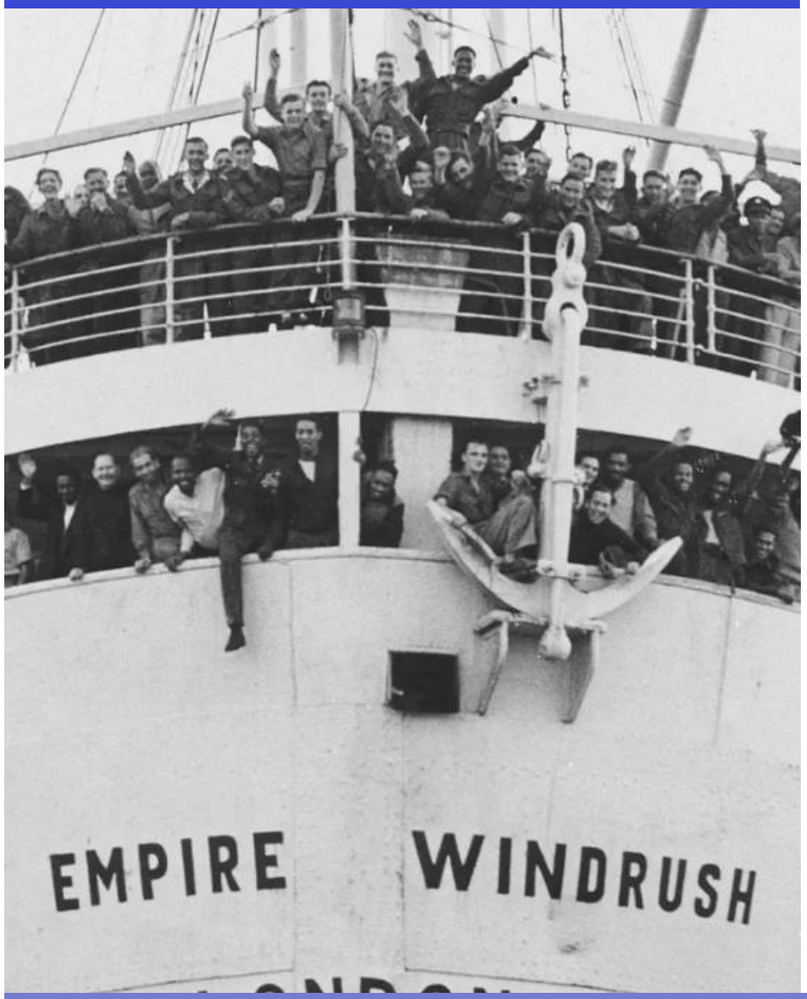
Volume 4: Summer 2023

CARIBBEAN NEWS





What is in Store for Volume Four

By Katie Holmes - Editor

Welcome back to the fourth edition of the WEF Magazine.

In this edition we learn more about the history of St Lucia, shine a spotlight on one of our trustees, along with sport and film personalities with Caribbean heritage. Learn more about our founder's trip to Antigua, delivering some of your generous donations as well as a UK school visit to raise awareness of the 75th anniversary of Windrush. Finally we have several cocktail recipes that you can try out at your summer barbecues.

A History of Saint Lucia “Helen of the West”



By Helena Alcindor Richards

As we continue our look at St Lucia’s history we move on what has been happening on the island during the 20th Century.

Government
A 1924 constitution gave the island its first form of representative government, with a minority of elected members in the previously all-nominated legislative council.

Universal adult suffrage was introduced in 1951, this gave people the right to vote using the ‘one-person-one-vote’ principle.

Ministerial government was introduced in 1956, and in 1958 St. Lucia joined the short-lived West Indies Federation, a semi-autonomous dependency of the United Kingdom. This gave the islands within the Federation a degree of, but not complete, self-government.

When the federation collapsed in 1962, following Jamaica's withdrawal, a smaller federation was briefly attempted. After the second failure, the United Kingdom and the six windward and leeward islands (listed below) developed a novel form of cooperation called associated statehood.

1. Grenada
2. St. Vincent
3. Dominica
4. Antigua
5. St. Kitts and Nevis and Anguilla
6. St. Lucia

By 1957, **bananas** exceeded **sugar** as the major export crop.

As an associated state of the United Kingdom from 1967 to 1979, St. Lucia had full responsibility for internal self-government but left its external affairs and defence responsibilities to the United Kingdom. This interim arrangement ended on February 22, 1979, when St. Lucia achieved complete independence.

St. Lucia is a Constitutional Monarchy with King Charles III as King of St. Lucia and is an active member of the Commonwealth of Nations. The island continues to cooperate with its neighbours through:

- Caribbean community and common market (CARICOM)
- East Caribbean Common Market (ECCM)
- Organisation of Eastern Caribbean States (OECS)

In June 2016, the United Workers Party (UWP), led by Allen Michael Chastanet, won 11 of the 17 seats in the general election, ousting the St Lucia Labour Party (SLP) of the incumbent Prime Minister Kenny Anthony.

However, Saint Lucia Labour Party won the next election in July 2021, meaning its leader Philip J Pierre became the ninth Prime Minister of Saint Lucia since the independence.

Key 20th Century Dates
1924 - Constitution - representative government (right to vote)
1951 - Universal adult suffrage
1956 - Introduction of Ministerial government
1958 – West Indies Federation
1962 – Smaller Federation when Jamaica left
1967 – 1979 Internal self-government
1969 – INDEPENDENCE

Independence Motto
“The Land, The People, The Light”





Fact File

The first country to be named after a woman

The official language is English

It has the world’s only drive-in volcano

The country is 70% covered by rainforest

The national dish is green figs and salt fish

The island has more Nobel Prize Laureate’s than anywhere else

Summer Math Camp

By Derrick Nicholas



ST. JOHN'S, Antigua – In an attempt to address the steady poor Math results in Antigua and Barbuda, a summer Math camp has been organized. The Math camp seeks to positively affect future outcomes in these exams.

Antigua and Barbuda as a country has consistently had poor results in Mathematics at the school leaving exam administered by the Caribbean Examinations Council (CXC), falling as much as 10 points below the regional average.

Antigua and Barbuda as well as the rest of the Caribbean continue to grapple with the issue of students' failure to understand and master Mathematics. Data show that students taking the Caribbean Secondary Examination Certificate (CSEC) Mathematics exam lack either understanding or competency.
.The problem was further compounded when students suffered from the loss of valuable contact time during the height of the COVID-19 pandemic.

Official data [from CXC] indicate that the national pass rate for Antigua and Barbuda hovers between 28.79 and 32.25 per cent. These percentages fall far below what is acceptable, and if nothing is done to address the problem it may get worse.

In this regard, a two-week (summer) Math Camp is being planned for Antigua to address some of these issues. This camp will be dedicated to providing students with modern approaches to Mathematics, while combining traditional methods.

It is readily acknowledged that we have an inherent and ongoing interest to ensure that future employees are fully literate in Mathematics. The annual Math camp is being put on and facilitated by Understanding Mathematics, whose principal is Derrick Nicholas of Willikies Village, Antigua.

The camp is designed to help those students who continue to struggle with Mathematics, allowing them to understand the principles and become functionally literate in the subject.

Spotlight on...Our Trustee

Randolph Patterson



Randolph was born in Gloucester, England, one of five children. Both his parents came from Jamaica, his mother from Clarendon and his father from Westmoreland. They came to England in the 1950's as part of the Windrush initiative.

Growing up Randolph always loved music and dance. When he finished college, he applied for and was accepted into a stage school in London. There, he learned dance and performance skills which developed his talent as a choreographer.



In the 1990's he was living in London and performing in bands before starting his own Motown and Soul group, Mission Blue. He brings energy and dynamism to his shows and has performed all over the world.

Apart from performing Randolph has taught children and young people dance and performance skills. Working in schools and on special projects with refugees, children with special needs and excluded pupils he has helped develop talent and interest in this area of the arts.

He also worked with a local community group to produce and run a mentoring project for black children with workshops in music and dance ending in a show to celebrate black history month. All the participants were even invited to Westminster to meet the local MP!





It was at this time that he met one of our other trustees, Kardar Challenger, who was also working on the project running cookery workshops.

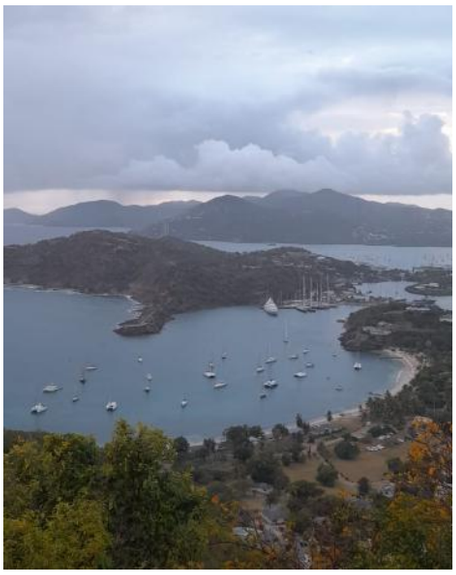
Randolph continues to perform with Mission Blue at events, festivals and in theatres.
He is also keen to give something back to both his local community and the communities of his Caribbean heritage. Randolph is looking at schools in Jamaica to develop the work of WEF in that part of the Caribbean.

As part of WEF's cultural exchange programme, Randolph has created workshops in music and dance to take into schools to showcase the rich cultural influence of music from the Caribbean on present day pop music.

Kardar's Visit to Antigua





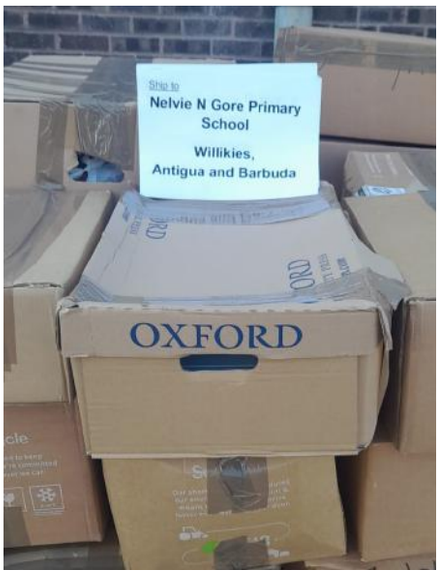


In May 2023 our founder Kardar Challenger visited Antigua with some very special deliveries.

Nelvie N Gore Primary School, the main school we support, only has the money to pay the teachers and the school's basic needs.

They told us they needed more books for the school and the parents as there wasn't a local library.







Thanks to donations and sponsorship we were able to purchase and ship boxes of books to the school.







While Kardar headed off to Antigua, the books were also winging their way towards their destination.

The school was so pleased with the donation that they had a special presentation. It was even on the local news!









Our Work in the UK

By Margaret Thomas

For the 75th anniversary of Windrush Day (22nd June) WEF went into Stanley Park Infants school in the London Borough of Sutton.

We gave a talk to the whole school about the people who were invited to come from the Caribbean from 1948 to live and work in Britain. Kardar and Randolph told the children about their families experience of coming to England from Antigua and Jamaica.

We also held workshops for each class demonstrating Caribbean culture through food, music and dance. The children are going to follow this up by drawing pictures about their home life, which will be sent to Nelvie N Gore school in Willikies as part of our cultural exchange.



Kardar explaining about food in the Caribbean



Randolph doing a music and dance session



Randolph dressed as a Windrush arrival.

Health

By Dr Jennifer Vidler

Spotlight on Prostate Cancer

Did you know?

- 1 in 4 Black men will get prostate cancer in their lifetime
- This is higher than other men who have a 1 in 8 risk
- You are more likely to get prostate cancer if your brother or father has had it or your mother or sister has had breast cancer
- Your risk increases over 45 years and as you age

If you are a Black man aged over 50 you are entitled to a blood test (PSA test) from your GP to look for early signs of prostate cancer, even if you have no symptoms. You may be eligible to be tested at an earlier age if you have a family history, speak to your GP.

Why get tested?

- The blood test can detect prostate cancer even before it causes symptoms
- Early treatment can stop the cancer spreading
- Treatment is extremely successful when the cancer is caught early

Further information:

https://prostatecanceruk.org/prostate-information-and-support/risk-and-symptoms/black-men-and-prostate-cancer



Spotlight on....Sport

Che Adams

By Graham Hedley



Che Adams - on the move?

Che Adams - Che Zach Everton Fred Adams, to give him his full name - is a footballer, who has played in League One, the Championship and the Premier League, the top three tiers of the football league pyramid in England.

He is good enough to play for his country - but which country? His father is from Antigua, one of his grandmothers is Scottish, and he was born in England... Read on to find out!

His career started when he was a child. He began at Highfield Rangers in Leicester, and joined the Coventry City youth academy aged 7. Aged 14 he moved to another Leicester club, St Andrews, then on to Oadby Town in the United Counties League Division One (the 10th tier). In 41 games he scored eight goals.

After a year, he took up a scholarship with Ilkeston Town, and played for both the youth team and the 1st team (in the Northern Premier League, the 7th tier). In two years he played 49 times for the 1st team, scoring ten goals; by that time, he was already being watched by scouts from 45 clubs.

Sheffield United of League One bought him in 2019 for a six-figure sum (a very substantial amount for a non-league club like Ilkeston) - plus a percentage of any fee United received for him. He spent three seasons there, playing 55 times and scoring 15 goals. He was voted the Young Player of the Year in 2016.

Moving onwards and upwards, Che was transferred to Birmingham City of the Championship after one game of the 2016-17 season, for a fee believed to be £2 million. In his first season at Birmingham, where the team only avoided relegation with a win on the final day of the season, he played 44 times and scored seven goals, but his runs into the opposition's penalty areas won a substantial number of penalty kicks. Again he won the Young Player of the Year award.

The next season was a miserable one. Birmingham rejected offers of £3 million, £5 million and £10 million for him, and relegation was again only avoided on the final day. He was troubled by a series of hamstring injuries, and only scored nine goals in the season - but he was nonetheless the club's leading scorer.

Adams (and Birmingham) had a much better season in 2018-19. He became the first Birmingham player in more than 20 years to score more than 20 goals in a season, and he was voted both Players' and Supporters' Player of the Year.

At the end of the season he took another step upwards when he joined Premier League Southampton for a fee of £15 million. In four years, he has played 145 games for the south coast club, and scored 31 goals, taking him to a career total of 102 goals in domestic competitions. As for international competitions...

As I said above, Adams is qualified to play for Antigua & Barbuda, Scotland and England. He was invited to join the Antigua squad for the Caribbean Cup qualifiers in 2014, but turned the invitation down. He was called up to the England C squad (to represent England at semi-professional level) in the same year, but turned professional with Sheffield United, and so became ineligible. He played twice for the England Under-20 team against the Czech Republic in September 2015, but was never called up to the full national squad. He was contacted by the Scottish Football Association in 2017, but was unwilling to commit himself to Scotland.

He had changed his mind by 2021, when he pledged his allegiance to Scotland, and he played in the qualifying matches for the 2022 World Cup. Since then he has played 23 times in the dark blue, scoring five goals - every time he scored, he ended up on the winning side! He is the first non-white player to play for Scotland in the finals of a major tournament.

His future in English football is now in doubt. Southampton were relegated to the Championship this summer, and this could result in the sale of their best players (who, of course, want to play in the Premier League). With a record of 328 League games and 83 goals, he will be a good catch for any Premier League team in the coming transfer window.



Spotlight on....Theatre & Film

Josette Simon OBE

By Graham Hedley



Josette Simon OBE was born in Leicester, to an Anguillan mother and Antiguan father, in 1960. Her acting career started at the age of 14 in Joseph and the Amazing Technicolour Dreamcoat, a production that included Alan Rickman. He encouraged her to apply to the Central School of Speech and Drama.

Only six years later, she was on television screens every week, playing Dayna Mellanby in the science-fiction series Blake's 7 (Ah, that brings back memories!) from 1980 to 1981, bringing "energy, vitality, innocence, danger, and real physical presence" to her character - and she was only 20 at the time.

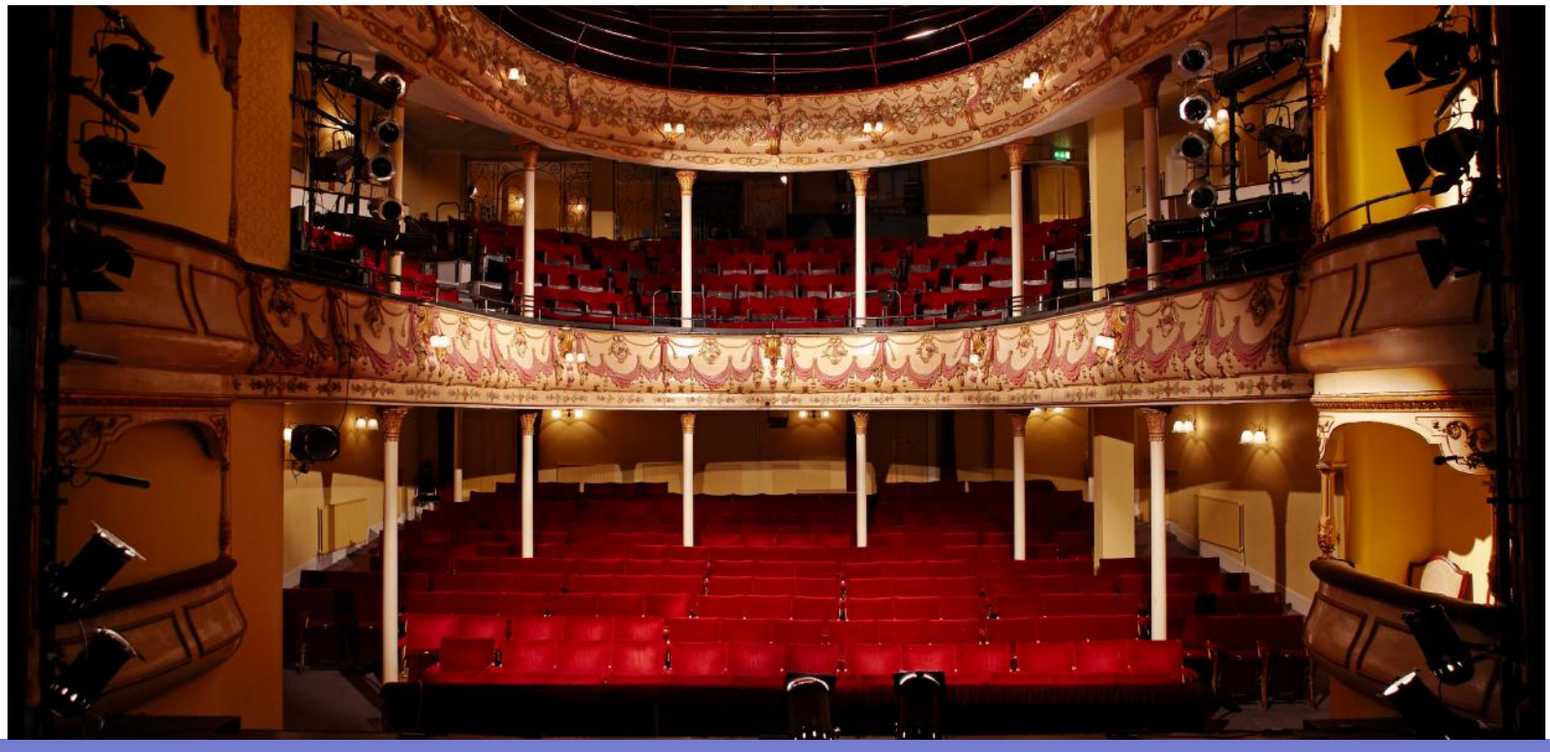
Since that excellent start, she has performed frequently with the Royal Shakespeare Company, becoming the first black woman to appear in a Shakespeare play for the RSC - and the first to play a leading role (Rosaline in Love's Labour's Lost, in 1984). In British Black and Asian Shakespeareans, her performance was described as follows: "For the first time on a major British stage, an African-Caribbean woman portrayed an intelligent, witty and strong leading Shakespearean character.".

Josette Simon has been at the forefront of 'colour-blind casting', where actors are cast regardless of colour. She has often taken roles traditionally played by white actors, notably Maggie in Arthur Miller's After the Fall, a role thought to be based on Miller's former wife Marilyn Monroe. For the RSC, Josette has played Cleopatra, Isabella (Measure for Measure), Queen Elizabeth I, Titania/Hippolyta (where she speaks "Titania's lines with an almost jazz musicality, dances, moves and stands with compelling power. Her stance alone is more regal than that of several of today's ballerinas.").

But she does not limit herself to the stage. She played the lead in Mirandolina and Dictator Gal on Radio 3 (in the latter, she sang a range of songs, from Wagner to Motown). She has appeared in the films Cry Freedom, Milk and Honey, and Detective Pikachu. On television she has been in Bitter Harvest, Seekers (written by Lynda la Plante: Simon and her fellow lead Brenda Fricker "invested the role with the sort of power that all la Plante women seem to have and the men were all the wimps"), Anatomy of a Scandal, and Crossfire. She has played senior police officers in Silent Witness, Minder, Broadchurch and Anansie Boys (in production).

Josette Simon has won a range of Best Actress awards. For Milk and Honey she won the awards at the Atlantic Film Festival of Canada (1988) and Paris Film Festival (1990). For After the Fall, she won at the Evening Standard Theatre Awards, the Play and Players Critics Awards and the Critics Circle Theatre Awards. She has also been awarded an Honorary Master of Arts degree from Leicester University, and a Pioneer and Achievers Award in recognition of having "paved the way for the next generation of African Caribbean people to achieve and excel in a diverse range of professions and spheres of influence". She was also appointed an OBE in the 2000 Queen's Birthday Honours for services to drama.

She was married to actor Mark Podmore, but they are now divorced. She is involved with the charity Pets as Therapy, and groups that help deaf people.



Education : Start Young And Don't Assume Anything!

By Wendy Holmes

Wendy Holmes is a teacher with many years' experience. After her B.Ed, she taught in Primary schools, developing an interest in children with dyslexia and related issues. After her M.S.Ed in the USA, specialising in the diagnosis and treatment of reading difficulties, she taught dyslexic Primary and Secondary pupils, before opening her own school. The Anchor School for Individualised Learning was a small school, where children were not grouped by age, but by their strengths and weaknesses. She is now semi-retired, providing individual after school tuition.



If you read any of my previous articles on the teaching of reading and handwriting, you might remember that my catchphrases were "Start young" and "Don't assume anything."

For example, **don't assume** that a toddler associates the words on the page with the words coming out of your mouth (unless you point to them) or that they understand that reading goes from left to right (unless you run your finger along the line of print).

With handwriting, **start young** so that the correct letter formation becomes second nature. Once the wrong habits are stuck in a child's muscle memory, it's so much harder to change to the right way.
Here are some other examples where "**Start young**" and "**Don't assume anything**" can apply:

Looking out of an upstairs window recently, I saw my lovely neighbour (an intelligent and caring dad) taking his 2 year old for a walk. We live in a cul-de-sac but there's a sports ground at the end, in constant use, weekdays and weekends. This, along with almost every resident owning one or more cars, means there is a fair number of vehicles coming and going.

The dad was taking the view that a cul-de-sac was a safe place to walk in the road. He crossed slowly and diagonally, with his son behind him. On reaching the opposite pavement, he failed to turn round and check, **assuming** the little boy was with him. Horrified, I watched the child meandering happily about in the middle of the road! They were quite near to the junction with a much busier road, when the father finally looked back. By that time, the boy had almost reached the pavement. In my head, I'd been screaming "Look behind you!", convinced that a car would turn quickly into our road and that the little boy wouldn't stand a chance. Thank goodness it didn't happen.

I guess that young dad was **assuming** that his child would follow his exact path.

On other occasions, I watched the mum allowing the little boy to push his walker down the middle of the road, and later on, to ride his tricycle in the same way. In my head I asked her "At what point do you expect him to understand that pavements are for pedestrians and roads are for vehicles? Tell him now! **Start young**!"



Teaching one thing by example, intending to reverse that teaching later on, seems unfair, unnecessary and unsafe. **Starting young** and consistently teaching the truth may be a bit more demanding (constantly having to repeat "Roads are for cars" and having to take your kids to a park to learn to ride a bike) but surely a child's life is worth the bother?

On a lighter note, **starting early** can save you a lot of trouble later on. Here's one example where I succeeded: Routines.

Starting young with 'window shopping' prevented a lot of tantrums.
With my twins, we looked and pointed at toys (from the buggy!) with lots of oooh's and aaaah's and "Isn't that nice!" but there was never any question of buying anything. We talked about the items and , when they were older, made mental notes like "That would be nice for your birthday", and "You could have that for Christmas." By **starting young**, they never expected to get a present for no reason. (grandparents excepted!!!!).



The same applied with chocolate. We bought a mini KitKat each, once a week from the sweetshop next to toddler group and an ice cream from the van outside their big sister's school, at the end of every term and half term. They knew the routine, so they never complained.

Here's one that wasn't quite so successful (but worth a try!):
Knowing how badly sugary drinks can affect kids' teeth, I **started early** telling my eldest daughter "We don't like fizzy drinks." (Actually it was indoctrination, more than routine!)

At other children's birthday parties, she would ask for water rather than Coca-Cola, obediently repeating "I don't like fizzy drinks." Then one day, at the age of about 11 or 12, she came home furious. "Mum!" she called indignantly, "You told me I didn't like fizzy drinks – BUT I DO!!!"

Oh well, you can't win them all!



Books Word Search

Find the following characters from children's books.

Matilda
Frodo Baggins
Madeline
Peter Pan
The Gruffalo
Harry Potter
Willy Wonka
Paddington
Miffy
Thomas
Hermione
Alice

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

Support the Foundation

Every person has the chance to make a change for good — no matter how big or small. Whatever amount you can give, know that your contribution makes a difference in the lives of others. Your donation, together with those of our other supporters, brings us ever closer to our goals.

By supporting Caribbean children's education today, you will help them learn, thrive and lead, creating an exciting future for them and their communities.

Your donation will help to purchase equipment needed by Willikies School. Our long term aim is to include other areas of the Caribbean. We will keep you posted on our progress.

One-off donations or monthly direct debits are welcome. You can also purchase exclusive merchandise from our shop. Buy a T-shirt to support Willikies Educational Foundation. Email your size and the number of the design and the colour you want, along with your name, address and contact phone number.



Design 1 + 2 – £19 + pp

Logo on front, blank on back
Sizes available: S, M, L, XL, XXL

Colours available:



Design 3 – £22 + pp

Logo 1 on front, logo 2 on back
Sizes available: S, M, L, XL, XXL

Colours available:



Design 4 – £22 + pp

Logo 2 on front, logo 1 on back
Sizes available: S, M, L, XL, XXL

Colours available:



Design 5 – £25 + pp

Multiple logos on front, name and number on back
Sizes available: S, M, L, XL, XXL

Colours available:

Where your money will go...

The major project that we are working on is to build a library in Antigua. We are working with several businesses in the UK who are happy to donate books, we are now deciding on a location for the library.



Willikies School Needs Our Help

We are aiming to provide the following equipment for the school

Microwave
Electric kettle
Classroom library
Stationery supplies
Smoke detectors
Fire extinguisher
Book binding machine with combs

Projector
Laminator
HDMI cable
Speakers
Science equipment
Lined chart papers
Glue gun with sticks
Velcro

First Aid kits
Paving the Quadrangle
Sick bay
Refurbishing the kitchenette
PA system
Guillotine
Long arm stapler



Flavours of the Caribbean

Summer Cocktails

Classic Daiquiri



Ingredients

- 2 measures of white rum (like Bacardi)
- 45ml fresh lime juice
- 4 teaspoons superfine sugar
- Ice
- 1 lime wheel, for garnish

Instructions:

- In a cocktail shaker, stir the rum, lime juice
- and sugar until the sugar is dissolved.
- Add the ice and shake until chilled.
- Strain into a chilled cocktail glass, garnish with the lime wheel and serve.

Painkiller

Ingredients

- 120ml bottled fresh pineapple juice
- 60ml to 120 rum, to taste
- 2 tablespoons cream of coconut
- 2 tablespoons fresh orange juice (from 1 orange)
- Freshly grated nutmeg



Instructions:

- Pour pineapple juice, rum, cream of coconut, and orange juice into a cocktail shaker filled with ice.
- Place lid on shaker, and shake until well combined, 10 to 15 seconds. Strain evenly into 2 Collins glasses filled with ice, and garnish with nutmeg.

Piña Colada



Ingredients

- 2 cups diced pineapple (fresh, frozen, or canned in 100% juice, drained)
- 240 ml well-shaken and stirred coconut milk
- 120ml white rum
- 120ml dark rum, plus more to taste
- 170g packed light brown sugar
- 30ml fresh lime juice
- ½ teaspoon vanilla bean paste or vanilla extract
- 1 cup ice cubes
- Pineapple leaves, pineapple wedges, lime wheels, maraschino or brandied cherries, cocktail umbrellas, flamingo drink stirrers, and paper straws, for serving

Instructions:

- If using fresh or drained canned pineapple, arrange in a single layer on a rimmed baking sheet lined with parchment paper, or in a ziplock bag, and freeze until firm, about 1 hour.

- Combine frozen pineapple, coconut milk, rums, sugar, lime juice, and vanilla bean paste in a blender; process until smooth and creamy, about 2 minutes. Place blender pitcher in refrigerator, and let piña colada mixture rest until flavors meld, about 30 minutes. Return pitcher to blender base; add ice cubes, and process until thick and smooth, about 30 seconds. Divide among tulip wine glasses or hurricane glasses. Float additional dark rum on top of each drink to taste, and garnish as desired.



Get in touch!

We are a brand new charity and are keen to work with others who have a passion for supporting education in the Caribbean. If you would like to be part of this journey as a partner or sponsor then please get in touch today.

email: **willikiesef@gmail.com**
phone: 0208 286 0202 or 07932 597 703
website: **www.willikiesef.com**

If you have any stories you would like to share from the wider Caribbean then please send them to us so we can feature them in upcoming newsletters.

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