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ST. MAARTEN

WAY THE CAKES GONE?



SITTING BY THE ROADSIDE location in St Peters this year was a bit different during Christmas season. It was not the first time I really notice it, but this year it was really evident. The air lack the beautiful aromas of what usually came out from our surrounding neighbors kitchens, the smell of delicious treats and tasty traditional delicacies seem to not even flow on the brisk of wind blowing. Damn, I taught to my self, boy I really miss my grandmother.

Around this time of year, when I was young I could remember that preparing for Christmas festivities usually began a whole week earlier. You would see parents and grandparents already gathering decorations, buying groceries, grating coconuts, setting fruits for cakes and making plans with neighbors on who baking and cooking what to share with each other.

Today in 2021 we see a drastic decline in celebrating the traditional \ cultural festivity.

The first recorded incidence of Christmas being celebrated actually dates way back to the Roman Empire in 336AD, during the time of the Roman Emperor Constantine, so technically the Romans invented it,

although there's no specific person who is credited with having done so. The origins of Christmas stem from both the pagan and Roman cultures. The Romans actually celebrated two holidays in the month of December. The first was Saturnalia, which was a two-week festival honoring their god of agriculture Saturn. On December 25th, they celebrated the birth of Mithra, their sun god.

The church in Rome started formally celebrating Christmas on December 25 in 336 AD, as Constantine had made Christianity the effective religion of the empire, which some have speculated that choosing this date had the political motive of weakening the established pagan celebrations.

Although my religious beliefs may differ from the traditional stem of mythology, as Rastafarian, we do not express much different traits when it comes to the unification and gratification that the holiday season may grant to us and family.

Rastas CHRISTmas celebration is based on the bible and traditions of the Ethiopian orthodox church. Christ is an important figure in Rastafari. However, we may view the traditional Christian view of Jesus a

bit differently, particularly the depiction of him as a white European, believing that this is a perversion of the truth. Rastafarians believe in the Judeo-Christian God and call him Jah. They believe Christ came to Earth as a divine manifestation of Jah. Some Rastafarians believe that Christ was black, while many focus on Emperor Haile Selassie of Ethiopia as the black messiah and rebirth of Christ. Rastas believe that Jesus was a black African, but we'll save that for another article along the line. They called this special day as Lidät unlike what the Catholic church used to call it. It came from an Amharic word which means birthday.

So, who does not like to celebrate birthdays ? And as we know, that comes with cakes and gifts. But at what cost?

Even though the cost may be monetary, it is not always the most important factor. But, the cost of time, effort and administration of passing on the knowledge is necessary to carry on the culture, may be a few things lacking from keeping this festive holiday alive.

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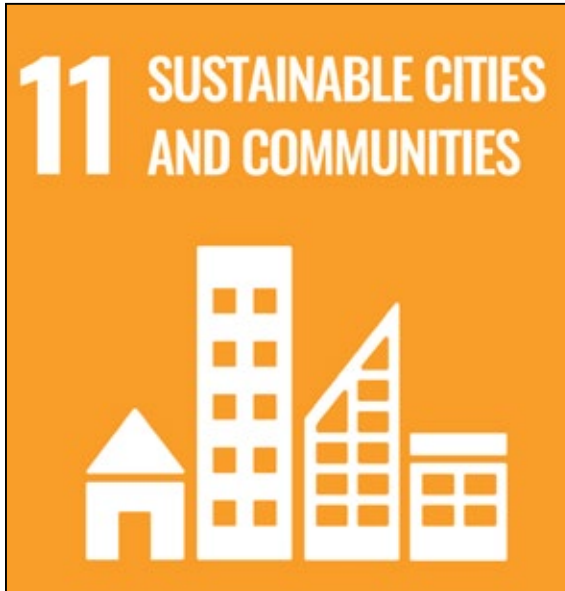
RESILIENT CARIBBEAN COMMUNITIES:

By **Corinne L. Hofman & Colleagues**

Abstract

CARIBBEAN ISLANDS, like other Small Island Developing States (SIDS), are at the center of the vulnerability debate as current climatic trends predict elevated sea levels and increased frequency of storms, leading to significant challenges for local communities. Caribbean islanders have been exposed to climatic challenges since the initial occupation of the archipelago between five to eight thousand years ago. They have been continually confronted with severe droughts, tropical cyclones, extreme wave events, sea-level changes, and the accompanying impacts. The various phenomena have stimulated island residents both to anticipate and respond to such events, adapting their lifestyles and socio-cultural and political structures and ties across the region over time. In this article, we innovatively combine archaeological and palaeoenvironmental data with longitudinal coastal-erosion data and ethnographic data to further develop and promote sustainable local strategies to mitigate the adverse effects of climate change and increasingly frequent and violent weather events on small-island settings. To find proxies, we first look into the region's pre-colonial archaeological record. Second, we delve into predictive modeling and the current and future climatic challenges for heritage sites and local coastal communities, as well as related collaborative heritage mitigation efforts. Third, we discuss the contribution of traditional knowledge practices to climate change adaptation. The results show how the

A LONG-TERM PERSPECTIVE ON SUSTAINABILITY AND SOCIAL ADAPTABILITY TO NATURAL HAZARDS IN THE LESSER ANTILLES P1



long-term perspective and multidisciplinary approach adopted here may lead to realistic solutions to seemingly intractable problems. They also reveal how collaborative projects involving all stakeholders on an equal basis in all phases of research have become a top priority in climate change mitigation and heritage safeguarding.

1. Introduction

Islands represent a region imagined and re-imagined by outsiders throughout history. The Caribbean islands, in particular, were continually exploited and shaped through external forces, such as island colonization, the colonial construction of their exoticism and abundance (leading to the pillaging of natural and social resources), and, currently, their characterization as idyllic tourism getaways. More and more, these islands are coming to the forefront of climate change discussions, with the prevailing doomsday media frenzy focused on their sinking or disappearance.

Climate change will always be an unfair battle. Despite contributing some of the lowest amounts of greenhouse gas emissions, the Caribbean islands are predicted to experience a range of effects due to their small size, limited resource base, growing populations, and relative isolation. Often defined by their limitations or constraints, the islands of the Lesser Antilles display a clear vulnerability due to their small size. According to recent research, SIDS are often the first to feel the impact of global economic policies, extreme weather events, and climate change. As a majority of the Lesser Antilles has significant infrastructure in the coastal zone, particularly related to tourism, a global sea-level rise of 1 m—as predicted toward the end of the twenty-first century—will undoubtedly be impactful in terms of livelihood and gross domestic product (GDP).

MORE IN MAY 2022 EDITON

WAY THE CAKES...FROM PG 2

For the past years we have seen a massive decline in traditional culture and an increase in the Tech culture.

Although this may not be such a bad thing, where we go wrong is we continue to build on the tech culture and not use it as a tool to enhance traditional culture when it come to passing on the knowledge to the next generation. The other challenging factor is the generation that was born in the tech culture error has really not much interest in the old or traditional way of doing things. Why, we may ask? Is it because they were born without the connection to the knowledge? Or, has it become easier to allow a machine or app to bake our tarts?

I think in these times it becomes a balance of a bit of both. Although it may be more easier to push a button and let the machine do the work, the person never actually gains any tangible knowledge of what the true experience of needing those ingredients together while goin through the trail and error and ending it off with their finishing touch. That's what really made all grandmother special.. They just had a special touch to things.

I am sure we all can agree on one thing, Grandmothers tart taste much better then any tart you could buy on a supermarket shelfe or order online.

Looking back at how there was so much love and jollification shared amongst family and neighbors, it seems like it all just fading away year after year as we loose the elders in our surrounding communities. As we loose them we see a lost of love, compassion, tra-

dition and habits that all gave us memories that up to this day still lingers right in the back of our minds and tends to come forward every time, around this time of the year.

The only problem is, the more we allow it to be just a memory and not a physical manifestation by allowing ourselves to take on the traditional knowledge that is still to

be harvested from our surviving elders that are willing to pass it on. If we don't and continue to only focus on what I consider to be snacks for commercial consumption and not cakes on the supermarket shelves, ya best believe it's just a matter of time before we truly realize traditionally and ask, Way the cakes gone?



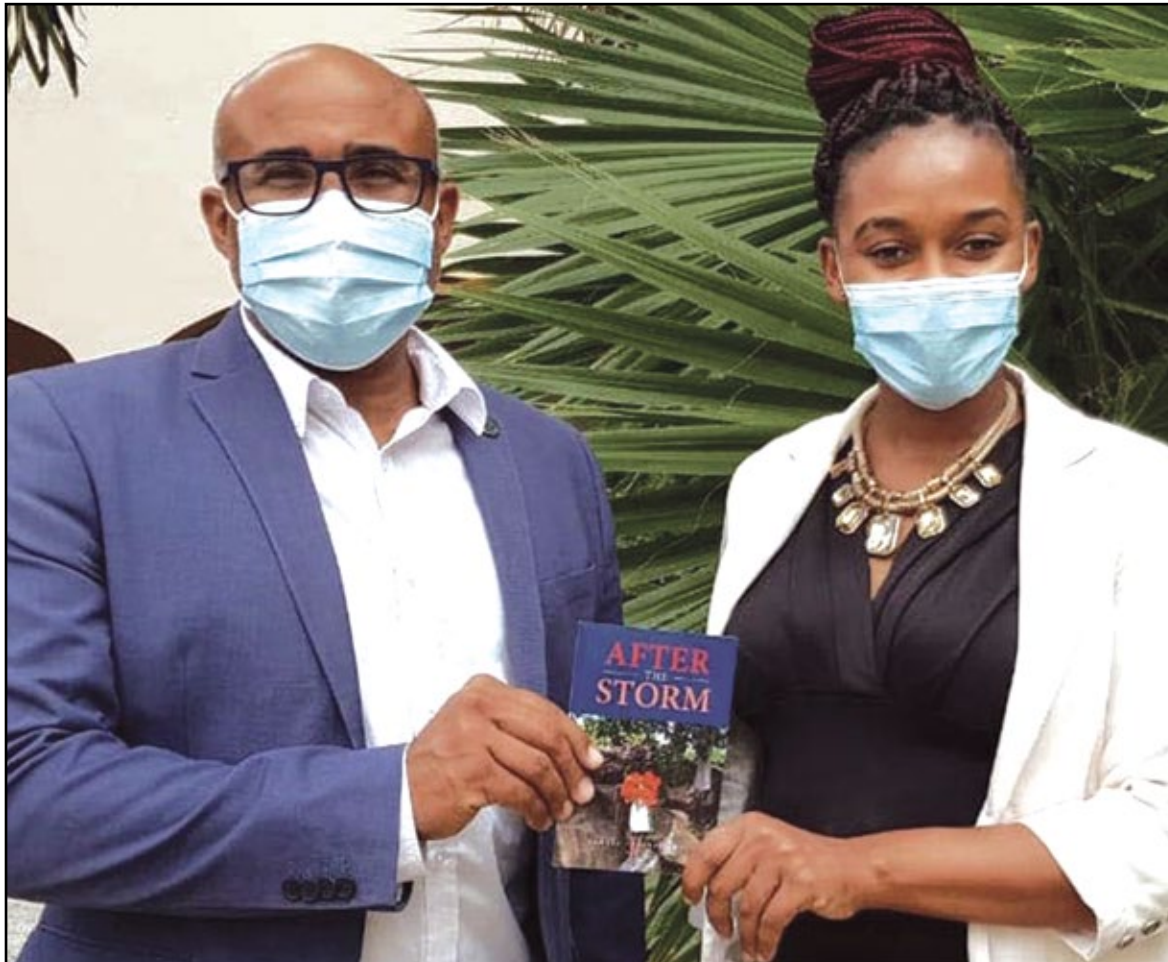
TAMARA'S AFTER THE STORM IN "PRESIDENTS' COLLECTION" AT THE UNIVERSITY OF ST. MARTIN

GREAT BAY, St. Martin (April 5, 2021)—After *The Storm* by Tamara Groeneveldt was presented back on April 2021, to university president Dr. Antonio Carmona Báez, said the author of the poetry book.

The president of the University of St. Martin (USM) received two gift copies of the book from the St. Martin poet in the garden of the campus. Dr. Báez said that *After The Storm* would be placed in the Presidents' Collection of the USM library.

All of the books that are introduced at the annual St. Martin Book Fair become part of the collection, said Dr. Báez.

After The Storm was launched as the "main book" of the



Dr. Antonio Carmona Báez (L), president of USM, received *After The Storm* from poet Tamara Groeneveldt at USM (3.31.21). (TG courtesy photo.)

St. Martin Book Fair in June 2019, before a large audience at Rancho del Sol, said Jacqueline Sample, president of House of Nehesi Publishers (HNP).

The book became a bestseller and HNP reprinted *After The Storm* in July 2020, said Sample.

The Presidents' Collection is named after the Presidents Forum, which is the symposium of the St. Martin Book Fair, said Dr. Báez. The forum is named for the presidents of the lit fest organizers Conscious Lyrics Foundation (CLF) and HNP, and the collaborating foundation USM.

The 19th annual St. Martin Book Fair, with the theme of "The Cure," was scheduled on June 3 – 5, 2021.



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Review by Clarisse Buma

FOR EIGHT YEARS the American anthropologist Dr. Teresa Leslie worked on St. Eustatius, living in the home of her paternal grandparents, who had emigrated to the US in the early 20th century. It has led Dr. Leslie to write a remarkable book: "Eight years on Statia. Race, Coloniality and Development". It is remarkable for the impressive way it tackles the subject of racism.

Sint Eustatius, also known as Statia, is a small, quiet Caribbean island. It is a special municipality of the Netherlands and forms part of the archipelago of the Windward Islands. The population is mainly black. There is a lot of poverty, shortage of drinking water, poor roads and a lack of hope. It is certainly not paradise, as you might imagine based on the holiday brochures about the Caribbean.

Written in an accessible way, Leslie proposes that the island's society is still permeated with racism and white supremacy. Not as overt as in the United States, but nevertheless implicit and insidious. She concludes it exists but it is denied and ignored, remaining a throwback from colonial times that is accepted by its people. It is precisely the persistence of this internalized racism that prevents St. Eustatius from developing in an economically sustainable way. As a consequence, the island remains completely dependent on the European Neth-

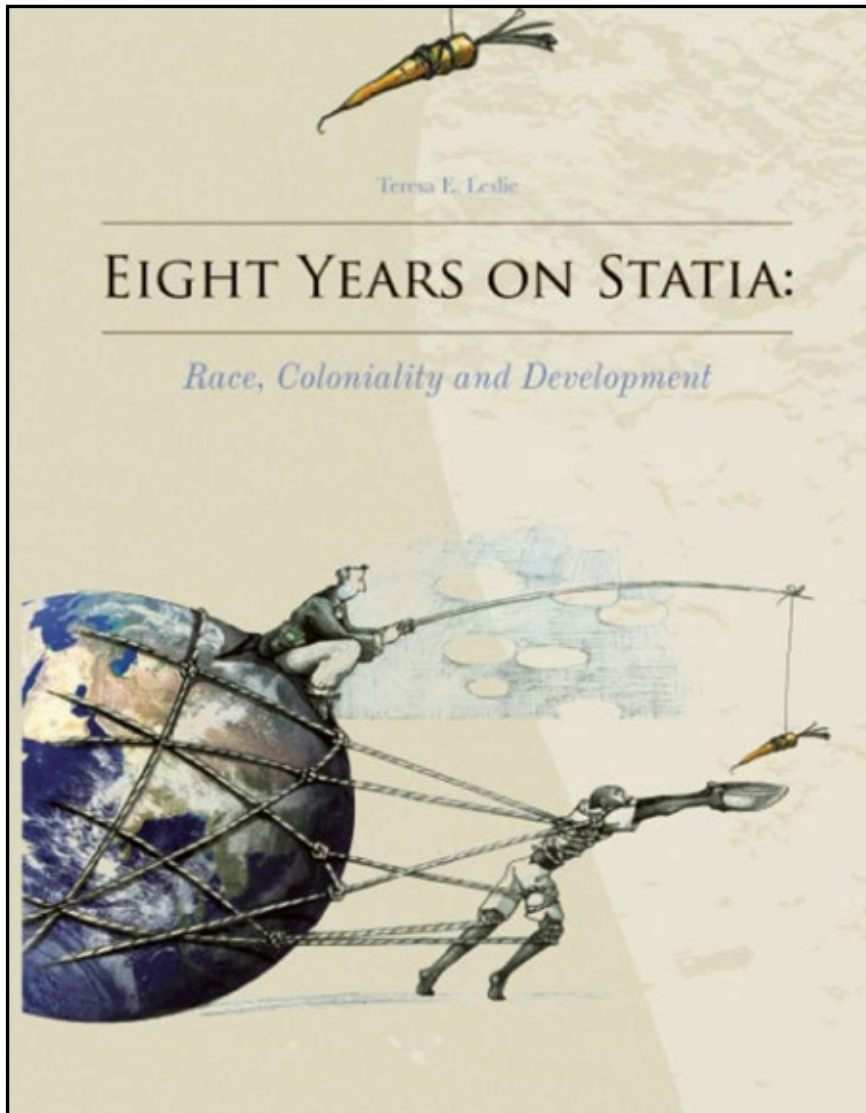
erlands.

Hopelessness

It had to be an author of African descent to expose these problems. Raised in the US and studied at, among others, the well-known black Howard University, Leslie can analyse poverty and hopelessness from the perspective of racism like no other. White people often fail to recognize racist patterns because they have never experienced it themselves. In the Netherlands we often see ourselves as very tolerant and no, we believe we don't discriminate either! This book shines a light on the reality. It immediately grabs your attention and holds you in its grip until the very end.

The book has become a scientifically based personal interpretation in which Leslie relies on historical sources, social science literature and her own observations, with useful quotations that do not hinder the flow. The author describes how after the abolition of slavery the social order, based on race, continued to exist. A small group of white Europeans with land and money continued to rule and dominated a large group of former slaves, the out-group. "White" remained the norm and white treated the black group as inferior. Leslie makes it clear that if a population group is pushed into an inferior role for long enough, people will internalize this behavior. They themselves start to think they are worth nothing. Conversely, the

BOOK BY TERESA LESLIE ABOUT RACISM ON STATIA



whites think they are superior. Leslie also introduces a third group, the so-called buffer group. This consists of descendants of freed slaves and people of mixed descent.

Buffer group

The author repeatedly makes the connection with racism in the US. After slavery, segregation became legal in the US, resulting in segregated schools

and health care. It did not get that far on the Dutch Antillean islands. Legalized racism in the US caused African Americans to train their own teachers and doctors. This has contributed enormously to the self-awareness, resilience and cohesion of the black population in the US. This institution building has been completely omitted on Statia. Independent think-

ing and being critical is not really stimulated. Stadians are generally not proud of their African roots, says Leslie. And well, a lot of good things come from the Netherlands, it is often thought. The decision of the Netherlands to put the local democratically elected government aside in 2018 was accepted, barring some minor protests, and even welcomed by the buffer group.

According to Leslie, there is little commonality on the island and that has a negative effect on tackling the problems. That is also because there is still a buffer group that works together with the white elite and wants to be accepted by that elite. Noteworthy are Leslie's observations in which she heard islanders say that the Dutch can run the island better than themselves. She does not mean to say that the black out-group does not have a colonial mentality. In fact, the previous government dominated by the out-group did not want to come and talk at the invitation of the Dutch government when it came to investigate administrative disorder on the island. This deprived them of the opportunity to give their perspective on the situation, Leslie says.

Long-term exploitation

Since the population has internalized racial oppression, it is no longer in question. The Stadians accept the visions and lifestyle of the dominant group and model themselves accordingly. For example, on the island there is a lot of attention towards the thriving trading nation that Statia was in the 18th century. Little attention is paid to the consequences of slavery and the long-term exploitation and exclusion of the black inhabitants. And there is certainly no attention to African history.

MORE IN MAY 2022 EDITON

721NEWS

St Maarten Breaking News Network
WWW.721NEWS.COM

FUNINCO N.V. DONATES \$ 10,000.00 TO SPACELESS GARDENS

FUNINCO N.V. gave a donation of U.S.\$ 10,000.00 to Mr. Denicio Wyatte from the Spaceless Gardens Farm. The purpose of this donation is to help establish farming as a sustainable industry on St. Maarten.

The donation of which Mr. Wyatte received the first tranche is given in installments according to the three stages of the project. The intent of the project is to promote sustainable farming at a reasonable price. The chosen selection of produce fits well with our Caribbean food culture and will be consumed by a great number of people residing in St. Maarten. And therefore, I am proud to be able to make a contribution towards this cause.

The project entails planting of 60 Soursop, 30 Plantain, and 10 Ackee trees. It is expected that within one and a half year from now these products are available for sale. This project is a small step for Mr. Wyatte, but a great step in sustainable agriculture for St. Maarten. If this project is successful, other similar projects can be realized and agriculture grows on our island.

Prices for imported products include the regular



Louis Engel from FUNINCO N.V. (left) and Denicio Wyatte from Spaceless Gardens Farm

farming expenses encountered anywhere that farming is practiced.

Added on to these are shipping charges, which together with some other factors such as local taxes, influence the end-price on imported goods. It is therefore expected that locally farmed products have an end-price that is less than the minimum cost of imported goods. When this is accomplished, we can truly speak of sustainable community development. FUNINCO N.V is the company that gives the grant. But I would be remiss, if I did not give thanks and deep appreciation to all the clients of the company that believe in our product and supported the company for over twenty-six years. Therefore, it is my pleasure to on behalf of FUNINCO N.V. and its CLIENTELE, make this donation to Mr. Wyatte of Spaceless Gardens. Agriculture and community development are close to my heart. I take this opportunity to wish Mr. Wyatte all the best in this venture as it truly is beneficial to all.

Helping another person develop and grow as a businessperson or in any other beneficial form is a fulfillment for me.



THE FARMERS SEE: STINGING NETTLE

WHAT ARE THE BENEFITS AND USES OF STINGING NETTLE?

STINGING NETTLE is a popular herbal remedy with many uses, ranging from reducing arthritis pain to treating sea-

sonal allergies. What are the benefits of stinging nettle, and what does the research say?

Stinging nettle

has a range of uses, and many people find it to be an effective remedy. The herb is generally safe to use, but it can cause

side effects in some people.

There is limited research to suggest that stinging nettle is an effective remedy. Researchers need to do more studies before they can confirm the health benefits of stinging nettle.

This article will take a look at what the research says about the benefits and uses of stinging nettle. It will also discuss potential side effects and how to use the herb.

What is stinging nettle?

Stinging nettle, or *Urtica dioica*, is a common plant that grows in the United States, Canada, and Europe. It primarily grows in damp, fertile soil.

The nettle has sharp hairs on its leaves. These hairs contain chemicals, such as formic acid and histamine, that can irritate the skin and cause stinging, itching, and redness.

Stinging nettle hairs also contain a range of other chemicals that can affect humans, including

acetylcholine and serotonin.

Ancient civilizations used stinging nettles to treat various ailments. For example, Ancient Egyptians used stinging nettle infusions to treat arthritis.

Some people still use stinging nettle as a medicinal aid today.

Below, we cover the alleged health benefits of stinging nettle.

Relieving arthritis

One of the most popular uses of stinging nettle is treating arthritis symptoms. According to the Arthritis Foundation, some people claim that the nettle can reduce inflammation, help improve osteoarthritis (OA) pain, and ease gout.

Researchers have investigated the following properties of stinging nettle:

- antimicrobial
 - antioxidant
 - pain-relieving
 - anti-ulcer
- Stinging nettle hairs contain sev-

eral chemicals that have pain-relieving and anti-inflammatory properties. This means that stinging nettle could help reduce pain and inflammation in conditions such as arthritis.

In a randomized controlled trial (RCT) from 2009, researchers gave 81 people with OA either a supplement that contained fish oil, vitamin E, and stinging nettle or a placebo.

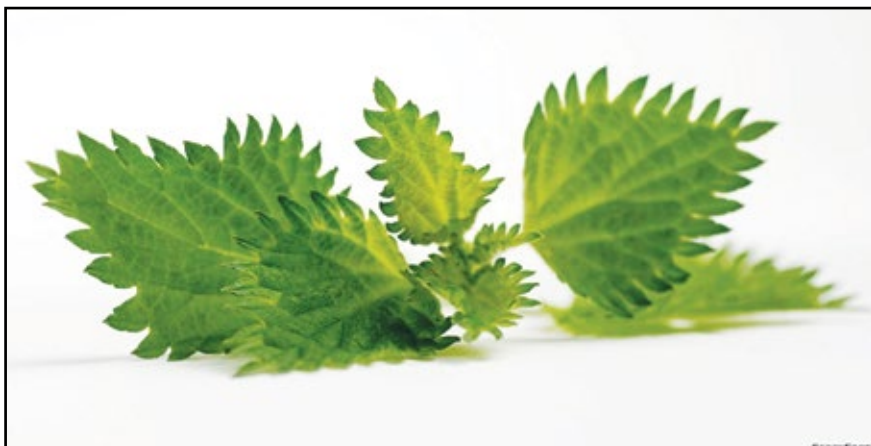
Over a period of 3 months, people who took the supplement reported fewer symptoms and less frequent use of their anti-inflammatory medications than those in the placebo group. However, there is a need for more recent studies in humans.

The results of a 2016 mouse study suggested that a herbal gel containing *Urtica dioica* had pain-relieving and anti-edema effects without irritating the skin.

People who use stinging nettles ei-

CONTINUED ON PAGE 8

HEALTH BENEFITS OF STINGING NETTLE...FROM PG 7



ther take capsules or apply a cream that contains stinging nettles to their affected joints.

Because of its anti-inflammatory effects, which have led to its current uses in conditions such as arthritis and allergies, researchers hope that stinging nettle could also have uses in other inflammatory conditions, such as irritable bowel syndrome.

Reducing seasonal allergies

Stinging nettle is a popular treatment for seasonal aller-

gies. Scientists are not yet sure how it has this effect, though some suggest it is because the nettle can reduce allergy-related inflammation in the body.

Seasonal allergies occur when a substance such as pollen triggers the body to produce histamine. Histamine is what causes the characteristic symptoms of allergies, such as inflammation, itching, and hives.

The current evidence for how effective stinging nettle is for relieving allergies

is mixed.

According to some research, stinging nettle may disrupt the allergy process by inhibiting the body's histamine production and related inflammation.

However, in an RCT from 2017, researchers found that stinging nettle extract and a placebo pill both reduced symptom severity. The authors concluded that more research is needed.

The National Center for Complementary and Integrative Health (NCCIH) in-

dicates that there is currently not enough evidence to suggest that stinging nettle can help treat allergies.

MORE IN MAY 2022 EDITON

HEALTH BENEFITS OF PIGEON PEAS...

...FROM JAN 2021

How to Eat

- In India, pigeon pea is used as dhal.
- In other parts of Asia, seeds are used to make tempeh or tofu.
- In Africa, dried seeds are used in sauces to accompany rice, cassava and yam.
- The immature seeds and pods are consumed fresh or added in soups as vegetables.
- In Central America, seeds of pigeon pea are canned and frozen.
- The seeds are used as flour dried peas and green vegetable peas.
- In India, the seeds are used as pulses whereas the young pods are used in sambhar.
- The fresh pods, young shoots and seeds are used as vegetables in sayur, spicy soups and other side-dishes in Southeast Asia and the Pacific.
- The young pods and leaves are added to various dishes in Indonesia and Ethiopia.
- The ripened seeds are consumed by roasting.
- The green pigeon pea with rice is considered as the main traditional food of the Puerto Rican culture.

BY ALLRECIPES
Recipe by: Erin C. David

VEGATERIAN AND VEGAN RECIPES

COUSCOUS WITH OLIVES AND SUN-DRIED TOMATO



"A delicate, flavorful dish that will satisfy vegans and carnivores alike! Inspired by my family's deep Coptic Orthodox Christian tradition, this is a great meal alternative during strict fasting times. It contains no animal products or fats, but has enough flavor and visual impact to make you feel like you're not sacrificing a thing! I hope you will enjoy this recipe. Add chicken or prawns to make this vegan dish a carnivorous delight! - Erin

INGREDIENTS

- 1 1/4 cups vegetable broth
- 1 1/4 cups water
- 2 cups pearl (Israeli) couscous
- 1 pinch salt
- 1 pinch ground black pepper
- 5 tablespoons olive oil, divided
- 1/2 cup pine nuts
- 4 cloves garlic, minced
- 1 shallot, minced
- 1/2 cup sliced black olives
- 1/3 cup sun-dried tomatoes packed in oil, drained and chopped
- 1 cup vegetable broth
- 1/4 cup chopped fresh flat-leaf parsley

Prep 10m | Blend 2m |
Ready In 12m

DIRECTIONS

Step 1

Bring 1 1/4 cup vegetable broth and water to a boil in a saucepan, stir in couscous, and mix in salt and black pepper. Reduce heat to low and simmer until liquid is absorbed, about 8 minutes.

Step 2

Heat 3 tablespoons olive oil in a skillet over medium-high heat; stir in pine nuts and cook, stirring frequently, until pine nuts smell toasted and are golden brown, about 1 minute. Remove from heat.

Step 3

Heat remaining 2 tablespoons olive oil in a saucepan; cook and stir garlic and shallot in the hot oil until softened, about 2 minutes. Stir black olives and sun-dried tomatoes into garlic mixture and cook until heated through, 2 to 3 minutes, stirring often. Slowly pour in 1 cup vegetable broth and bring mixture to a boil. Reduce heat to low and simmer until sauce has reduced, 8 to 10 minutes.

Step 4

Transfer couscous to a large serving bowl, mix with sauce, and serve topped with parsley and pine nuts.

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Opinion Matters

Op-Ed: The West Owes a centuries-old debt

By Howard W. French for latimes.com

THE TREATMENT of Haitian refugees at the U.S. border last year — some chased by horseback agents, others huddled by the thousands under a bridge — is tragic. For reasons that are less obvious, it is also ironic. Although Americans' centuries-long debt to the Haitian people is untaught in our schools and unacknowledged in our public discourse, the indomitable spirit of the Haitian people created the United States we know today.

Even the capsule version of Haiti's successful fight to end slavery and for independence at the turn of the 19th century is riveting. C.L.R. James, the late Trinidadian political leader and historian of the Caribbean, wrote six decades ago:

"In August 1791, after two years of the French Revolution and its repercussions in [Hispaniola], the slaves revolted. The struggle lasted for 12 years. The slaves defeated in turn the local whites and the soldiers of the French monarchy, a Spanish invasion, a British expedition of some 60,000 men, and a French expedition of similar size under Bonaparte's brother-in-law.

The defeat of Bonaparte's expedition in 1803 resulted in the establishment of the Negro state of Haiti which has lasted to this day."



The Haitian Revolution is a defining moment in Black history. When the small group of Haitian freedom fighters defeated Napoleon, this colossal victory shifted the world's scales from Europe's colonial rule to Haiti's Black power and dominance. Photo by milwaukeeindependent.com

It's one of the most remarkable stories of liberation that we have as a species: the largest revolt of enslaved people in human history, and the only one known to have produced a free state. But even this sweeping account understated the extraordinary role that Haiti's rebellious enslaved played in world history.

Their success in freeing themselves in the face of the stoutest European hostility imaginable ironically made Haiti the first nation to fulfill the most fundamental values of the Enlightenment: freedom from bondage and racial equality for all. These principles were enshrined in Haiti's first constitution, in 1804, decades before they were embraced by the United States.

And that was just the beginning.

Seeds of greatness

The Haitians' de-

feat of Napoleon forced the French dictator to sell off his vast holdings in continental North America to the young United States.

This was done at the fire-sale price of \$15 million, and with a stroke added the land that today comprises all or part of 15 states.

The Louisiana Purchase transformed the country from a vulnerable, coast-hugging collection of former English colonies to a continental power.

Napoleon exclaimed in defeat: "Damn sugar, damn coffee, damn colonies!" Robert Livingston, one of Thomas Jefferson's negotiators in Paris, was as exuberant as the dictator was dejected. "From this day the United States take their place among powers of the first rank," he correctly assessed.

Black Haiti's defeat of France opened up the Mis-

issippi Valley to large-scale westward

migration — by white farmer settlers and by huge numbers of Black people who were enslaved in the Old South after they or their ancestors were shipped there in chains from Africa. Now, in a second great forced migration, these enslaved people were quickly put to backbreaking work growing cotton. On the basis of Black sweat and blood, production of this fiber soared, coming to account for two-thirds of America's exports at its peak, by the eve of the Civil War.

MORE IN MAY 2022 EDITON

RAS
ITAL



PAID IN FULL

WE CAN always learn allot from His-Story. More time it can be a guiding point fi enlightenment but never should it be taken on as an emotinal burden. The pass fi teach us how fi educate, plan and execute life missions that may be beneficial for all mankind's future. A continous struggle for mental freedon should come from within and not at the cost of innocent lives, for belive it or not that cost will one day have to be paid in full.



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New Coloring Book Highlights the Animals of St. Martin

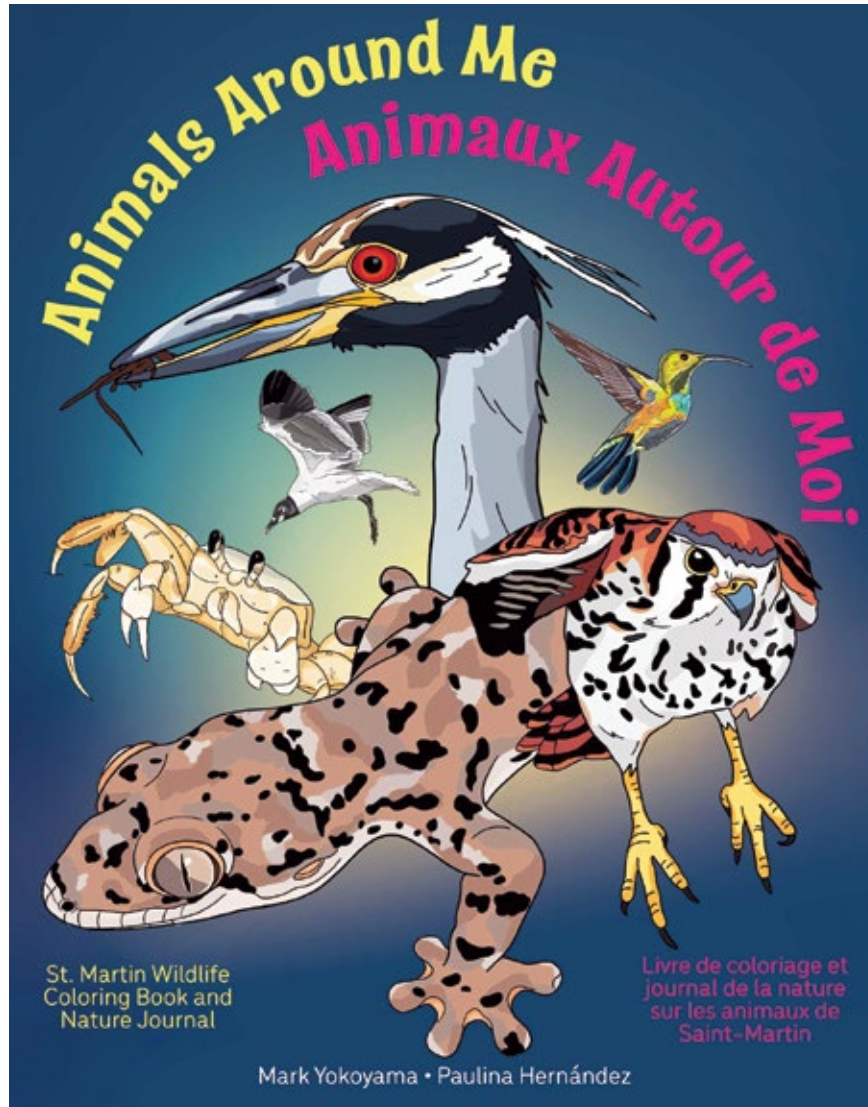
FRENCH QUARTER, St. Martin – The Les Fruits de Mer association has published a new coloring book, *Animals Around Me*. The book showcases 44 animals that live on St. Martin. The book is also a nature journal, where kids can record their own observations and make their own drawings of animals.

“It is never too early to learn about St. Martin’s amazing wildlife,” said author Mark Yokoyama. “Some of our most common animals are ones that live only here on this island, and nowhere else in the world. We made this book to share these incredible animals, and their stories, with younger kids.”

The book spotlights birds, insects, reptiles and more. For each species, there is an illustrated coloring page with a short description of the animal. There’s also a space to take notes on any sightings of the animal, and a place to do a drawing of it.

There is also a visual guide on the back cover with color photos of each animal. These features encourage kids to observe these animals in the wild.

“In this book, everything



is in English and French,” added Les Fruits de Mer President Jenn Yerkes. “We wanted the book to be more versatile on this multi-lingual island. This also means the book can be a language learning tool, too.”

One hundred free copies of *Animals Around Me* will be given away at Amuseum Naturalis in October thanks to sponsor Delta Petroleum. Amuseum Naturalis is a free museum of nature and heritage located in French Quarter, St. Martin. It is open every day from sunrise to sunset.

The book is also available as a free download from <http://lesfruitsdemer.com>.

Teachers and youth group leaders interested in copies are encouraged to contact Les Fruits de Mer at info@lesfruitsdemer.com.

Companies or individuals interested in sponsoring copies for schools are also encouraged to contact the association.

The book is also available on [amazon.com](https://www.amazon.com) worldwide.

Animals Around Me was produced with support from the Collectivité de Saint-Martin, the Agence nationale de la cohésion des territoires, and Delta Petroleum.



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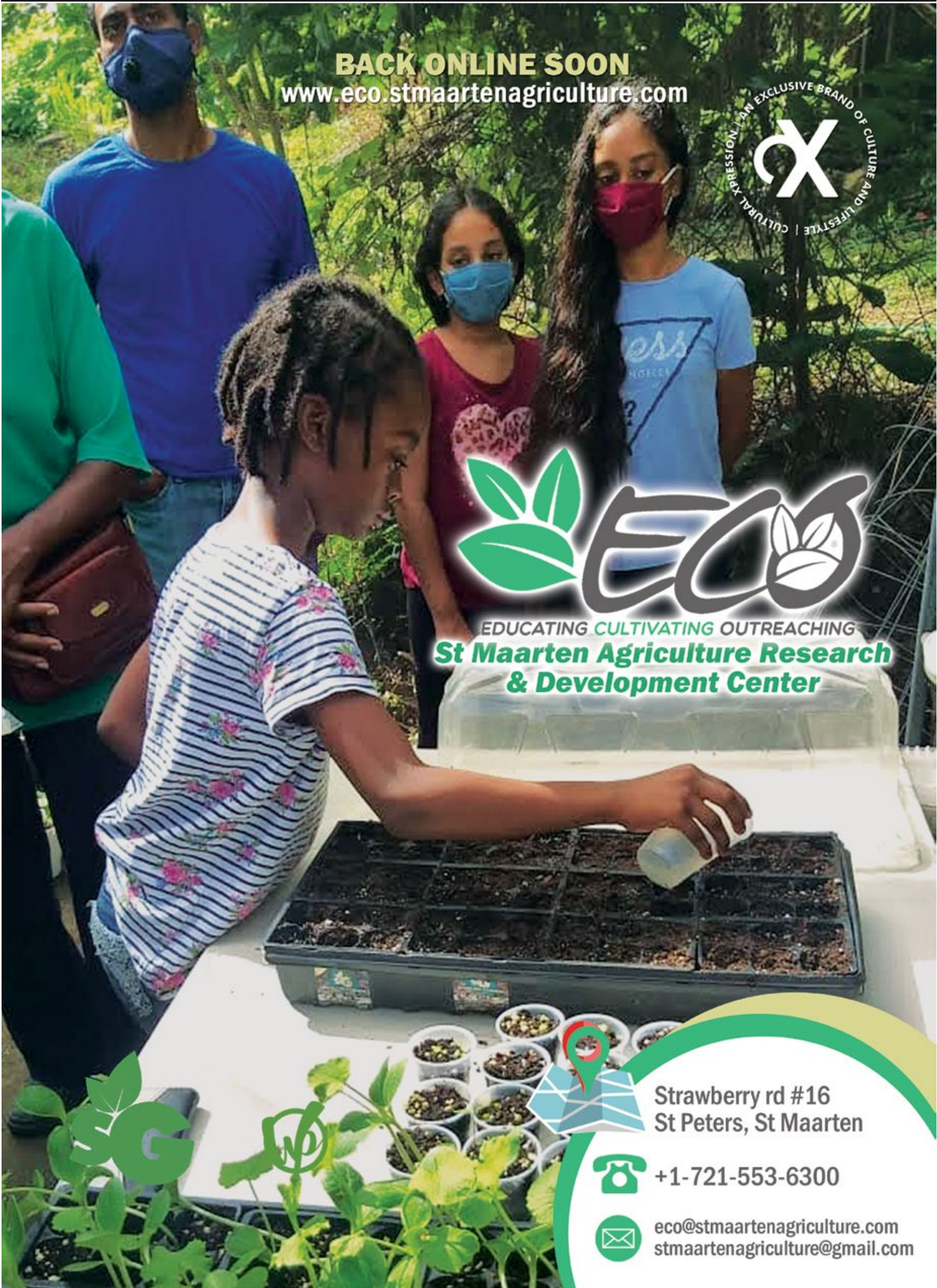
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Regenerative Tourism for St. Martin



Visitors from around the world including Russia and Turkey all visit St Maarten to learn more and explore climate change, agricultural and Eco Tourism practices.



FOLLOWING Hurricane Irma in 2017 and the outbreak of the COVID-19 pandemic in 2020,

St. Martin's single pillar economy was brought to its knees, leaving thousands unemployed, a significant population of undocumented workers stranded on the island without hopes of returning home and little prospects for economic alternatives. While it has been commonplace to hear politicians and analysts talk of economic diversification, it is safe to say that little to no coordinated efforts have been made to move toward a more sustainable direction. However, there have been individual, mention-worthy projects which speak to the need for moving beyond tourism, or at least making it more sustainable.

In 2020, Delft University of Technology student Gina Vermeeren published

her graduation research on the potential of St. Martin eco-systems, inhabitant use and tourism. Entitled Reconstructing the Commons: The Potential of Ecosystems Services on the Island St. Maarten, the project looked at services the local ecosystems can provide for a regenerative relationship between the inhabitants and the land while taking economic dependency on tourism into account. By regenerative, it is meant that human and economic activity (in this case tourism) is not only carried out in a sustainable and eco-conscious fashion but, taking it a step further, actually enhances and improves the conditions for the ecosystems to flourish in order to support healthier and more resilient environments. The study looks St. Martin's natural history, the impact of socie-

tal development and process of modernisation by way of a jump from agriculture and fishing to mainstream tourism.

Vermeeren's work consisted of mapping out ecosystems and identifying areas that may be considered fit for conservation and recreation. She cited a 1955 study carried out by J.S. Veenbos, which recognised that 30% of the southern half of the island was most suitable for nature conservation; recommending that the following areas be protected: the eastern ridge of Oyster Pond up to Pointe Blanche, Fort Hill, Lay Bay and the Lowlands around Mullet Pond. Today, these areas are categorised as those that can provide "ecosystem services". That is, provisioning for the production of food and water; regulating for the con-

**CONTINUED ON
PAGE 13**

Regenerative Tourism... from page 12

trol of climate and disease; the supporting of nutrient cycles and crop pollination and cultural space for spiritual and recreational benefits. As we know, the above-mentioned geographical locations have been used for housing and tourist accommodation development by private ventures which have had negative environmental impacts. Vermeeren argues that by regenerative tourism and planning, that is the redesigning of urban development to reverse the negative damage done in the built environments, the areas can be strengthened in order to deliver their potential services. Regenerative tourism looks at how tourist and inhabitant activity can contribute to strengthening ecosystems. This requires stimulating community consciousness and much education.

Nevertheless, there are sufficient examples of interventions and projects in St. Martin, speaking to regen-



erative tourism. For instance, Vermeeren mentions Denicio Wyatte of Spaceless Gardens, who created a nursery and hydroponic system from a structure damaged by Hurricane Irma. Spaceless Gardens is found at the urban district of St.

Peters, that was historically considered to be an agricultural hotspot serving not only the people of St. Martin but also other islands in the former Netherlands Antilles until the early 1980s. Spaceless Gardens now runs programmes for

community-led development and agroecology, attracting academics as well as tourists from around the world. On the West coast of the island between French Quarter and Orient Bay, there is Amuseum Naturalis which is an old

plantation turned into a in- and outdoor museum of natural history operated by Les Fruits des Mer, an organisation which actively engages the community to learn about its own history by sharing ancestral knowledge and promoting biodiversity. Those familiar with -and who frequent- the West coast can stop by the natural museum any day of the week to pick up plant clippings or tree seedlings, to bring back to their respective neighbourhoods.

Vermeeren concludes that in order to support a regenerative process in St. Martin, a long-term environmental strategy would be needed. She suggests that financial resources from tourism and recreation could serve as the basis for investment into the fields of education and conservation. In turn, "this would not only protect the ecosystems, but would also support creativity and economic diversity."

SPRING BREAK 2021..... CONTINUED FROM JAN 2021 EDITION

CAUTIOUSLY OPTIMISTIC TRAVEL PLANS TO GET YOU TO THE CARIBBEAN.

By Klara Glowczewska - www.townandcountrymag.com St. Lucia

Like Antigua, St. Lucia requires a negative PCR Covid-19 test within seven days prior to your day of travel (not three).

You must also show proof of confirmed reservations at one or two of their "Covid-19 certified hotels." (Many hotels and resorts are so certified—meaning that the government has deemed them safe to accept guests, with all protocols in place.)

We especially like: Sugar Beach, A

Viceroy Resort, which has a lovely beach situated right between the two Pitons, St. Lucia's dramatic, defining, greenery and hiking-trails-covered volcanic "cones" and nearby Jade Mountain, where suites are open on one side to the outdoors, come with their own infinity pool on their own private outdoor living area, and have probably the most dramatic views in the Caribbean—from on high, of both Pitons and out to sea. (And both now have Covid-19 testing facilities.)

Anguilla

This sliver of an island with probably one of the lowest number of Covid cases since lockdown (often zero) does make you jump through hoops to enter. Go to ivisitanguilla.com for the many details, including an on-island "bubble" of "safe environment certified" restaurants, excursion purveyors, and cars and drivers, which you can avail yourself of, thus avoiding a strict quarantine.

It's so worth it, as Anguilla's beaches are nonpareil, and it has some of the Caribbean's pre-

mier hotels, including Belmond Cap Juluca (which now offers on-site Covid-19 testing), Four Seasons, and Malliouhana.

Yacht Charters

Then there's the yacht charter route. "It's hot," says Northrop & Johnson's John Cichanowicz, "because you can be free-spirited. Charter a yacht from St. Martin, say, and just go—anywhere." If you stay on the vessel, treating it like a floating villa, you don't have to worry about any island's protocols. "You can easily spend two weeks, a

month aboard," says Mary Crowley, founder of Ocean Voyages and a global yacht chartering specialist. "Many vessels have endless water toys, plus spas, music, entertainment. And isn't the beauty of being in the Caribbean to experience the water anyway?" If you do want some time on land—during, pre, or post your charter—she currently recommends yachting itineraries in these three island groups: the U.S. Virgin Islands (including St. Thomas, St. John, and various small isles near them); Antigua and Barbuda; and the so-

called "French bubble" of St. Martin, St. Barts, Martinique, and Guadeloupe. Once you've gone through arrival formalities at one island in a given group, you're free to explore the others.

Making things easier still: "We now leave islands of embarkation and disembarkation 'to be confirmed' on all contracts," Cichanowicz adds, "because of the risk of changing entry rules. But we found that shifting pickups and drop-offs are not an issue. Most people are flying private to and from their yacht anyway."



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BUSINESS

21 Great Small Business Ideas to Start.....continued from Jan 2021 edition

By Max Freedman

4. Online bookkeeping

As with education, technology allows many bookkeeping services to be performed online. If you are an accountant or bookkeeper who wants the freedom and autonomy of running your own business.....

you can take advantage of modern technology to start your own online bookkeeping service, taking on other companies as clients.

5. Medical courier service

If you have a reliable vehicle and good time management skills, you may want to consider creating your own courier service – more specifically, a medical courier service. As a driver, you would be responsible for transporting



medical items like lab specimens, prescription drugs and equipment. The healthcare industry is expanding, which is great for medical courier service job stability. You could start your courier business on your own or hire other drivers to work for you.

6. App developer

If you are knowledgeable and experienced in technology, you may want to consider a career in app development. Smartphones have become an everyday accessory for

many Americans, which has increased demand for mobile apps. Similarly, virtual reality software has become popular in recent years, so there is also a demand for VR app development.

7. Transcription service

If you have a good ear and can type quickly, a transcription service is a great business idea that allows you to work from home with a flexible schedule. Medical transcription services are especially needed

as voice recognition technology proliferates for healthcare provider dictation. If you're not looking to start all at once, or if you have a day job you would like to keep for the time being, you can accept as few or many transcription jobs as you'd like. To boost your business prospects and justify charging more, consider becoming a certified transcriptionist and delving into a few specialties.

Medical transcriptionists typically charge 6 to 14 cents

per line of transcription, which can quickly add up. The typical turnaround time for transcription work is 24 hours, so it's important to stay on top of the jobs you accept. However, the flexibility to accept only a few requests to get started means you can scale up as you are ready, making transcription an easy service to start up slowly. Best of all, there is very little startup cost and overhead. You simply need a computer, the appropriate software and a secure messaging service.

8. Professional organizer

Looking for a business idea that can really "spark joy"? Professional organizers, like Marie Kondo, help people declutter and minimize for a living. In an age of materialism, many people are

desperate to downsize and take control over their possessions, rather than letting their things possess them. Minimalism is becoming extremely popular, but people often find it hard to part with things they've owned for a long time. Part of being a professional organizer is helping clients develop a system for downsizing and keeping things that way.

If you're a highly organized person who enjoys making spaces functional and comfortable, you might be good at coaching others to do the same. People will pay you to help them devise a method of minimizing their possessions and then maintaining an organized space. To promote your business, ask if your clients will let you take before and after photos of the areas of their homes you've organized, and use those to create a portfolio that you can put on social media to attract more clients.

MORE IN MAY 2022 EDITON

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YOUR GUIDE TO A CIRCULAR CO-OPERATIVE SOCIETY

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TOP 7 TIPS TO BOOST ENERGY AND STAY ACTIVE IN 21/22

HOW GREAT would it be if you could recapture the energy of your youth? With age comes increased stressors and often-times feeling lethargic. Staying active is one way to regain youthful energy and be more present in the moment.

Here are seven top tips that can help increase your energy and drive you towards a more active lifestyle.

1. Top Tip Get Up and Move

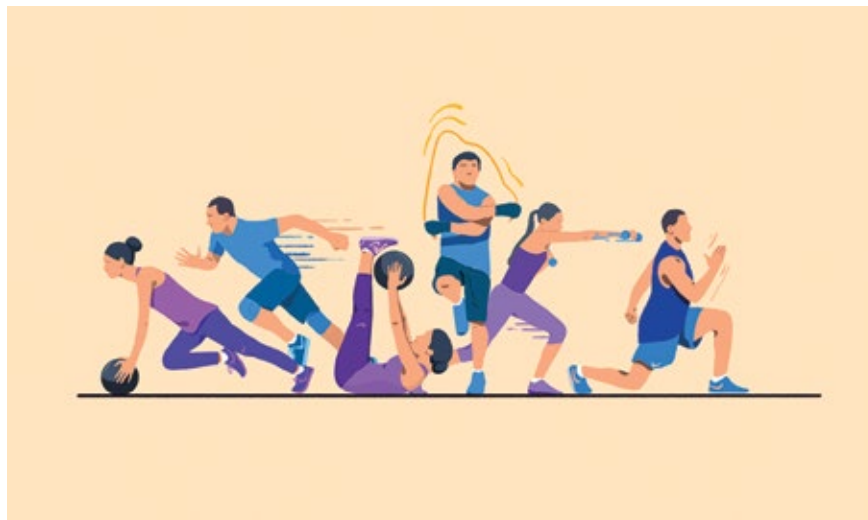
The saying "exercise does a body good" should never be underestimated. With

the stressors of work and relationships, getting up and moving can provide a healthy detox.

Exercising and being active for even a mere 20 minutes a day can add years to your life span.

Physical activity also gets your blood flowing, releases endorphins and raises your energy level. Exercising can range from things you're comfortable with like taking a jog around the neighborhood to finding a new routine or fitness workout that works for you!

The options are endless but there's



one goal in mind: get your body moving and your heart pumping. You may find joy in jogging, hiking, ten-

nis or skiing or may-be find enjoyment in dancing, martial arts, or biking. Whatever it is, find your joy and you'll move more.

blood diminishes and your body struggles to carry the nutrients throughout your body.

Bottom line: If you want to keep your energy level up and be active, drink more water. Much, much, more water. Carry a water bottle around with you. Keep more on your desk. Bonus! Increased trips to the washroom mean more movement.

3. Go Outside and Well, Get Active

Going for a walk is one of the easiest ways to feel refreshed instantly. The fresh

crisp air can improve your overall well-being. After going for a walk and returning back indoors to your office or work, you'll feel a rejuvenated sense of energy and will be even more productive.

Some studies suggest between 10- 30 minutes of sun per day is all you need. Being outside and the presence of the sun increases our vitamin D levels, which helps to boost energy, increase muscle efficiency and decrease signs of fatigue.

If you needed an excuse to take a walk right this minute, this is it.

4. Laugh More. Yes!

Whether it's from a funny story you read or a conversation with a friend, laughing is a great way to increase your energy. As kids, we laugh all the time. Laughing brings the silliness of our youth back to the present moment.

STAYING ACTIVE WHILE SOCIAL DISTANCING: QUESTIONS AND ANSWERS

...from Jan 2021 Edition

By health.gov IS IT SAFE FOR MY SPORTS TEAM TO PRACTICE?

For now, it's best to be active solo or only with members of your household. Virtual training options are on the rise, with many offering their services free of charge during the pandemic. Check with your coach or sports organization for guidance on how to maintain fitness and training while following social distancing recommendations.

How do I stay connected to others while being active?

Practicing social distancing doesn't mean disconnecting with others in your life. Here are some ideas to stay connected and active while apart:

- Call a friend or loved one while taking a walk.
- Post your physical activity plans to social media and invite your network to move along with you.
- Get moving with friends via video chat or virtual streaming service.

Motivate each other through a virtual meet-up while doing an at-home workout.

• Get creative with your neighbors! Use a neighborhood listserv or phone tree to organize fun things to see in yards, windows, or apartment balconies, like a social distance scavenger hunt or art show, or a fun challenge like wearing your Halloween costumes on a walk.

For more information about coronavirus and COVID-19, visit coronavirus.gov and cdc.gov/coronavirus.

MORE IN MAY 2022 EDITON

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THE MOST CULTURALLY MOTIVATIONAL PHOTO OF 2021



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