



COMMUNITY CORNER

International Women’s Day Celebrated

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Several activities have been held in commemoration of International Women’s Day, which was observed on March 8th under the local theme “*Women in Leadership, Achieving an Equal Future in a COVID-19 World*”.

The Department of Gender Affairs began the observance with a Church Service on Sunday, March 7th at the Cayon Church of God of Prophecy, which was followed by the start of a three-day workshop organized by the Canadian Commission on Gender-Based Analysis, on the morning of International Women’s Day.

On the afternoon of March 8th, the Department hosted the annual International Women’s Day Awards Ceremony at the CUNA Conference Centre. Chaired by Ms. Patrice Harris, the ceremony saw five (5) women receiving Awards for their leadership during the COVID 19 pandemic. The Awardees are: *Ms. Janelle Williams* in the area of *Entrepreneurship and Innovation*,



Awardee Ms. Janelle Williams

Mrs. Michele Christmas-Jacobs in the area of *Communication, Nurse Eulynis Brown* for *Healthcare*, *Ms. Dale Kelly* in the category of *Community Outreach*, and *Ms. Chelesa Rawlins*, who received the *Prime Minister’s Award*.

In giving remarks at the Event, the Honourable Minister Eugene Hamilton encouraged women to “*Take up space!*” as “*Nobody gives you power, you have to take it!*”, while featured speaker and first female President of The Chamber of Industry and Commerce, Mrs. Giselle Matthews noted that, while women have been disproportionately affected by COVID-19 job losses,

they have also contributed significantly to the stability of the home and family while providing exceptional leadership for the country during the current challenging times.

In continuing celebration of women, on March 9th the Ministry re-launched the *Pioneering Women’s Gallery* - an Exhibition of the achievements of local female pioneers in various areas, including, architecture, medicine, public service, and business- which had been dormant for the last few years. As part of the Launch, six (6) new women were inducted into the Gallery, which has already featured over thirty (30) female trailblazers. These six (6) new pioneers and their areas of recognition are:

Mrs. Mercelyn Hughes—first female Chief Immigration Officer, Ms. Meritizer Williams, first female to medal at a Regional Competition, Dr. Merisa Grant-Tate, first female Oncologist, Mrs. Sonia Boddie-Thompson, first female Clerk of the National Assembly, and Dr. Naudica Philip, first female

.....(cont’d pg. 4)



Name of the Ministry updated

The Ministry’s name has been revised and shortened to the **Ministry of Social Development & Gender**

Affairs, from the Ministry of Community Development, Gender Affairs and Social Services – a title which had

been in use for the last five (5) years. The revision takes immediate effect.

Community Centre 'Wifi' Initiative rolls out as new Ottley's-Lodge Centre opens

Community Centres across the island are currently being outfitted with free full-time wireless internet access, thanks to The Cable's Community Centre 'Wifi' Initiative.

The launch of this project took place at a ceremony on January 22nd at the St. Johnston's Community Centre, the first Centre to receive free full-time 'wifi'.

In speaking of the company's decision to provide the service, Chief Executive Officer of The Cable, Ms. Pat Walters said that it was their passion to 'give back' to the community, and continue their vision to provide affordable, available and accessible Internet to every resident and citizen in St. Kitts.

The Honourable



*New Ottley's-Lodge Multipurpose Centre
(Photos Source: SKNIS)*

Ministers Eugene Hamilton and Akilah Byron-Nisbett also gave remarks at the Launch, highlighting the opportunities that would now be available at Community Centres, including meetings for small business development, educational assistance, and virtual presentations.

All Centres are



expected to be fully outfitted by the end of March 2021.

As the 'wifi' initiative rolled out, the country also celebrated the opening of the Ottley's-Lodge Multipurpose Centre at Lodge Village, during a ceremony held on February 16th at the new Community Centre grounds.

The EC\$3.2 million dollar building, which will also serve as a hurricane shelter, boasts two (2) open hall-rooms, an office area, kitchen and library, multipurpose room, and classroom, and will provide a new and multifaceted communal space complimented with free wireless Internet, for residents of the surrounding areas.



Launch of The Cable's Community Centre 'Wifi' Initiative



The EC\$3.2 million dollar building will also serve as a hurricane shelter

Youth at New Horizons learn anger-management skills through A.R.T

Youth at the New Horizons Juvenile Rehabilitation Centre (NHRC) are improving their anger-management skills through a ten (10) week workshop on Aggression Replacement Training, or A.R.T.

A.R.T is a skills-training programme that uses cognitive behavioural techniques to help individuals reduce violent and aggressive behaviour and improve conflict-resolution and pro-social skills. Geared towards adolescents, the programme covers three segments, Social Skills Training, Anger Control training, and Moral Reasoning.

The workshop began on January 26th and will run to early April, with three one-hour sessions per week. It will be facilitated jointly by Counsellor Ms. Zahra Jacobs, Case Manager Ms. Patrice Carey, and House Parent Mr. Cuthbert Browne, who all received training on A.R.T techniques from the OECS Juvenile Justice Rehabilitation Programme in 2015.

According to Ms. Jacobs, "Each week focuses on a different skill, technique or situation. The sessions incorporate active discussion, modelling of the new skills by the facilitators, practicing of skills by each participant and homework where participants have to report how they put the skill into use since the previous session" she explained.

"There are seven residents signed up for the workshop, and six (6) more have expressed interest in repeating the course. Feedback in the past was generally positive" she said. "Participants were responsive in sessions and tried to implement the skills when they could".

This is the fourth time that the group will be held at the New Horizons Juvenile Rehabilitation Centre. It is hoped that the youth attendees will be able to apply their newly found anger-management and interpersonal skills when they eventually depart the Centre and transition back into the community, at the end of their residential period.



Ms. Zahra Jacobs engages with youth at 2019 UNICEF Summit

Community Development & Social Services Department readies to move

The Department of Community Development and Social Services is getting ready to move offices.

According to Director of the Department, Mrs. Osslyn Ward-Harris, the move has become necessary as the building that has housed the Department for many years is in need of major renovation work.

The Director explained that the Department had been on the lookout for a new and suitable new location for a few months, and had finally settled on the office spaces located at the second floor of the Antioch Baptist Church Building, at Lime Kiln, Basseterre.



*The Antioch Baptist Church Building
Source: Antioch Baptist Church*

She advised that, although the building is less centrally located, that it offered much more space and a more pleasant atmosphere for the work of the Department to be conducted.

“It is a more conducive environment for productivity, and a more conducive environment for clients to feel comfortable” she said.

The Director also gave a reminder that the Department’s Social Assistance Officers were

stationed and available at Community Centres around the island, to provide the public with easier access to the social assistance services normally provided by the Department.

In discussing the attributes of the new space, Mrs. Harris noted that the building is wheelchair accessible with a spacious interior that also includes a conference/meeting room—a feature that is unavailable at the Department’s current location. An office will also be allocated on the ground floor for the elderly and persons with issues of mobility.

The move is expected to occur by March 29th, 2021.



The current location of the Department of Community Development & Social Services



“It is a more conducive environment for productivity, and a more conducive environment for clients to feel comfortable”

National Gender Equality Policy & Action Plan being developed

The Federation will soon have a Gender Equality Policy and Action Plan.

The Gender Equality Policy and Plan is expected to serve as an institutional framework that will assist the Government of St. Kitts and Nevis in facilitating gender equality and empowerment, in support of the Sustainable Development Goals (SDGs). Sponsored by UNESCO, the national document will advocate for the establishment of public oversight



bodies and the implementation of gender-based and sensitive strategies, both in the public and private sector. This is expected to help protect the human rights of all citizens and residents, including all men and women, girls and boys of the Federation, as well as marginalized groups.

According to Gender Affairs Executive Officer Mrs. Sharon Warner, the development of the Policy is a two-year project which began in November 2018 and included several initial steps, such as the hosting of stakeholders’ consultations and a review of position papers.

The project entered its second phase January 2021, and will comprise several activities such as meetings with Cabinet ministers, ongoing consultations and workshops, and a communications campaign.

Consultant Ms. Dwynette Eversley has been appointed to finalize the development of the Policy, an activity that will continue until the end of the second phase in December 2021, after which the National Gender Policy and Action Plan is expected to be launched.



Mrs. Sharon Warner, Executive Officer Gender Affairs

Food Voucher recipients to benefit from Case Management

Clients receiving food voucher assistance will soon benefit from the reintroduction of case management procedures at the Department of Community Development & Social Services.

Case management is a system used to help clients improve their socio-economic circumstances and become self-sufficient over time.

The Department’s Director, Mrs. Osslyn Ward-Harris, informed that the system, which had lapsed over the years, will be reintroduced over the next few months and will include several interventions, including assisting needy clients to sign up for government-funded daycare and educational assistance programmes for their children, and the provision of financial empowerment/budgeting classes.

The system, which is expected to

be extended to other assistance programmes in the future, will also include the signing of a co-responsibility agreement, in which the recipient of assistance commits to and takes ownership of the specific steps needed to improve their financial situation for the future.

International Women’s Day.....(cont’d)

(cont’d from pg. 1) Pathologist. The Ministry congratulates these new Gallery inductees and invites all to view the Exhibit during normal working hours at the Ministry’s Administration Building at Victoria Road, up until the end of March.



Awardees (from left to right): Mrs. Michele Christmas-Jacobs, Ms. Eulynis Brown, Ms. Dale Kelley and Ms. Chelesa Rawlins



Nominations for the Gallery can also be sent via email to pppu@gov.kn.

Activities to highlight women’s contributions will continue until month-end and will include a tribute to Industrial Estate Workers on March 21st, and radio programmes featuring women in leadership on various stations.

Officials provide feedback for Draft National Social Protection Policy

Centenarian’s Corner

Ms. Una Duporte
Cardin Home Age 105

Mr. Vernon Connor
Soho Age 100

Ms. Ruby Thomas
Newtown Age 100

Congratulations!!

Senior government officials gathered at the Customs Training Room on February 24th, to provide feedback towards the development of the National Social Protection Policy.

The Policy is being reviewed by consultant Dr. David Cownie of the *Social Impact Assessment and Policy Analysis Corporation* in the Cayman Islands. Unable to travel to the federation due to COVID-19 travel restrictions, Dr. Cownie attended the consultation via



Attendees at half-day consultation

Zoom and provided feedback to participants as they considered key social protection issues, such as coverage of migrant groups within existing social protection programmes.

The process of re-

viewing the Policy began in August 2020, and has already included several online consultations with stakeholders in the area of Education, Health, Sustainable Development, and Social Services, among others.

A wider consultation is expected to be held in April, to seek input from a broader section of the populace, including non-governmental organizations, youth groups and other civil society bodies.

STAFF MOVEMENTS

Transfer

Ms. Naemah Hazelle - to Deputy Director, Counselling Centre

Retirement

Mr. James 'Bunny' Pemberton - Driver, Community Development & Social Services

Congratulations to Ms. Vanessa Archibald on the birth of her baby!



Happy Retirement to Mr. James 'Bunny' Pemberton!
 Congratulations on your forty-three (43) years of contribution to the Civil Service.

Upcoming Celebrations

1 March - Florence Francis

2 March -Dwight Warde

13 March -Richard Wattley

14 March -Ann Wigley

22 March -Nigel Langley

6 April -Janet Hodge

23 April -Azilla Clarke

28 April - Delroy Prentice

2 May -Stephan Joseph

6 May -Charissa Caesar

12 May -Sonia Tyson

13 May -Raven Bradshaw

20 May -Janan Stapleton

2 June -Idona Walwan-Matthew

3 June -Janelle Lewis-Tafari

3 June -Glentine Wattley-Sutton

9 June -Donarette Sharry

27 June -Jeweleen Manners-Woodley

27- June -Shaneze Sam



HAPPY BIRTHDAY!



Department of Community Development & Social Services holds Focus groups with Seniors at the Newtown Community Centre



Director and Family Counsellors of the Counselling Centre appear on 'SKNIS 'Working for You'



Children of the New Horizons Juvenile Rehabilitation Centre receive Christmas gifts donated by Dr. Lolita Hanley of the Juvenile Justice Court in Massachusetts



The Department of Gender Affairs represents at a presentation of partial scholarships to survivors of domestic violence (now AVEC students)

'Bunny' retires after 43 years in the Civil Service, and enjoys a farewell gathering in his honour





The Rotary Club of St. Kitts joins the Probation & Child Protection Services Department in spreading Christmas joy and gifts to children of the Foster Care Programme



Team work makes the dream work!

Ministry staff give the Administrative Building a fresh look



Six (6) 'firsts in their fields' are added to the Ministry's Pioneering Women's Gallery



Minister Eugene Hamilton shares the spotlight with the 2020 International Men's Day Awardees



GETTING TO KNOW YOU...



Name: Sheldon Fenton

Position: Maintenance Officer

Favourite colour: Blue

Favourite snack: Chips

Favourite type of music: Dancehall

Favourite hobbies: Basketball, Surfing the Net

Favourite holiday/time of year and why: Christmas -
"Because it's the jump-up time! Party time!"

HEALTH TIPS FOR WOMEN OF ANY AGE

In honour of International Women's Day

Source: Registered Nurse Amalia Almeida, Health Partnership Clinic

Physical Checks

- Get your mammograms once you reach ages 40-50, every year between ages 45-55, and every two years after age 55.
- Get a Pap smear if you are between ages 21 and 29. You should get a Pap test every three years. If you are between ages 30 and 64, you should get a Pap test and human papillomavirus (HPV) test together every 5 years or a Pap test alone every 3 years. If you are 65 or older, ask your doctor if you can stop having Pap tests. It's important to remember that your body needs to be taken care of.

Maintain a good posture

Slouching wears down your bones and muscles while creating problems and strains in your muscles. Sit up and stand up straight!

Get active!

I recommend exercise at least 30 minutes a day five times a week, but anything is better than nothing. You can walk around a track for 30 minutes, walk around your neighbourhood if it is safe, walk your dog, go to a fitness class at the gym, garden, swim, bicycle and so much more!

Avoid drugs and alcohol

If you do drink, limit it to one glass a day of wine (5 fl. oz), one beer (12 fl. oz), or 80 proof distilled spirits (1.5 fl. Oz).

Protect your skin from the sun!

Wear sunscreen with a sun protection factor (SPF) of at least 15 and wear hats, sunglasses and watch for unusual marks and burns you may obtain from the sun. See a doctor immediately if you find a suspicious spot.

Take some time to "smell the roses"

It is important to take time to just relax and remember what is important to you. If you enjoy gardening, or cards, or painting...or whatever... do those things!

Meditate or find some way to make yourself relax!

Try meditation. Do yoga, cardio, or take walks.

Eat healthy.

Limit soda pop, ramen noodles, potato chips, fruit snacks and other processed foods. Eat more low-fat and low-sugar foods and load up on high-fibre foods as well as fruits and vegetables.

Take care of your Mental health

Mental health is very important to your overall life. Remember to enjoy the little things, slow down and find ways to get your brain working.

SCHOOL IN SESSION

Let's meet some members of the Community Development & Social Services Team!

Contributed by: The Department of Community Development & Social Services



MEET YOUR ZONAL OFFICERS

CASE MANAGERS



Mrs. Dahlia
SCARBOROUGH
Zones 1 & 2



Mrs. Tashine
STEVENS
Zones 3 & 4A



Ms. Lyncia
DORE
Zones 4B & 5

SOCIAL ASSISTANCE OFFICERS



Ms. Kedaunna
GUMBS
Zone 2:
West Basseterre,
Shadwell - Palmetto Point



Mrs. Delicia
CRAWFORD
Zone 5:
Molineux - Keys



Ms. Bilisa
BROWNE
Intake Officer

Zone 1: **Ms. Maricia Kelly**
(Conaree, East Basseterre & St. Peters)

Zone 3: **Ms. Larissa Riley**
(Challengers to Sandy Point)

Zone 4A: **Ms. Carisma Mulley**
(Newton Ground to Dieppe Bay)

Zone 4B: **Ms. Rhyllis Wattley**
(Parsons to Christ Church)

National Household Registry:
Ms. Andrea Douglas

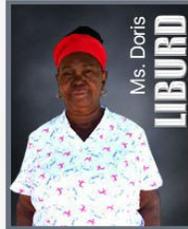
HOMECARE OFFICERS



Ms. Vinicia
WHARTON
Conaree, Birdrock
& Ponds Pasture



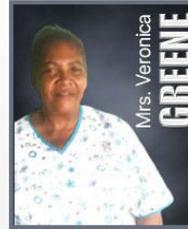
Ms. Andria
CAINES
Ponds Extension,
Newtown & Taylors



Ms. Doris
LIBURD
New Road



Ms. Janice
BAILEY
Shadwell & West
Basseterre - McKnight



Mrs. Veronica
GREENE
St. Johnson
Village - Trinity



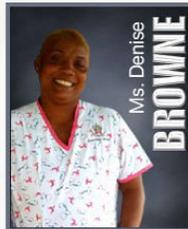
Ms. Freedom
WILKES
Sandy Point



Ms. Amoy
RICHARDS
Sandy Point



Ms. Florence
FRANCIS
Newton Ground -
Dieppe Bay



Ms. Denise
BROWNE
Parsons - Saddlers



Ms. Melissa
HAZEL
Belle Vue - Christ
Church



Mrs. Natika
CLARKE
Molineux - Ottleys



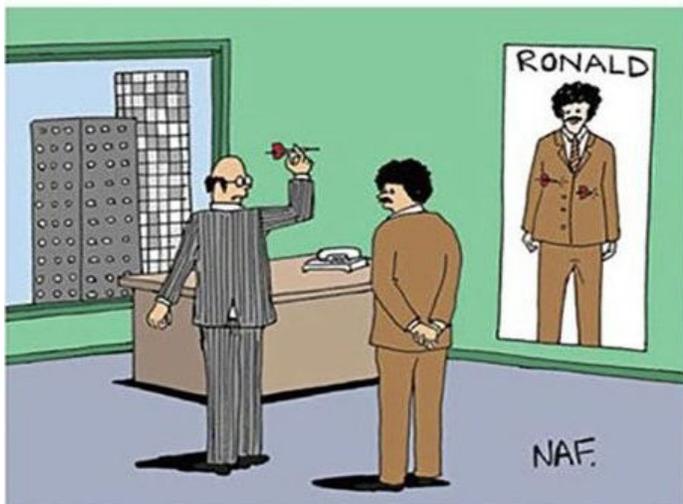
Ms. Caren
HICKS
Cayon - Keys

Mrs. Iotha Charles (St. Peters) | **Ms. Merl Woodley** (Challengers - Halfway Tree)

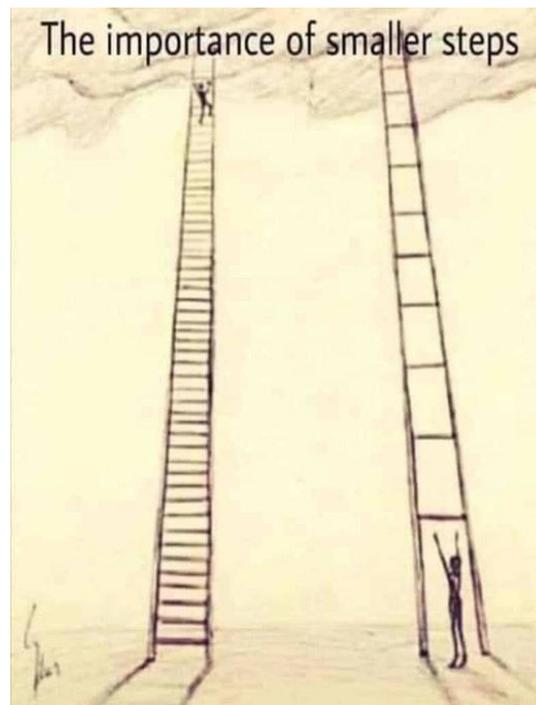
QUOTE

“A man who is so busy trying to entertain the world is not ready for real love.”

Contributed by: Mr. James ‘Bunny’ Pemberton



“Ronald, what gives you the impression I’m not happy with your work?”

**HOW TO MAKE SUGAR CAKE**

- 4 cups coconut
 - 4 cups sugar
 - 1 cup water
 - 1/2 tsp cream of tartar
 - 1 bay leaf
 - 1 cinnamon stick
 - 1 1/2 tsp almond essence
 - Few drop of food colouring (optional)
1. Line 2 baking trays with parchment paper and set aside but keep close by.
 2. Place all ingredients into an iron pot.
 3. Using a wooden spoon and stirring constantly, bring mixture to a boil on medium heat.
 4. Keep stirring until the mixture thickens and dries up a bit (about 10 - 15 min).
 5. Check for ‘ doneness ’ through this fool-proof method: -when sugar starts crystallizing on the sides of the pot, it becomes white and grainy -use 2 metal spoons to rub the mixture between them to check for that same grainy consistency.
 - If it still seems wet and hasn't begun to crystallize, keep stirring with the wooden spoon until the mixture dries up some more.
 - If it has started crystallizing, move quickly to the next step as it will begin setting.
 6. Quickly turn off the heat and begin scooping bits of the mixture on to the two baking trays lined with parchment paper.
 7. Leave to cool completely before enjoying!

Source: www.foodienationtt.com

life hacks

Best times to drink water:
 2 glasses after waking up - helps activate internal organs
 1 glass 30 minutes before a meal - helps digestion
 1 glass before taking a shower - helps lower blood pressure
 1 glass before going to bed - helps avoid stroke or heart attack

#866
 1000LifeHacks.com



Jamaican Salt Mackerel 'Run Dung' Recipe

- 2 lbs salt mackerel
 - 1 coconut of 1 1/2 tin coconut milk
 - 1 Large Onion
 - 2 cloves of garlic
 - 2 stalks of escallion
 - 1 scotch bonnet pepper (green)
 - 2 medium tomatoes (chopped)
 - 3 sprigs of thyme
 - salt
 - black pepper
1. Boil mackerel in hot water for 35 minutes to remove excess salt
 2. Drain mackerel and flake into small pieces
 3. Grate/blend coconut and squeeze to remove excess milk
 4. Boil milk in a sauté pan until it turns into custard and you can see the oil separating from the custard
 5. Add mackerel and cook for 10 minutes on medium heat
 6. Add seasonings and salt & pepper to taste
 7. Stir and cover to simmer for another 10 minutes on low heat
 8. Enjoy! Best served with dumplings, green banana, sweet potatoes and yam.

Easter Word Hunt

P A L M H U N T U L I P S H
 P N A E B Y L L E J A V I R
 O P M R A B B I T R V D X B
 C P B D E C O R A T E Y S C
 C S U N D A Y D L B C E L M
 V L Q S G G E B O U H P I D
 J N U B S S O R C T O H D I
 B E F F R Y A Y O T V C O Z
 U A C L R C W L H E G R F J
 N S S H O O C I C R U A F P
 N T S K I W L L L F T E A C
 Y E A R E C E O X L I S D F
 G R R N I T K R C Y O N E C
 X S G G N I R P S B F W D N

- | | | |
|-----------|-------------|-------------|
| BASKET | EGGS | NEST |
| BUNNY | FIND | NEWCLOTHES |
| BUTTERFLY | FLOWERS | PALM |
| CHICK | GRASS | PARADE |
| CHOCOLATE | HIDE | PUSSYWILLOW |
| COLORFUL | HOTCROSSBUN | RABBIT |
| DAFFODILS | HUNT | SEARCH |
| DECORATE | JELLYBEAN | SPRING |
| DYE | LAMB | SUNDAY |
| EASTER | LILY | TULIPS |

<https://www.jamaicanmedium.com/recipes/recipe/jamaican-salt-mackerel-rundown-run-dung-recipe/>

UPCOMING



May 15th—International Day of Families

May 31st—Centenarians' Day

June 15th—World Elder Abuse Awareness Day

The Ministry of Social Development and Gender Affairs is dedicated to vulnerable populations through advocacy, education, empowerment and enhancement of individuals, families and communities through evidence-based and customer-oriented programmes that promote equity, growth and development, regardless of race and culture.

CONTACT:

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St. Kitts

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Email: mosdga@gov.kn

Facebook page: www.facebook.com/MCDGASS

Website: www.socialdevelopment.gov.kn

Departments

Administration - 467-1020

Community Development & Social Services - 467-1314

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

(PCPS hotline: 662-6833)

Policy, Planning and Projects Unit (PPPU) - 467-1523

Gender Affairs - 467-1397/662-2035

(Domestic violence hotline: 662-5492)

Finance - 467-1276

Counselling Centre - 465-5000

New Horizons Rehabilitation Centre - 467-1598/662-5624

