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BRAND OF CULTURE AND LIFESTYLE

JULY 2019

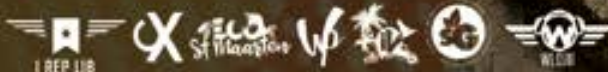
**EXCLUSIVE
INTERVIEW**
KENNETH SAMSON
THE ART OF THE WOOD TURNER



AGRO-ECOLOGY LEARNING

GUYANA BEST ECOTOURISM DESTINATION IN THE WORLD

WorldCharts
caribbean



SXM 10

GREAT AFRO-CARIBBEAN PEOPLE

RUBY BUTE



Created BY:

Denicio Wyattte

Editors



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The Public at Large

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Art By GUMBS
"Drawing" Outline-
ONE OF THE things

we enjoy most about our work at Island Art and Treasures is in getting to know the many artists that we come in contact with. Some are up-and-coming young artists, some are aspiring bi-vocational artists, and still others are well-known, more established practitioners. Today we introduce you to one of the latter in St. Martin resident, Ruby Bute.

I initially contacted Ruby Bute regarding participation in a calendar project we were producing for Island Art & Treasures. Having spent time on internet research, and after reading the volumes of information available about her, I admit to a certain degree

of trepidation, but I was instantly relieved to find that it was all for naught. Upon our arrival we pulled up to the large painted steel gate and honked per the posted sign. After a few minutes the gate slowly slid open to allow our passing. Driving on to the yard we see her sitting on the front porch of her home as the gate slides shut behind us. We spent the day getting to know this gem of St. Martin.

Much has been written about Ruby Bute, though certainly none can do justice to her creativeness and beauty. In addition to her paintings, Ruby exhibits her creative spirit as a writer, a poet, a teacher,

and a storyteller. For over thirty years Ruby has produced paintings that document many of the historical aspects of St. Martin's life and culture. Her strong colorful images capture the joyousness of such scenes of island life as Carnival, and Emancipation Day, and all serve testimony to her love and passion for the heart of St. Martin.

Born in Aruba of St. Martin parents, Ruby has been painting since the age of 6. In the early 70's, Ruby moved to St. Maarten, her parents' homeland, and in 1983 she held her first solo exhibition. In 2005, Bute was decorated by her Maj-

esty, Queen Beatrix of the Netherlands, and is since an honorable Member of the House of Orange-Nassau. Visit her studio and you will see the proclamation and medal proudly displayed.

Exhibitions of Ruby Bute's paintings are regularly held in St. Martin, in Amsterdam and other cities in Holland, Aruba, Bonaire, Curacao and Saba. Her works are owned by collectors in St. Maarten, the Caribbean and the United States.

You will find examples of Ruby's work available on our site at our Island Art Image Library. In this short video clip, Ruby tells us about her ear-

ly childhood memories, and of her love of art.

Ruby Bute, renowned as St. Maarten's national treasure, also serves as a mentor tutor to many emerging artists.

Ruby still paints daily in her gallery or on the porch of her adjacent home. When in St. Martin be sure to make the time to visit Ruby at her studio. She will undoubtedly make sure you feel quite at home, while enjoying the beauty of her art, and sipping her home-made liqueurs.

**Live the Life,
JVbytheSea 2012
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721NEWS

St Maarten Breaking
News Network
WWW.721NEWS.COM

AFRO-CARIBBEAN PEOPLE

MARY SEACOLE... PT 4

By Wiki
CRIMEAN WAR, 1853-56

HER PEERS, though weary at first, soon found out how important Seacole was for both medical assistance and moral. One British medical officer described Seacole in his memoir as "The acquaintance of a celebrated person, Mrs. Seacole, a coloured woman who out of the goodness of her heart and at her own expense, supplied hot tea to the poor sufferers [wounded men being transported from the peninsula to the hospital at Scutari] while they are waiting to be lifted into the boats...."

She did not spare herself if she could do any good to the suffering soldiers. In rain and snow, in storm and tempest, day after day she



Mary Jane Seacole

was at her self-chosen post with her stove and kettle, in any shelter she could find, brewing tea for all who want-

ed it, and they were many. Sometimes more than 200 sick would be embarked in one day, but Mrs. Seacole was always

equal, to the occasion". But Seacole did more than carry tea to the suffering soldiers. She often carried bags of lint,

bandages, needles and thread to tend to the wounds of soldiers.

In late August, Seacole was on the route to Cathcart's Hill for the final assault on Sevastopol on 7 September 1855. French troops led the storming, but the British were beaten back. By dawn on Sunday 9 September, the city was burning out of control, and it was clear that it had fallen: the Russians retreated to fortifications to the north of the harbour. Later in the day, Seacole fulfilled a bet, and became the first British woman to enter Sevastopol after it fell. Having obtained a pass, she toured the broken town, bearing refreshments and visiting the crowded hospital

by the docks, containing thousands of dead and dying Russians. Her foreign appearance led to her being stopped by French looters, but she was rescued by a passing officer. She looted some items from the city, including a church bell, an altar candle, and a three-metre (10 ft) long painting of the Madonna.

After the fall of Sevastopol, hostilities continued in a desultory fashion. The business of Seacole and Day prospered in the interim period, with the officers taking the opportunity to enjoy themselves in the quieter days. There were theatrical performances and horse-racing events for which Seacole provided catering.

MORE IN AUG 2019 EDITON

ST. MAARTEN
CHAMBER OF
COMMERCE &
INDUSTRY

The COCI
Supports
Agriculture

LEARNING AGRICULTURE IS NOW A REALITY FOR SXM



Learning made easy with the St Maarten Agricultural Research and Development Center

LEARNING agriculture will soon become a reality for those that may be interested in St Maarten. The St Maarten Agriculture Research and development Center is now in its final stage and looks forward to offer more of its dedicated community service to its members and general public..

ECO SXM is looking forward to doing introduction sessions soon in about 2 weeks time... The classes will be 1 hour sessions each on Saturday for 8 Sat-

urday's (2 months). This way participating member will also experience growing with the team..

The sessions will be 1 hour and includes a Fry Fish or Veggie Meal and Natural Juice or Ice Tea after the class. This allows participating members to also get the farm to table experience first hand and creates a social engaging environment for participants..

The contribution for the sessions are \$25 and \$20 for ECO Members and covers

climate change, seed germination, soil types \ soil preparation, parts of the plant, urban farming, plant care and maintenance, community sustainability and nutrition.. The meal is also included with the contribution.

Becoming a member at ECO SXM is easy as 123, all you need to do is make your dedicated contribution of \$100 per year. All contributions go towards the continuous upkeep of the center, compensated volunteer



Grow boxes for the learning experience

opportunities, new sustainable development projects and help toward community members in need.

"We are soon there, patients is all it takes. We hope that government see this as a great opportunity and build great partnerships with the agricultural center. If not the case we still tend to continue doing our part so that the children of tomorrow can have this part of the culture to be proud of" Wyatte

Mr Wyatte, President of ECO SXM plans to make his presentation to parliament on Aug 16, 2019 to share his findings and highlight why Agriculture should be one of the

most important sectors that currently needs extensive attention if we plan to revitalize and sustain our countries economy in todays eco trending world.

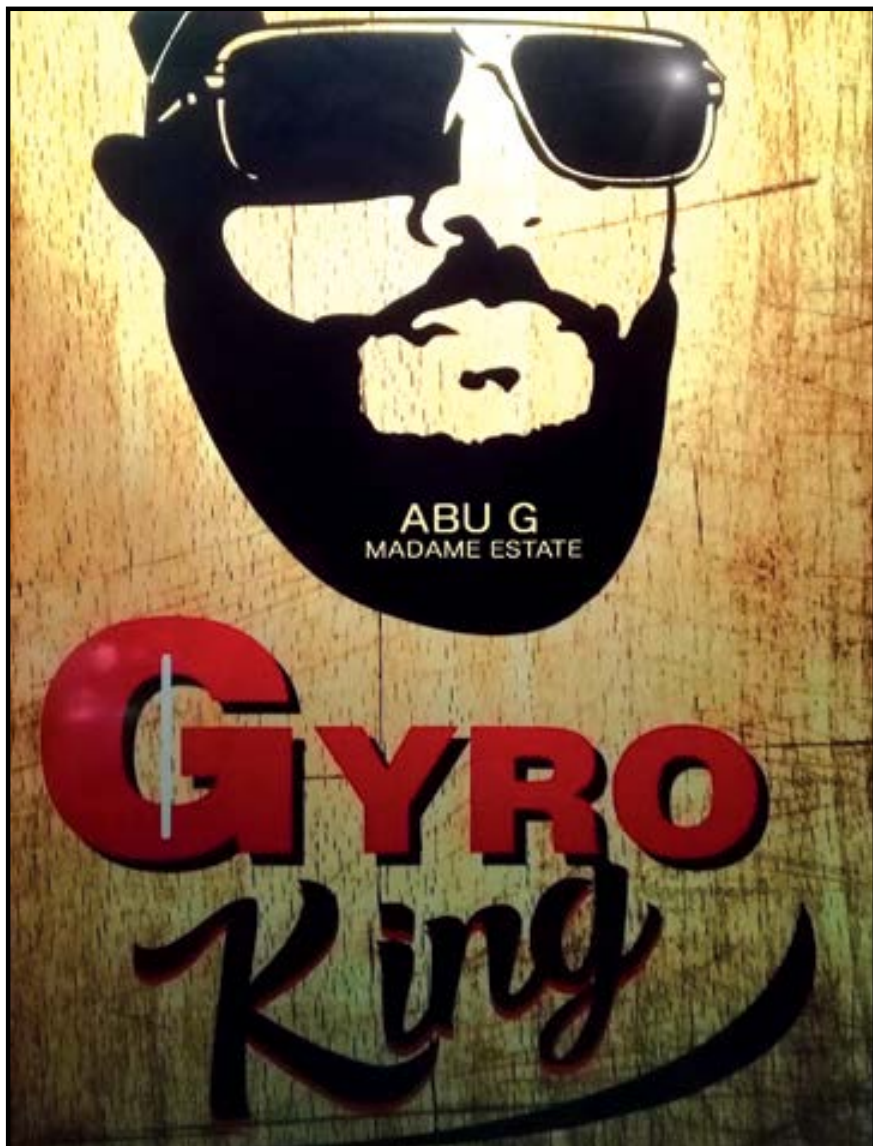
"I also hope that the new minister of VROMI, Mr Weaver will finalize our documentation so we may be able to move forward and serve our country. It has been 5 years now we still don't have proper electricity to the facility all because former ministers tend to abuse rather than serve the system that was created to uplift and help the local man mover forward. Weaver is also up to date on the situation as he sat in the cabinet of Minister Gitter-

son as well and had a chance to review all documentation, as we expect no further delays or excuses on why we are not able to move forward with our plans and intentions for agriculture in SXM. I look forward to making my presentation to parliament" Wyatte

It's soon time to get growing.. Educational sessions can be booked privately, publicly or with groups. This option will be open for schools, organization and individuals that seek positive change in their lives...

More info coming soon.

**Let's grow together.
ECO SXM**



LES FRUITS DE MER TO PRESENT AT INTERNATIONAL BIRD CONFERENCE



Hundreds of bird specialists from the Caribbean and beyond attend the BirdsCaribbean International Conference.

JULY 22, 2019—Le Gosier, Guadeloupe—Every two years, BirdsCaribbean holds its international conference on Caribbean birds and their habitats. The meeting is the largest of its kind, attracting hundreds of delegates from the region and beyond. This year, it will be held in Guadeloupe from July 25-29. St. Martin will be represented by Jenn Yerkes, Mark Yokoyama and William Allanic of the Les Fruits de Mer association.

Jenn Yerkes will be delivering two presentations: Jumbie Trees and Spirit Birds: Connecting Cultural and Natural Heritage to Engage the Public and Helping People Engage with Nature After a Natural Disaster. Both presentations will highlight work done on St. Martin in the last two years. Mark Yokoyama will be leading a workshop on working with local media. William Allanic will be attending as a youth delegate.

BirdsCaribbean is the largest conservation group in the region. Its members come from nonprofits, forestry departments and universities all over

the region. They do research, save wild spaces and share the magic of birds and nature all over the Caribbean. At the conference, over 200 members will gather in one place to share the latest in research and more.

Les Fruits de Mer has been a partner of BirdsCaribbean since 2013. The association became the first institutional member of BirdsCaribbean in the entire French Caribbean in 2015. Les Fruits de Mer members have presented at international BirdsCaribbean conferences in 2013, 2015 and 2017.

The conference is important because it is the one time when people working in bird science, conservation and education all over the Caribbean come together to learn and share. Training workshops teach skills like how to do a bird survey. New research and techniques for helping birds are shared. Les Fruits de Mer members will bring know-how back to St. Martin where it can be used to raise awareness, improve nature education and protect valuable habitats.

This year's conference is "Keeping Caribbean Birds

Aloft" (or "An nou poté mannèv pou zozio karayib volé" in Créole). In keeping with the theme, the conference will feature many ways to help birds in the Caribbean.

"Our birds face many challenges, and we want to address them," noted Lisa Sorensen, the Executive Director of BirdsCaribbean. "We will work on how to protect birds from threats like plastic pollution or habitat destruction. We are also working to promote birds for their value as a tourism attraction and the benefits they provide to people."

You can learn more about the conference at <http://birdscaribbean.org/bc2019/>, including keynote speakers, workshop themes and field trips. Registration is open now.

About BirdsCaribbean

BirdsCaribbean is a vibrant international network of members and partners committed to conserving Caribbean birds and their habitats. We raise awareness, promote sound science, and empower local partners to build a region where people appreciate, conserve and



Mark Yokoyama leads a writing workshop during the 2017 BirdsCaribbean conference in Cuba.

benefit from thriving bird populations and ecosystems. We are a non-profit (501(c)3) membership organization. More than 100,000 people participate in our programmes each year, making BirdsCaribbean the most broad-based conservation organization in the region. You can learn more about us,

our work, and how to join at: <http://www.birdscaribbean.org>.

About Les Fruits de Mer

Les Fruits de Mer is a non-profit association based in St. Martin whose core mission is to raise awareness about nature, culture, and sport. The organization carries out

this mission through publications, an education program, and special public outreach events that entertain, inspire, and inform. The association is currently accepting new member and corporate benefactor member applications on its website, <http://www.lesfruitsdemer.com>.



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NOMAD BY YVONNE WEEKES AT BARBADOS CENTRAL BANK SALON; HEADS TO TRINIDAD FOR CARIFESTA 2019

GREAT BAY, ST. MARTIN—Nomad by Yvonne Weekes, published here by House of Nehesi Publishers (HNP), will launch in Barbados on August 13, by the country's prestigious Frank Collymore Literary Endowment Foundation, said HNP president Jacqueline Sample.

Dr. Yvonne Weekes will share the limelight with writer Karen Lord, whose science fiction book, *Unraveling*, will be co-launched. Both authors are



Yvonne Weekes, poet, playwright, author of the new poetry book *Nomad*. (YW courtesy photo)

previous recipients of the celebrated Frank Collymore Literary Endowment Award. The book party will take place in the Central Bank of Barbados' Courtney Blackman Grande Salle.

In *Nomad*, Weekes opens her nomadic experiences in ways "which i nvva see before," said world-renowned poet Kamau

Brathwaite.

The gritty and graceful poems of *Nomad* travel with the poet as an immigrant child in London; as a refuge fleeing with her young son from the Montserrat volcano eruption; to Barbados where she teaches theater arts at The University of the West Indies.

"*Nomad* is a survivors' handbook and a travelers' guide for anyone who has known the burden of a life bundled into bags," said Jamaican performance artist A-dziko Simba Gegele.

On August 20, Dr. Weekes will be in Trinidad and Tobago to recite from *Nomad* at the Carifesta literary program, said Nicholas Laughlin, program director for NGS Bocas Lit Fest.

The reading of writers from across the region—at the Grand Market, Queen's Park Savannah—will reflect on "the meaning of 'Caribbean.'" The two-evening program includes an extempo debate by kaisonians tackling the same topic, said

Laughlin.

While in Port of Spain, Dr. Yvonne Weekes will also attend the UWI Symposium entitled "Journey Around Myself," from August 19 - 24, 2019.

The theme of Carifesta XIV, August 16 - 25, 2019, is "Share. Connect. Invest" (carifesta.net).

Carifesta is the world's largest pan-Caribbean cultural arts festival, with recent editions of the festival seeing interests from governments and organizations from Asia, Africa, Europe and the Americas seeking to send delegations.

"I'm happy for Yvonne Weekes and *Nomad*, for making such a heady literary movement between the Barbados launch and the Carifesta reading," said the publisher.

***Nomad* is available at SPDbooks.org for Internet orders, UWI-Barbados bookstore, Van Dorp bookstore, and Carifesta 2019, said Sample.**

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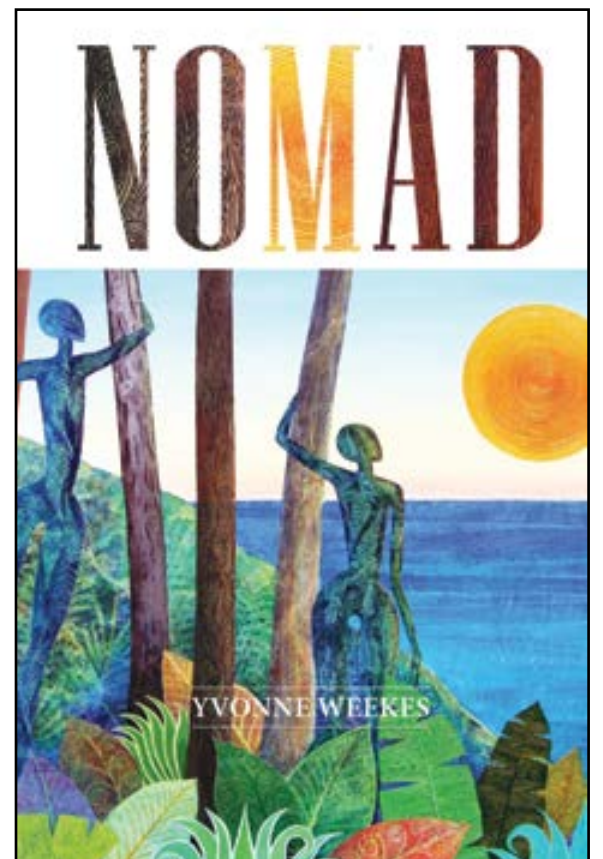
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THE FARMERS SEE:

WONDERFUL BENEFITS AND USES OF NEEM:



IN THE WORLD of Ayurveda, neem is a popular medicinal herb that's been part of traditional remedies that date back almost 5000 years. Also known as Azadirachta Indica in English or 'Neemba' in Sanskrit, the neem tree is a really good example of how nature holds both the problem and the cure. It's home to more than 130 different biologically active compounds! No wonder it's such an effective anti-viral and anti-bacterial, along with being a powerful immuno-stimulant. Murli Manohar, author of the book 'Ayurveda For All: Effective Ayurvedic Self Cure for Common and Chronic Ailments' suggests that the primary purpose of neem leaves is the treatment of vaata disorders or neuromuscular pains. Then come the other benefits: purify the blood, prevent damage caused by free radicals in the body,

remove toxins, treat insect bites and ulcers. Neem leaves have anti-bacterial properties which is why it works wonders on infections, burns and any kind of skin problems. It destroys the bacteria that causes infections, stimulates the immune system and encourages rapid healing. We tell you some benefits of neem.

Here are some excellent ways in which we can use neem leaves:

- **Wound healer:** Make a paste out of the neem leaves and dab it on your wounds or insect bites a few times a day till it heals.

- **Goodbye dandruff:** Boil a bunch of neem leaves till the water turns green, allow it to cool. After washing your hair with shampoo, cleanse it with this water.

- **Eye Trouble:** Boil some neem leaves, let the water cool completely and then use it to wash your eyes. This will help any kind of irri-

tation, tiredness or redness.

- **Treat that zit:** Grind a few neem leaves, make a paste and apply it daily till the acne dries out. The paste also helps any kind of eruptions, dark spots and chronic ulcers.

- **Ear ailments:** Blend some neem leaves and add some honey to it. Use a few drops of this mix to treat any ear boils.

- **Other skin disorders:** Turmeric combined with a paste of neem leaves can also be used for itching, eczema, ring worms and some mild skin diseases.

- **Boost immunity:** Crush some neem leaves and take them with a glass of water to increase your immunity.

Neem Flowers

Most parts of the neem tree are

awfully bitter, with the exception of its flowers. White and delicate, neem flowers with their off-white buds are almost too pretty to be eaten and unbelievably therapeutic. The flowers have a sweet, almost mystical jasmine like scent at night and blossom once in the afternoon and then again in the evening. During the monsoon, you'll see a bunch of them scattered right under the tree. Also known as Vepam-poo in Tamil, these neem flowers can be used fresh, dried or in a powdered form. They're used commonly in the South to cook a number of dishes: flower rice, pachadi, rasam, lentils and more. They're often dry roasted and sprinkled on top of the dish to garnish as well.

Neem flowers can be used to treat

anorexia, nausea, belching and intestinal worms. Ayurveda suggests neem leaves are good for the eyes and useful in treating skin disease and headaches. They're used in aromatherapy because of their calming effect. A 2008 study also found the alcoholic extract of the neem flowers to be an effective contraceptive.

Neem Twigs & Bark

If you were born in India, you would have seen people chew away at a neem twig. For many years now, a neem twig is what people used as a make-do toothbrush. It fights germs, maintains the alkaline levels in your saliva, keeps bacteria at bay, treats swollen gums and also gives

CONTINUED ON PAGE 8

FLAMBOYANT GIFT SHOP PRESENTS

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WALTER PLANTZ BOARDWALK SXM

THE FARMERS SEE: NEEM FROM PAGE 7



you whiter teeth. The twig also shreds into threads, almost like bristles that also destroy and prevent plaque.

Neem Oil

Neem oil that's extracted from

neem seeds is rich in medicinal properties which are what makes it a great ingredient in cosmetics and other beauty products: soaps, hair oil, hand wash, soap etc. It can treat a bunch of skin dis-

eases and is known to be an excellent mosquito repellent. You can mix it with coconut oil and apply it over your body as well.

It is believed that in India, small children are fed neem

oil as a type of cure-all. Besides being such a great Ayurvedic healer, neem oil can be used to protect other plants.

It can also be used in creams, soaps and other cosmetic products. Here are some great uses of neem oil you may have missed:

1. Say no to blackheads: Take 2-3 drops of neem oil, dilute it with water and apply this mix on your blackheads. Apply this regularly to get rid of blackheads and prevent them from coming back.

2. Anti-ageing: Neem oil is extremely nourishing and can be added to your face packs. It also helps ageing skin, any kind of skin irritation and itching.

3. For great hair: Take some neem oil and rub it into the scalp, leave it in for a while and wash. Neem oil can strengthen your hair, prevent hair fall and treat dandruff.

BY ALLRECIPES
Recipe by: cornfairy

VEGATERIAN AND VEGAN RECIPES
VEGAN CUPCAKES



"These are great with a simple frosting of cocoa powder, powdered sugar and orange juice."

INGREDIENTS

- 1 tablespoon apple cider vinegar
- 1 1/2 cups almond milk
- 2 cups all-purpose flour
- 1 cup white sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup coconut oil, warmed until liquid
- 1 1/4 teaspoons vanilla extract

Prep 5m | Cook 4m | Ready In 9m

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with 18 paper baking cups.

Measure the apple cider vinegar into a 2 cup measuring cup. Fill with almond milk to make 1 1/2 cups. Let stand until curdled, about 5 minutes. In a large bowl, Whisk together the flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together the almond milk mixture, coconut oil and vanilla. Pour the wet ingredients into the dry ingredients and stir just until blended. Spoon the batter into the prepared cups, dividing evenly.

Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter. Frost with desired frosting.

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WHAYASAY?

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“The Fight Soon Over “

POVERTY, UNEMPLOYMENT AND INEQUALITY DESERVE RUDENESS

The business Report | DR PALI LEHOHLA

Again, statistics will show that over the past 11 years, the absorption rate of labour declined from 45 to 42 percent, long-term unemployment rose from 57 to 68 percent, unemployment using the official definition rose from 23 to 27.7 percent and growth per capita for the past 60 years remained at 1 percent - worsening in the past 10 years.

As the people's representatives en-

ter the Sona debate, theirs is to lay bare the veracity of our realities and question whether the dreams can be converted into a reality of a better future. The contestation, which arguably entertains with grandstanding turning the honourable house into what the then-deputy president Ramaphosa once compared to a "beer hall", is part of the game.

But the development of the contestation should necessarily derive from numbers,



Statistician General Pali Lehohla addressing a media briefing on Labour Market Dynamics in South Africa, 16/04/2015, Imbizo Media Centre, Cape Town, Elmond Jiyane, GCIS

the truthfulness of the planning process and the rigour of plans.

This is the platform

upon which development communication builds.

The next step is to take the input from the Sona and propel it as an action programme.

Here the president should turn his Sona into even sharper throat-cutting questions. These have to be directed at his ministers and the bureaucracy. He should ask the brain trust of the nation whether indeed they are on the ready to deliver on his dreams.

A nod saying yes we are is nothing else but blind loyalty. The president should demand that his subordinates prove up front - using not only descriptive statistics, analytical statistics and development communication - that they will, but should, through diagnostics demonstrate that they have elevated their science to predictive analytics and the choices are the best: that by time x, quantum y will be delivered with budget * for impact v. This, unfortu-

nately, is not possible when the falsehood of facts masquerade as truth.

The fact that 4 million were employed in 1994 and that this has risen to 16 million in 2019 cannot and does not represent progress, unless we ignore the fact that in this number of 4 million, excluded were those in homelands, generally, and women, particularly.

This is unless we ignore quality of measurement in public numbers that started in 1995.

Public numbers improved dramatically from 1996 and got better with, among others, the introduction of the quarterly labour force surveys in 2008.

In fact the key indicators that represent progress are unemployment rate, absorption rate and long-term unemployment and not absolute numbers.

Applying absolute numbers to our tragedy when actually proportions deliver a factual quality measure is mischievous.

I have witnessed this bad practice to propel ideological ends happening on many fronts.

Truth be told, all labour force indicators from the high-quality quarterly labour force show dismal failure and decline in the labour markets from 2008 to 2019. So in terms of development communication this represents spin par-

excellence and cannot be trust-building and public-mobilising.

I would have expected an informed house to argue strongly against this form of grandstanding. I would have expected the honourable house to have said: "Go tell these to the future - our youth aged 15-34".

So getting back to Mthembu's translation of Ramaphosa's characterisation of our reality, the question is what can we make of R84bn investment and 155000 jobs over five years.

Was this example a representation of the best available investment or is it the worst?

MORE IN AUG 2019 EDITON



RAS ITAL HUNGRY OR WHA

There will come a Time when di people nah allow themself to suffer no longa at the hands of di opressors .

Judgement soon come !

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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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SEND A DROP of kindness,
And see a happy face.
A drop of kindness goes real far,
It may even reach outer space.

Send a drop of love,
And feel a loving embrace.
It feels so good to feel like,
You are in the right place.

Send a drop of hope,
But be that shining star.
Hope is wonderful to have,
But sometimes you can't sit away
so far.

Send a drop of faith,
With a single prayer.
And God will show the way,
As faith is always there.

Send a drop of kindness,
and see a happy face.
"Send a drop of kindness,
and see a happy face."

Poet: Julie Hebert, ©2012

EXCLUSIVE INTERVIEW

KENNETH SAMSON

IN THIS MONTHS edition of Cultural Xpression, we wanted to catch up on Art and Crafts. Not just any art and craft, but what about if you can make all types of fine art and culinary tools from wooden debris that's just sitting around you community. Nevertheless, taking away from many of it even reaching the local landfill and can be use to entice our visitors to actually leave with a piece of St Maarten. This month, Wood Turning is the topic, so we took some time to look for people in our community that bared the skill set. We buk up on Kenneth, known for his outstanding carpentry work, he also finds passion in turning pieces of wood into works of art. Kenneth does not even remember when he started with this passion lol, so far back in time it was when he started it comes like a faded memory . But, today he plans to establish him self as one of St Maarten's top wood turners.. Without further delay, here is a bit more about the man behind the Lathe:

What is your name?
Kenneth Samson

Where are you from or represent ?
St Maaarten

What is your educational background or selected field of skill?
It's wood working, Bouw Tekniek

How old and what year did you find yourself interested in carpentry or working with wood material in general ?
From the time I was about 21 years old

What inspired you to get deeper into the carpentry field back then?
I Just 1always love wood

What was the first object u ever made out of wood ?
First thing I ever made was a bench

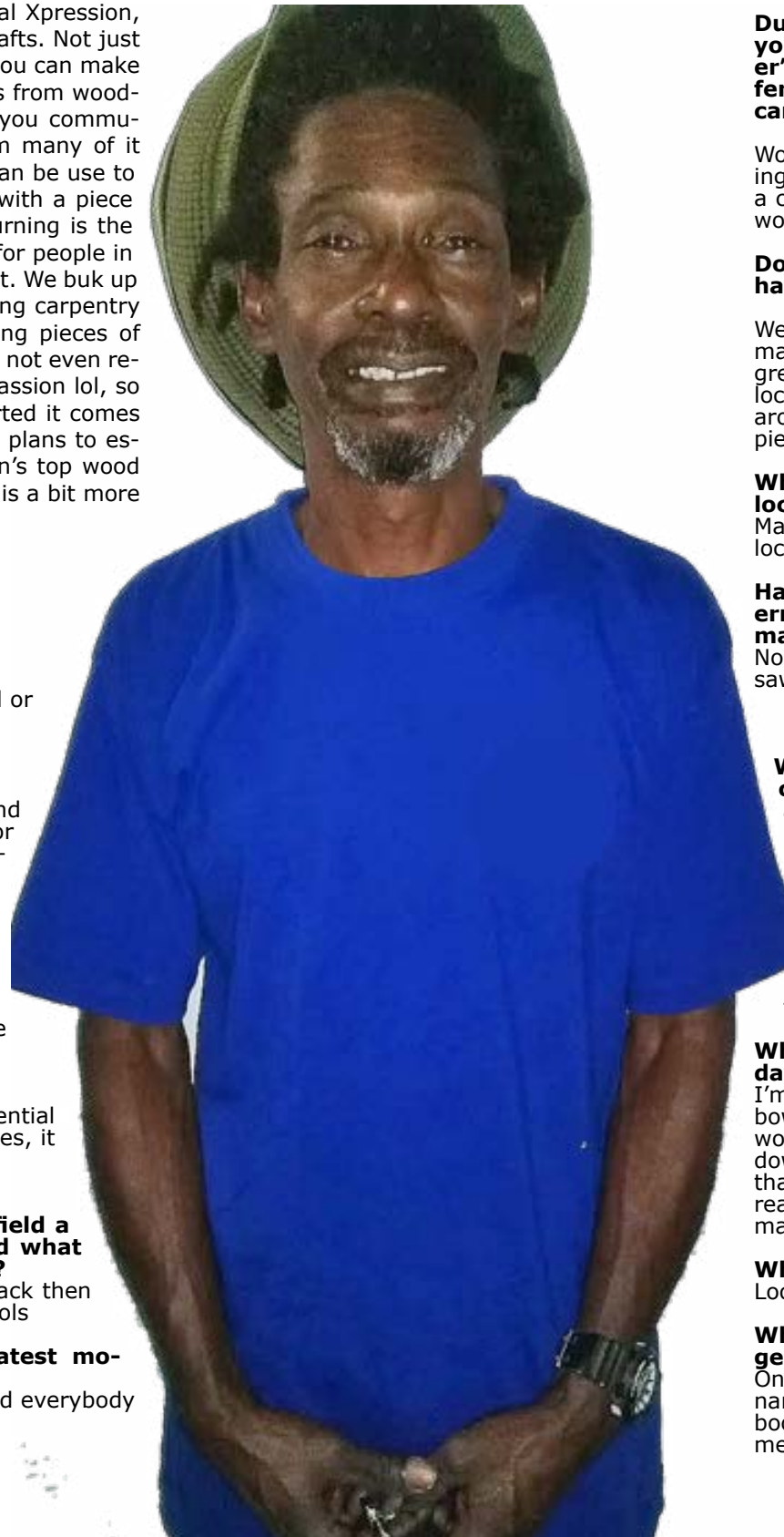
Did being a carpenter show great potential back then as a career possibility ?
yes, it did at the time

Was the professional carpentry field a competitive one at the time, and what were some challenges you faced?

Not Really at the time it had work back then and the trade required more hand tools

What were some of your greatest moments as a carpenter?

When I done complete a good job and everybody loves it, that's my greatest moment.



During a pass discussion we heard you mentioning the term " wood turner" Can you explain what is the difference between a wood turner and carpenter, if there is any ?

Wood turning is different because its turning wood in different ways and shapes. As a carpenter u design and build stuff from wood.

Does St Maarten have any trees that have potential for great wood work?

We have the sea grape, tamarind, mango, mahogany, sider and almond . These are great wood selections that can be found locally. All lot of organic wooden debris around the place can be turn into great piece of art.

What types of wooden material found locally have you worked with?

Mango, sea grape and almond are some local materials I have worked with.

Have you ever inquired to local government to review some of your art made from local wooden materials ?

No, but a few politicians passed by and saw my work but that was about it...

What are your observations as a carpenter in the field then and now as it grows with technology, does it make you work easier or much more difficult?

Much easier

Do you think it's important for a country to produce more arts and crafts locally?

Yes its important, its creates opportunity for local craftsmen and women

What have you been busy with these days in the creative field?

I'm working on some almond wooden bowls that I plan to make from some wooden debris of a tree that was cut down in the area. If any knows of a tree that has fallen or broken, they can always reach out to me to gather the material to make some art with.

What keeps you motivated currently?

Looking at woodturning online

Who or what are some of your biggest inspirations?

One of my biggest inspirations is a man name Malcom Tibbetts, I read one of his books and saw his work, that motivated me extremely.

CONTINUED ON PAGE 12

EXCLUSIVE INTERVIEW KENNETH...FROM PG 11



Vase, Spoons and Jewelry boxes by Kenneth Samson



Bowl made with local Almond wood



Bowl made with local Mango wood

10
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Where do you see yourself in the next year?

In the next year I see myself producing more art on a higher quality level

What can St Maarten and the World expect next from You?

To become one of St Maarten's Wood Turners

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

I would like to just be at a wood Turing symposiums anywhere in the world

As you know our Cultural News Magazine is focused on a number of community awareness building topics, most importantly Agriculture and Community development. What are your thoughts and views of the importance of Agriculture for St Maarten?

Agriculture is the foundation of life...

What do you think can bring more community mem-

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

I think sports, music, agriculture and art a can bring people together for positive change

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

Who would like to give a shout out to and also some inspirational words for our youngsters and upcoming artist that look forward to taking on carpentry or wood turning as a career possibility!

Big shout out to everyone that's doing great community work bot on the French and dutch side of the island, and the people that are helping the youths to come up in an artistic way.

Nuff Respect goes out to Mr Kenneth Samson, one of St Maarten's Top wood ... Cultural Xpression wishes you all the best on your journey forward!!!!

GUYANA NAMED BEST ECOTOURISM DESTINATION IN THE WORLD PT1

By Terra Incognita
SOUTH AMERICA'S
 small and best-kept secret – Guyana – landed in the global sustainability spotlight overnight when the country was named the #1 'Best of Ecotourism' destination in the world at the Sustainable Top 100 Destination Awards in Berlin.

Hosted by travel and trade show ITB Berlin on 7 March 2019, the awards recognized "global leadership in offering responsible ecotourism opportunities", judged based on sustainability success stories from the top 100 destinations. Guyana won against well-known destinations like the Galapagos Islands, Mexico's Sierra Gorda and Tmatboey in Cambodia.

While the awards may have put Guyana 'on the map' overnight, they reflect the country's commitment to a much longer-term sustainability journey. We spoke with Nicola Balram, Senior Officer of Marketing for the Guyana Tourism Authority, to learn more about what makes Guyana a true sustainable tourism leader.

As a normally 'under-the-radar' country, what does being named the 'Best of Ecotourism' destination mean for Guyana?

After many years pursuing a 'Green State' agenda (Guyana's commitment to balance economic well-being and quality of life with environmental sustainability), Guyana has been recognized globally as an ecotourism destination and one of the top 10 sustainable destinations in the world. It feels great. The award



Rewa Lodge. Credit: Zachary Johnston.

is helping to raise awareness and focus attention on Guyana.

Surama Eco Lodge, one of two indigenous community-led and owned enterprises that led to Guyana's recognition as #1 Best in Ecotourism. Credit: David DiGregorio.

Being recognised as a leading sustainable destination is both a great honor and a great responsibility. We know we have to continue to advance our efforts to remain one of the best destinations in the world, and we recognize we have plenty of room for improvement in areas like renewable energy in the lodging sector, waste management in our cities, managing the wildlife trade, and adopting alternative mining practices which place less pressure on forests.

That said, sustainability is not a destination. It is a journey. Guyana is fully committed to continuing down this path. Through inter-ministerial and multi-sectoral collaboration at local, national, and international levels, the tourism sector in Guyana is focused on maximizing the posi-

tive socio-economic impacts and conservation outcomes related to tourism.

Can you tell us a bit more about the sustainability success stories that led to Guyana's recognition? What role did Indigenous community involvement play?

Guyana was recognized because of its holistic approach to sustainable destination management and development from its national policy for pursuing a Green State Development Strategy and implementing a strategy and action plan centered on sustainable tourism development to integrating Global Sustainable Tourism Council criteria into its regulations and developing ecotourism product.

The case studies that were submitted that led to Guyana's recognition for this award were centered on the villages of Surama and Rewa. Both of these indigenous communities own and operate eco-lodges. These world-class examples of community-led and owned enterprises illustrate how entire commu-

nities can generate positive socio-economic and conservation outcomes from tourism.

It's unusual for a country to win this destination

category – what do you think contributed to Guyana's success?

When asked about Guyana's selection as #1 in the "Best of Ecotourism" category, Mr. Albert

Salman, President of the Green Destinations Foundation said "The Top 100 Awards Jury was impressed by the dossier prepared by Guyana Tourism Authority for the Top 100-nomination and by the success stories submitted of Surama and Rewa. The Jury also liked that Guyana has a policy of a 'Green, Inclusive and Prosperous Guyana' that provides a good quality of life for all its citizens based on a sound education and social protection, low-carbon resilient development, green and decent jobs, economic opportunities, individual equality, justice, and political empowerment."

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TIPS FOR BUSINESS OWNERS' 2019 'TO DO' LISTS PT 4



By *forbes.com*

14. CRITICALLY DEBRIEF THE PRIOR YEAR

Revisiting goals and strategies is important, but that effort needs to be book-ended by two groups of questions. First, what is it that we're trying to achieve, and why? What impact do we want to have? Where did we succeed and not succeed last year? Second, where did we spend time and energy last year that we didn't need to? What

activities did we engage in that derailed us? What should we stop doing? - Jeff Ikler, Quetico Career Coaching and Consulting

15. Establish A Regular Habit Of Reviewing And Adjusting Goals

The reality is too many people put too much emphasis on January as the only time to focus on aspirations and goals and to reflect.

Any truly success-

ful person is taking daily assessments and making regular adjustments as needed, through a consistent habit of taking stock of what's needed to continue to achieve sustainable success. Start now to make this a regular habit. - Linda Zander, Super Sized Success

16. Program Your GPS (Growth Plan Settings)

The best way to start the new year is by developing a

growth plan. A growth plan is like the directions on your GPS. You know where you want to go, and the growth plan plots the things you need to do to get there.

Without the growth plan, you are driving around aimlessly with a vague idea of where you want to end up and no idea of how to get to this unknown destination. -

Amy Modglin, Modglin Leadership Solutions




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YES, YOU CAN BE A VEGETARIAN AND AN ATHLETE, TOO

THERE IS NO QUESTION that you can be a vegetarian and an athlete. This fact has been supported by a number of organizations, including the Academy of Nutrition and Dietetics, American College of Sports Medicine and the federal government's 2015 Dietary Guidelines for Americans.

The tougher question is:

How can I become vegetarian and not compromise my health or athletic performance?

Restricted diet, restricted nutrients

Athletes who follow a vegetarian or vegan diet have two concerns.

One is that vegetarian and vegan diets are typically low in calories. But athletes have increased calorie needs depending on frequency, duration and intensity of their physical activity.

Second, vegetarian and vegan diets tend to restrict essential nutrients that are primarily found in animal sources: Protein, iron, calcium, vitamin D, vitamin B12, zinc and omega-3 fats.

These nutrients are crucial to support muscle synthesis and recovery, bone density, and oxygen transport. So it's important that athletes who eat vegetarian and vegan diets make sure they are getting enough of the right foods.

What is a vegetarian or vegan diet?

There are two

types of vegetarian diets.

Lacto-ovo vegetarians exclude meat, poultry, and fish, but eat eggs and dairy products.

Lacto-vegetarians exclude meat, poultry, fish, and eggs, but eat dairy products.

Both of these diets can provide adequate intake of protein, vitamins, and minerals without major concern for deficiencies if you eat a balanced diet.

A vegan diet excludes all animal products, and so presents a special dietary challenge for athletes.

Animal products are complete protein sources, meaning they contain all of the essential amino acids our body cannot produce. Amino acids are crucial for muscle repair and rebuilding, bone health and immunity.

A vegan diet is limited to plant-based protein sources, of which only a few – soy and quinoa – are complete sources of protein.

Vegan athletes also require slightly more protein in their diet since the higher fiber from the plant-based protein intake slightly inhibits protein absorption.

Athletes who follow a vegan diet or are considering a vegan diet should pay close attention to what they eat.

Make sure to choose nutrient-dense foods that provide adequate fuel from car-



bohydrate, protein, and fat, plus the necessary vitamins and minerals to support oxygen transport, recovery and immunity.

Here are some food ideas for athletes eating a vegetarian or vegan diet:

Plant-based protein sources

- Beans, lentils, split peas, quinoa, nuts, seeds, and soy products such as tempeh, tofu, soybeans, soy milk and nuts

Plant-based iron-rich foods

- Beans, lentils, spinach, tofu, tempeh, iron-fortified cereals and breads
- To enhance absorption, pair plant-based iron-rich foods with vitamin C-rich foods such as citrus fruits, berries, melon, peppers, broccoli and tomatoes
- Avoid combining iron-rich foods with tea, coffee or calcium-rich foods

Plant-based calcium-rich foods

- Dark green leafy lettuce, broccoli, fortified tofu
- Milk alternatives, such as those made from soy, almond, rice or hemp

Plant-based vitamin D-rich foods

- Fortified foods, such as non-dairy milk, orange juice, cereals and mushrooms

Plant-based vitamin B 12 sources

- Fortified foods such as cereal and soy milk; nutritional yeast
- Plant-based zinc sources

- Beans, lentils, nuts, seeds, whole grains, soy, fortified cereal

Plant-based omega-3 fatty acid sources

- Walnuts, flaxseed, canola oil

Post-workout

Choose balanced meals and snacks to fuel you before and during exercise, supporting recovery and do so without any gastrointestinal distress.

If you plan to start a vegetarian or vegan diet, beware that the increased amount of fiber you consume

may cause some gas, bloating or diarrhea. Introduce fiber slowly and allow plenty of time for meals to digest before you exercise.

Proper post-exercise meal/snack choice is vital for all athletes, but especially vegans.

After exercise, muscle protein synthesis is enhanced by consuming about 10 grams of a complete protein source. Vegan athletes should consume quinoa or a soy-based food within two hours after a workout.

Examples include: 10 oz. soy milk, 1 cup soy yogurt, a soy protein shake, a stir-fry with 1/2 cup edamame, or 1 cup quinoa.

If you're considering a vegetarian/vegan diet, be sure to take the time to assess what you eat to ensure you are choosing properly balanced meals. If you need help, seek guidance from a sports dietitian.

By Katherine Patton, MEd, RD, CSSD, LD

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