



COMMUNITY CORNER

Eat local! Farmer's Market now open at New Horizons

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Interested in farm fresh produce? Check New Horizons! The Rehabilitation Centre is now offering various herbs for sale, courtesy of a Hydroponics project which began on the compound last year.



New Horizons' hydroponics shade house

New Horizons Case worker and part-coordinator of the project, Ms. Shiraine Williams said that the residents at New Horizons have been engaged in hydroponics farming (a method of growing plants with minimal/no soil), over the last six months, under the tutelage of Mr. Daniel Arthurthornton, who volunteers his time and farming experience to teach residents the skill as well as help nurture the produce, which is grown in a shade house. Noting that the residents are always excited and eager to work on the 'farm', Ms. Williams indicated that the residents are normally split into groups, with each group assigned for one hour each day to groom the plants, which include thyme, chives, lettuce, tomato and spinach.

The coordinator informed that some of the produce is used to prepare meals for the residents, and that a portion is offered to the nearby Grange elderly residence, but that the Centre is now looking forward to selling some of the extra produce as part of the New Horizons' *Farmer's Market* programme: *"The project was created to give the opportunity for citizens to have an insight into the skills the residents have developed in the Hydroponics system. This skill, amongst others,*

is taught at the facility and has enabled the residents to gain theoretical knowledge and practical experiences" she said, adding that the residents have endorsed the idea of selling the produce to the wide community, and that it has assisted with their business skills and Principles of Business coursework.

Monies raised from sales will go towards the residents' bank accounts.

At the moment, \$5.00 bags of parsley, thyme and spinach are available for sale.

Persons wishing to support this initiative can make orders by calling 667-8136, after which delivery arrangements will be made.

Farmer's Market NEW HORIZONS

BUY LOCAL | FARM FRESH

PRODUCTS FEATURED

PARSLEY 5.00

SPINACH 5.00

THYME 5.00

PLACE YOUR ORDER BY CALLING 667 8136



Disabled persons empowered through knowledge

"Empowering through Knowledge – Everyone matters" was the theme of a workshop for persons with disabilities held on February 11th, at the McKnight Community Centre.

The workshop, which saw over

forty persons of the disabled community in attendance, was organized by the Department of Social Services with the aim of providing information that participants could use to enhance their lives.

Minister Wendy Phipps made key remarks at the workshop, encouraging participants on the importance of continual self-development, and fielding questions from eager attendees. The rest of the... *(cont'd on pg 3)*

Inspirational Women awarded on Women's Day



2019 Women's Day Awardees



"Find out the reasons that young people do what they do, instead of just seeking to punish them... or put them in jail"

The tranquil gardens of Government House was the setting for a midmorning International Women's Day Awards Ceremony, which saw nine positive women being awarded for their contributions to society.

The Ceremony, which was held on Friday, March 8th, and organized by the Gender Affairs Department, was graced with the presence of Governor General His Excellency Tapley Seaton, Deputy Governor Her Honour Hyleta Liburd, Honourable Minister Wendy Phipps and other members of Cabinet, as well as representatives of non-governmental organizations and private sector agencies, as well as students.



Presentation to past Gender Director Ms. Ingrid Charles-Gumbs; Female drumming corp. (credit: SKNIS); CIBC First Caribbean cheque donation

In echoing the Day's theme, *"Think Equal, Build Smart and Innovate for Change"*, the Deputy Governor praised the contributions of women and urged them to continue being positive forces for their communities. *"Be ye transformed by the renewing of your mind"* she encouraged, *"as positive change is urgently needed"*. She heralded the contributions of her own 'model woman', her mother -who, she said, *"had no degrees, but was God-fearing, loving, caring, generous... smart, joyful, and focused until she reached her goal"*. She urged women to embrace their similarly beautiful inner qualities.

Several women of character were lauded at the event, nota-

bly the nine Women's Day awardees.

They are: Ms. Yvette Wallace for education and education and community outreach; Ms. Eugene Warner for elderly care; Ms. Telca Daniel-Wallace for disaster management; Ms. Jacqueline Douglas for culture; Ms. Elcina Henderson for youth volunteerism; Ms. Patricia Rawlins for entrepreneurship; Ms. Biesha Christian for technology; Ms. Arabella Nisbett for Agriculture; and Ms. Venetta Warner-Laws for entrepreneurship (Prime Minister's Award).

The Gender Affairs Department and the entire Ministry extends congratulations to all women for their invaluable contributions to our country.



Youth workers trained to see Youth in a different light

Effective strategies for engaging with youth was the focus of a Child and Adolescent Development workshop, held from February 28th - March 1st, at the Ocean Terrace Inn.

The training was facilitated by Mr. Haniff Benjamin of The Centre for Human Development, Trinidad & Tobago, and attended by over thirty participants from different areas of work, including social services, probation, and counselling.

Mr. Benjamin noted that the

aim of the training was *"to equip those critical agents in a youth's life with the understanding of Positive Youth Development. With this understanding, participants will learn simple and effective ways to engage young people through a strengths-based, empowerment approach"*. The training included topics such as *Understanding Adolescent Development, Positive Youth Outcomes, and the Competencies of a good Youth worker*.

Attendee Mr. Keith Warner said that the training was *"very informative"* and led him to reflect on his experiences with teens in

family, to see how he could better understand them. He noted that the facilitator emphasized the importance of seeking to first understand delinquent youth, and to *"Find out the reasons that young people do what they do, instead of just seeking to punish them immediately or put them in jail"*.

Mr. Benjamin said that the participants were fully engaged in the training process and grateful for the information shared. He expressed the hope that they would be able to *"see youth from a different perspective and treat them differently"*, once they return to their respective areas of employ.



Mr. Benjamin stands with course participants

Disabled persons empowered through knowledge cont'd

(cont'd from pg. 1)... day saw talks from entities such as Social Security, which presented on the 'Availability of benefits for persons with disability', the National Housing Corporation, which presented on the topic of affordable housing, and the Counselling Centre, which presented on 'Availability and accessibility to counselling'. The Departments of Gender Affairs and Social Services also played their part, giving talks on the role of their departments in assisting persons with limited abilities.

Ms. Erslyn Bridgewater, Administrative Assistant and part coordinator of the workshop, expressed that the session went



Minister Phipps engages with workshop attendees

well, and that participants indicated that they would be able to use the information for their future personal development. She noted that, as an inclusive organization, the Ministry would hopefully hold more empowering workshops for the group in

the future.

Members of the St. Kitts-Nevis Association of Persons with Disabilities (SKNAPD) were also well represented at the workshop, including Assistant Secretary of the Group and advocate, Ms. Mary-Nurse Clarke, who volunteers her time to work with disabled persons on a regular basis, assisting them with various challenges. She expressed satisfaction at the workshop, and reinforced the need for continued support for persons in the disabled community. "Although you have a disability, it doesn't mean you don't have an ability", she emphasized.



Counselling Centre presents at workshop



"Although you have a disability, it doesn't mean you don't have an ability"

Federation represented at United Nations Gender Meeting

One of the world's largest meetings of gender equality was held from March 11th – 22nd in New York – the United Nations Commission on the Status of Women (CSW).

The annual gathering brings together global leaders, heads of gender bureaus, non-profit organisations and private sector actors at the United Nations Headquarters in New York, to discuss the status of women's and girls' rights across the world .

Attending the Event were Gender Affairs Head Ms. Celia Christopher and Caricom Youth Ambassador, Ms. Mauricia Pemberton. Ms. Christopher informed that the Event was attended by over one hundred participating countries of the United Nations, and that

each country was given the opportunity to present its country report on the advancement of women, with focus on the 2019 theme, 'Social protection systems, access to public services and sustainable infrastructure for gender equality and the empowerment of women and girls'.

In addition to the presentation of country reports, Ms. Christopher noted that many high-level meetings were held during the 63rd CSW gathering. "The sessions were very intense. We discussed a number of issues, including social protection, sexual and reproductive health, international labour organization matters, and human rights issues". She indicated that member countries were also expected to present their official positions on contentious issues – an exercise that called for much negotiation between the participating countries, including the St. Kitts



Ms. Celia Christopher, Gender Affairs Director

delegation, and the United Nations panel. The Gender Director lauded the skill and input of 2nd Secretary of the St. Kitts Nevis Mission to the United Nations, Ms. Asha Desuza, who facilitated the negotiation process on behalf of St. Kitts-Nevis, noting that the opportunity to observe and make input into the discussions was very interesting and enlightening.

The Federation's report was presented by His Excellency Sam Condor, St. Kitts Nevis Ambassador to the United Nations.



U.N. Commission on Status of Women (Credit: U.N)

Community officers to continue outreach in communities

Following the move of community officers into community centres around the island in April 2018, Social Services Director (Ag.) Ms. Ann Wigley says that the placement has gone fairly well, but that she is hoping to see even more outreach to the public in the coming year.

She recalled that the Ministry had taken the decision to place community officers away from their former offices at Victoria Road to community centres across the island, so that they could be in closer contact with community members. This, she noted, would help them to better assist the public with various concerns, as well as better accommodate persons from rural areas who wished to apply for the Ministry's social assistance programmes, such as burial, medical and uni-

form allowances. In elaborating on the job of a community officer, Ms. Wigley emphasized *"it is really a social job. We are supposed to know persons in the community, check on them, build relationships, and so that if they have any problems, we can help, and they can feel comfortable coming to us"*.

Ms. Wigley advised that the officers typically have 'field days' once weekly when they out in the villages checking on persons there, but that for other days in the week, they can be accessed at the community centre in the respective Zone. She reminded the public that the officers are there to assist, and that persons could feel free to visit them during the hours of 8:00 am-4:00 pm (except on Fridays).

Social Assistance Officer Ms. Rhyllis Wattley seconded this invitation, noting that traffic was sometimes slow in her area (Tabernacle/St. Pauls), but that those who visited the Centre were often appreciative of their services.

The public is asked to note the updated numbers for the Community officers at each Community Centre: **Zone 1** (East Basseterre/Newtown Community Centre) -762-3483; **Zone 2** (West Basseterre/McKnight Community Centre) - 7670482; **Zone 3** (Challengers-Sandy Point/Fig Tree /Old Road Community Centre) – 767-0483; **Zone 4** (Newtown-Christ Church/St. Paul's Community Centre) – 763-6483/ Tabernacle -762-3482, and **Zone 5** (Molineux to Canada Estate/Cayon Community Centre) – 762-1483/466-7321.

Helping professionals trained to better 'Understand Suicide'

Guidance counsellors, mental health professionals, child protection officers, and New Horizons staff are better equipped to 'Understand Suicide', after a training on the topic held from February 26th-27th, at the NEMA Conference Room.

The training was organized by the Counselling Centre and facilitated by Ms. Janis Scott of the Global Faith Alliance Group, a conglomerate of religious professionals who visit the Feder-

ation annually to volunteer their time and expertise in various areas of need.

Counsellor at the Counselling Centre, Mr. Davin Francis, said that the topic was chosen based on a mini-poll done at a previous training, in which helping officers indicated that suicide was one area in which they needed more guidance. He stated, *"With suicide and suicidal ideation coming to the surface in recent years...it was important to offer training on the topic. The discussions and training materials presented at*



Ms. Scott looks on as attendees participate in exercise

the workshop would greatly assist professionals in helping others and the wider population as a whole". Ms. Scott, a health professional with vast experience in brain trauma and learning and behavioural difficulties, expressed that although the topic was a 'heavy one', the participants were receptive to the information and motivated to use it to help their clients in need.

Mapping of Disabled and Elderly population gets underway

A project to map the disabled and elderly populations in St. Kitts is getting underway, according to Social Assistance Officer, Ms. Lavern Richard.

Ms. Richard noted that the Ministry wanted to have a better understanding of the numbers of elderly and disabled persons living across the country, and particularly those who were not affiliated with clubs, groups, or associations, such as the Golden Year's Club for the elderly, and the St. Kitts Nevis Association of Persons with Disabilities. To that end, she

she noted that a team consisting of herself and Community Officer Mr. Keith Warner have been travelling throughout the country, having consultations with community members, and gathering information as necessary. She noted, *"We started in Cayon and have visited Tabernacle already. The intention is to go around the island until all the communities are covered."* In speaking of the overall objective of the project, Ms. Richard informed that the intention is to create a complete working registry of elderly and disabled persons,

with the help of the Information Technology Department. This database, she added, would assist the Ministry in being able to link disabled or senior persons to necessary services and support, such as senior's clubs or social assistance programmes, as well as provide key data to inform future programmes and services.

She noted that *"we want to get a better look at our numbers...to see what assistance is being provided and what is out there to access, and to help us improve their lives and development over all"*, she said.

STAFF MOVEMENTS

Appointments

Mr. Craig Jules Deputy House Parent

Resignations

Ms. Celine Phipps Home Care Officer



*Condolences to Ms. Larissa Riley, on the passing of her mother,
and Ms. Zahra Jacobs, on the passing of her father*



Upcoming Celebrations

- 6 April - Janet Hodge
- 23 April - Azilla Clarke
- 28 April - Delroy Prentice



- 4 May - Simeon Clarke
- 12 May - Sonia Tyson
- 20 May - Janan Stapleton
- 23 May - Frances-Ann Taylor
- 27 May - Venecia Wharton



- 2 June - Idona Walwyn-Matthew
- 3 June - Janelle Lewis
- 3 June - Glentine Wattley-Sutton
- 9 June - Donarette Sharry
- 27 June - Shaneze Sam
- 27 June - Jeweleen Manners-Woodley



HAPPY BIRTHDAY!



New Horizons shares information at National College, Career & Health Fair



East Basseterre Mgmt. Team swim class: Team VP Kevin Taylor and instructors get eager young swimmers ready for the morning session



'Bunny' relaxes after a busy day



"Appreciating each other" - young volunteers assist elder patrons at the Elderly Appreciation Luncheon on Volunteer Day, while Ms. Wigley makes remarks (above)



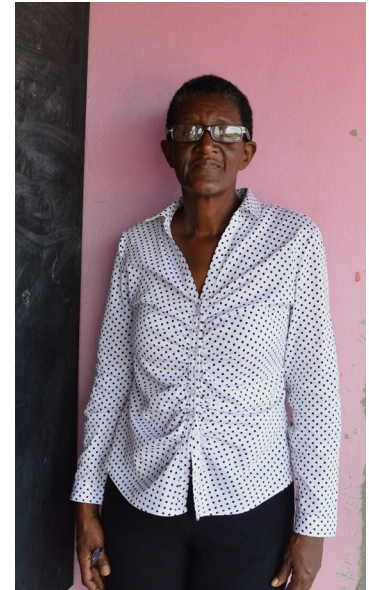
Positively regal! PCPS staff celebrate Black History Month with African wear



Community Development Officer Delroy takes a picture break at the workshop for persons with disabilities



Women's Day gems: Executive Officer Marcia (r) and young poet, D'Gene



Why so serious? Ms. Nurse-Clarke is a passionate and serious advocate for those with disabilities! (pictured at workshop for disabled persons)



Attendees at the 'Understanding Suicide' workshop complete an exercise



Administrative Assistant, Ms. Bridgewater brightens her office with this radiant smile!



Beautiful in blue: Gender Affairs staff open Women's month of activities with a service at the Catholic Church

GETTING TO KNOW YOU...



Name: Lyncia Dore
Position: Case Manager, Social Services
Favourite colour: Blue
Favourite snack: Planter’s unsalted nuts
Favourite type of music: Reggae
Favourite hobbies: Reading, Hashing, Watching Netflix
Favourite holiday/time of year and why: Christmas!
“It’s the time when everyone comes together to show love and togetherness”

WHAT ARE THE SDG’S?

The United Nations Sustainable Development Goals (SDG’s) are a set of 17 goals with 169 targets that all UN Member States have agreed to achieve by the year 2030.

How do you think St. Kitts-Nevis is progressing towards these goals?

Source: <https://www.who.int/sdg/en/> (World Health Organization)



CO-PARENTING TIPS

by Ms. Glentine Wattleby-Sutton, Probation & Child Protection Officer



Be committed to your role as parent: Before we start talking about how we can work together as parents, we first have to want to be parents. Being a parent cannot be forced on any individual, each of us has to make that personal commitment to the role. This should go beyond the success of your personal/romantic relationship with the other parent. That is, if your relationship ends, your commitment to being there for your child should not. Commitment calls for:



- Being present and responsible
- Active involvement
- Surrendering your time, effort & resources
- Exerting patience and understanding
- Having the ability to grow with your child

Communicate with each other: Within our Department, we see first-hand the effects of poor/nonexistent communication on parenting. Communicating with the other parent is vital to successful co-parenting and should continue even if the parents are no longer romantically involved. Keep in mind that parent-to parent communication is essential in ensuring the safety and well being of your child. Communication in co-parenting requires parents to:



- Set rules & schedules to which each would abide
- Exchange information and update each other
- Avoid jumping to conclusions; ask for clarification
- Refrain from accusing but instead discuss
- Cooperate in decision-making

Respect each other: Co-parenting is an option that works when both parents support each other and respect their right to have a good relationship with their children. It is often a flaw that the custodial or primary parent becomes a controlling figure in the child's life so much so that it illegimates the other parent's role. As parents, we should adopt a mutual respect for each other's parental duties and rights, time and effort, and each other's specific rules for our child. We should always remember that respect given is respect earned.

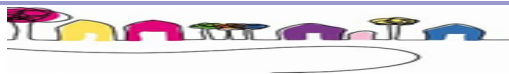


Create mutual guidelines: This refers to that minimum standard that parents can agree on as to how to raise their children. It is here that we as parents discuss the basic principles and values we would like to bestow on them. It is also important that the messages we each deliver to them be consistent, which would thus make them more powerful. As parents, we need to discuss our visions or hopes for our children and how we can all work together in making these a reality.

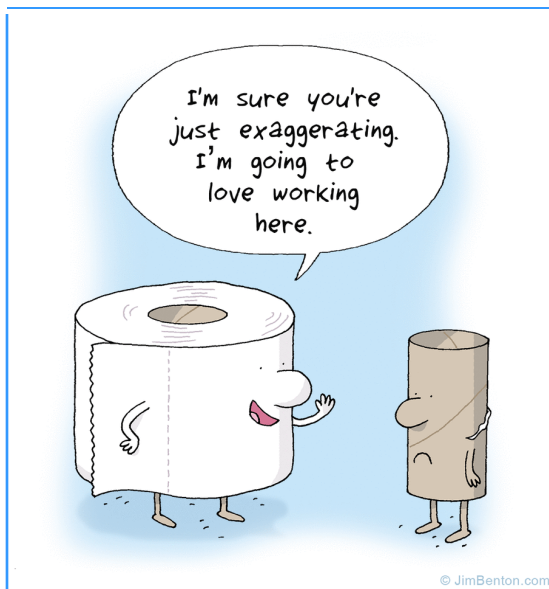
Expect challenges & capitalize on each other's strengths: Relationships are hard. We must tend regularly to them if they are to flourish and be positive manifestations in our lives.. Co-parenting calls for understanding, the ability to be flexible, and a willingness to compromise to reduce conflict. Life is never constant, and although setting and communicating rules, schedules and guidelines is important, the unexpected will happen, which then requires a little understanding and a bit of compromising and rearranging to 'keep the balance'. Sometimes, challenges may arise because of different expectations, and we may have to work a little harder and longer to establish a 'middle ground' in which we both can feel comfortable.

Furthermore, co-parenting does not shield us from the challenges of parenting. Each year our children spend in this world, they become more exposed, more informed and more enlightened about the world around them. Sometimes, the newly found knowledge presses against your parental preference. Nonetheless, when we co-parent, we are a stronger, more focused, and more open unit, and in a better position to address these types of challenges. It also allows for the benefit of capitalizing on the other parent's parental strengths in addressing various challenges and setbacks.

Finally, remember what is most important: Co-parenting, at its best, is a wonderful opportunity for children to have both parents present and active in their lives. Parenting is a process in which we are exposed to new things everyday and we learn new skills in hopes of being good or better parents. At the center of what we do as parents, are our children. They are the prime beneficiaries of our actions. Everything we do as parents should promote our children's best interests at all times. Raising children to become well-adjusted adults works best when we can put all personal grievances aside and show our children that our love and dedication to them is enough for us to work together for their well-being, enabling and supporting each other along the way. Let's all recommit ourselves to being better parents and establish the co-parenting principle in our family lives.



FIRST DAY



TRUE STORY

One bright morning in the middle of the night
 two dead boys got up to fight
 Back to back they faced each other
 Drew their swords and shot each other
 A deaf policeman heard the noise
 and ran to save the two dead boys
 If you don't believe this lie is true
 ask the blind man, he saw it, too.

contributed by Ms. Shaneze Sam

(Author: Palmer Proffitt, Preston Proffitt, dec., Junior Norris, dec)

CORN BEEF FRIED RICE



Prep time: 10 minutes

Cooking time: 25 minutes

Serves: 4 persons

Ingredients

3 tablespoons Vegetable Oil
 3 large eggs (whisked)
 1 teaspoon ginger, minced
 1 teaspoon garlic, minced
 1 medium onion, chopped
 1 can Corn Beef, flaked

1/4 cup carrot, diced
 1/4 cup green and red sweet peppers, diced
 3 stalks scallion, chopped
 1 can Whole Kernel Corn, drained
 1 cup Rice, cooked
 1/4 cup soy sauce
 1 teaspoon all purpose seasoning

Directions

1. In a large skillet, heat 1 Tbsp Oil. Pour in the whisked eggs and scramble. Remove eggs and set aside.
2. Add remaining 2 Tbsps Oil to the skillet and sauté ginger, garlic, onion, corned beef and toss well.
3. Add diced carrot, green and red sweet peppers, scallion (i.e green onion) and whole kernel corn and toss well.
4. Add cooked rice, scrambled eggs, soy sauce and all purpose seasoning and toss well.
5. Serve immediately.

contributed by Ms. Jacquilin Christopher

(Source: Grace Foods)

COCONUT BREAD AND BUTTER PUDDING



Ingredients

- 250 g Butter, melted
- 8 slices Plain bread or Fruit bread and 2 tbsp dried fruits
- 3 Eggs
- 60 g Caster sugar
- 4 Tbsp Dessicated coconut, lightly toasted
- 1 tsp Orange, finely grated zest
- 1/2 tsp vanilla extract
- 350 ml Coconut milk
- 1 to serve—Cream/yoghurt, or fresh fruit

Directions

- Preheat oven to 160 degrees C
- Butter a baking dish (ideally, 4 slices of bread should fit in the dish in one layer).
- Butter all 8 slices of bread on both sides and sit 4 in the dish
- Sprinkle with half the toasted coconut
- Whisk the eggs, sugar, orange zest, vanilla and coconut milk together and pour 1/3 of the mixture over the bread
- Lay on the next 4 slices of bread, sprinkle with the remaining coconut and pour on the remaining egg mixture.
- Press the bread gently into the cream mixture
- Bake for 20-25 minutes, until the custard has set. Insert a sharp knife or toothpick to check—it shouldn't be too moist.
- To serve, simply scoop the pudding into a plate and scatter with fresh fruit, adding runny cream or yoghurt if you like.

contributed by: Ms. Pauline Adams– Browne



QUOTE

Do you know that **anger** is one letter short of **danger**?

The word **evil** is just one letter short of **devil**.

contributed by Mr. James 'Bunny' Pemberton

life
hacks

#2642

Just 20 minutes of exercise for three days a week will increase your happiness by around 10-20%.

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1000LifeHacks.com

NEVER HAVE I EVER....

Give yourself 1 point for each thing you **haven't** done...

- Gone scuba diving
- Played 'Mas'
- Flown a kite
- Eaten jerk chicken
- Flown on LIAT
- Played marbles
- Eaten whelks
- Cleaned fresh fish
- Played netball or cricket
- Gone fishing
- Been on a ferry
- Gone hiking
- Drunk mauby
- Eaten black pudding

The first person with 3 points or less wins a prize!

(Call x. 1523 to claim); Source: Vintage Caribbean



UPCOMING

- May 15th - International Day of Families (Social Services)
- May - Family Month Activities (Social Services)
- May 31st - Centenarian’s Day (Social Services)
- End of June- Senior’s Fun Day Event (Social Services)

The Ministry of Community Development, Gender Affairs and Social Services will develop and implement culturally sensitive customer service initiatives, by using evidence-based data to guide strategic decision- making in order to advocate for human and child rights and integrate gender main-streaming, family wellness and creative enterprise, to enhance the development of an inclusive society.



CONTACT:

The Ministry of Community Development, Gender Affairs and Social Services

Victoria Road
Basseterre
St. Kitts

Telephone number: (869) 467-1020/ Fax number: (869) 466-1552

Email: deptsdcga@yahoo.com

Departments

Administration - 467-1020

Social Services & Community Development - 467-1314

Probation & Child Protection Services (PCPS) - 467-1311

(PCPS hotline: 662-6833)

Social Protection Implementation Unit (SPIU) - 467-1523

Gender Affairs - 467-1397/662-2035

(Domestic violence hotline: 662-5492)

Finance - 467-1276

Counselling Centre - 465-5000

New Horizons Rehabilitation Centre - 662-5624

Community Corner is a publication of the Ministry of Community Development, Gender Affairs and Social Services. It is compiled by the Social Protection Implementation Unit and will be circulated quarterly to staff and other stakeholders in social services.

To contribute, please contact Ms. Jeweelen Woodley at jeweelenwoodley.govkn@gmail.com