL TABLE

9AM UNTILL CARNIVAL VILLAGE BOOTH #17

"Avoid the traffic, Catch a vibe"!

"The perfect after work option, especially when you're looking for a cool vibe to avoid the rush hour traffic". Booth #17



NOV 2017
Cultural Xpression Edition