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# CULTURAL ILLUSION

**HAPPY HOLIDAYS  
& A PROSPEROUS 2018**

**AGRICULTURE**

THE CASE OF THE ILLUSIVE NUT - TERRANCE RAY  
EVER STOP TO WONDER WHY SO MANY ANIMALS STORE  
UP FOOD FOR THE WINTER SEASON?

**SPOKEN WORD**

POETRY BY LATOYA RUAN

**WHEN LAST**

HAVE YOU BEEN TO THE FARMERS SEE (PHARMACY)?  
LOOFAH (FRUIT OF 2 SPECIES)

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EXCLUSIVE INTERVIEW:  
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# MAJOR FIGURES IN AFRO-CARIBBEAN HISTORY P2

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,

**.Heart attack and Barbot affair**

On 24 May 1959, Duvalier suffered a massive heart attack, possibly due to an insulin overdose; he had been a diabetic since early adulthood and also suffered from heart disease and associated circulatory problems. During the heart attack, he was comatose for nine hours. [6]:81–82 His physician believed that he suffered neurological damage during these events, which harmed his mental health.

While recovering, Duvalier left power in the hands of Clément Barbot, leader of the Tonton Macoute. Upon his return to work, Duvalier accused Barbot of trying to supplant him as president and had him imprisoned. In April 1963, Barbot was released and began plotting to remove Duvalier from office by kidnapping his children. The plot failed and Duvalier subsequently ordered a nationwide search for Barbot and his fellow conspirators. During the search, Duvalier was told that Barbot had transformed himself into a black dog, which prompted Duvalier to order that all black dogs in Haiti be put to death. The Tonton Macoute captured then killed Barbot in July 1963. In other incidents, Duvalier ordered the head of an executed rebel packed in ice and brought to him so he could commune with the dead man's spirit. Peep-holes were carved into



Francois Duvalier

the walls of the interrogation chambers, through which Duvalier watched Haitian detainees being tortured and submerged in baths of sulfuric acid; sometimes, he was in the room during the tortures.

**Constitutional changes**

In 1961, Duvalier began violating the provisions of the 1957 constitution. First, he replaced the bicameral legislature with a unicameral body. Then he called a new presidential election in which he was the sole candidate, though his term was to expire in 1963 and the constitution prohibited re-election. The election was flagrantly rigged; the official tally showed 1,320,748 "yes" votes for another term for Duvalier, with none opposed. Upon hearing the re-

sults, he proclaimed, "I accept the people's will. ... As a revolutionary, I have no right to disregard the will of the people". The New York Times commented, "Latin America has witnessed many fraudulent elections throughout its history but none has been more outrageous than the one which has just taken place in Haiti". On 14 June 1964, a constitutional referendum made Duvalier "President for Life", a title previously held by seven Haitian presidents. This referendum was also blatantly rigged; an implausible 99.9% voted in favor, which should have come as no surprise since all the ballots were premarked "yes". The new document granted Duvalier—or Le Souverain, as he was called—absolute powers as well as the right to name

his successor. The identity of the 0.1% is still unknown.

**Foreign relations**

His relationship with the United States proved difficult. In his early years, Duvalier rebuked the United States for its friendly relations with Dominican dictator Rafael Trujillo (assassinated in 1961) while ignoring Haiti. The Kennedy administration (1961–1963) was particularly disturbed by Duvalier's repressive and authoritarian rule and allegations that he misappropriated aid money—at the time a substantial part of the Haitian budget—and a U.S. Marine Corps mission to train the Tonton Macoute. The U.S. thus halted most of its economic assistance in mid-1962, pending stricter accounting procedures, with which Duvalier

refused to comply. Duvalier publicly renounced all aid from Washington on nationalist grounds, portraying himself as a "principled and lonely opponent of domination by a great power".

Duvalier misappropriated millions of dollars of international aid, including US\$ 15 million annually from the United States. He transferred this money to personal accounts. Another of Duvalier's methods of obtaining foreign money was to gain foreign loans, including US\$ 4 million from Cuban dictator Fulgencio Batista.

After the assassination of John F. Kennedy in November 1963, which Duvalier later claimed resulted from a curse that he had placed on Kennedy, the U.S. eased its pressure on Duvalier, grudgingly accepting him as a bulwark against communism. Duvalier attempted to exploit tensions between the U.S. and Cuba, emphasizing his anti-communist credentials and Haiti's strategic location as a means of winning U.S. support:

Communism has established centres of infection . . . No area in the world is as vital to American security as the Caribbean . . . We need a massive injection of money to reset the country on its feet, and this injection can come only from our great, capable friend and neighbor the United States.

After Fulgencio Batista (a friend of Duvalier) was overthrown

**CONTINUED  
ON PAGE 3**

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# REBUILDING ST PETERS COMMUNITY GARDEN

**ST PETERS COMMUNITY GARDEN** Kicks off its first week of its Skill Enhancement Program.

The Skill enhancement program kicks off its first week at the St Peters Community Garden Research and Development Center. Volunteers have been enthusiastic and started off running as there is much needed work to be done at the garden over the next few weeks.

The past 3 week volunteers and trainers along with project coordinator Wyatte

of Spaceless Gardens have started with organizing and structuring, clean up, seed germination and Distribution of Relief Goods received from Act and Pack Foundation.

Volunteers and Trainers over the next few weeks will indulge in a number of activities such as, landscaping, soil preparation, seed germination, carpentry, masonry, electro, outdoor food preparation, harvesting, seed banking, community surveys, leadership



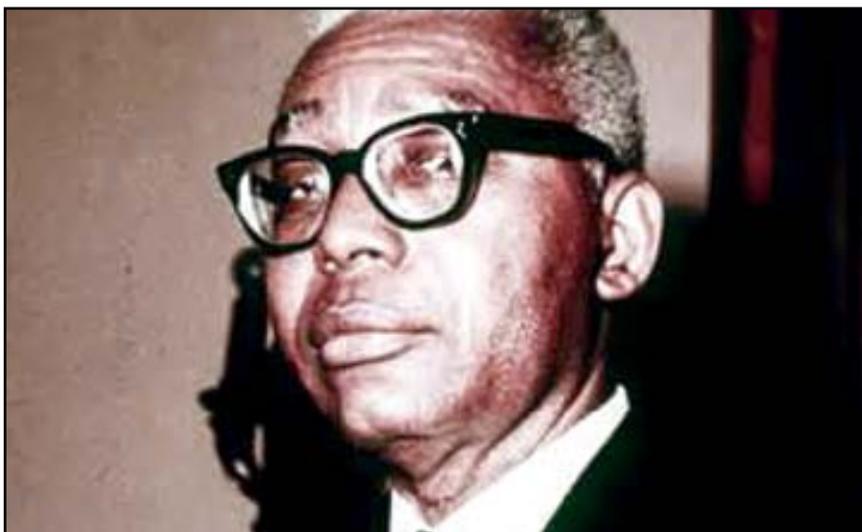
Volunteer enjoying a meal after a long day of work...

\ motivational training and building team spirit.

'It is very important that everyone that participates in the volunteer program builds a sense of leadership tendencies that allows them to be consistent with their responsibilities or task at hand. We also build a sense of family relation and open mindedness for team members because we value each others opinions on

**CONTINUED FROM PAGE 5**

# MAJOR FIGURES: FRANCOIS DUVALIER ...FROM P2



in the Cuban Revolution, Duvalier worried that new Cuban leader Fidel Castro would provide a safe haven for Haitian dissidents. Duvalier attempted to win Cuba over by recognizing Castro's government by sending medicine and pardoning several political prisoners, but to no avail; from the very start of his regime, Castro gave anti-Duvalier dissidents his full support.

Duvalier enraged Castro by voting against the country in an Organization of American States (OAS) meeting and subsequently at the United Nations, where a trade embargo was

imposed on Cuba. Cuba answered by breaking off diplomatic relations and Duvalier subsequently instituted a campaign to rid Haiti of communists.

Duvalier's relationship with the neighboring Dominican Republic was always tense: in his early years, Duvalier emphasized the differences between the two countries. In April 1963, relations were brought to the edge of war by the political enmity between Duvalier and Dominican president Juan Bosch. Bosch, a leftist, provided asylum and support to Haitian exiles who had plotted

against the Duvalier regime. Duvalier ordered his Presidential Guard to occupy the Dominican Embassy in Pétiion-Ville, with the goal of arresting a Haitian army officer believed to have been involved in Barbot's plot to kidnap Duvalier's children. The Dominican president reacted with outrage, publicly threatened to invade Haiti, and ordered army units to the border. However, as Dominican military commanders expressed little support for an invasion of Haiti, Bosch refrained from the invasion and sought mediation through the OAS.

In 1966, Duvalier

hosted the emperor of Ethiopia, Haile Selassie I, in what would be Haiti's only visit by a head of state under Duvalier. During the

visit, Duvalier awarded Haile Selassie the Necklace of the Order of Jean-Jacques Dessalines the Great, and the emperor, in turn,

bestowed upon Duvalier the Great Necklace of the Order of the Queen of Sheba.

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- MIX ANTIANO SHOW** W/ J.C. ANTONIA SATURDAYS & SUNDAYS 6PM-9PM
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# 100 THINGS THAT YOU DID NOT KNOW ABOUT AFRICA - P6



**80.** Monomotapa had a social welfare system. Antonio Bocarro, a Portuguese contemporary, informs us that the Emperor: "shows great charity to the blind and maimed, for these are called the king's poor, and have land and revenues for their subsistence, and when they wish to pass through the kingdoms, wherever they come food and drinks are given to them at the public cost as long as they remain there, and when they leave that place to go to another they are provided with what is necessary for their journey, and a guide, and some one to carry their wallet to the next village. In every place where they come there is the same obligation."

**81.** Many southern Africans have indigenous and pre-colonial words for 'gun'. Scholars have generally been reluctant to investigate or explain this fact.

**82.** Evidence discovered in 1978 showed that East Africans were making steel for more than 1,500 years: "Assistant Professor of Anthropology Peter Schmidt and Professor of Engineering Donald H. Avery have found as long as 2,000 years ago Africans living on the western shores of Lake Victoria had produced carbon steel in preheated forced draft furnaces, a method that was technologically more sophisticated than any developed in Europe until the mid-nineteenth century."

**83.** Ruins of a 300 BC astronomical observatory was found at Namoratunga in Kenya. Africans were mapping the movements of stars such as

Triangulum, Aldebaran, Bellatrix, Central Orion, etcetera, as well as the moon, in order to create a lunar calendar of 354 days.

**84.** Autopsies and caesarean operations were routinely and effectively carried out by surgeons in pre-colonial Uganda. The surgeons routinely used antiseptics, anaesthetics and cautery iron. Commenting on a Ugandan caesarean operation that appeared in the Edinburgh Medical Journal in 1884, one author wrote: "The whole conduct of the operation . . . suggests a skilled long-practiced surgical team at work conducting a well-ried and familiar operation with smooth efficiency."

**85.** Sudan in the mediaeval period had churches, cathedrals, monasteries and castles. Their ruins still exist today.

**86.** The mediaeval Nubian Kingdoms kept archives. From the site of Qasr Ibrim legal texts, documents and correspondence were discovered. An archaeologist informs us that: "On the site are preserved thousands of documents in Meroitic, Latin, Greek, Coptic, Old Nubian, Arabic and Turkish."

**87.** Glass windows existed in mediaeval Sudan. Archaeologists found evidence of window glass at the Sudanese cities of Old Dongola and Hambukol.

**88.** Bling culture existed in the mediaeval Sudan. Archaeologists found an individual buried at the Monastery of the Holy Trinity in the city of Old Dongola. He was clad in an extremely elaborate garb consisting of costly textiles of various fabrics including gold thread. At the city of Soba East, there were individuals buried in fine clothing, including items with golden thread.

**89.** Style and fashion existed in mediaeval Sudan. A dignitary at Jebel Adda in the late thirteenth century AD was interned with a long coat of red and yellow patterned damask folded over his body. Underneath, he wore plain cotton trousers of long and baggy cut. A pair of red leather slippers with turned up toes lay at the foot of the coffin. The body was wrapped in enormous pieces of gold brocaded striped silk.

**90.** Sudan in the ninth century AD had housing complexes with bath rooms and piped water. An archaeologist wrote that Old Dongola, the capital of Makuria, had: "a[n] . . . eighth to . . . ninth century housing complex. The houses discovered here differ in their hitherto unencountered spatial layout as well as their functional programme (water supply installation, bathroom with heating system) and interiors decorated with murals."

**91.** In 619 AD, the Nubians sent a gift of a giraffe to the Persians.



**92.** The East Coast, from Somalia to Mozambique, has ruins of well over 50 towns and cities. They flourished from the ninth to the sixteenth centuries AD.

**93.** Chinese records of the fifteenth century AD note that Mogadishu had houses of "four or five storeys high".

**94.** Gedi, near the coast of Kenya, is one of the East African ghost towns. Its ruins, dating from the fourteenth or fifteenth centuries, include the city walls, the palace, private houses, the Great Mosque, seven smaller mosques, and three pillar tombs.

MORE ON THIS TOPIC IN JAN 2018 EDITION

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## REBUILDING ST PETERS GARDEN...FROM PG 3

moving forward. Even though its a volunteer program its important that each member leaves here with a new sense of direction for and towards life when the program is over. We hope that an extension of the program will come soon as the progress of the community green picks up, this will help us to ensure that we can provide a longer term for compensated volunteer as many have lost allot after hurricane Irma and could use any extra assistance they may be able to get." - Wyatte Expressed

Just as the last skill enhancement program, Wyatte said he plans to make the project self sustainable after completion. This will ensure that the project will be able to continue its compensated volunteer opportunities for community members in need.

The Community Garden Research and Development Center will always be a place community members can reach out to for assistance. It will be a place for community members that want to get involved in Agri-Culture to come and get the assistance they need to ensure longevity of their home gardens or projects.



Female Volunteer prepares daily meal for group with ingredients from the farm.

St Maarten's Vegan Community and Prince Bernhard Culltuur Fonds for their support towards the revitalization of the St Peter Community Garden Research and Development Center.



Volunteers eat healthy, Sweet Pataoe, fried eggplant, pigeon peas, pumpkin and spinach stew.



Volunteer Richard James harvesting Basil from the farm.

The Community Garden plans to cultivate organic crops for the surrounding community members for free and at minimum cost, free food drives for members that have little food to eat, compensated volunteer opportunities and continues awareness building of the importance Agri-Culture may have towards creating new opportunities and the sustainability of St Maarten Economy.

Wyatte would like to thank Act and Pack Back Pack Project, Abu G Shwama, Chef's of



Chinese Spinach, Danilion, Cherry Tomatoes, Luffa, Basil and Thyme harvested at the Garden

SPACELESS GARDENS PRESENTS

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## AGRICULTURE ON ST. MAARTEN - THE CASE OF THE ILLUSIVE NUT

~ **A SIX PART SERIES** on agriculture published initially in StMaartenNews.com email newsletter ~



### Part 1 – Why we should store up food like animals

Ever stop to wonder why so many animals store up food for the winter season? This is to help them survive when Mother Nature shuts down on them. Animals understand the seasons of the year and the weather conditions these brings perfectly and they plan ahead of time in preparation for when the going gets tough. You'd be amazed at the variety of animals that store up food in order to survive: ants, squirrels, leopards, camels, birds, beavers, moles and even crocodiles. Human beings, as so-called 'higher animals', are supposedly smarter than animals lower on the food chain. So shouldn't we be doing things better than animals when it comes to food? This is the first of a 6-parts series about the importance of agriculture. Agriculture should help us store up food like animals do instead of us acting like animals after a hurricane hit and looting supermarkets and other businesses. Therefore, in part 2 we will discuss why agriculture should be a priority on St. Maarten.



Photo caption: Lowland Community Gardens montage of before and after turning the property into greenhouse for locally grown produce.

### Part 2 – Food security should be our number 1 priority

If you were in St. Maarten a few days after Hurricane Irma struck you would understand why agriculture is so vital to a country's survival. Banks were closed; supermarkets were looted or on lock-down; bars and restaurant were

without electricity. Money in the bank meant nothing to anyone. That money was inaccessible. Hunger for many people was looming. Some organizations like the Tzu Chi Foundation and Cake House Supermarket in Cul-de-Sac were giving out free bread. Now, in a post-hurricane Irma recovery phase, we are talking about reconstruction and rebuilding roofs, renovating airport terminals and jumpstarting our vital tourism industry. However, food security should be our first priority. But first let us have a look at the effect hurricane Irma had on our agricultural sector on St. Maarten. In part 3 we will discuss the devastating effect Irma had on agriculture in St. Maarten.

### Part 3 – Farmers are few and unique in St. Maarten

The few farmers St. Maarten has, had it extremely rough during the passing of hurricane Irma. They had absolutely no support or assistance in securing their property and their livelihood. Farm products were totally destroyed as a result. Unlike many other businesses that were destroyed during the hurricane, agriculture is unique in the sense that it requires time to grow its products.



Denicio Wyattte with greens  
Photo caption: Denicio Wyattte with a basket full of green produce from his agricultural station.

Supermarkets can buy and sell their products at their convenience and charge exorbitant prices at that as well. Farmers have to grow and nurture their crops before they can reap any benefit. It is sad that so many businesses do not support locally produced agricultural products. Farmers have to fend for themselves; pay GEBE without any subsidies; and still pay taxes like everybody while certain businesses get tax breaks for up to 10 years in the tourism, hospitality and gambling sectors. We need a paradigm shift in our thinking. We need food to survive before we can think about serving and

attending to the needs of tourists. In part 4 we will discuss how agriculture can actually boost tourism.



Ras Touza Jah Bash Rebuilding his garden in Belle Vue - Photo caption: Denicio Wyattte

### Part 4 – How agriculture can boost tourism

Imagine a scenario where after the hurricane, the public could have still had direct access to fresh vegetables, fruits and fish instead of depending on imported canned goods and expired products. If there is to be about talk about rebuilding St. Maarten post-Irma, integrating food security as a means of survival after any disaster, should be the main topic in such a discussion. It is technically possible to set up indoor farming systems on the island. Even well-built houses can be equipped with indoor agriculture systems to grow food. With land available for agriculture limited on the island, creative and innovative systems should be considered and implemented in a post-hurricane re-development phase. Existing farmers should be encouraged to pool their resources and work together on land government can allot for agricultural development. Better yet, these farmers can be stimulated with government support and subsidies to use their agricultural knowledge to help design, build and promote indoor agriculture. Together with government, these farmers can set up an infrastructure to supply these home-grown produce to supermarkets, restaurants and hotels. Government assistance will be necessary because it is a fact that small-scale agriculture is expensive, but it is also the most productive form of agriculture that can exist on a small tourism-based island like St. Maarten. This form of agriculture can have a positive effect on tourism with freshly grown produce coming immediately from the agricultural stations direct to the tables of tourists at hotels and restaurants.



CulturXpression Agri-Cultural Festival an Eco Tourism Concept by Spaceless Gardens - Photo caption: Denicio Wyattte

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## THE FARMER SEE: HEALTH BENEFITS OF LUFFA

By [healthbenefitstimes.com](http://healthbenefitstimes.com)

**LUFFA** is widely cultivated plant in the family Cucurbitaceae which is easy to grow. It is cultivated throughout Asia and the United States for the food and scrubbers but is inherent to Tropical Africa and Asia. Luffa is also known as Sponge Gourd, Bath Sponge, Dish Cloth Gourd, Dish-Cloth Gourd, Towel Gourd, Dish-rag Gourd, Vegetable Sponge, Rag Gourd, Wash-Rag Sponge, Smooth Luffa, Scrubber Gourd, and Wild Vegetable Sponge. Luffa is titled to various names in different countries such as German: Luffa, Netzgurke; Hindu: Dhodka, Ghia-Torai; Korean: Su Sa Mi Oe; French: Courge

Torchon, Pétole; Russian: Ljufa and others.

**Plant** - Luffa grows best in tropical and subtropical climates and thrives in well-drained soils. It is a coarse, vigorous, monoecious and annual vine that bears cylindrical and smooth fruits which are used as culinary vegetables. It grows on bushy plants that are 30 ft. (9 m) long. The plant has got five angled stems. The leaves are dark green, ovate-rein-form with silvery patches topside. The flowers are monoecious, yellow having the diameter of 5-7.5 cm. The plant bears flowers during summer. There are three varieties of



Luffa such as: Angled luffa, Smooth luffa, Taiwan luffa.

**Fruit** - Luffa fruit is smoothly cylindrical and about 24 inch (61 cm) in length and 3 inch (7.6 cm) in diameter. In general, the fruit features thin and smooth green skin, white flesh and smooth, black, flat ovate seeds with length 1-12 cm. concentrated near its core. The taste of the fruit resembles zucchinis.

**Nutrition** - Luffa fruit (Sponge Gourd) contains various antioxidants, minerals, vitamins,

nutrients and lipids. It is an excellent source of Vitamin A and carbohydrates. It is also a very good source of Vitamin B5, Manganese, Potassium, Copper, Total dietary fiber, Vitamin B6, Vitamin C and Magnesium.

**Health Benefits of Sponge gourd** - All parts of the Luffa plant possess the medicinal properties. Luffa Fruit (Towel Gourd) is used in cooking as well as to treat various health ailments. It is helpful to lower the blood sugar, constipation, weight loss, and

hypoglycemia, enhance immune system, weight loss and detoxifies the body.

**Prevents eye ailments** - Vitamin A prevents from the macular degeneration that leads to the blindness. The study conducted by the National Eye Institute shows that those who took vitamin C, vitamin A, copper, vitamin E and zinc, their chances of macular degeneration was decreased by 25% in a six year period. The study also shows that the eye drops of Vitamin A effectively treat the dry eyes. Including Vitamin A rich food Luffa fruit in your daily diet may help to reduce eye ailments.

**CONTINUED ON PAGE 8**

## AGRICULTURE - THE CASE OF THE ILLUSIVE NUT... FROM PG 6

### Part 5 - Government's Plan B should include agriculture

The time has come for the government to have a "Plan B" for emergency situations to make St. Maarten truly import-independent where food is concerned. Government need to include a budget for agriculture. As a matter of fact, government should have a ministry of Agriculture and appoint a minister of Agriculture to focus government budgetary expenditures effectively in this sector. Such a call for government to set up a ministry for agriculture should not result in the usual bureaucratic procedures of setting up review committees and the having of debates in Parliament by the political parties and their politicians jockeying for political appointments for their support.



Hillside Adventures campsite  
Photo caption: Joslyn Richardson's Hillside Adventures campsite as a part of his agriculture station up Marigot Hill.

The setup of such an entity should be a non-partisan endeavor and it should include all existing farmers on the island as they have proven capable of surviving all these years without government support, they should be able to effectively implement and execute a government agricultural policy and program efficiently and effectively.

### Part 6 - Promoting agro-tourism to help agricultural development on St. Maarten come full circle.

As we have shown in part 5, it is in government's interest and the island as a whole for government to set up a committee to look into farming, optimal land allocation and even stimulating indoor farming with new techniques and innovations to effectively make use of the limited land and space available. In this last part of this series about agriculture on St. Maarten, we look at ways of making it sustainable and a means of attracting tourists to the island. Agro-tourism is such a means of generating tourism income and still operate in sustainable manner. This can be achieved by having tourists, especially cruise tourists visiting for the day, tour agricultural stations, help with the work as volunteers ('voluntourism') and buy and eat food freshly grown on the land for their lunches and dinners at restaurants supplied by the agricultural stations they just visited and volunteered at.



Loterie Farm - Photo caption: Loterie Farm eco-resort.

### Conclusion

We can go on and on with ideas how to stimulate and make agriculture successful on St. Maarten and grow it into an industry that can provide food security on the island and help the island survive and recover faster after any type of natural disaster, such as flash flooding, earthquakes and hurricanes. Agriculture should and must not be neglected any longer. Life on St. Maarten has a lot to offer and most of it can be grown fresh on the land itself. We deserve every freshness life has to offer. Start your own indoor farm today. Don't like the squirrel in the Ice Age movie that kept trying to get to his acorn forever, because it will be an illusion to think we could survive another devastating hurricane without securing local food security through agriculture.

By Terrance Ray  
<http://www.stmaartennews.com>

## HEALTH BENEFITS OF LUFFA...FROM PG 7

### Cardiovascular benefits

Vitamin B5 in 900 mg dose helps to reduce the bad cholesterol as well as triglycerides which reduce the chances of cardiovascular disease. As 900 mg dosage is the higher amount, one should consult the physician before taking.

### Prevent diabetes

Manganese is essential for the production of digestive enzymes which is responsible for a process called gluconeogenesis. The research conducted by the Department of Internal Medicine and Biochemistry showed that mice that were given the manganese, their glucose tolerance were improved in 12 weeks. The manganese promoted the secretion of insulin, reduce the lipid peroxidation and enhance the mitochondrial function.

### Prevents muscle pain

Potassium balances the fluid levels and

helps to relax muscles. The low presence of potassium leads to the muscle cramps, spasms and pain. It assists to break down the protein and carbs on which the muscle depends for the repair and energy.

### Reduce arthritis

Copper provides anti-inflammatory properties which soothe stiffness and pain which is related to arthritis. It is able to assist with muscular strength, repair connective tissue. The people with arthritis wear copper bands or bracelets as it is believed that the copper can reduce the painful symptoms.

### Treat Anemia

Vitamin B6 is essential to produce hemoglobin in the blood which helps to transport the oxygen to the cells and mobilizes iron. Anemia is the result of inadequate red blood cells.

**CONTINUED ON PAGE 15**



## Going on vacation abroad? Leaving the island temporarily?

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## VEGATERIAN AND VEGAN RECIPES

### PUMPKIN AND SPINACH RAVIOLI [VEGAN]

BY GOODHOUSEKEEPING.COM



**FRIED TOFU** adds a delicious crunch to this cucumber and cashew-filled vegan quinoa bowl.

### INGREDIENTS

- 14 oz. extra-firm tofu
- 1/2 small red onion, very thinly sliced
- 1/4 c. red wine vinegar
- 1/4 c. Thai sweet chili sauce
- 1 tbsp. olive oil
- 1 seedless cucumber, chopped
- 3 tbsp. cornstarch
- 2 tbsp. vegetable oil
- 1 c. quinoa, cooked
- 2 tbsp. roasted cashew halves
- Parsley leaves, for garnish

### DIRECTIONS

Slice tofu 1/4 inch thick. Place on cutting board between paper towels; top with baking sheet. Top with large cans or other weight; let stand 10 minutes. Soak red onion in cold water.

Whisk red wine vinegar and Thai sweet chili sauce, olive oil and 1/4 teaspoon salt. Pat onion dry; toss with half of vinaigrette and cucumber.

Sprinkle tofu on both sides with cornstarch. In 12-inch skillet, heat vegetable oil on medium-high until hot. Carefully add tofu. Cook until deep golden brown, 2 to 3 minutes per side. Drain on paper towels.

Divide quinoa among 4 bowls. Top each with salad, roasted cashew halves, parsley leaves and tofu.



## CHINA BUYS INROADS IN THE CARIBBEAN, CATCHING U.S. NOTICE P3

**NASSAU, THE BAHAMAS** — “They are buying loyalty and taking up the vacuum left by the United States, Canada and other countries, particularly in infrastructure improvements,” said Sir Ronald Sanders, a former diplomat from Antigua and Barbuda.

“If China continues to invest the way it is doing in the Caribbean, the U.S. is almost making itself irrelevant to the region,” he added. “You don’t leave your flank exposed.”

In some places, Chinese contractors or workers have stayed on, beginning to build communities and businesses. So many have opened in Roseau, Dominica, that local merchants have complained about being squeezed out.

Trinidad and Tobago has had waves of



Chinese immigration over the past century, but locals are now seeing more Chinese restaurants and shops, as well as other signs of a new immigrant generation.

“I am second-generation Trinidadian-Chinese, and like most of us of this era, we have integrated very well in society, having friends, girlfriends, spouses and kids with people of other ethnicities,” said Robert Johnson-Attin, 36, a mechanical engineer now with his own successful business. “It’ll only be a matter of time before it happens with the Chinese coming in now.”

Here in the Bahamas, Tan Jian, the economic counselor at the Chinese Embassy, said he that believed “it’s only the start” of the Chinese presence across the Caribbean, casting it as one developing country using its growing economic power to help other developing ones.

The Bahamian government, he said, “can-

not afford to build huge projects by itself.”

While the Chinese built the stadium, the Bahamas is responsible for utility hookups and the roads and landscaping outside it.

The \$35 million gift “is costing us \$50 million,” said Mr. Maynard, the sports minister. “But at the end of the day it will pay for itself” by putting the Bahamas in position to host major sporting events and reap the tourism revenue that comes with that.

For Baha Mar, the Chinese Export-Import Bank is financing \$2.6 billion, nearly three-quarters of the cost, and China’s state construction company is a partner.

The Bahamas agreed to allow up to 8,000 foreign workers, most of them Chinese, to work on the project in stages, but it also required employment for 4,000 Bahamians, dampening concerns that Chinese workers were taking jobs. American companies will also take part in building and running it.

Mr. Jian played down any economic competition with the United States, whose tourists, he asserted, stood to benefit from China’s presence in the Caribbean. The Chinese workers here live in barracks behind the project fences, largely shielded from public view.

“We hardly know they are here,” said James Duffy, watching a track practice next to the stadium one recent afternoon, adding with a chuckle: “Except for the big things they build.”

### WHA YA SAY TELL DI 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 fi tun on !!



## WHAT CHRISTMAS MEANS TO ME

**THE HOLIDAYS** has approached us and every where is sight. You can see the Christmas trees in the houses decorated with Christmas lights. Such a wonderful time of year that comes along with joyful cheer. But if I really have to let you know I would say just this. Christmas to me is worth more than the nicely wrapped gifts.

What Christmas means to me is far more than what we receive. It's about family coming together to celebrate our Heavenly majesty. The one who gave his life for ransom so that we all may be free. A precious act of love and kindness that sets

our souls free.

So I'm not fascinated by the glittering gifts because they one day will fade away. But knowing my risen savior will last until that judgment day. When we all meet in the sweet by and by. And our voices we'll surely sing, Immanuel king of kings ruler of everything.

So this is just a few of my sentiments of what this season means to me. Not forgetting coming together as one big happy family. And spreading the love both near and far and the good old Christmas cheer. Which should be extended to one and all with love with love



that fills the air.

"Tis the season to be jolly and time to spread good cheer. But how about taking time today and letting your loved ones know you care. You might have been overwhelmed

with the holiday prep- ping, and as fine as that may be. Some- times a simple hello

is all that they may need.

Spread the love all around this joyful time

of the year. Spreading Christmas love to all and showing that you care. Don't let this system confuse you into what Christmas really means. Spend the time with the ones you love in perfect harmony. Collecting memories through this Christmas time. And I'm sure you will all agree, Christmas is more than just the presents under the Christmas tree.

**Happy Holidays**

Written by Latoya Ruan 25 Dec 2017

## CHAWK COAL DRAWING P2



by CMportraitspaintings

**CHARCOAL POWDERS** are used to create patterns and pouncing, a transferring method of patterns from one surface to another.

There are wide variations in artists' charcoal, depending on the proportion of ingredients: compressed charcoal from burned birch, clay, lamp black pigment, and a small quantity of ultramarine. The longer this mixture is heated, the softer it becomes.

### Art techniques

Paper used with artists' charcoal can vary in quality. Rough texture may allow more charcoal to adhere to the paper. The use of toned paper allows different possibilities as white oil pastels (commonly referred to by the brand name Conté) can be used in combination with charcoal to create contrast.

### Hatching

It is a method in which thin, dark lines are continuously placed parallel to each-other. When done with charcoal, it comes out smoother and darker.

### Rubbing

Rubbing is done with a sheet of paper pressed against the targeted surface then rubbing charcoal against the paper. It creates an image of the texture of the surface.

### Blending

Blending is done to create smooth transitions between darker and lighter areas of a drawing. It can also create a shadow effect. Two common methods of blending are, using a finger to rub or spread charcoal which has been applied to the paper or the use of paper blending stumps also called a Tortillon. Many prefer to use a chamois, which is a soft square piece of leather.

### Lifting (Erasing)

Erasing is often performed with a kneaded rubber eraser. This is a malleable eraser that is often claimed to be self-cleaning. It can be shaped by kneading it softly with hands, into tips for smaller areas or flipped inside out to clean.

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## INTERVIEW - The Mighty Dow

**40+ YEARS** of experience in the field of music , Mr Isidore York aka (Mighty Dow) is no stranger globally to the pan. Over the last four decades the iconic musician has added numerous awards for his achievements into his archives. From receiving a Golden Award for songs like St Maarten Rhumba and the Lifetime Achievement Award from organizations such as IRAWMA (International Reggae and world Music Awards), The Mighty Dow has been a trend setter in the field of Calypso and Steel Pan Music in St Maarten and throughout the Caribbean. In this months edition of Cultural Xpression Newsmagazine we bring you a bit closer to St Maarten's Music Ambassador Mr Isidore York aka Mighty Dow, as he prepares himself for the 26th annual "Pan in Paradise" show on the 27 of Dec 2017 at the Westin Hotel.

**With over 40 years of experience in the field, We are sure everyone would like to know how did the name Mighty Dow come about?**

The name Mighty Dow arrived from my younger brother who could not pronounced my name in full, and that became my nickname (DOW) and then putting the Mighty in front many years after when I first was entering the local Calypso competition for this was Supreme and Majestic to put the word Mighty in front your artist name.

**What inspired you to embrace the steel pan ?**

My Father was involved fully in it's promotion.

**What was Steel pan Music like 40 years ago ?**

Very interesting , special and rewarding

**What challenges have you faced being a steel pan artist out here in the Caribbean?**

To get the Steel Pan in a Structured way in schools. And I could and should, like

I'm doing now, do more playing on a consistent basis in the other Islands.

**We know you have won many great awards from past to present, mention a few that have been set a great miles stones in your life.**

Receiving A Golden Award for The Song St. Maarten Rhumba from Kubaney records out of Miami

- Nominated in the Latin Award of Music 1990 Miami

- Ambassador Award from St. Maaten

- Life Time Achievement Award from IRAWMA (International Reggae and world Music Awards)

- Winning the calypso ,road march Crown, including Groovy Soca in the Soca Rumble competition Monarch.

**What was your most challenging time getting prepared for the show?**

Having the bands play my music correct, note fore note.

**How has collaborating or having a good team play a role in your past and current career development?**

I was mostly on my own, well let's say always leading which ever and whom ever worked along with me, My wife Ruth always assisted which I'm very appreciated of and thankful for. But with DMF I have to thank people like Francisco Bryson, Edward Lloyd, Leonaris Brooks who was the first members of the Steel pan Foundation, followed by another great team, Mrs Gabrielle Marlin, Mrs Ruth York, my wife and Stella Arrindell.

**What are your observations of the music scene here on St Maarten and do you think that there are more potential artist locally that have international potential?**

I think we have a lot of music that's buried, meaning not having that pride of playing the local music on the radio stations on a consistent and regular basis ,though it's much better than before but yet still of the mark as being where it should be, and it's difficult getting St Maarten music played else where in the Caribbean, marketing and promotion is much needed,

**What genders of music do you feel has a great impact on the outside world influenced by our Caribbean culture?**

Soca Music / Reggae with the St Maarten Swing to it.

**What genre or genres of Music do you think St Maartener's or Caribbean people should focus on to determine a more successful international outcome?**

Cross over between Soca and a Rhumba typed mixed combination.

**What would u like to see change or adapted in St Maarten that will help inspire more local artist to be productive?**

Marketing and get good produced tracks.

CONTINUED ON PAGE 12



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# CWC INTERVIEW: Mighty Dow .. from page 11

**Do you listen to other local artist , Mention a few?**

I Listen to all but I love to hear Kenyo, Jabz, Oswald, Erno, Red Eye Crew, King James, Jr. Lion . These have a unique style, but I listen to all the others.

**What keeps you motivated currently?**

DMF Music School

**Who or what are some of your biggest inspirations?**

My Father Chester York, Short Shirt, Michael Jackson, Stevie Wonder, Mighty Sparrow, and Mohammed Ali.

**Where do you see yourself in the next year?**

In Years to come my plans are to re record most of my hits to modern beats and sound.



Mighty Dow - Promo video screenshot

**What can St Maarten and the World Expect next from Mighty Dow, tell us a bit about your annual Christmas show and what can the public expect this year?**

More and more Music, It's been 26 years, wow, we have been consistent with quality. It's going to be a

great one and great show inspiring the younger musicians. Building a Music College on St. Maarten

**As you know our cultural paper is focus on a number of community awareness building topics, most importantly Agriculture and Community de-**

**velopment. What are you thoughts and views of the importance of Agriculture for St Maarten?**

The relevant authority should be much more involved and be part of its day to day development.

**What do you think can bring more community mem-**

**bers together to focus on positive development issues for their surrounding communities?**

Get involved in music classes, see music, its art is as important as brushing your teeth and as important as a meal every day, same goes for sports, start and continue to embrace and enhance this. Move forward with more structure in everything we do, most of all be good and honest.

**As we come to the end of the Q and A interview:**

Who would you like to thank, give a shout out to and or leave some inspirational words for our youngsters and upcoming artist that look forward to taking on music as a career possibility !

I want to thank my wife for always being there, my father Chester York for his input in to music in St. Maarten in particular steelpan music. All the music teachers on the island and specially those who teach at Dow's Musical Foundation. I love when young people doing good and climbing up the ladder, I love to assist them. Music is a major part of the soul, keep on working to be the best of what ever it is you do, be consistent.

We would like to thank Mr Isidore York (Mighty Dow) as he continues to put St Maarten on the map... We wish him much success on his journey forward !!!!



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# ECOTOURISM IN INDIA

**ECOTOURISM** is entirely a new approach in tourism for India. Ecotourism is a preserving travel to natural areas to appreciate the cultural and natural history of the environment, taking care not to disturb the integrity of the ecosystem, while creating economic opportunities that make conservation and protection of natural resources advantageous to the local people.

In short, ecotourism can be categorized as a tourism program that is - "Nature based, Ecologically sustainable, Where education and interpretation is a major constituent and Where local people are benefited."

All this together can be called ecotourism. If a travel does not satisfy any one of these constituents, then it is not called a real ecotourism venture.

The Concern for Ecotourism

Since ages, nature worship and the conservation ethics have been an inseparable

part of Indian thought and traditions. Traces go back to ancient civilizations of India, when people used to nurture the philosophy of the oneness of life. The Indian tradition has always taught that, humankind is a part of nature and one should look upon all creation with the eyes of a love and respect.

It is tragic that since last few decades, the mad quest for the material end and economical progress in India and abroad has become identical with the exploitation of nature in all its appearances. Today, the entire world is facing a deep crisis and is in the danger of being doomed. The rich forest areas and biological diversities have been relentlessly divested to erect concrete walls. The continuous denuding of forest reserves has led to Global Warming and Greenhouse Effects. Fortunately, this has led to some realization, and now the world has awoken for new beginnings about human responsibility

towards nature. Ecotourism in India



India, the land of varied geography offers several tourist destinations that not just de-stress but also rejuvenate you. There are several ways to enjoy Mother Nature in most pristine way. The few places like the Hima-

layan Region, Kerala, the northeast India, Andaman & Nicobar Islands and the Lakshdweep islands are some of the places where you can enjoy the treasured wealth of the Mother Nature. Thenmala in Kerala is the first planned ecotourism destination in India created to cater to the Eco-tourists

and nature lovers. The India topography boasts an abundant source of flora & fauna. India has numerous rare and endangered species in its surroundings. The declaration of several wildlife areas and national parks has encouraged the growth of the wildlife resource, which reduced

due to the wildlife hunt by several kings in the past. Today, India has many wildlife sanctuaries and protection laws. Currently, there are about 80 national parks and 441 sanctuaries in India, which works for the protection and conservation of wildlife resource in India.

There are numerous Botanical and Zoological Gardens in India, which are working towards the enhancement of the Ecosystem. Poaching has stopped to large extent. There are severe punishments for poachers, hunters and illegal traders of animals and trees. Tree plantation are taking place in several places.

There are several animal & plant rights organization, who fight for the rights of the animals and plants. Numerous organizations and NGOs are coming forward to provide environmental education to the common people at the grass root level.

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## SMALL BUSINESS TRENDS AND PREDICTIONS FOR 2018

By businessnewsdaily  
**ANOTHER YEAR** has come to a close and businesses are preparing to enter 2018 with a bang.

What do entrepreneurs expect heading into the new year? Business News Daily got in touch to find out some of the major things on their radar. Here are 20 key ideas, trends, and predictions to keep in mind in order to make the most of 2018 for both your business and your customers.

### Technology and cybersecurity

A shift in IT spending: "A significant number of enterprises will begin to invest in a dedicated security operations center as part of the shift away from prevention towards detection and response... Hybrid security offerings combining on-premise and SaaS/Cloud solutions will become the dominant architecture



with customers beginning to integrate these offerings starting in 2018." - Prakash Nagpal, vice president of Infoblox.

The Cloud will fragment into micro-services: "In 2018, technology companies are going to ditch the buzzword 'cloud' in favor of the next big trend in IT - 'microservices'. This is where companies will increasingly look to scale by essentially breaking up their IT and thinking smaller

and using more SDN and NFV type approaches. Enterprises should also take note fast - moving to smaller applications makes it much easier to scale and decreases risk, while increasing efficiencies." - Craig Walker, CEO of business communication platform Dialpad

### The rise of the sharing economy:

"Digitization and the sharing economy will disrupt more industries. Already, retail

(Amazon), automotive (Uber and Zipcar), and the server market (Google, Amazon) have been disrupted - and we have had two years without another major industry being disrupted. Given this, financial services and healthcare are ripe for disruption." - Prakash Nagpa

### Marketing and advertising

The personalization of marketing: "Marketing is becoming increasingly personal, and this trend will keep going as we move into the new year. No longer will stock images, generic nurturing campaigns, or impersonal calls to action convince consumers. In order to succeed, you'll have to provide high-value and personalized content every step of the way." - Harrison Doan, director of analytics at Saatva.

### Modern marketing tools make personalization possible:

"While email marketing has traditionally been a one-to-many medium, it's a great example of this trend being brought to life as we continue to see an increased focus on more customized messaging heading into 2018. A major catalyst behind this shift toward one-to-one has been advances in personalization technology, especially click segmentation. Personalizing email marketing is especially valuable because small businesses often have a variety of products, yet not ev-

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**CONTINUED ON  
 PAGE 15**

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# SIGNS OF A GREAT LEADER: HOW TO BE A GOOD BOSS P3

**By livechatinc.com**  
**THERE ARE NO** perfect people as there are no perfect workers. That's exactly why you should encourage an open, honest communication in your company. Don't be afraid of it! Even if you hear something unpleasant, treat it as an opportunity to develop.

Research shows that people who are better at handling negative feedback tend to be more successful!

How to encourage employees to give feedback:

Ask them questions. "What would you change if you were me," "what do you like or dislike in your job" or "is there



anything you'd like to change in our team" are good examples of such questions, if you don't want to speak in person, you can ask your employees to fill a survey (it can be anonymous), tell them honestly that if there is any feedback they would like to share with you, you're happy to hear it.

## SMALL BUSINESS TRENDS... FROM PAGE 13

ery offering will necessarily appeal to every customer on an email list." - Dave Charest, director of content marketing at Constant Contact, an Endurance International Group company

**AI will emerge as a critical marketing tool:** "In the past executives may have tinkered with AI to schedule their calendars, but 2018 will see the end of the experimental phase and the beginning of applying artificial intelligence to solve the most soul-crushing marketing problems. For example, conversational AI companies like Conversica will make it possible for PR companies to harness conversational AI for lead nurturing and finding new clients. CRM companies like Helpshift will streamline customer service. AI however will not replace traditional me-

dia relations. Journalists deserve a human touch that AI will not yet be able to mimic." - Curtis Sparrer, principal at Bospar PR

**Social advertising will become more competitive:** "For paid social ads in Facebook, the 2018 landscape will continue to get far more competitive. Facebook advertising is still in its 'Golden Age,' but the company is growing the number of advertisers at a very rapid pace. While large companies jumped on the Facebook ad bandwagon some time ago, there is significant long-tail growth among SMBs which still have not embraced Facebook ads fully and the vast majority are not advertising there. The end result of this, Facebook will continue to accelerate the number of advertisers it has with SMBs and

CPM and CPC costs will rise for all Facebook advertisers." - Toby Danylchuk, co-founder of 39 Celsius Web Marketing

**There will be growth in small business cross-channel marketing:** "Very few small businesses today do any sort of cross-channel strategic advertising. Many owners even have separate vendors for Facebook, Google, web content, web maintenance, etc. Large brands do this rather well, and I believe in 2018 we will see small businesses utilizing integrated strategies - and these small businesses will outperform their competitors." - Bil Gaines, digital marketing director of Custom Creatives

**MORE ON THIS TOPIC IN JAN 2018 EDITION**

## HEALTH - LUFFA...FROM PG 8

The patients of anemia might experience these symptoms such as aches, fatigue and pain. The study shows that the consumption of Vitamin B6 in adequate amount reduces the symptoms of anemia and prevents its occurring.

### Skin health

The study shows that high intake of Vitamin C can reduce the skin dryness, wrinkles and slows down the aging process. Vitamin C is essential for the production of protein to form tendons, skin, blood vessels and ligaments. It assists in the healing process of wound and also forms a scar tissue.

**Migraine headaches** - The inadequate amount of magnesium is relat-

ed to migraine headaches. Magnesium assists to balance the neurotransmitters in the body. The study which was published in Expert Review of Neurotherapeutics showed that the dose of 300 milligrams of magnesium lowers the recurrence of migraine headaches.

### Brain function -

Oxygen is required for the brain to function properly. The brain results to poor memory, apathy and decrease productivity in the absence of iron as the brain won't receive oxygen. The deficiency of iron leads to restlessness, irritation and inattentive.

**Type 2 diabetes** - The food rich in magnesium helps to reduce the chances of type 2 diabetes because magnesium is essential for glucose metabolism. The dose of 100 milligrams of magnesium in a day reduces the chances of diabetes by 15 percent.

### Traditional uses

- Various parts of the plant are used in the folkloric ethnomedicine. It is believed that Luffa Fruit is pectoral, carminative, anthelmintic, cooling to the blood; facilitate circulation, antiseptic, emmenagogue and galactagogue. The fruit is used as a tonic to the genital organs, beneficial to the intestines, demulcent and cooling or warming to the stomach. The dried fruit is used

as an emetic after steeped. In Java, juice of the leaf is used to cure amenorrhea whereas, the people of India is used to treat snake bites and dysentery. In Philippines, the skin diseases and orchitis are treated by using the leaves. The seeds are used as cathartic, emetic and hydragogue. The infusion made from the seeds is used as an anthelmintic drastic and purgative. The extracts of root and vine are helpful for tooth decay, ozoena and parasitic affections. The extract from leaves helps to induce labor during childbirths in Western Uganda.

**How to eat** - The buds, flowers and young fruits are consumed as okra or squash after cooking. Luffa fruit could be either sautéed in a little oil or sliced in a stir fry. The flowers could be added to the salads. In stir-fried dishes and soups, Luffa Fruit could be added as an ingredient. The skin could be used to make chutneys. It could be stir fried or used in curry as a vegetable.

### Precautions

- Pregnant and breast feeding women should consume it in food amounts and the excessive intake of Luffa Fruit should be avoided.

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# HOW SPORTS CAN BUILD PEACE IN TROUBLED COMMUNITIES P2

**TRIBALISM** is known as the possession of a strong ethnic identity or cultural belief that separates group from the members of another group. Tribalism is a very major problem in Africa. It is causing Africa not to develop. In the 2007 political elections, approximately one thousand three hundred (1300) innocent lives were lost in Kenya because of tribalism.

Tribal issues are one of the issues that are difficult to solve in most countries. It is an issue that serves as a burden for most governments. Sports can be used as a tool to reduce the rate of tribalism in our communities. For instance, people of different ethnic groups have been studied to have the passion for foot-



ball games. So taking football into consideration, tournaments can be organized for

two ethnic groups. For example, in the upper eastern part of Ghana there are many tribal problems. Among the many conflicting tribes are the Mamprusis and the Kusasis. Football tournaments can be organized for these two tribes to play in their municipal town and during these games and players from both sides of the tribal divide can be placed on the same team and spectators can put out their differences and come together to support their teams. After the game, people can be lectured on peace quotes and messages from famous people and

messages on the effects of tribalism can be delivered out. At the end, through sports, people, especially the youth, would have picked up some values of sportsmanship, teamwork, respect and communication skills needed to reduce tension and prevent conflict. The commonwealth games which is about to be held in Scotland can serve as one of the ways through which respect for human rights can be promoted to help build peace in troubled nations. In conclusion, sport has been recognized as a powerful tool for preventing

conflicts and promoting peaceful co-existence in the society. Sports can also serve as a conflict prevention measure, helping to forestall the process that leads to the generation of aggression, hatred and fear which are the key ingredients of conflicts. In the light of the above, sporting activities like football, hockey ball, volley ball and among others can be used to help build peace in troubled communities.

We have one country and one peace. If we lose this peace, we have nowhere to run to so let us all maintain the peace we have to build a peaceful country for the next generation to come.

This essay is dedicated to communities and countries currently facing issues such as racial

discrimination, tribalism and many other problems which lead to retardation of progress and

development of their various communities and countries. I am Mildred from Ghana, West Africa and I believe that sport can be a key to building peace in troubled communities of our world.

**By Mildred from Ghana - Camfed MasterCard Foundation Scholars Program student**

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