



CCA BEACON

*KEEPING YOU UPDATED WITH WHAT'S HAPPENING IN C.C.A LIMITED AND CANOUAN
OCTOBER 2012*

CANOUAN SCHOOLS CELEBRATE INDEPENDENCE 2012



CHILDREN WAVE THEIR VINCENTIAN FLAGS AS THEY GET READY TO MARCH FOR INDEPENDENCE

St. Vincent and the Grenadines celebrates its 33rd anniversary of Independence on Saturday October 27th 2012 and many across our lovely chain of islands will celebrate in different ways.

The island of Canouan is no exception, and for weeks the teachers and students of the schools on the island have been preparing for this event.

Dressed in the national colours of St. Vincent & the Grenadines, they began their

celebrations with a march from the school to South Bridge and back. It was a very colourful sight and many parents, friends and well wishers joined in to show their support.

The children were all excited as they waved their flags and sang patriotic songs. Some donned nicely decorated outfits, all in the spirit of independence.

In the afternoon a concert was held at the Canouan

Government School, where students from the Pelican Primary School and the Canouan Government School performed dances, recited poems, sang songs, even in Spanish.

All depicting Nation building over the years and the beauty of our lovely chain of islands called St. Vincent & the Grenadines.

As a result everyone present was entertained, enlightened and educated about our rich history and culture.

INDEPENDENCE CELEBRATIONS IN PICTURES



CANOUAN GOVERNMENT SCHOOL BENEFITS FROM AFTER-SCHOOL PROGRAMME SPONSORED BY C.C.A. LIMITED



MS. NICHOLETTE THOMPSON SPECIAL EDUCATOR CONDUCTING AFTERSCHOOL CLASSES

The children of the Canouan Government School continue to receive assistance with learning.

This through an after school programme sponsored by C.C.A. Limited and coordinated by Special Educator Ms. Nicholette Thompson.

Implemented in February this year, the programme was aimed at assessing students from grades 1-6 in the areas of Mathematics and Language Arts, in order to ascertain

their weakness in the subject areas and provide afternoon tutoring between the hours of 3- 4 p.m. to students with learning needs.

However there were some limitations and changes were made to the targets which included the following:

- Focus was put on basic reading skills e.g. phonetic skills, reading sight words, blending sounds, syllabication and dictionary skills.

- Skills in copying information efficiently.
- How to type a document in their Netbook
- Training the memory.
- Skills in comprehension (including understanding emotions in a story, sequence, and cause and effect.)

Lessons and classes were organized and structured so students could be given the opportunity to attend classes Monday through Friday,



STUDENTS PARTICIPATING IN AN EXERCISE

between the hours of 3:00 p.m. to 4:30 p.m.

C.C.A. Limited has been appealing to parents through P.T.A. meetings about the importance of utilizing the educational assistance provided for their children, especially considering the busy work schedules they maintain.

According to Ms. Thompson the aim is to start teaching a child from the level that they are at and gradually elevate them to the level that they should be.

Throughout the course of the programme, students' behavior and attitude towards work has changed tremendously. They are developing an interest in their classes and lessons.

Students are now more confident in their abilities, self-motivated to read and work individually, driven to excel. Students are turning out in full numbers and with the support of Principal Burgin

and her staff the programme is beginning bearing fruit.

A graduate of the Mico University College in Jamaica, and the University of Pedagogic Sciences in Cuba, Ms. Thompson pursued studies in Special Education, with emphasis in mild to moderate disabilities.

She has hosted remedial and after school classes in Mathematics, Reading and Spanish for over ten years.

Miss Thompson currently works at the Pelican School as a Special Education teacher's assistant to the classroom teacher.

Nothing pleases her more than to see the children engrossed in their lessons as they happily work together (in groups and sometimes individually), learning through not just their school text books, but also through hands-on activities, activities on the computer and the visual and performing arts.

CHILDREN ON THE MOVE VISIT HYDROPONIC PLANT



DR. A. VASQUEZ WITH FELECIA BLACKMAN, ANNMARIE FREDERICK & THE CHILDREN

Children from the Canouan Kindergarten Preschool paid a visit to the Hydroponics plant on Friday 19th October 2012, as part of the Children on the Move Programme, sponsored by C.C.A. Limited and coordinated by Felecia and Christopher Blackman.

Dr. Allen Vasquez Supervisor at the Hydroponic Plant gave them a tour of the facility and the children were given a small present to plant at home.

The programme which is being conducted on Canouan for the months of October, November and December is designed to assist with the development of children, using an educational and entertaining approach to learning, enabling them to associate places, things and people familiar to their environment, and as a result gain self esteem, confidence and pride in themselves.

The programme is then aired on the local television station S.V.G.TV.

CANOUAN FOOTBALL TOURNAMENT OPENS



C.R. UNITED



BEST UNIFORM - D.C. UNITED



THE YOUNG FOOTBALLERS- BALL KIDS



C.C.A. RED FLAMES

The Canouan Football Association on Sunday 13th October opened its tournament at the Canouan Government School grounds.

Hon. Terrence Ollivierre delivered opening remarks and declared the tournament open. Footballer Clayton James read FIFA's Fair Play Pledge and although seven teams registered to participate in the tournament, due to work and travel commitments only three teams took part in the march past.

They were D.C. United, C.R. United and C.C.A. Red Flames.

They all looked very smart in their uniforms but it was D.C. United who copped the award for the Best Uniform. An exhibition match saw D.C. United defeating C.R. United 3-0.

The young footballers, boys and girls were also there to lend support as "Ball Kids" in their yellow and green outfits. There is a C.C.A. Limited sponsored initiative with football coach Akil Joseph, done through the Canouan Government School and it is truly bearing fruit.

The tournament kicked off in ear-

nest on Tuesday 16th October 2012 with C.C.A. Red Flames defeating D.C. United 2-1. On Wednesday 24th October the tournament continued with C.C.A. Red Flames defeating Links 3-1. The next game is scheduled for Saturday 2nd November 2012 at the same venue.

C.C.A. Limited continues to support sports on the island of Canouan. We see it as an integral part of our everyday lives and wish all the players in the tournament success through fair play.

POLICE STATION RECEIVES NEW STOVE



***INSPECTOR DAVID TRUMPET
RECEIVES STOVE FROM C.C.A.'S
ROXANNE ISRAEL***

C.C.A. Limited came to the assistance of the Canouan Police Station this month by donating a stove to the institution.

Inspector Trumpet and his staff were very appreciative of the gift and thanked C.C.A. Limited for its continued support to the Station and its Officers.

The Canouan Football Association, C.C.A. Red Flames Football team, Gifford Sandy Productive Sounds - Ragga Soca Competition, The Children on the Move Programme and Vincycare were among the organizations receiving donations this month at a cost of over EC\$10,000.00.

HEALTHY LIVING - MOVE INTO IT!

“Many of us are either too busy or too tired to maintain a healthy lifestyle.” Is that really true or is that what we say to console ourselves?

The trick to healthy living is making small changes, do more walking, add fruit and vegetables to your diet, have an extra glass of water, eat fruit or yogurt instead of chocolates or sweet when you snack and drink natural juices instead of carbonated drinks.

These are just a few ways you can start living healthy without drastic changes.

Lack of exercise is one of the biggest problems we face. We know it's good for us, but avoid it like the plague because we're afraid that exercise has to be vigorous to be worth our time.

The truth is, movement is movement and the more you do, the healthier you'll be. Even moderate activities like chores, gardening and walking can make a difference.

Just adding a little movement to your life can:

- Reduce the risk of heart disease, stroke and diabetes.
- Improve joint stability.
- Increase and improve range of movement.
- Help maintain flexibility as you age.
- Maintain bone mass.
- Prevent osteoporosis and fractures.
- Improve mood and reduce symptoms of anxiety and depression.
- Enhance self esteem.
- Improve memory in elderly people.
- Reduce stress.

So, even if you opt for small changes and a more modest weight loss, you can see the benefits are still pretty good.

One study has found that just a 10% weight reduction helped obese patients reduce blood pressure, cholesterol and increase longevity. Let's get moving! Let's partner towards healthy living.

RACHEL WISHED A SAFE DELIVERY



A SMILING AND HAPPY RACHEL JAMES AT HER SEND OFF

C.C.A. staff and close friends of Rachel James gathered at C.B.A. to wish her good luck and a safe journey back to England, where she is scheduled to have her baby.

Everyone gathered with eats and drinks and offered up toasts to her and the baby, as she sat on her beautifully decorated Mama's Chair.

Melinda and the crew did a wonderful job of decorating and the bonfire gave the atmosphere a feeling of warmth

and relaxation by the sea.

The children played while the adults chatted under the beautiful night sky.

Rachel smiled all evening as she mingled with everyone. I couldn't resist feeling for a kick from the baby, but Baby was too sleepy to bother.

As the music filled the air, the girls stoked the fire and served up tasty barbequed fish and chicken much to the delight of all present.

Human Resources Officer at C.C.A. Limited for the past two years, Rachel is well known for reassuring while organizing the tasks to be done, and will certainly be missed, but only for a while.

From all of us at C.C.A. Limited we would like to wish Rachel a safe and healthy delivery.

She will soon be back with her bundle of joy and many I'm sure will be offering to baby sit.



CAKE OF BREAD MOZZARELLA

INGREDIENTS:

200g fresh mozzarella
10 slices of whole grain bread,
300g of peeled tomatoes
3 tablespoons of olive oil
A few basil leaves
2 eggs
1 tablespoon grated Parmesan
cheese
2 tablespoons milk
Some butter
Salt and pepper to taste

METHOD:

Prepare the tomato sauce by sizzling the garlic in the oil for a few minutes. Add the tomatoes, salt and cook for about 15 minutes. Add the basil and remove from heat. Cut the mozzarella into slices and let drain. Line the bottom of a circular pan 18 cm with 3 slices of bread, not too thick, trying not to leave gaps.

Form a first layer with half the mozzarella and half of the tomato sauce evenly distributed.

Cover with 3 more slices of bread and continue with a second layer to drain the ingredients. Finish with the bread lightly on the edge of the pan.

In a bowl, beat the eggs with the salt, pepper, Parmesan cheese and milk. Spread the mixture on the cake of bread evenly and finish with some butter.

Bake the cake of bread and mozzarella in a preheated oven at 180 degrees for about 45 minutes, until it forms a golden crust. Bon Appetit!

HAPPY
BIRTHDAY
TO ALL WHO
CELEBRATED IN
OCTOBER!



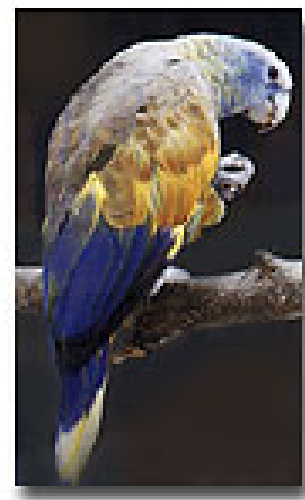
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C.C.A. LIMITED!

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HAPPY INDEPENDENCE!