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AUG 2018  
SPECIAL EDITION

# CulturalXPRESSION

ST MAARTEN AGRICULTURAL CENTER:  
COMMUNITY RECOVERY AND RESILIENCE PT1

How The SXM Agriculture Research & Development Center can add value to  
The National Recovery and Resilience Plan - **By Mr Denicio Wyattte and  
Former UNDP Advisor for SXM Mr Kamina Ntende**

WorldCharts  
caribbean





# MAJOR FIGURES IN AFRO CARIBBEAN HISTORY

## Remembering Bert Williams

By Wiki

### BERT WILLIAMS

(November 12, 1874 – March 4, 1922) was a Bahamian American entertainer, one of the pre-eminent entertainers of the Vaudeville era and one of the most popular comedians for all audiences of his time. He was by far the best-selling black recording artist before 1920. In 1918, the New York Dramatic Mirror called Williams "one of the great comedians of the world."

Williams was a key figure in the development of African-American entertainment. In an age when racial inequality and stereotyping were commonplace, he became the first black American to take a lead role on the Broadway stage, and did much to push back racial barriers during his three-decade-long career. Fellow vaudevillian W. C. Fields, who appeared in productions with Williams, described him as "the funniest man I ever saw – and the saddest man I ever knew."

### Early life

Williams was born in Nassau, The Bahamas, on November 12, 1874, to Frederick Williams Jr. and his wife Julia. At the age of 11, Bert permanently emigrated with his parents, moving to Florida. The family later moved to Riverside, California, where he graduated from Riverside High School. In 1893, while still a teenager, he joined different West Coast minstrel shows, including Martin and



Williams (left) & Walker, on the 1903 cover to the sheet music for "I'm a Jonah Man" (from the musical In Dahomey)

Selig's Mastodon Minstrels, where he first met his future professional partner, George Walker.

He and Walker performed song-and-dance numbers, comic dialogues and skits, and humorous songs. They fell into stereotypical vaudevillian roles: originally Williams portrayed a slick conniver, while Walker played the "dumb coon" victim of Williams' schemes. However, they soon discovered that they got a better reaction by switching roles. The sharp-featured and slender Walker eventually developed a persona as a strutting dandy, while the stocky Williams played the languorous oaf. Despite his thickset physique, Williams was a master of body language and physical "stage business."

A New York Times reviewer wrote: "He holds a face for minutes at a time, seemingly, and when he alters it, bring[s] a laugh by the least movement."

In late 1896, the pair were added to *The Gold Bug*, a struggling musical. The show did not survive, but Williams & Walker got good reviews, and were able to secure higher profile bookings.

They headlined the Koster and Bial's vaudeville house for 36 weeks in 1896-97, where their spirited version of the cakewalk helped popularize the dance. The pair performed in burnt-cork blackface, as was customary at the time, billing themselves as "Two Real Coons" to distinguish their act from the many white minstrels also performing in blackface.

Williams also made his first recordings in 1896, but none are known to survive.

While playing off the "coon" formula, Williams & Walker's act and demeanor subtly undermined it as well. Camille Forbes wrote, "They called into question the possible realness of blackface performers who only emphasized their artificiality by recourse to burnt cork; after all, Williams did not really need the burnt cork to be black," despite his lighter skin complexion. He even would pull over a wig full of kinky hair in order to help conceal his wavy hair.

Terry Waldo also noted the layered irony in their cakewalk routine, which presented them as mainstream blacks performing a dance in a way that lampooned whites who'd

mocked a black dance that originally satirized plantation whites' ostentatiously fussy mannerisms. The pair also made sure to present themselves as immaculately groomed and classily dressed in their publicity photos, which were used for advertising and on the covers of sheet music promoting their songs. In this way, they drew a contrast between their real-life comportment and the comical characters they portrayed onstage. However, this aspect of their act was ambiguous enough that some black newspapers still criticized the duo for failing to uplift the dignity of their race.

In 1899, Bert surprised his partner George Walker and his family when he announced he had recently married Charlotte ("Lottie") Thompson, a singer with whom he had worked professionally, in a very private ceremony. Lottie was a widow eight years Bert's senior.

Thus, the match seemed odd to some who knew the gregarious and constantly traveling Williams, but all who knew them considered them a uniquely happy couple and the union lasted until his death. The Williamses never had children biologically, but they adopted three of Lottie's nieces and frequently sheltered orphans and foster children in their homes.

**MORE IN SEPT 2018 EDITON**

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## THE ST. PETERS EMERGENCY ORGANIZATION GROUP HOLDS PRODUCTIVE COMMUNITY MEETING

**PHILIPSBURG - Sept 2, 2018** - The St. Peters Emergency Organization Group held a meeting on Friday, August 29 2018 at the Rupert I Maynard Community center, in St. Peters, which invited the general public and community to come out and share their views and opinions on their plans on how to best approach emergencies in hurricane pre- and post-situations.

The reason for this meeting was to establish a foundation to protect the interests, livelihood, properties and the residents of St Peters Community. Residents will also have an opportunity at these meetings to register as volunteers on the various supportive teams the Organization plans to establish in the community in the near future.

The organiza-

tion's focus of the evening was to touch base on a number of community oriented issues and gave members of the St Peters community a better understanding on how to prepare themselves in times of hurricane season and what the organization plans to set in place to assist in times of pre- and post-hurricane season.

The organization touched base on plans for before and after hurricanes in cases such as shelters, water / food issues, debris cleanup / recycling issues and medical assistance for pregnant women, children, elderly and those vulnerable.

SPEOG also stressed on the importance of "We have to do for We" as it is important for us, as community members, to do as much as we can to ensure that our com-



Members of the St Peters Emergency Organization Group and Minister of Education Hon. Wycliffe Smith.- Photo SPEOG

munities will be safe and ready in times of a disaster and participating groups / organizations may be able to maneuver without too much difficulty to get assistance to community members that may be in need. Board members of The SPEOG also expressed on their plans and the importance and hope to soon implement a recycling program in

the St Peters community and look forward to getting as much community members involved as possible.

The organization is planning to schedule another community meeting at the end of September, a new date will be published soon.

For future community meetings the organization is encouraging as much members of the

community to come out and engage in these fruitful dialogs that may help influence the community to becoming stronger and more resilient.

SPEOG would also like to thank minister of ECYS Mr Wycliffe Smith for taking time out to attend the meeting and hear more about the organization's plans for the St Peters community

and also making his positive contribution on the best possible ways to connect with government. The organization also encourage Minister Smith to reach out to Mr Wyatte at the St Maarten Agricultural Research and Development Center to learn more about the project and see if there's any way he could assist in finding a positive resolution to this situation in assisting community leaders so that they may continue towards their objectives.

The St Peters Emergency Organization Group focuses on the number of community oriented challenges such as Hurricane Preparedness and Recovery, waste management / recycling, while preserving and conserving a healthy community



# SAVE SXM AGRICULTURAL CENTER: COMMUNITY RECOVERY & RESILIENCE

## THE VALUE IT ADDS TO THE NRRP

**By The President of the St Maarten Research and Agricultural Foundation Mr Denicio Wyatte and former UNDP Advisor to SXM Mr Kamina Ntenda**

On August 29, 2018 during a press briefing with the Council of ministers, I was pleased to hear the Prime Minister Ms Leona Marlin of St. Maarten speak about looking forward towards implementing the NRRP program. After the passing of hurricane Irma in September 2017, St Maarten, the government and its community members have been faced with some trial times. Many have lost their homes, jobs and even some totally displaced they even had to leave the country to seek better alternatives for the wellbeing of their family with hopes to return home one day to an opportunity driven St. Maarten and continue to make



Summer-camp learning with Philipsburg Jubilee Library at SXM Agricultural Center - Photo Spaceless Gardens

their contribution.

The National Recovery and Resilience Plan brings this type of hope. The NRRP brings a diversified range of opportunities not only to country St. Maarten but also to the local community members, vulnerable groups, Hurricane Irma affected people and government, while giving our people more confidence

towards revitalizing their livelihoods.

The partial statement below falls under the visions and objectives of the NRRP and will help the general public to understand a bit more of what our local government plans to set in place towards achieving this vision.

The NRRP recommends as top priorities: (a) the basic

needs of the people of Sint Maarten—such as food, shelter, health and psychosocial care, education, and livelihoods, (b) the emergency projects currently under preparation to ensure Sint Maarten is ready for the peak of the upcoming hurricane season and (c) key initiatives aimed at restarting and revitalizing the economy. Toward this end, priority interventions include assistance to vulnerable groups to ensure they have a roof over their heads and a basic income to buy essentials, as well as an immediate solution to the debris left behind by Irma and the wider issue of dump fires threatening both public health

and the tourism-dependent economy."By:

There are three main subcomponents expressed in the National recovery and resilience plan under one of the main components Community Recovery and Resilience

**Community Recovery and resilience:** Housing; Health; Education, Culture, Youth, and Sport; Sanitation and Solid Waste Management; Employment, Livelihoods and Social Protection; Environment, Ecology, and Biodiversity

**Economic Recovery and Resilience:** Macroeconomy; Tourism and Commerce; Finance; Transport (Roads and Drainage, Airport, Ports and Marinas); Utilities (Electricity, Water, Telecommunications, and Telecoms/Information and Communications Technology (ICT))

**Government Recovery and resilience:** DRM; Governance and Public Financial Management; Justice, Public Safety and

Security, and Additional Public Buildings

In order to achieve this vision and objective, we as residents of St Maarten must also realize to achieve this, it will take more than just the work of government but also the work and input of each and every individual

citizen of this country to ensure their livelihood and that of the generation to come.

While analyzing the different components of the NRRP, the Agricultural Research Center found its paths under Component 1. Community Resilience and most specifically contribution to the operationalizing of sub components Livelihoods improvement, access to temporary employment to youth and females headed households; protection of environment, recycling of bio degradable waste into compost thereby developing projects and provide support to agricultural and environment sectors as stated by Honorable Minister of VROMI at the same press briefing Conference held on August 29th 2018.

"I was also pleased to hear during the press briefing on August 29, 2018 with the Council of ministers that the Minister of VROMI Minister Gitterson has a positive outlook on agricultural ventures for country St. Maarten for those that may want to get involved and is looking forward to sitting with me to discuss further possibilities on how we may be able to move forward in the best interest of Country St Maarten" Wyatte Explained.

Today the focus is to express a bit more on one component which is "Community Recovery and Resilience" and express a bit more on a BBB St Maarten and how agriculture may play a great role by adding value and sustainability to this component. Resilience to food insecurity.

These important topics have been discussed with Mr. Kamina, the UNDP Livelihoods and Economic Recovery Adviser who has flown to SXM (Jan-April 2018) to assess the lost on Livelihoods and to Propose a UNDP three

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# CELEBRATING EMANCIPATION PT3

Photo by Members of the 100 Voices Choir

By Patina Magazine

**WHILE** all these variables conspired to create a special individual relationship between slaves and slave-owners in St. Martin that made it possible for the majority of the population to enjoy better conditions than in other islands, the reality was that institutionally these conditions had no legal bearing or support whatsoever. Indeed France would have to go through another revolution, the one of 1848, to finally breathe the necessary impetus into abolitionism.

The key figure in this struggle was Victor Schoelcher, an avid activist who spent the best part of two de-

acades fighting for the enfranchisement of slaves in France, and who was appointed in February by the new government to draft a decree proclaiming the abolition of slavery.

The decree, which stipulated abolition to come into effect on August 3, was ready on April 27.

By then, word of Schoelcher's general designs had spread in the Caribbean and riots broke out in both Martinique and Guadeloupe. The news didn't reach peripheral little St. Martin until weeks later, but when it did it sent the system of dual administration on the island into crisis, for it became immediately evident that keeping

## SLAVERY AND THE STRUGGLE FOR FREEDOM IN ST. MARTIN



slaves on the Dutch side from crossing over to the French side would be entirely unfeasible.

Famous among the runaways are the Diamond Estate twenty-six, a group of slaves from Cole Bay who took to the bush and cut their way across Marigot Hill to claim their freedom.

But the situation was, of course, not

as simple as that: Schoelcher's decree effectively bought the freedom of close to a quarter of a million people across the colonies and ultimately cost the French state 120 million francs, but not a single one of them would be invested in purchasing the liberty of slaves from other territories.

Consequently, the Dutch authorities in

St. Martin tried to cull the exodus to the French side through collaboration with the French authorities to return runaway slaves to their Dutch owners, while they requested their own government to emulate their French counterparts and devise a coherent strategy to do away with slavery.

Unsurprisingly, faraway St. Martin

did not hold enough sway in the affairs of the Netherlands to affect its colonial policy. Neither did Curaçao, where major riots erupted through 1848. But the only true territory of consequence for the Dutch on the western hemisphere at this stage was Surinam, and things there remained quiet until the Netherlands also joined the abolitionist wagon in 1863.

Thus, for the fifteen years between 1848 and 1863 St. Martin, an island of roughly ninety square kilometers, was left in the unique and doubtless awkward situation of having to marry contradictory and incompatible practices.

**MORE IN SEPT 2018 EDITON**

# SAVE SXM AGRICULTURAL CENTER ....FROM PAGE 4

phases Framework for Livelihood Recovery Program for St Maarten.

As summary of his findings he proposed a Framework with Four pillars to contribute to SXM Gov for Irma Recovery. The first pillar proposed by this expert is related to Capacity building and Agricultural Improvement (ref Mr Kamina Ntenda, Livelihoods & Economic Recovery Adviser, CRU IC\_UNDP\_CRU\_2018\_02 )

Livelihoods Diversification and Economic Recovery programme; Track 2 commencing July, 2018 and concluding July, 2020, using the identified UNDP Livelihood Diversification/ Recovery (UNDP TT SXM)

**A Full report can be requested at SXM TT UNDP**

After leaving Sint Maarten at the end of his mission with UNDP, Mr. Kamina kept contact with our center and other stakeholders through his Consulting firm Regional solutions ( <https://regionalsolutions.org>) to develop the proposals for the Improvement of our Agricultural Research Center; setting up of districts community gardening training on Back yard home gardens, auto-pots making systems, recycling of bio degradable waste into compost ( organic farming) and Resource Mobilization.

The targets groups identified during the employment driver organized by Labor Department with support of UNDP include Irma affected peoples, Unemployed and vulnerable groups.

"I am one of Vulnerable groups and I have been able to get out from this group because of my earliest involvement in Agricultural Activities." Wyattte expressed

### Wyatte - A life Changing Opportunity

Between 2014 and 2018 having the opportunity to be granted and occupy a piece of land by former minister of VROMI Mr Lake in the St Peters area, we were able to conduct extensive research on the livelihood, revitalization and impact agriculture may bring to our surrounding communities, its members and the economical sustainability of country St Martin.

Looking at what has been taken place throughout the Caribbean, and being inspired by how many Caribbean countries started taking their agricultural ventures more seriously while transforming it into a sustainable ECO experience that added great value to their home land. Both for locals and visitor alike. Seeing this growing trend got me more passionate about Agri-Culture.

The greatest factor that inspired me about agriculture was the benefits that it brought to one's health and lifestyle. Me being an epilep-

tic have suffered with the chronic disease for many years to the point where it hampered my daily functionality and never knew for cer-

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# SAVE SXM AGRICULTURAL RESEARCH CENTER...FROM PAGE 5

tain if one day I would be faced with being brain-damaged.

I was also not able to get a drivers license. Then 31, Three years after I started my study more in depth of agriculture, economics and science I was finally able to rid myself of the chronic epileptic disease and finally got my drivers license at the age of 34. Getting my drivers license at the age of 34 was not considered an accomplishment for me, but rather, one of the greatest achievement was just being able to live a normal healthy functioning life while being able to become a productive member of my community and country. This experience and observation also bought me to the realization of the great impact agriculture may also have towards finding common ground solutions for our country's Ministry of Health and community members at large. A healthier population by means of awareness building and agricultural implementations may lead to fewer obligations being placed on-demand's of government while allowing the population to take control of their own general health.

By mid 2014 transitioning into 2015 based on my research I had so much to share. I started a local monthly Cultural News Magazine called "Cultural Xpression" to help build awareness on the sector. I also Focused on starting a community garden project Called the "St Peters Community Garden" on the land which offered the general public, schools and tourist an opportunity to come out and learn about the great benefits Agri-Culture has to offer.

The project provided unique learning opportunities, community outreach efforts, volunteer \ compensated opportunities, capacity and

leadership building, entrepreneurship opportunities, socially interactive experiences, Phycological evaluations, waste management through organic reconstruction and possibilities towards a healthier lifestyle. It also offered higher quality organic produce for free or at lower cost than the average supermarket price while offering a place to getaway from the over crowded developments and be inspired by nature towards preserving the environment.

By 2017, we made a transition to becoming St Maarten's Agricultural Research and Development Center. The Center was able to demonstrate on a small scale what can be possible if magnified for country St Maarten once taken into consideration by our local government. Unfortunately after the passing of hurricane Irma the entire facility was damaged, looking towards safeguarding our research and facility and whatever little that was left to salvage we went ahead and did as much as we can within our capacity and resources to be able to redevelop the center so that we may be able to get back to our community outreach efforts.

Our research has led us to understand the importance of agriculture towards building back a more resilient and stronger St. Maarten may be one of the most viable solutions.

Over the past years the center was able to cultivate over 3000+ kilos of food only based on research purposes and socially interacted with more than 2000+ persons locally and internationally. The research was not only based on establishing sustainable crop types suitable for our climate and environment, but also gathering data towards the steps needed towards



*Minister of TEATT Mr Johnson shows support to Mr Denicio Wyattte at the SXM Agricultural Research and Development Center - Photo by Spaceless Gardens*

building and maintaining a better, stronger, socially interactive more resilient community.

The project took a tremendous spin off and has been supported by the members of surrounding communities, supportive organizations such as Print Bernhard Culture Fonds, UNESCO, UNDP, SZV, Spaceless Gardens, Ministry of Health (Dept VSA), St Maarten Tourist Office, The St Maarten Vegan Community, St Maarten Jubilee Foundation, K1 Britannia, St Maarten Youth Council, St Maarten Chamber of Commerce and many others.

We have been blessed with the opportunity to be visited by many Government officials and representatives both locally and from the Netherlands both past and present such as former Prime Minister William Marlin, former Ministers of Education Ms Jorien Wuite and Silveria Jacobs, Member of the Tweede Kamer Mr Andre Bosman and Mr Ronald Van Raak, UNDP Livelihood and Economic Recovery

Expert Mr Kamina Ntenda, UNESCO representative Ms Marcellia Henry, Representatives of Bak and VSA Mr Tom Woods and Ms Lokie Morals, Prins Bernhard Cultuur Fonds representative Ms Michèle Russel-Capriles and Natures Foundation Mr Tadzio and Director USM Mr Antonio Baez which all gave positive feedback of the tremendous effort and outreach possibilities that the project has to offer.

In 2018 the project received a positive Report from UNDP on its outstanding efforts and also positively contributed towards influencing the framework of MAF's MDG's and SDG's.

The scope and livelihood of the project also granted participating team members a second-place spot at this years (BBB) build back better event. The project clearly shows the true potential of one that can be of Great added value to the existing NRRP.

**The benefits of having an Agricultural Research and Development Cen-**

**ter**

- Ensuring food and water security
- Educational and Recreational programs
- Employment and Entrepreneurship opportunities
- Preserving our environment
- Revitalizing cultural values
- Funding opportunities for local farmers
- Waste management towards food sustainability and product development
- Community development project and programs
- Hurricane and Recovery awareness building
- Community outreach programs
- Increase agricultural production and health awareness
- Research and Data Collection
- Community Back Yard Gardening
- Community Farming Network
- Revitalizing tourism by implementing the green footprint ECO

Wyatte mentioned he was also pleased to hear during the press briefing on August 29, 2018 with the Council of ministers that the Minister of VROMI Minister Giterson has a positive outlook on agricultural ventures for country St. Maarten and for those that may want to get involved. He also mentioned that he is looking forward to sitting with Wyattte to discuss further possibilities on how we may be able to move forward in the best interest of Country St Maarten. "I'm also looking forward to sitting with the minister as I do believe that he's in a position in the right place, at the right time to do the right thing." Wyattte

We have all had a trouble experience one way or the other by the passing of hurricane Irma which was a natural disaster. The foundation is asking

Minister Giterson and the Prime Minister of St. Maarten Ms Leona Marlin to consider not creating a man made disaster by demolishing the agricultural research and development center which is scheduled for demolition on September 6, 2018 (Hurricane Irma's Anniversary). Wyattte would like the Minister and Prime Minister to consider allowing the project it to be one of the first sustainable implementations executed by the NRRP that country St. Maarten can be proud of towards safeguarding their security and livelihood. The dependency and sustainability of the project is relied upon by supporting community members and organizations that utilizes the agricultural research and development center as a learning, networking and collaborative tool towards also adding value to their community outreach programs and efforts.

The project has come along way and has been supported by many organizations. This shows a great example of networking with community members and like-minded organizations that also value revitalizing and safeguarding our culture and heritage. This network also allows projects of this caliber to be more self sustainable in the long term. By utilizing the methods of constructive and organize collaborative tools and resources, it can also lighten the financial burden on our local government while also setting a standard footprint toward meeting the long-term sustainable development goals (SDG's).

As stated above, Mr Kamina, former adviser at UNDP SXM and Chairman of the Consulting Co Regional Solutions (<https://regionalsolutions.org>)

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# THE FARMERS SEE: HEALTH BENEFITS OF CASTOR BEAN

By webmd.com

## CASTOR BEAN

**OTHER NAME(S):** African Coffee Tree, Arandi, Bi Ma Zi, Bofareira, Castorbean, Castor Bean, Castor Bean Plant, Castor Oil, Castor Oil Plant, Castor Seed, Erand, Eranda, Gandharva Hasta, Graine de Ricin, Huile de Ricin, Huile de Ricin Végétale, Mexico Weed, Palma Christi, Ricin, Ricin Common, Ricin Sanguin, Ricine, Ricino, Ricinus communis, Ricinus sanguines, Tangantangan Oil Plant, Wonder Tree.

Overview Information

Castor is a plant that produces seeds (beans). Castor oil is produced by pressing ripe seeds that have had their outer covering (hull) removed. The hull contains a deadly poison called ricin. Castor oil has been used as medicine for centuries.

Castor seeds without the hull are used for birth control, constipation, leprosy, and syphilis.

Castor oil is used as a laxative for constipation, to start labor in pregnancy, and to start the flow of breast milk.

Some people apply castor seed paste to the skin as a poultice for inflammatory skin disorders, boils, carbuncles, pockets of infection (abscesses), inflammation of the middle ear, and migraine headaches.

Castor oil is used topically to soften skin, bunions and corns; and to dissolve cysts, growths, and warts. It is also applied to the skin for osteoarthritis. Some



women put castor oil inside the vagina for birth control or to cause an abortion. Castor oil is used in the eyes to soothe membranes irritated by dust or other materials.

In manufacturing, castor seeds are used to make paints, varnishes, and lubricating oils.

Ricin from the hull of the castor seed has been tested as a chemical warfare agent. Weapons-grade ricin is purified and produced in particles that are so small they can be breathed in. The smaller the particle size, the more poisonous the ricin. You may remember that ricin was found in letters sent to some Congress members and the White House, and in the possession of people linked to terrorist and anti-government groups.

How does it work?

Castor bean is used to make castor oil, which is a strong laxative. In pregnancy, castor oil might start labor by stimulating the uterus.

## Uses & Effectiveness?

Possibly Effective for Bowel preparation before colonoscopy. Some research suggests that taking a single dose of castor oil is effective for bowel preparation in people undergoing a colonoscopy. However, castor oil might not be as effective as other bowel preparations, such as sodium phosphate or bisacodyl plus magnesium citrate.

**Constipation.** Castor oil works as a stimulant laxative for reducing constipation when taken by mouth.

**Birth control.** There is some evidence that a single dose of castor seeds with the outer coat removed (hulled) can work as a contraceptive for up to 8-12 months.

**Dry eyes.** Some research suggests that using eye drops containing castor oil might be effective for people with dry eyes.

**Stimulating full-term labor in pregnant women.** A single 60 mL dose of castor oil appears to start labor within 24 hours in at least half of women at term pregnancy who try it. There is also some

evidence that women at term pregnancy whose "water has broken" are more likely to go into labor and are less likely to need a Cesarean

## Insufficient Evidence for

Syphilis.  
Arthritis.  
Skin disorders.  
Boils.  
Blisters.  
Swelling (inflammation) of the middle ear.  
Migraines.  
Softening cysts.  
Adhesive bowel obstruction.  
Warts.  
Bunions and corns.

Promoting the flow of breast milk.

Other conditions. More evidence is needed to rate the effectiveness of castor for these uses.

## Side Effects & Safety

Castor oil is **LIKELY SAFE** for most people when taken by mouth as a single dose. In some people, castor oil can cause stomach discomfort, cramping, nausea, and faintness.

Castor oil seeds that have had the outer coat removed (hulled) are **POSSI-**

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# THE FARMERS SEE: CASTOR...FROM PG7

POSSIBLY SAFE when taken by mouth as a single dose. Also, castor oil eye drops are POSSIBLY SAFE when applied to the eye for up to 30 days.

**Castor oil is POSSIBLY UNSAFE** when taken by mouth long-term or in large doses. It might cause fluid and potassium loss from the body when used for more than a week or in doses of more than 15-60 mL per day.

The whole seed is UNSAFE to take by mouth. The outer coating (hull) of the castor seed contains a deadly poison. This outer coating can cause nausea; vomiting; diarrhea; abdominal pain; dehydration; shock; blood cell destruction; severe fluid and chemical disturbances; liver, kidney, and pancreas damage; and death. Chewing as few as 1-6 whole seeds can kill an adult. If the seed is swallowed whole, poisoning is less likely; however, prompt medical attention is still an absolute necessity.

**Special Precautions & Warnings:** Children: Castor oil is POSSIBLY SAFE when taken by mouth in appropriate doses short-term (less than one week). Castor oil is POSSIBLY UNSAFE when taken



by mouth for more than one week or at a high dose. Taking more than the typical children's dose of 1-15 mL per day, depending on age, can cause a chemical imbalance in the body. Castor seeds are UNSAFE if the whole seed is taken by mouth.

**Pregnancy and breast-feeding:** Using castor oil in pregnant women at term (ready to deliver) is POSSIBLY SAFE. Midwives routinely use castor oil for starting labor in pregnant women who are ready to deliver. However, castor oil should not be used for this purpose without the supervision of a healthcare provider. Also, it is LIKELY UNSAFE to use castor oil in pregnant women who are not at term. It might bring on labor too early. It is UNSAFE for women who are pregnant to take whole castor seeds by mouth, as it can cause serious toxic

effects or death. Don't take castor oil if you are breast-feeding. Not enough research has been done to know whether a mother's use of castor oil is safe for nursing infants. **Intestinal problems:** Don't use castor oil if you have a blocked intestine, unexplained stomach pain, or problems with your bile ducts or gall bladder. **Moderate Interaction** Be cautious with this combination. Water pills (Diuretic drugs) interacts with

**CASTOR BEAN** Castor oil is a laxative. Some laxatives can decrease potassium in the body. "Water pills" can also decrease potassium in the body. Taking castor oil along with "water pills" might decrease potassium in the body too much. Some "water pills" that can decrease potassium include chlorothiazide (Diuril), chlorthali-

done (Thalitone), furosemide (Lasix), hydrochlorothiazide (HCTZ, HydroDIURIL, Microzide), and others.

**Dosing** The following doses have been studied in scientific research:

**BY MOUTH:** **For constipation:** 15 mL of castor oil is commonly used.

**For cleaning the bowel before surgery or examining the colon (colonoscopy):** The dose for adults and children over 12 is 15-60 mL of castor oil given 16 hours before the procedure. For children age 2-11 years, 5-15 mL is typically used. In children younger than 2 years, 1-5 mL is commonly used. **For starting childbirth:** A variety of dosage schedules have been used. Single doses vary from 5-120 mL of castor oil. A one-time dose of 60 mL in fruit juice is commonly used. Other dosing schedules that have been used include 5 mL in peppermint tea every 2 hours, 15 mL three times daily, 30 mL every 2 hours, 30 mL every 6 hours, 30 mL every 3 hours for 3 doses, 60 mL daily, and 60 mL daily for 2 days.

## BY ALLRECIPES VEGATERIAN AND VEGAN RECIPES Vegan Mac and No Cheese



- INGREDIENTS**
- 1 (8 ounce) package uncooked elbow macaroni
  - 1 tablespoon vegetable oil
  - 1 medium onion, chopped
  - 1 cup cashews
  - 1/3 cup lemon juice
  - 1 1/3 cups watersalt to taste
  - 1/3 cup canola oil
  - 4 ounces roasted red peppers, drained
  - 3 tablespoons nutritional yeast
  - 1 teaspoon garlic powder
  - 1 teaspoon onion powder

**DIRECTIONS**  
Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add macaroni, and cook for 8 to 10 minutes or until al dente; drain.

Transfer to a medium baking dish. Heat vegetable oil in a medium saucepan over medium heat. Stir in onion, and cook until tender and lightly browned.

Gently mix with the macaroni. In a blender or food processor, mix cashews, lemon juice, water, and salt. Gradually blend in canola oil, roasted red peppers, nutritional yeast, garlic powder, and onion powder.

Blend until smooth. Thoroughly mix with the macaroni and onions.

Bake 45 minutes in the preheated oven, until lightly browned. Cool 10 to 15 minutes before serving.

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## VENEZUELAN MIGRANTS COULD CREATE REFUGEE CRISIS ACROSS SOUTH AMERICA

**THE INTERNATIONAL** Organisation for Migration (IOM) has warned that the number of Venezuelans fleeing the worsening economic crisis in their homeland could create a "refugee crisis moment" for South American countries similar to what occurred across Europe three years ago.

The warning by the United Nations (UN) agency comes as Peru today imposed new entry requirements aimed at controlling the influx of Venezuelan migrants.

As part of the new requirements, Venezuelans will no longer be allowed to cross the Peruvian border with just an identification card.

Children, pregnant women and the

elderly are exempted.

According to reports, approximately 400,000 Venezuelan migrants have entered Peru in the past twelve months.

Since 2014, it's reported that more than two million Venezuelans have fled their homeland because of the worsening economic crisis, which has resulted in chronic shortages of food and medicine.

This mass migration has inflamed tensions across the region as neighbouring countries struggle to accommodate them.

Peruvian Prime Minister César Villanueva said requiring Venezuelans to show their passport at the border did not mean that his country was "closing the door" to



migrants.

He said ID cards did not provide enough information and could easily be forged.

Similar rules were introduced in Ecuador last week, only to be overturned by

a court.

The United Nations (UN) has established a special team to coordinate the regional response.

Joel Millman, a spokesman for the IOM, says increasing border restrictions,

coupled with an outbreak of violence on the Brazilian border last week, is an early warning sign that the region was in need of help.

**By Caribbean News Service**



**RAS ITAL  
THE WORLD A  
EVERYBODY OWN?**

Dem fi know if one country can't solve it own problem, ita go become another man problem. Ya can neva stop people from move. Thing is people nah value dem self them nah go value another man or land and that key to remember. So with that in mind, we fi allow people fi find them livelihood if them plan fi do di right thing and vadd value to the next palce dem rest dem, head. If not ya all right fi send dem back a yard. Cause the world belong to everybody but truy only for those that value her.

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# MYSTERIOUS WORLD

**I WAKE** up every day with intentions to change this mysterious world! It is obvious to see that not even the most educated politician nor the richest man on this earth can solve the unsolved mystery's that spreads across the land. The problems are getting worse, it's like



the biggest curse. So many things are going wrong and it's a clear observation that we're near the last dawn. It's just like a nightmare for told that makes the human soul grow old. To see brothers and sisters acting like far away strangers, the gun violence escalating and the young generation disappearing. This is not the way it's supposed to be, people hating and fighting wanting to create World War III. We should take

time out to relax and see that we should all be emancipating from this hatred spree. So let's speak life into our children because they are the next generation to be. Let us come together and rise above it all together with the less fortunate ones. Once we do that and see, We'll then realize that this world is no longer a mystery.

**Written By Latoya Ruan**

## SAVE SXM AGRICULTURAL RESEARCH CENTER...FROM PAGE 6

also expressed his willingness to reach out to government once again based on his past advice toward showing support of the implementation of Agri-Cultural development for country St Maarten and the impact it may have towards the livelihood, resilience and sustain-

ability of its surrounding community members.

As follow up to our recent contacts, his Consulting Company and himself are ready to stand up to come to Sint Maarten with experts and Volunteers to support the operationalization of the NRRP .

Taking into account of the explanations provided above, the organization do request the SXM Government to consider their decision to demolish the Agricultural Center and to give opportunities to us to serve the affected people and vulnerable groups of Sint

Maarten.

Over the next few weeks the organization has a number of collaborative activities scheduled with the Agricultural Research and Development Center and is asking Minister Giteron to consider expiring the demolition based on the following:

**Aug 31, 2018** - Meeting with Minister of Tourism Mr Stewart Johnson

**Sept 1, 2018** - Community Market Day

**Sept 8, 2018** - Community Market Day

**Sept 10, 2018** - Ms Marcellia Henry of UNESCO & Charlotte Brookson students

visit Agricultural Center

**Sept 13, 2018** - Sustainable Development and Agroecology seminar with the University of St Maarten with Mr Antonio Baez

Mr. Wyatte , now president of the St Maarten Agricultural Research and Development Foundation also mentioned over the next few days he will be trying to establish communication with the minister with hopes on getting a speedy appointment to sit and discuss positive possibilities on moving forward with the project and perhaps how government can also play a great role towards using

the research and data gathered by this project to help complement and strengthen the national recovery and resilience plan. There has been over 700 Digital and Physical signatures gathered in support of this project thus far, all that is missing now is the positive support and signature of the Minister Giteron himself.

"We must remember that no one is promised tomorrow. So once we're in the right place, at the right time, to do the right thing, then it must mean that we are actually chosen to make a difference Today." - Wyatte



Minister of ECYS Mr Wycliffe Smith shows support to Mr Denicio Wyatte at the SXM Agricultural Research and Development Center - Photo by Spaceless Gardens



REMEMBERING

CONTINUED FROM MAY 2018

# PETER TOSH

**TOSH ALSO** participated in the international opposition to South African apartheid by appearing at Anti-Apartheid concerts and by conveying his opinion in various songs like "Apartheid" (1977, re-recorded 1987), "Equal Rights" (1977), "Fight On" (1979), and "Not Gonna Give It Up" (1983).

In 1987, Peter Tosh seemed to be having a career revival. He was awarded a Grammy Award for Best Reggae Performance in 1987 for No Nuclear War, his last record.

## Religion

Along with Bob Marley and Bunny Wailer during the late 1960s, Peter Tosh became a devotee of Rastafari. One of the beliefs of the Rastas was that Haile Selassie, the Emperor of Ethiopia, was either an embodiment of God or a messenger of God, leading the three friends to be baptized by the Ethiopian Orthodox Church.

## Unicycling[edit]

At some point after his departure from the Wailers, Tosh developed an interest in unicycles; he became a unicycle rider, being able to ride forwards and backwards and hop. He often amused his audiences by riding onto the stage on his unicycle for his shows.

## Death

On 11 September 1987, just after Tosh had returned to his home in Jamaica, a three-man gang came to his house on motorcycles and demanded money. Tosh replied that he did not have any with him but the gang did not believe him. They stayed at his residence for several hours and tortured him in an attempt to extort money from Tosh. Over the hours, as various Tosh's associates arrived to visit him, they were also taken hostage by the gunmen. The gunmen became more and more frustrated, especially the chief thug, Dennis "Leppo" Lobban, a man whom Tosh had previously befriended and tried to help find work after a long jail sentence. Tosh said he did not have any money in the house, after which Lobban and the fellow gunmen began opening fire in a reckless manner. Tosh was shot twice in the head and killed.

Herbalist Wilton "Doc" Brown also died as a result of wounds sustained during the robbery. Several others in the house were wounded, including Tosh's common law wife, Andrea Marlene Brown, disc jockey Jeff 'Free I' Dixon and his wife, Yvonne, Tosh's drummer Carlton "Santa" Davis and musician Michael Robinson.

According to Police Commissioner Herman Ricketts, Dennis "Leppo" Lobban surrendered and two other men were interrogated but not publicly named. Lobban went on to plead innocent during his trial, telling the court he had been drinking with friends. The trial was held in a closed court due to the involvement of illegal firearms. Lobban was ultimately found guilty by a jury of eight women and four men and sentenced to death by hanging.

His sentence was commuted in 1995 and Lobban remains in jail. Another suspect was acquitted due to insufficient evidence. The other two gunmen were never identified by name. It is said that they were killed in a daylight gun battle in the street.

## Legacy

In 1993 Stepping Razor - Red X was released, a documentary film chronicling Peter Tosh's life, music and untimely death. It was directed by Canadian filmmaker Nicholas Campbell, produced by Wayne Jobson and based



PETER TOSH - PHOTO BY SPOTIFY

upon a series of spoken-word recordings made by Tosh himself. The film was released on DVD in 2002.

A monument to Peter Tosh is maintained by his family near Negril, Jamaica and is open to the public. His birthday is celebrated there annually with live reggae music.

In October 2012 Tosh was posthumously

awarded Jamaica's fourth highest honour, the Order of Merit.

A square on Trafalgar Road in Kingston was renamed Peter Tosh Square. The square is home to the Peter Tosh Museum, which opened in October 2016. Among the artifacts on display will be Tosh's M16 guitar.

In 2015, Tosh's daughter – the administrator of the Peter Tosh Estate – deemed that April 20 should be celebrated as International Peter Tosh Day, in honour of his "philosophy of responsible cannabis consumption for medicinal and spiritual health benefits".

## M16 guitar

In 1983, at the Los Angeles stop on Tosh's Mama Africa tour, a local musician named Bruno Coon went to the hotel at which Tosh was staying, claiming to have a gift for him. The gift was a custom-built guitar in the shape of an M16 rifle. Tosh accepted the gift personally. The guitar was subsequently lost by the airlines when the tour went to Europe but was recovered when Tosh's public relations agent placed an article about its loss in Der Spiegel. Tosh went on to perform on stage with the guitar.

In 2006, it was announced by the promoters of the Flashpoint Film Festival that the guitar would be auctioned on eBay by Tosh's common-law wife Andrea "Marlene" Brown. Tosh's sons, Andrew Tosh, and Jawara McIntosh, prevented the sale, claiming ownership of the guitar. In 2011, Andrew Tosh, said that the guitar was in the custody of a close friend, awaiting the opening of a museum dedicated to Peter Tosh.

The Peter Tosh Museum was opened on Peter Tosh's 72nd Birthday on 19 October 2016 in Kingston, Jamaica.



Peter Tosh - Photo by Peter Toch Museum



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# SUSTAINABLE TRAVEL AND ECOTOURISM ISLANDS

By **Islands.com**

**EDITOR'S NOTE:** Some of the information below may be out-of-date. Dominica and the U.S. Virgin Islands were heavily impacted by Hurricane Irma and Hurricane Maria. Please visit [caribbeantravelupdate.com](http://caribbeantravelupdate.com) for updates.

Not only are these islands beautiful, their communities take sustainable travel very seriously.

In honor of Earth Day, we're highlighting ecotourism destinations that double as sublime vacation spots. Climate change and the subsequent impact to the global environment stands at the fore of many people's consciousness, and the United Nations has declared 2017 the Year of Sustainable Tourism. That's why making responsible travel choices has become all the more crucial. These coastal and island communities have all made environmental stewardship and ethical tourism practices a priority, allowing visitors to enjoy their beauty while minimizing human impact.

## Dominica

Deep in the center of the Caribbean Sea between Martinique and Guadeloupe, lies a lush, volcanic island packed with

ecological wonders. Self-proclaimed the "Nature Island of the Caribbean," Dominica launched its green efforts long before doing so became a trend. (The island has held court as a centerpiece in the world's ecotourism industry for well over a decade.) Known for its incredible biodiversity, hundreds of rare plant, animal, and bird species — including the native Sisserou parrot — call the 290-square-mile island home. Trails through pristine rainforest lead to stunning waterfalls and natural, bubbling hot springs while secluded black-sand beaches nestle between rocky cliffs. And as the whale-watching capital of the Caribbean, visitors delight in spotting pods of cetaceans frolicking in the waters off Dominica's shores.

## St. John, U.S. Virgin Islands

With its crystalline, turquoise waters that lap gently at flawless, powder-white beaches, St. John, the smallest of the USVI, embodies the archetypal tropical paradise. It also remains blissfully untouched in comparison to many of its Caribbean neighbors, largely due to the fact that more



Blue-footed Boobies found in the Galapagos Islands

than two-thirds of the island falls under the stewardship of the National Park System. Beyond the reaches of land, an additional 12,708 underwater acres comprise Coral Reef National Monument, a veritable swim-through aquarium replete with breathtaking marine life. A lush volcanic haven wrapped in laid-back island ambience, St. John invites visitors to explore endless idyllic beaches or hike to secluded snorkeling spots in sheltered coves where graceful sea turtles munch lazily on the sea grass below.

Nevis  
Home to more monkeys than people, tiny Nevis, nestled in the northern region

of the Lesser Antilles, is working hard to establish itself as "the greenest place on earth," aiming to source 100 percent of its energy from geothermal sources within the next year. Because buildings are forbidden to rise higher than 1,000 feet above sea level, only swaying palm fronds interrupt views over the dramatic volcanic landscape. Trails through verdant rainforest dotted by natural hot springs, plantation ruins, and forty varieties of mango wind up towering Nevis Peak, visible from almost everywhere on the island. Down below, inviting beaches — all of which are public — circle the island's sandy shoreline.

## The Galapagos Islands

As the birthplace of evolutionary biology, the Galapagos archipelago, approximately 600 miles off the Ecuadorian coast, prevails as a true mecca for ecotourism aficio-

nados and nature enthusiasts alike. Home to a remarkable range of animal and plant species, the Galapagos became the first UNESCO Natural Heritage Site for Humanity in 1978 and boasts one of the world's most unique ecosystems. 97 percent of the Galapagos is protected national park or marine biosphere reserve and travel to the islands is closely managed, requiring the company of guides. Each of the mostly uninhabited islands offers its own distinctive landscape and the animal residents are so at ease in their surroundings that its not unlikely to see them interacting with their human visitors both on land and sea.

## Grenada

Playing host to waterfalls, volcanic hot springs, and a vast array of indigenous flora and fauna, island locales like Levera National Park and Grand Etang Forest Preserve have helped Grenada's

place within the ecotourism niche flourish in recent years. Efforts to protect both natural rainforest and prolific coral reef systems make the island's "Pure Grenada" moniker an accurate one, and Grenada's work to construct coral nurseries and promote ecotourism make the island a prime destination for sustainable tourism. Grand Anse Beach, often considered one of the world's loveliest, remains one of the historic Spice Island's stars.

## Little St. Simons Island, Georgia

The jewel of coastal Georgia's Golden Isles, this privately owned, low-country oasis has a long legacy of environmental stewardship and virtually no development. The historic hunting lodge and five welcoming cabins accommodate a total of 32 guests per night who have the island's 11,000 protected acres all to themselves. A nature lover's paradise, Little St. Simons Island boasts a staff of talented onsite naturalists who lead a variety of activities each day, from kayaking through labyrinthine tidal marshlands to creek fishing, bird watching and wildlife hikes. Beach cruisers allow visitors to pedal out to the island's 7-mile long private beach where nesting sea turtles find a safe haven to lay their eggs.



# 50

## CREATIVE ART & CRAFT BUSINESS IDEAS FOR 2018 PT 7

By Profitable  
venture.com  
Basket Weaving  
Business

A whole lot of people are always on the look-out for home-made decorations, that is one of the things that makes this business one of the very right ones to start, if you want to start a crafts business. It is pertinent to note that this business could to a great extent make your interest in crafting lucrative.

### Embroidery Business

The art of embroidery have continued to be a very lucrative and developing one. One of the advantages of the business is because of the way you can use the embroidery equipment to personalize just about everything. This is from T-shirts, to mugs, apparels and others. Do note that you will need to get



some form of training before commencing operation.

### Tailoring Business

The tailoring business is one craft that will always be in need. Why is this? This is important because of the need for people to wear customized clothes. There are however different areas to specialize in. You may want to look into one or more these areas; specializing in children's apparel, ladies apparel, Male wears, and so on. But, there is the

need to know how to churn out very durable clothes out. This is so that you do not lose your clients.

In starting, you will need some machines too. Machines like the sewing machine, the whipping machines, cutting machines in some cases, and what have you.

### Balloon Decoration

This is a very important business, especially if you plan to deal with corporate clients and individuals. It entails knowing how to beautify a plan using

balloons. It could be said that this business is somewhat interwoven with the interior decoration art.

### Language School

This is one very profitable arts business that you can ever start. This means that if you are very fluent and vast in the reading and writing of a particular language, you may choose to start a language school. Commercializing this art puts you in an advantageous position to make good money.

### Music School

You may agree that there are loads of individuals, who wish to learn how to play some musical instruments but might not have the luxury of time. These are the type of people that you must be looking to serve when you start a music school. Since there are plenty music schools out there already, you may choose to make yours flexible and mobile, so that you can go have them trained where ever they may want.

### Standup Comedy Business

If you have got a wonderful and rich sense of humor, then this is your time to commercialize that art. This means that you can start a standup comedy business. If you look around you, you will find that most standup comedians are made. You too can become wealthy when you use your naturally

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CONTINUED ON PAGE 15



# HOW SOCIAL MEDIA CAN MOVE YOUR BUSINESS FORWARD

By **forbes.com**

**TO QUESTION** the power of social media in society is to question the importance of sunlight on earth. It's no longer a want, but a need. Just imagine what life would be like without platforms that allow people from all over the world to connect. Imagine having to pay hundreds if not thousands on phone bills just to reach loved ones. Imagine having to email an entire album's worth of photos so friends can see what you've been up to. It would be a very lonely world.

Thankfully, with the dawn of online networking, catching up with loved ones, interacting with friends, learning about the latest updates and connecting with customer ser-

vice is as easy as the click of a button. As of January 2018, there are 4.02 billion internet users around the globe — that's 53% of the world's total population. Active social media users make up 3.2 billion, or 42% of the population. These numbers alone prove that social media is here to stay, if not to flourish further.

With such penetration, its significance to society cannot be ignored — especially in the marketing world. The reach and influence of social media is a treasure in the business and trade industries, where the need to engage and persuade the market is of top priority. With the slow death of print and radio, social media has taken over as one of the leading



channels for marketing and advertising.

**"But can social media really do any good for my business?"**

If you're still asking this question, then you've come to the right place. To help you grasp the immense power social media has in the com-

merce world, here are some important facts and numbers.

**Effects Of Social Media On Brand Presence**

According to We Are Social's Digital in 2018 Global Overview, Facebook is the second most visited website in the world, followed by YouTube,

with Google leading the list. Facebook was also the most searched query on Google, followed again by the video-sharing platform YouTube. These numbers prove that the four billion active internet users turn to social media platforms every single day.

As consumers

spend more time on social media, the platforms also become the go-to source for product and brand information. With more than 60 million Facebook Pages, brands are reaching millions on the social media platform. In the same report by We Are Social, it was revealed that posts on a brand's Facebook Page reach 10.7% more people than its current number of followers. It was also revealed that 4.2% of all Facebook users who see a Facebook Page's post engage with it — be it by reading a status, liking a post, watching a video or clicking a link.

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

# 50 BUSINESS IDEAS FOR 2018 PT 7.....FROM PAGE 14

endowed gift of art.

First of all, you will need to do some research about the business and if need be go to a veteran in the industry, so that you can be mentored. Doing this will put you in a very advantageous position to launch out.

**Knitting**

There are a whole lot that can be produced from the knitting business. They include; cardigans, shawls, mufflers, table cloth, apparels and a lot more. However, you have to be devoted to learn the ropes so that you can start on the right footing. Starting this type of trade requires very little capital.

**MC Business**

If you are a very eloquent person, and you have got the skills to keep your listeners con-

centrated on you, then you may want to consider starting a compere business. This means that you will have to be well positioned so that you would be hired by folks who need your services for their occasions. Some of the occasions that you may compere at include; conferences, seminars, weddings, parties, and a lot more. You may also consider advertising your services on the internet, as well as networking with celebrities who might be in need of the services that you render.

**Vocational School**

Starting a vocational school is one business that sure guarantees good returns on your investment. It means that you will be gathering

people who want to acquire one crafts skills or the other together and teaching them how to go about it. On your own part you may be required to bring in crafts teachers to take the courses. This is a very profitable business because each student will be charged a fee.

One of the ways to get clients or rather students who will be interested in attending your creative schools might be through advertising through the right channels. Some of the channels that you can employ are; internet advertising, word of mouth advertising, and a lot more options that you will come across as you operate in the business.

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

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# SMITH AND OTHER MINISTERS PARTICIPATED IN SPORTS AND CREATIVE INDUSTRY OPEN HOUSE

**THE FOURTH** annual Sports & Creative Industry Open House was a successful event. The two-day event held at the Raoul Illidge Sports Complex in Cay Hill from August 24 to 25, allowed students and the general public to see and experience various extracurricular activities that are available on Sint Maarten. To close the event, the organizers from the Department of Sports invited government officials to participate in a 60 m sprint followed by a 60m speed walk race.

The line-up of sprinters included Minister of Finance Perry Geerlings, Minister of VSA Emil Lee, Member of Parliament Ardwell Iri-



Ministers, students and MP'S Participate in sports activities at Sports and Creative Industries Open House - Photo by ECYS FB

on, Head of the Department of Sports Jonelle Richardson, and a member of the public. MP Irion finished the race with a clear 10 metres ahead of the rest. Minister Lee came in second with Richardson following as a close third. Minister Geerlings was disqualified for crossing

lanes, but all were in high spirits at the end.

The final event was the speed walking race. This race is one where Sint Maarten has taken home medals from the Special Olympics. Track coach, Les Brown, explained the rules of the event, where

Lee and MP Irion.

All put out great effort, swinging their arms and moving their legs as quickly as they could go. A young boy took lead in the first 15 m, then Minister Gitterson pulled ahead of the field, maximising his advantage of height. Minister Smith came in 6th place, with much cheers from the spectators.

In his closing remarks, the Honourable Minister Smith thanked all the organisers, booth holders, participants, schools, attendees and the general public for making this year's event the success that it was. The collaboration between

the Departments of Sports and Culture was the brainchild of Clara Reyes and Jonelle Richardson. It brought an added dynamism to the four-year-old event, and much is anticipated to come from this open house.

Sint Maarten has much to offer our youth and the community at large in the sporting arena and the creative arts. Parents are encouraged to have their children engaged in extra-curricular activities as these boost their development socially, physically and mentally.

- MECYS

## THE SPORT OF RACING PIGEONS PT.2

**By Country Side Network**

**TAKING** the birds at least twice to the same distance is very helpful.

Release them from different directions. Roberts recommends gradually increasing the distance by approximately 10 miles until

60 miles is reached.

Train them only in good weather when the sun is shining. Only fly your birds until you have had several successful tosses at around 60 miles from the loft.

Then you can start mixing other people's birds to reinforce the training.

**Types of Races**

There are two types of pigeon racing - club races and one loft races. Club races involve a pigeon owner keeping a loft.

**MORE IN SEPT 2018 EDITON**

**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

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