



CCA BEACON

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

THE NEW MODEL ROOM IS A GO





THE NEW MODEL ROOM



The first completed room of the New Hotel was presented to Developers on Saturday October 20th 2012.

A joint effort of our Milan, Barbados and Canouan Design Offices, the model room is one of twenty single bed suites being built in the New Hotel. Each suite consists of full bath, walk-in closet, minibar, bedroom, living room and a private veranda with an unprecedented view of Godhal Bay.

This elegant suite was furnished with furniture, custom designed and built in Italy from teak wood and luxurious fabrics.

Precious and unique marble from Turkey and Italy give the floors, walls, door trims and countertops intricate detail.

Walk in closets and bathroom

vanities are spacious and accommodating, with wall and floor mosaics custom designed and hand assembled in Italy.

Hand painted marine - life stencils on the walls provide an elegant and understated feel to the room.

With the environment always in focus and the new generation of lighting a must, energy efficient LED lighting flows throughout.

Mechanical systems are completely concealed in crown molding of the ceiling, which creates a visually pleasing environment.

Comfort and ease of access to modern technology was given particular attention, with innovative “vanishing” High Definition TV’s mounted behind mirrors, one of which is in a unique motorized sliding door partition.

Each suite will be technology - driven with touchscreens and iPads to control lighting, drapery, temperature, audio, video and personal concierge service within the room, for a completely customized experience by each guest.

The project consists of the Hotel building and six villas and sits on approximately twelve acres of land within the Canouan Resort.

There will be four Restaurants, a Lounge, Library and a Pool.

Designed with the West Indian colonial architecture in mind, the model room offers sophistication and comfort.

With its alluring feel and look the new room is receiving unanimous accolades and gives us a head start for a successful future in the Tourist Industry.

PELICAN RAISE FUNDS FOR NEW PLAYGROUND



Over the past two weeks the Pelican primary school has been organizing activities, in an effort to raise funds to help build their new school ground. The first was a Halloween Fun and Games night held at the Mangrove Restaurant on Wednesday October 31st 2012. This was truly a fun filled event with a difference

and saw most of the characters representative of Halloween displayed.

The toddlers bounced up and down in the bouncing castle and delighted themselves in cotton candy and popcorn.

DJ Amy dealt with all the energy generated from the sweet and had the kids

dancing up a storm. I am sure by the time the kids got home they were ready to sleep.

The Bon Fire night held on Friday 9th November at C.B.H. was just as exciting.

Parents and well wishers came out to show their support and have some fun.

Over EC\$2,000.00 was raised from both events.

NEMO & U.W.I. SEISMIC RESEARCH CENTER CONDUCTS TSUNAMI SMART TRAINING ON CANOUAN



MS. STACEY EDWARDS & MS. MONIQUE JOHNSON—EDUCATION OFFICERS - UWI SEISMIC RESEARCH CENTRE ADMINISTERING TSUNAMI SMART TRAINING TO CANOUAN CHILDREN

The National Emergency Management Organization (Nemo) in conjunction with the UWI Seismic Research Centre - Trinidad, recently conducted a series of workshops across St. Vincent & the Grenadines, geared towards making Vincentians aware of Tsunamis and Tsunami smart.

The team comprised Director at the UWI Seismic Research Unit, Vincentian Seismologist Dr. Richard Robertson and Education Officers Stacey Edwards, Monique Johnson and Clevon Ash from the Seismic Research Centre in

Trinidad. Mr. Howie Prince, Ms. Houlida Peters, Mr. Andrew Bramble and Mr. Kemron Alexander made up the Nemo delegation.

They conducted three workshops on the island of Canouan on Wednesday 7th November 2012.

- The Train the Trainer workshop, targeting coastal stakeholders in both the private and public sector was held at the Administrative Building.

- A Geo Science Fair/Students Workshop was held at the Canouan Government School, where they taught the children

in a very interactive way, the simple lessons of how to recognize a tsunami and what action should be taken to get to safety.

- A Teacher Training Workshop also provided teachers with a Resource Information Kit, lesson plans and a student workbook. Teachers are now in a better position to ensure that students understand tsunamis, how they affect us and what we can do to protect ourselves.

In the event of a tsunami we need to observe the signs and take the necessary action.

ARE WE TSUNAMI SMART?

WHAT IS A TSUNAMI?

A tsunami (tsoo-NAH-mee) is a series of ocean waves caused by a major disturbance of the ocean floor, such as a large underwater earthquake, landslide or volcanic eruption.

Very rarely, large meteorite impacts in the ocean may also trigger tsunamis. All known sources capable of causing tsunamis are found within the Caribbean and there are also distant sources across the Atlantic.

WHAT CAN I EXPECT DURING A TSUNAMI?

- ◆ Tsunamis are often seen as a massive wall of water approaching the island.
- ◆ There is usually more than one wave and the first is often not the largest.
- ◆ Tsunami waves are powerful and often contain dangerous debris such as trees, cars and boats.
- ◆ Tsunami waves may inundate (flood) areas much further inland than storm surges.

SENSING A TSUNAMI:

Tsunamis are often

accompanied by natural signs that can be sensed by an alert person. Recognizing any of these tsunami warning signs at the beach could save your life.

◆ FEEL

Do you *FEEL* the ground shaking severely?

Severe earthquakes may cause tsunamis. **RUN** to higher ground if you feel the severe shaking.

◆ SEE

Do you see an abnormal withdrawal of water?

As the tsunami approaches land the ocean may pull back a long way from the shore, exposing the ocean floor, reefs and fish. **RUN** to high ground if the sea withdraws.

◆ HEAR

Do you hear an unusual roar?

A roaring sound coming from the ocean is sometimes heard before a tsunami arrives. **RUN** to high ground if you hear the roar.

◆ RUN

RUN to high ground if you experience any of these

signs.

- ◆ Do not wait for all of the signs to occur before leaving the area.
- ◆ Authorities may not have enough time to issue an official Tsunami Warning so do not wait for official evacuation orders. Remember to discuss tsunamis and safety measures with your family and friends. Everyone needs to recognize natural tsunami signs as timely.
- ◆ If you are unable to move to higher ground go to an upper floor or roof of a concrete building. As a last resort climb a strong tree if trapped on low ground.
- ◆ A tsunami is not a single wave, but a series of waves that can come ashore for hours.
- ◆ If a Tsunami Warning is issued **NEVER** go down to the beach.

Be Tsunami smart! Know the signs. If you recognize ANY signs of a tsunami, move immediately to higher ground.

CANOUAN PRIMARY SCHOOLS EDUCATED ON VECTOR CONTROL



MS. ELIZABETH MILLINGTON VECTOR CONTROL OFFICER—C.C.A. CONDUCTING LESSONS

A Vector Control Education programme has been initiated in the primary schools on Canouan, with specific emphasis on vector/pest management.

This in collaboration with the Canouan Government School, Pelican Primary School and C.C.A. Limited.

The programme is geared towards children ages 5 to 12 years and has as its objectives,

to identify the three main types of mosquitoes and rodents present in our environment. Their habits, life cycle, active stages and the diseases they can transmit.

The programme it is hoped would teach the children to identify, observe, describe and demonstrate through planned activities such as writing poems, skits, creating posters, jingles and puzzles along with

classroom assignments and field trips, the importance of maintaining a clean and secure environment. They in turn would take the message home.

With the threat of dengue it is necessary to have a continuous education programme in place, and no better way than to start with the children.

They are the future and the message will be passed on.

PELICAN SCHOOL TO HOLD CANOUAN MINI OLMPICS



Its an Olympic year and having felt the effects of the London Olympics, Amy Marshall - Principal of the Pelical Primary School here on Canouan has come up with the idea of organizing a Mini Olympics for the children of Canouan.

Friday December 7th 2012 has been set as the big day. Venue - the Sporting Complex at Friendship, and all schools on the island have been invited to particiate.

Pre-schools have their time from 9:00 a.m. to 11:30 a.m. Sports include ball throw, bean bag toss, 25 m sprint, hoola hooping, ring toss and goal scoring.

The primary schools will run from 9:00 a.m. to 5:00 p.m. Sports include Javelin, Archery, Discuss, 4x100m relay, Badminton, Tennis, 100m Hurdles, Hockey, Table Tennis, Standing jump and basketball.

A round robin of events will take place with children competing against others in their class. There will be a total of eleven throughout the day.

We look forward to all children taking part and competing to the best of their ability. Every child will receive a participatory certificate and medal. Winners will also be recorded and their names shared at the medal ceremony. ***See you there!***

HEALTHY EATING HABITS

Healthy eating is about more than the food on your plate it is also about how you think about food.

Here are a few tips on how we can develop healthy eating habits:

- Reconnect with the joy of eating. Taste the flavors and feel the textures of your food. Chew your food slowly, savoring every bite.
- Have a glass of water. You may be thirsty instead of hungry.
- Eat breakfast. Eating smaller meals throughout the day keeps your energy up and your metabolism going.
- Avoid eating after 7 p.m.
- Eat smaller portions.
- Try not to think of certain foods as “off-limits.” Do not eat them as often and reduce portion sizes
- Remember to exercise and drink plenty of water.

Develop healthy eating habits & Feel good!



Thanksgiving Stuffed Turkey

Ingredients:

- * 2 large onions, chopped
- * 3 celery ribs, chopped
- * 2 medium carrots, finely chopped
- * 3/4 cup butter, divided
- * 2 loaves (1 pound each) day-old egg bread, cubed
- * 1 cup chicken broth
- * 1 cup minced fresh parsley
- * 1/4 cup egg substitute
- * 1 turkey (16 to 18 pounds) with giblets and neck
- * 1/2 teaspoon garlic salt
- * 1/2 teaspoon paprika

Gravy:

- * 4-1/2 cups water, divided
- * 1 medium carrot, halved
- * 1 celery rib, halved
- * 1 small onion, quartered
- * 1 bay leaf
- * 6 whole peppercorns
- * 6 tablespoons all-purpose flour
- * 1/4 teaspoon salt

Directions:

- * In a large skillet, saute the onions, celery and carrots in 1/2 cup butter until tender. In a large bowl, combine the bread cubes, onion mixture, broth, parsley and egg substitute.

- * Remove giblets and neck from turkey; cover and refrigerate. Just before baking, loosely stuff turkey with stuffing. Place remaining stuffing in a greased 2-qt. baking dish; refrigerate. Skewer turkey openings; tie drumsticks with kitchen string.
- * Place breast side up on a rack in a shallow roasting pan. Melt remaining butter; brush over turkey. Sprinkle with garlic salt and paprika.
- * Bake, uncovered, at 325° for 4 to 4-1/2 hours or until a meat thermometer reads 180° for turkey and 165° for stuffing, basting every 30 minutes after the first hour. (Cover loosely with foil if turkey browns too quickly.)
- * For gravy, in a large saucepan, combine 4 cups water, carrot, celery, onion, giblets, neck, bay leaf and peppercorns. Bring to a boil; reduce heat. Cover and simmer for 1 hour or until giblets are tender; strain broth and set aside.
- * Bake additional stuffing, covered, for 25-30 minutes. Uncover; bake 10 minutes longer. Remove turkey; cover and let stand for 20 minutes before carving. Pour turkey drippings and loosened browned bits into a measuring cup; skim fat.

In the saucepan used for gravy, combine the flour, salt and remaining water until smooth. Stir in drippings and reserved broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with turkey and stuffing.

HAPPY THANKSGIVING

**HAPPY
BIRTHDAY
TO ALL WHO
CELEBRATED
IN
NOVEMBER!**



**A WARM
WELCOME
TO ALL NEW
STAFF AT
C.C.A. LIMITED!**



NATIVITY TIME

C.C.A. Limited invites you to its Nativity Display.

Enjoy an informal programme of Festive performances, Lighting of the tree, Music and Christmas Carols.

***Sunday December 2nd
Time: 7:00 P.M.
Venue: Outside the
Canouan Police Station***