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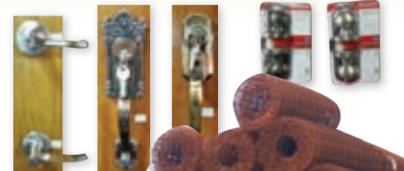
FROM ALL OF US AT THE BARNACLE

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THE ULTIMATE ABUSE



By: Alfred Horsford

Abuse is making the headlines more than ever before. It is one of the trending topics and practices of our time. In North America a number of big names in the entertainment, broadcasting, religious, political, and business world have come under fire for sexual abuse of women. Our nation is smarting at the moment from an unprecedented series of abuse against women and children. Some men even claim that they also are being abused by women. However, the abuse against little Ariel Bhola tops the charts. We seem to have psychopathic deviates among us who take pleasure in practicing their sadistic games on helpless elements in our society having learned their craft from Television and the internet.

Abuse, whether sexual, mental, or physical is clearly violence against another person. It often starts off as sexual violence and, as in the case of lawyer Ted Bundy, and then metastasizes into full blown violence and murder. The recent event is a case in point. Abuse in whatever form

has no place in civilized society because it is an attack on the civil rights of citizens and is an affront to the constitution by which our society is guided. Yet the proclivity towards abuse in one form or another exists in the heart of every individual. The fact that we can hate one another is evidence of the potential towards abuse. Out of a hate-filled heart emerge violence and murder. We feel hate towards those who have what we want, are different from what we are, or hold a different opinion.

Today I want us to take a look at the ultimate example of abuse in order to find in it redemptive value. But can there be redemptive value in abuse, you may ask? Let us find out.

Isa 52:14 As many were astonished at thee; his visage was so marred more than any man, and his form more than the sons of men:

Isa 53:3 He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

Isa 53:4 Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted.

Isa 53:5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. Isa 53:6 All we like

sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.

Isa 53:7 He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.

The crucifixion of Jesus Christ had to be the ultimate abuse. The prophet Isaiah gives us a vivid picture of this even before it took place 700 years later. Crucifixion was not invented by the Romans. It goes back to the Carthaginians' who had occupied North Africa and was later adopted by their arch-enemies. Jesus was charged with blasphemy by the Jews and if they had their way they would have stoned him to death as was their custom. But after taking control of Palestine the Romans took away the power of capital punishment from the conquered people. They then crucified Jesus as requested by the Jewish authorities.

Crucifixion affected every part of his body besides making breathing difficult while he was suspended by metal nails. Each wounded area of his body corresponded to some part of our own body which is used to disobey the commandments of God.

1. He was wounded in the head (Mind) That he might be judged for our evil thoughts
2. He was wounded in his hands

That he might be judged for our evil deeds

3. He was wounded in his feet

That he might be judge for our evil ways

4. He was wounded on his back

That he might be judged for our stubborn wills

5. He was wounded in is side (heart)

That he might be judged for our sinful desires

The redemptive nature of his abuse lies in the fact that it was done in our behalf on account of our sins. It was not cosmic child abuse on God's part as one has charged. We deserved to be punished for our sins; but Jesus Christ the innocent Lamb of God, the Son of God was provided by his Father to take our place. The centre cross was not meant for him but for Barabbas who represented us. Barabbas was freed and Jesus was crucified. He name Barabbas means "son of the Father." The son of the father was saved from death that the Son of the heavenly Father might die for him in his face and for all mankind.

Maximillian Kolbe was in the news earlier this year. He was a Polish priest who was imprisoned in Auschwitz concentration camp by the Germans during WW II. One of the prisoners escaped and the Germans decided to send ten prisoners to the starvation chamber in reprisal. One of the condemned men, Franciszek Gajowniczek, began to cry out,

"Mt wife! My children!"

Out of compassion for the distressed prisoner Kolbe asked for permission to take his place in the starvation chamber. It was granted and along with the other condemned prisoners he was taken away. After two weeks he became extremely weak and was delivered from his misery by a lethal injection. After being released Gajowniczek spent the next fifty years traveling all over the world with one message: "Kolbe died for me!" He himself passed away in 1995.

Christianity has had one message over the past two thousand years, "Christ died for all mankind!" As the songs says, "Jesus died for all mankind and Jesus died for me."

Those who engage in the abuse of others do so for selfish or sadistic reasons. Those who abused Jesus did so for similar reasons. They were motivated by jealousy and hatred. Yet God used the very hatred and cruelty of men as leverage to bring about their redemption from sin. Through their worst he demonstrates his best. His superlative love shone through their cruel abuse. John 3:16.

We may not be guilty of abusing others but we are all corporate participants in the ultimate abuse – the crucifixion of the Son of God. He suffered because we sinned. Our ultimate sin was in rejecting and crucifying him. It was not just the Jews who cried, "Crucify him." It was all of mankind. It

was not just the Romans who laid merciless stripes upon him, placed a crowned of thorns upon his head, drove nails through his hands and feet and a spear into his heart. It was all of us mankind. But it was the means God used in order to show us his love and redeem us from our sins. Should we not then repent of our sin and receive this Saviour who suffered and died in our behalf and rose again?

The sexual and physical abuse of the vulnerable in our nation grieves the heart of God. He feels the pain as much as he did when his own Son was abused. But he is willing to forgive the perpetrators of the abuses and preempt the further practice if our people would turn to him in repentance and in faith. Our corporate guilt as a nation needs to be cauterized by repentance and cleansing in the blood of the one who gave his life for us. This is not about religion as men think of it but about a relationship to God.

When we are not right with God we cannot treat one another with the decency and respect that we ought. We need a new appreciation and respect for the persons and sexuality of one another. Abuse is clearly an indication of a gross departure from moral and spiritual values. Only transformation by the power of God can accomplish fulfill this need. It all begins when a man or woman gets down before God and submit to his will and authority.

Financial Sense



By Judy M. McCutcheon, MBA

Judy McCutcheon is a partner in the firm Go Blue Inc, a Human Development Company. www.goblueinc.net

Naughty or Nice This Christmas?

I first wrote this article about three years ago and it's still relevant today. So, I thought I'd update it to help to remind you of some principles that we tend to throw out the door during the holiday season. Christmas is my favourite time of year, I am like a kid in a candy store, in my mind Santa Claus does exist and he's indeed making a list and checking

it twice. How many of us will make a list and actually use it this holiday season? It's Christmas, the season designated as the season of giving, even though I think every day should be giving day. We get all warm and fuzzy inside and we just want to spend, spend, and spend. It's a time when we get liberal with our money and credit cards. Those Christmas sales just jump out at us. Some of us literally think that we are Santa Claus and so we believe that we must give a gift to everyone. Not so Rudolph.

We must direct that inner-child during this season if we hope to make it through the first few months of the New Year with our bank account and our credit intact. It is important that we maintain a budget during the holiday season. This is not the time to throw all your hard work at saving out the window. I have found that if you begin budgeting for Christmas from the beginning of the year, it's so much easier, you can get all the things you want because you would have budgeted for them. However, if you don't have a budget for the holidays there are still ways that you can still have an enjoyable time and not break the bank. There is this "thing" and I am not sure if it's cultural or not, but ev-

ery Christmas people find it necessary to replace all the furnishings in their home, along with the curtains; and the worst part is that some people take a loan to get this done. It is important that you pay careful attention to those loan sales offered by financial institutions at this time of the year. You should not be taking a loan for consumables, especially at Christmas time. Then there are those hire purchase plans, and you might think that you are getting a deal, but in fact, you are better off to save your money and buy the item cash.

Some Christmas Smarts:

- **Shop during the year:** – I know the time has passed for this, but it is something worth remembering as we go into the new year. As you go shopping there will be items that you can buy at a reduced price that will make great Christmas gifts, buy them, and start storing up for the next season.

- **Clearance sales:** – Oh! These sales are so wonderful, especially right after Christmas. You will find great deals on potential gifts and decorations. Shopping this way can help you take care of most of your Christmas shopping for the following year.

- **Limit the amount of gift giving:** – remember the reason for the season and reduce the number of gifts that you give. One idea might be to give only the children or if you have a large family you might do a gift exchange.

- **Forget about cards:** – You can skip the Christmas cards. If you absolutely must send a card, send an electronic one. I have a friend who writes a Christmas letter and he always includes a picture of his family in that letter. A great way to let people know what has happened to you and your family during the year. Best of all it's free!

Remember, it is not necessary for you to change your furnishings every year; you can save that money towards your retirement, your child's education or for the proverbial rainy day. Experience has shown that during the holiday season people tend not to want to think about planning. Let me just remind you that disasters and unexpected events don't take a holiday when you do. Don't put your plans on the shelf because 'tis the season to be merry.' You have a responsibility to your family no matter the occasion.

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DR. JOHN N TELESFORD
LECTURER, TAMCC

Meeting the Sustainable Development Goals: Some 'happy' suggestions for Christmas

The aim of the sustainable development agenda 2030 is depicted quite nicely in the graphic.

Guided by the five pillars of people, dignity, propriety, justice, planet and partnerships, the agenda is intended to drive global sustainable development towards meeting the 17- sustainable development goals (SDGs) by 2030. So as we move through the Christmas season, let's take a little time as we worship and celebrate to integrate this important agenda into our activities. Here are a few simple 'happy' things for your kind consideration.

SDG 1: No Poverty

One of the biggest challenges facing us today is poverty. Even within our own society, people stricken by poverty are prevalent. So as we celebrate the birth of Christ, and as we move into the New Year, choose someone in society who is unable to meet his/her daily basic needs, and assist that person to move out of that situation. Specifically for Christmas, just a few food items, a little token and maybe pointing to that person towards how her/his livelihood can be improved may move them out of poverty.

SDG 2: Zero Hunger

That same person in your society will be hungry due to their state of impoverishment. In this regard, as you address the issue of your adopted society member, consider addressing the issue of hunger. In fact, this can be automatically addressed as you attempt



to take your that person that you care about out of poverty.

SDG 3: Good Health and Well-being

Our society is suffering from mal-health and well-being. And this is not only due to poverty, but also due to the abundant consumption of unhealthy foods. In fact, obesity and the prevalence of chronic diseases such as cancers and hypertension can be attributed to poor eating habits. For this Christmas therefore, let's refrain from over-consuming 'bad' foods and drinks, such as salted hams and alcohol.

SDG 4: Quality Education

By now everyone would have received a report card for their primary or secondary school child or ward. Let's therefore use this to reflect on the education of our children and to assist them with planning their future. Also, students attending Universities and Colleges would have written exams and should now also ponder their future. To you adults who are thinking that you are too old to

learn, lifelong learning is a critical part of this SDG. To everyone therefore, I beseech you, to think of education as one of the most important pillars upon which the development of any Nations rests.

SDG 5: Gender Equality

Today the violence against women and girls in our society appears to be spiraling out of control. In recent times, sexual violence has raised its nasty head and this must be stamped out. Therefore, as we celebrate Christ during the Christmas season and beyond, let's focus our prayers on healing the nation of sexual violence. It is within our power at the individual, home, village, parish and national level to deal with these demonic acts, especially to our young girls.

SDG 6: Clean water and Sanitation

Most people who do not have access to clean water and sanitation are in poverty. Therefore this SDG is intricately linked to SDG 1. I ask therefore, that we take a look around our local communities and seek

to assist with this issue. For example, bringing the plight of persons in that situation to the attention of relevant authorities and working with them to ensure that persons get access to such vital necessities, will go a long way for meeting the sustainable development agenda by 2030.

SDG 7: Affordable and clean Energy

If you do see some extra disposal cash during the seasons, invest in renewable energy technology and/or energy efficiency. Solar photovoltaic can be good investment this Christmas. Start small if needed and scale up during the year. For example, just as you invest in a new furniture set, or curtains, change out a few lights to LEDs and do so incrementally during the year, until all your lighting is from LEDs. If you are purchasing a new refrigerator, ask for an energy efficient one.

SDG 8: Decent Work and Economic Growth

Work towards launching a small business today. Stimulating new businesses that focus on solving social and environmental problems can be extremely good for creating decent jobs and for driving economic growth and development.

SDG 9: Industry, innovation and infrastructure

There is a dearth (lack) of research that will drive innovation and development in or small Nation. As we contemplate the future, let's encourage and fully support our academic institutions to implement research, development and innovation centers.

SDG 10: Reduced inequality

Is the poor getting poorer and the rich getting richer? Let's investigate and address this as a matter of urgency during the years to come. All our people, despite age, sex, race, physical and other ability, religion, economic status or ethnicity must be provided an equal opportunity to be included in social, political and economic progress.

SDG 11: Sustainable Cities and Communities

Our cities are rapidly trending towards congested mangles of man, machines and concrete. And interestingly, St. George's is a very historic city with heritage sites that should be maintained to boost our tourism product. Green spaces must be maintained. Sustainable communities will also include communities that are resilient to hazards, such as flooding.

SDG 12: Responsible Consumption and Production (Importation)

Excessive waste generation is a feature of the Christmas season. The importation of goods is increased; while the production of local goods is increased. We eat and drink and discard the packaging from these products without thought. A big waste product is food waste. I encourage persons who do have extra food during the Christmas to share with the poor and needy in the community. This will greatly reduce food waste and will also support social inclusion.

SDG 13: Climate Action

No comments on this are

needed at this time as the topic was belabored during my column posts.

SDG 14: Life below Water

Join the conservation movement and promote fisheries conservation and the sustainable harvesting of fishes. Be mindful of the plastic you dispose of today and during Christmas and beyond. Everything you indiscriminately dispose of gets into the marine environment.

SDG 15: Life on Land

Our land based ecosystems must be cherished as they fully support National development and the need for economic growth. Protect these systems in your communities.

SDG 16: Peace, Justice and Strong Institutions

Christmas is a time of peace and justice. In fact there will be no sustainable development if there is no peace and justice. During Christmas and beyond, let's end abuse and exploitation of children. Let's encourage and build effective, accountable and transparent institutions at all levels. Reduce corruption and bribery in all forms. And ensure responsive, inclusive, participatory and representative decision making at all levels of governance.

SDG 17: Partnerships for the Goals

Finally let's build local partnerships in communities to address the implementation of the SDGs and their targets. Just as we need globally solidarity to sustainable development; so to we do need local unity. Please consider these simple and happy, abridged suggestions as we celebrate the birth of Christ.

Have a Merry Christmas, happy holidays and have a bright; prosperous; dignified; just; healthy, inclusive society and happy planet New Year!!!!!!!!!!!!!!!!!!!!

COMMENTS, FRETS & QUESTIONS TO:
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What does Blacklisting means for us

Grenada like its fellow Caribbean neighbours of Barbados and Trinidad and Tobago is one of seventeen countries blacklisted by the European Union for unfair tax rules. The European Union defines unfair tax

rules as to where countries offer preferential measures or arrangements to enable companies to move resources to off shore jurisdictions and thus avoid paying taxes on their earnings. Basically what the Euro-

pean is implying is that there is a north south divide where funds are channelled from the so called developed world to the undeveloped world. The rules set up by the rich countries which comprise the Or-

ganization for Economic Cooperation and Development also specify that these countries are obliged to comply with their rules as it relates to transparency standards and anti profit shifting measures. The European

union also cited the that the countries failed to provide adequate information to crack down on the worldwide practice of tax evasion.

The European union is threatening to impose punitive measures as it relates to foreign policy, economic relations and development cooperation. These penalties may include special documentation requirements and withholding tax measures. European union states have been told to conduct audits and monitor transactions with the named countries. Grenada and the other countries are accused of behaving as tax havens that is they promote unfair tax practices and don't share information with the European Union. Beyond being named Grenada faces few consequences from being on the list. However, this may change in the future as the finance ministers

are scheduled to discuss specific countermeasures in the next year and thus there is a possibility that sanctions may be levied on the blacklisted listed nations.

As the Green Party Spokesman on finance MEP Sen Giegold stated "As long as the Council Cannot agree on common sanctions against the listed tax havens the blacklist will be toothless".

Sanctions if enacted can pose a serious threat to the Grenadian economy as the government and people of Grenada has been allocated EURO five million for health financing under the financing agreement 2014-20. If this funding is withdrawn the Minister of Finance will have to find a mechanism to fill the budgetary gap which may resort to him imposing additional taxes on the populace.

Statement from the Ministry of Finance in response to EU Blacklisting of countries

It has come to the attention of the Ministry of Finance, Government of Grenada, that Grenada has been one of 17 countries to be blacklisted by the EU Code of Conduct Group (Business Taxation).

On 5th December 2017, the Council approved and published conclusions containing an EU list of non-cooperative jurisdictions in taxation matters.

The reason put forward for Grenada being included on the list is as follows:

Grenada has not signed and ratified the OECD Multilateral Convention on Mutual Administrative Assistance as amended and did not clearly commit to addressing these issues by 31 December 2018. Grenada's commitment to comply with criteria 1.1, 2.1 and 3 will be monitored.

It is important to note

that Grenada made high level commitments, complete with timelines, to the EU Code of Conduct group by way of letters on the 17th and 28th November 2017, to action concerns raised by the group regarding meeting all the criteria set up by the EU Council for Transparency and fairness in Taxation. And we are well on track to doing so.

Grenada has enacted and signed into force both the primary and secondary legislation which are required for implementing the OECD Multilateral Convention on Mutual Administrative Assistance (the MAC). In addition, Grenada has expended a significant amount of resources to put in place structures and processes to facilitate exchange of information on taxation with countries in the European Union.

Inadvertently, Grenada did not provide a timeline for signing the OECD

Multilateral Convention on Mutual Administrative Assistance—given that a timeline was not in the Code of Conduct request. It must be noted though, that Grenada fully stated its commitment to sign in aforementioned correspondences.

Now that the Blacklisting for that reason has been brought to our attention, the Minister of Finance has written to the code of conduct group, specifying our commitment to sign the OECD Multilateral Convention on Mutual Administrative Assistance by 31st December, 2018.

Further in this regard, the Minister of Finance has requested that Grenada be de-listed soonest considering that we adequately and formally indicated our commitment to comply with all the stipulations of the code of conduct group going forward, and therefore should not have been included on the published blacklist.

*May the reason for the Season of Christmas
Bring you Peace and New Life, Filled with Joyfulness
and May the New Year be Filled with Every Success.*








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The Truth Matters



Grenlec is committed to providing our customers throughout Grenada, Carriacou and Petite Martinique with world-class electricity service. As a publicly traded company with numerous shareholders, we have a duty to set the record straight about issues related to our operations and our integrity.

Below are some of the recent untruthful statements made about our Company in Parliament and in the media concerning Grenlec's Community Partnership Initiative (GCPI) and the new Government-con-

trolled so-called 'Social Fund.'

It has been said that Grenlec's community contributions are "the people's money."

This is blatantly incorrect. The funding for Grenlec's community work comes from the Company's profits before it pays company tax, and has absolutely no impact on electricity rates. These profits belong to the more than 2000 shareholders of Grenlec.

In its offer to Government to purchase shares in Grenlec, WRB volun-

teered that Grenlec would invest 5% of its annual pre-tax profits in community projects. The GCPI is overseen by a committee on which Government has appointed a representative. The intent of the GCPI is that Grenlec shareholders give back to the community, in the same way that many other companies in Grenada do.

GCPI contributions are currently given directly to community organisations in a non-political manner. This could change under the 'Social Fund', as Government will now control and disburse the money as it sees fit.

Grenlec has been asked to "open its books" to the public.

Grenlec's accounts are

already open. Grenlec is a publicly-traded company, listed on the Eastern Caribbean Securities Exchange (ECSE). The Company produces accurate and transparent financial statements in accordance with International Financial Reporting Standards (IFRS). These financial statements are independently audited by the Grenadian office of a reputable international accounting firm, and then distributed to shareholders, including Government, in the Company's publicly-available annual report. In addition, Government has always appointed a Director to Grenlec's Board of Directors.

To suggest that the Company's accounts are being improperly reported calls into question the integrity of not only the Company, but also these institutions. Full copies of the Company's annual reports for the past 10 years can

be found on Grenlec's website.

It has been said that "We won't rely on Grenlec to be transparent" as it relates to community giving.

Completely unfounded. For the past 23 years, the GCPI has been managed in a manner above reproach. It operates in a transparent, non-political way. It has always been administered by a diverse committee of Grenlec, Government and Community representatives, who decide where funds are to be disbursed throughout Grenada, Carriacou and Petite Martinique and whose activities are reported on in the Company's annual report.

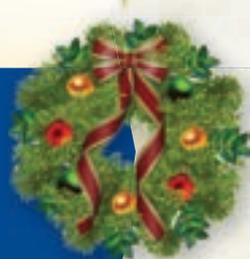
Now, the Government-controlled 'Social Fund' will give the Minister for Public Utilities and a Minister-appointed committee the power to manage the money.

We strongly oppose the Government's takeover of the GCPI. The new 5% Government-controlled 'Social Fund' will effectively replace Grenlec's existing community program, which allows communities to benefit through a well organised, non-political programme in which Government continues to have a strong voice.

We also hope that Government will refrain from attacking Grenlec's corporate integrity, and by association the integrity of other well-respected local and regional institutions, with inaccurate statements. We are concerned about the consequences that this campaign of misinformation will have on our business and the nation.

Grenlec will continue to address such gross inaccuracies because the truth does matter.


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News

CARICOM CHAIRMAN DEMANDS FLEXIBILITY FROM WTO FOR SMALL STATES IN POST DISASTER

Caricom Chairman Prime Minister Dr. Keith Mitchell is demanding flexibility from the World Trade Organisation in dealing with small states attempting to rebuild after a disaster.

Prime Minister Mitchell says the Sixth Summit of Heads of State and Government of the Caribbean Community and Cuba in Antigua this week must send a clear signal to the WTO.

The Grenadian leader made his comments in an address in the Antiguan capital ahead of the 11th WTO Ministerial Conference to be held in Buenos Aires, Argentina.

"Falling on the eve of the 11th WTO Ministerial Conference to be held in Buenos Aires, Argentina, it is prudent for us to send a political signal about the need for 'WTO Flexibility' for Small States, during the phase of reconstruction," the Grenadian Prime Minister

declared.

"Such flexibility would require that the WTO Rules and Disciplines must not stand in the way of reconstruction for affected Small States and Small Vulnerable Economies, such as those of the Caribbean".

Prime Minister Mitchell, who also chairs the world small states forum, has been leading the fight for countries', donors and international lending agencies to be less stringent in their support for small states seeking to rebuild in the wake of natural disasters.

Earlier this year, a number of powerful hurricanes bulldozed several Caribbean islands claiming lives, causing massive destruction and turning back economies.

"Having grappled with the trauma of Post-Hurricane devastation and a Structural Adjustment Programme in Grenada, and having witnessed

first-hand the scale and intensity of the Destruction in Dominica, Barbuda, and other Caribbean Sates, I'm clear that this "Demand" stands as the most significant outcome for Small States, from the upcoming WTO Ministerial," Dr. Mitchell insisted.

"As Heads, we must all immediately instruct our Delegations to work towards this "Outcome" at the WTO Ministerial. We must use the platform of our meeting today, to clearly transmit this signal to the World".

The 6th Cuba-Caricom Summit is expected to sign a Memorandum of Understanding on Science and Technology Cooperation as well as a Memorandum of Understanding on Disaster Risk Reduction, between the Caribbean Disaster Emergency Management Agency and the National Civil Defence General Staff of Cuba.

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Holidays!*



Her Majesty The Queen set to honour inspiring young person from Grenada dedicated to changing lives

The Queen's Young Leaders programme is today delighted to reveal that Jenella Edwards from Grenada has been chosen as one of the final ever Queen's Young Leaders Award winners in recognition of the leadership she is taking in her com-

munity to change lives.

The prestigious Awards programme, now in its fourth and final year, celebrates exceptional young people aged 18 to 29 from across the Commonwealth and the work they are undertaking to

improve lives across a diverse range of issues, from supporting people living with mental health problems, helping children to receive a quality education, to promoting gender equality.

Jenella will now join the Queen's Young Leaders network of 240 Award winners, a unique community of influential change-makers, who represent all 52 Commonwealth countries. The winners announced today will receive their Award from Her Majesty The Queen at a special ceremony at Buckingham Palace in London, UK, next year.

Jenella from Sauteurs, Grenada has been chosen in recognition of the work she is doing to help disadvantaged young people receive a quality education in her community and beyond.

Janella Edwards, aged 25, said: "I am truly honoured and humbled to be recognised for the work we have been doing in Grenada. I am grateful to have been chosen to receive such a prestigious Award and to raise awareness of the project in Grenada in the hope of providing more opportunities to more young people. I look forward to networking with the amazing group of young people who are making a significant impact in their communities. I am excited to see what the year ahead will bring and to learn more about the exceptional work that the others are doing in their countries."

Dr Astrid Bonfield CBE, Chief Executive of The Queen Elizabeth Diamond Jubilee Trust, said: "In this, the final year of The Queen's Young

Leaders programme, once again we have outstanding Award winners, leading the way in transforming people's lives for the better in every part of the Commonwealth. We congratulate them all for their remarkable achievements. Over the coming year the programme will nurture and develop their talents, and equip them to go further in making a lasting change in their communities. I hope they find the experience to be truly life-changing and I'm delighted to welcome today's winners to the now complete network of Queen's Young Leaders."

The Queen's Young Leaders programme was established in 2014 by The Queen Elizabeth Diamond Jubilee Trust in partnership with Comic Relief, The Royal Commonwealth Society and the University of Cambridge's Institute of Continuing Education, in recognition of The Queen's lifetime of service to the Commonwealth.

The Queen's Young Leaders Award winners receive bespoke training, mentoring and networking opportunities, and take part in a residential programme in the UK, to help them build on the work they are leading in their communities. They join a now complete network of Award winners and, in tribute to Her Majesty The Queen's lifetime of Service, will continue to connect and collaborate and change lives for years to come.

To see a full list of Award winners and highly commended runners up, and to read more about their inspirational stories, please visit www.queensyoungleaders.com.



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15 worst holiday gift ideas

You're sweating, panicked. You're about to recycle an old gift, buy a weight-loss book for Aunt Josephine or grab the Victoria's Secret catalog. Stop! Break the cycle of Holiday Gift-Shopping Syndrome!

By MP Dunleavy

Pressure, stress and confusion, inexplicable choices and a complete lapse of taste.

Alzheimers? No, it's Holiday Gift-Shopping Syndrome! If you suffer panic attacks at the mall or you have recurring nightmares about the colossal gift gaffes you've made over the years -- you may be an HGSS sufferer.

Take two Advil and keep reading because the only cure is to spot the pitfalls early. The following primer will help you save yourself some angst -- and quite a bit of money -- by avoiding these classic gift-giving faux pas. (And your nearest and dearest will be ever-so grateful when you give them stuff they like this year.)

The not-so-subtle suggestion

There's nothing quite like watching the expression on people's faces when they open one of these: a set of meditation tapes for Mr. Type A, a low-fat cookbook for your sister, an Elizabeth Arden makeup and spackling extravaganza for grandma. Just don't be surprised if they all go in on a gift for you next year: a one-way ticket.

The useless gadget

Everyone has someone on their list who is seemingly impervious to gift giving. It might be your boss, your dad or some other (inevitably) male relative. They appear to have no interests, no style, no obvious needs. So you race to one of those stores that specialize in "stuff guys like" and spend more than you should on a PGA-approved golf ball cleaner. In case he ever starts golfing. Why. Why, why, why? Don't let retirement sneak up on you. Create a perfect plan.



The lingerie trap

My husband passes along this lesson learned from hard experience: Never buy lingerie for a woman unless she has ripped out the page from the Victoria's Secret catalog and circled the exact item herself. If she opens a box and sees something that looks like a black satin hanky, it just opens up a can of worms: "Why does he want me to wear that? Does he need me to look trashy? Doesn't he like me the way I am? Next thing you know he'll want me to wear a blond wig and fishnet stockings like a streetwalker!" You can go from surprise to Splitsville in five or six mental leaps. Way too expensive on sooooo many levels.

The deadly weapon

My editor admitted that he briefly considered buying his 12-year-old son a water-balloon slingshot (because he wanted one himself, of course). But after reflecting a bit on the damage that a water balloon can do to unsuspecting passers-by after traveling 500 feet from his back yard to a nearby road, he decided against it. Unless you're just dying to test the limits of your liability insurance, stick to Teletubbies and videogames.

One for the price of two

You really want that Bobbi Brown lipstick for yourself, but you're in denial. So you get it for a friend and talk yourself into believing she will like this gift, when what you're unconsciously hoping is that she will give it back to you -- which she doesn't. So after Christmas you end up buying the damn thing for yourself anyway, thus spending twice as much money and making only one of you happy.

The maroon mistake

It's almost always a bad idea to give clothing to someone you don't actually live with. And even then you have to be careful (see "The Lingerie Trap," above). You'll invariably buy either the wrong size or the wrong color or both, like the time I randomly bought my aunt a quilted maroon vest. Why did I think she would like a quilted maroon vest when she neither wears vests nor the color maroon? Lesson: Give a gift certificate instead.

The guilt-edged party gift

Ack! You're invited to a holiday party at the last minute and you don't have time to even pick up a bottle of wine. But you do have time to throw some ribbon around those earrings your dad gave

you last year and give them to the hostess? Is this worth the thousands it will cost you in therapy bills to overcome your guilt? Consider the cost -- especially when your dad meets said hostess at your own holiday party a year later, and she's wearing your earrings. Just buy the wine, will ya?

The joke's on you

Before you spend \$20 on whoopee cushion or another joke item, think about flushing that \$20 down the toilet. Is that funny? We didn't think so.

Books by the pound

Why buy a mere book when for the same money you can give a tome? That two-thousand-page volume of the sixth installment in the life of Lyndon Johnson is MUCH more desirable than a book someone might actually read. Sure, the megabook can be read by those with more time than taste, but it can also serve as a flower press, a door stop and kindling. Four gifts in one!

Gifts made by your own \$40-an-hour hands

At some point, the Spirit of Frugality will pin you to the floor and tell you that the best way to save money during the holidays is to make all your gifts by hand. Resist this impulse! First of all, just because you don't have money doesn't mean you have talent. Second, handmade gifts always cost more than you think, in both time and money. My truly talented sister-in-law, Deirdre, decided to make people jewelry one year. She quit when she found out how much it was costing her in supplies, never mind the all-nighters spent stringing tiny beads.

Things that can't be exchanged on this planet

Resist the urge to go down to your local "Tofutti 'n' Things" boutique and buy a one-of-a-kind set of embroidered Bolivian hankies imported by the proprietor herself for your sister who lives on the opposite coast. The odds are good your sister will hate them and curse you for making her buy a \$300 plane ticket to exchange them.

Last year's gift, again

My mother's best friend gave her a kaleidoscope. Several times. At least two Christmases and a birthday. So try to keep track of what you've given people in the past. Dad doesn't need a fourth scarf. (I once gave my sister-in-law the same book three times.) If you're not sure, ask someone who might remember last year better than you do.

Treasures from King Tut's tomb

It's always so tempting to buy from those slick museum catalogs. How can you go wrong giving a replica of something that has been sitting in the Smithsonian Museum for a hundred years? But unless you know that your cousin in Denver loves Egyptian artifacts or really wants a lamp that sprouts from the head of Queen Nefertiti, forget it. Warning: If it looks tasteful, keep shopping.

The pro-am present

My brother is a cooking maven. Ask him the difference between braise, stew and sauté and you better have a good hour on your hands. So guess what I never give my brother? Anything to do with cooking. I know, it's tempting. Your brother-in-law plays a mean game of golf. Therefore: DON'T waste your money on a golf gift. He already has it. And now he has to return it.

AND FINALLY...

The thoughtlessness that counts

Don't get pierced earrings for your friend who doesn't have pierced ears (I did). Don't buy cookies for a diabetic. No booze for the teetotaler. Don't get "Fear of Flying" for a born-again Christian. You get the idea.

With these 15 rules in mind, you can easily avoid the worst gift-giving mistakes. You'll save time. You'll save money. And you will thank me when your credit-card bill comes in January and, thanks to this list, you haven't bought a damn thing for anyone.

Healthy Holiday Spending Habits to Avoid Debt



Gorging doesn't apply only to eating during the holidays, it can also mean splurging at the local mall on gifts that you cannot afford. Overspending during the holiday season can lead to a stack of bills and start your New Year off mired in debt. Here are some helpful tips that will allow you to keep more cash in your wallet and avoid a broke and blue New Year:

Set a budget and stick to it

The best way to set a holiday spending budget is to make a list of gift recipients and to set a budget for how much you can afford to spend. Don't try to keep up with family or friends who may have the financial resources to give lavish and costly gifts.

It's also a good idea to buy gifts early, even throughout the year. Many shoppers

start buying gifts for the following holiday season immediately after the current one. Prices also tend to be much lower at retail outlets after the holiday in order to liquidate holiday merchandise expeditiously. Simply put these early gifts in a box in the closet and, when the following December rolls around, you have a jumpstart on your holiday shopping.

Another cost-cutting tactic is to shop at thrift stores

Oftentimes, the thrift outlets will have merchandise that has never or rarely been used. The prices of items are also significantly lower at thrifts compared to the retail chains.

It's the thought that counts, not the price

It's important to give a meaningful, thoughtful gift and

not necessarily an expensive one. For example, you may want to consider giving a non-retail gift. Consider making a donation to a relative's college fund or making a small donation to a charity in a friend's name. Also, baked seasonal treats are always welcomed gifts and are relatively inexpensive.

Leave the credit cards at home

Many financial planners strongly encourage shoppers to leave the plastic at home and shop with cash or a debit card. The tendency to overspend is heightened when you have a wallet chock-full of high-limit and high interest-bearing credit cards. A secured credit card or a prepaid one is another useful tool. Once the funds that you have already prepaid on the card are exhausted--that's it, and your shopping excursion is over. Unless, of course, you decide to put additional funds on the prepaid card.

Money management experts concede that if you must use a credit card for holiday shopping, be sure to utilize one with a low interest rate for an extended period. Some low-interest credit cards have only the nominal rate for a short period--a month or two--and then increase the rate to a higher amount.

Guilt-free shopping

It's OK that you don't buy everyone from the mailman to your boss a gift. Of course, it's wonderful to spread holiday cheer to friends and relatives--but only give what you can afford to. It's an effective strategy to stick to your financial goals without feeling guilty or worrying about giving a gift to everyone. Many financial planners agree that listing specific financial goals and objectives is one of the best ways to achieve financial independence and track your spending habits. Utilizing these suggestions will enable you to spread holiday cheer to all and keep your finances on track.

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The Tri-island Destination Continues To Be Recognized Around The World

ST. GEORGE'S, GRENADA – December 8, 2017 – Pure Grenada, the Spice of the Caribbean is ending the year in high spirits as its recognition in the international community continues to grow. The tri-island destination which includes Carriacou and Petite Martinique is celebrating after capturing two prestigious titles in the Caribbean Journal's Travel Awards 2017. Grenada was named 'Destination of the Year 2017' while Chief Executive Officer of the Grenada Tourism Authority (GTA) Patricia Maher was named Caribbean Tourism Director of the Year 2017.

Caribbean Journal says Grenada was chosen thanks to one of the fastest growth rates in the Caribbean, a surge in hotel development (with properties like the Kimpton Kawana Bay and Silversands in the pipeline) and a new branding push to bring travelers to a place that has long been one of the Caribbean's most underrated destinations.

Chief Executive Officer of the Grenada Tourism Authority Patricia Maher was delighted by the news saying, "I wish to thank the GTA team who have been working hard to ensure that the world discovers and enjoys our islands. We appreciate all our public and private stakeholders who work along with us to create memorable experiences and the Grenadian people for their warm hospitality."

Grenada was also recently featured in several major publications. Travel and Leisure Magazine recognized the destination as number three out of the 50 best places to travel in 2018. People Magazine published the article as well with this outlet having 43,500,570 unique monthly visitors.

Continuing the global recognition of Pure Grenada was mic.com. The outlet featured Grenada as one of 26 best places to travel in 2018 under the section that details places "where a short trip leads to big rewards". Mic.com has 10,158,017 unique monthly visitors.

The GTA is looking forward to 2018 with anticipation and a diverse marketing plan to keep Grenada in the international spotlight.

Curtis Bailey Shines Bright for Grenada at Sandals Ultimate Awards



Pink Gin Beach, Grenada- Upon his return to Grenada from Jamaica for the company-wide Ultimate Team Member Award, Curtis Bailey said 'Jamaica, Wow!' Last year, after winning Diamond (Best) Team Member of the Month, he was awarded as the overall best Team Member of the Year for Sandals LaSource and also was granted the opportunity to represent the resort at the Ultimate Award event in Jamaica. This young, ambitious Scuba Instructor was treated to a week of VIP luxury along with other

Team Members from across the region. In the days leading up to the grand award ceremony and dinner, the nominees were treated to a week of activities including tours to the group's various head offices in Kingston and Montego Bay, a day of zip lining and river tubing at Good Hope Estate courtesy of Chukka Caribbean Adventures and outreach at the Stewart Town Basic School in partnership with the Sandals Foundation. Although on the night of the Ultimate Award ceremony, Jamer 'Captain



Neil' Georges, a play-maker in Sandals Grande St. Lucian Spa & Beach Resort's Entertainment Department emerged as the Ultimate Winner, all nominees had an enriching experience.

Deputy Chairman and CEO Adam Stewart, praised the nominees for their incalculable value to the company. He thanked all team members for allowing the company to confidently and continuously pursue new ventures, crediting them for the continued success of the company and all its endeavours. 'There's a reason why everything we touch turns to gold and you, along with all the other thousands of team members across the region are that reason. It turns to gold because of hard work, dedication and passion', he told the nominees. 'This is the night we love', he continued, 'The night where we get to celebrate and recognize our shining stars. We can't thank you enough for all that you do and I just want to tell you that we see your efforts, we appreciate them and we are happy to reward excellence.' To identify the ultimate winner, nominees were assessed by various criteria, including team

spirit, training hours, attendance record, ambassadorial qualities, and community and environmental stewardship. After weeks of examining

the nominees' profiles, the selection panel was confident to announce Georges as the Ultimate Team Member – the best of the company's

14,000-strong team. Bailey added, 'Although I was not the Ultimate Winner, it was indeed an Ultimate experience that I will never forget. From the VIP travel arrangements, being VIP guests on resort with all our needs taken care of, the specially organized events and most of all, the opportunity to bond with my fellow team members from across the Caribbean. Truly an Ultimate lifetime experience that I wish I could do again tomorrow. I left feeling empowered and ready to take on the world. It really made me realize that I am part of one of the best brands in the world.' The Ultimate Award week is an annual event honouring top performers from the Sandals group across the region and forms one of the company's many team member appreciation activities.



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Happy Holidays!

The Grenada Tourism Authority Launches Underwater Sculpture Design Competition

The South Eastern Caribbean Nation is Home to the World's First Underwater Sculpture Park

Citizens of Grenada, Carriacou and Petite Martinique now have an opportunity to add to the legacy of the Underwater Sculpture Park. The Grenada Tourism Authority (GTA) in collaboration with the Grenada Underwater Sculpture Park Management Inc. (GUSMI) have launched a sculpture design competition. The initiative invites Grenadian nationals to submit designs for new sculptures that will be added to the park

over the next five years as part of a strategic development plan.

Speaking at the launch of the design competition member of the Grenada Underwater Sculpture Park Management Inc. Phil Saye underscored the importance of the attraction to the country's tourism product. He said, "We are happy that Jason DeCaires Taylor chose Grenada for his first sculpture park and since then we have become world famous for

this attraction. Over the years, we have added to the park, but this is an opportunity for us to keep the attraction exciting."

Saye was high in praise of the public/private partnership with the GTA and noted that the park has enhanced the marine eco system by supporting coral reef regeneration.

Providing an overview of the design competition was GTA Product Development Man-



DIVER HOVERING OVER THE 'VICISSITUDES' SCULPTURE AT THE UNDERWATER SCULPTURE PARK IN PURE GRENADA.

ager Kirl Hoschtialek. She urged citizens to showcase their talent to produce extraordinary designs that, "are unique and representative of Grenadian folklore, history, culture or the environment." There is no limit to the number of entries

per person or school and the competition is open to all age groups. The submission must include a short description (1-2 paragraphs) and a drawing or rendering of the design. It must also be easily reproduced by the sculptor in concrete

and stand between 6 – 9 feet tall. All entries should be jpeg/pdf format and should not exceed 1MB in size. All submissions must be the original work of the participant.

The competition offers attractive prizes. The first place prize is EC\$ 5000, second place EC\$ 3000 and 3rd place EC\$ 2000. If a student wins, then the prizes will be split between the winner and the school. The deadline for submissions is January 20, 2017 and the winner shall be announced by January 30, 2017.

Entries must be emailed to sculpturedesign@puregrenada.com. Entry forms and competition rules can be downloaded from the GTA's Tourism Awareness Campaign microsite at www.puregrenada.com/tacampaign.

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INCREASE FUNDING FOR INFRASTRUCTURE AND DISASTER MANAGEMENT- AUDLEY SHAW TELLS BILATERAL AGENCIES

Kingston, 11 Dec., 2017 – Bilateral donors have been urged to reconsider the size of their current aid programmes to the region with a particular focus on infrastructure support and enhancement, Hon. Audley Shaw, Minister of Finance and Planning has said.

Addressing the Caribbean Infrastructure Forum at the Hilton Rose Hall, Montego Bay today (Dec. 11, 2017), Minister Shaw said that the recent hurricanes, Irma and Maria, had “reminded the world of the extreme vulnerability of the Caribbean to exogenous shocks.”

However, he said, “current multilateral financing and support exclude some Caribbean countries from access to development financing by using limited criteria based on per capita income and failing to take into account, extreme



HON. AUDLEY SHAW(R) MINISTER OF FINANCE AND PLANNING, JAMAICA, GREETES HON. DAVID BURT, PREMIER AND MINISTER OF FINANCE, BERMUDA; HON SHARLENE CARTWRIGHT- ROBINSON (2ND RIGHT) , PREMIER, TURKS AND CAICOS ISLANDS AND NIGEL HOLNESS, MANAGING DIRECTOR, CIBC FIRSTCARIBBEAN INTERNATIONAL BANK.

vulnerabilities”. “The vulnerability of the Caribbean is now indisputable and we need to seek affordable infrastructure financing solutions”, Minister Shaw told participants of the two-day

forum being hosted by IJ Global and New Energy Events and sponsored by CIBC FirstCaribbean International Bank and KPMG. He said that “these unprecedented natural disasters require extraordi-

nary and equally unprecedented responses from the combined resources of the multilateral development partners and I have urged these institutions to use the devastation of the 2017 hurricanes as an opportunity to reconsider their policy stance in the advancing of funding to economies rebounding from the effects of natural disasters.”

Minister Shaw said that the Government of Jamaica was acutely aware that infrastructure development is critical for providing people with access to such basic needs as electricity, water, improved living condition thereby reducing poverty and supporting economic growth.

He pointed to programmes being implemented by the Government and partners including in agriculture

with the installation of harvesting systems under the Climate Change Adaptation programme and upgrading of irrigation infrastructure, the provision of budgetary support and parametric insurance through the CCRIF.

In tourism, Minister Shaw said that the Government is focused on providing quality infrastructure to support hotels already in operation and those projected for the next five years. In energy, he said “Jamaica is pursuing an alternative energy policy to reduce energy costs, develop additional generating capacity and invest in renewable alternative resources.”

In the meanwhile, Nigel Holness, Managing Director of CIBC FirstCaribbean International Bank said that “cooperation between private sector, public sector and the financial

services sector is critical to raising the quality of infrastructure the region”. Noting that “many people in the Caribbean still do not have access to basic infrastructural services like water, sanitation, transportation and modern energy services”, Mr. Holness said that infrastructure in many islands is old and inadequate and insufficient to meet today’s population needs. As a result, he said, some Caribbean Islands often miss out on opportunities. The CIF, he said, will explore “the development needs and challenges of our Caribbean Infrastructure market and the partnerships it will take between government, multilaterals, private sector and international investors and developers to overcome these challenges and stimulate our infrastructure”.

“We are here to focus on the need to improve infrastructure systems in meeting the social, humanitarian and economic needs of our islands”, Mr. Holness declared.

Merry Christmas & Happy New Year to all our customers and friends. We wish you beautiful moments this season.



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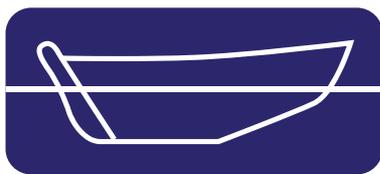
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Barbados joins Regional Initiative

Latin and America and the Caribbean Free of Child Labour against Child Labour

Barbados is the 9th CARICOM country to join the Regional Initiative, Latin and America and the Caribbean Free of Child Labour. Honourable Esther Byer-Suckoo, Minister of Labour, Social Security and Human Resource Development symbolically handed over the signed agreement to José Manuel Salazar-Xirinachs, ILO Regional Director of the Americas and Caribbean in the margins of the Organization of American States XX Inter-American Conference of Ministers of Labour being hosted in Bridgetown, Barbados from 7-8 December, 2017.

On 2 December, 2017, Ms. Yolande J. Howard, Permanent Secretary in the Ministry of Labour, Social Security and Human Resource Development formalized the adhesion of Barbados to the Regional Initiative. This now brings the total number of participating countries in the region to 28, all aligned in pursuit of a common objective: to accelerate the rate of reduction of child labour in the region and by 2025, to eliminate all forms of child labour.

The adhesion of Barbados reflects the commitment and importance attributed by the Caribbean countries to the tripartite collaboration and partnership among governments,



HONOURABLE ESTHER BYER SUCKOO, MINISTER OF LABOUR, SOCIAL SECURITY AND HUMAN RESOURCE DEVELOPMENT SYMBOLICALLY HANDED OVER THE SIGNED AGREEMENT TO JOSÉ MANUEL SALAZAR-XIRINACHS, ILO REGIONAL DIRECTOR OF THE AMERICAS AND CARIBBEAN IN THE MARGINS OF THE ORGANIZATION OF AMERICAN STATES (OAS) XX INTER-AMERICAN CONFERENCE OF MINISTERS OF LABOUR BEING HOSTED IN BRIDGETOWN, BARBADOS FROM 7-8 DECEMBER, 2017. PHOTO: BARBADOS GOVERNMENT INFORMATION SERVICE

and employers and workers organisations, as the region works towards achieving Target 8.7 of the 2030 Agenda.

For its part, the Ministry of Labour of Barbados has designated

Ms. Tricia Browne, Administrative Officer I (Ag.) to serve as its representative to the Regional Initiative, and she now joins colleagues from 27 other countries, four representatives of workers' organisations and four

representatives of employers' organisations in the region-wide Focal Points Network, which is ably supported and coordinated by the Technical Secretariat of the Regional Initiative within the ILO.

Child Labour in Barbados

Barbados has ratified the commitments set forth in the Convention on the Rights of the Child. Moreover, it has ratified ILO Conventions 138 on the minimum age for admission to employment and 182 on the Worst Forms of Child Labour.

In Barbados, the minimum age established for employment is 16 years, however, according to estimates done in 2014, the incidence of child labour in the country was 3.5 per cent between 5-14 years of age.

As part of the country's efforts to combat the issue, Barbados has established the National Committee for Monitoring the Rights of the Child, which seeks to generate recommendations on policies that favour the rights of children and sensitizes communities on the matter. Among the challenges faced by Barbados is the creation of lists of light work and dangerous work for minors.

Countries of the region which have joined the Regional Initiative include:

Argentina, Bahamas, Barbados, Brasil, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Grenada, Guatemala, Guyana, Haiti, Honduras, Jamaica, Mexico, Nicaragua, Panama, Paraguay, Peru, Saint Lucia, Suriname, Trinidad and Tobago, Uruguay and Venezuela.

T&T Attorneys Sensitised on benefits of Continuing Legal Professional Development

(BRIDGETOWN, December 8, 2017) Members of the Trinidad & Tobago legal fraternity recently benefited from a sensitisation lecture on the advantages of mandatory Continuing Legal Professional Development (CLPD) hosted by the Canadian-funded project Improved Access to Justice in the Caribbean (IMPACT Justice), in association with the Law Association of Trinidad & Tobago.

The lecture was held on Thursday, December 7, 2017 at the Convocation Hall, Hall of Justice, Port of Spain, and attended by Her Excellency Carla Hogan Rufelds, Canadian High Commissioner for Trinidad &



HER EXCELLENCY CARLA HOGAN RUFELDS, THE HIGH COMMISSIONER OF CANADA TO T&T, WHO DELIVERED REMARKS ON BEHALF OF CANADA.

Tobago, the Hon. Mr. Justice Adrian Saunders of the Caribbean Court of Justice (CCJ), members of the judiciary of Trinidad & Tobago, Professor Rose-Marie Belle Antoine, Dean of the Faculty of Law of the University of the West Indies' St. Augustine Campus, members of the executive of the Law Association and other members of the legal profession of Trinidad & Tobago.

Entitled "Continuing Legal Professional Development for Attorneys-at-Law: The Jamaican Experience and Regional Possibilities", the lecture was delivered by the Hon. Michael Hylton, O.J., Q.C., a Member of the Regional Judicial and Legal Services Commission and the Immediate Past Chairman of the General Legal Council of Jamaica. Mr. Hylton, who was instru-

mental in the implementation of Jamaica's CLPD system in 2013, shared insights from the Jamaica experience. In outlining the benefits of a mandatory CLPD system, Mr. Hylton stated that it was international best practice which was beneficial to both practitioners and the public and would also boost public confidence in the profession.

Giving welcome remarks on behalf of the Government of Canada, Canadian High Commissioner for Trinidad & Tobago, Her Excellency Carla Hogan Rufelds reiterated Canada's commitment and support for improving the Caribbean justice sector, including its on-going bilateral support for justice reform in Trinidad & Tobago. She also informed participants of the Government of Canada's new Feminist International As-

sistance Policy which seeks to advance gender equality and the empowerment of women and girls.

Professor Velma Newton, Regional Project Director of the IMPACT Justice Project, explained that the Project is drafting a Model Legal Profession Bill which contains CLPD provisions, but in the meantime has been conducting CLPD sensitisation lectures throughout the region.

In her remarks on behalf of the President of the Law Association of Trinidad and Tobago, Mrs. Lynette Seebaran-Suite, Senior Member of Council, stated that the Law Association already conducted CLPD activities and is very committed to the formalisation of a CLPD programme in Trinidad & Tobago.

CDEMA presents cheques to States impacted by Hurricanes



MR. RONALD JACKSON, EXECUTIVE DIRECTOR, CDEMA (LEFT) PRESENTING THE CHEQUE TO THE HON. VADEN WILLIAMS, MINISTER OF HOME AFFAIRS, TRANSPORTATION AND COMMUNICATION WITH RESPONSIBILITY FOR DISASTER MANAGEMENT, TURKS AND CAICOS ISLANDS.



DR. EVANGELINE INNISS-SPRINGER, DEPUTY DIRECTOR, DEPARTMENT OF DISASTER MANAGEMENT OF THE BRITISH VIRGIN ISLANDS ACCEPTING CHEQUE BEING PRESENTED BY MR RONALD JACKSON, EXECUTIVE DIRECTOR, CDEMA.

Nassau, The Bahamas, December 8, 2017 – The Caribbean Disaster Emergency Management Agency (CDEMA), presented cheques totaling US \$140,000 to the hurricane impacted countries of the British Virgin Islands (BVI) and the Turks and Caicos Islands (TCI). Both territories received US \$70,000 each to assist with further relief and recovery efforts post hurricanes Irma and Maria.

The presentation was made to the countries during the general plenary session on Advancing School Safety in the Caribbean at the 10th staging of the Caribbean Conference on Comprehensive Disaster Management, which is being held at the Melia Nassau Hotel, The Bahamas on December 4th – 9th, 2017.

The cheque donation to both BVI and TCI were made possible by the mon-

etary contributions received through the CDEMA's Emergency Assistance Fund (EAF), which was launched via an online donation platform as well as direct deposits during the response and relief operation phase for both Irma and Maria. Donations were received from individuals, companies and governments. Representatives from both territories expressed deep appreciation by thanking CDEMA and all donors for the overwhelming support to help recover and rebuild after the widespread destruction caused by the catastrophic hurricanes.

The 10th edition of the Caribbean Conference on Comprehensive Disaster Management (CCDM) is being held under the theme "The Road to Resilience – Check Point 2017: Building Resilience through Partnerships". Over 250 delegates from across the Caribbean and the world gather to participate in discussions on disaster management and climate change issues affecting the region. It is hoped that the conference will contribute to the enhancement of resilient capacities and partnerships to fight climate change and strengthen comprehensive disaster management activities going forward.

Happy Holidays!

It's the time to unfold new horizons & realize new dreams, to rediscover the strength & faith within you, to rejoice in simple pleasures & gear up for new challenges.

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Agricultural trade interests and challenges will be under the spotlights at ministerial meeting in Argentina

A new book, prepared by high-level entities, will be presented within the framework of the WTO Ministerial meeting, held in Buenos Aires from December 10th to 13th.

Buenos Aires, December 10th, 2017 (IICA). Through the release of a new book, six renowned entities seek to share ideas to advance the complex issues that impact agricultural trade, and to provide information on their importance for the economic and social progress of the countries of the Southern Cone of the Americas.

The publication is presented within the framework of the World Trade Organization Ministerial meeting, that will take place in Buenos Aires, Argentina, from December 10th to 13th. In this assembly, one of the most important in the world on this matter, the situation and future of international trade will be discussed. The document, entitled "Agricultural trade interests and challenges at the WTO Ministerial Conference in Buenos Aires: A Southern Cone perspective", is the product of joint efforts between the Inter-American Institute for Cooperation on Agriculture (IICA), Buenos Aires Grain Exchange, Institute for International Agricultural Negotiations (INAI) Foundation, Group of Producing Countries from the Southern Cone (GPS), International Centre for Trade and Sustainable Development (ICTSD), and International Food Policy Research Institute (IFPRI).

"This book comes at a time of crucial importance for the future of agricultural trade around the world: a time when

there is need to create new paradigms to preserve what has been gained, and a time to provide solutions to those challenges that remain unresolved", says the IICA Representative in the United States and Head of the Center for Strategic Analysis for Agriculture (CAESPA), Miguel García-Winder.

The editors of the book, Valeria Piñeiro and Martin Piñeiro, typified the international environment in which net food-exporting countries will have to function: increased demand that has resulted in higher prices; more players from the South in agricultural trade; food trade concentrated among a few large net importers and net exporters; and environmental concerns related to trade.

"The WTO and its Member countries need to look boldly into the future and commit to a dialogue that will serve as the basis for a stronger role for international trade in the context of the complex and challenging issues that lie ahead. In building this dialogue, it is important to recognize the links between the XI WTO Ministerial Meeting and the G20 process. This is particularly relevant today, since both Ministerial meetings will be held in Buenos Aires before the end of 2018," state the editors in the document.

The IICA's Director General-elect, Manuel Otero, will attend the meeting in Argentina, along with IICA technical specialists.

BESTCRETE COMES TO TOWN



Grenadians now have easier access to one of the main materials used in construction - structural building blocks, following the recent opening of Abel Building Solutions (ABS) block depot operations under the management of Sissons Paints in Grenada.

Sissons Paints Grenada Ltd., like the Grenada Breweries Ltd., is part of the group of companies affiliated to the Trinidad-based conglomerate, ANSA McAL. On Thursday, November 16th, Managing Director of Sissons Paints, Christopher De Allie and other company representatives, participated in the unveiling of the new Bestcrete and Clay Block Depot of Abel Building Solutions (ABS), which itself is also part of the ANSA McAL family. The Block Depot is located

on Maurice Bishop Highway, St George's.

Mr. De Allie, in addressing the audience of business people, building contractors, and other professionals in the construction industry, promised that the new Block Depot will offer both Concrete and Clay structural blocks. Bestcrete 4", 6" and 8" concrete blocks and Clay 4" and 6" structural blocks.

Mr. De Allie spoke about the strength and durability of the Bestcrete concrete, its proven standard in regional building, and the increasing demands by contractors for blocks manufactured to quality industry standards. Bestcrete concrete blocks address the current gap in quality by meeting the newest ASTM standards. Further, Mr. De Allie spoke about the benefits of using Clay, Abel Clay is lighter, stronger,

and 'greener' blocks. - "Clay keeps your building very cool and that is one of the major advantages of using clay," He advised that Clay was being introduced to the Grenada market at a very competitive price.

Athena Garcia, ABS' Sales and Marketing Executive who visited Grenada from Trinidad for the opening ceremony, said clay is the highest selling block in both Trinidad and Guyana. "It is a block that is fire resistant and engineered to withstand earthquakes and hurricanes". Contrary to popular beliefs, Abel Clay foundation blocks (Colossus) and wall blocks (Hercules) have a higher compressive strength than concrete. The ASTM C90 standard for concrete is 13.8N/mm². The ASTM C652 standard for clay is 17.2N/mm²,

making it stronger, than concrete. Clay has tighter assemblies leading to more compact installations, increases energy efficiency, and its reduced weight allows for both cost savings and efficient building solutions.

Mr. De Allie, who also is a Senator representing the business sector in the Grenada Upper House of Parliament, boasted of the unmatched quality of the products available for purchase at the Bestcrete Concrete and Clay Block Depot.

"We are confident that our quality cannot be matched by anyone else; and with quality, we're not only speaking about strength but we're also speaking about finish," he said. "You start with Bestcrete,

and you're getting one of the best blocks for your foundation, and finish with Clay, which is also strong, durable, elegant and affordable. And, of course, you will get one of the best finishes with Sissons Paints"

At its start-up, the Block Depot will operate on a cash basis, said Mr. De Allie. "We'll look at credit as we go along. We're not saying we won't give credit; but, we'll look at it as we go along," he added.

Mrs. Garcia, the ABS representative, was impressed with the local support shown for the new Block Depot.

"I want to say thanks for attending this function. More than anything, it shows your support to Sissons Paints and, in turn, your support to ABS," she

said. "It gives us an opportunity to celebrate what we can do together, and what we can bring to the Grenadian public."

She pledged that the partners of the Block Depot will deliver, saying "Once we give our word, it's going to get done; and we are not talking about an additional cost to you. We are speaking about convenience, supply, and making it the best solution and product for you".

She also thanked Mr. De Allie for his "leadership and foresight" in helping to get the Block Depot up and running. She applauded the Grenadian building contractors for embracing the initiative and getting on board.

"We're happy to do business with you and we look forward to a really bright future," she said in her closing remarks to the contractors.



Bestcrete

CONTRACTORS IN GRENADA NOW HAVE ACCESS TO SUPERIOR QUALITY CONCRETE AND CLAY STRUCTURAL BLOCKS, MADE IN TRINIDAD, SINCE THE OPENING OF THE BESTCRETE DEPOT IN GRAND ANSE, ST. GEORGE'S.

Quality is Our Watch Word

Interview with Mr. Christopher De Allie, Supervisor of Bestcrete in Grenada



Mr. De Allie, you have been the President of the Grenada Chamber Industry and Commerce. You are the representative of the business community in the Senate. You were part of an initiative to bring blocks from Trinidad. How does that relate in terms of supporting local and promoting CARICOM?

The good thing about this is that our blocks lend to a quality that does not exist in the local market; so the advantage for the local market is that it pushes them to come up to our quality and match us on that basis. Therefore, it's not a disadvantage but rather an advantage. And, as you know, within CARICOM and within the region, once it's manufactured within the region, you could move things as freely as you want. It's similar to us in Sis-

sons Paint; when we have to compete, we're competing with Sherwin Williams, an international brand, and they're competing with us. Our local products have to be able to match international standards, from quality to price. So, it's the same thing with the blocks.

Recently, some contractors were complaining that they couldn't find certain sizes of building blocks. How would the establishment of this facility help save cost, one, by ensuring that the project continues? And, two, I notice the product is superior in quality in terms of its presentation. How would that help in terms of paint?

Well, let me answer you this way. ANSA McAL has the largest block-making facility in the region and, probably, in this western

hemisphere. Our plant can do in excess of 20,000 blocks an hour and the specifications – from block to block – will be the same; the consistency will be the same; the entire process is automated and mechanized. So when we run clay blocks, for example, we set the oven at 2,000 degrees. It comes in on one side wet and it comes out on the other side dry; so, we don't have to depend on weather conditions; on whether the sun shines today or it shines tomorrow. We have an oven almost a mile long and when the block goes in, it comes out at the next end and the clay block is ready to go.

You mentioned that your products will be more costly at a time when people are gabbling for funds. How would they save even-

tually?

Well, I'm not sure we're gabbling for funds. But, yes, ours cost a little more. However, we try to offset that by saying that you have a lighter block; you have a stronger block, and in terms of the presentation and how the block looks, it's a much better finish. So, even though you might pay a few cents more, you have opportunities to save in terms of loading on your beams, the kind of steel you use in the beams; as well as when you come to plaster the block, when you could use a thinner layer of plaster than normal, so that it would adhere and you could get a much easier finish. And there are other advantages as well. So, even though our price would be a little bit more, we think that overall, when you go with our block, the consumer and the homeowner would benefit more in the longer term.

Your plant could do 20,000 blocks in an hour. You have a market of 1.5 million or so in Trinidad and you are gagging the region. Can you guarantee supply for Grenada?

Of course! This is the first of 500 palettes that we have coming up and by the middle of December, we have another 1,000 palettes coming. In that December shipment are all the various sizes. So, we're sure that when we bring in the next thousand palettes, we'll have enough blocks to hold us for at least 3 to 4 months, depending on customer uptake.

How do you respond to those who would say, when you bring in

blocks from Trinidad, you're trying to put the local man out of business?

The local man will only go out of business if he can't match. Other than that, the local man will stay in business. In any case, we will be delivering island-wide; but, at the same time, if a man wants 50 blocks and he is in Sauteurs and there is a blocks maker in Sauteurs, you don't expect him to come down here to St George's for 50 blocks.

Yes, if he wants best-priced blocks.

Right. If he wants a particular type of block he would come; but if not, he will go to the man right in Sauteurs that's producing blocks. What he has to guard against and to ensure, is that the blocks that he is taking meet the standards that are mandated locally.

You just said to me you're not delivering blocks below a certain quota. What's that quota?

No, no, no, I'm delivering blocks.

You said if a man wants 50, you'll tell him buy in Sauteurs. What's your minimum quota for delivery?

No, we don't have a minimum quota. I didn't tell him buy in Sauteurs. I said, he may think that to come down to St George's to get 50 blocks may not make sense to him; and he may be willing to purchase it if he can get it from the man right there in Sauteurs. So there are those options.

I don't think local block makers will be totally out of business. Those who

wouldn't make it in the business are those who would have failed anyway.

You've always been innovative, you've always been creative; you've always advocated for productivity, you're always innovative for new products in paint. What joy comes to you having been able to achieve this?

The synergy between blocks and paint is almost orgasmic; in the sense that, you start with me with blocks and I'm giving you the best in terms of your foundation with your house. Then, you come back to me to finish the job with the paint and the décor on the inside. So that is almost a link that is unbreakable.

What is this facility doing to the construction industry right now?

This facility will ensure consistency of supply and a quality that is unmatched. Already, I think you heard it mentioned, we have one of the larger contractors in Grenada taking products from us. As a matter of fact, we have an order of 4,000 6-inch going out to that particular customer. Altogether, we've already delivered about 60,000 blocks to projects in Grenada and delivery continues.

What is your real expectation for this project?

Our expectation, our target for 2018, is that we could hit a million plus blocks.

But your focus has been on partnership and on service.

That just strengthens it.

Thank you sir.

Bestcrete Blocks: Engineered for Extreme Weather

Interview with Mona Sookmanee-Meighoo, Regional Sales Manager of Abel Building Solutions



Tell me your name and your relationship with Bestcrete.

My name is Mona Sook-

manee-Meighoo. I am the Regional Sales Manager of Abel Building Solutions. We own Bestcrete,

Abel Clay and Metpro which is the windows department, and we have an AC and engineering systems department as well. It's all about building solutions; that's why we're called Abel Building solutions.

Today you're launching your blocks in Grenada.

need. Our blocks exceed the ASTM standard and the Grenada Bureau of Standards. We came here with our blocks and they didn't have a chance to hit the ground before they were sold.

Your Clay block is significantly lighter. Why do you say it is stron-



MONA SOOKMANEE-MEIGHOO, REGIONAL SALES MANAGER (LEFT), KELLY PETERS, MARKETING TEAM LEAD (CENTER) IN DISCUSSION WITH CARLTON BRIGGS OF L.L. RAMDHANNY & CO. LTD., AT THE OFFICIAL OPENING.

Why Grenada? Why now?

We chose Grenada because we felt there was a demand; especially for high-strength blocks. I came here earlier this year and also last year and we assessed the market, and what we're doing is responding to a

ger?

Our ABEL block has been tested and it's lighter because it is engineered to withstand earthquakes and hurricanes, while still meeting all the Grenada Bureau of Standards' requirements. It's lighter because it is made of clay and it is baked and has a

lower water absorption. It withstands the weather, it's a cooler block, it's better to build with; it's a greener block. Basically, all our products are greener products – more environmentally friendly – and we stand by our quality.

Your job, essentially, is to push your products throughout the region, right?

Yes.

How much of what you're doing here is introducing a block to Grenada because of the environmental conditions that exist in terms of climate change? And how much of it is really increasing market share?

I would say that if there was no need to introduce the blocks to Grenada, I would not have chosen this market. But, we have had requests, genuine requests, before we even set up the Block Depot here. We received orders and sent shipments that

and supplying; and this is why our blocks are selling in Grenada.

I know your early shipments have been absorbed quickly, but what are your real expectations for the block in Grenada?

We are here for a specific market. We are here to supply high-strength blocks; we will supply to the projects that require that specific need, and that specific water absorption, impact, strength, resistance and all of that. We're trying to cut down on the inconvenience of Grenadian contractors importing those types of blocks. We are about having the blocks right here so the customers, the contractors, can pick them up at their own convenience.

Recently, you've had industrial problems in Trinidad. What guarantee can you give the local market that when they begin to order your products, it would be here and on-time and in good standing?

Our workforce has been consistent and has not affected our production. We are reliable when it comes to meeting the market demand.

And who exactly do you want to access the Bestcrete products? I know it's not for the mass public; but who are you looking at in particular?

Government projects and large tourism projects are who we are trying to get to access our block. Anyone who understands and appreciates quality would also be quite interested in our blocks.

How do we go about purchasing Bestcrete products?

You contact Sissons Grenada Limited. You send in a purchase order and they deliver the blocks. As easy as that.

Thank you.

Abel: Meeting the Needs of Our Customers

Interview with Athena Garcia, Sales and Marketing Executive for Abel Building Solutions



Tell me your name and your relationship with this project.

My name is Athena Garcia and I am the Sales and Marketing Executive for Abel Building Solutions (ABS), which is the umbrella body for Bestcrete, Abel Clay, Metpro, ABS Air Condition, Big Ass Fans, Thyssenkrupp Elevators. We are a one-

stop shop where customers can source their building needs.

I couldn't help but hear the passion in your voice as you made your presentation. What drives that passion? Construction, I love it! And I love dealing with the contractors and the architects our major



customers. In addition to building materials, we sell Air conditions and products for commercial buildings. The beauty of this business is the synergies possible with our different offerings. From foundation solutions to roofing systems to satisfy varying customer needs.

Our customer are hardware dealers, contractors, architects, designers, large developers, and government. The beauty of working with the Ansa McAl Group is leveraging the strength of the Group to provide better solutions and better working relationship with all our clients. Listening to our customers, anticipating their needs and trying to exceed their expectations. We provide guidance to our customers throughout the entire building process.

So your passion is highlighted by being able to provide for customers to meet their needs?

Yes, we try to anticipate, meet and exceed their needs. We manufacture quality products supported by consistent supply and affordable prices. If a customer needs guidance, we leverage the strength of the ANSA McAl Group to provide the best solution.

You're going full circle? What we cannot provide ourselves we work with our sister companies to provide e.g Sissons Paints, Trucks, Financing etc. We believe in providing Real solutions.

What is it you bring to Grenada? I know you bring blocks but I'm certain you bring more than blocks. What is it you really brought to Grenada today?

What we bring is quality building products - concrete and clay, a high level of service support, and experience. We provide a service experience that construction professionals do not normally capitalize upon – product

knowledge, industry quality standards, professional expertise, guidance, financial strength, project management. That's what ABS brings to the table, unlike other who only speak about their individual offerings. ABS speaks about not only construction solutions but the offerings available from its wide networks and partnerships. It's a different era in construction and building.

This launch today brings a measure of expectation with it. What is the expectation for you, for the contractor and the Grenadian people?

For the customer - Affordable concrete products of the highest quality in terms of strength and range of products. A wide offering in terms of Bestcrete, Abel Clay and Metpro Windows available immediately. All at comparable prices and high quality.

For the contractor – Con-

sistent supply at affordable prices. Professional guidance in terms of usage, requirements and financial strength.

Can you match that?

Chris De Allie, the Ansa McAl Executive is our leader on the ground. Chris is one of the leading Executives in the ANSA McAl group and as you are aware believes in service excellence. He does not accept mediocrity.

One year from now, what do you see?

We estimate there are about 17 main contractors; one year from now, if we can get 12 of these contractors experience the ANSA McAl family experience, I would be happy.

There are block makers in Grenada. Do you have any plans for technology transfer?

ABS is willing to partner with all companies once there is mutual benefit. We believe in increasing employment, building communities and country. We do not have plans for technology transfer at this time but keep an open mind.

Do you see yourself establishing a manufacturing facility here in Grenada in the long run?

We will have to work out the feasibility and how important this is to the Grenada public. Thank you.



HAPPY HOLIDAYS

The board, management and staff at Grenlec wish you a joyous holiday season and best wishes for the New Year.

We were privileged to have served you this year and we look forward to continuing to do so in 2018.



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PRINCESS ALICE HOSPITAL X-RAY UNIT COMMISSIONED



Address by Nadia Benjamin M.B.E

from SAASS to be here, so they can learn about the history of the Hospital. What is obvious to all of us is that there is much work to be done to make this hospital capable of caring for patients. Hopefully we will have opened the doors so that others may step in to continue the job.

The first X-ray Unit installed at the Princess Alice Hospital was done through the initiative of the Lions Club of St. Andrews. The Unit was commissioned October 1976, under the Presidency of my brother Mr. Raymond Rush.

When I created the Foundation, an account was opened at the Grenada Co-operative Bank. At the funeral services of my husband Reynold and son Roland, a collection was taken and placed into the account. Letters and emails, were then sent to Churches, businesses, banks, other organizations, and GRENLEC. However, the responses were poor and I was contemplating on the way forward. I then received a call from Ms. Prudence Greenidge, the Corporate Communication Manager at GRENLEC to confirm they have considered my request and would like to partner with the Foundation to purchase the X-ray Unit. I was so happy and elated that I made the sign of the cross to thank the Lord for GRENLEC's help.

The Grenada Conference of 7th Day Adventist made a substantial contribution and I continued to thank the Lord. Harold Pysadee -Radio Host promoted the Foundation on Grenada Broadcasting Network (GBN) Radio through his programme, the aim and objectives of the Foundation and the bank where people can donate. The Royal Grenada Police Band, also contributed by a free concert they held at the Deluxe Cinema on my request to Assistant Superintendent Brian Hurst, in which a collection was made to aid of the X-ray Unit. The Band was scheduled to perform today but unfortunately unable because of date changes.

In 2010, Dengue fever was a very serious problem in the hospital, with no rooms to accommodate the many sick children. Hospital Administrator Mr. Cyrus asked if I can assist in getting a spare room tiled to accommodate the children. I immediately called Mr. Allan Bierzynski from Jonas Brown & Hubbards for assistance. He responded by asking for an estimate of tiles needed and delivered promptly. As a result, the room was tiled and several children were accommodated in that room.

Following this action I contacted Mr. Ken Liquorish and Mr. Kenneth Nedd regarding my intention to upgrade the grounds of the hospital-replanting palm trees that were destroyed by hurricane Ivan and flowers. Mr. Robert Hopkin and Mr. Junior Farray brought soil to level certain parts of the grounds. Due to drought, the flowers did not survive, however, as you can see the palm trees grew well-perhaps because the seeds were germinated and nurtured by my late husband.

Later -the Friends of Princess Alice Hospital Committee was created as a support group, to upgrade the hospital. This Committee was headed by Jennifer Joseph as Chairperson and Mrs. Sylvia Nyack, Chair of Fundraising. A successful dinner dance was held at Blueberry Hill. Some of the funds raised was used to replace the tiles that were falling apart in the maternity ward, as well as other parts of the hospital. A committee was formed also to take care of the grounds headed by Mr. Allister Isaac.

The Foundation also met with Mr. Cyrus to discuss the way forward. A search began for suppliers for the X-ray Unit. Mr. Cyrus was then transferred to St. Georges and Mrs. Alice Felix took over. A new committee was chaired by Mrs. Anne Antoine, which included, the Foundation, GRENLEC, staff of the Ministry of Health, including Mrs. Hyacinth of the X-ray Department, Dr. Fleary representative of the St. George's University, Perma-

nent Secretary and Director of Hospital Services.

In 2013, my deceased son Roland, bequeathed in his Will a sum of money to the Reynold & Nadia Benjamin Medical Foundation Inc., to help with this gesture.

The amount budgeted by government for the building to house the X-ray Unit, was \$200,000.00. The estimated cost of the building was over \$300,000.00. The Foundation contributed \$100,000.00 towards the building.

Three (3) Air-condition Units were installed at a cost of \$14,833.42, funded by the Foundation. The X-ray Unit was purchased by GRENLEC, along with the Picture Archiving Communications Systems (PACS).

The Foundation also assisted with the cost of airfare to Guyana for Ms. Maxine Prince X-ray technician training. She received a certificate with honors and presently working at this Hospital and the General Hospital.

Another donor, Courts G'da Ltd, who after receiving my letter visited the Hospital. They upgraded the kitchen, installed televisions, painted parts of the Hospital and did a lot to enhance the hospital. Also, L.L. Ramdhanny, assisted with painting of the children's ward as well as Mrs. Sylvia Nyack. The Rotary Club was also a

big contributor to the hospital. Hubbards also donated a lawn mower.

Friends chipped in whatever they had. Volunteers came in, rolled up their sleeves and went to work. It took dedication and a willingness to give without any reward. The Reynold & Nadia Benjamin Medical Foundation Inc., is indebted to all of you who donated to the Foundation in one way or the other, especially GRENLEC and the Government of Grenada, and those who cannot celebrate with us today, at home, America, England, Canada and the Caribbean.

As we close this ceremony I would like to remind the young people, that the future and benefits belongs to them. It is up to them to take an interest in seeing that the work continues. Forward ever backward never.

Today is a historic day for me, my family, members of the Reynold & Nadia Medical Foundation Inc., GRENLEC who partnered with the Foundation, the Government of Grenada through its members of staff in the Ministry of Health and other citizens from the parish of St. George, St. Andrew, who also worked along with the Foundation.

The Foundation was created in 2010, following the passing of my husband Reynold Benjamin O.B.E. The Members of the Board of Directors are; myself as Chairperson, Mr. Kenneth Buckmire, Mrs. Carol Benjamin-David and Mrs. Heather Gordon.

If you notice a bigger smile than usual on my face, you are correct. With this smile, a satisfied soul, a sign of relief and a heart full of gratitude to so many. I feel blessed in knowing that at least together, we have provided a means of early detection and hopefully early treatment, thereby avoiding untimely deaths. Unfortunately my husband was not this lucky. He died, I would say too soon, not having the opportunity afforded with this X-ray Unit.

In 1950, Princess Alice came from the UK to officially open the hospital. St. Andrew's Anglican Secondary School (SAAS) was invited to the function and among the students attending were Mr. Kenneth Buckmire, Ms. Elsa Wells and myself. Princess Alice was handed a bouquet of flowers by my classmate Elsa Wells. Today I have invited two students

Christmas Greetings and a Happy New Year!



The Board of Directors of the Reynold and Nadia Benjamin Medical Foundation Inc., would like to extend thanks and Christmas greetings to Grenlec our Electricity provider who made a substantial contribution of \$600,000 to providing an X RAY unit for the Princess Alice Hospital in Mirabeau, St Andrew, and would continue to service the unit for 4 years by the company which installed the unit.

The X RAY unit is a blessing for the Hospital and for the number of persons who have been able to get an X RAY on time, and help to save many lives by receiving early diagnosis and treatment.

The X RAY unit at the Princess Alice Hospital was commissioned on the 2nd December 2016, and would continue to serve the parish of St. Andrew, St. Patrick, St. David, St. John, and St. Mark.

As we celebrate the commissioning of the unit after one year, the Board of Directors of the Reynold and Nadia Benjamin Medical Foundation Inc. would like to give thanks and Praise to Almighty God, Grenlec, the Government of Grenada and the Ministry of Health who contributed \$200,000.00 towards the X RAY building. Roland Benjamin deceased who left in his will money for the Foundation. \$100,000.00 was put towards the construction of the building to house the X RAY unit. Donors to the Foundation from all over the world, businesses in Grenada, friends and family and Harold Pysadee for his programme on Radio, T.V., and on the internet for asking the general public to support the project. The Benjamin Family, the friends of Princess Alice Hospital Committee, chaired by Ms. Jennifer Joseph, Chairperson of the fundraising committee, Mrs. Sylvia Nyack, Doctors, Nurses, Administrators, Matrons, the Pharmacist and other members of Staff of the Princess Alice Hospital.

**Again we wish everyone a happy and enjoyable Christmas
and a Prosperous New year.**

STATISTICS - PRINCESS ALICE HOSPITAL X-RAY DEPARTMENT

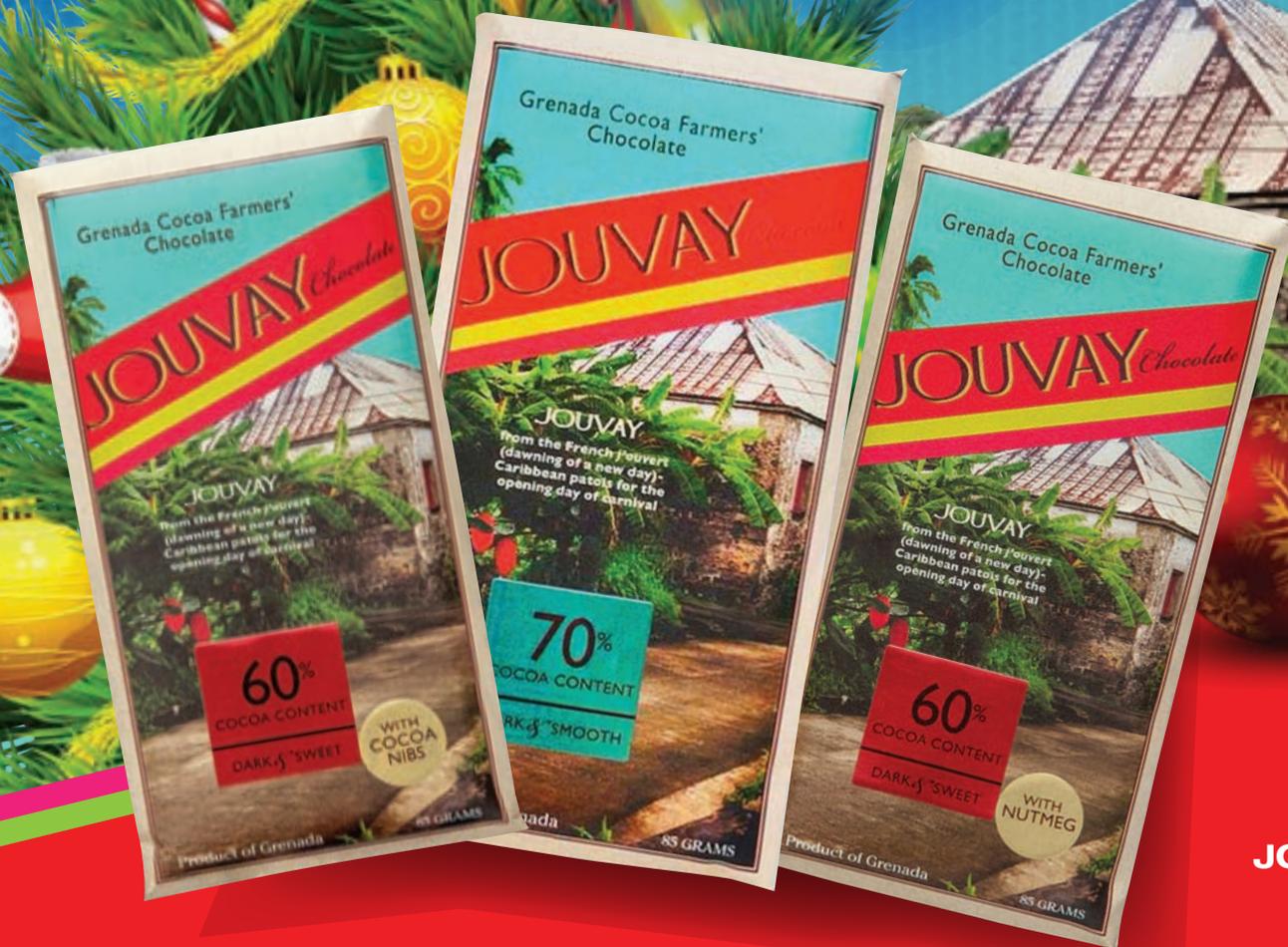
TOTAL NUMBER OF PATIENTS FOR (1) ONE YEAR (DEC 2016-NOV 2017)- 2444
TOTAL NUMBER OF PATIENTS FROM THE HOSPITAL (CASUALTY + WARDS) - 1473
TOTAL NUMBER OF OUT PATIENTS - 971

THE X-RAY BUILDING WAS COMMISSIONED ON THE 2ND DECEMBER 2017

The Perfect Gift for Chocolate Lovers this Christmas

JOUVAY *Chocolate*

Grenada Cocoa Farmers' Chocolate



Jouvay Chocolate is made from the Grenada Fine Flavour Estate Cocoa Beans, a lush mountainous island covered with fragrant spice trees and tropical fruit. Grenada has long been known as the spice isle, but some people refer to it as the cocoa isle as well, a chocolate-lover's paradise.

In Grenada cocoa trees grow in their natural, optimal state, scattered amidst the fruit and spice bearing trees in the rich volcanic soil of the tropical forest. What better place to make chocolate and to have a cocoa processing facility!

JOUVAY CHOCOLATE
Diamond Estates
St. Marks, Grenada

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Common Misconceptions About Cholesterol

Learn the facts

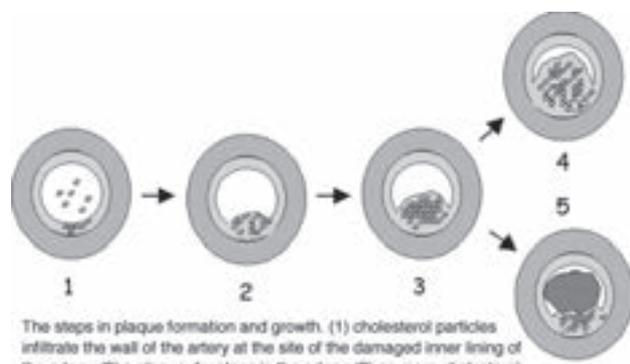
Cholesterol can be both good and bad, so it's important to learn the facts about what cholesterol is, how it affects your health and how to manage your blood cholesterol levels. Here are some common misconceptions, along with the true story, about cholesterol.

1. My choices about diet and physical activity are responsible for my cholesterol level.

Diet and physical activity contribute to overall blood cholesterol levels as well as the cholesterol that is made naturally by the body. The amount of LDL (bad) cholesterol in the blood is controlled in two important places — the liver and the intestines. The liver produces cholesterol (using it to make digestive — or bile — acids) and also removes cholesterol from the blood. The intestines absorb cholesterol, which comes from food and from bile. For some people, the liver produces more cholesterol than the intestines absorb. If this is the case for you, your physician may prescribe medicine to manage your cholesterol. However, a heart-healthy diet and regular physical activity are important to everyone for maintaining cardiovascular health. Have your cholesterol tested and work with your healthcare professionals on the plan that's best for you. Learn more about the sources of cholesterol.

2. Using margarine instead of butter will help lower my cholesterol.

Both margarine and but-



The steps in plaque formation and growth. (1) cholesterol particles infiltrate the wall of the artery at the site of the damaged inner lining of the artery; (2) a plaque develops in the artery; (3) as more cholesterol and other materials are incorporated into the plaque, the plaque grows; (4) the plaque may continue to grow, blocking blood flow through the artery or (5) the plaque may "rupture" and a blood clots may form, completely blocking blood flow through the artery.

ter are high in fat, so use both in moderation. From a dietary perspective, the major factor affecting blood cholesterol is how much saturated fat and trans fat is in the food. Limiting food high in saturated fat and trans fat may help lower your LDL (bad) cholesterol. Most vegetable oils and soft or liquid margarines have less saturated and trans fat than the solid spreads have, and are preferable to the stick forms of margarine for a heart-healthy diet. When selecting a margarine, it's best to choose one that has "0 g trans fat" on the Nutrition Facts label.

Remember that one change — like switching from butter to soft margarine — is a good step, but may not be enough to reduce your cholesterol to healthy levels. Other diet and lifestyle changes or medication may be needed, as your doctor recommends. Learn more about eating a healthy diet.

3. Thin people don't have to worry about high cholesterol.

Any type of body can have high cholesterol.

Overweight people are more likely to have high cholesterol, but thin people should also have their cholesterol checked regularly. Often people who don't gain weight easily are less aware of how much saturated and trans fat they eat. Nobody can "eat anything they want" and stay heart healthy. Have your cholesterol checked regularly regardless of your weight, physical activity and diet. Learn more about what you can do to manage your cholesterol levels.

4. My doctor hasn't said anything about my cholesterol, so I don't have to worry.

Your health is your responsibility. Ask your healthcare professional if your cholesterol needs to be tested. Learn how to interpret all the numbers, including HDL (good) cholesterol, LDL (bad) cholesterol and triglyceride levels. If you're in a high or borderline-high range, discuss options with your physician. Depending on your risk profile and your cholesterol levels, your doctor may recommend diet and lifestyle changes and/or medication. Follow all of

your doctor's instructions, and have your cholesterol retested as your doctor recommends. See a list of questions to ask your doctor about cholesterol.

5. Since the nutrition label on my favorite food says there's no cholesterol, I can be sure that it's a "heart-healthy" choice.

Nutrition labels on food are very helpful when choosing heart-healthy foods, but you need to know what to look for. Many "low-cholesterol" foods contain high levels of saturated fat and/or trans fat — both of which contribute to high blood cholesterol. Even foods that claim to be "low-fat" may have a higher fat content than expected. Look for the amount of saturated fat, trans fat, cholesterol and total calories in a serving of the product. Also check how much a serving is. Often it's smaller than you think. The first ingredient listed is the one used most in the product, so choose products where fats and oils appear later in the ingredient listing. The Food and Drug Administration now requires foods to be labeled for trans fats. Trans fats are found in variable amounts in most foods made with partially hydrogenated oils such as baked goods, cakes, cookies, crackers, pastries, pies, muffins, doughnuts, fried foods, shortening and some margarines and dairy products. Know your fats.

6. Since I started taking medication for my high cholesterol, I don't have to worry about what I eat.

Drug therapy is usually prescribed for those

who — despite adequate dietary changes, regular physical activity and weight loss — still have elevated levels of cholesterol, or those who have elevated risks for heart disease and stroke. Modern medications have come a long way in helping to control blood cholesterol levels, and some can target the cholesterol that your body makes on its own. But making diet and lifestyle changes — as well as taking the medication your doctor prescribes — is the best way to help prevent heart disease. You should still eat a heart-healthy diet and get at least 30 minutes of moderately vigorous physical activity on five or more days of the week. It's also very important to take your medication exactly as your doctor has instructed so it can work most efficiently. Get tips for taking your medicines.

7. I recently read that eggs aren't so bad for your cholesterol after all, so I guess I can go back to having my two eggs for breakfast every morning.

One egg contains about 213 milligrams of dietary cholesterol. The daily recommended cholesterol limit is less than 300 milligrams for people with normal LDL (bad) cholesterol levels. An egg can fit within heart-healthy guidelines for those people only if cholesterol from other sources — such as meats, poultry and dairy products — is limited. For example, eating one egg for breakfast, drinking two cups of coffee with one tablespoon of half-and-half each, lunching on four ounces of lean turkey breast without skin and one tablespoon of mayonnaise, and having a 6-ounce serving of broiled, short loin porterhouse steak for dinner would account for about 510 mg of dietary cholesterol that day — nearly twice the recommended limit. If you're going to eat an egg every morning, substitute vegetables for some of the meat, or drink your coffee without half-and-half in the example above. And remember that many other foods, especially baked goods, are prepared with eggs — and those eggs count toward your daily cholesterol limit. People with high LDL blood cholesterol

levels or who are taking a blood cholesterol-lowering medication should eat less than 200 mg of cholesterol per day. Learn more about cooking for lower cholesterol.

8. I'm a woman so I don't have to worry about high cholesterol. It's a man's problem.

Premenopausal women are usually protected from high LDL (bad) levels of cholesterol, because the female hormone estrogen tends to raise HDL (good) cholesterol levels. But cholesterol levels tend to increase as you age, and postmenopausal women may find that even a heart-healthy diet and regular physical activity aren't enough to keep their cholesterol from rising. If you're approaching menopause, it's especially important to have your cholesterol checked and talk with your doctor about your options. You may still have high cholesterol levels even if you eat a heart-healthy diet, stay active, watch your weight and don't smoke or breathe others' smoke. If lifestyle changes alone don't work, your doctor may prescribe a cholesterol-lowering medication — be sure to take it as instructed. Learn more about women and cholesterol.

9. You don't need to have your cholesterol checked until you reach middle age.

Everyone should start getting a cholesterol test at age 20, but it's a good idea to start having cholesterol checked at an early age. Even children, especially those in families with a history of heart disease, can have high cholesterol levels. And evidence exists that these children are at greater risk for developing heart disease as adults. Lack of regular physical activity, poor dietary habits and genetics can all affect a child's cholesterol levels. Parents and caregivers can help kids develop a heart-healthy lifestyle by serving foods low in saturated fat, trans fats and cholesterol; encouraging at least 60 minutes of physical activity on most (and preferably all) days; and stressing the importance of avoiding tobacco products. Learn more about safe levels of cholesterol in children.

Six Caribbean territories and states eliminate mother-to-child transmission of HIV and syphilis

The World Health Organization has validated Anguilla, Antigua and Barbuda, Bermuda, Cayman Islands, Montserrat, and Saint Kitts and Nevis as achieving dual elimination

Saint Kitts and Nevis/ Geneva, December 1, 2017 - Anguilla, Antigua and Barbuda, Bermuda, Cayman Islands, Montserrat and Saint Kitts and Nevis were today certified by the World Health Organization (WHO) as having eliminated mother-to-child transmission of HIV and syphilis.

“This elimination is the result of our strong political commitment to public health and of making the health of mothers, children and families a regional priority,” said Timothy Harris, Prime Minister of St. Kitts and Nevis. Over the last six years the Caribbean has succeeded in reducing new HIV infections in children by more than half. “This is an amazing achievement given the high rates of HIV in the past, and we

intend to improve on this success story even more in the future.”

Carissa F. Etienne, Director of the Pan American Health Organization (PAHO) and Regional Director for the Americas of WHO, said “This elimination is a remarkable achievement that puts the Americas at the forefront of the global effort to ensure that no child is born with HIV or congenital syphilis”. “With political commitment, stronger health systems, and timely prevention, diagnosis and treatment, we can achieve great changes,” she added.

“UNAIDS congratulates the six states and territories on this important achievement,” said Michel Sidibé, Executive Director of UNAIDS. “All countries should follow their example and ensure

that every child has an HIV-free start to his or her life.”

In 2015, Cuba, another Caribbean island, became the first country in the world to receive validation from WHO for having achieved elimination of mother-to-child transmission of HIV and syphilis. Subsequently, Thailand and Belarus were also validated as having achieved dual elimination, while Armenia received validation of its elimination of mother-to-child transmission of HIV and the Republic of Moldova was validated for the elimination of congenital syphilis.

Since the launch in 2010 of the Regional Initiative for the Elimination of Mother-to-Child Transmission of HIV and Congenital Syphilis in Latin America and the

Caribbean—coordinated by PAHO and the United Nations Children’s Fund (UNICEF), with support from other regional partners—new HIV infections have been reduced in the Caribbean by more than half among children, from 1800 in 2010 to fewer than a thousand in 2016. Reported cases of congenital syphilis, meanwhile, remain below the goal of having no more than 50 cases per 100,000 live births, although they have not declined since 2010, and it is likely there is under-reporting of cases.

“The elimination of mother-to-child transmission of HIV and syphilis is not just a dream; it’s an achievable goal,” said Maria Cristina Perceval, UNICEF Regional Director for Latin America and the Caribbean. “Today we can say we are closer to ensuring an AIDS-free generation”.

In the Caribbean as of 2016, 74% of pregnant women living with HIV,

64% more than in 2010, had access to antiretroviral therapy to protect their health and significantly reduce the possibility of transmitting the virus to their children during pregnancy, delivery or breastfeeding. The increased access to treatment contributed to a 52% reduction in the rate of mother-to-child transmission of HIV between 2010 and 2016, which is now at 9%, still higher than the target of 2%.

Other changes in the health sector that have contributed to this progress include intensive participation by both the public and private health sectors, led by the ministries of health, in the implementation of comprehensive maternal and child health services, with an emphasis on universal coverage and quality antenatal and prenatal care. They also include expanded testing to ensure early detection and immediate treatment for both HIV and syphi-

lis, laboratory networks of guaranteed quality in accordance with international standards and the implementation of essential measures to guarantee the human rights of women living with HIV.

“The validation for the elimination of mother-to-child transmission of HIV and syphilis sends a strong message that the Caribbean is making remarkable inroads to achieving the goal of an AIDS-free generation and the achievement directly aligns with achieving our vision and objectives,” said Dereck Springer, Director of the Pan Caribbean Partnership against HIV and AIDS. “The spread of the disease from mothers to children is being halted, but elimination status must be maintained and other Caribbean countries must strengthen their services with the goal of receiving validation from WHO,” he added.

The elimination of mother-to-child transmission of HIV and syphilis is an important milestone for ending AIDS and sexually transmitted infections as public health threats by 2030, commitments endorsed by the United Nations General Assembly and by the World Health Assembly. Other PAHO Member States in the Caribbean are participating in the formal validation process, and it is expected that more will be recognized for their achievements in 2018.

World AIDS Day Message from UNAIDS Regional Director for Latin America and the Caribbean

Dr. César Núñez- UNAIDS Latin America and Caribbean Regional Support Team Director

This World AIDS Day highlights the importance of the right to health as an essential condition to achieve the end of AIDS by 2030, as set forth in the Sustainable Development Goals.

The right to health is a fundamental human right. It is the right of everyone to enjoy the highest attainable standard of physical and mental health.

For the right to health to be fulfilled, it is imperative...

that everyone, regardless of race, sex, ethnicity, sexual orientation, gender identity or social status, has access to the prevention and treatment of any disease, that health is affordable or free, and that quality health services are free from discrimination.

The right to health goes beyond access to health services and medicines. It is also linked to a variety of important rights, such as access to a comprehensive and quality education, good nutrition, healthy working conditions.

Fulfilling the right to health enables everyone to fulfil their promise and their dreams.

Latin America and the Caribbean have made important progress towards the Fast-Track goals. Latin America is among the regions of the world with the highest proportions of people living with HIV who know their status and in the Caribbean the proportion of people living with HIV who know their status and are on treatment is over 80%.

But we cannot be complacent:

Not when there are still millions of people such as people living with HIV; lesbian, gay, bisexual, transgender and intersex people; sex workers; indigenous populations and migrants, who do not

have access to health services because of stigma and discrimination.

Not when there are still young people and adolescents who are denied the possibility of making informed decisions about their health and well-being, because they do not receive the education they need.

Not when there are women who, due to inequalities and gender violence, encounter barriers that prevent them from accessing comprehensive health services. Inequities in access to health are not acceptable and have to be eradicated. States have a duty to respect, protect and guarantee the right to health of their citizens. AIDS is not over, but it could be if we make sure that everyone, without exception, anywhere in the world, can fully exercise their right to health.

Comics

DILBERT



GARFIELD



HÄGAR THE HORRIBLE



WORD SEARCH PUZZLE



You're a pluggers if you're asked for your age group, and it's always the last one listed.



- | | | | |
|----------|----------|----------|---------|
| ADD | END | LIFEWOR | REFUTED |
| AIM | EVIL | LILY | REST |
| AIRINESS | EWES | LIMNERS | ROSIN |
| BALLING | FEE | MAID | ROWDY |
| BOWLS | FEW | MANGE | RUNOFFS |
| BRINE | FICHES | MARTS | SAFE |
| BUG | FUMED | MASS | SKY |
| BURP | GANGS | MELODIES | SODIUM |
| BUSHES | GASP | METAL | SOPPING |
| CANE | GLUTEAL | MOD | SQUATS |
| CHEAPEN | HARM | MONODY | TEEING |
| CHISELS | HEARSAY | MULLAH | TIES |
| CIRCLED | HENS | NAILED | TIMBRES |
| CLEFT | HEX | NEON | TIPOFFS |
| CONTEXTS | HIDES | OFFERED | TIRED |
| COWHIDE | HISSERS | OIL | TOILS |
| CRUNCHES | HOG | OWL | TONNAGE |
| CUBOID | HUSHES | PAD | TOP |
| CURVES | INCLINED | PAPYRUS | TOW |
| CZAR | INK | PLEDGE | TRY |
| DEERFLY | INSURES | POLLS | TUMID |
| DIVAS | JUICE | PONES | TUSK |
| DOZE | KEENS | POURING | WILING |
| EASED | KELP | QUINSY | WREST |
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