

FREE

A MONTHLY CULTURAL NEWSMAG BY WATZZ PUBLISHING

CULTURAL XPRESSION

JAN 2017

**FEB 26
2017**

11AM - 10PM

**DEEJ BLAZE
DJ PAULY
DJ PRESTIGE
DJ HEARTED LION
DJ BIGGERS**

LIVE:
**BENJAMIN BELL
KING JAMES
A STATIC
KING ASHANDI
IYAH PIKNEY
03 TEAM WAVEY**

**AGRI-CULTURAL
MUSIC
FESTIVAL**

**ST PETERS
COMMUNITY
CENTER**

BLOCK PARTY EDITION

**PAGE
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ASK PRIEST KAILASH
ASK ABOUT YOUR COMMON HEALTH
PROBLEMS AND GET REAL ANSWERS

PAGE 10

EXPRESSED BY LATOYA
EXPRESSION OF SPOKEN WORD POETRY IS
IS INFLUENCED BY MANY THING ESPECIALLY
LIFE'S EXPERIENCES

PAGE 11

**EXCLUSIVE INTERVIEW
MR DANJAH SUAVE**

MAJOR FIGURES IN AFRO- *Caribbean History*

REMEMBERING ANTONIO MACEO GRAJALES (CUBAN REVOLUTIONARY AND GENERAL)



Denicio Wyattte
 Editors
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 Denicio Wyattte
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Contributors
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FELLOW CUBANS gave Maceo the sobriquet of the "Bronze Titan" (Spanish: El Titan de Bronce), which was a reference to his skin color, stature and status. Spaniards referred to Maceo as the "Greater Lion" (El Leon mayor). Maceo was one of the most noteworthy guerrilla leaders in 19th century Latin America, comparable to José Antonio Páez of Venezuela in military acumen.

Early years
 Maceo was the son of a Venezuelan farmer and dealer in agricultural products, Marcos Maceo, and an Afro-Cuban woman of Dominican descent, Mariana Grajales y Coello. His father when still a young man, fought for the Spanish against the forces for independence led by Simón Bolívar, José Antonio Páez and others. In 1823, he moved from Caracas, Venezuela, to Santiago de Cuba, Cuba, after some of his comrades were exiled from South America. José Antonio Maceo y Grajales (full name) was born June 14, 1845, in the town of San Luis, in the Oriente Province outside Santiago de Cuba, in a farm known to locals as Jobabo. Although his father taught him skills in the use of arms and management of their small properties, it was his mother, Mariana Grajales, who inculcated in him a sense of order. This maternal discipline would be important in the development of Maceo's character and would be reflected later in his acts as a military leader.

At the age of six-



Mr Antonio Maceo Grajales Photo by latinamericanstudies.com

teen, Maceo went to work for his father, delivering products and supplies by mule. He was a successful entrepreneur and farmer. As the oldest of the children, he inherited his father's leadership qualities and later would become a decorated general. Maceo developed an active interest in the political issues of his time and was initiated in the mysteries of Freemasonry. The Cuban Freemasonry movement was influenced by the principles of the French Revolution - "Liberty, Equality and Fraternity" - as well as the Masons' main guidelines: God, Reason, Virtue.

TEN YEARS' WAR (1868-78)

Approximately two weeks after the October 10, 1868 revolt led by Carlos Manuel de Céspedes against Spain known as "The cry of Yara" ("El grito de Yara"), Maceo, together with his father and brothers joined the war. Mariana Grajales, followed her family members into the manigua (the woods and most thick countryside) in order to support the mambises, as Cuban rebels were known in

the 19th century. The Maceos enlisted as privates when the Ten Years' War (1868-78) began. Within five months, Antonio Maceo was promoted to Commander (or Major), and within a matter of weeks after that he was again promoted to Lieutenant Colonel.

Later, a promotion to Colonel followed, and five years later he was promoted to the rank of Brigadier General because of his bravery and ability to outmaneuver the Spanish Army. Maceo participated in more than 500 battles. However, the humble origin of Maceo and the color of his skin, delayed his raising to the Major General degree, due principally to the racist and class exclusiveness tendencies of several other patriots of an aristocratic or bourgeois origin. Men under Maceo's command began to name him "The Bronze Titan", because of his exceptional physical strength and resistance to bullet or blade injuries. He recovered from more than 25 war injuries over the course of some 500 military battles, and none of

Maceo's wounds diminished his willingness to lead his troops into combat.

He had special recognition and admiration, as chief and war teacher, of the great Dominican strategist Máximo Gómez, who would become, in the years to come, the General-in-Chief of the Cuban Liberator Army. The use of the machete as a war weapon by Gómez as a substitute for the Spanish sword (also due to the scarcity of firearms and ammunition) was rapidly adopted by Maceo and his troops.

Antonio Maceo rejected the military seditions of Lagunas de Varona and Santa Rita, which undermined the independent troops' unity and favoured a regionalism in Las Villas. This stood in contrast with the style of leadership exhibited by Vicente García González, who eschewed front line heroics in favor of planning from behind the lines, and who also advocated a regional approach to secession. Divisionism and the imprecise designs of García were plainly rejected by Maceo when the former asked for support

to constitute a "New Revolutionary Government".

Divisions, regionalism, and indiscipline were the main reasons for the decline of the Revolution, of which the Spanish General Arsenio Martínez-Campos y Antón, then already named Captain General of Cuba, drew considerable advantage. An officer of honour, he offered peace guarantees, amnesty for revolutionary men and legal reforms, in exchange for a cease of hostilities, which had already lasted 10 years (in 1878). At the same time, the Spanish Government continued the concentration of more forces to enclose the diminishing Cuban rebel forces.

Antonio Maceo was one of the officers who opposed the signing of the Pact of Zanjón, which ended the Ten Years' War. He and other mambises (independence soldiers) met with General Martínez-Campos on March 15, 1878, to discuss the peace terms, but Maceo argued that no peace could be achieved if none of the objectives of the war had been accomplished; chief among these aims was the abolition of slavery in Cuba and Cuban independence. The only immediate benefit was amnesty for those involved in the conflict and liberty for the black soldiers who had fought in the "Liberator Army." Maceo did not recognize the treaty as valid and did not adhere to the proposed amnesty.

MORE ON THIS TOPIC IN FEB 2017

CARIBBEAN CRUCIBLE: HISTORY, CULTURE, AND GLOBALIZATION PT.2

By Kevin A. Yelvington

Conquest and Colonization pt 2

AFRICANS WERE enslaved and taken to the Americas, agricultural commodities were transported, often in the same slaving vessels, from the Americas to Europe, and trade goods were shipped from Europe to Africa for more slaves—the so-called “Triangular Trade.” More than nine million enslaved Africans reached the New World (see Table 1), about 40 percent going to the Caribbean. Jamaica received nearly twice as many slaves as were imported into the United States; Barbados and Martinique, tiny islands where plantation slavery was established very early, each received roughly the amount received by the whole United States. While these figures cannot take into account the many millions who died en route, they do provide an idea of the intensity of Caribbean slavery. Caribbean slaves were notoriously malnourished, overworked, and susceptible to disease. They died in droves. It was cheaper for planters to simply import new slaves than to maintain their existing labor forces, and women were not encouraged to bear children until it appeared the slave trade would end.

While Caribbean slavery was diverse and no two islands had the same experience, the exigencies of the sugar production process imposed certain common patterns. The climate dictated harvesting times. Fields were often laid out according to geometric patterns, with a central mill and boiling house. Slaves were organized into three or four “gangs,” ranging from the “great gang”

of the most able-bodied field laborers under the command of a driver who was a male slave, down to the “vine gang” comprised of the infirm and slave children as young as four who did light tasks around the plantation. Women generally predominated in field labor, and in marketing activities. Most of the skilled and prestigious tasks on the plantation were reserved for men. Slaves were “allowed” to grow their own food—not because of the planters’ benevolence, but because it saved them money. In the enslavement process and plantation slavery, Africans and Europeans—albeit drawn from diverse societies on their respective continents—became “races.” In this process, Europeans and their descendants became “white,” while Africans and their descendants became “black” in the sense that meanings associated with physical attributes were culturally and ideologically systematized, elaborated, and given differential value. (This did not mean that ethnic identities of Africans and Europeans did not continue to be salient in a given colony. For example, ethnicity was implicated in slave revolts, and European colonists of differing nationality were often at odds.) In the ideology of “racial slavery,” permanent enslaved status became attached only to Africans and their descendants; it was automatically inherited by them at birth. At the same time, Europeans and those of European descent protected each other from the rigors of the system and permanent slave status.

The pattern of ethnic relations varied somewhat from island to island. The Spanish and French,



Photo by DCCCD

more than the British or Dutch, developed elaborate social and legal distinctions for those “mixed race” individuals seen to possess various amounts of black and white heritage. In all cases, ethnic identity was (and is) more complex and nuanced, differing significantly from the United States’ black-white dichotomy, where “mixed” individuals were placed in the “black” or at least “non-white” category (the ideology of “hypodescent”). But what was constant in the Caribbean was (and in many respects still is) the valorization of European culture and “whiteness,” and the depreciation of African roots and “blackness”—despite the fact that the vast majority of Caribbean people are of African descent.

The ending of slavery was not a uniform process. Slavery was resisted everywhere—from grand marronage, the formation of runaway communities, to petit marronage, individual acts of subversion and sabotage—and these actions helped to speed up final emancipation. A dramatic slave uprising and revolution beginning in 1791 made for an independent Haiti, only the second independent nation in the Americas (after the United States), in 1804. In England, a combination of free market forces and humanitarian interests ended the slave trade in 1807, and slavery by 1834-38. In Cuba, it was not until 1886 that the institution fi-

nally trickled away.

Post-Emancipation Society

The transition from slavery to freedom entailed hardship and conflict, followed by a period of adjustment for both the ex-slaves and planters alike. Many ex-slaves continued to work on plantations, but more on their own terms. Some formed peasant communities. As perhaps nowhere else in the world, so-called “reconstituted” peasantries developed af-

ter capitalism. To save their profits in part by cutting the wages of the ex-slaves, planters and the colonial state brought in indentured workers from around the world, and they lived in slave-like conditions in the Caribbean.

Africans came to Jamaica and Trinidad. More than 125,000 indentured Chinese came to Cuba, Guyana, Jamaica, and Trinidad. Indentured “Portuguese” from Madeira went to Trin-

idad and Guyana. From 1838 to 1917, more than 400,000 indentured Indians were brought to Jamaica, Guyana, Suriname, and Trinidad (East Indians now constitute 40 percent of the population of Trinidad and Tobago, and 55 percent of Guyana’s population); and 100,000 to Martinique, Guadeloupe, and French Guiana. Suriname also received 22,000 indentured Javanese. Slavery (and indenture) left the legacy of divided loyalties, ethnic and class competition, and wide disparities in wealth and access to resources that today imprints all aspects of Caribbean society, economics, and politics.

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W/ EL MUÑECO
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W/ J.C. ANTONIA
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AGRICULTURAL MUSIC FESTIVAL SET FOR FEB 26, 2017



Community members at the 2013 Agricultural Fair.



Wyatte talks to visitors at 2013 Agricultural Fair.

OVER the Past few months Mr Wyatt of Spaceless Gardens has been embarking on a journey to empower community members about the importance of agriculture with hopes to stimulate a change of mind set towards the importance of the sector.

The Project " St Peters Community Gardens Research and Development center has been geared toward granting opportunities to less fortunate and unemployed members of the surrounding communities by means of mentoring, educating, and hand on training in the fields of Agriculture, Carpentry, Masonry, Electro, Computer and Data gathering.

During the time frame participating members have indulged on an agricultural venture that has brought much enlightenment to them and the trainers involved.

The St Peters Community Gardening Research and Development center will be a place where mem-

bers of the community may be able to come and get there fresh organic produce, Information on back yard gardening and in the near future, seeds, organic fertilizers and composted soil.

The community garden will also be focus on crop production which a percentage of the crops grown will be donated to less fortunate families of the community.

The center will also be a data gathering station where vital information on agricultural based on research done on crop types sustainable for growth in our climate will be compiled. Other data based on community enhancement research will also be gather and shared to the general public with hope towards building more awareness about the situations that may be effecting our community and youngsters.

One of our phycological research evaluations done by volunteered Psychiatrist Mr Melvin

Bryan harvested great results from the mentoring sessions done with the participating group members of the program. The sessions conducted helped us to understand that the lack of oppertunity for youngsters leaving school between the ages of 18-30 are very limited, resulting in allot of youngsters between the age bracket having to much idle time on there hands, which in the end leads to a comfort zone of laziness that over the next few years of their life will become harder and harder to break. These are critical years for building responsibility and if left with no direction or oppertunity to dive into, youths at that age tend to take the easy way out, the block!

The just graduated student and student in his last year attending the program are two of the most outstanding participants in the program, based on evaluation they are young and full of energy just coming-out of school, minds still working and very open to continue learning what ever is placed in front of them at the moment in time, they will continue to embrace as if the never even left the class room. The participants of the program that are over 30 portray to be hard ambitious and determine. Their evaluation concluded that they have been through the ups and down's and have learned that the responsibility of life is now to utilize their time wisely to achieve something beneficial to them and their family, so now they embrace the opportunities set before them with a keen mindset.

We were able to successfully install 4 bins n allocated households over the areas of St

Peters and South Rewards . Based on the data gathered, We were able to understand a bit more about the amount of waste that accumulates in the Parcel 6 area (Cul de Sac - St Peters).

With the survey conducted we understand that an average of 4 households containing 10 members can accumulate up to an average of 202lbs of garbage per week..

202 : 4= 50.5lbs per house per week

Based on data gather from the Kadaster in Feb 2016 Parcel 6 contains an average of 4990 domestic bins .

4990x50= 249,500lbs

This concludes that there is an average of 249,500lbs of waste that leaves parcel 6 headed for the landfill every week.

Which totals to an almost estimated 1,000,000lbs of garbage leaving Parcel 6 alone every month.. With data like this we can see where it is extremely important to introduce new waste management strategies amongst our surrounding communities.

"We would like to get people in the community out to share a bit more information about the possibilities we believe may help toward uplifting for surrounding communities and its members, so we decided to put together an Community Market Day and Music Festival, and would like to general population to come out," Wyatt explained.

What better way to get the people out to enjoy a fulfilled day with family and friends while being able to obtain vital information on Health, Agri - Culture and Community Development, eat great cultural food and enjoy great locally made arts and crafts and listing to some of St Maarten greatest Dj's and Local Artist come together to bring you a cultural experience never seen before on St Maarten.

On February 26, 2017 Spaceless Gardens will introduce the general public to an extraordinary experience. "Cultural Xpression" Agricultural Community Market Day and Music Festival.

We are currently seeking cultural vendors to participate in this event.

The Agricultural Festival will consist of a number of great activities and entertainment for all ages. The day will embrace a number of community, health and agricultural awareness demonstrations and lectures.

The Streets of St Peters will be transformed into a market place environment, on display will be produced from the community garden along with other regional produce, Cultural Arts, Crafts and Food vendors. A display of an Aqua-Ponic system and a traditional back yard garden set up will also be on exhibition to create a community market experience of a life time.

Lecturers during the day will be the The Honorable Preist Kailsh from St Lucia to give a lecture on herbal health awareness,

Mr Denico Wyatt on Agricultural Awareness and Waste Management and Mr Wallace Leonard Of the St Maarten Police Dept on community safety. Establishments present will be Mr Steven Suen

CONTINUED ON PAGE 6

- ABU G MADAME ESTATE -

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IF IT AINT ABU G THEN IT AINT A SHWARMA

AMUSEUM NATURALIS KICKS OFF SEASON WITH RECORD CROWD

JANUARY 18, 2017 — Grand Case—St. Martin's first and only natural history museum, Amuseum Naturalis, officially launched its 2017 season on Tuesday. It welcomed over 750 guests during the five hour season opening event, an attendance record for the free nature museum, which is run by the Les Fruits de Mer association. The opening coincided with the first Mardis de Grand Case street fair of the season.

"We were delighted to see so many people come into the museum and learn about the nature that makes this island so unique," explained Les Fruits de Mer President Jenn Yerkes. "The Tuesday night festivals always bring a big crowd, but this one was off the charts."

Now in its second year, Amuseum Naturalis was buzzing with the activity of visitors of all ages—and the sounds of frogs, bats and crickets broadcast from listening stations at the exhibits. In the theater room, short documentaries took visitors from deserted islets to deep beneath the



A steady stream of guests kept the museum filled all evening. Photo by Maël Renault.

sea. The latest addition—a mounted iguana—surveyed the main exhibit room from a central perch.

"There's something incredibly special about having a free museum in Grand Case, especially during the Mardis de Grand Case fair," commented Amuseum Naturalis curator Mark Yokoyama. "The atmosphere is vibrant and fun, the crowd is a great mix of all ages and people are really in the mood to discover new things."

Amuseum Naturalis was created by Les Fruits de

Mer and made possible by the generous sponsorship of Delta Petroleum and the Friends of the Amuseum. The Amuseum is open on Tuesdays and Thursdays from 4-8pm and is free for everyone. For more information, visit <http://amuseumnaturalis.com>

ABOUT AMUSEUM NATURALIS

Amuseum Naturalis is a free, public pop-up museum of the natural history of St. Martin and the Caribbean, created by Les Fruits de Mer and made possible by the generous sponsorship

of Delta Petroleum. Amuseum Naturalis is located at 96 Boulevard de Grand Case in Grand Case.

Amuseum Naturalis is currently open Tuesday and Thursday evenings from 4-8pm. For the

latest information about exhibits and special events, visit <http://amuseum-naturalis.com>.

ABOUT LES FRUITS DE MER

Les Fruits de Mer is a non-profit association based in St. Martin whose core mission is to raise awareness about nature, culture, and sport. The organization carries out this mission through publications, an education program, and special public outreach events that entertain, inspire, and inform. The association is currently accepting new member and corporate benefactor member applications on its website, <http://www.lesfruitsdemer.com>.

TIPS FOR USING SOCIAL MEDIA TO BOOST COMMUNITY DEVELOPMENT WORK PT.2

By Elizabeth Duffrin

Tweet it
Too few non-profits are taking advantage of Twitter, in Ferrell's experience.

"I think there's a misperception that people on Twitter are always tweeting, 'I just ate a sub sandwich.'"

In reality, Twitter is less personal than Facebook, she explained. "On Twitter, anybody can follow anybody. I follow people I don't know but I think are interesting, that share information and news that I care about."

Use Twitter to attract readers to your website with brief messages and links to your latest web articles, blog posts, announcements and upcoming events. (For a related interview with Ferrell on using Twitter to attract a following and keep informed.



Tape it.

One or two minute videos filmed with an inexpensive flip camera can also attract website viewers.

"People like short things they can watch and then get back to work," said Ferrell.

The simplest approach is to interview someone impacted by one of your programs or issues. "You can ask anyone in your neighborhood something that gives valuable information and that other people will probably want to watch," she said.

Keeping videos short and simple will allow you to post without edits. Just download videos to your YouTube account and embed them on your website as part of a blog post or with

a headline and brief description.

Blog.

Blogs are time-consuming to maintain, but they're worth the effort, Ferrell insisted.

"Websites with blogs that are kept up-to-date get the most traffic. They show up higher in search engine rankings because they are being updated more often." Keep blog entries short and informal. You can post a personal observation about a project underway in the community, give your opinion on breaking news related to your organization's mission, introduce a new staff member, share an idea from a conference you attended or post your flip-cam video or a photo of an event with a brief note.

"It's a different way to talk about what you're doing," she said.

MORE ON THIS TOPIC IN FEB 2017

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SPACELESS GARDENS & WATTZZ PUBLISHING PRESENTS

FEB 26
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11AM - 10PM

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CULTURAL XPRESSION MUSIC FESTIVAL

TAKING AGRI-CULTURE AND COMMUNITY AWARENESS TO THE NEXT LEVEL

Lectures

- Honorable Priest Kallash
- Mr Denicio Wyatt
- Mr Wallace Leonard

On Display

- Traditional Garden
- Aqua - Ponics Set Up
- Arts, Crafts
- Cultural Foods and Drinks

Dee J's

- DJ Pauly
- DeeJ Blaze
- DJ Biggers
- DJ Prestige
- Hearted Lion Sound

Live

- Benjamin Bell & Traxx
- King James
- A - Static
- King Ashandi
- Iyah pikney
- O3

Mc's

- Lady Destiny
- Rukshun

AGRICULTURAL FESTIVAL...

FROM PAGE 4



Living Statue at 2013 Agricultural Fair.

of Natural Health Center with a detoxing station and SZV sharing positive information on health insurance.

Throughout the day a live performance by Mr Benjamin Bell and Cultural Manifestation will be performed as there will be plenty fun bouncing activities to keep the kids going while the adults get a chance to observe the positive information.

As the evening sets in the streets will become the dance floor as Dj Pauly, DeeJ Blaze, Dj Prestige, Dj Bigger and Hearted Lion Sound take the stage to keep the momentum of the day going. Live performances for the evening will be King James, King Ashandi, Iyah Pikney, O3 and A Static. Mc's for the day will be Lady Destiny and Mc Rukshun.

So save the date and time and location, Sunday February 26, 2017, 11am to 10pm at the Rupert Maynad Community Center in St Peters where the island will come together as a community, to Learn, Laugh and Live as one. So Keep the violence at home.

Interested in becoming a vendor at Cultural Xpression's Community Market Day ?

Send your Name, What you would like to sell and if you are employed or unemployed to stmaartenagriculture@gmail.com before Feb 10, 2017.

We would like to thank all supporters such as UNECO St Maarten, Prince Bernard Cultuur Fonds, VSA, BAK, SZV, Uniq Sound, Windward Roads and Wattzz Publishing for their support toward Agriculture for St Maarten.

Stay posted Spaceless Gardens Face Book Page and stmaartenagriculture.com for more information about upcoming changes that will be added to the event.



Theo De Weever performing live at 2013 Agricultural Fair.

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Ask The Priest

Email: contact@wattzpublishing.com

Ask the Honorable Priest Kailash about your common and severe health problems and get advice on how to best address them. Question will be answered in next months Edition.

WHAT RISKS ARE WE TAKING VACCINATING OUR CHILDREN?

CONCERNED CITIZEN SEEKS ANSWERS ABOUT CHILDREN VACCINATIONS

Blessed love Priest Kailash I live in St.Maarten, i would like your advice as to what vaccines you feel we should try to stay away from in particular. My son Judah have been vaccinated before when he lived with his mother, now he is 9 years of age and they usually give that same vaccines as before hoping to complete the immunity against DTP and MMR, but i have read where these vaccines have caused death in certain cases. The vaccines that the ministry of public health is asking my permission to give are the following DTP which is the immunization against diphtheria, tetanus and polio, also MMR which is the immunization against measles, mumps, and rubella. I asked the family doctor if these vaccinations could be given apart and delayed until he is in his teens that the body can better resist any complications but according to the doctor the DTP is given together, and so is the MMR. I'm not sure if they mean DTP is already mixed or if they mix it and give it as one shot, and the same goes for the MMR, I am not really sure how it's done. The doctor also said that they can not be delayed until his teens cause they would have to start all over again, mean-

ing twice with the same time span. I feel very uncomfortable about this situation, since to me it's like playing russian roulette, with our children, but these government people got us with our backs against the wall, cause there plan is to use force or make it look like I'm an inconsiderate parent when it is out of love that I don't want to take chances with my youth. I hope you will be able to respond in time that I can better make up my mind as to what I should do to keep my son out of harm's way.

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To understand vaccination we must first have at least a basic comprehension of immunity.

Immunity is your physical structures ability to defend its self from foreign invaders and also the ability to identify and destroy rouge cells (its own cells that have undergone mutations).

Types of immunity.

There are two major types of immunity: natural or nonspecific and acquired or adaptive.

Natural Immunity

Lacks specific responses to specific invaders. Innate immunity or nonspecific immunity is well done by providing different barriers to the entry of the foreign agents into our body. Innate immunity consists of four types of barriers—physical (skin), physiological (acid in the stomach), cellular and cytokine barriers.

Physical barriers: the skin is an example of a physical barrier. The skin is the largest organ and prevents microorganisms and environmental intoxicants from en-

tering into the physical structure.

Physiological barriers: specific membranes in the physical structure has the ability to produce specific substances that can destroy pathogens. The physical structure also has the ability to vary the temperature and PH of the physical structure destroying potential pathogens and also preventing their proliferation.

Cellular: there are specific cells of the immune system example macrophages that can destroy pathogens and foreign substances by eating them.

Cytokine barriers: these consist of chemical messengers that posses the ability to inhibit or stimulate the activity of immune system cells.

Acquired immunity

This is the immunity that an individual acquires after the birth it is specific and mediated by antibodies or lymphocytes or both which make the antigen harmless. It not only relieves the victim of the infectious disease but also

prevents its further attack in future. The memory cells formed by B cells and T cells are the basis of acquired immunity. Thus acquired immunity consists of specialized B and T lymphocytes and Antibodies. This type of immunity is specific, diverse, discriminatory (self and non-self) and have the ability to remember a foreign agent hence destroying it quicker than the first encounter.

Types of Acquired Immunity

1. Active Immunity:

In this immunity person's own cells produce antibodies in response to infection. Active immunity may be natural or artificial.

(a) A person who has recovered from an attack of small pox or measles or mumps develops natural active immunity.

(b) Artificial active immunity is the resistance induced by vaccines. Examples of vaccines are as follows: Bacterial vaccines, (a) Live-BCG vaccine for tuberculosis, (b) Killed vaccines- TAB vaccine for enteric fever. Viral vaccines, (a) Live - sabin vaccine for poliomyelitis, MMR vaccine for measles, mumps, rubella, (b) Killed vaccines- salk vaccine for poliomyelitis, neural and non-neural vaccines for rabies. Bacterial products. Toxoids for Diphtheria and Tetanus.

2. Passive Immunity:

When ready-made antibodies are directly injected into a person to protect the body against foreign agents, it is called passive immunity. It provides immediate relief. It is not long lasting. It may create problems. Passive immunity may be natural or artificial. It can be passed from mother to child or injected into the blood stream.

Now we have laid the foundation of immunity we can look at vaccination.

Vaccination

The word vaccine comes from Latin vaccinus "from cows," from vacca "cow". Why? A technique was devised of preventing smallpox by injecting people with the

cowpox virus (*variola vaccinae*), in lay man terms a disease affecting cattle was injected into a human to enable the production of antibodies that can fight small pox.

Definition of vaccine. : a preparation of killed microorganisms, living attenuated (weakened) organisms, or living fully virulent organisms that is administered to produce or artificially increase immunity to a particular disease.

What are in vaccines?

Vaccines contain a live or attenuated form of the disease that they are trying to prevent you from getting as explained before. Many people will thus think that a mumps, measles and rubella (MMR) vaccine only contains the disease causing agents for these 3 diseases but many more chemicals are added to vaccines to preserve them or to prevent them from getting infected with other pathogens. Below is a list of some of these chemicals.

Aluminum salts are incorporated into some vaccine formulations as an adjuvant. An adjuvant is a substance added to some vaccines to enhance the immune response of vaccinated individuals. The aluminum salts in some U.S. licensed vaccines are aluminum hydroxide, aluminum phosphate, alum (potassium aluminum sulfate), or mixed aluminum salts. For example: aluminum salts are used in DTaP vaccines, the pneumococcal conjugate vaccine, and hepatitis B vaccines.

Dangers of Aluminum:

Aluminum is a carcinogen. It is a cardiovascular (blood) toxicant, neurotoxicant, and respiratory toxicant. It has been implicated as a cause of brain damage, and is a suspected factor in Alzheimer's disease, dementia, convulsions, and comas. It has been placed on at least 2 federal regulatory lists.

CONTINUED ON PAGE 8

VACCINES AND OUR KIDS.... FROM PAGE 7

It is well known in alternative medicine as a toxic and accumulative heavy metal.

Cervarix, a vaccine to prevent cervical cancer caused by human papillomavirus types 16 and 18, includes AS04 in its formulation. AS04 is a combination of aluminum hydroxide and monophosphoryl lipid A (MPL). MPL is a purified fat-like substance. These are referred to as adjuvants.

Dangers of adjuvants:

This is a known skin and sense organ toxin. It is verified as a cancer agent in animals.

Certain antibiotics may be used in some vaccine production to help prevent bacterial contamination during manufacturing. Some antibiotics can cause severe allergic reactions in those children allergic to them (such as hives, swelling at the back of the throat, and low blood pressure), some parents are concerned that antibiotics contained in vaccines might be harmful.

Dangers of antibiotics

Known side effects of antibiotics include:

- * Albuminuria
- * Cylindruria
- * Azotemia
- * Facial flushing
- * Dizziness progressing to ataxia
- * Drowsiness
- * Peripheral paresthesias (circumoral and stocking-glove)
- * Apnea
- * Signs of meningeal irritation with intrathecal administration.

Formaldehyde is used to inactivate viruses so that they don't cause disease (e.g., polio virus used to make polio vaccine) and to detoxify bacterial toxins, such as the toxin used to make diphtheria vaccine. Formaldehyde is diluted during the vaccine manufacturing process, but formidable quantities of formaldehyde may be found in some current vaccines.

MORE ON THIS TOPIC IN FEB 2017



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VEGATERIAN AND VEGAN RECIPES

PUMPKIN AND SPINACH RAVIOLI [VEGAN]

BY ONEGREENPLANET.ORG



THESE RAVIOLI are the perfect winter comfort food. The flavor of the Hokkaido pumpkin and spinach filling is just strong enough to go perfectly with the hearty whole wheat pasta dough and subtle enough to not be overpowering. The added ginger and lemon juice just adds another layer of flavor. You can make these fresh or in big batches to freeze for later and have them ready whenever those pasta cravings kick in

FOR THE DOUGH:

- 1 1/2 cups whole wheat flour, plus some extra
- 1 cup cornflour or polenta
- 1 tablespoon olive oil
- 3/4 cups water
- 1 teaspoon salt

FOR THE FILLING:

- 3 cups Hokkaido pumpkin
- 1 cup cashews
- 1 cup thawed frozen spinach
- 1 tablespoon lemon juice
- 3/4-inch piece fresh ginger, grated
- 1-2 cloves of garlic
- 1 tablespoon nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon of mustard powder
- A pinch of nutmeg
- Salt and pepper, to taste

In a large bowl, add the dry ingredients for the dough and mix well. Pour in the water and the olive oil and mix. Once the dough starts coming together, flour a surface then knead the dough for about 10 minutes. Add more flour in necessary. After the dough is smooth and elastic, place it back into the bowl cover with a kitchen towel and let it rest in the refrigerator for about 1 hour. While the dough is resting, cut the pumpkin into small cubes and cook a steamer for 15 minutes, or bake in the oven at 425°F for the same amount of time.

Let the pumpkin cool down a little then place in a food processor or blender. Add in the remaining ingredients for the filling except for the spinach and blend until everything is completely smooth. Now, transfer into a bowl and mix in the thawed spinach using a fork.

Once the dough is done resting, cover a clean surface with a generous amount of flour. Divide the dough in half. Take the first half and roll it out as thinly as possible. Make sure the dough doesn't stick to the surface by picking it up while rolling and adding more flour if necessary. Try to roll it out almost paper thin.

Now cut out the individual ravioli using either a ravioli cutter or a round or square cookie cutter, the shape doesn't really matter. If you have neither of the two at home you can even use the top of a large drinking glass.

Place about 3/4 teaspoon of filling on one side of the ravioli and put the second half on top, then seal the ends by pressing them together with your fingers. If they don't hold together, which happens sometimes if there is too much flour, just use some water to help them stick. Repeat until you have finished with all of the dough and filling.

Bring a large pot of salt water to a boil and drop the ravioli inside, about 10 at a time. Now, wait until they start floating on the surface of the boiling, remove them and place on a piece of kitchen paper. You can now either eat them right away with some olive oil, fresh parsley, and a sprinkle of nutritional yeast (or vegan cheese) or freeze them for another time. spinach, and mustard greens.



SUNSHINE FOR YOUNG OFFENDERS

A YOUNG OFFENDER is a person who has been convicted of, or cautioned about, a criminal offence. A young offender can be male or female. Criminal justice systems will often deal with young offenders in a different way to adult offenders. The term 'young offender' will differ from country to country, depending on the age of criminal responsibility in that country. The UK Home Office defines a persistent young offender as: a young person aged 10-17 years who has been sentenced by any criminal court in the UK on three or more occasions for one or more recordable offences and within three years of the last sentencing occasion is subsequently arrested or has any information laid against him for further recordable offence".

The age of criminal responsibility is the age that a child is con-

sidered to be responsible for a crime. If a child is below the age of criminal responsibility, they cannot be charged with a criminal offense. As mentioned above the age of criminal responsibility varies from country to country.

In the UK for example, children under ten are not considered to have reached an age where they can be considered responsible for their crimes. In the UK, children from 10 to 14 years of age can be convicted of a criminal offense if it is possible to prove that the child was aware that they were doing something that was seriously wrong. From 14 onwards, a child is considered to be responsible for their actions in the same way an adult is. There are some differences in the type of sentences young offenders receive though.

Research over recent years has found



some factors that are likely to increase the chance of youths becoming involved in offending. There are some risk factors that increase the chances of younger people committing crimes.

These are:

Peer group pressure, Peer involvement in problem behavior, High proportion of unsupervised time with peers, Parental criminality, Poor parental discipline and supervision, Low family income, Social isolation, Alienation, Family conflict, Drug or alcohol misuse, Mental illness, Troubled home life, Poor educational attainment, Lack of skills, unemployment, Truancy, Disruptive behavior such as ag-

gression, hyperactive, bullying, School disorganization, School exclusion, Deprivation such as poor housing, homelessness, Lack of social commitment, Early involvement in problem behavior, Community disorganization, Opportunity for crime, Availability of drugs, High percentage of children in the community.

There are many things that may lead a minor to onto a trouble path, at the end of the day its up to us as parents, the surrounding community and non active government to make sure to provide opportunity, guidance, mental stability, physical health and positive support, educational support and the most important Love ad Attention.

A little love and attention can go a long way. Its a must to find the time to listen and embrace the upcoming generations vi-

sions, dream and aspirations, for only us may provide that umbrella of guidance that

may shelter many children from the rain and provide them with continous sunshine.

WHA YA SAY TELL DI TRUTH !

Love the Youths !

RAS ITAL



Mi nah lie star, sometime mi little youth dem a give me nuff headache and me haffi end burn a whole heep a Herbs star.

More time me notice dem do mad thing dem just fi get my attention, as me younger me use to get LION when dem do a whole heep a crossness, but I man catch di lesson, sometime dem just want fe express what building up inside or dem trying fi find something to keep dem busy cause we naah do that fi dem. So more time mi try fi mek dat extra time fi be a positive influence in dem life.

It a both parent thing, na matter if you and ya baby modda nah mek it or ya vex ya child fada cause him have a new woman. The youth nah have noything fi do with dat, so the duty is up to both to find a common ground to set a stable foundation to fin dem grow pun. After all, it nah di youth dem fault if unno like play in the garden and when seed drop ya think it nah mek tree.

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2017 AULD LANG SYNE

WE HAVE approached a new year and I'm oh so grateful to be here. Last year's worries no longer exist and to my future I'm surely not going to miss. Nothing that is meant for me will pass me by for I'm wiser than the past year... For Auld Lang Syne

No extravagant New Years resolutions, just simply making better choices. And if that means cutting a few off I'm ok with that decision. For I'm no longer worried about pleasing others, but more about pleasing me, and if you here to ride along with me you'll be here for all eternity.. For Auld Lang Syne

If anything my past has thought me and I should share with you is to not let this world we live in get the best of you.

You have to roll with the punches and get up when you get knocked down. For the kings and queens we're born to be, we always have to straighten our crown..For Auld Lang Syne

No time to hold on to the past grudges if you want to press forward and be free. You have to release yourself from all that pain and I'm sure you'll all agree. Holding on to hurt only brings you pain, that can hold you back from your future's gain. So it might be hard but it's got to be done, so swallow your pride and forgive someone... For Auld Lang Syne

So your mind and thoughts are entwined and your spirit is soaring free.. for you've learned how to forgive and forget and be the person God called you to be. Committed and your soul is

dedicated to his daily spiritual word, and you're spreading his good news gospel at home and joy all over the world. For Auld Lang Syne

For Auld Lang Syne they'll sing out loud an old Scottish tune, which simply means let go and forgive even those who've hurt and wronged you.. So you'll walk towards the new year with hope and forgiving

mind that's free, and receive all the blessings that god has stowed away for thee. And You'll begin your journey as you walk steadfast in 2017, for Auld Lang Syne you'll sing out loud as you say goodbye to 2016... For Auld Lang Syne

**Written by Latoya Ruan
1Jan 2017**

HOW ART AFFECTS OUR EMOTIONS? PT. 2

SO HOW you know, how a particular arrangement impacts your emotion?

Determination of how a particular artwork impact you and your feelings depends upon the ingredients (in terms of colours, subject, pattern and display) and arrangements as we'd discussed. Here are those ingredients of art:

Colours

Colours is the heart of any artworks which gives living breath to the artwork. It is what makes the art possible to express its subject and convey the message. Colours have psychological impact on human being and it is important to select the art considering colours. Knowingly or unknowingly you're attracted the the color combination of art rather than its any other ingredients.

Brighter and white colour are supposed to produce energy and courage whereas black colours tend to encourage melancholy and past memories. It affects how people think and react, the art which is in dark colour produce completely different emotion than the art which has been painted with light colour. Similarly the red colour tend to produce energetic, passionate and aggressive environment whereas yellow is supposed to spread the calmness often in terms of eliciting memories of relationship and love. In the same sense pink is used to inspire the creative-

ness and enhance the confidences. However it is found to be correlated with love and desire. All these colors consisting red, black, white, pink and yellow we've discussed above are often regarded as warm tone.

However the cool tones are supposed to be the beacon of calmness, tranquility and inspiration.

Green depicts the nature because it is supposed to inspire and promote the natural substance. Have you ever noticed something very calm whenever you got chance to touch and feel the nature, while being free from the so called modernism? of course! you must have, what I'm, talking here is that Green colour always promotes the peace and gentleness. It is also used in medical science to mitigate the physiological problems like anxiety, dizziness, nervousness and depression, because it gives the sense of relief and being free. That's why landscape art featuring natural beauties are so popular in interior.

Blue or sky colour always inspire the relaxation, if you've ever feel the blue sky without the disturbance of cloud then you must know what I mean. Blue colour is the signals of calmness to which people always respond with serenity and that is what also happens with your interior too.

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TOPIC IN FEB 2017**

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EXCLUSIVE INTERVIEW
DANJAH SUAVE

ST MAARTEN for some time now, as the music scene grow on the island there are many artist that are adding their unique swag and dialect to the the growing sector. With so much to offer lyrically from the local scene, we continue to bring you closer to some of your local favorite artist. In Jan 2017 Edition we get you up close and personal with Danjah Suave !!!

What is your name and how did you come about the name Danjah Suave?
A girl that i had a lil fling with.. and the Suave came in after cross mom told me that she didn't like it the name danjah it sounds to dangerous. lol

How long have you been doing Music in the hip hop field as an artist?
Over 12 years now..

Of all the different genres being caribbean rooted, why did you choose this particular genre?

Well to be honest i didn't choose this. It choose me i just flow the whisper.

Do you face any challenges being a hip hop artist out here in the Caribbean?

Yeah, All the time

We know that you have been working hard along side your group O3 on the movement WAVEY, What inspired the name wavy ?

From WAVEY KID

What is the Wavy movement all about?

A way of life, everything we do is a wave weather its negative

are positive...

There have been numerous discussions on the hype of your teams branded drink called Wavy Juice last year, **can we expect more wavy justice this carnival season ?**

Yes you sure can!!! The wavy juice is the mew wave right now. If you don't got that wave in your cup you ain't Surfing!!! One sip guarantee you hook like Drugs, #DoRightYou-GainSuccess but we have a lot in store for all of our Surfers & MerMaids..

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

It's growing and it will get bigger and better once the pusher's who is pushing right now to mark a name for them self keep at it , stay humble motivated in time we will be respected.

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

All music.

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

More respect for the highcall artist we don't say local we use the term highcall

Do you think making music in St Maarten can be one to uphold a sustainable life-

style and responsibilities?

It can uphold a sustainable lifestyle and responsibilities only when they start embracing and respecting the art in the way they should...

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

Yeah i do. i listen to artist like (RLS, ODD BROTHERS, TEAMWAVEY, O3NATION SOLO QUEEN ,DEKLUS) just to mention a few

Which local artist have you collaborated with or would

like to collaborate with ?

Who ever is willing to make history...

What keeps you motivated currently?

LIFE

Who or what are some of your biggest inspirations ?

RASTA, Thats my mom and th people around m by seeing then good, I'm Good !

Where do you see yourself in the next year?

Traveling doing what i love and enjoy doing music creat-

CONTINUED ON PAGE 12

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EXCLUSIVE INTERVIEW WITH DANJAH SUAVE... FROM PAGE 11

ing ways and opportunities for those who is willing to take that extra step out of there comfort box

What can St Maarten and the World Expect next from Mr Suavey?

Expect The unexpected.....

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

Where ever my heart choose to be at in the moment in time..

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

We must eat so it got to be one of the most important factors

What do you think can bring more community members together to focus on positive development issues for their surrounding communities?

Togetherness ...



Mr Suave Live on Stage

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

Who would like to give a shout out to

and also some inspirational words for our youngsters and upcoming artist that look forward to taking on music as a career possibility?

I would to thank everyone who been showing me love from day one and believe in my grind (Team Wavey Don Rich) my mom Rasta for always pushing me to do great things and for all those that disbelieve in me also thank y'all cause wit out y'all i wouldn't be so motivated..

For the up coming surfers that wanna surf up on this music wave... its not an easy road... just find something that you have that passion and love so deep for and hold on to it like it's a life and death situation. Believe in yourself and in what ever you do put the lord first and you will be just fine... Just remember noting good or great come easy in life, you will have to go through all the storms before the calm... suave life #StayWavey!!

Nuff Respect goes out to Mr Suave , one of St Maarten next rising stars... Cultural Xpression wishes you all the best on your journey forward!!!!

LÖCALLY HYPE

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WHY MONTSERRAT IS THIS YEAR'S HOTTEST CARIBBEAN CRUISE DESTINATION



Visitors enjoy horseback riding in Anguilla.

Although Anguilla is small, and rugged in places, the island's terrain is suitable for hiking and biking. There are also countless opportunities for watersports and adventures. While travelers have several options for eco-tourism activities, campsites are not to be found on the island.

Travelers seeking campgrounds and large swaths of rainforests to explore should consider visiting another Caribbean island. Neither the beaches nor the island's interior have any official campgrounds. Immigration officers will ask travelers for the address of their resort or rental property upon arrival to the island.

Although Anguilla is not a popular eco-tourism site, vacationers can indulge in mountain biking and hiking along trails in the island's interior, or take a horseback ride along the beach. Birdwatchers can look for more than 100 bird species on the island. The Anguilla National Trust was established in 1993 to oversee the protection of natural resources and land, and has undertaken projects such as the restoration of beach dunes.

Eco-tourism activities can also be enjoyed in the water. Take a glass bottom boat to enjoy the underwater scenery. For an even closer look, enjoy snorkeling on

one of the island's 33 beaches. Several excellent scuba dive sites are located along the northeast coast.

Although vacationers may come to Anguilla primarily to relax on beaches such as Shoal Bay, active travelers can indulge in several eco-tourism activities to get a sense of the local flora and fauna.

Hiking

Because Anguilla is only 17 miles long at its greatest length, hiking to see the sites is a very real possibility. There are numerous locations along the coast line where projects to create new real estate began, but were never completed, and these paved paths make for excellent hiking locations.

In 2010, the Anguilla Archaeological and Historical Society, Anguilla Hotel and Tourism Association, Anguilla National Trust, and the Anguilla Tourist Board joined forces to create the Anguilla Heritage Trail. Though other sites will be added to the trail in the future, when the Anguilla Heritage Trail had its grand opening, there were ten sites marked along the trail. These sites are all historical and important to the island's culture, and include Crocus Hill, the Factory, Heritage Collection, Katouche Bay, Old Valley Well, Pumphouse, Rendezvous Bay, Sandy Ground,

Wallblake House, and Wardens Place. Along with these sites are 30 directional signs to guide hikers and drivers along the trail.

Horseback Riding swim on horseback...

If equine exploration is your thing, Anguilla is a great choice in the Caribbean. There are a few stables and tours that allow tourists to traverse the island on horseback. Seaside Stables, for example, takes guests out on rides along the beach. Options include daylight and moonlight rides, and some guests are even permitted to swim on horseback. Tours within the interior of the island are also available. Prices range from \$60 to \$85(USD) an hour.

Animal Attractions

Between the months of April and November, visitors have the opportunity to view a rare, and wondrous site. It is during this time of year that the green, hawksbill, and leatherback sea turtles makes the beaches of Anguilla their nesting grounds. The Anguilla National Trust can direct you on the proper course of action to take to properly view the nesting grounds without interfering with the sea turtles natural process. Some of the best beaches to do this include Captains Bay and Meads Bay.

10 TIPS FOR A PROGRESSIVE 2017



AS BUSINESSES wrapped up the fourth quarter of the 2016 fiscal year, many of them are looking ahead and sorting out how to make 2017 a success.

Here are 10 tips for marketing your business should be utilizing or preparing to put into effect before the calendar continues throughout 2017:

1. Prepare a Budget Projection

Too many businesses cut out projection preparation as they write up their business New Year's resolutions. One of the most important steps in achieving business targets for the New Year will involve introducing projections and accountability. Start your projections by calculating your expected net income for each month of the year and projected monthly expenses. This will allow you to understand the number of monthly sales you will need in order to achieve profitability.

2. Evaluate Your Personnel

Ensuring success in 2017 will mean taking a step back and making sure you are starting with the right team. Give your business the best step forward by fortifying it with a team that runs like a well-oiled machine. This might mean shifting your team around to optimize their skillsets or hiring new team members or freelancers who can enrich productivity.

3. Check in With the Team

Q4 is the perfect time to check in with your staff and make sure that they're happy with the work that they are doing for you. Sit down with them for feedback and don't just listen to their comments and concerns, demonstrate to them that you're ready to provide solutions. Show

that they're more than just monkeys tightening bolts on an assembly line and that they're valued for their work.

4. Click the Refresh Button On Your Product Line

What rolled over from 2015 into 2016 might not be the product that the grabs the interests of 2017. Now is the time to evaluate your product line and determine if it's up to snuff when it comes to customer demands. Breathe new life into what you have to offer by determining what solutions your current products aren't currently solving and start innovating.

5. While You're At It, Refresh Your Target Audience

Primarily going after millennials won't be cutting it for businesses in just a few years time. Work with your team to find out how your company can get on board with the new generation and draw in an audience they hadn't yet considered.

6. Check in With Your Customers

As the holiday season wraps up, you should be checking in with customers on social media and checking out their product reviews to get an understanding of what keeps them happy. Determine how you can continue to address their needs by offering customers incentives for filling out emailed surveys and writing up reviews.

7. Survey Customer Data Collection

Recording and keeping track of the information that customers give you will only reward you

CONTINUED ON PAGE 15

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10 TIPS FOR... FROM PAGE 14

with results if you make sure that you're analyzing the data. Truly get to know your customers by collecting the right data and analyze what sites your traffic is coming from. Look at the bounce rate on your site's sub-pages and read your customers' comments and reviews. Analyzing these observations will give you a more clear idea of the thought-process behind your consumers' purchases.

8. Dive Into Social Media

Hopefully, you used early 2016 to get on board with social media changes and the impending mobile dominate marketing sphere. If you haven't, you'll find that 2017 won't be so forgiving. Optimize your site for SEO and contemplate if now is the time for your business to consider creating a mobile app. Now is the time for your company to implement online outreaching efforts. This undoubtedly means putting the right experts behind your company's keyboard of social marketing.

9. Upgrade Your Technology

Survey the tools that your company is currently utilizing and filter out the applications and software that work from the ones that ar-

en't. If your business hasn't already updated security tools such as firewalls and antivirus software, don't even wait until 2017— do it now. Employing the help of in-



tranet software companies such as Interact, Jostle, or Bloomfire could mean all of the difference for your business path to 2017 happiness.

10. Remember, You've Got A Reputation To Protect

If you're not Googling yourself or your business on the regular, it's time to start. Reputation management is imperative for every business to implement all through the year, but this quarter it's particularly important. Conduct a reputation audit and make sure to address negative feedback as best as you can. Look over crowd-sourced review sites like Yelp, Angie's List, and Foursquare and make sure you reach out to reviewers and commenters that don't paint your business in the best of lights.

IDEAS FOR COMMUNITY SPORTS... FROM PAGE 16

are very keen to be involved in Community Games. In addition, some of the sports organizations have provided versions of their rules and these can be accessed through networking .



Rules and officials

Whether your Community Games are for fun, include competitive events or are a mixture of the two, it is important to make arrangements for, and communicate information about, the rules and officials.

Key questions:

- Is it relevant to have a set of rules for each of your activities?
- Have you decided on the rules for your competition/event?
- Have you communicated the rules to the officials and participants?
- Have you decided on how to separate teams that are tied?
- Do you have copies of the rules ready for participants to read on the day?

Officials

You will need well briefed officials to run your sporting activities, including setting up on the day and ex-

plaining to participants how to take part. Officials will also need to be made aware of the suitability of the activity for people of different ages and abilities, so as to prevent any potential accidents.

If relevant, the officials will need to be provided with the rules, competition format, tournament structure and documentation, before the day of your event – ideally a week before so they have time to digest the information.

Top tip:

Arrange a pre-Community Games meeting for all your officials. This will help them understand the requirements for the event and familiarize themselves with the venue and the tournament. This will save you considerable time on the day of your event.

Results

You should make a note of the results of any sporting competitions you run during the day. You may want to announce these results in your closing ceremony, if you're having one, or just display them in a prominent place at the event. You may also want to keep a record of these results for the future, particularly if you think that your Community Games may become an annual activity – that way, you can create a 'wall of fame' of the winners of different sporting competitions which you can refer to in future years.

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COMMUNITY CENTER
11AM TO 10PM

IDEAS FOR COMMUNITY SPORTS ACTIVITIES AND COMPETITIONS

SPORTS can probably be one of the main focuses of activity at your Community Games. The main thing is to provide lots of opportunities for people to participate, either in a taster session where they get to try something new, or in a competition.

Taster sessions are about giving people the opportunity to just have a go at an activity and try something that they haven't tried before. Experiencing an activity, rather than simply spectating, can be hugely effective in encouraging people to participate on a regular basis.

Community Games provide a great opportunity to involve local sports and activity clubs. It can offer a 'shop window' for clubs to help them re-



cruit more members.

Community Games create a positive, fun and can do atmosphere amongst volunteers and participants with 70% of participants may be willing to try a new sport or activity. 52%

of participants will be more motivated to do more sport after attending a Community Games, so it is a real opportunity for clubs to attract new members.

Below are some things to consider:

- Conduct some research on what local sports clubs you have your organizational network will probably have members or links to some of them.
- Speak to them and outline the benefits to them of attending.
- Think about a mix of traditional and non-traditional sports but the links with local clubs and organizations are important, there would be nothing worse than somebody really enjoying an activity at your Community Games and then finding that there is nowhere within 100 miles for them to continue participating in it.

Top tips:

- Begin discussions with local sports clubs by pointing out the fact that Community Games represent a fantastic opportunity for them to attract new members and to promote their sport/

club. These clubs will also have the expertise in running the sports competitions so could be a good source of volunteers.

Competition formats

If you decide to have competitions as part of your Community Games, there are a variety of different ways of structuring them. Before deciding which structure/format to adopt, there are factors to consider, including; the sport (also whether individual or team sport), the level of competition, the venue, time available, expected number and the age and level, of participants.

Key questions:

Do you want to establish a winner at the end of the tournament?

Do you want as many opportunities to play as possible?

Which competition format best suits your activity?

How long is your venue booking?

Your answers to these questions will determine which competition format you will want to consider.

The main ones are:

- Straight knockout tournament
- Round robin tournament
- Double elimination knockout tournament
- Winner stays on
- Team placing in an individual event

Whichever competition format you

use, you will need to consider the time that you have available. Build into all competition formats a set 'game/play time' and a 'turnover time'.

The 'game time' is how long each activity will take and the 'turnover time' is the approximate length of time it takes to change over the participants.

You will also need to consider whether you can allow 'rest time'. In some competition formats it may be required to allow rest time for a team to recover between games. For example the final will follow immediately after the second semi final in a straight knockout tournament. It may be fair to allow the winning team in the second semi final a few minutes rest before the final.

When your game, turnover and rest times have been agreed, you will need to check that the overall tournament time can be contained within your venue booking time. If not, consider whether every round is necessary or if you could allocate a volunteer to help speed up the turnaround time.

Top tip:

Even with organization and preparation, it can take at least one minute to change teams over in a 5-a-side tournament... build in more time than you think you will need.

Many of the national sports organizations

CONTINUED ON PAGE 15

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WEEKDAY SCHEDULE

- THE SUPPA DUPPA MORNING SHOW**
W/ SUPPA & DEE | WEEKDAYS 7AM - 10AM
- THE AM/PM WORKLOAD SHOW**
W/ GEE MONEY | WEEKDAYS 10AM - 2PM
- THE POWER HOUR**
W/ THE CUT CREATOR DJ OUTKAST | WEEKDAYS 2PM - 3PM
- SAGAN'S PLAYGROUND**
W/ SAGAN | WEEKDAYS 3PM - 6PM

SPECIALITY SHOWS

- DIRTY DUTCH MUSIC**
W/ CHUCKIE | FRIDAYS 10PM - 11PM
- DI-NAMIX TOP 40 COUNTDOWN**
W/ JOE WARRICK | SATURDAYS 3PM - 6PM
- A STATE OF TRANCE**
W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT
- WADE-O RADIO SHOW**
W/ DJ WADE-O | SUNDAYS 12PM - 2PM
- FEEL RADIO**
W/ KP LONDON | SUNDAYS 3PM - 4PM

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