



THREE CHEERS FOR FORMER DEPUTY CONSUL GENERAL OF ANTIGUA AND BARBUDA, **MS. OMYMA DAVID:** THANK YOU FOR A JOB WELL DONE!

"...an epitome of poise, leadership, courage, integrity, patriotism, charisma, hope, and love: An essential Antiguan and Barbudan right for this time -"

By
Bernard S. Henry

W

hen we started out the publication of our newsletter, our main focus was to tell the world about Point, Villa, Fort Road, and Yorks communities on the beautiful islands of Antigua and Barbuda. While this still remains our main focus, we would be absolutely ungrateful if we did not recognize the people who have been helpful to us with their unwavering support! The Former Deputy Consulate General of Antigua and Barbuda, Ms. Omyma David, has been one of such true figures who has been a stalwart of support, not only to us, but to the Antiguan and Barbudan Diaspora living in areas such as New Jersey, New York, Connecticut, Maine, Massachusetts, New Hampshire, Pennsylvania, Rhode Island, and Vermont.

This lady hardly needs any introduction. Many of you already know her since she has been one of the most visible public figures in the Antiguan and Barbudan Community. In any case, let me give you a brief insight into her background. This magnificent lady comes from the beautiful Village of Swetes on the southern corridors of Antigua and Barbuda. Much of her family's ancestral roots are embedded in this area, making her a genuine Swetes woman. Her mother was a well-known school teacher. But, it was her father who was the disciplinarian of the family. Omyma grew up in a



Former Deputy Consul General of
Antigua & Barbuda, Ms. Omyma David

household with three female siblings, of whom she is the eldest. Her upbringing was very rigid, filled with academic aspirations and demands as expected from a child of a school teacher. This was so much so that speaking anything less than Standard English around her household, in those days, was considered treason. As if this was not tough enough, her parents were very much involved in church, not to mention her grandparents were local preachers.

From an early age, Omyma learned the importance of strong family ties. This has allowed her to appreciate her family even more, holding every one of its members at the highest esteem. Her grandmother, whom she revered mighti-

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Omya David:

She is the
Former Deputy
Consul General
of Antigua &
Barbuda -
A Special
voyage
Completed

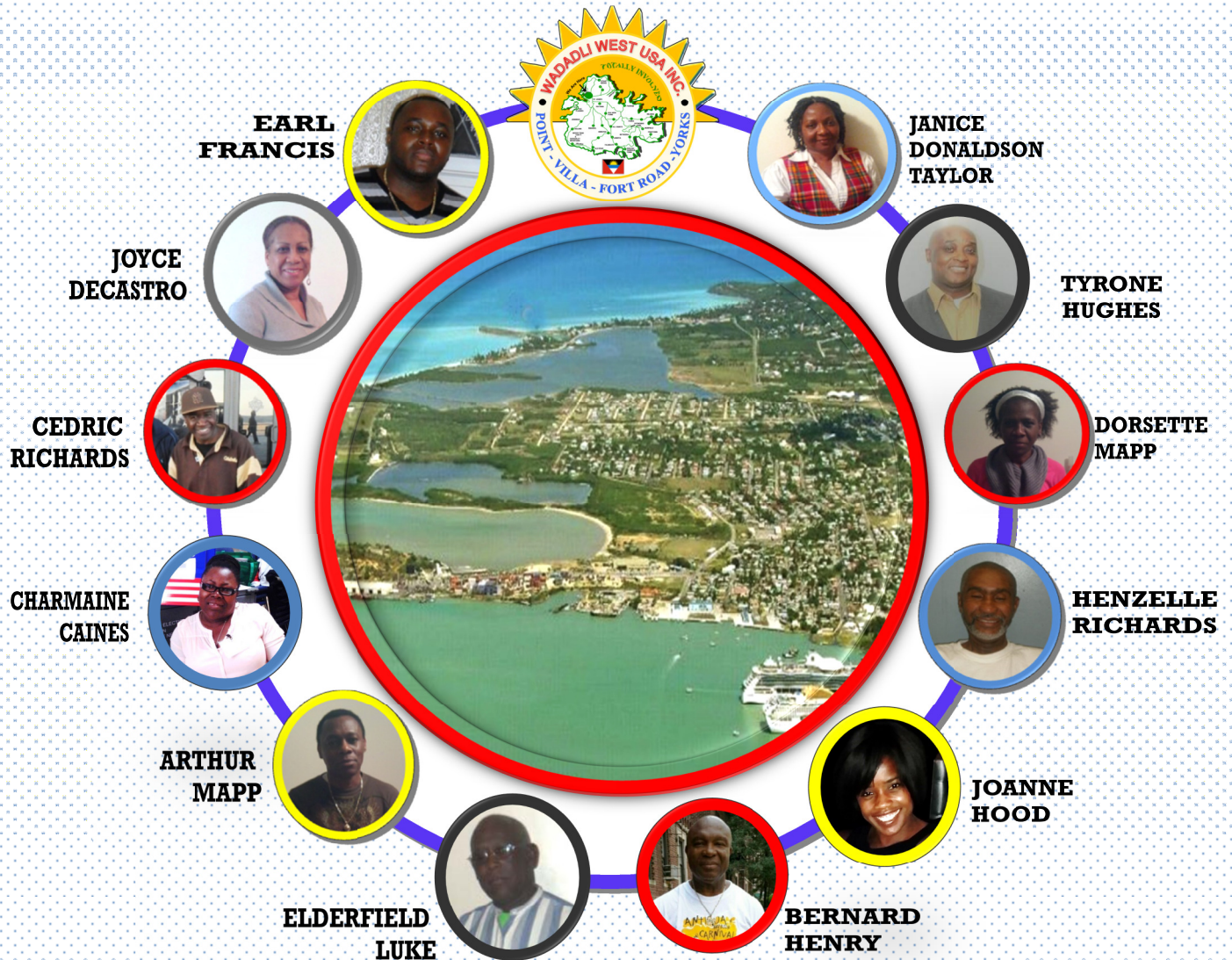
An Antiguan with a
Purpose: Leading with
Elegance and Grace.

WADADLIWEST USA INC.

OUR NEIGHBORHOOD QUARTERLY NEWSLETTER

Wadadli West USA Inc.

WATCHING OVER OUR COMMUNITIES



PEOPLE OFTEN ASKED, WHO ARE THESE PEOPLE THAT ARE SO CALLED WADADLI WEST USA INC AND WHAT ARE THEIR MISSION. WE ARE THE PROUD PEOPLE OF POINT, VILLA, FORT ROAD, AND YORKS COMMUNITIES IN ANTIGUA LIVING ABROAD. FOR YOUR CURIOSITY, HERE IS WHAT WE DO:

WE ARE HELPING THE POOR AND NEEDY.
WE ARE REACHING OUT TO OUR PEOPLE.
WE ARE SUPPORTING POSITIVE CAUSES.

WE ARE TELLING OUR GREAT STORIES.
WE ARE HELPING TO FULFILL DREAMS.
WE ARE GIVING BACK TO OUR COMMUNITIES.

WE ARE MAKING A DIFFERENCE.
WE ARE IMPACTING PEOPLE'S LIVES.
AND WE ARE PROUD OF WHERE WE ARE FROM.

BLUEPRINT

FOR THE DEVELOPMENT OF OUR COMMUNITIES

Taking a stroll through Point and Villa, last summer, I was suddenly hit by the notion that our community has not changed its look after all these years. It appears as though it has been frozen in time with the same shabby

look. I wonder if progress, somehow, has made a sudden detour elsewhere to avoid coming through our neighborhood. Without sounding too dramatic, our communities appear to be a few freshly painted houses better looking than the fabricated Shanty Town, at Carnival Village.

I know many of you may feel that I have gone a little over the top in addressing this matter, but I beg to differ. At this stage of the game, I have no other choice than to be brutally truthful to awaken the sleeping minds on the reality of this issue. In a country where at least 80% of its Gross National Product come through the realm of Tourism and where it pride itself on its slogan "Where Land and Sea Make Beauty", we have nothing in Point and Villa that even come close to represent this slogan other than our beaches.

It is a burning shame that two of the most important and essential communities, the Point & Villa Communities and the Gray's/Green Communities, have been totally neglected. Their strategic locations and density in population may be the excuses for the disrepair. The irony of this whole affair is that these two areas were represented by Prime Ministers of our country, one time or the other. I am a little confused. Were they blind all these years?

The condition in Point and Villa has become personal to me because I can remember, back in the day, when our communities were at the center of the Tourism Industry. Cruise ships were coming in at the Deep Water Harbor and Point and Villa were booming. The people of our community got the opportunity to sell their craftwork at the Deep Water Harbor and at the same time the taxi drivers from the area were doing good business. Everything was fine. To my belief, moving the cruise ships docking area from the Deep Water Harbor to Redcliff Quay was not the result of any sort of economic strategy. What actually happened, bringing the tourists through the rundown areas of Point and Villa became an embarrassment to the Government and the Tourism Industry. Instead of fixing and developing the area, they abandoned Point and Villa.

Mr. Prime Minister, when I heard of the plan to build 500 houses in 500 days, I said to myself, "Good Gracious, Utopia has finally arrived to Point and Villa",



By Bernard S. Henry

knowing that we are all aware that charity begins at home, and not to mention you are also from the area. I hate to listen to rumors but the word on the street is that you are looking for lands in other areas to execute this project. If I must put it this way, this does not solve the problem that is at hand.

What Point needs, at this stage of the game, is a total demolition so that we can rebuild again and move forward as a great community once again. That whole area that encompasses Mariners Lane, Back Street, the south of North Street, and as far east as Wapping Lane, are the sacred grounds of our ancestors

that defines the Point community. This whole area is rich in tradition. We do not need to move Point from where it is or even extend it. We just need our leaders to understand the real issues at hand and to deal with them.

If you really want to help Point and Villa, I have a great solution. In my plan, you will first need to move the people, temporarily, out of their habitats and relocate them in motels. [We don't need to hear complaints about this cost and that cost, for our Government spent millions of dollars to dredge the St. John's Harbor and cripple a whole Fishing Industry.] In the next phase, you will need to run a bulldozer through the area, that whole block that is surrounded by Mariners Lane, Wilkinson's Cross, North Street, and St. John's Street, even Boobie Alley must go. Lands are now available. In the third phase, you need to build duplexes so that every family, that owned a home in the area, will return to one. Finally, you return the people to some beautiful homes surrounded by trees and lovely lighting. According to your timeframe, this project should only take about three months. Once this is completed, you can tackle the other areas.

Mr. Prime Minister, at the corner of Wilkinson Cross and North Street, in the Point, someone erected a huge billboard with you, King Short Shirt, Papacita Destin, and King Zacari depicting legends of the Point. Without trying to burst your bubble, the latter three may fit that profile, but you have just arrived on the block. If my mind serves me right, I can't remember what you have done yet that is deserving of such an honor. Don't get me wrong, you may have the best opportunity of doing some great things if you play your cards right. For now, let's hold off on all these meaningless things. If you really want to be a true legend of the area, here is your greatest opportunity - fix it! All eyes are on you now to see what you are going to do, and you are a real Point man, you should already know that Point and Villa people are not too forgiving.

ly, was a strong woman - the matriarch of the family. It was no doubt that her presence around her grandmother helped to reinforce her strong fundamental values in life and shaped her into the wonderful woman she has become.

Her academic achievements were many. From as early as attending the Swetes Secondary School, she showed glimpses of things to come. It is important to note that when she took her Common Entrance Exams, she attained top honors in the country. She then went on to attend the All Saints Secondary School and Antigua Girl's High School, respectively. At All Saints Secondary School, she led the way in many areas such as class monitor, class prefect, and head student. She even represented her school at Inter-School Intellectual Competitions such as Top of the Form and Inter-school Debates.

After completing her Secondary School Education, she taught, for a while, but her mind was bent set on becoming a Psychologist. In Antigua, in those days, many people were ignorant of the Discipline of Psychology. Even her church members were confused as most of them believed that a Psychologist does the same work as a Psychic. After doing some vigorous research, Omyma was able to get a broader knowledge on what the Discipline entails. It is the ability of helping emotionally disturbed people, which really drew her curiosity. While teaching, the need for Psychology became evident to her and she realized that children's academic performances were affected by the dreaded experiences at home, such as, alcoholism, incest and rape, domestic violence, child abuse, and others.

Omyma became so passionate about the field of Psychology that she decided to pursue its studies. That journey took her to the US Virgin Islands where she attended the University of the Virgin Islands. And of course, she majored in Psychology. After returning home, she taught for a short time at the Clare Hall Secondary School, but very quickly her job description changed. The school realized that a counseling program was necessary, especially for students who were experiencing sexual abuse and others who had started experimenting with marijuana.

It became evident to Omyma that if she was going to do Psychology at a higher level, she had to further her education. A Master's Degree was in order. In the end, her higher academic achievements include two Master Degrees, one of which she achieved at the University of the West Indies in Jamaica, from an OAS Scholarship, the other from Columbia University. Presently, she is enrolled at Columbia University in pursuit of her Doctoral Degree in psychology.

It is important to note, that before she left Antigua for New York, to attend Columbia University, she had left an impressive mark in the school system, as a Counselor. Her work there was vast and comprehensive. Her psychological techniques and training were tested through real disasters and crises but she survived. She was thoroughly utilized by the Ministry of Education. She brought to light the real issues of family dynamics affecting children and adults alike. Only a



**Former Deputy Consul General Ms. Omyma David
with the Organizers of Caribbean Health Fair 2013**



**Former Consul General, Ms. Omyma David @
Invest Caribbean Now Summit in 2014**

well trained professional could resolve them. She initially set out to provide counseling to the school children but her work quickly expanded to include family counseling. When she left for New York, she left a sturdy program in place.

The journey that brought her to Antigua and Barbuda Consulate General's Office in New York is a story that makes us all believe in the reality of destiny. Things don't just happen by chance as many people would like us to believe. All things that happen are part on God's mighty plan. Omyma was on a collision course of becoming the Deputy Consulate General of Antigua and Barbuda but she just did not know it at the time. One thing I must make absolutely clear, right now, was that she did not go in search of this position, as it never even existed before. This position actually found her. That's the short story of it.

When she became the Deputy Consulate General of Antigua and Barbuda she had very little knowledge of Foreign Affairs. What she had at her advantage was her faith in God, her ability to solve problems and to organize, her belief in the goodness of peo-

BERNARD WILLIAMS [FOUNDER]

In a very short space of time, Zoom Radio's mission of consistently providing quality music to all Antigua and Barbuda has found strong resonance. Zoom Radio enters the marketplace on the shoulders of a dream by its founder Bernard Williams. The goal was to provide an alternative to the heavy saturation of hours and hours of political talk radio and programming of the type that appeal to the teens and early twenties. Zoom Radio's music format consists mainly of classic soul, R&B and contemporary jazz. Our listeners have been drawn to the station because our music is completely different to any that is being played on radio today.



ALEXIS EDWARDS: PAN EXPRESSIONS AND JAZZ FUSION

Alexis Edwards forms an integral part of that core philosophy of Zoom Radio. He hosts the Pan Expression and Jazz Fusion programs on Zoom Radio. As a student of pan] Alexis has almost done it all. From playing at panorama to his inclusion on numerous media panels to discuss the art form, he is extremely knowledgeable and his collections of performances from around the world will raise the level of Zoom's music offerings on a Sunday evening.

Before jazz festivals in the Caribbean became a staple, Antigua had a thriving jazz community. For his Jazz Fusion program, you will be taken on a journey that you can only appreciate even if you are a casual fan of this genre.

Pan Expressions: Sundays, 6:00 pm - 9:00 pm

Jazz Fusion: Tuesdays, 9:00 pm - 10:00 pm



IAN LAKE: MUSICAL EXCURSIONS

Ian Lake, who was born in London, England of Antiguan parents, now resides in The Sunshine Twin Island State of Antigua & Barbuda. A child of the 70's, a teenager of the 80's and a young man of the 90's music have been a continual soundtrack throughout his life.

Rock, Pop, Soul, Jazz, Funk, Hip Hop, Classical and House are some of the sounds in the melting pot you are likely to hear. The evolution of music shows no signs of abating anytime soon and he is excited about the future sounds that he has yet to hear as well as those current older sounds that he has not yet been exposed to until that beautiful moment when you hear the sound for the first time.

If you enjoy good music tune in between 2pm and 6pm on Sundays for his show "The Musical Excursion."



OUR MISSION STATEMENT

- TO CONSISTENTLY PLAY QUALITY AND VINTAGE MUSIC OF THE ERA OF THE 60'S TO THE 80'S WHILE MAINTAINING A STRONG CONNECT WITH THE POINT AND VILLA COMMUNITIES.
- TO CREATE A VIBRANT NEW OPPORTUNITY TO PROVIDE A PROFESSIONAL ADVERTISING OUTLET FOR BUSINESS ENTITIES IN ANTIGUA AND BARBUDA AND ACROSS THE REGION.
- **OFFICE: ZOOM RADIO 96.1 FM (ANTIGUA) | #5 BLACKBURN STREET | VILLA, ST. JOHN'S, ANTIGUA | (268) 734-0485**

AREA IN ANTIGUA!



ANDY LIBURD: MANAGER

Zoom Radio's managerial and marketing operations are being handled by the Epoch Media Group, owned by Mr. Andy Liburd. It brings to any advertiser an extremely potent tandem; matching a marketing and public relations entity with a broadcast facility. Mr. Liburd has well over 20 years of experience working in the media in Antigua and Barbuda and the Caribbean. His company has handled marketing services and projects for several major companies. Zoom Radio's clients will gain the additional advantage of benefitting from the services and experience of the Epoch Media Group in extending the reach of their company's operations and services. At no time however will the philosophy of Zoom Radio's music format be compromised. Among the services that Epoch offers are Public Relations, Media Management, Social Media Management, Marketing, Advertising, Event Planning and Management



MAXWELL 'MAXIE T' AUSTIN

Maxwell 'Maxie T' Austin is part of the unique diversity of Zoom Radio Sundays. **Between noon and 2pm** on Sundays when families enjoy the company of each other, Maxie T plays the music that was part of his experience living in the United States between the 70's and 80's. The fond memories of attending live concerts with the likes of the Isley Brothers, the Temptations, Gladys Knight, Earth Wind and Fire, Frankie Beverly and so on are reflected in the music he plays. He hung out at the Apollo on weekends and saw some of the biggest stars of Motown. He became a huge fan and began making the rounds to parties and banquets as a DJ with a collection of records of his own. He now plays only for Zoom Radio.



DIONA WRAY

Maxwell 'Maxie T' Austin is part of the unique diversity of Zoom Radio Sundays.

Between 10am and 2pm on Sundays when families enjoy the company of each other, Maxie T plays the music that were part of his experience living in the United States between the 70's and 80's. The fond memories of attending live concerts with the likes of the Isley Brothers, the Temptations, Gladys Knight, Earth Wind and Fire, Frankie Beverly and so on are reflected in the music he plays.

He hung out at the Apollo on weekends and saw some of the biggest stars of Motown. He became a huge fan and began making the rounds to parties and banquets as a DJ with a collection of records of his own. He now plays only for Zoom Radio.



DJ UNDERCOVER: CARIBBEAN SATURDAYS

Saturdays will be different on Zoom Radio. We take a step outside the box for the day but without losing touch with our core philosophy to keep it vintage. On Saturday our regular program switches fully to Antiguan and Caribbean music. There is no other DJ in Antigua that could achieve that for us than DJ Undercover. He has been in the business for well over two decades, appreciates our style and has the versatility to bring to your ears great Saturday listening from Short Shirt, Latumba and Beckett to Beres Hammond and Jimmy Cliff. DJ Undercover is on from **12pm - 6pm** and is responsible for programming the entire Caribbean Saturday. We are excited about Saturday's and you will experience why!

PRESS RELEASE: NEW RADIO STATION HITS AIRWAVES IN ANTIGUA

Zoom Radio begins testing from 96.1 FM with music for mature listening. On Thursday, 21st November, 2013, technicians completed the installation of transmission equipment at the Dunbars Telecommunications facility, making way for the coming on air of Antigua's latest radio station, Zoom Radio. Official testing on its 96.1 dial on the FM band began on Saturday 23rd November from the radio station's broadcast facility located at #5 Blackburne South in the Villa area. The radio station is owned by Mr. Bernard Williams, a product of the Point and Villa communities,



Let's Have a Chat!

By Janice F. Donaldson-Taylor

EDA 'LEX' JAMES is an adopted daughter of Point and Villa. Lex, as she was popularly known, spent the greater part of her life in the area, where her kids were born and the place where she once owned a unique business for a woman. She has certainly made her mark. Recently, I caught up with Lex at her home in the Bronx and sat down with her for a chat. Here is an excerpt of this conversation. (Interview date: August, 2014)

Janice Taylor [JT] I know that they call you Lex, but what is your given name.

Eda "Lex" James **[LEX]:** My name is Eda Alexandrina, My Godmother first called me Lex which came from Alexandrina. Very few people knew me as Eda,

Were you born in the Point and Villa or did you migrate to the area?

[LEX] No, I was born in Cedar Grove. We moved to Point in 1948. Many people believe I am from the point, but I am really from Cedar Grove.

Who are your parents – give us a little background?

[LEX] Both my parents were from Cedar Grove. My father was Timothy Henry (Uncle Tim). He was a cooper by trade. My mother was Sophie Joseph who was a domestic worker.

Tell us about your relatives in Point and Villa?

[LEX] Mary Christian, Dillinger, Irene - they were my mother's cousins. On my father's side was Eric Henry, Baby Henry, Ruby, Reggie, Porters. I am also related to Dorsette Francis-Mapp

Give us a little history on your family life – spouse, children etc.

[LEX] I was married to Joshua James. We met in 1961. He worked at the Health Center at the time. Later, he was employed as a baker, a stevedore and a security guard at customs. He was also a great warrie player. We lived at Bryson Street until 1971 before moving to Yorks. We

have seven children, Yvonne, Lauren, Arah, Junior (Hi Fry), Percilyn, Sonia and Coretta.

What schools did you attend and what were your achievements?

[LEX] First, I attended Cedar Grove School and then to Point School and Princess Margaret School. I was one of the first students to go to Princess Margaret School when it opened in 1955. I really enjoyed school. I use to enjoy Commonwealth Day. That was on May 24th, which was a Government holiday. We were all well dressed and carried the Union Jack. To this day, I could still recite the poem, "Children of the Empire".

How was it living in the Point & Villa community in your time?

[LEX] When we moved to Point, I was a little girl. Not many people were living in Villa. We were living next to Townsend Blacksmith Shop. The people of the community were very much together. Neighbors would look out for each other. It was a community of sharing. When the sugar boat came in, we would get a pan or bag of sugar.

Where did you work in Antigua?

[LEX] I was a domestic worker then we had the rum shop. I used to work there so that I could be home for the children. We closed the rum shop in 1971 before we went to live at Yorks.

I worked at Michael's Mount from 1971 to 1975 until they closed, then I got a janitorial job with the government in 1976 until my retirement in 2004.

As a woman, was it a difficult task in running a tavern in Antigua?

[LEX] We started the rum shop in 1964 in Sydney Bassnote place, but had to leave very shortly. I learned so much from that. I will tell you this, partnership is a leaky ship. We had to operate on a borrowed liquor license. It was a rough start but we got our license in 1965.

What are your fondest memories of Antigua and the Point?

[LEX] I enjoyed Hells Gate Steel band and the Iron band. At Christmas you had the clowns and there were activities all week until New Year's Day. I remember we would go up Street and every parent would leave their children at Barclays Bank. We played, laughed, and we made lasting friendships, and looked forward to meeting the following year. That is where I made acquaintances with so many people from the country. In Point we had our problems we would curse and fight one another, now and again, but at the end of the day we lived like family.

Who are the most memorable characters that pass through your tavern?

[LEX] The ones who stood out most were Peblo, Candle [The Teeth Again] and Uncle Buck. I would cook and the children



LEX



Lex and Great Grandkids



Lex and Grandkids



Lex and Daughters

would not eat much, so I would always have food when the patrons come to the shop. They love coming to my establishment because there was always food.

Who were the famous people in Point and Villa in those days?

[LEX] The famous people in the area were Uncle Love (Destin Papacita), Mr. Simon, Brown, Dada Rhoda, Ms. Fanny Green, Maxi, Martley, Jack Joe, Tobacco Jack, Porters, Elick Bathroom, Wendell, Biggy Knight, Kessy Joe, Stella Knight, Sydney Bassnote, and Eddy Weeks. They were all well respected.

Where were the hangout spots in the area in those days?

[LEX] Usually on the corners, shops, barber shops, and rum shops, etc. People would hang around and tell stories. In the early fifties Mr. Bridges was the only one with a radio in the area. When it was cricket season, everybody would crowd around. They would spread their crocus bags and sit there all night listening to cricket when West Indies was playing Australia. They ate and drank. Some people walked with their food, and they would drink rum, coffee or whatever. Little short Ina would be there dancing.

Name one of your special memories in Antigua as a young woman?

[LEX] It was the coronation of Queen Elizabeth in 1953. There were floats and everything was so nice. I would never forget it for I was confirmed on the Saturday and the coronation was on the Tuesday.

How was steel band music and calypso music received in those days?

[LEX] Steel band music was very nice. As for calypso, it was Benna music at the time. Calypso came in 1957 when carnival started.

Why did you migrate to the USA? Was this something you desired?

[LEX] To be honest with you, I really came for health reasons then my granddaughter was in need of someone to assist her with the chil-

dren so I stayed to help care for them.

Do you ever second guess your decision in coming to America?

No, I have no regrets, I love America. For years I wanted to come, but I had my children to care for. I got a lot of opportunities to come, but I could not travel with my children, and I had no intentions of leaving them behind. I passed up on those opportunities.

How difficult was it to make the transition from life in Antigua to that of America?

[LEX] It was Ok, but I do not enjoy Christmas here. I love the real Christmas feeling we have at home where we go to church at night. I miss the music, the shopping, and the greetings at home where everybody would greet you "Merry Christmas. Here, they say "Happy Holidays" which bothers me very much. When it comes to the Lenten season, I miss that Wednesday night service back home. We have Stations of the Cross on the street at the last week in Lent, (Passion Week). Every year we would go to a different area on the Island. I enjoyed the fellowship. During Lent no dance was held, but on Easter Monday morning there would be a breakfast dance, they called it "Bram," and everyone would come out. Ascension Day is one that I really miss also.

Who were the main characters in Point in those days that are worth remembering?

[LEX] There was Kirby, he worked at the cemetery. He would put on cardboard and a sign that said bang Papa {expletive} and all the young boys in the neighborhood would beat him it was all in good fun. Then there was Black Dice who would dress in fig leaf rub in tar and then rub himself against people. I remember an incident when Clem Samuel asked him over and over to behave him-

self. Well, he did not, so Clem gave him three licks with a Bull-Bud over his back. He ran down High Street and jumped over board and while he was in the water he was still calling for more water.

We listened to lots of Nancy stories when we were growing up. Do you remember any Nancy stories?

[LEX] Children used to tell Nancy stories among themselves. This one I heard and I will share with you. Some children would speak very badly and the mother would tell them when the man come don't say nothing shut your mouth. Anyway, one of the smaller children said mommy the moon is arosing. The next one said you na hear mommy say ahwee na fu talk because ahwee talk too bad. The next one say praise the Lard ina me pork. We were told stories about Jack-O-Lantern then nobody wanted to go home for they were scared. There were so many stories it would take us some time to go through them.

I am always impressed whenever I speak with you, but how do you maintain such a sharp memory after all these years?

[LEX] Most of the things I know, I learned them from my father and my aunt. The family always come to me for information. I try to instill this information into my children so that they could pass it on to the next generation.

Who were your closest friends in Antigua? Do you still keep in touch with them?

Ms. Daisy Brown and Ms. Mack are my closest friends. We are sister friends. Everybody else is on talking terms.

How do you spend your time now?

[LEX] I go to Lucille Roberts in the mornings. I joined a senior citizen group. There are many activities and I go on many group outings. I love to sing and I am very much involved at my church. I enjoy helping people. I also care for my great grandchildren. I usually pick them up from school.

A JOURNEY BACK TO NATURE

ANTIGUAN LOCAL REMEDIES THAT WORK

Contributors: Debbie Kentish, Dionne Austin, Janice Taylor, and Joyce DeCastro

By Bernard S. Henry



Red Lavender



Sinkabile



Sour Sap



Eucalyptus



Mint



Balsam

When I envision my upbringing in Antigua and Barbuda, I have come to realize that history will never give credit to our ancestors for their wisdom. As a child, I have learned that our bodies have a connection to nature. I have further learned that the unnatural things that our bodies consume will interfere with nature's functions. At the time, that was a whole earful to me because my brain was not matured enough to understand such wisdom. Now, that I am older and wiser, it appears that everything has come full circle and I am able to digest the true meaning of these things.

We have lost that special relationship we had with our natural being. The lifestyle that we were accustomed to living has been put on the back burner to adopt the lifestyle of the "Fast Food" Generation. This pattern has developed because people no longer appreciate or trust their own heritage. The things that worked for our parents for many generations, which allowed them to live out their Three Scores and Ten and much more, have dissipated and vanished like dust in the wind. I am talking about the foods and the natural medicine that our bodies need.

I have often heard the term Third World Countries, which refers to countries like ours. What really amazes me is that the things that our forefathers knew for many generations are now emulated by the so called developed countries. As they play these catch-up games, in the end they have the nerves to call these things new discoveries. Isn't this the same thing that Christopher Columbus did?

A few years ago, great attention was given to the Aloe Vera plant, the same plant that we called Sinkabile in Antigua and Barbuda. Scientists in these parts have suddenly found out the wonders of this plant. As far as I can remember, Sinkabile has been a main stay in our culture. In the Carib-

bean Islands, it grows in abundance. Most homes have a plant or two growing in the backyard or in the front garden.

What I remember most about Sinkabile is its use as a healing agent for cuts and bruises (and when dug by a sharp or rusted nail, especially in one's foot). In our youthful years running around the bushes and the alleyways barefooted, we would often become victims of old rusty nails or sharply broken bottles, leaving painful cuts under the soles of our feet. To prevent these cuts from being infected, Sinkabile was used instead of getting tetanus injections. If you want to learn more on how this method is applied, please follow the step by step instruction below.

Instructions: "[1] You cut a piece of sinkabile leaf from a plant. [2] You then slice it along the flat side to expose the fleshy (gel) inner part. [3] On the inner fleshy section sprinkle some salt. [4] Place this piece over coal-pot or stove flame for a few seconds. [5] Once it is mildly heated, you apply it onto the affected area and then have it wrapped with a piece of cloth." This technique always worked like magic.

It is examples like these that let me realize that we were living a far healthier lifestyle than we have ever been accredited. At least, we were wise enough to utilize the natural resources that were provided to us by Mother Nature.

In more developed countries such as the United States, people tend to go to the doctor for the simplest ailments. I have nothing against doctors, but from what I have observed, they spend most of their time writing drug prescriptions. And in my estimation, these drugs cause more harm to the body than good. Some of these medicines are made up of sophisticated ingredients with names that you and I cannot even pronounce, so you can imagine how confused our bodies become at the invasion of some types of medication.

In light of all this, it is encouraging to see that these days there is a strong appeal for organic foods. Some people are following this trend as if it is a new style or fashion. I believe the serious ones are trying to live healthier lifestyles since they have discovered that chemically induced foods are poisoning our bodies. As exciting as this may sound, I only hope that it is not too late for some of these people. My real concern is that these people spend most of their whole lives consuming all these unhealthy foods which makes me wonder if these organic foods are going to help them. There is an old saying that every great house should first have a solid foundation. That also applies to our bodies. Old Folks are great with sayings which can apply to almost any situation, one of which I can remember, "Things that gone bad

in the morning can't come good by the evening." Isn't this the same thing?

In Antigua and Barbuda, we have been living the good life, but we didn't even realize it. Mangoes, dums, guavas, pomegranate, coco plums, and coconut, are some fruits which were plentiful during our youth. They grew naturally. Without a doubt, these are the real organic foods which give our body's solid foundation.

While we are on the subject of natural foods and remedies, I would like to introduce you to some of our natural local concoctions that served as remedies for various kinds of ailments without any side effects. First, let me introduce you to the local remedy for mumps, and then we will proceed to other local remedies. In the olden days when a person had mumps (the swelling of the jaw) a sweet potato would be roasted in the arch of a coal pot and then rubbed with salt butter before it is tied with cloth to the jaw of the affected person. This method would allow the swelling to shrink. The hilarious part of this method was that before the swelling even went down completely, some of these greedy people would remove the potato from the jaw and gobble it down.

As we move along, we can also look at the local remedy for measles. In the case when someone became affected with the measles, this was normally treated by boiling white rice in a lot of water. When the pot begins to boil remove it from the fire and let it cool. Then, the water is poured off and given to the affected person to drink. I can't tell you the importance of this method but those people whom ever had the measles would tell you that it helped them.

The local remedy for constipation or hardbound is very interesting. Here is how it is done. When a person was constipated, a mixture of soap and brown sugar was used as a suppository to clear that person's bowels. Coming to think of it, nothing else needs to be mention.

I know this one would be of interest to anyone who suffers from hypertension or high blood pressure. In the olden days, the way of treating this condition was to place lots of garlic and water in a sealed jar and leave for a few days. This water will be drunk periodically to help to control the high blood pressure. Another way of treating this same condition was to eat cook Green Papaya or drinks the remaining water which the papaya was cooked in.

Quite interestingly, the remedy which was used to burst an abscess on someone's body would be to scrape pieces of washing soap and mix it with brown sugar or ground up with Epsom salt. Next, place it on a piece of brown paper and then put the mixture on the abscess and cover it with a piece of cloth. From all accounts, that did the trick.

Diarrhea, on the other hand, had its own unique remedy. In treating this condition, one would use burned white flour mixed into a porridge texture and then given to the ailing person to drink. This stopped the constant flow.

Saturday mornings was the time for detoxing children's bodies from impurities consumed during the week. Senna, Castor or Shark Oil was the local remedy in most homes. The effect of this mixture gives everyone a regular visit to the bathroom. This was a ritual in most homes.

The treatment for high fever was a little tough but effective.

When a person experienced extremely high fever, that person would be placed in a bath of cold water containing carbolic liquid. The bed would be made covered with some leaves picked from the Sour Sop Tree and this is where the person would sleep, covered with a blanket. This would make him/her "sweat out" the fever. In other cases, for adults only, a mixture of Strong black coffee, Cavalier rum, boiled ginger and garlic worked almost every time.

For menstrual pain, cat mint and information bush were washed and placed in a pan with boiled water and allowed to stand for a few minutes until cool. Small glasses of this drink would be taken periodically to ease the pain.

Many plants and herbs were also used to make delicious teas. For instance, Mint, nunu-balsam, eucalyptus, sour sop, sage, and fever grass leaves are well known teas in the Antigua and Barbuda circles.

Here is a quick overview of some of the other plants that have their natural remedial purposes. The Red Lavender plant, for instance, had many uses. It was used as a form of tea to help control a common case of gas and it was also used as a balking agent to alleviate pains. Cattle Tongue leaf was used for asthma and fever. Nu nu Balsam was used for digestive problems. Ripe Papaya was good for constipation and nausea. Sweet Broom was good for diabetes and hypertension. Bitter Melon bush was good for diabetes. Sinkable was also used for Acne and for cleaning the blood. Breadfruit was also good for hypertension. Sour Sop Leaf was good for diarrhea and fever. Neem bush was also good for cleaning the blood. Eucalyptus, Fever Grass, and mint leaves were some to handle the common cold.

In addition, there are other effective remedies that were used to address all sorts of issues. For instance, to alleviate the effects of sore eyes or red eyes, a combination of blue water and okra water was used to wash the eyes. This would normally clear up the eyes, in a very short time. Ashes from the coal pot were also used as cleaning agents to remedy discolored teeth. Clove was used for diarrhea and tooth ache. Coconut Oil was used, on the body, instead of lotion, to maintain beautiful luscious skin. Guava Fruit was good for diarrhea. If you eat too much the opposite is true. You bet it will hardbound you. Arrowroot is good for digestive problem. Christmas bush was used to flavor food such as porridge. To get the rid of congestion from a bad cold, a person would normally get a good rub down around the chest, nostrils, and temples, with a mixture of camphorated oil, menthol, camphor and other ingredients.

On a special note, in the olden days when a woman wanted to feel brand new once again she would take a bath in maiden blush bush or use allum to tighten her skin, making her body feel fit and as tight as a glove.

Viewing things from a male perspective, to enhance male performance or to prevent a man from becoming dysfunctional, Tamarind root was boiled into a drink or Guabandae was used to achieve the same thing. This will allow any man to stand up firm and for a long time on all three legs. As a backup alternative, Fish water (soup) with green banana was normally consumed on a regular basis to keep a man in the saddle like a cowboy for a long time.

Our body is our temple and any impurity that goes into it will defile it. As the old saying goes, we are what we eat. This brings me to the phrase, if you put garbage in, you will feel like garbage. So here is my advice to you, before you lose yourself forever; you need to give your body back to Mother Nature. It is that simple.

Coming together in Highlighting Our Barbeque & Fish *Picture Angles of the Fun and Enter*



CONVERSATION WITH FRIENDS



CHATTING AND SHARING IDEAS

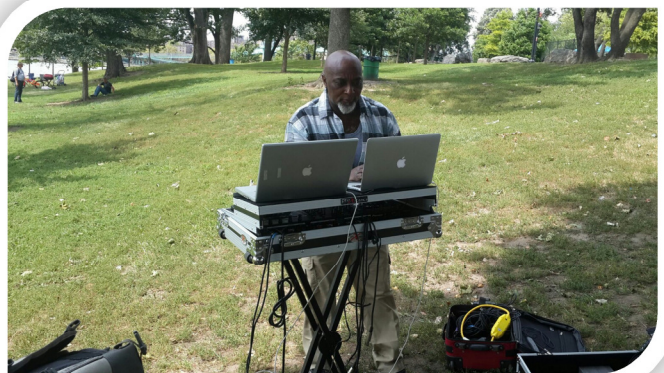


WATCHING AN ARTIST AT WORK



FUN TIME IN THE PARK

GREAT PICNIC ATMOSPHERE



DJ "WASA" CLOSE UP

Aid of our Communities

Fry in the Park at Randall's Island *tainment: Every Shot has a Story*



PLAYING DOMINOES



DJ WASA FACING THE CAMERA



RELAXING IN THE PARK



JUST HAVING A GOOD TIME



THE GRILL MASTER AT WORK



CATCHING UP WITH FAMILY

Wadadli West USA Inc

Dedicated to Point, villa, Fort Road, Yorks Communities

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Welcome! We are so glad you found us. Here we are spreading the wonderful news about our communities and of our beautiful country of **Antigua and Barbuda**. We are **Wadadli West USA Inc**, serving the communities of the Point, Villa, Yorks, and Fort Road. Our efforts here at the organization are aimed towards uplifting these communities by providing them with the necessary assistance to move forward in this 21st Century.

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Here is what to expect when
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- You will discover the most informative community-based content on the web.
- You will get an opportunity to know the culture and people of the Point, Villa, Fort Road, and Yorks communities.
- You will be able to obtain your own digital copies of our Neighborhood Quarterly Newsletter, including previous issues.
- You can follow the progress of our organization as we host our fundraising events in aid of our various charities and much more.

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Wadadli West



Paying tribute to our leader – R.I.P Shelly

WADADLI WEST USA INC IS ALSO ON Facebook:

www.facebook.com/#!/wadadli.west

Follow us on **Facebook** and you will get the opportunity to know what we have been doing and what we have planned to be of better service to our communities. Let us know how you feel about the work which we have been doing thus far and how we can become more effective.

Interact with the members of our team, such as, **Bernard Henry, Joyce DeCastro, and Henzelle Richards** who will be ready and able to answer any of your questions.

Again, thank you so much for being part of the Wadadli West USA Inc. enjoyable experience.

RESURFACING ON A DIFFERENT STAGE WHAT'S YOUR STORY!

Spotlighting "Theron Martin"



By Janice Taylor

"Resurfacing on a Different Stage" is a research series that looks at the lives of people from the Villa, Point, Fort Road, and Yorks community who have made their marks in Antigua and who have proudly furthered other interests abroad. This quarterly issue briefly looks at the life of **Mr. Theron Martin** from the Point.



Photo of Theron Martin in a vintage outfit taken in Antigua in the 1980's

A

ntiguans and Barbudans are known to be very proud people. What I really appreciate about my people is that it doesn't matter how long we live abroad or what real estate we own in other countries, we still refer to Antigua and Barbuda as our home. This type of patriotic mindset is naturally carried over into other areas, so when one of our countrymen or countrywomen achieve great success in any field, it becomes the success of its entire people. Being from the Point-Villa Community it is extra special for us when someone from our neighborhood becomes successful. The story of Theron Martin is one that is rich in achievements which must be shared and revealed to the world.

With that type of proclamation, I could just envision the barrage of questions firing from all angles like a heavy artillery fire. Who is Theron Martin? The simple answer is he was born and raised in the Point community making him one of our very own. And for a greater explanation, he has gone out in the world, made his name, and in the end made us all proud.

Theron Martin arose from the Point neighborhood quietly and sneakily as an ally mouse without the unnecessary attentions. He was able to stay out of trouble in a neighborhood that was known to be unforgiving. Around his friends, he was called Jawali, but this alias was not given to him because of some sort of mishap or mischief that happened on his part like many of his contemporaries. His mother Maude "Netta" Martin must be credited for the outstanding work that she has done by providing him with everything that he needed to keep him out of trouble. Such an effort was necessary at that time as his father, Harold Martin, died when he was just a little boy.

Theron came from a fairly large family having four brothers and seven sisters. To his account, he never viewed anything from his early years as challenging. Maybe it was brilliant on his part to have channeled his energies towards doing positive things and staying out of trouble. As he accounted, he looked up to his brothers Claude Earl and Bertfield, but loved the family lifestyles of his two cousins Kenroy Watkins and Roger Charles.

Like many of the community children of that era, he followed the same path of education. He first attended the Moravian Elementary School, then onto the Villa Primary School, and finally the Princess Margaret Secondary (PM) School. Very few kids fell short of that norm unless they have never attended a secondary school.

It was at the Princess Margaret School where he quietly started to make a name for himself in track and field. He was an outstanding athlete. He represented the school in inter-school track meets and had great success in these competitions. He has also represented Antigua and Barbuda at international level. The 100, 200, and 400 meters were his specialties. Among his many accomplishments, in 1980 he won the Leeward Islands championship in the 400 for juniors and then in 1983, he won the Leeward Islands championship in the 100 meters

Anatomy of a Community

Point, Villa, Fort Road, Yorks

We Are Point, Villa, Fort Road, Yorks: We Are Wadadli West USA Inc.

Striving to make a Difference in Our Communities



Come home to Point, Villa, Fort Road, and York. Our doors are open for you.



Percival Gas Station: Community Landmark



A view of Sweeney Alley in the Point



Antigua Distilleries LTD: Home of Cavalier Rum

Welcome to Point, Villa, Fort Road, and Yorks Communities:

- A place rich in heritage and history.
- A people who are fearless with truth that cut as a shark razor.
- A place of unlimited potentials.
- A place where legends and heroes roam.
- The home of kings and queens



Youths fishing at the Point wharf



Ruins of the Ancient Mariner: Fishermen Rum Shop



St. Paul's Anglican Church in Villa

LINKING OUR COMMUNITIES TOGETHER TO ENHANCE PROGRESS

website: www.Wadadli West USA Inc.com | Check out Our Facebook Page: Wadadli West

for seniors.

After he graduated from the Princess Margaret School, Theron was employed with the Antigua and Barbuda Custom Division as a customs officer. His first and only work assignment was at the then, Coolidge International Airport. After working there for approximately two years, he migrated to the United States of America.

When he first arrived in the United States, he wanted to be a Pilot. He was moved by an Advertisement on TV about the army, that very famous line, "Be all you can be in the Army". But reality quickly set in as he soon realized that it was not as easy as it sounded. In order for him to be a pilot he had to become an American Citizen. Anyway, he joined the army but with a backup plan. His plans were when he became an

get to a bunk. The military provided them with just about everything they needed. They made the living conditions as comfortable as much as possible.

After seventeen years in the Army, Theron achieved the rank of Master Sergeant. As he explained, it was not an easy achievement since the competition at that level was huge. There were only a limited number of selections made each year. He retired from active duties in the Army after twenty one years. Among the accolades he received were five Army achievement medals, four Army commendation medals, two meritorious service medals (MSM), and a bronze star. He has been retired from the Army for seven years now but still manages to work for the Department of the Navy as a Supply Specialist in the International Programs Division.



Theron, standing right, in a Photo Shoot with his friends



Theron in an Athletic Meet at Antigua Recreation Grounds



Theron in his United States Army Service Uniform

American Citizen he would then transfer to be a pilot. Once he got into the army, there was a change of plan. He loved his job as a Supply Specialist so much that the idea of being a Pilot did not seem that important anymore.

Theron still reminisces, today, on the rude awakening which he received on his initial entry into the Army's basic training. As he would put it, it was not a piece of cake. Coming from the hot Caribbean climate to the cold winter of the Midwest, in Missouri, was a challenge within itself. He had a tough time adapting to the weather. But after a period of time, he was able to adjust to Army life. While he was in the army he continued his track and field. He was even able to make it to the European Track and Field Championship. But after he left for Europe on his first tour, which was from 1986 to 1988, he has not competed in track and field again.

As expected, there were good times and tough times in the Army. His tour to Afghanistan provided some of his greatest Army experiences. As he explained, every time he left the base he knew he was at high risk. Fortunately for him nothing happened. He further stated that there were situations where rockets were being fired at his camp just about every day. These attacks would cool down only in the winter time, but from Spring to Fall, rockets were being fired constantly. On the Base, he said that everyone felt basically secured since there were sirens to alert when rockets were being fired. And this gave everyone enough time to

In his civilian life, he has been married for twenty seven years to his childhood sweetheart, Julen Spencer, from All Saints in Antigua. They were blessed with three beautiful daughters, one of whom passed away in 1994. His other two daughters, Alisha and Shamika, are doing very well. They have both college graduates. Theron also attended Columbia Southern University and graduated with a Bachelor's Degree in Business Administration.

Theron still cherishes and misses his old friends in Antigua, some of whom are Joseph Henry, Wakaii, and Skep. They remain his best friends up to today. He also misses the rich Antiguan culture, the holiday seasons, the privilege of going to the beach on Sundays, the food, the weather, and the people in general. He has never forgotten his culture.

Theron loves to travel; it has become his number one pastime. According to him, he has been in just about every European country anyone could think of. He has also been to Saudi Arabia, Iraq, Kuwait, and Dubai. Apart from the Military, he has also worked in Afghanistan for six years.

These days Theron is more relaxed becoming the fix-it man around his home. He finds himself doing all sorts of little projects here and there like fixing the basement and decorating the yard. He has also developed a passion for nice cars. In an era of procrastinators, it is always so refreshing whenever you hear of someone who had a dream and followed it right through to the end. This was the case of Theron Martin. From all of us from Antigua and Barbuda and, especially, from the folks of Point & Villa Area, "Theron, you have made us all so proud".

WALKING IN MY FATHER'S FOOTSTEPS



BY JOANNE HOOD

“This is dedicated to my father, Mr. Shelly Hood. I love you dad!”

My father was one of my greatest heroes.

When I consider the ways in which he had influenced other people's lives, it gives me great pride just to know that I am associated to him much less for him being my Dad. I never knew how important my Dad was to a community and to a country until he passed. Listening to the stories of people pouring out their hearts with gratitude on how he had helped them in one way or the other often left me choked up and emotional. Everyone had a pleasant story to tell about him. It wasn't until after his death that his younger daughter, Danielle, recalled and shared with his family how he had donated his entire pay check to help people

whose lives were devastated by a natural disaster. Such was the character of this man.

If I had a choice to live this life over again, being offered the choices among other great men, I will still choose him as my Dad because of the love I have for him. Sometimes, I ponder with great sorrow and agony. How can you replace someone who has meant so much to you and who has been the rock of your life? Shelly Hood was my Dad.



Joanne with her dad, Shelly Hood in her youthful years



I was challenged by the team at Wadadli West USA Inc. to write an article about its former Chairman, Shelly Hood, as a way of introducing myself to the many communities that my father served. I was a little nervous about writing such an article as I didn't believe my words could tell the true story of a man who lived an extraordinary life. But what choice do I have but to try?

My father was one of the most remarkable men that I have ever known. He has left behind some enormous shoes for his daughters to fill. I don't know if my small feet will be able to fit into these shoes. But at least I know that if I could travel along the same path where he had trod, helping people along the way, maybe I may find my way on the right track of doing some great things to humanity.

I had always admired the way in which my Dad went about life. He took everything he was a part of with the same seriousness, dedication and commitment. The same passion that he had in his profession, as an Architect, would spill over into his other engagements. My father was always involved. It seemed as though he was born with that special gift of bringing people together and supporting a worthy cause. I can't tell you the amount of committees and organizations that he was a member of, all I can say was that there were many.

In addition to starting the Wadadli West USA Inc., he along with a few family members and friends began the successful Caribbean Splashdown Committee which just held its 10th Annual Celebration this past Labor Day Weekend in Marcus Garvey Park, in Harlem, New York. My father also rallied the various Antiguan organizations so they could have the first ever, and hopefully not the last, Point & Villa Area Reunion 2013, in Antigua. However, I never knew that he was the man behind so much of it. He never took credit for spearheading the suc-

cessful events on the island. He didn't care for the recognition of his work, rather, he just wanted people to support the causes.


On the other hand, when he was not involved with his own charities, he was always on the go supporting other organizations' events and charities. Like the energizer bunny, he kept on going, and going, and going to the end.

Up to this day I still do not understand how he was able to accomplish the things he did. Sometimes I would laugh to myself for even when we were planning family engagements he would have to check his schedule to see how everything would fit in. He literally gave his life to the service of people and country.

The other thing that I also admired about my father was the way in which he was passionate about his country, Antigua and Barbuda. He never forgot where he came from. And he never allowed his family for one minute to forget that either. Everything around our home reminded us of that every day. Please allow me to use one of his dialects, "Ah Antigua Me Come From." He was one of the people that I can truly say wore his country on his sleeves. Even though he lived in the United States for so many years, one thing I know with great certainty was that his heart belonged to Antigua and



Joanne spending some quality time with her dad

 Wadadli West USA Inc. <small>"Dedicated to the Development of the Point, Villa, Fort Road, and Yorks Communities"</small> <small>HEADQUARTERS: 476 E 29th Street, Brooklyn, NY 11226 Email: Wadadliwestusa1@hotmail.com</small>			
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PERSONAL INFORMATION			
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ADDRESS:			
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ADDITIONAL INFORMATION			
HOW DID YOU HEAR ABOUT US	<input type="checkbox"/> web	<input type="checkbox"/> A FRIEND	MEMBER <input type="checkbox"/> OTHERS <input type="checkbox"/> :
IF OTHERS, EXPLAIN:			
DO YOU HAVE ANY SPECIAL SKILL THAT YOU BELIEVE WILL BENEFIT OUR FUNDRAISING EFFORTS?			
YES <input type="checkbox"/>	NO <input type="checkbox"/> :	IF YES, EXPLAIN:	
WERE YOU EVER A MEMBER OF AN ORGANIZATION?			
		YES <input type="checkbox"/>	NO <input type="checkbox"/> :
IF YES, STATE WHICH ORGANIZATION:			
HAVE YOU EVER LIVED IN ANY OF THE COMMUNITIES?		YES <input type="checkbox"/>	NO <input type="checkbox"/> :
IF YES, WHERE?			
<small>Your do not need to have direct ties to our communities to be a part of this organization. Wadadli West USA Inc is open to all parties who wish to be friends of our group and our communities. We do welcome you support and you participation. Thank you so much for your interest.</small>			
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Barbuda.

This may sound a little complicated, but I am a Canadian by birth who was raised in the United States as an Antiguan. Where does this fit into the scheme of things? When Shelly died, I felt compelled to continue the wonderful work that he began. Well, I was challenged by the members of the Wadadli West USA Inc. organization to come aboard to help carry on my father's legacy. This is an organization that my dad founded. I had the opportunity to study my father as a science. I have to admit that thinking about the many things Shelly was involved in I felt a little overwhelmed feeling that Shelly has big shoes to fill. But the more I thought about it and prayed on it, I know Shelly would say do as much as you can. So now I've taken on the cause to continue what he started. Who I am and why I am so committed to continuing his cause? I'm Joanne Hood, Shelly's daughter. I hope when all has been done, I will be able to make you proud.



Former Consul General, Ms. Omyma David @ NASDAQ Closing Bell with Congresswoman

ple, and a few ideas of her own. Thanks to her good friend, Gloria Airall, who prompted and inspired her all the way to the Office and the Antigua and Barbuda Consul General, Mr. McChesney Emmanuel.

The position of Deputy Consulate General needed someone with great vision and the ability to quickly organize and direct. There was no on-the-job training. This person would have to hit the ground running. It found a strong woman in Omyma David. Her training in Psychology must be credited somewhat in preparing her for this role as the subject involves relating with people and dealing with the different issues. These were two of the most powerful ingredients to succeed in this position. She had all of that and even more. It was the love for people and her country that brought her here.

Initially, she had set a timeframe of two years of which she would organize the Consulate General's office and then, she would return to Antigua to pursue her field, but 2 years became 3 years, and 3 years became 4 years... Ten years later, she was still at the helm.

Omyma grew into this position so nicely that it evolved to include some of the responsibil-

ities of the Consul General. In the absence of the Consul General, when he was recalled to Antigua to head up the Office of Investment and Trade, she functioned in this capacity without the title or the benefits. What must be admired about this great woman was that she realized that this responsibility was open and that somebody had to step up to the image of Antigua and Barbuda to serve the Nationals. She answered the bell. For two and a half years, she functioned in this role.

In the area of investment and trade she did not have much experience because the Consul General normally dealt with that area. After his departure, she assumed full responsibility. She soon developed the expertise to interface with various investments for she knew that she could bring credible investors to the Government of Antigua and Barbuda.

She served the New York Diaspora mightily. What she had done to help the Antiguan and Barbudan organizations to organize, reorganize, and come together was absolutely priceless. She supported the various entities tirelessly and without prejudices. Her leadership shone brightly like that guiding light at the end of the tunnel. This makes us believe that there is always hope. The clergy respected her and being a churchgoer and a strong believer made it easier to be relevant in this circle. Most of all she has faith in the people of Antigua and Barbuda and the Caribbean Community as a whole. She was the consternate Counsellor.

Unusual talent like Omyma's only comes by once in a while. She possesses the toughness of a Margaret Thatcher and the grace and elegance of a Queen Elizabeth. If there are ten words that I could use to describe our Deputy Consulate General, these words would be courageous, patriotic, selfless, honest, prideful, genuine, professional, disciplined, loyal, and loving.

Her job at the Consulate General's Office was never based on the petty party politics of Antigua and Barbuda. What she did was too important for such nonsense and ignorance. Her work was based on the genuine unconditional love for her people and country. She served her country well with dignity and pride. In the company of dignitaries from around the world, she was unflappable, holding her own.

Yes, we are all aware that the transition of personnel, or power for a better choice of words, from the Consulate General's Office was far less than ceremonial, no gratitude shown for excellent years of service to country. But what else do we expect? Even though this may be the final segment of her public life, it should not be the last opportunity for serving her people and country. A special gift and talent like this would be a terrible thing to waste. Our country is in need of a fresh blood of people who have a genuine interest in others. With such a talent like this all of a sudden 2019 looks bright.

In the midst of confusion, filled with vindication, selfishness, dishonesty, disloyalty, and uncertainty; we must find some sort of civility and reason. The first time around was a total disaster, so let us use this chance to do it right. To the former Deputy Consulate General of Antigua and Barbuda, Ms. Omyma David, you have served your country with unimaginable honor, pride, loyalty, dignity, and sincerity. For this, we are eternally grateful. So from all of us out here in the Antigua and Barbuda Diaspora, we sincerely thank you from the bottom of our hearts.

DÉJÀ VU ALL OVER AGAIN

By Bernard Harrigan [Guest Contributor]

T

he Antigua & Barbuda Labor Party has won the 2014 General Elections in our twin island state. Now the business of conducting the affairs of the citizens of Antigua and Barbuda is in motion. The ancient practice of that party's former bosses is as prevalent now as they were then. The tone of the party has been enforced, "U nah vote fu me u nah get wuk."

Yes, I have lived in North America for over four decades and although I have adopted its political practices, I have refrained from using these practices as a measuring tool for how the rest of the world should administer their respective territories. What I have observed over the years is that Caribbean governments, with a few exceptions, failed to handle the transition of administration in a manner that express a genuine concern for the business of the country, instead of attempting of the habit of trying to derail some of the progress made by the former administration, out of spite.

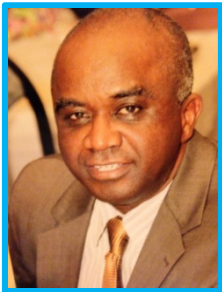
This shallow political practice also immerses itself into the everyday running of the country. The attitude of the winning Party is to aggressively fulfill its campaign promises to the various special interest groups even if it means to hurt innocent people. They are also faced with the dilemma of providing jobs for supporters regardless of their lack of qualification or job experiences. The idea that every five years people's job security is predicated on their political affiliation and not

on their ability to perform their duties can be very disconcerting. This brings to mind the days when dark skin Antiguan like myself were not allowed to work as tellers in the banks in St. Johns, regardless of our qualifications, because of our skin complexion. I have always thought that this type of apartheid system has changed, but apparently I have been wrong all along.

The smooth transition of government is important to the party that is about to take reign. It should have been practiced a long time ago that the incoming party gets a comprehensive overview of the country's position in order to continue the people's business at hand in capitalizing on progress already made and in exploring other feasible future projects initiated by the outgoing party.

This type of mythology has been practiced by corporations for decades when assuming change of management. The essential employees are kept in place to ensure the continuity of the company's undertakings as this is expected by its many shareholders and stakeholders.

The lack of appreciation for the working class in Antigua & Barbuda has quickly diminished, eroding all its historic advancements made over the years. It is amazing how the private sector continues to flourish, taking advantage of its political investments, while the masses are left at the mercy of the government. Sadly enough, they are left to face with the possibility of being unemployed the day immediately after the country's General Elections.



About the Author:

Bernard Harrigan is the current President of the Antigua and Barbuda Cultural Society.

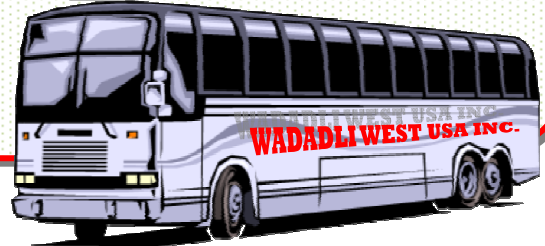
Most importantly, he is also from the Point and Villa region.

This is his personal contribution.

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ANANCY STORY TIME

THE GOOD OLD BEDTIME STORIES

THE AMAZING STORY OF BER LION AND BER RABBIT



This Nancy Story has been in our family for many, many generations. Now it is time for me to share it with you: the story of Ber Lion and Ber Rabbit.

Narrated By Bernard Henry

. The lion has been dubbed the King of the Jungle since time has begun roaring its way to prominence. Every animal in the jungle would bow to His Grace with fear, loyalty, and reverence, all except one little creature called the rabbit. Rabbits are known to be very quick and nimble, but no one ever gave rabbits credit for their prowess.

Even though the lion was the king of the jungle, a rabbit had the knack to out-trick and outwit the king of the jungle at any time. If you don't believe me then follow me as I tell you this story about Ber Rabbit and Ber Lion.

Once upon a time there lived a farmer, named Farmer Jack, and his family at the end of the jungle. Farmer Jack was famous for growing such crops as carrots, lettuces, radishes, and spinach – dem type ah food we love to call rabbit food. Most likely, this was great news for Ber Rabbit because as you know, rabbit loves this type of food. Farmer Jack also raised livestock such as cows, pigs, sheep, goats, and fowls, which of course drew great interest of Ber Lion for lions love plenty meat.

Ber Lion, on the other hand, stayed at the edge of the jungle, looking at the farm from a distance, not daring to come close to Farmer Jack's farm unless it was absolutely necessary. "Remember, I said unless it was absolutely necessary." One thing I can tell you though, no matter how bold you believe a lion is, nobody afraid more gun than a lion. And guess what? Farmer Jack had one of them long buckshot shot guns.

Anyway, Ber Rabbit became real interested in Farmer Jack's farm so he took up residence on the farm even though nobody invited him. Ber Rabbit became a real menace for the farmer and his family. Every night when the farmer was asleep, he would go into the farm and make a real mess nibbling on everything he could find.

As the story goes, Farmer Jack was tired of Ber Rabbit destroying his crop. He literally hated him. He tried everything possible to get rid of Ber Rabbit but nothing worked. He stoned him. He chased him with a big stick. And he even fired buckshot at him but he could not get him. Everything he tried Ber Rabbit would run away and just slide down into his hole and wait until all was quiet before he crawled again. It was fun for Ber Rabbit but it was driving Farmer Jack crazy.

Finally, one night Farmer Jack set one of them well disguised traps and Ber Rabbit was finally caught. Farmer Jack and his family were very excited. They tied up Ber Rabbit carefully with many pieces of strings, not wanting him to get away. Ber Rabbit was going to be cooked for the dinner the next day. Ber Rabbit was scared for he didn't know what to do. He thought to himself that this was the end for him. It would take a miracle to get him out of this predicament.

Meanwhile, Ber Lion was going through tough times. Food was very scarce to come by in the jungle. He was so hungry

that night that he could hear his own gut roar from hunger pain.

It was an easy decision for him. He had to go down to Farmer Jack's farm to at least get one of them fat lambs on the farm. So he sneaked onto the farm and pounced swiftly and quietly on one of them little kiddie goats and started eating.

Ber Rabbit saw Ber Lion and thought to himself, this was my last chance to escape. He quickly went into his act as he fake cried and murmured: "Me no want fu married to the king daughter," he cried repeatedly, having one eye cornered to see if Ber Lion was coming his way.

Ber Lion heard the sound and decided to investigate. By that time when Ber Rabbit saw Ber Lion coming his way he went fully into his act. "Me no want fu married to the king daughter." When Ber Lion saw Ber Rabbit, he first started laughing. He knew the little rascal well because they had a few encounters before where Ber Rabbit tricked him. But Ber Rabbit pretended to ignore him and decided to add a few more lines to his act. "Nobody can force me to married the king daughter if meh no want fu married she. Them can tie me up as much as them want, Meh still nar go married she."

Ber Lion by then had stopped laughing. Ber Lion was so darn stupid, asked Ber Rabbit, "Ah wha you say?" Ber Rabbit replied as if murmuring in protest. "Me just can't married she, she is not my type."

Ber Lion decided there and then that he wanted to trade places with Ber Rabbit. So he untied Ber Rabbit and asked Ber Rabbit to tie him up instead. Ber Rabbit tied up Ber Lion good. He even tied him up by his balls.

Next morning when the farmer's son went outside and saw Ber Lion, he quickly rushed back into the house and cried, "Papa, Papa come quick, the little one produce big one." The farmer was shocked but quickly said to himself, what the heck, the more the merrier. Anyway, Farmer Jack put on two huge pots of water to boil.

When Ber Lion saw the huge pots of water he was all smile grinning from ear to ear with his pearly white teeth, as he said outwardly, "One pot fu de rice and the other pot fu the stew," thinking the pots of water was to prepare food for his marriage to the king's daughter. So when the water began to boil, the farmer dipped out two buckets full and threw the first one over Ber Lion to scald him. The water was so hot that Ber Lion plunged out of the rope leaving a piece of his balls hanging from the rope, running back to the jungle. Ber Lion went under a tree feeling humiliated and hurt.

While he was there he felt a soothing breeze blowing against his balls as he cried out in relief "Cool breeze on Ber Lion's tone." Guess what, he was standing right over one of Ber Rabbits holes and Ber Rabbit was providing the breeze. When Ber Lion realized what was happening he shouted, " Ber Rabbit you son of ... Na mek me catch you no place, " cursing and carrying on. Ber Rabbit just laughed out loud and ran away because he tricked Ber Lion once again.

Please help us to keep our folklores and Anancy stories alive. Let us save these important parts of our culture alive for posterity. If you have a story to share, please contact us so it can be documented. You will definitely be credited. Please contact: (Phone) 347-885-9154 or email berhenry1@aol.com.

TOTALLY ANTIGUAN

On this page, we address the things that are synonymous with Antiguan only in the most interesting way. It may be our foods, dialects, habits, politic, jokes, or slangs – anything in our culture that defines us as Antiguan. You know how we do it. “Ah Antigua Meh Come From.”

BY JANICE DONALDSON-TAYLOR



“FREEBZ”

If you are from Antigua, I don’t care where around the world you live, you must be familiar with the word “Freebz”. What’s the definition of Freebz? Freebz means loving other people’s things without having to work for it or to dig deep into your pocket to pay for it. Don’t get confused and start running for the Webster Dictionary to look for it. Trust me, if you look into that book you are not going to find it. Freebz is a word that was cultivated and branded in Antigua. Antiguan love so much Freebz that they went out of the way and coined a backup phrase for it called “back in you truck,” meaning the same darn thing.

Man, let me tell you, I have so many experiences with my people and freebz that it will make even a drunken man’s gut sick. Let me show you subben. If you having an event and you tell an Antiguan that eh ha fu pay, you get all kind of silly excuses, such as, “my dog got belly ache” and them no ha no dog, “me ha fu work”, “me pussy go tizzik”, “I have previous engagement”, when them never go no way, or “me just bruck me foot” - anything they will come with so dem no hafu go into dem pocket. Some a dem will come to the event with dem pocket full a money and dem still a try to get in free.

On the other hand, when you have a free function, they will all come out of the woodwork, some on clutches, bruck foot, bruck hand, pan horse and cart, beh-ride, and braces - anything that will get them there. Once it free, dem no care how far dem have fu go.

Some of them would go to funeral re-past, even if they don’t know the deceased, just for the free food. They will socialize and nyam until dem gut full or the food done.

Let me give you this story, there was this guy back home name Baggy who had a good friend name Titus. Titus was getting married, so of course, he invited his friend Baggy. Baggy, on the other hand, was planning ahead on how much food eh go nyam when eh go to the wedding. To execute his plan, the night before the function he decided he was going to purge himself by using some Brook Lax so he can eat nonstop at this wedding. That night was prepared, His clothes done press and his shoes were shined. *[You remember Brook Lax? You remember how we use to give dung gut, raben gut, and beggie-beggie people Brook Lax fu nyam as dairy chocolate? Thinking about it now, that was a little wicked. I am a little ashamed now. Ha. Ha]*

Well anyway, Baggy must have taken too much Brook Lax because he was constantly on the go to empty his bowels. On the day of the wedding when everybody was eating, carrying-on, and really having fun, Baggy was still dong ah bayside, hanging over Point Wharf, having a bathroom moment. Baggy was not able to attend Titus wedding.

The moral of the story is too much Freebz no good. WAIT!!! WAIT!!!! WAIT!!!! Hold your horses, tie you donkey, I hope you are not only reading this newsletter just be-

Email feedback to us at: WadadliWestUsaInc1@hotmail.com or berhenry1@aol.com