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Body, Mind AND Spirit Creating an Epidemic of Health

APR — JUNE 2015

QUARTERLY BMS NEWSLETTER

2nd Saba Health Fair

The 2nd Saba Health Fair took place on May 6th and May 7th under the joint collaboration of RCN Communications, Saba Health Care Foundation and Body, Mind & Spirit Foundation (BMS). Under the theme "Balance your Health", this health fair sought to bring more awareness on healthy living and disease prevention to the residents of Saba. The objective of the second Saba Health Fair was mainly to increase health awareness by providing health screenings, activities, materials, demonstrations, and information as well as creating awareness of local, national and international health services and resources. The secondary objective was to motivate participants to make positive healthy behavioural changes.

The first day of the Health Fair was set up in the format of a tradeshow. Organizers provided each participant/ exhibitor with a skirted table free of charge where they were able to display their products, services, samples and brochures. Visitors were also able to win prizes by participating in a series of quizzes. There were prizes for adults as well as students. Officially opened by Commissioner of Health Mr. Bruce Zagers, the tradeshow featured several different sectors of wellness being represented. Saba Reach Foundation's organoponics farm was present selling a variety of organic, locally grown vegetables. Body Attack showcased their fitness and exercise program with a dynamic demonstration. SVP-CN (Caribbean Netherlands Foundation for Rehabilitation and Psychiatry) focused on drug and alcohol addiction and their efforts to combat the abuse of psychoactive substances. Expertise Center Education Care showcased infor-



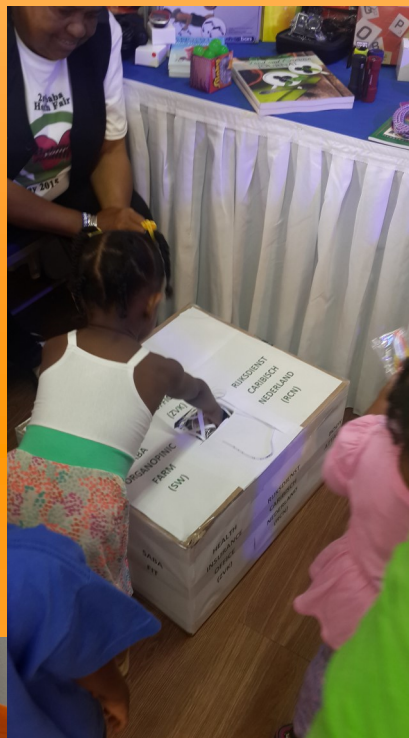
mation on mental disabilities, disorders, and special needs in the education sector. The White and Yellow Cross from St. Maarten also brought over three volunteers, namely a dietitian, a diabetes nurse and an occupational therapist. RCN Communications displayed information regarding the national health insurance ZVK.

BMS displayed information on

sexual health, gave out condoms to adult participants of the health fair, and showcased some of the material used in the School-Based Programs Girl Power and Real Men. Saba Health Care Foundation gave out informational brochures on several chronic diseases, such as breast cancer, dementia, and hypertension, and offered free testing on blood glucose, blood pressure, weight, oxygen saturation, and pulse.

Around 45 adults made it out to the tradeshow, along with around 120 students from the Sacred Heart School, Saba Comprehensive School, and the Laura Linzey Day Care Center. The children from the day care center were treated to a tour of the ambulance of the Saba Health Care Foundation.

The second day of the health fair featured a lecture night on several



health topics important on Saba. After the official opening by the director of Saba Health Care Dr. Joka Blaauboer, the lecture moved on to introduce the new public health doctor and coordinator on island Dr. Koen Hulsof. Afterwards there were lectures on diabetes by diabetic nurse Suzette De Cuba from White & Yellow Cross St. Maarten, and depression by Psychiatrist Dr. Jatinder Kour from the Mental Health Foundation St. Maarten. In all, roughly 30 persons attended the lecture night.

The entire health fair can be deemed a success based on the number and variety of the participants. BMS looks forward to collaborating in this type of event in the future.



BMS Supports King's Games 2015

King's Day celebrations started early on Saba as the Sacred Heart School (SHS) held their annual King's Day games on April 24th. The official holiday is April 27th. Body, Mind & Spirit (BMS) partnered with Saba Fit to provide healthy refreshments for the students of SHS. The Johan Cruijff court in the Bottom was awash with yellow, green, red, purple, and of course the royal colour of orange. These vibrant colours were a product of the T-shirts given to the children courtesy of Saba Fit. The four colours yellow, green, red and purple are the house colours of SHS. In the house system, students compete as part of inter-class groups, which in turn fosters solidarity and teamwork.

Arriving at 7:30 AM, the children gathered in their respective grades on the turf, sung the Saba anthem and their school song, and even performed a choreographed dance. They were then led by their teachers and other volunteers who guided them through various games such as slalom, penalty kicks, jumping rope, and sack racing. The children completed the games not in their grades but as a part of their houses, so that every group was a mix of students of different ages and physical abilities. Each house was given points based on how well they played each game.

Saba Fit and BMS provided three refreshment tables where water was available for the students. These were manned by Saba Fit project leader Ms. La-toya Charles, BMS program coordinator Dimetri Whitfield, and students from Form 2A of the Saba Comprehensive School. At 10 AM, just before the end of the games, the children were treated to some water-based juices. One was made from freshly squeezed orange juice, another from freshly squeezed lime juice. The other two were natural iced tea and diluted grape juice. This was part of Saba Fit's campaign aimed at reducing childhood obesity on Saba by encouraging the youth to drink water, eat healthier, and to exercise more.

In this way, the children were encouraged to replace sugary drinks with natural juices and watered down alternatives that reduce the amount of sugar they consume. The

children also enjoyed receiving wristbands from both BMS and Saba Fit before they went home.

BMS commends Sacred Heart School for putting on a well-planned and successful King's Day games.



Movie night brings Awareness on Standing up for Yourself

In a partnership between Body, Mind & Spirit (BMS), Center for Youth and Family, Saba Comprehensive School, and Saba Lions Club, a movie night for teenagers and families was held on Saturday, May 23rd. This movie night was the second event of the 'Think Twice' campaign between BMS and the Center for Youth and Family. This campaign focuses on human rights, bringing awareness to these issues on island and encouraging the general population to safeguard the human rights of all, at home and abroad. The first event in February brought awareness to the issue of bullying, especially between teenagers in secondary school. This event centered on the theme of standing up for yourself and others.

The movie night featured two movies. The first was a documentary entitled "China Blue" which is a 2005 documentary film directed by Micha Peled. It follows the life of Jasmine Li, a young 17 year old worker in a Chinese jeans factory, Lifeng Clothes Factory in Shaxi, Guangdong producing Vigaze Jeans (a company based in Istanbul, Turkey). Jasmine earned about half a yuan for one hour's work (which amounted to about six US

cents). The documentary discusses both the sweatshop conditions in factories in China and the growing importance of China as an exporting country on a global scale.

The second feature was "Furious 7." Furious 7 is a 2015 American action film directed by James Wan and written by Chris Morgan. It is the seventh part in The Fast and the Furious franchise. The film stars Vin Diesel, Paul Walker, Dwayne Johnson, Michelle Rodriguez, Tyrese Gibson, Chris Bridges, Jordana Brewster, Kurt Russell, and Jason Statham. Furious 7 follows Dominic Toretto (Diesel), Brian O'Conner (Walker) and the rest of their team, who have returned to the United States to live normal lives after

securing amnesties for their past crimes, until Deckard Shaw (Statham), a rogue Special Forces assassin seeking to avenge his comatose younger brother, puts them in danger once again.

In total, around 25 students along with a few parents came out to watch the two films. One family came away with the door prize of a dinner by Sea Witch Bar & Restaurant. This was a success-



The Center for Youth and Family, Body Mind and Spirit (BMS) and the Saba Comprehensive School (SCS) are herewith cordially inviting all teenagers and parents to an inter-active movie night.

When : Saturday, May 23th, 2015
Where : Eugenius Johnson Center, Windwardside
Time : 6.30 PM – 11.00 PM

There are prizes to be Won!!!
Free Pop-Corn!!! FREE ENTRANCE!!!

This event is for teenagers and parents.



ful evening and the partner organizations look forward to the third instalment, which will focus on domestic abuse.

BMS donates to Regional Sexual Health Projects

Body, Mind & Spirit (BMS) is proud to make linkages and assist similar organizations in the wider Caribbean region. In the month of May, Body, Mind & Spirit donated 300 female condoms to CINESEX. CINESEX, which translates to the Cuban National Center for Sex Education, is the national body for sexual health and education in Cuba.

Coming out of the ILGALAC conference in 2014, BMS made linkages with CINESEX and were extremely impressed with their project entitled "Projecto Paloma." Translated as 'Project Paloma' in English, this project focused on the empowerment of women and their sexual choices. As a component of this project, CINESEX is currently investigating the use of female condoms in Cuba. Specifically this project, they will be monitoring female participants in the effectiveness of the strategies they utilize in negotiating female condom use with their partners. In such a way, this research will shed light on the inter-

twining issues of patriarchy, gender discrimination, and sexual health consequences, such as unwanted pregnancy and sexually transmitted infections. As an additional product of the research process, a documentary entitled "Women ... Soul Deep" will be made using the female participants, which in turn, will be used to inspiring preventative action for the health and sexual rights of women in Cuba and abroad. 'Women... Soul Deep' will premiere on October 10, 2015 in Havana, Cuba. BMS will always seek to assist efforts that promote the empowerment of women and the enhancement of sexual education through research and development.

Also in May, we donated 400 female condoms and a number of HIV lifestyle magazines to **St. Eustatius AIDS committee**. These materials will be used in their general outreach, as well as in their Carnival prevention activities and events during the month of July.

BMS follows up with ROA Training

In April, Body, Mind & Spirit (BMS) completed a workshop delivered by Raad Onderwijs Arbeidsmarkt CN (ROA). This workshop resulted in the secretary of the board, Bastiaan Janssens, becoming a certified job trainer. This will allow BMS to take on students from the Saba Comprehensive School as interns during job shadowing/training. BMS became a recognized training company in 2014, and this workshop was a follow up of this process. As always, BMS is happy to assist in the development of the island's youth and this workshop will allow the organization to do just that.



Rock & Water Workshops hosted by EC2

Between April 13th and 15th, staff and volunteers of several organizations who are involved in education participated in the Rock & Water workshop hosted by Expertise Center Education Care (EC2). Having implemented peer education programs for almost 10 years, Body, Mind & Spirit (BMS) also participated in this workshop.

Rock and Water is an innovative program developed by Dutch educationalist Freerk Ykema. It offers educators a new way to interact with students through physical/social teaching. Physical exercises are the primary means through which mental and social skills are learned. The Rock and Water program starts from games, simple self-



defense, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas about how to assist boys and girls to become aware of their purpose and motivation in life. Influenced by martial arts and eastern philosophy, Rocks & Water utilizes four pillars. The first pillar is grounding, centering and focusing. This involves learning how to stand firm and relaxed, how to concentrate your breath in your stomach and focus attention. The second pillar is the golden triangle of body awareness, emotional awareness, and self-awareness. The premise is that emotions are expressed in the body by way of muscular tension. Therefore, increasing body-awareness can lead to more insight and experience of one's own patterns of reaction which, in turn,

can offer a chance to deepen and further develop emotional awareness and self-awareness. The third pillar is Communication. This involves using physical forms of communication as a basis for the development of other, more verbally oriented, forms of communication which is especially hard for adolescent boys to accomplish. The last pillar is the Rock and Water concept. The tough, immovable rock attitude versus the mobile, communicative water attitude. This concept can be developed and applied at

various levels: the physical, the mental and the social level. At a physical level it means that an attack can be parried by firmly strained muscles (rock) but also, and often even more effectively, by

moving along with the energy of the assailant (water). At a social level, for instance in a conversation, it is also possible to choose between a rock or a water attitude and the same choice applies to the way in which one maintains relationships with others. Finally, at a spiritual level, the apparent opposites between rock and water disappear. Insight and experience come about when a realization occurs that both ways are needed to reach self-fulfillment. Conversely both principles need to be used at appropriate times. The program thus teaches awareness on what circumstances to use which attitude.

The three day seminar was very active as the participants were treated as actual students, engaging in the exercises and games under

the guidance of Freerk Ykema. In this way, the participants received firsthand experience into how this program works from the eyes of the students. This should be able to allow the participants to better implement this program on their own if they so choose. Most of the participants were truly impressed with the program. Some commented on how fun it was and how powerful the lessons were on a social and emotional level. Seeing the added benefit for the youth on the island, several organizations have committed to implementing this program during the next couple of months. Teachers Miranda Simmons and Tevonille Dunchie are now working with the program with their classes at the Sacred Heart School. Saba Reach Foundation's adult education programs will work with the Rock & Water program with their students starting from May 2015. Additionally, the Saba Comprehensive School guidance department will also be starting the program with a select group of students at this school shortly. BMS and Child Focus will host a larger program from July 13th to July 17th for boys aged 12 to 18.

BMS Raises Awareness on Living with HIV/AIDS

One of the founding members of AIDS Support Group Saba and current Treasurer, Mr. Rudolph Hassell has achieved a milestone in terms of living with HIV. This year marks 25 years since he was diagnosed with the HIV virus.

Stigma and isolation because of the disease was common in most parts of the world, Saba being no exception. "Nobody here knew anything about the virus at the time," Hassell explains in a documentary on the Body, Mind & Spirit Youtube channel, "I lost my job, and others I knew who were positive. People refused to give me a ride in their car. One of my friends slept in somebody's bed and the hosts burned the mattress afterward. I mean people just did not know how you got infected and so they were very scared."

Fortunately, living with HIV/AIDS is not a dreary death sentence anymore. Given the proper treatment and diet, persons can manage the disease and live full and healthy lives just like any other chronic disease such as diabetes and hypertension. BMS raised awareness on this fact during the month of June with a media campaign and an essay competition.

The media campaign focused on how the disease works in the body and how it is spread from one person to another. Utilizing video clips, a special point was on strategies persons living with HIV/AIDS (PLHIV) use to enhance their quality of life and longevity. The essay competition invited students from Saba Comprehensive School to submit essays written based on the theme "Living successfully with HIV/AIDS." The winning entry was from Ms. Charlene DeRoche, a student in Form 4. For her efforts, she received a Galaxy Tab 4 courtesy of Body, Mind & Spirit (BMS). BMS hopes that the increased level of awareness will continue to substantially reduce the level of discrimination experienced by PLHIV on Saba.



NGO Team Participates in Volleyball Competition

The Saba Volleyball Association in conjunction with North, Central America and Caribbean Volleyball Confederation, Eastern Caribbean Volleyball Association and Public Entity of Saba are on a quest to spread the sport on the island and to 'Keep the Ball Flying'. The Saba Volleyball Association hosted their annual Saba amateur volleyball championships this year from late March to late May. The matches were played at the Peter Granger auditorium in St. John's. In total, 7 teams were vying for the championship title. Included was a Non-Governmental Organization (NGO) team which BMS program coordinator Dimetri Whitfield and BMS secretary Bastiaan Janssens formed part of.

Each team played the other teams once. Teams scored points based on the games they have won. At the end of competition, the total team points were tabulated and the team with the most points was crowned the champion.

The Medical Students were the champions this year, as they were in last year's com-

petition. They won all 6 games they played in. The runner-up team was the

Misfits and in third place was the Strikers team, which was made up of boys from the Saba Comprehensive School. The NGO team finished in the middle of the rankings in fourth place, compiling 3 wins and 3 losses. Koen van Laar of the NGO team was named Most

Dedicated Player. Felicia Dookhan, of the Saba Health Care team, was awarded Most Improved Player, and Amaru Hassell was the Most Evolved Player, playing for the Strikers. Free volleyballs were also presented to all the children who attended the season finale.

BMS credits this endeavor in fostering a spirit of teamwork, sportsmanship, goodwill, and being active. For its added benefit to the community, BMS is happy to see the Saba amateur volleyball championships expand and grow.



One Little Thing...



Changes Everything



CREATING AN EPIDEMIC OF HEALTH

Eugenius Johnson Center, Windwardside,
Saba, Caribbean Netherlands

Phone: (+599) 416-3700

Fax: (+599) 416-3905

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e-mail addresses below:

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BODY, MIND AND SPIRIT is a community-based organization tasked to create public health awareness campaigns. It was established in 1990 as The AIDS Support Group Saba (ASGS) Foundation to address the specific challenge posed by the HIV/AIDS epidemic and other Sexually Transmitted Infections (STIs). While the organization has broadened its scope it is still the prime agency charged with the development and implementation of the Strategic Plan for HIV/AIDS Prevention and Control. Through our ongoing efforts the organization seeks to further the well-being of the community by mobilizing resources to prevent diseases and promote a healthy balanced lifestyle.

VOLUNTEER YOUR TIME! We welcome your contribution and invite you to join, helping us empower our community to live a healthy lifestyle in an environment free of stigma. Volunteers in our programs have a real impact especially in the lives of our youth, helping raise a tolerant and well-informed HIV/AIDS-free generation.

ACT RESPONSIBLY! Get informed, be aware you can't tell if someone's got a sexually transmitted infection.

PROTECT YOURSELF! Free condoms are available at our office.

KNOW YOUR STATUS! GET TESTED! Find out NOW! Ask for a rapid HIV test. Get your results today!

MAKE A DONATION! We rely on outside sources to continue our awareness programs. No amount we receive is too little. We greatly appreciate your kindness.

JOIN US! Our meetings are open and membership is free!



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Lay-out, Design and Content by Dimetri Whitfield