

Sint Maarten Executive.com

www.sxmexecutive.com



**CONSPIRACY
OF THE
WILLING**

TWO STRAWS
**THE POWER
OF BRANDING**

**IS A GLOBAL
RECESSION
IMMINENT?**

THE QUALITY OF
BEING TRUE

**HOW DO YOU
STACK UP?**

Identifying
the competitive
advantage of
your business

**PERENNIAL
CORPORATION**

Forward Thinking

DEC 2022
FREE

Happy Holidays

"IN THE RACE OF QUALITY,
THERE IS NO FINISH LINE"

David T. Kearns

INTERNET PROVIDER

info@coral-telecom.sx - 721 544 5529

Three Palms Plaza - 60 Welfare Road - Colebay, Sint Maarten



CONTENTS



13

Global
Recession



26

Conspiracy
of the Willing



32

Perennial
Corporation

Sint Maarten
Executive.com
www.sxmexecutive.com

4 Sint Maarten
Executive Directory

8 Editor's Note
Happy Holidays

10 Editor's Corner
Pillow Talk

13 Global Outlook
Is a global recession imminent?

18 Economic Review 2022
Sint Maarten's economic
review

22 Hypnosis
Did the world fall asleep?

26 Conspiracy of the Willing

29 Crack the Vault
The state of inflation

32 Perennial
Corporation
Forward Thinking

38 Did You Know?
Small Business Edition

42 The Quality of Being True
Unapologetically Me

46 How Do You Stack Up?
Identifying the competitive
advantages of your business

48 The Power of
Branding

52 Building without a Permit
The Legal Consequences

CONTENTS



67

Supply Chain
Innovation



73

Just for Us
Women



86

Healthy
Living

Sint Maarten
Executive.com
www.sxmexecutive.com

54 Navigating the Turbulent Waters

10 mistakes CEOs make
in a recession

58 Introducing Sint Maarten

Investment Opportunities
on the island



67 *Through the Eyes of Our Youth*

Supply Chain Innovation

Using autonomous robots

73 *Just for Us Women*

Dr. Natasha J. Gittens

78 Fibroids:

A woman's curse

81 Where Am I?

The effects of dementia

86 Does Fruit Sugar Make You Fat?

How does the sugar in fruits
affect weight gain?

90 5 Christmas Recipes to try out this year!

EDITOR

Cadira Tyson; BBA

MANAGING DIRECTOR

Sharina Casseus

PROOF READERS

Greta Rodney; BA, MAT
Carlene Prospere Louis; Bsc., Msc.

CREATIVE DIRECTOR

Sammie Altius
www.linkedin.com/in/sammiealtius

WEB DESIGNER/DEVELOPER

Alexi Flanders

PHOTOGRAPHER

Edgardo Lynch

SALES EXECUTIVE

Neptalie Nicholas

ADVERTISING OFFICE

Sint Maarten Executive.com

CONTRIBUTING WRITERS

Sharina Casseus; BBA
Fabian Louis; FCCA, CPA, MBA
Tyhler Y. Louis
Carlene Prospere Louis; Bsc., Msc.
Dr. Gerene Thompson
Greta Rodney
Roeland Zwanikken;
BZSE Attorneys at Law

DISTRIBUTION

St. Maarten, Netherlands,
Toronto, Miami, New York,
New Jersey, Caribbean, Dubai, India

INBOX



"Very informative Magazine for the business community. We look forward to every issue."

NATASHA LAURENT,
PHILIPSBURG ST. MAARTEN

Sint Maarten Executive Magazine shows the great progress on Sint Maarten and the upcoming businesses."

PATRICIA R, BOSTON USA

"Great read! Information helped us with decision making on investments in Sint Maarten"

CLAUDE & BIONA P, FLORIDA USA

"Really good initiative, long overdue...love the content, we are happy to be a part of this!"

THE HARBOUR

Sint Maarten Executive.com welcomes submissions and letters from our readers. Please email editor@sxmexecutive.com with your contributions. The publisher is not responsible for unsolicited manuscripts or photographs. Submissions may be edited for clarity. We reserve the right to amend/replace or remove photographs which are not in keeping with the brand and standard of our publication.

**MERRY
CHRISTMAS**
& HAPPY NEW YEAR



download our
FREE mobile app!
St. Maarten
Executive

follow us
Sint Maarten Executive.com



FULLY ENDORSED
BY THE SINT
MAARTEN
CHAMBER OF
COMMERCE AND
INDUSTRY.

ACCOUNTING & CONSULTING

Principle Accounting & Consulting Services B.V.



Welfare Road #55, Unit 8
Cole Bay, Sint Maarten



+1721 520-3817



bell.ahmed@principleaccounting.sx



www.principleaccounting.sx

ARCHITECTS & APPRAISERS

IXI Design N.V.



Unit #10, Welfare Road #55,
Cole Bay, St. Maarten



+1721 544 4688



info@ixidesign.com



www.ixidesign.com

**GET
LISTED.**

Email us @
sales@sxmexecutive.com

ATTORNEY'S AT LAW

BZSE Attorneys at Law | Tax Lawyers



Welgelegen road 29. Cay Hill
P.O. Box 737, St. Maarten,
Dutch Caribbean



+1 721 542 7550



infosxm@bzselaw.com



www.bzselaw.com



BZSE

Consider it Solved by Roseburg & Partners



Welfare Road #55, Unit 9,
Cole Bay, Sint Maarten



+1721 553-3008



connect@consideritsolved.biz



www.consideritsolved.biz



Consider.it.solved



Consider it Solved by
Roseburg & Partners

HBN Law & Tax



W.G. Buncamper Road #33,
Philipsburg, Sint Maarten



+1721 542-2272



info@hbnlawtax.com



www.hbnlawtax.com





HBN Law Tax



DIRECTORY

CONTRACTORS

Sea Land Contractors N.V.

 +1 721 554 5308
 drichie350z@gmail.com

St. Maarten Real Estate & Construction N.V.

 +1 721 550 1111
 kenroyleslie28@gmail.com

ENGINEER

Geo Design

 Plaza Puerta Del Sol Welfare Rd #68
St. Maarten
 +1 721 520 8438 | +1 721 544 2529
 info@geodesign.sx
 www.geodesign.sx







FINANCIAL SERVICES

Perennial Corporation

 Unit 19 Simpson Bay
St. Maarten
 +1 721 544 1215
 info@perennialsxm.com
 www.perennialsxm.com
 PerennialCorporation
 PerennialCorporation

INSURANCES

Caribbean Alliance Insurance Co. Ltd




 Miss Lalie's Commercial Center Bush Road
#26, Unit 1.7, St. Maarten
 +1 (721) 545 5860/61
 cynthia.rotsburg@caribbeanalliance.com
 www.caribbeanalliance.com
 Caribbeanallianceinsuranceco
 Caribbeanallianceinsurance

Nagico Insurances

 C.A Cannegeiter Street Philipsburg,
St. Maarten
 +1 721 542 2739
 info@nagico.com
 www.nagico.com
 NagicoInsurances
 NagicoInsurances

LOGISTICS

Tropical Shipping

 Ground Dove Rd #8 Point Blanche,
St. Maarten
 + 1 721 542 5522
 bpeterson@tropical.com

SINT MAARTEN EXECUTIVE DIRECTORY

MORTGAGE BROKERAGE

Perennial Corporation

Unit 19 Simpson Bay
St. Maarten
+1 721 544 1215
info@perennialsxm.com
www.perennialsxm.com
PerennialCorporation
PerennialCorporation

NOTARY

Notary office Mingo

(legal name: Notarispraktijk M.F. Mingo B.V.)

Fouress Building Suite 4D, Emmaplein 4,
Philipsburg, St. Maarten, Dutch Caribbean
+1 721 542 3556 / 542 2684
USA tel: 786 342 0002
info@notarymingo.com
www.notarymingo.com
Marlene Mingo

REAL ESTATE

Properties of St. Maarten

Welfare Rd. #62 Cole Bay
St. Maarten
+1 721 524 0640
laurentnatasha@gmail.com
www.propertiesofstmaarten.com
natashapropertiesofsxm

**GET
LISTED.**

Email us @
sales@sxmexecutive.com



Unwrap your Dream Car this

Christmas with **WIB**

and have a very

MERRY

Christmas

AND HAPPY NEW YEAR



New Car 1-2-3 Go WIB

- 1). Select your vehicle of Choice
- 2). Obtain a proforma invoice
- 3). Visit your Preferred WIB branch

- Or -

Refinance your existing auto loan
and lower your monthly payments

 **BSURE** CAR INSURANCE

Competitively priced for you.



Great Financing Rates Available



with every loan approval.

Your Partner in Progress

www.wib-bank.net



WIB

WINDWARD ISLANDS BANK



Happy Holidays!

It feels like only yesterday we welcomed 2022 in, and we are now well on our way to saying goodbye to a year of wonderful learnings. As we approach 2023, we await with bated breath, hoping and praying for continued greatness. We at Sint Maarten Executive.com are extremely excited with our 10th publication! Yes! We are extremely proud yet humbled in reaching this milestone and we thank the business community for their continuous support and allowing us to bring new ideas and global highlights right to your doorstep.

In business, there's nothing more important than building strong and lasting relationships with clients and vendors and what better time than the Holiday Season most to recognize those important relationships. A simple deed can create a loyal customer for life, which makes the holidays the most wonderful time to share our gratitude and warm wishes with all those who entrust us with their business all year long. With COVID-19 now behind us, we look forward to welcoming 2023. While it appears that the world is on the brink of a global recession there are still so many opportunities and positive highlights to look forward to. Throughout this season we wish you peace and happiness. We ask that you take some time to reflect on yourself and make some time for selfcare.

For our 10th publication we think it is fitting to have Perennial Corporation as our featured executive. Over the past three years, Managing Director Sharina Casseus has built an amazing business model, which has helped hundreds of local businesses become financially better off. Her record and quality of work is well recognized by her business colleagues as they continue to highlight her professionalism and added value. Perennial Corporation has managed to bridge that gap between financial institutions and customers and we are extremely pleased to be featuring our team.

In our December 2022 issue, our focus is primarily on global disruptions caused by inflationary increases and finding ways to navigate through turbulent waters. We at Sint Maarten Executive, continue our vision of educating you our valued readers on global technological disruptions with the hope that we can stimulate your thinking and to encourage you to develop new business ideas, which in turn can create new career opportunities.

We encourage you to download the electronic version (e-copy) of the magazine, which has provided us with the opportunity to increase our readership into areas where hard cover publications will take some time to reach. We



continue expanding our readership globally as our email list allows us the opportunity to increase our viewership to half a million readers! We are committed to putting Country Sint Maarten on the map as we showcase our beautiful country.

Continue to follow us on Twitter, Facebook and Instagram. We are delighted about this elite business publication and look forward to coming into your businesses and homes in 2023. Let us be the first to wish you and yours a very joyous holiday season! ■



Prettige Feestdagen!



Het voelt als gisteren dat we 2022 hebben verwelkomd en we zijn nu goed op weg om afscheid te nemen van een jaar vol prachtige lessen. Nu we 2023 naderen, wachten we met ingehouden adem, hopen en biddend voor blijvende grootsheid. Wij van Sint Maarten Executive.com zijn enorm enthousiast over onze 10de publicatie! Ja! We zijn buitengewoon trots maar toch nederig bij het bereiken van deze mijlpaal en we danken het bedrijfsleven voor hun voortdurende steun en het feit dat we nieuwe ideeën en wereldwijde hoogtepunten bij u thuis kunnen brengen.

In het bedrijfsleven is er niets belangrijker dan het opbouwen van sterke en duurzame relaties met klanten en verkopers en wat is een beter moment dan de feestdagen om die belangrijke relaties te erkennen. Een simpele daad kan een trouwe klant voor het leven creëren, waardoor de feestdagen de mooiste tijd zijn om onze dankbaarheid en warme wensen te delen met al diegenen die ons het hele jaar door hun zaken toevertrouwen. Nu COVID-19 achter ons ligt, kijken we ernaar uit om 2023 te verwelkomen. Hoewel het erop lijkt dat de wereld op de rand van een wereldwijde recessie staat, zijn er nog zoveel kansen en positieve hoogtepunten om naar uit te kijken. Gedurende dit seizoen wensen wij U vrede en geluk. We vragen je om even de tijd te nemen om op jezelf te reflecteren en tijd vrij te maken voor zelfzorg.

Voor onze 10de publicatie denken we dat het gepast is om Perennial Corporation als onze uitgelichte executive te hebben. In de afgelopen drie jaar heeft algemeen directeur Sharina Casseus een geweldig bedrijfsmodel opgebouwd, waarmee honderden lokale bedrijven financieel beter af zijn geworden. Haar staat van dienst en de kwaliteit van haar werk worden alom erkend door haar zakelijke collega's die haar professionaliteit en toegevoegde waarde blijven benadrukken. Perennial

Corporation is erin geslaagd om die kloof tussen financiële instellingen en klanten te overbruggen en we zijn erg blij om ons team te mogen verwelkomen.

In ons nummer van december 2022 ligt onze focus vooral op wereldwijde ontwrichtingen veroorzaakt door stijgende inflatie en het vinden van manieren om door turbulente wateren te navigeren. Wij van Sint Maarten Executive zetten onze visie voort om U, onze gewaardeerde lezers, voor te lichten over wereldwijde technologische verstoringen, in de hoop dat we uw denken kunnen stimuleren en U kunnen aanmoedigen om nieuwe zakelijke ideeën te ontwikkelen, die op hun beurt nieuwe carrière mogelijkheden kunnen creëren.

We moedigen U aan om de elektronische versie (e-copy) van het tijdschrift te downloaden, wat ons de mogelijkheid heeft gegeven om ons lezerspubliek uit te breiden naar gebieden waar publicaties met harde kaft enige tijd nodig hebben om te bereiken. We blijven ons lezerspubliek wereldwijd uitbreiden, aangezien onze e-mail lijst ons de mogelijkheid biedt om ons kijkerspubliek te vergroten tot een half miljoen lezers! We zetten ons in om het land Sint Maarten op de kaart te zetten terwijl we ons prachtige land laten zien.

Blijf ons volgen op Twitter, Facebook en Instagram. We zijn verheugd over deze elite zakelijke publicatie en kijken ernaar uit om in 2023 in uw bedrijven en huizen te komen. Laten we de eersten zijn om U en de uwen een zeer vreugdevolle vakantieperiode te wensen! ■

*Al het beste
voor 2023*

contact us:

1 (721) 522 9220 / 544 1215
sales@sxmexecutive.com
editor@sxmexecutive.com
www.sxmexecutive.com



download our
mobile app!
St. Maarten
Executive.

follow us

Sint Maarten Executive.com



PILLOW TALK

When a couple runs a company together, it's very easy for business to take over the relationship. It can become the only thing spoken about, thought about and focused on. That is surely not the best thing for anyone.

It's becoming increasingly common for couples to work together, mainly due to the increasing fascination with the entrepreneurial life. Anyone who has done it will tell you that there are certainly challenges when it comes to working with your life partner and setting boundaries is certainly one way in which to manage that dynamic.

For couples who live and work together, it is quite easy for life and work to cross paths.

Nothing shatters the mood quicker than asking your partner for a copy of the debtors and creditors, or last year's end of financial year report, during what should be down time.

Simply put, we need to have razor sharp boundaries between work and home. This doesn't mean we can't talk about work related things at home. In fact, I think it is essential to talk about "work" stuff when you are away from the business.

It's great to share the excitement about what you are doing, plans for the future, cool ideas, nice things that have happened during your day and all that goes with the more positive aspects of doing business, but we need to have boundaries.

When a couple runs a business together, it's very easy for the business to take over the relationship. It can become

the only thing spoken about, thought about and focused on. That's not good for anyone.

Limit the amount of time you talk about work, say what needs to be said, and then move on. It can take a bit of discipline because most of us "think and spurt".

Something I learned to do was to keep a note pad in the kitchen and if I had a work thought I would write it down, build a list, and at a scheduled "business meeting time" at home, my significant other and I would run through whatever we needed to talk about.

Or even better, we would make a "business date" to go out and talk about everything to do with the business. We would go somewhere nice, have a meal, make it fun and enjoy the conversation, talking about day to day things as well as longer term aspirations.

Do whatever works for you, but please make certain that you have a system of some sort. Acknowledge your relationship time, honor it and treat it as a priority. If this is good, most other things will work well. And next time you find yourself having inappropriate pillow talk, make a mental note, laugh out loud, talk to your spouse and discuss how to avoid it in the future. ■



From Our Family;
to Your Family
across the
Caribbean

HAPPY
HOLIDAY
SEASON

GET A QUOTE
TODAY



St. Maarten Branch:

Miss Lalie's Commercial Center, Bush Road
#26 Unit 1.7, Philipsburg, Cul de Sac, St. Maarten

Tel: +1 (721) 545-5860

www.caribbeanalliance.com



"Your only A.M. Best A Rated company in St. Maarten"



CARIBBEAN
ALLIANCE
INSURANCE

tomorrow. secured.

home • contents • motor • liability • business • travel • marine

YOUR TRUSTED FINANCIAL ADVISORS



ABOUT US:

We at Perennial Corporation have over 35 years of combined banking and financial experience. Our aim is to ensure that each client who walks through our doors can leave feeling that they received the most optimal advice which fits their immediate and future needs.

WHY CHOOSE US?

Our mission is to build a leading organization, by providing innovative ideas, uniquely designed to meet our customers' needs with a core focus on forward thinking solutions.

THE SERVICES WE PROVIDE



- Financial & Tax Advisory
- Financial Statement Preparation
- Business Plan Preparation
- Mortgage Brokering



- Collection Agency
- Insurance Agency
- Real Estate Agency



- Estate Planning
- Tax Planning
- Property Management
- Project Management



+1(721)644-1215



www.perennialsxm.com
info@perennialsxm.com



Puerta Del Sol, 1st Floor Unit 18, Simpson Bay,
Sint Maarten



IS A **GLOBAL RECESSION** IMMINENT?

[Read more ►](#)



Just two years after the pandemic-induced global recession of 2020, the world economy is again facing difficult challenges. As growth is slowing sharply, fears of an impending global recession are rising (Figure 1A). Stagflationary pressures are also mounting as inflation

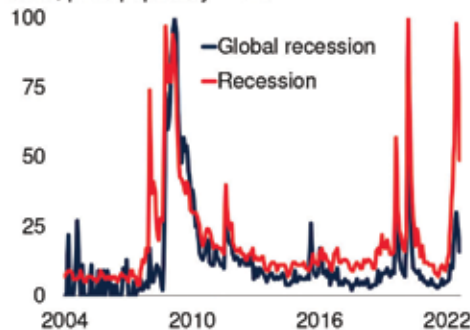
reaches new multidecade highs in many countries (Figures 1B and 1C). Geopolitical tensions are casting a long shadow over global growth prospects, with the Russian Federation's invasion of Ukraine magnifying pre-existing supply-side challenges and intensifying volatility in commodity markets. Moreover,

rising global borrowing costs are heightening the risk of financial stress among the many emerging market and developing economies (EMDEs) that over the past decade have accumulated debt at the fastest pace in more than half a century (Figure 1D).¹

Figure 1. Global context

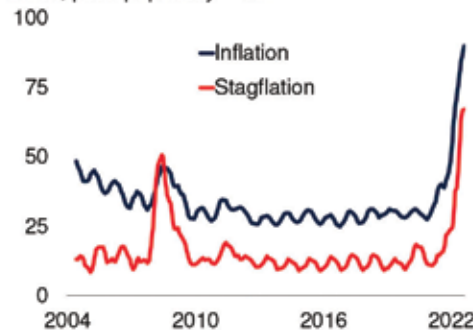
A. Web searches about recessions

Index, peak popularity = 100



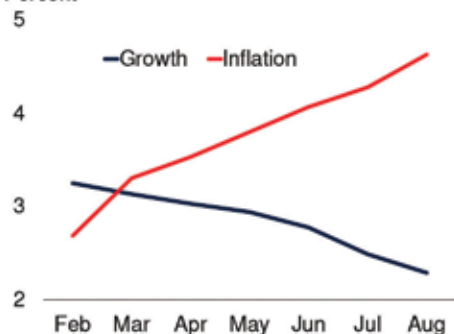
B. Web searches about inflation and stagflation

Index, peak popularity = 100



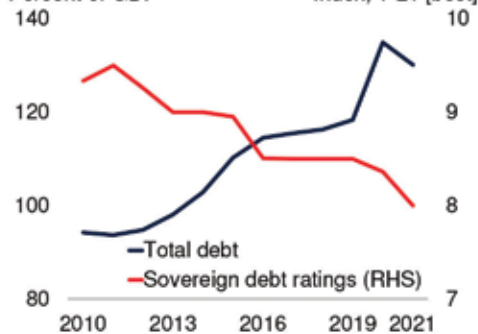
C. Evolution of global growth and inflation forecasts for 2023

Percent



D. Total debt and sovereign debt ratings in EMDEs

Percent of GDP



Sources: Consensus Economics; Google; Kose et al. (2021, 2022); World Bank.

A.B. Figure shows monthly index numbers that represent search interest for the terms “global recession” and “recession” (Panel A), and “inflation” and “stagflation” (Panel B), relative to the highest point (i.e., peak popularity for the term, equal to 100). The information is obtained via Google Trends on September 6, 2022, with the following features: worldwide coverage, all categories, and web search. In Panel B, data are shown as a six-month moving average. The last observation is August 2022.

C. Consensus forecasts of global growth are weighted by GDP in U.S. dollars based on 86 countries, and consensus inflation forecasts are based on median based on 83 countries. The last observation is August 2022.

D. Sample includes EMDEs excluding China. Total debt is defined as a sum of general government gross debt and domestic credit to the private sector and shown as nominal GDP-weighted averages. Sovereign debt ratings are presented as median.

¹For detailed discussions of the impact of the war in Ukraine on the global economy, see Guénette, Kenworthy, and Wheeler (2022) and World Bank (2022a); for a comprehensive analysis of stagflationary risks, see Ha, Kose and Ohnsorge (2022a, 2022b); and for the implications of recent trade disruptions and volatility in energy and food markets, see World Bank (2022b) and Baffes and Nagle (2022).

As the previous quotes show, there has recently been a vigorous debate about the near-term prospects for the global economy and the chances of global recession.² Our study aims to inform this debate with a systematic analysis of recent developments drawing on lessons from previous global recessions and a careful assessment of possible near-term growth scenarios based on a well-defined modelling framework. We address three specific questions:

- How does the recent evolution of economic activity compare with that prior to earlier global recessions?
- How do recent macroeconomic policy actions differ from those preceding earlier global recessions?
- What is the outlook for global growth in 2022-24?

In answering these questions, we make the following contributions:

- **Insights from previous global recessions** (defined as contractions in annual global per capita GDP) and global downturns (which are marked slowdowns in annual global GDP growth that do not entail outright contractions). We review the main features of previous global recessions and downturns for the light they shed on near-term prospects for the global economy.
- **Analysis of policy actions.** After providing unprecedented policy support during the pandemic, many countries have

implemented increasingly tighter fiscal and monetary policies. We study how these policy actions compare with those that preceded earlier global recessions and consider the implications of this exceptionally synchronous shift in policies for near-term prospects.

- **Quantitative analysis of likely growth outcomes.** Using a standard semi-structural model, we present a detailed quantitative assessment of possible global growth scenarios for 2022-24. The model allows us to analyze different types of shocks and evaluate their implications for advanced economies and EMDEs. Our scenarios are informed by insights from previous global recessions. They describe three possible outcomes—a baseline representing recent forecasts, a sharp downturn, and a global recession.

There have been five global recessions since 1970 — in 1975, 1982, 1991, 2009, and 2020. Each was characterized by broad-based weakness in multiple indicators of global activity as a result of highly synchronized recessions in many countries. The global recessions were associated with confluences of a wide range of concurrent or preceding developments, including financial crises (1982, 1991, 2009), a major shift in policies (1982), sharp movements in oil prices (1975, 1982), and a pandemic (2020). In addition to

the five global recessions, the global economy experienced downturns in 1998, 2001, and 2012—driven mostly by financial stress concentrated in certain groups of countries. During each of these downturns, the global economy avoided a recession but experienced relatively weak growth.

There have been five global recessions since 1970... Each was characterized by broad-based weakness in multiple indicators of global activity as a result of highly synchronized recessions in many countries.

[Read more ►](#)

²This debate initially focused on how much monetary tightening will be required in the United States to reduce inflation and whether this will result in a recession in the U.S. economy (Barro 2022; El Erian 2022; Monteiro 2022; Powell 2022). More recently, there has been a broader debate on the possibility of a global recession in the context of a material weakening of activity in the United States, the euro area, and China (Frankel 2022; Krueger 2022; O'Neill 2022; Roach 2022; Rogoff 2022).

GLOBAL RECESSIONS SINCE 1970

A global recession is defined as a contraction in annual global real per capita GDP (Kose and Terrones 2015). Over 1970–2021, the global economy experienced five recessions: in 1975, 1982, 1991, 2009, and 2020 (Figure 2A).⁴ During these episodes, per capita global output (market exchange rate weighted) declined by an average of 1.9 percent—3.9 percentage points

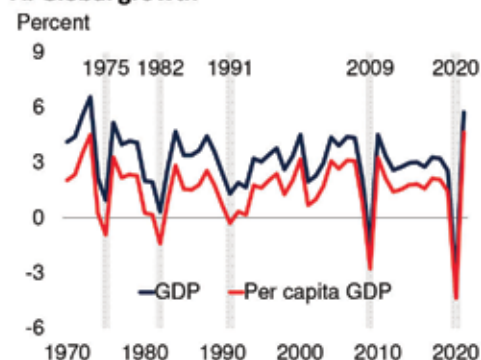
below the average annual growth rate of 2.0 percent during the 1970–2021 expansion years (Figure 2B). Given the latest projections of population growth, this definition implies that the global economy will experience a recession in the forecast period if real annual world GDP growth declines below about 1 percent. Global output did increase during the first three recessions, but it declined in the 2009

and 2020 episodes. In addition to declines in per capita GDP, global recessions are accompanied by slowdowns in global industrial production, trade, capital flows, employment, and oil consumption—all of which are highly synchronized internationally.⁵

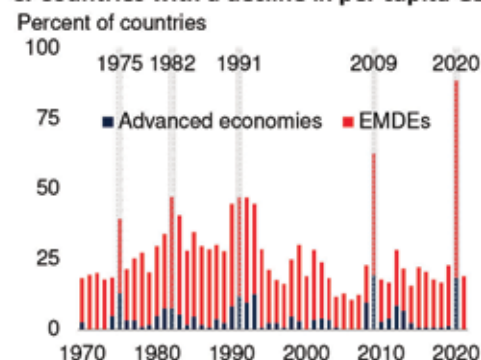
The fraction of countries that experienced annual declines in per capita GDP increases sharply during

Figure 2. Global recessions

A. Global growth



C. Countries with a decline in per capita GDP



Sources: Kose, Sugawara, and Terrones (2020); World Bank.

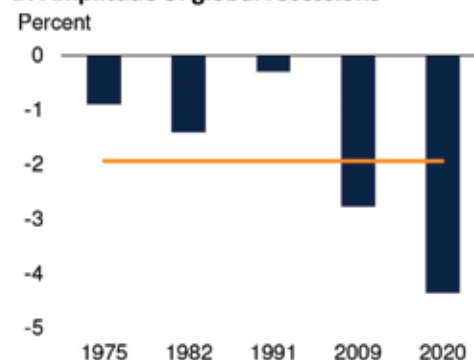
A. C. Shaded areas indicate global recessions in 1975, 1982, 1991, 2009, and 2020. The last observation is 2021.

B. Global per capita GDP growth in respective years. The orange line shows the average per capita GDP growth during global recessions.

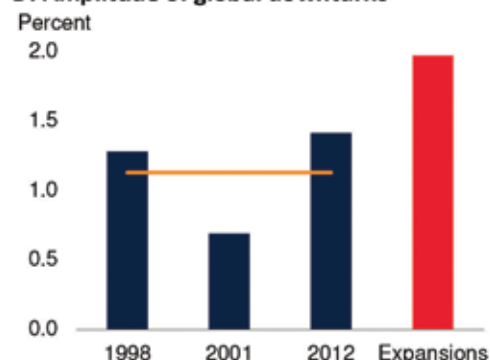
C. The proportion of countries with an annual contraction in per capita GDP.

D. Global per capita GDP growth in respective years. The red bar shows the average global per capita GDP growth over 1970–2021 excluding the years of global recessions (1975, 1982, 1991, 2009, and 2020). The orange line shows the average per capita GDP growth during global downturns.

B. Amplitude of global recessions



D. Amplitude of global downturns



⁴Some employ an alternative definition of global recession as annual global GDP growth below a certain threshold. Such a constant threshold of 2.0 percent, for example, would imply that there were ten or eight global recessions over 1970–2021, depending on whether the global GDP data are aggregated using market exchange rates or PPP weights.

⁵Appendix I explains two methods (a statistical method and a judgmental method) that are used to identify turning points of global business cycles (Kose, Sugawara and Terrones 2020; Rogoff, Robinson, and Bayoumi 2002). Both approaches result in broadly similar turning points, whether annual or quarterly data series are used (Table I.2). They also suggest that global recessions during 1970–2021 lasted about one year.

global recessions (Figure 2C). The pandemic-induced global recession in 2020 was by far the deepest and the most internationally synchronized. The United States experienced a recession in every global recession. Many advanced economies and EMDEs also went through recessions or sharp growth slowdowns during global recessions.⁶

In addition to these global recessions, since 1970, the global economy experienced downturns in 1998, 2001, and 2012 since 1970 (Figure 2D). In these three years, the global economy registered its lowest growth rates of the past five decades, except for the years of global recession and the two years before and after each of them. World output per capita grew by slightly over 1 percent a year, on average, during these three downturns. These episodes fall short of qualifying as global recessions because world real GDP per capita did not contract and there was no accompanying broad-based weakness in multiple indicators of global activity.

CONCLUSION

In 2022, the specter of a global recession has increasingly haunted policymakers as they have observed the rapid deterioration of growth prospects amid rising inflation. Drawing on insights from previous global recessions, we have presented a systematic analysis of the recent evolution of economic activity and policies, as well as a model-based assessment of possible near-term macroeconomic outcomes. Recent

consensus forecasts suggest that the global economy will experience its steepest decline in growth over the next two years following an initial rebound from global recession since 1970. Growth forecasts for the United States, euro area, and China have also been lowered significantly. These developments do not augur well for the likelihood that a global recession can be avoided because there was significant weakness in global growth during the year preceding every global recession since 1970, which all occurred concurrently with a recession in the United States.

Against this backdrop, policymakers face a difficult balancing act. Concerns about high inflation and the rising risk of de-anchoring inflation expectations have already led to significant monetary policy tightening in many countries. At the same time, a marked erosion of fiscal space, especially across most EMDEs, and excess demand pressures in many advanced economies, as well as a diminishing impact of the pandemic, have led to withdrawals of fiscal support. As a result, the global economy is in the midst of one of the most synchronous episodes of monetary and fiscal policy tightening of the past five decades. These policy actions are necessary to contain inflationary pressures and are akin to the counter-inflationary policies implemented in the late 1970s and early 1980s, ahead of the 1982 global recession.

If the degree of global monetary policy tightening currently anticipated by markets is not enough to lower inflation to targets, experience from

past global recessions suggests that the requisite additional tightening could give rise to significant financial stress and trigger a global recession in 2023. This would entail a recession in advanced economies within the range of the contractions that occurred in the past five global recessions.

Our analysis indicates that the global economy could escape a recession even if additional monetary policy tightening beyond current market expectations is needed to reduce inflation. However, this would require the additional tightening to be implemented in such a way as to generate an orderly adjustment in financial markets. More importantly, policymakers need to utilize the full menu of options available to get ahead of inflation and reduce the likelihood of a sharper decline in growth. ■

World Bank



⁶For example, in four out of the past five global recessions, GDP contracted in Canada (1982, 1991, 2009 and 2020), Germany (1975, 1982, 2009, and 2020), and the United Kingdom (1975, 1991, 2009, and 2020). GDP in France and Italy also contracted in the 1975, 2009, and 2020 global recessions.



SINT MAARTEN

ECONOMIC REVIEW

Strong tourism recovery late last year has continued with only mild headwinds from the latest Covid-19 developments, implying an estimated growth of 8 percent last year and an expectation of 7½ percent growth this year. Economic activity is expected to recover to pre-pandemic levels next year and to pre-hurricane levels by the end of the forecast horizon. External inflation pressures, exacerbated by the war in Ukraine, is forecast to raise annual inflation in 2022 to nearly 6 percent. The external current account deficit is expected to widen on tourism-related imports and Trust Fund-related imports but close gradually going forward. Fiscal deficits are expected to decline, and debt-to-GDP fall, but they may reverse if the social security and health system is not reformed. The outlook is subject to substantial risks

including shocks to tourism demand from the pandemic or partner country growth as well as ever-present hurricane-risk.

The recovery in Sint Maarten is underway. Stayover tourism has exceeded pre-pandemic levels and cruise tourism is rebounding. Public investment supported by the Trust Fund is raising the prospect of matching the level of output seen before the 2017 hurricanes by the end of the forecast horizon. Nevertheless, downside risks cloud the outlook. Global price pressures are making a mark on the island and threatening real wages and the purchasing power of the most vulnerable. Disappointing investment execution, especially for the airport, a rebound in the economic consequences of the Covid-19 pandemic, spillovers from a slowdown

in advanced economies, or another devastating hurricane season are key risks that could significantly derail recent gains.

Fiscal efforts should center on a higher-quality consolidation. The public wage bill freeze could be eased in light of the inflation shock and should eventually be replaced by a comprehensive reform focused on productivity and competitive wages. Attention should be given to hiring key skill areas where positions are difficult to fill. Temporary relief to households, in addition to the gasoline excise tax reduction, should employ more targeted measures. These steps can be financed by needed base-broadening tax reforms including taxes on sharing-economy holiday rentals, internet consumer sales, and the gambling industry. Higher premiums and cost-cutting measures

are urgently needed to put the social security and health insurance system (SZV) on a sustainable financial footing and avoid becoming a fiscal burden in the medium-term.

Medium-term fiscal planning and institution-building would serve Sint Maarten well. Developing a medium-term fiscal framework, including establishing an appropriate debt anchor, would aid fiscal planning, coordinate expectations across the government, and facilitate investment project costing and financing. Sint Maarten should leverage the period of Trust Fund execution to build public investment management capacity. It will need to improve its public investment levels in the long run to secure sustained growth.

Increasing dynamism for businesses and workers and supporting green investment would help sustain the recovery. As the economy recovers from the pandemic, long run growth concerns return to the fore. Private sector dynamism would be supported by reducing barriers to new business and simplifying, centralizing, and speeding up permitting. Barriers to formal work should be reduced by increasing flexibility to multiple jobs and seasonal work as well as easing hiring and firing restrictions. Green infrastructure investments would support growth while improving Sint Maarten's living environment and global brand.

The Monetary Union of Curaçao and Sint Maarten

The external position of the union has improved on the heels of a nascent recovery. The Union's current account deficit declined, and international reserves remain at a comfortable level. Nevertheless, the

external positions in both countries remain weaker than warranted by the fundamentals and desired policy settings. Across-the-board supply-side reforms remain vital for strengthening the external position of the union, as official financing is expected to wind down.

Monetary policy should continue supporting the peg. The CBCS has appropriately raised the reference rate in June 2022. Excess liquidity should be monitored closely and sterilized if necessary. It would be important to strengthen the transmission mechanism of monetary policy. Improving the financial infrastructure would lower impediments to lending and improve the productive use of deposits.

Strong implementation of financial sector reforms would help to alleviate financial sector vulnerabilities. The financial system withstood the shock from the pandemic with help from appropriate policies. Nevertheless, the pandemic took a toll on asset quality and financial sector vulnerabilities and risks remain elevated as the macro environment remains volatile. The authorities have made significant efforts in advancing their financial sector agenda, including transitioning to risk-based supervision, addressing legacy issues, and improving analysis and transparency. These efforts need to continue. Strong collaboration between the CBCS and the government is critical for addressing remaining legacy issues and advancing financial sector reforms. Continued monitoring of correspondent bank relationships remains important for the healthy functioning of the system. ■

www.imf.org





AUDIT - ACCOUNTING -CONSULTANCY



Martin Hassink



Erik van Engelen



Maria York



+1721 524 2833



info@havensxm.com



Welfare Road 68
Commercial Center 2
Cole Bay, St. Maarten

havensxm.com


HAPPY Holidays



Sabrina Stienstra Chanté Webster Ashwini Gossai



QUALITY PREVAILS while time is of the essence



HYPNOSIS: Did the World *Fall Asleep?*

The ongoing war in Ukraine has dimmed the prospects of a post-pandemic economic recovery for emerging and developing economies in Europe and Central Asia region, says the World Bank's Economic Update for the region, released on October 4, 2022.

Economic activity will remain deeply depressed through next year, with minimal growth of 0.3% expected in 2023, as energy price shocks continue to impact the region. So far, however, the region has weathered the storm of Russia's invasion of Ukraine better than previously forecast. Regional output is now expected to contract by 0.2% this year, reflecting above expectation growth in some of the region's largest economies and the prudent extension of pandemic-era stimulus programs by some governments.

Ukraine's economy is now projected to contract by 35% this year although economic activity is scarred by the destruction of productive capacity, damage to agricultural land, and reduced labor supply as more than 14 million people are estimated to have been displaced. According to recent World Bank estimates, recovery and reconstruction needs

across social, productive, and infrastructure sectors total at least \$349 billion, which is more than 1.5 times the size of Ukraine's pre-war economy in 2021.

"Russia's invasion of Ukraine has triggered one of the biggest human displacement crises and exacted a heavy toll on human and economic life," said Anna Bjerde, World Bank Vice President for the Europe and Central Asia region. "Ukraine continues to need enormous financial support as the war needlessly rages on as well as for recovery and reconstruction projects that could be quickly initiated."

The global economy continues to be weakened by the war through significant disruptions in trade and food and fuel price shocks, all of which are contributing to high inflation and subsequent tightening in global financing conditions. Activity in the euro area, the largest economic partner for emerging

and developing economies (EMDEs) of Europe and Central Asia, has deteriorated markedly in the second half of 2022, due to distressed supply chains, increased financial strains and declines in consumer and business confidence. The most damaging effects of the invasion, however, are surging energy prices amid large reductions in Russian energy supply.

Downgrades to growth forecasts for 2023 are broad-based across EMDEs in Europe and Central Asia as the regional outlook is subject to considerable uncertainty. Prolonged or intensified war could cause significantly larger economic and environmental damage and greater potential for fragmentation of international trade and investment. The risk of financial stress also remains elevated, given high debt levels and inflation.

A supplement to the report examines the impact of the energy crisis. While global prices for oil, gas and coal have been rising since early 2021, they skyrocketed after Russia's invasion of Ukraine, sending inflation to levels not seen for decades in the region. This unprecedented crisis has implications for consumers and Governments alike – constraining fiscal affordability; firm productivity; and household welfare.

Hardest hit will be countries with medium to high reliance on natural gas imports for heating (which accounts for 30% of energy demand), industry, or electricity, as well as countries closely connected with EU energy markets. These countries must prepare for gas shortages and put in place emergency plans to mitigate the worst impacts on households and firms, including saving energy, boosting energy efficiency, and implementing quota/rationing plans. Behavior change campaigns that focus on heating efficiency in homes and buildings, such as resealing windows and adding insulation,



require relatively minimal investment and have immediate impacts.

"The overlapping crises of the war in Ukraine, the ongoing pandemic and the surge in food and fuel prices are painful reminders that governments need to be prepared to manage massive, unexpected shocks that unravel very quickly," said Ms. Bjerde. "Social protection systems, which are the bedrock of anti-poverty efforts, need to be modernized to make them effective in the face of shocks as well as longer-term challenges."

The report also includes a special focus on the region's social protection systems, which have played a critical role in supporting households and businesses during the pandemic and, more recently, from the fallout of the war in Ukraine.

The region's pandemic response comprised two broad types of policy instruments: income protection measures and job protection measures. The report assesses the effectiveness of these measures in promoting economic growth, reducing poverty, and preserving jobs. It finds that, in the short run, higher spending on job protection measures was associated with higher employment and less poverty. However, the effect of these measures on growth is less clear.

These lessons from the pandemic are instructive for policymakers in making social protections systems adaptive and inclusive to effectively address both short-term shocks to the economy, and the longer term

trends which are transforming labor markets, including globalization, demographic trends, technological innovation, and the impacts of climate change and climate action.

Policy interventions to building social protection systems for the future can include a combination of (i) guaranteed minimum income support designed to protect individuals and households from adverse shocks, (ii) regulatory reforms that gradually remove restrictions on firms' hiring and dismissal practices, and ultimately support the creation of formal jobs in the private sector and a reduction in informality; (iii) enhanced coverage of and protection for vulnerable groups; and (iv) digitalization for improved quality and quantity of services provision.

Ukraine and Russia account for about 75% of the world's sunflower oil supply...

1) One of the most alarming supply chain issues resulting from the Russia-Ukraine war is food shortages, particularly acute in low-income countries in Africa. Ukraine and Russia account for about a third of the world's wheat and a quarter of barley production, not to mention some 75% of the sunflower oil supply — all critical commodities for keeping humans fed.

The combination of Russian sanctions, blocked Ukrainian ports, and the inability of Ukrainian farmers to work the fields is creating a perfect storm that requires governments and businesses to find new ways to collaborate to head off a humanitarian crisis, said Chris Mejía

Read more ►



Argueta, director of the MIT SCALE Network in Latin America. In fact, Russia's blockade of Ukrainian ports is considered so damaging that EU Foreign Policy Chief Josep Borrell recently dubbed it a war crime.

"If we have a scarcity of the most common commodities around the world, coupled with climate change issues, that's when we need to start changing our mindset and find ways to collaborate with each other to make a difference," Mejía Argueta said.

That reset entails establishing alternative suppliers, forging public-private partnerships, and leveraging advanced analytics to forecast food waste and identify opportunities to divert resources to shore up global food supplies, he added.

2) The state of transportation routes connecting China with Europe is another casualty of the Russian invasion. Surging gas prices are increasing freight costs for all modes of transportation. The train route connecting the regions, which became highly competitive during the height of COVID-19, especially for industries valuing shorter lead times such as automotive and electronics, is now stalled. This is especially true for the primary corridor that traverses Russia, Belarus, and Poland before continuing on to Germany, France, and other European countries.

"If you shifted your product allocation [during the pandemic], you can't just reverse that decision, [which has] caused a lot of trouble in the automotive industry," said Pascal Wolff, an assistant professor at the SCALE Network's Ningbo China Institute for Supply Chain Innovation. While some companies are redirecting product traffic to an alternative train route, most are shifting back to ocean freight mode, he said, which takes

more time to get goods to market. Given the hurdles, the panelists contended now is as good a time as any to re-evaluate supply chain positions and make adjustments.

They offered the following suggestions:

Consider alternative sourcing.

With governments and businesses no longer able to depend on traditional suppliers, now is the time to either diversify partners or find alternative sourcing modes. While changes are necessary, there are ramifications. "When you change suppliers or change your supply mode, your lead time might increase, and when your lead time increases, there will be temporary shortages," Arts said.

Capitalize on new opportunities.

For entrepreneurs, there's an opportunity to fill the gaps created by the volatility, creating new business models and potentially improving the lives of others.

Companies need to start collaborating through trade coalitions and other joint partnerships to increase capacity, Mejía Argueta said; when possible, they should transition from global to a localized set of suppliers, although that's not always possible or optimal, the panelists acknowledged. "If you know you need to collaborate with others in order to increase capacity, start doing it," Mejía Argueta said. "It's important to start working, not in silos."

Understand that quantitative approaches can help, but there are challenges.

While modeling can help optimize supply chain changes, there are limits to this approach. Most supply chain models assume a steady state, which

is not applicable for redesigning something that is in transition. "Decision makers should move to systems thinking and have multiple objectives and KPIs in mind when designing supply chain networks," Wolff said.

Accept that this is the new normal.

Planning can only get you so far in a world order that continues to be in constant flux. Therefore, the key to sustaining growth in uncertain times is developing best-in-class agile competencies. "You can't plan for everything," Wolff said. "Few saw this war coming or anticipated the pandemic. It's hard, but enterprises need to work on becoming agile organizations." **Wake up! ■**





Perennial Corporation

...forward thinking...

A DREAM

*Written down with a date
becomes a goal.*

A GOAL

*Broken down into
steps becomes a plan.*

A PLAN

*Backed by action makes
your dreams come true.*

Conspiracy of the Willing

Lately, have you been out to your favourite restaurant, only to discover the food wasn't quite as good or the portions were much smaller? Or perhaps even eating at home has become more expensive as the grocery shopping adds up?

The feeling that everything is just a little bit worse and perhaps more costly is not unfounded with the blame largely being placed on inflation. But what exactly is it?

Let us take a moment and be a little more aware of how business is evolving in a manner which we will let you the reader decide for yourselves.

Inflation

Many countries are dealing with the effects of inflation, now at a 40-year high. Simply put, you are getting less value for your money as prices go up when there are shortages and/or there is a large demand for goods or services. Inflation is measured by how expensive goods and services have become over a certain period of

time, usually a year. One well-known indicator is the Consumer Price Index, which measures the percentage change in the price of a basket of goods and services consumed by households. Moderate inflation is considered normal but significant spikes can mean the cost of living will suddenly become much higher.

The reason why inflation is so high at the moment is due to a perfect storm of economic woes, as the International Monetary Fund (IMF) in July dubbed the world's economic outlook "gloomy and more uncertain".

Many have blamed the world's financial problems on the impact of Russia's invasion of Ukraine, which has consequentially ramped up gas and food prices and seen shortages of staple goods. But even before the war in Ukraine broke out in February, the coronavirus pandemic meant factory shutdowns and also logistical hurdles in export hubs such as China, causing supply chain issues and shortages. This also ramped up the prices of goods and the cost to transport them.



Shrinkflation

If you are a Swiss chocolate fan, you may remember when Toblerone in 2016 looked a bit different; it no longer resembled the Alps and had the gaps between triangles widened. While the cost of the chocolate bar did not go up, it shrank from a net weight of 170 grams to 150 grams. This is a classic case of what is called “shrinkflation,” when the volume or size of a product shrinks. It can be seen as a little ‘sneaky,’ as consumers are less likely to weigh a product and notice the difference compared to a price hike. The traditional concept of inflation refers to paying more than you would previously for the same item. The concept of shrinkflation refers to paying the same amount as you were before, but receiving an amount of said product. Shrinkflation is often harder to spot than traditional inflation because it is difficult to compare size changes, unless you remember how much actual product you used to get.

Skimpflation

Perhaps you’ve dined at a similar restaurant, however this time the food isn’t as good but the prices were the same or higher? Maybe you’ve purchased an article of clothing only to discover the quality isn’t as good as it used to be? If so, you’ve definitely experienced skimpflation. Skimpflation can refer to businesses keeping prices the same, but downgrading the overall customer experience. One of the more common ways which may go unnoticed is businesses that offer free shipping have switched to longer processing and shipping times. Businesses will utilize skimpflation



to avoid raising prices and losing customers while still meeting their revenue goals. They “skimp” on the quality of the product or service they provide with the hope that customers will be none the wiser.

What is Greedflation?

Even as crude oil prices have started to drop, many consumers have yet to see a dip in overall gas prices. This has caused some experts to accuse gas companies of “greedflation”. This refers to the practice of increasing prices even though underlying costs have not increased. Greedflation is a way for companies to take advantage of inflation and use it to increase their prices when they don’t actually need to do so. It can also refer to companies raising prices more than necessary to exploit their customers. Because consumers know that prices are rising due to external factors, they expect that companies will increase

their rates.

These are all subtle ways in which companies attempt to either minimize or take advantage of the impact that inflation has on consumer expectations. It is therefore important to understand these concepts in order to avoid being manipulated. Be aware of those conspiracies! ■

Greedflation is a way for companies to take advantage of inflation and use it to increase their prices when they don’t actually need to do so.



SEALAND
CONTRACTORS N.V



Happy Holidays



DENIS RICHIE



+1 (721) 554 5308



drichie350z@gmail.com



CRACK THE VAULT: THE STATE OF INFLATION

Since the beginning of the year, a rapid deterioration of growth prospects coupled with rising inflation and tightening financing conditions, has ignited a debate about the possibility of a global recession, a contraction in global per capita GDP. Drawing on insights gained from previous global recessions, this study presents a systematic analysis of the recent evolution of economic activity and policies, and a model-based assessment of possible near-term macroeconomic outcomes.

Evolution of activity. Consensus forecasts for global growth in 2022 and 2023 have been downgraded significantly since the beginning of the year. Although these forecasts do not point to a global recession in 2022–23, experience from earlier recessions suggests that at least two developments, which either have already materialized in recent months or may be underway, heighten the likelihood of a global recession in the near future. First, every global recession since 1970 was preceded by a significant weakening of global growth in the previous year, as has happened recently. Second, all previous global recessions coincided with sharp slowdowns or outright recessions in several major economies.

Evolution of policies. Despite the current slowdown in global growth, inflation has risen to multi-decade highs in many countries. To stem risks

from persistently high inflation and in a context of limited fiscal space, many countries are withdrawing monetary and fiscal support. As a result, the global economy is in the midst of one of the most internationally synchronous episodes of monetary and fiscal policy tightening of the past five decades. These policy actions are necessary to contain inflationary pressures, but their mutually compounding effects could produce larger impacts than intended, both in tightening financial conditions and in steepening the growth slowdown. This synchronous policy tightening contrasts with the policies adopted around the 1975 global recession but is similar to those implemented ahead of the 1982 recession. A major lesson from these two episodes is that making necessary policy adjustments in a timely fashion is essential to containing inflationary pressures and reducing the output costs of policy interventions.

[Read more ►](#)

This recession will be different though, it will arrive at a time when policymakers will still be struggling to manage through the onslaught of major disruptions that didn't all exist simultaneously during previous recessionary periods

Near-term growth outcomes. Three scenarios for the global economy over 2022-24 are analyzed using a large-scale, cross-country model. The first, baseline scenario, aligns closely with recent consensus forecasts of growth and inflation, as well as market expectations for policy interest rates. However, it implies that the degree of monetary policy tightening currently expected may not be enough to restore low inflation in a timely fashion. The second scenario, sharp downturn, assumes an upward drift in inflation expectations, which triggers additional synchronous monetary policy tightening by major central banks. In this scenario, the global economy would still escape a recession in 2023 but would experience a sharp downturn without restoring low inflation by the end of the forecast horizon. In the third scenario, global recession, additional increases in policy rates would trigger a sharp re-pricing of risk in global financial markets and result in a global recession in 2023. If the ongoing global slowdown turns into a recession, the global economy could end up experiencing large permanent output losses relative to its pre-pandemic trend. This would have severe consequences for the long-term growth prospects of emerging market and developing economies that were already hit hard by the pandemic-induced global recession of 2020.

Policy responses. Policymakers need to navigate a narrow path that requires a comprehensive set of demand-and supply-side measures. On the demand side, monetary policy must be employed consistently to restore, in a timely manner, price stability. Fiscal policy needs to prioritize medium-term debt sustainability while providing targeted

support to vulnerable groups. Policymakers need to stand ready to manage the potential spillovers from globally synchronous withdrawal of policies supporting growth. On the supply-side, they need to put in place measures to ease the constraints that confront labor markets, energy markets, and trade networks.

This recession will be different though, it will arrive at a time when policymakers will still be struggling

to manage through the onslaught of major disruptions that didn't all exist simultaneously during previous recessionary periods: supply chain constraints, geopolitical tensions in key markets, a historic labor shortage, the uncertain path of a global pandemic, and the looming possibility that inflation will persist even amid recession, resulting in the first stagflation environment since the 1970s.' ■



Roofing



Cladding



Siding



Accessories



SINEA®

Proven excellence against sea blast!

That's us!



High quality, European standard steel!

SINEA is the only pre-lacquered steel guaranteed for up to 40 years regardless of its color, with no latitude or altitude limit, used both for roofing and cladding.

Designed for your sustainable architecture projects. Sinea has the qualities required. Visit us today for all your Roofing, Cladding, Siding and Accessory needs.



ArcelorMittal

Caribbean Construction

Private & Professional

www.amc-caraibes.com

**High quality, European
standard steel**



Saint-Martin Location

Lot Savane Activité - 97150 Saint-Martin

Tel: 0590 52 98 02 - Fax: 0590 51 07 59



Perennial Corp

“...forward t



FORWARD — thinking

Who We Are

Perennial Corporation N.V. is a financial advisory and consulting firm located in St. Maarten, Dutch West Indies. Our company focuses on financial planning, tax planning, mortgage brokerage, business plans, project management, estate planning, employment agency, real estate sales and property management. We are also agents for Caribbean Alliance Insurance Company, providers of content, motor, liability, business, travel and marine insurance.

Our property management portfolio is well over US\$25,000,000 and our mission is 'to build a leading organization, by providing innovative ideas, uniquely designed to meet our customers' needs with a core focus on forward thinking solutions.'

We create value for our clients, regardless of their financial or economic situation. We aim to ensure that every client who walks through our doors leaves feeling that they received the optimal advice and service to suit their present and future needs.

Our company strives to ensure all tasks executed by the team is carried out with integrity and ultimate transparency.



OUR SERVICES:

Financial Advisory

At Perennial Corporation we take our clients' financial needs seriously by developing tailored financial plans to assist with their growth strategies. As experts, we provide them with optimal advice on efficient use of their assets to generate more wealth in the most conservative manner. We analyze clients financial dilemmas, formulate solutions and make recommendations. We translate personal and business goals into targeted action steps designed to maximize clients' financial position. Are you drowning in debt or your business has been stagnant? Maybe it's time you give us a call!

Financial Statements Preparation

With a combined total of over 50 years audit and accounting experience, our team of Chartered Accountants are ready to serve. Working within a wide cross section of industries, particularly but not limited to hospitality, telecommunications, retail, real estate, insurance, construction and finance, we are more than capable of providing our clients with quality and professional service. Our partners are located throughout the region



and are all members of accredited accounting bodies.

Business Planning

Do you have a new business idea? Let our experts work with you to bring this idea to fruition. The foundation of an investor package is a solid business plan. Our team takes on the responsibility of completing your Business Plan and will provide you with an honest assessment on the viability of your concept. Furnish us with your ideas and our team will optimize your strategy; research and analyze your market and competition; and create a clear and compelling business plan to articulate your vision.

Project Management

Our team members coordinate in managing the client's projects within a set time frame, budget and scope. We oversee all technicalities of the project such as setting deadlines, assigning responsibilities, monitoring and summarizing reports of ongoing progress of project. Our team ensures that resources are readily available and adequately allocated, as well as supervise any changes to the project scope, project schedule and project costs using appropriate verification techniques. Risk management is enforced to minimize any potential losses.

Tax Planning

An effective tax function delivers a strong reporting foundation and sustainable planning to guide your business in attaining maximum growth. Our team will verify your needs and assist you in developing the right tax strategies aligned with your business drivers, built on effective compliance and reporting. Our aim is to ensure we advise you of the right tax planning techniques to minimize your tax liability, while ensuring favorable relationships are maintained with all stakeholders, and the tax authorities.

[Read more ►](#)



Estate Planning

Most of us are afraid to discuss the inevitable. If there is one thing we can all be assured of is that we will all die. Do you want to leave your love ones in chaos when you pass away? Our team will assist with estate planning by providing you with expert advice and guidance in the event of your incapacitation or death. We can assist you with putting measures in place to ease the stress on your love ones when that time comes.

Mortgage Brokerage

At Perennial Corporation we are proud to say that we are the most successful mortgage brokerage firm in St. Maarten. With 100% success rate and over US\$50 million in business over the years. We specialize in multifamily, commercial and single-family lending.

Perennial Corporation has maintained great relationships with a number of financial institutions and



has a portfolio of international private investors who are eager to invest in St. Maarten. We follow a reliable and efficient process, which affords us the opportunity to provide the best sound financial advice to our clients.

Receivables Collection

A company's profitability can be depleted by delinquent account receivables and delayed action may reduce your chances of successful collection. Our experienced team members work quickly and efficiently to collect your unpaid accounts. We continuously seek every opportunity to increase collections and provide our clients with up-to-date reports. We are the primary collection agency for a number of financial institutions and businesses on the island. Let us manage your collections for you and focus on business development.



Employment Agency

Our company partners with employees and employers within the community to create opportunities for growth and success. We source temporary, permanent and contractual employment positions at all levels by using our industry knowledge to ensure that we create the best employer-employee connections. Our team also provides temporary staffing solutions so you can be prepared for increased personnel demands without the hassle of HR issues or taking on risks while hiring freelancers.

Assurance

The global business landscape is being reshaped by transformational events and trends and as such the financial and reporting environment is following a similar pattern. This has resulted in significant challenges for management, boards, audit committees and auditors. Our team

guides the client to understand and address today's most critical financial and reporting issues.

Insurance

Perennial is an agent for Caribbean Alliance Insurance Company, a staple across the Caribbean region since 1989, as providers of content, motor, liability, business, travel and marine insurance. Our team provides customized plans designed to meet our client's needs.

- Property insurance
- Vehicle Insurance
- Home & Condo
- Flood & Environmental

Property Management

We manage residential and commercial properties and provide services to long and short-term rentals. We maintain property rentals by advertising and filling vacancies, negotiating and enforcing leases, maintaining and securing properties. Financial objectives are accomplished by collecting rents, bill payments, forecasting requirements, preparing annual budgets, analyzing vacancies and initiating remedial action. Tasks include but are not limited to: resolving tenant complaints, enforcing rules of occupancy, inspection of vacant units, planning and completing renovations.

Real Estate Agency

Our team specializes in the selling of residential properties, commercial properties, raw and developed land. We are devoted to helping homeowners and homebuyers get to ultimate goal of buying and or selling. Reach out to us today, we have a portfolio of both commercial and residential properties available for you! ■



Perennial Corporation

“...forward thinking...”

We create value
for our clients,
regardless of
their financial or
economic situation.
We aim to ensure
that every client who
walks through our
doors leaves feeling
that they received
the optimal advice
and service to suit
their present and
future needs.

THE COMPANY FOR YOUR FUTURE



WE FOCUS ON YOUR TOMORROW

*Visit our office or give us a call for your
financial advisory needs..*



Perennial Corporation

...forward thinking...



Unit 18, Puerta Del Sol



+ 1 (721) 544-1215



www.perennialsxm.com

Are you looking for a loan or **having difficulty getting a loan?**



Perennial Corporation is a full-service Mortgage Brokerage firm having brokered over \$50,000,000 in business over the last three years. We are proud to say that we have had a 100% success rate! Maybe it's time to visit us at perennialsxm.com. Your dreams may be a stone throw away!

Why A Mortgage Broker?

Acquiring a mortgage or a business loan may be an exciting process but it is also a stressful one. When one thinks of getting a mortgage or a loan, you probably imagine heading to your local bank branch to sit down with a mortgage / loan specialist to discuss your options and within a short time, your mortgage is approved. This method is a thing of the past. Today it is a little more complicated. Nowadays, mortgage brokers are becoming more popular than ever, and are often a better choice if you're seeking the lowest possible mortgage rate, the best chance of being successful approved and the best turn-around time. Working with multiple financial institutions gives your mortgage broker the best chance of negotiating with multiple banks to provide you with the best chance of being successful.

If you are buying your first home, in need of financing to enhance your business or simply looking to refinance, the importance of securing the lowest possible rate

can't be overstated. Even a 0.1% decrease in your mortgage rate can save you thousands of dollars in interest charges over the life of your mortgage, which gives you more buying power today.

A mortgage broker is a one-stop shop for mortgages and / or commercial loans. Unlike your local bank branch, which can only offer you a mortgage (and mortgage rate) from their suite of products, mortgage brokers have access to many different lenders who are all eager for your business. In addition a mortgage broker can guide you ahead of time on the maximum amount of money you can qualify for. In that way, you are well informed on the cost of home or commercial loan your cash flow can support.

Considering that each individual's financial situation is unique, one may not be adequately equipped with the know-all on how to approach it. Your mortgage broker will assess your situation and provide proper and customized financial advice on the way forward. The mortgage broker does so by analyzing your current financial position, observing projections and sorting the products and amounts which will be the right fit for you; all while mitigating any risk that the Bank or Lender may face while providing you with financing. In addition, we at Perennial Corporation are well respected by financial institutions

and private investors who are always willing to work with us as they too are confident in our integrity and business model. Our team is very qualified as they are ex-bankers and accountants who understand how the banking system works. We encourage you to dial our number 721 544 1215 before you pay a visit to your financial institution, let us take over the hassle from you. We would be the intermediary and deal with all the back and forth from the Bank. Leave the banking to us! Perennial Corporation, forward thinking...■



DID YOU KNOW?



1 There are about 582 million entrepreneurs on the earth

Entrepreneurship is on the rise around the world according to a Global Entrepreneurship Monitor report, there is an upward trend. Financial Times data shows that the pandemic has triggered a surge in business start-ups across major economies. The USA has received a 95% increase in new business applications in 2020. France experienced a 20% bump in start-up applications, and Japan registered 14% more businesses than the same month in 2019.

2 Small businesses make up for 90% of all global companies

According to the World Bank, Small and Medium Enterprises are the backbone of the world economy. 90% of world businesses are SMEs and they provide 50% of jobs worldwide. The World Bank also notes small businesses are less likely to get loans than large firms. Small businesses often rely on internal funds, cash from family, and personal savings to fund their companies. Around 65 million firms are expected to have unmet financing needs each year.

3 There are an estimated 213 million companies worldwide

According to Statista, the estimated number of companies is approximately 213.65 million worldwide in 2020. This is a marginal drop from 2019 when there were 214.21 million. The year 2019 was also an estimated peak for global company numbers in the provided period.

4 Around 50% of small businesses start at home

The research found that about 50% of all small businesses are home launched. The number of home-based start-ups and small businesses is rising. This trend has been growing since the Covid-19 world pandemic breakout.

50%
of all small businesses
start at home.



5 The most popular reason for starting a business is to be your own boss

People start businesses for different reasons. Yet, research by Guidant shows interesting results the question. Around 29% of the people said they were motivated by the desire to be their own boss. Among the popular reasons is being dissatisfied with the standard workplace and wanting to pursue a specific passion. Only 2% started a business because there was an opportunity in the market.



6 44% of small business owners are between 39 and 54 years old

Gen X group (which is 39 to 54-year-olds) made about 44% of small business owners, according to The Guidant Financial trends index for 2021. Baby boomers (people born between 1946 and 1964) own around 41% of small businesses. Millennials currently make up around 12% of small business owners, but the number is growing. Guidant financial also found that men make up the majority of business owners at 66%.



7 About 54% of small business owners have a bachelor's degree or higher

Starting a business has no qualification rule. The majority of small business owners seem to have a level of bachelor's degree education or higher. Fundera found that 15% of people in the survey had some type of college education, 32% had a bachelor's degree, and only 13% had a Master's degree.

8 56% of small business owners struggle to find suitable employees

More than 50% of small business owners struggle to find the best-fit employees to help them grow their small businesses. Indeed's research found that owners also say that finding the right talent is harder than it used to be. But, 35% of respondents believe that attracting the right talent has become more difficult compared to five years ago.

9 Working overtime is common for small business owners

Fundera's research learned that being your boss and working from home doesn't mean more free time. Around 81% of business owners work overtime, this usually includes working during the night as well as during the day. Although they work flexible hours, around 89% of small business owners also say they work on weekends to keep up with their busy schedules.

10 The number one cause of business failure is low sales and cash flow

A company may close due to personal reasons. Studies show that 1 in 12 businesses close every year because of low sales and cash flow. Similarly, in another survey, 42% of businesses said they failed because they had no market fit. 23% didn't have the right team. 19% failed because they were outcompeted.

11 Blockchain market size to reach \$7.6 billion in 2022

According to Market Watch, the size of global blockchain market size is expected to reach \$7.6 billion. This explosion in growth represents an increase of almost 1846% from 2017!

12 Fintech will be worth over \$310 billion by 2022 if current trends continue

Fintech (financial technology) refers to cutting-edge digital technology that aims to improve financial services. The financial technology sector is growing at a compound annual growth rate (CAGR) of more than 25% rate and is one of the fastest-growing in the world. Experts predict that in 2022, over \$310 billion will be invested in the sector.

Don't delay, open your business today!



Perennial Corporation

...forward thinking...

**AS YOUR PROPERTY
MANAGER WE WORK
HARD SO YOU DONT
HAVE TO.**



We Specialize In

- ✓ Residential & Commercial Properties
- ✓ Rent Collection
- ✓ Repair & Maintenance
- ✓ Mortgage & Utilities Payment
- ✓ Accounting Services
- ✓ Monthly Reporting

Contact Us

- +1(721)544-1215
- info@perennialsxm.com
- www.perennialsxm.com



**ST. MAARTEN REAL ESTATE
& CONSTRUCTION N.V.**
— HEAVY EQUIPMENT RENTAL —

GOT DIRT?

WE MOVE MOUNTAINS!



GIVE US A CALL!

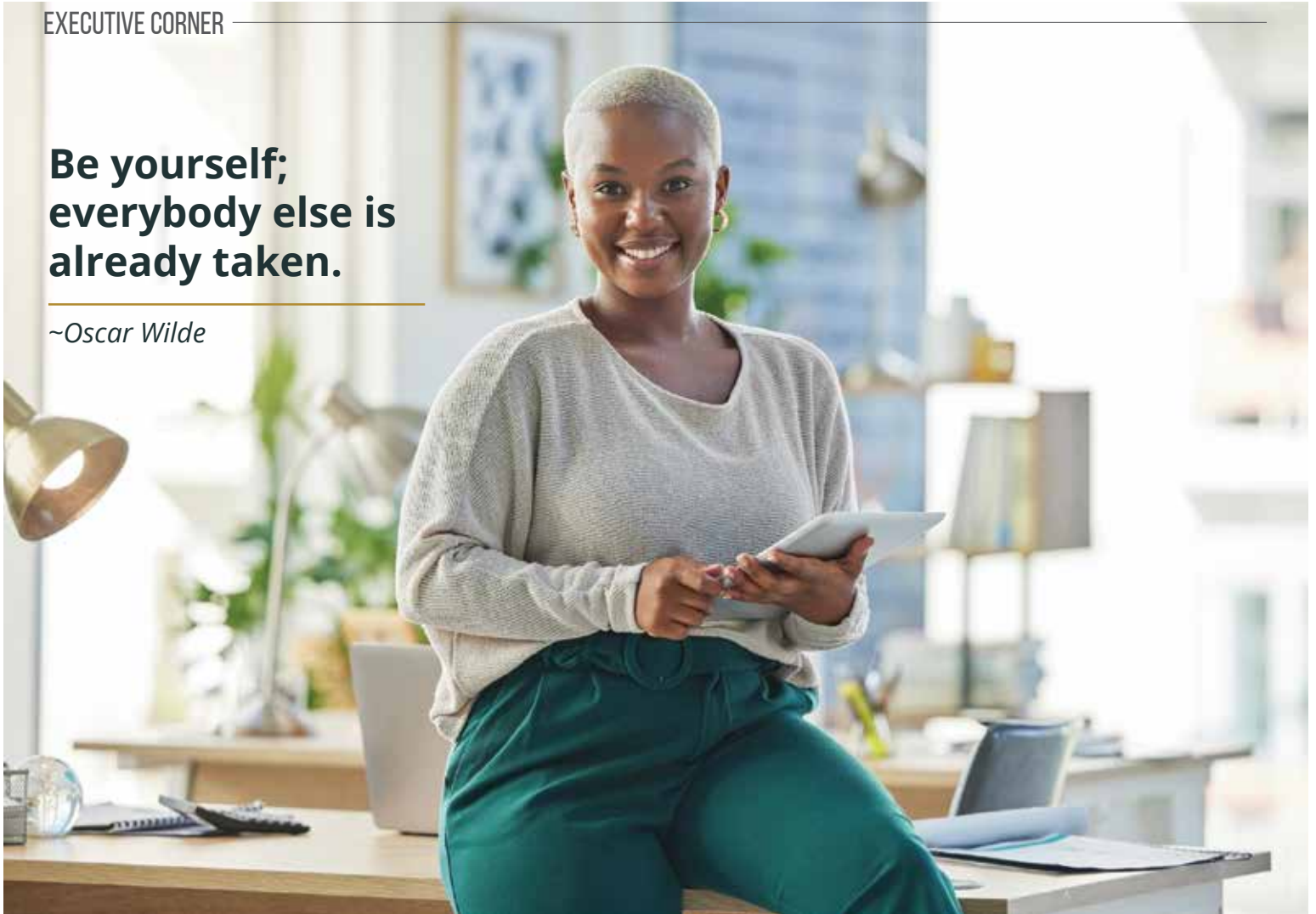
 **+17215501111**

Address: South Reward,
Pumpkin Road #67

HAPPY
Holidays!

**Be yourself;
everybody else is
already taken.**

~Oscar Wilde



The Quality of Being True

Unapologetically Me

Authenticity might call to mind concepts such as “trustworthiness” and “honesty”, or more simply put “the quality of being true.” Many workplaces are encouraging employees to bring their most authentic selves to the job and in response, some employees are left to contemplate what “authentic self” even means. In this article, we explore ways to develop and maintain authenticity, and weigh the benefits of being true to yourself.

Being your authentic self at work can be very beneficial to your mental health and professional growth opportunities. Displaying your true personality allows you to be open and build trust with others, which in turn can help you develop a professional network and gain an advantage in promotion selection.

8 Strategies to Develop Authenticity

1 | Define and embrace your strengths

Our strengths are one of the most energizing ways that we can tap into our authenticity. The wonderful thing about strengths is that using them is often easy and fun, and they usually deliver your best results. Pay attention to things you're good at but that you don't really enjoy. You might be able to reduce the use of these so that you could dial up the strengths that you are best at and love using.

2 | Explore your values

Values are like guiding lights or a set of trail markers toward living a life of meaning. One way to uncover some of your values is by calling to mind a time in your life when you felt truly alive, when everything felt right in the world. What made it so special? The likelihood is that you'll discover several key values from recalling the experience. If we're feeling that we're lacking authenticity, it might be that we're not living out our values. This can have a negative effect on our performance, relationships, and mental health. In the workplace, this inauthenticity can show up as a role mismatch. You may not feel that you're fully able to express your values or strengths in order to get the work done. If you love designing new concepts or thrive in the creative phase of idea generation, you might struggle to enjoy the day-to-day details. Knowing your values and spotting how they are present or absent in your life and work are great clues to unlocking more authenticity.

If we're feeling that we're lacking authenticity, it might be that we're not living out our values.



3 | Acknowledge external vs internal influence

There are some habits and behaviors in life that we have because of our internal motivators and drivers. Others are more driven from external sources, like social groups or societal norms. It's important to establish your own meaningful goals and focus on steps to achieve them. As you consider your own goals, dig a little to explore more deeply their significance. If you want a promotion, make sure you're clear on what you're hoping for once you achieve it. What are you really after? Is it more money, greater influence, a chance to coach others? From there, probe a bit more. What's important about that to you? How does this goal connect to your life purpose? Pay attention to your internal self-talk, looking out for keywords like "should" and "need/

ought to." Often these words are clues to help us notice our drivers. "I should look for my next promotion" could be reframed as, "I wonder what my next steps in my career might be?" or "I wonder what more job satisfaction would look like for me?"

4 | Notice and name your emotion

One of the gifts of being human is to be able to experience an enormous range of emotions and feelings. Being able to name these more clearly is part of the process of authenticity. This self-awareness allows us to know our core values, strengths, and behaviors, and then notice when we're experiencing emotions such as anger, frustration, or joy.

[Read more ►](#)



5 | Practice mindfulness

A great way to get to know yourself is to be present through journaling. A daily habit of writing freehand allows your subconscious mind to report how you're feeling, what's going well, what you're noticing, and anything else. You can let the ideas emerge or you can follow prompts for more focused writing. Making regular time for self-reflection helps you get to know yourself and boosts your self-esteem.

6 | Build your social support system

One of the most joyful aspects of life is having people with whom you can be your true, unfiltered version of you. This support system might

include friends, family members, or colleagues. It could also include professionals such as a coach or a therapist. Prioritize getting together with close friends at regular intervals, either in-person or online.

7 | Develop the courage to face your fears

Many people have a list of things they'd love to do, "if only..." (they had more money, were more confident, had more free time...). Part of living authentically is to not let the stories you can tell yourself get in the way of what you truly want. If you've always longed for a life of more adventure, for instance, what would be a way to break that down into a smaller, more achievable goal?

Perhaps you can't hand in your notice and go on a year-long cross-country road trip. But could you find a new hobby that would appeal to your sense of adventure? Can you start a small savings pot to build up funds for a future trip, or ask for flexibility with your work schedule to give you more freedom?

8 | Take daily actions towards authenticity

Keep in mind that authenticity is a practice, which means it takes patience, time, and dedication to doing it. One way you can build your muscle of authenticity is to take small, daily actions that align with your values. ■

PROFESSIONAL AIR CONDITIONING SERVICES



SUPERMARIO
AIR CONDITIONING AND REFRIGERATION



Who we are?

We also install, repair and maintain duct cooling systems.
We operate on the dutch and french side of Sint Maarten.
We have over 10+ years of experience!

Commercial



Residential



Repair



supermario.sxm@yahoo.com

 Union Rd #88E Cole bay, St. Maarten



+1 721 522 1940



+1 721 544 1940



+1 721 580 1940

HOW DO YOU STACK UP?

"A competitive advantage must allow a company to distinguish itself from others in its field of business, but it must also be difficult to replicate quickly. An advantage that can't be replicated will give the company a head start. A competitor needs to invest a lot of time and money to get things done the same way, something as simple as offering a quality product is not enough to be considered a competitive advantage..." says An expert in strategic planning, Lucie Chouinard. Identifying a competitive advantage is one-way businesses have proven themselves to be unstoppable especially during the last two years.

1 Quality of Products or Services

The fundamental purpose of running a business is to sell a product or service. Regardless of what that product or service is, you're going to have to compete with competitors for customers. One of the easiest ways to win over customers is delivering high quality.

The past two years have shown us how much running a small business requires grit, tenacity, and fire. Our products and services are designed to make small-business owners' lives easier. Focusing on delivering high-quality products and services is what proves we're reliable and keeps them coming back. Whether you're looking to create or improve your product or service, think about your core customers' needs and values. When you prioritize innovation and reliability, what you're selling will speak for itself.

2 Standing Out

Having the best product on the market is not required to stand out amongst the competition. As a small-business owner, you might find yourself facing obstacles such as limited resources, bandwidth, or knowledge, making it challenging to produce the superior product or service. But that doesn't mean you should count yourself out. ***Consider this: You have a great product, but no one knows or understands its greatness.*** With a well-thought-out strategy, you can stand out among competitors. You might find that building a unique social-media presence, getting involved with and helping your community, or holding social events can capture attention of potential customers.

3 Affordable Prices

There are many things to consider when pricing your products or services. Being mindful of the prices you'll be competing against can give you an edge over the competition.

Shoppers value pricing as a top consideration when choosing which products or services to purchase. When purchasing a product or service for the first time, pricing inevitably impacts the consumer's decision because they haven't experienced the quality yet. It's only after a purchase is made that shoppers can assess the quality of their purchase. If you can offer better pricing without expensing quality, you will have an advantage in attracting and maintaining first-time and repeat customers.

4 Customer Service

People will always remember how you make them feel. Regardless of what you're selling, you must meet customers with hospitality, charisma, and respect. Every exchange is an opportunity to build meaningful relationships with your customers, eventually leading to brand loyalty. Not only are shoppers more likely to return to a business after receiving great customer service, they are also more likely to recommend that business to their friends and family. With a direct correlation between customer service and bringing in business, prioritizing your business' culture and customer service can help you stand out amongst the competition.



5 Pivoting and Responding to Consumer Behavior

You will provide customers with a better experience when you understand consumer behaviors and trends. The world we live in is ever-changing, more so now than ever before. Being able to identify and respond to both the wants and needs of consumers will determine if you're favored over competitors. While you should be sure to take a holistic approach to running your business, aiming to excel in as many areas as possible, identifying and zeroing in on your competitive advantage will help you get a leg up on your competition. ■

TWO STRAWS:

THE POWER OF BRANDING

“It’s a very noisy world and we’re not going to get a chance to get people to remember much about us. No company is! And so, we have to be really clear on what we want them to know about us”.

Steve Jobs

Not so long ago, while accompanying my daughter to school, we made a quick stop at the supermarket to purchase a canned drink. She also stopped at the café nearby for her favorite picked up her favorite iced coffee. Realizing that she would also need a straw for her canned drink as well, she proceeded to request one from the barista who graciously obliged with a smile. Branding and brand power is about the importance of a brand or company itself and less focus on the product or service. Good branding should inspire a desire in the consumer to buy a product, and to choose a particular company, rather than marketing the product specifically.

A few weeks later, again on the way to school, we stopped by the café for my daughter’s iced coffee. That same amiable barista she had met prior, was on shift and handed her the coffee with a smile and two straws. My daughter was so pleased and quite impressed that the barista not only remembered her but also her

request for an extra straw. Since then, whenever we meet that particular barista in the morning, she always hands my daughter a second straw.

While this seems like such a simple gesture, that first impression the barista made is now etched in my daughter’s memory and has made her a loyal customer to that café. We now make an effort to leave home earlier each day in an effort to stop by and patronize the café. This was a very valuable lesson as this innocent act was the simplest form of power of branding!

Effective branding will elevate your company above the rest, drawing focus on what your brand has to offer. Whatever makes your business brand unique is going to be the power you have in the market landscape.

As the world delves deeper into the digital era, branding has become a top priority for companies and organizations looking to differentiate their offerings and increase their bottom line. It is quite intriguing to note the power of branding and its effects on consumers. Consumers generally prefer an authentic brand image and honest personality, especially when it comes to social media driving digital trends and changing how we look at brands in the future. Branding is no longer an afterthought. It is the primary fuel powering your business and driving sales. It is no longer just about a ‘logo’; branding is the whole experience, values, style, and content that your business produces.

Helps you stand out from the crowd

A lot of small businesses will buy a cheap logo online, pick out a few colors, and close the book on branding, but it’s a lot more complicated than that. You might have a competitor or two with very similar offerings – buying a logo on its own won’t help you determine the strategy of your brand and how you’re going to distinguish yourself from your competitors. There’s no meaning behind that logo and it might not even appeal to your audience. A good brand has a clear purpose and message that helps you stand out among the competition. Your offerings might be similar to your competitors (and maybe even your style), but your customers will choose you because of your brand. It’s the whole package, customers are drawn to the unique aspects of your brand, your originality, and your brand’s personality.

Increases customer recognition

When a customer is scrolling through social media and they come across a post from a brand they recognize, they’re more likely to take notice of it. Same goes for a shopper walking through the aisle, the products from brands they recognize are going to pop compared to the sea of others, and those are the ones that will end up in their carts. What makes these brands so irresistible, is that they’re eye-catching and familiar. A strong brand is consistent at every touchpoint with customers. You can recognize it just by seeing its color, font, or phrases. That makes it trustworthy, and we like things that are safe.

Read more ►



3 Greater customer loyalty

Not only does your brand help build recognition with your customers, you gain customer loyalty, too. Customer loyalty occurs when the customer has a continuously positive emotional experience with a brand and values the quality of the product or service that they get. Customer loyalty can last a lifetime, making it a key part of the importance of branding. Customers are attracted to brands that share similar values with them. Showcase what you value through branding and your customers will develop an emotional connection to you.

4 Better credibility

One of the greatest benefits of branding is that it earns you credibility. If it looks like you know what you're talking about and you come across as professional, people will look to you and your brand as the experts. This increases your credibility within the industry and with your customers. You gain their trust, and that's going to influence their purchasing decisions in a positive way.

5 Consistency

Branding makes it easy to keep things consistent and make decisions more quickly when it comes to your content. You won't have to slow down to think about what fonts or colors you should be using, which helps streamline you and your team's workflows. Good branding also makes it so that your customers get a consistent experience at every touchpoint with your business and eventually become more familiar with your brand. Being consistent is one of the most important steps in building brand awareness, after all, it takes 5-7 impressions before someone remembers your brand.



6 Higher perceived value

One of the most exciting benefits of branding comes down to your asking price. When you have a strong brand in place, you have the ability to raise prices. A strong brand shows that you're good at what you do and that you can produce high-quality work or products. Your customers are more likely to value what you offer and pay a higher price for it. This gives you a lot of negotiation power and is one of the reasons why personal branding is important. With a strong personal brand in place, you've taken the time to earn credibility, build a reputation, and be perceived as an expert in your field. When you're weighing a job offer or want to negotiate a higher salary, you can rely on the power of your personal brand.

7 Attracts talent

When a company has a great brand, people notice. Applicants are more likely to be interested in a brand that looks put together and professional. It's likely to be a great experience for them and have a positive impact

on their careers. Another benefit of branding is its ability to attract partners, including companies looking to co-brand, influencers, and content aggregators. High-caliber partners want to work with brands that are on the same level, and when you work with partners like this, you add to your creative powerhouse. ■

One of the greatest benefits of branding is that it earns you credibility.



RENT YOUR CAR AND EXPLORE ST. MAARTEN



ECONOMY



MID-SIZED



SUV



VAN

- FULLY AUTOMATIC
- PAY ON COLLECTION
- NO HIDDEN CHARGES
- ROADSIDE ASSISTANCE



141 UNION ROAD, COLE BAY
(NEAR CARREFOUR)



HLCARRENTAL2016@GMAIL.COM



+1 (721) 544 1884 /
+1 (866) 978 0908 (US)



WWW.HANDLCARRENTAL.COM

SCAN & BOOK



Building without a **BUILDING PERMIT**

Legal consequences



If your neighbor erects a building without a building permit, do you have any right to take legal action, based on civil law? Or is the government the only one who can litigate against your neighbor?

Based on art. 7 of the Building and Dwelling Ordinance (“the Building Ordinance”), it is prohibited to erect a building without a building permit. VROMI can also attach conditions to a building permit, and it is forbidden to erect a building that is not in compliance with these conditions. The Building Ordinance contains provisions that stipulate the requirements and conditions that must be fulfilled in order to get a building permit. VROMI will, among other things, look at the building integrity, the technical construction of the building, the safety for the direct environment (e.g., traffic situations), distances to public roads, other buildings and (boundaries of) neighboring properties, the safety of the building (including whether it is sufficiently fireproof), and whether the building is in accordance with the conditions of any applicable planning permit. In addition, VROMI will assess if a building may be disfiguring to the environment and/or cause a hindrance to the neighborhood.

In short, the procedure of requesting a building permit, as described in

the Building Ordinance, ensures that the plans and drawings that must be submitted along with the request for the building permit, will be tested and approved (or not) by government.

If one builds without a building permit, one acts in conflict with a statutory obligation, and this can be qualified as a wrongful act. The same applies if one infringes upon the conditions attached to the building permit.

The next question is: who has a claim, based on a wrongful act, against the person that builds without a building permit? Is it only a wrongful act towards government or are there also other parties that may have a claim and course of action against the person or entity that is building without a building permit?

In caselaw, it has been decided that building without a building permit can be considered a wrongful act against all persons whose interests are protected by the Building Ordinance/ the building permit procedure. Therefore, you do have legal recourse if your neighbor builds on his property without a building permit, provided you have a direct interest. If you live in Philipsburg, for example, you cannot successfully complain about illegal building activities in Maho, because you don't have a direct interest in that area.

To revisit the questions in the first paragraph, civil law gives private persons (and legal entities) the right to act against such illegal building activities when there is a direct interest.

If you have questions about (potentially) dubious and/or possibly illegal building activities, the attorneys at BZSE Attorneys at Law/Tax Lawyers are happy to advise you. ■



Roeland Zwanikken, partner at
BZSE Attorneys at Law
rzwanikken@bzselaw.com



BZSE

Attorneys at Law - Tax Lawyers - Mediation
Welgelegen Road #29, Cay Hill, Sint Maarten

¹LANDSVERORDENING, houdende voorschriften betreffende het bouwen en de volkshuisvesting.

²For example: court decision in summary proceedings dated August 12, 2022, SXM2022-897/KG79/2022.



YOUR GATEWAY TO THE WORLD

Diverse international immigration,
residency and pathways to citizenship
processing services under one roof!



OUR FOOTPRINT



CANADA & USA



EUROPE



TURKEY



UK



IRELAND

ABOUT OB LAW

OB Law Professional Corporation (OB Law) is a registered company in Canada. Ob Law consults and Collaborates with lawyers, law firms, and organizations globally. With offices based out of Mississauga, Canada, we only work with legally authorized and skilled professionals. We plan and work hard for our clients to ensure that their distinct immigration and citizenship needs are met, and the immigration programs meet specific needs they have for their future. We have a expert and customer-centric professional representation in each country that we operate in. Moreover, we also offer tourism, settlement, and re-location services in select jurisdictions.

**LET'S TALK ABOUT YOUR
FUTURE!**

Canada Office: +1-905-366-5400
Email: selwyn@oblaw.ca or
clerk@oblaw.ca

Navigating the **TURBULENT WATERS**

As talk of an impending economic downturn takes hold in the business world, executives will need to take thoughtful steps to help their companies better weather the storm. At **Perennial Corporation** our team of professionals are readily available to provide you with solid financial advice designed specifically to your business.

Being a leader in business is challenging enough already, let alone trying to navigate through a crisis. Having to make tough decisions gets even harder when the economy drops into a recession and anxiety sets in.



10 Biggest Mistakes CEOs make during a recession

1. Panicking

Panic clouds logic and reason with anxiety, inhibiting your ability to think clearly and make rational decisions. Panic is also a sign of reactive, rather than proactive, management.

When the next recession hits or your business faces its next inevitable challenge, take a deep breath, stay calm, and take control. Don't just start laying off people. Taking control means using your resources to make smarter decisions. When it comes to financial decisions, make sure you have accurate and actionable insights at your fingertips. Talk to trusted sources for advice in areas of your business most affected. If you're really concerned about your business, feel free to reach out to your trusted partners at Perennial Corporation (info@perennialsxm.com), we will be more than happy to work with you.

2. Delaying Essential Hires

When an employee moves on from your business during a recession, you might be tempted to delay their replacement to cut overhead costs temporarily, but first remember employees are your biggest asset. Consider the impact an employee's absence and the unfilled position will have on your production capacity, operations, and the stress it causes for other staff members.

This might be an opportunity to restructure by promoting another employee into this essential role and hiring for their position at a lower cost instead.

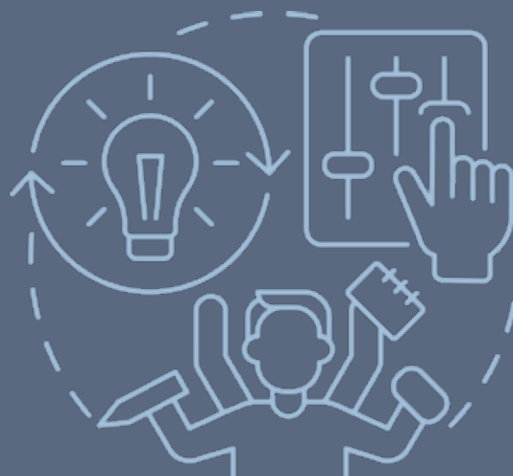
3. Squashing Your Marketing Budget

Slashing your marketing budget when the going gets rough might seem like an easy way to cut costs. However, you might be doing more harm than good. Implement a program to calculate and track ROI on marketing dollars spent before making any hasty decisions.

A recent article from Harvard Business Review [2] found companies that did not cut their marketing spend strongly bounced back from previous recessions and actually, in many cases, increased it. You'll have more of a 'voice' than your competition that makes the hasty decision to pull back. The most important reason though, is that it will take you off course to meet your goals and that could make it much harder to bounce back.

4. Overlooking Vulnerabilities

It's easy to ignore your company's vulnerabilities in an economy full of consumers who are happy and willing to spend, and nothing reveals a business's weaknesses quite like the keen sting of an economic downturn. Take action now to identify your company's soft spots by evaluating your pricing model and looking at worst-case scenario cash-flow forecasts, in addition to profit and loss statements for your customers, products/services, employees, locations, and more.



5. Failing to Adapt

As the economy changes, your business either needs to make changes in anticipation of or in response to the shifting climate. Failing to diversify revenue channels, adjust growth expectations, and modify your strategy will leave your business exposed to unnecessary risks.

Look for opportunities to sharpen the blades in your business operations, like training, getting feedback from clients and improving, adding to your services where you see needs arising.

[Read more ►](#)



6 | Thoughtlessly Discounting Prices

While a recession might necessitate some price adjusting to remain competitive, you should never arbitrarily discount prices to attract customers. Instead, explore new pricing models, packages, and creative contracts to maintain your revenue while continuing to draw in clientele. Discounts do more to destroy your profits than anything else. Giving a discount is not always the answer, and could do more harm to your business than good.

7 | Focusing on Low-Profit Revenue Streams

Selling only what you know to be a quick sell isn't always the answer. You should be focused on the most profitable services/products and those clients that know the value of it.

You may not truly know which of your revenue streams are actually the most profitable without pulling P&Ls on every customer type and job/product type you offer, but if you look at your management reports to dig into this, you will be making better decisions on where to focus. During a recession, making the most of your resources is more important than ever. Be careful you don't waste resources on high-revenue jobs that generate comparatively low profit.

8 | Pursuing All Sales Leads

Additionally, don't waste resources pursuing every lead you encounter. Have a clear process and procedure for qualifying or disqualifying prospects so that you/your sales team only spend time on the right leads that align with your most ideal client profile. This may also be a good time to re-evaluate your sales approach to improve the process and/or adapt to more meaningful conversations with prospects as they also navigate the crisis.

Have a clear process and procedure for qualifying or disqualifying prospects

9 | Running Out of Working Capital

As profit margins shrink and expenses grow larger than your revenue, your business stands to run out of working capital. According to a study from a U.S. Bank, 82% of businesses fail because of cash flow problems, and during a recession, cash flow shortages will likely occur if you don't make adjustments. During a crisis, the most difficult decision a business owner has to make is: where do I have to make cuts? This is not the time to act only on your gut. Emotions are heightened, and businesses that make decisions based on the numbers are better able to keep their doors open during a crisis. If you are losing money, calculating your break-even point will tell you how much you have to cut.

10 | Ignoring or Fostering a Lack-Luster Company Culture

Recessions aren't only hard on businesses; they're also tough on your employees. In the stress of making the right decisions to guide your company through a recession, don't lose sight of the people with whom you couldn't operate without. Getting bogged down in anxiety, allowing your worries to bleed through your company's hierarchy, and forgetting to show your staff that you appreciate them can quickly destroy the highly productive, positive company morale you've worked so hard to cultivate. ■





ROYAL RIDE



ROYAL RIDE DRIVES YOU ANYWHERE ON ST. MAARTEN AND ST. MARTIN IN FIRST CLASS.

FROM VIP TAXI SERVICES TO PRIVATE EXCURSIONS, OUR FLEET OF LUXURY CARS
AND VANS IS AT YOUR DISPOSAL TO TRAVEL IN COMFORT AND STYLE.

RELIABLE AND PROFESSIONAL SINCE 1991, WE'VE DRIVEN MANY CELEBRITIES AND VIPS,
EMBRACING HIGH EXPECTATIONS. WE VALUE YOUR TIME, SAFETY AND PRIVACY. ROYAL RIDE
ALSO OFFERS CONCIERGE SERVICES RANGING FROM LOCAL RESERVATIONS, TO TRIP
ORGANISATION AND BODYGUARD SURVEILLANCE.

GIVE US A CALL!

 **+17215804638**
www.royalride.sx



Introducing

**Sint
Maarten**

**Saint
Martin**

Welcome to 'The Friendly Island'

The island of Saint Martin/Sint Maarten also known as the "The Friendly Island" is the smallest landmass in the world shared by two nations and sits at the heart of the Antilles Archipelago in the Northern Hemisphere, between the Tropic of Cancer and the Equator. The northern side (Saint Martin) is governed by the French (France) covering 21 square miles and the southern side (Sint Maarten) governed by the Kingdom of Netherlands covering 16 square miles.

The island of Saint Martin/Sint Maarten is located in the Caribbean Sea, 18.02 latitude and 63.07 longitude, 150 miles southeast of Puerto Rico and 1200 miles southeast of Miami, with neighboring islands of St. Barth, Anguilla, Saba, Sint Eustatius / Statia, Saint Kitts and Nevis. It lies towards the north of the Lesser Antilles, created when the Atlantic Plate slid under the Caribbean Plate to form the string of islands that includes Sint Martin.

The treaty of Concordia of 1648, established that residents on either side could be commercially active on the other side without any border controls. Sint Maarten changed constitution status on the 10th of October 2010 and has acquired the status as "country within the Kingdom of the Netherlands". The Northern side (Saint Martin), is an overseas collectivity of France since 15th July 2007, with the official language being French. On the southern side the official language is Dutch, however English is commonly spoken on both sides of the island.

There are two airports on the island. The Princess Juliana International Airport located in Simpson Bay on the Dutch side plays a strategic role in terms of international flights and development of neighboring islands. L'Esperance Airport located in Grand Case on the French side is much smaller and less busy, serving private aviation and regional flights.

Sint Maarten/ Saint Martin is a three-and-a-half-hour flight from New York, a two-and-a-half-hour flight from Miami (Florida) and 45 minutes from the islands of Guadeloupe and Puerto Rico. The island lies at around 7,000km and eight flight hours from Europe. Neighbouring islands include Anguilla, St. Barts, Saba, Statia, Saint Kitts and Nevis.

The capital of Sint Maarten (southern) is Philipsburg and Sint Martin (northern) is Marigot. The island has 37 beaches stretched along the coastline. Pic Paradis is the highest point on the island rising to approximately 340 meters (1200ft) above sea level. The climate on the island is tropical and is situated within the Atlantic hurricane belt. Saint Martin/Sint Maarten's temperature on an average is 27 °C (80.60 °F) yearly. The average yearly rainfall is 45 inches (114 cm).

Tourism is the primary industry on the island. The construction of the cruise ship berth at Point Blanche in 2001 has stimulated the industry and its economy, and now generates over 1,500,000 cruise visitors per year. Simpson Bay Lagoon has made Sint Maarten the yachting center of the Caribbean, homeport to some of the world's most outrageous mega yachts including Steve Job's "Venus" and Roman Abramovich's "Eclipse!" Our doors are open for investors... Welcome Home. ■



Happy Holidays!



La Pearle

Nestled on the hills of Indigo Bay, La Pearle is located midway between Philipsburg and the Simpson Bay touristic hang out. La Pearle exudes relaxation the minute you walk through the door! Awake to watching the Allure of the Seas make its way into the harbor. La Pearle, elegant, sophisticated and distinguished! The 1-bedroom spacious condo sleeps two! Experience luxury with a huge verandah overlooking the Indigo beach, Caribbean living, yours to enjoy!





For reservation please email: info@perennialsxm.com

Villa Pr  stige



Nestled on the hills of the well sought after Indigo Bay Development, **Villa Pr  stige** is strategically located in one of the most captivating spots in Sint Maarten, mid way between the city of Phillipsburg and the ever popular Simpson Bay touristic hang out. Come and enjoy luxurious living!

Immersed in the surrounding hills with a breathtaking view of the Indigo beach, **Villa Pr  stige** exudes relaxation the minute you walk through the front door! Awake to the crashing of the waves of the Indigo beach or watching the Allure of the Seas make its way into the harbor. **Villa Pr  stige**, the name says it all, elegant, sophisticated and distinguished!

Experience a unique vacation tailored for you! With fully equipped modern living. The 3-bedroom spacious villa sleeps six, embracing your comfort! Experience luxury with a huge verandah overlooking the Indigo beach with your own private swimming pool! Sit in the comfort of your villa enjoying the sweet fresh sea breeze! This is Caribbean living! Yours to enjoy!



For reservations please email:
info@perennialsxm.com

BLUE BIRD RESIDENCE

Yours to
OWN



ABOUT THE PROPERTY

Blue Bird Residence is a magnificent addition to the condominium inventory on the Friendly Island of Sint Maarten. Located in the well sort after Betty's Estate community only 10 minutes from Philipsburg and 15 minutes from some of the most astounding beaches in the Caribbean.

PROPERTY FEATURES

- ✓ Living Room
- ✓ Dining Room
- ✓ 2 Bed Room
- ✓ French Balcony
- ✓ 1.5 bathroom
- ✓ Spacious Kitchen
- ✓ Parking Space



+1(721)544-1215



INFO@PERENNIALSXM.COM



WWW.PERENNIALSXM.COM



COMMERCIAL BUILDING **FOR SALE**

① **APPRAISED AT \$3.7M
(ACCEPTING OFFERS)**

📍 **SIMPSONSBAY YACHT CLUB**

📏 **467M2**



CALL NOW



Perennial Corporation

...forward thinking...

For more information you can contact us at

📍 **Puerta Del Sol, 1st Floor, Unit 18
#68, Simpson Bay, St.Maarten**

☎ **+1(721)527-1977** 📞 **+1(721)544-1215**

or visit our website

🌐 **www.info@perennialsxm.com**



WE

Maho Village

Lounge

Drink Eat Party



Where can you eat a delicious meal and dance it off later in the night all in one place? At **WE Lounge**.

WE Lounge has a variety of specialty drinks, food, hookah and music all night long!

Book a VIP package, table or a lounge area today!

WHEN

Monday, Tuesday
Thursday - Sunday
7:00pm – 3:00am

WHERE

#114 Rhine Road,
Maho Village
Sint Maarten

Further info: www.weloungesxm.com
Facebook: WE Lounge
Instagram: we_Lounge



Through the Eyes of **OUR YOUTH**

The best way to predict the future is to invent it.
– Alan Kay





Using autonomous robots to drive Supply Chain Innovation

New technologies are presenting promising opportunities for improvement across the supply chain. Here's how autonomous robots and drone aircraft are poised to change the game.

Worth the Investment

Autonomous robots are in a growing category of devices—including drone aircraft (aerial robots)—that can be programmed to perform tasks with little to no human intervention or interaction. They can vary significantly in size, functionality, mobility, dexterity, artificial intelligence, and cost, from robotic process automation to flying vehicles with powerful image and data capturing capabilities. Increasingly, autonomous robots are programmed with artificial intelligence to recognize and learn from their surroundings and make decisions independently.

No longer the stuff of science fiction, autonomous robots are already bringing innovation to the supply chain and delivering significant value, chiefly because they can help:

- Improve speed and accuracy of routine operations, particularly in warehousing and manufacturing
- Add efficiency through side-by-side work with humans
- Reduce the risk of employee injury in dangerous environments

Autonomous robots are helping define the supply chain of the future by helping companies decrease long-term costs; provide labor and utilization stability; increase worker productivity; reduce error rate; reduce frequency of inventory checks; optimize picking, sorting, and storing times; and increase access to difficult or dangerous locations.

Deloitte recommends: Continue to monitor advancements in autonomous robots for applicability to supply chain. Autonomous robotics have the potential to improve operations, and they offer new opportunities to increase productivity, reduce risk, decrease cost, and improve data collection, particularly as customer expectations and volumes of packages, shipments, and orders reach unsustainable levels for traditional approaches.

Recent developments and outlook

Autonomous robots are expected to see strong growth over the next five years, particularly within supply chain operations that include lower-value, potentially dangerous or high-risk tasks. Autonomous robots have a strong presence already in manufacturing, final assembly, and warehousing, for example. The supply chain of the future is likely to see continued growth of autonomous robots in these areas, allowing people to shift to more strategic, less dangerous, and higher value work.

Autonomous robots will be more ubiquitous in the supply chain of the future as advancements make them operate with more human-like abilities. For example, improvements in haptic sensors—those relating to the sense of touch—will allow robots to grasp objects ranging from fragile eggshells to multi-surfaced metal

assembly parts without changes in programming or robotic components.

As autonomous robots become more sophisticated, the setup times are decreasing, they require less supervision, and they are able to work side by side with their human counterparts. The benefits are expanding as autonomous robots become capable of working independently around the clock with more consistent levels of quality and productivity, performing tasks that humans cannot, should not, or do not want to do.

As the market for autonomous robots grows, the end-to-end supply chain operations alignment will become more fluid. Currently, many companies use autonomous robots for targeted functions in the supply chain, piloting various robots to verify gains. As innovative companies grow and expand operations, robots that build robots could be one of the future trends in supply chain, becoming the norm for optimizing manufacturing operations.

The benefits are expanding as autonomous robots become capable of working independently around the clock with more consistent levels of quality and productivity...

Driving value in the supply chain

Traditionally, autonomous robots have been deployed for executing routine and repetitive tasks, requiring complex programming for setup and implementation while lacking the agility to easily adjust operations. As autonomous robots become more sophisticated, set up times are decreasing, they require less supervision, and they are able to work side by side with their human

Five key developments in autonomous robots



[Read more ►](#)



counterparts. The benefits are expanding for the supply chain of the future as autonomous robots become capable of working around the clock with more consistent levels of quality and productivity, performing tasks that humans cannot, should not, or do not want to do.

Autonomous robots primarily drive supply chain innovation and value by reducing direct and indirect operating costs and increasing revenue potential. Specifically, autonomous robots can help:

Primary potential benefits



Secondary potential benefits of autonomous robots include:

- Enhanced employee value through focus on strategic work instead of mundane tasks
- Focus on personal safety by minimizing work in hazardous areas for employees
- Boosted corporate brand by signaling leading-edge practices and implementation of innovative technology
- Exponential learning by collecting and analyzing machine data

The BOTTOM Line

The time for companies to assess their supply chains for piloting autonomous robots is now. Depending on needs and existing capabilities within the supply chain, implementing autonomous robots—from robotic process automation to self-guiding, vehicles with artificial intelligence—can provide significant improvements in productivity and efficiency, while reducing labor costs and improving customer satisfaction. As technology and autonomy continues to improve and prices decrease, the question is no longer whether autonomous robots will find a way into the supply chain of the future, but where and how soon. ■



www2.deloitte.com



The time for companies to assess their supply chains for piloting autonomous robots is now.



WE TURN
IDEAS
INTO REALITY




General Construction
Commercial & Residential
Renovation




Painting Services
Tiling
Excavation



Roofing Specialist
Repair & Maintenance
Trucking Services

 #107 L.B. Scott Road
Philipsburg, St.Maarten

 +1 (721) 524-0476

 Passionsxm@gmail.com



There is no place like LIVVITT; it's not about us being the only company that offers marketing, advertising design, printing, and sign solutions. It's how we approach our clients. It's how our team works and how fast we get things done.

Our Services



Signs



Printing



Marketing



Advertising



VISIT US: www.livvitt.online

It is our attention to the details, the scheduling of time lines, and our keen project management that make us stand out from the rest. We are creative while keeping a close eye on the calendar and your budget.

+1721 5442290

+1721 5882222

 Livvitt.online



JUST FOR US WOMEN





Marvel Painting Company B.V.

General Maintenance

We provide quality service with confidence.



Let us add a new look
to your home and/or
business.

OUR SERVICE :

- ➔ Interior Painting
- ➔ Exterior Painting
- ➔ Drywall
- ➔ Texturing
- ➔ Base Coating
- ➔ Carpentry
- ➔ And More...



For Free Quote :

+1(721)541-2021 / +1(721)556-8998



sxmpainters@gmail.com



Johan Vermeer St. Madame Estate
Phlipsburg Sint Maarten

Author, President & CEO

Dr. Natashaha J Gittens; PH.D, CHE., CHT., CHS., CHA.

Dr. Gittens is the author of the best seller, *The Pie Philosophy*, and the President & CEO of the umbrella brand **Gittens Consultancy Group (GCG)**, which encompasses the renowned Training Professionals International Firm, (TPI) and other services such as Professional Development and Coaching, Event and Conference Planning, Organizational Consultancy and so much more. She is the Founder of the 1st Annual St. Maarten, Saba and St. Eustatius Customer Service and Professional Development Week(s) and the First Annual Power Up and Lead Learning, (PULL), Conference.

In 2021, the then TPI was selected by The Minister of Tourism to train the island's Taxi Ambassadors and the Ministry of Health professionals in our globally accredited 360 Customer Service & Covid-19 Preparedness and Safety. Prior to this in 2015, Dr. Gittens was appointed as the Director of SCELL at the University of St. Martin's School of Continuing Education & Lifelong Learning and in 2016, the program received two nominations from the St. Maarten Hospitality & Trade Association (SHTA) for Outstanding Community Service Achievement.

Dr. Gittens holds a bachelor's degree in Political Science, Master's degree in Educational Leadership with an emphasis on Supervision, and a Ph.D. in Business Management. During the pandemic, Dr. Gittens was very relevant as a COVID19 Instructor for Operational Guidelines and Country Preparedness, and Response certified by the World Health Organization as well as a certified COVID19 Contact Tracer.

Dr. Gittens is a Certified Hospitality Trainer, (CHT), a Certified Hospitality Supervisor, (CHS), a Certified Hospitality Administrator (CHA), and a Certified Hospitality Educator, (CHE) Certifications from the American Hotel & Lodging Educational Institute, (AHLEI). Dr. Gittens was appointed by the AHLEI in April of 2016, as Master CHE trainer where she is one of 13 master trainers in the world. This prestigious honour requires her to facilitate CHE certified courses throughout the Caribbean and North America. Dr. Gittens has been an Executive Coach, Professional Moderator, Organization Assessor & Education Consultant for over 35 years for businesses, corporations, hospitality, and education institutions around the world.

Her professional career stems from key roles in Politics such as a Congressional Aide for United States 5th Congressional District, Congressman Thomas Barrett the



current Mayor of Milwaukee, WI. Her expertise in adult education and program development stemmed from her appointed positions with the Boys & Girls Club of America as a National Training Associate and as a Regional Trainer for the Metropolitan Boys & Girls Clubs of Greater Milwaukee. In both capacities Dr. Gittens was responsible for developing, instructing, and evaluating training curriculum and contents. Her effectiveness in both roles initiated a new appointment as the Mentoring Director of the Mary Ryan Boys and Girls Club. The mentoring program was later recognized by Janet Reno, Attorney General of the United States serving under President Clinton, as one of the best in the country. Her expertise in Adult Education programs and her commitment to student academic advancement was recognized in August

[Read more ►](#)



2000, at Ashford University's Commencement ceremony when Dr. Gittens was recognized as Professor of the year for her outstanding academic excellence and her instructional brilliance.

Dr. Gittens is a well-known motivational Presenter, Keynote speaker, Business Strategist and Training Guru throughout the world. Her experience and art of presenting leaves audiences on the edge of their seats as she speaks about, Customer Service Excellence, Employee Morale, Learning Organization Strategies, Professional Development and Hospitality & Tourism Best practices for diverse organizations internationally.

ABOUT GITTENS CONSULTANCY GROUP

We are now offering a wider range of services in our newly expanded umbrella brand, Gittens Consultant Group (GCG), which will encompass the evolution of our original trade name, Training Professional International firm, (TPI). What this means, for St. Maarten and the region, is that our clients are now not only accessing a highly sort after training firm, but an additional extensive range of services to enhance their business operations and growth profitability.

These services include but not limited to– Online Training and Development, Hospitality Services, Organizational Consultancy, Educational Development, Events and Conference Planning, Professional Coaching and Development, Host and Speakers' Bureau, Workplace Mediation, Business Mentorship, Community Enrichment, and Mystery Shop.

GCG will remain true to the service excellence standards delivered and maintain throughout corporate strategies recognised by TPI. Its aims to diversify and create a multifaceted approach to an existing model of business with great value and make a seamless transition in raising the bar on our offerings.

Currently, Training Professionals International (TPI) is recognized as one of the leading International Professional training firms in the world and its reputation dominates the Caribbean market. Our team of certified, specialized consultants, facilitators, experts, and speakers provide diverse organizations with globally accredited training services and team building events that support their advancement as a learning, progressive organization.



OUR MISSION

To promote and support employee development and organizational effectiveness by providing high-quality educational training programs and organizational services for: corporate entities, government agencies, tourism offices, chambers of commerce, educational institutions, small businesses, real estate and insurance offices, grocery stores, retail, airports, restaurants, bars, casinos, hospitality organizations, community organizations, and Automotive & Parts Facilities.

TPI's trainings and services are designed to meet individual, group or departmental and institutional needs and objectives. We strive to enhance individual learning and development as the means for creating a better workplace environment and building a stronger Caribbean. ■

ACCREDITED CERTIFICATIONS: TPI is a member of the Certified Professional Service, (CPD) a global certification centre that approves the firm to deliver accredited global certifications, based on meeting high curriculum and content standards. All participants will receive an accredited certification of completion at the end of each training.



FOR QUALITY AUTO **SERVICE & PARTS**

Auto Repair Service:

- Car Servicing
- Air Conditioning
- Radiator
- Chassis Repair
- Auto Body Repair
- Steering & Alignment
- Painting
- Tire Installation
- Brakes & Shocks
- Muffler & Exhaust
- Battery & Electricals
- & More...

We Carry Parts For:

- Body Parts
- Audio
- Engine Oil
- Suspension
- Interior & Exterior
- Lighting
- Performance
- Wheels & Tires

VISIT US TODAY!



+1(721) 544-1885



#26 Wellroad, Cole Bay, Sint Maarten

Fibroids

A woman's curse

Uterine fibroids are noncancerous growths of the uterus that often appear during childbearing years. Also called leiomyomas (*lie-o-my-O-muhs*) or myomas, uterine fibroids aren't associated with an increased risk of uterine cancer but almost never develop into cancer.

Fibroids range in size from seedlings, undetectable by the human eye, to bulky masses that can distort and enlarge the uterus. You can have a single fibroid or multiple ones. In extreme cases, multiple fibroids can expand the uterus so much that it reaches the rib cage and can add weight.

Many women have uterine fibroids sometime during their lives. But you might not know you have uterine fibroids because they often cause no symptoms. Your doctor may discover fibroids incidentally during a pelvic exam or prenatal ultrasound.

Many women who have fibroids don't have any symptoms. In those that do, symptoms can be influenced by the location, size and number of fibroids.

In women who have symptoms, the most common signs and symptoms of uterine fibroids include:

- Heavy menstrual bleeding
- Menstrual periods lasting more than a week
- Pelvic pressure or pain

- Frequent urination
- Difficulty emptying the bladder
- Constipation
- Backache or leg pains

Rarely, a fibroid can cause acute pain when it outgrows its blood supply, and begins to die.

Fibroids are generally classified by their location. Intramural fibroids grow within the muscular uterine wall. Submucosal fibroids bulge into the uterine cavity. Subserosal fibroids project to the outside of the uterus.

When to see a doctor

See your doctor if you have:

- Pelvic pain that doesn't go away
- Overly heavy, prolonged or painful periods
- Spotting or bleeding between periods
- Difficulty emptying your bladder
- Unexplained low red blood cell count (anemia)

Seek prompt medical care if you have severe vaginal bleeding or sharp pelvic pain that comes on suddenly.

Causes

Doctors don't know the cause of uterine fibroids, but research and clinical experience point to these factors:

- **Genetic changes.** Many fibroids contain changes in genes that differ from those in typical uterine muscle cells.
- **Hormones.** Estrogen and progesterone, two hormones that stimulate development of the uterine lining during each menstrual cycle in preparation for pregnancy, appear to promote the growth of fibroids.

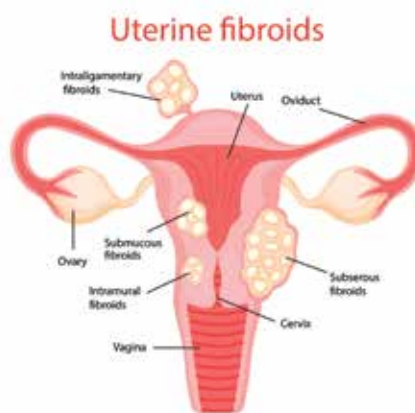
Fibroids contain more estrogen and progesterone receptors than typical uterine muscle cells do. Fibroids tend to shrink after menopause due to a decrease in hormone production.

- **Other growth factors.** Substances that help the body maintain tissues, such as insulin-like growth factor, may affect fibroid growth.
- **Extracellular matrix (ECM).** ECM is the material that makes cells stick together, like mortar between bricks. ECM is increased in fibroids and makes them fibrous. ECM also stores growth factors and causes biologic changes in the cells themselves.

Doctors believe that uterine fibroids develop from a stem cell in the smooth muscular tissue of the uterus (myometrium). A single cell divides repeatedly, eventually creating a firm, rubbery mass distinct from nearby tissue.

The growth patterns of uterine fibroids vary — they may grow slowly or rapidly, or they may remain the same size. Some fibroids go through growth spurts, and some may shrink on their own.

Many fibroids that have been present during pregnancy shrink or disappear after pregnancy, as the uterus goes back to its usual size.



Risk factors

There are few known risk factors for uterine fibroids, other than being a woman of reproductive age. Factors that can have an impact on fibroid development include:

- **Race.** Although all women of reproductive age could develop fibroids, black women are more likely to have fibroids than are women of other racial groups. In addition, black women have fibroids at younger ages, and they're also likely to have more or larger fibroids, along with more-severe symptoms.
- **Heredity.** If your mother or sister had fibroids, you're at increased risk of developing them.

- **Other factors.** Starting your period at an early age; obesity; a vitamin D deficiency; having a diet higher in red meat and lower in green vegetables, fruit and dairy; and drinking alcohol, including beer, appear to increase your risk of developing fibroids.

Complications

Although uterine fibroids usually aren't dangerous, they can cause discomfort and may lead to complications such as a drop in red blood cells (anemia), which causes fatigue, from heavy blood loss. Rarely, a transfusion is needed due to blood loss.

Pregnancy and fibroids

Fibroids usually don't interfere with getting pregnant. However, it's possible that fibroids — especially submucosal fibroids — could cause infertility or pregnancy loss.

Fibroids may also raise the risk of certain pregnancy complications, such as placental abruption, fetal growth restriction and preterm delivery.

Prevention

Although researchers continue to study the causes of fibroid tumors, little scientific evidence is available on how to prevent them. Preventing uterine fibroids may not be possible, but only a small percentage of these tumors require treatment.

By making healthy lifestyle choices, such as maintaining a healthy weight and eating fruits and vegetables, you may be able to decrease your fibroid risk.

Also, some research suggests that using hormonal contraceptives may be associated with a lower risk of fibroids. ■



We Drive You Safely To Your Destination!



**You Call
We Haul**

V.I.P Luxury Transportation

- V.I.P Transfers
- Airport Transfers
- Hotels & Villa Transfers
- Taxi & Uber Services
- Island Tours
- Adult Tours
- Wedding Transfers
- Funeral Transfers
- Morning & After School Program Transfers
- And Much More...

Contact us



+1(721)581-3606

721transporters@gmail.com

WHERE

AM

I



Overview

Dementia is a term used to describe a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with your daily life. It isn't a specific disease, but several diseases can cause dementia.

Though dementia generally involves memory loss, memory loss has different causes. Having memory loss alone doesn't mean you have dementia, although it's often one of the early signs of the condition.

Alzheimer's disease is the most common cause of a progressive dementia in older adults, but there are a number of other causes of dementia. Depending on the cause, some dementia symptoms might be reversible.

Symptoms

Dementia symptoms vary depending on the cause, but common signs and symptoms include:

Cognitive changes

- Memory loss, which is usually noticed by someone else
- Difficulty communicating or finding words
- Difficulty with visual and spatial abilities, such as getting lost while driving
- Difficulty reasoning or problem-solving
- Difficulty handling complex tasks
- Difficulty with planning and organizing
- Difficulty with coordination and motor functions
- Confusion and disorientation

Psychological changes

- Personality changes
- Depression
- Anxiety
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations

Dementia is caused by damage to or loss of nerve cells and their connections in the brain. Depending on the area of the brain that's damaged, dementia can affect people differently and cause different symptoms.

Dementias are often grouped by what they have in common, such as the protein or proteins deposited in the brain or the part of the brain that's affected. Some diseases look like dementias, such as those caused by a reaction to medications or vitamin deficiencies, and they might improve with treatment.

[Read more ►](#)



Progressive dementias

Types of dementias that progress and aren't reversible include:

- **Alzheimer's disease.** This is the most common cause of dementia.

Although not all causes of Alzheimer's disease are known, experts do know that a small percentage are related to mutations of three genes, which can be passed down from parent to child. While several genes are probably involved in Alzheimer's disease, one important gene that increases risk is apolipoprotein E4 (APOE).

Alzheimer's disease patients have plaques and tangles in their brains. Plaques are clumps of a protein called beta-amyloid, and tangles are fibrous tangles made up of tau protein. It's thought that these clumps damage healthy neurons and the fibers connecting them.

- **Vascular dementia.** This type of dementia is caused by damage to the vessels that supply blood to your brain. Blood vessel problems can cause strokes or affect the brain in other ways, such as by damaging the fibers in the white matter of the brain.

The most common signs of vascular dementia include difficulties with problem-solving, slowed thinking, and loss of focus and organization. These tend to be more noticeable than memory loss.

- **Lewy body dementia.** Lewy bodies are abnormal balloonlike clumps of protein that have been found in the brains of people with Lewy body dementia, Alzheimer's disease and Parkinson's disease. This is one of the more common types of progressive dementia.

Common signs and symptoms include acting out one's dreams in sleep, seeing things that aren't there (visual hallucinations), and problems with focus and attention. Other signs include uncoordinated or slow movement, tremors, and rigidity (parkinsonism).

- **Frontotemporal dementia.** This is a group of diseases characterized by the breakdown of nerve cells and their connections in the frontal and temporal lobes of the brain. These are the areas generally associated with personality, behavior and language. Common symptoms affect behavior, personality, thinking, judgment, and language and movement.

- **Mixed dementia.** Autopsy studies of the brains of people 80 and older who had dementia indicate that many had a combination of several causes, such as Alzheimer's disease, vascular dementia and Lewy

body dementia. Studies are ongoing to determine how having mixed dementia affects symptoms and treatments.

Other disorders linked to dementia

- **Huntington's disease.** Caused by a genetic mutation, this disease causes certain nerve cells in your brain and spinal cord to waste away. Signs and symptoms, including a severe decline in thinking (cognitive) skills, usually appear around age 30 or 40.
- **Traumatic brain injury (TBI).** This condition is most often caused by repetitive head trauma. Boxers, football players or soldiers might develop TBI.

Depending on the part of the brain that's injured, this condition can cause dementia signs and symptoms such as depression, explosiveness, memory loss and impaired speech. TBI may also cause parkinsonism. Symptoms might not appear until years after the trauma.

- **Creutzfeldt-Jakob disease.** This rare brain disorder usually occurs in people without known risk factors. This condition might be due to deposits of infectious proteins called prions. Signs and symptoms of this fatal condition usually appear after age 60.

Creutzfeldt-Jakob disease usually has no known cause but can be inherited. It may also be caused by exposure to diseased brain or nervous system tissue, such as from a cornea transplant.

- **Parkinson's disease.** Many people with Parkinson's disease eventually develop dementia symptoms (Parkinson's disease dementia).



Dementia-like conditions that can be reversed

Some causes of dementia or dementia-like symptoms can be reversed with treatment. They include:

- **Infections and immune disorders.** Dementia-like symptoms can result from fever or other side effects of your body's attempt to fight off an infection. Multiple sclerosis and other conditions caused by the body's immune system attacking nerve cells also can cause dementia.
- **Metabolic problems and endocrine abnormalities.** People with thyroid problems, low blood sugar (hypoglycemia), too little or too much sodium or calcium, or problems absorbing vitamin B-12 can develop dementia-like symptoms or other personality changes.
- **Nutritional deficiencies.** Not drinking enough liquids (dehydration); not getting enough thiamin (vitamin B-1), which is common in people with chronic alcoholism; and not getting enough vitamins B-6 and B-12 in your diet can cause dementia-like symptoms. Copper and vitamin E deficiencies also can cause dementia symptoms.
- **Medication side effects.** Side effects of medications, a reaction to a medication or an interaction of several medications can cause dementia-like symptoms.
- **Subdural hematomas.** Bleeding between the surface of the brain and the covering over the brain, which is common in the elderly after a fall, can cause symptoms similar to those of dementia.
- **Brain tumors.** Rarely, dementia can result from damage caused by a brain tumor.
- **Normal-pressure hydrocephalus.** This condition, which is caused by enlarged ventricles in the brain, can result in walking problems, urinary difficulty and memory loss.

Risk factors that can't be changed

- **Age.** The risk rises as you age, especially after age 65. However, dementia isn't a normal part of aging, and dementia can occur in younger people.
- **Family history.** Having a family history of dementia puts you at greater risk of developing the condition. However, many people with a family history never develop symptoms, and many people without a family history do. There are tests to determine whether you have certain genetic mutations.

- **Down syndrome.** By middle age, many people with Down syndrome develop early-onset Alzheimer's disease.

Risk factors you can change

You might be able to control the following risk factors for dementia.

- **Diet and exercise.** Research shows that lack of exercise increases the risk of dementia. And while no specific diet is known to reduce dementia risk, research indicates a greater incidence of dementia in people who eat an unhealthy diet compared with those who follow a Mediterranean-style diet rich in produce, whole grains, nuts and seeds.
- **Excessive alcohol use.** Drinking large amounts of alcohol has long been known to cause brain changes. Several large studies and reviews found that alcohol use disorders were linked to an increased risk of dementia, particularly early-onset dementia.
- **Cardiovascular risk factors.** These include high blood pressure (hypertension), high cholesterol, buildup of fats in your artery walls (atherosclerosis) and obesity.
- **Depression.** Although not yet well-understood, late-life depression might indicate the development of dementia.
- **Diabetes.** Having diabetes may increase your risk of dementia, especially if it's poorly controlled.
- **Smoking.** Smoking might increase your risk of developing dementia and blood vessel diseases.
- **Air pollution.** Studies in animals have indicated that air pollution particulates can speed degeneration of the nervous system. And human studies have found that air pollution exposure — particularly from traffic exhaust and burning wood — is associated with greater dementia risk.
- **Head trauma.** People who've had a severe head trauma have a greater risk of Alzheimer's disease. Several large studies found that in people age 50 years or older who had a traumatic brain injury (TBI), the risk of dementia and Alzheimer's disease increased. The risk increases in people with more-severe and multiple TBIs. Some studies indicate that the risk may be greatest within the first six months to two years after the TBI.
- **Sleep disturbances.** People who have sleep apnea and other sleep disturbances might be at higher risk of developing dementia.

Read more ►



- **Vitamin and nutritional deficiencies.** Low levels of vitamin D, vitamin B-6, vitamin B-12 and folate can increase your risk of dementia.
- **Medications that can worsen memory.** Try to avoid over-the-counter sleep aids that contain diphenhydramine (Advil PM, Aleve PM) and medications used to treat urinary urgency such as oxybutynin (Ditropan XL).

Also limit sedatives and sleeping tablets and talk to your doctor about whether any of the drugs you take might make your memory worse.

Complications

Dementia can affect many body systems and, therefore, the ability to function. Dementia can lead to:

- **Poor nutrition.** Many people with dementia eventually reduce or stop eating, affecting their nutrient intake. Ultimately, they may be unable to chew and swallow.
- **Pneumonia.** Difficulty swallowing increases the risk of choking or aspirating food into the lungs, which can block breathing and cause pneumonia.
- **Inability to perform self-care tasks.** As dementia progresses, it can interfere with bathing, dressing, brushing hair or teeth, using the toilet independently, and taking medications as directed.
- **Personal safety challenges.** Some day-to-day situations can present safety issues for people with dementia, including driving, cooking, and walking and living alone.
- **Death.** Late-stage dementia results in coma and death, often from infection.

Prevention

There's no sure way to prevent dementia, but there are steps you can take that might help. More research is needed, but it might be beneficial to do the following:

- **Keep your mind active.** Mentally stimulating activities, such as reading, solving puzzles and playing word games, and memory training might delay the onset of dementia and decrease its effects.
- **Be physically and socially active.** Physical activity and social interaction might delay the onset of dementia and reduce its symptoms. Aim for 150 minutes of exercise a week.

- **Quit smoking.** Some studies have shown that smoking in middle age and beyond might increase your risk of dementia and blood vessel conditions. Quitting smoking might reduce your risk and will improve your health.
- **Get enough vitamins.** Some research suggests that people with low levels of vitamin D in their blood are more likely to develop Alzheimer's disease and other forms of dementia. You can get vitamin D through certain foods, supplements and sun exposure.

More study is needed before an increase in vitamin D intake is recommended for preventing dementia, but it's a good idea to make sure you get adequate vitamin D. Taking a daily B-complex vitamin and vitamin C also might help.

- **Manage cardiovascular risk factors.** Treat high blood pressure, high cholesterol and diabetes. Lose weight if you're overweight.

High blood pressure might lead to a higher risk of some types of dementia. More research is needed to determine whether treating high blood pressure may reduce the risk of dementia.

- **Treat health conditions.** See your doctor for treatment for depression or anxiety.
- **Maintain a healthy diet.** A diet such as the Mediterranean diet — rich in fruits, vegetables, whole grains and omega-3 fatty acids, which are commonly found in certain fish and nuts — might promote health and lower your risk of developing dementia. This type of diet also improves cardiovascular health, which may help lower dementia risk.
- **Get good-quality sleep.** Practice good sleep hygiene, and talk to your doctor if you snore loudly or have periods where you stop breathing or gasp during sleep.
- **Treat hearing problems.** People with hearing loss have a greater chance of developing cognitive decline. Early treatment of hearing loss, such as use of hearing aids, might help decrease the risk. ■





Budget Friendly rooms,
tastefully decorated with
modern amenities.



Centrally located in Colebay, minutes from the Airport, Philipsburg & Marigot,
Free WiFi, Continental Breakfast also included. **Conference spaces available.**

Tel: +1 721 544 2812 | Fax: +1 721 544 5376



www.carlsinn.com



info@carlsinn.com



[@carlsinnsxm](https://www.instagram.com/carlsinnsxm)



18 Orange Grove, Cole bay, St. Maarten



DOES
FRUIT
SUGAR
MAKE YOU
FAT?

What about the sugar in fruit?

Do you like fruit? Yes? It is in our nature to like fruit and it is one of the most natural foods to eat. All fruits are packed with vitamins, minerals, phytonutrients, fiber and water. Fruits are also very low in sodium and fat (one exception for avocado). But still the most frequent question I get asked is ***"Does fruit cause weight gain?"***

I believe that there are several reasons to think that fruit will make you gain weight. One is fake media hypes, another is the fear of carbs, a third one is the sugar in fruit.

The sugar in fruit

Sugar in fruit does not behave the same in our bodies as refined sugar does. What is the difference between refined sugar and the sugar in fruit? Refined sugar comes from sugar cane or sugar beets, which are processed to extract the sugar which means that refined sugar has zero nutrition. Sugar in fruit is what it sounds like – the sugar found in fruit also called fructose (do not compare with added fructose sugar in foods). But fruits on the other hand also have lots of vitamins, minerals, fiber and phytonutrients.

What happens in our body when we eat refined sugar? First we get a big spike in blood sugar, our body freaks out and releases too much insulin to drive down the spike, which make us drop our blood sugar below where it was before we ate the sugar (hypoglycemic dip). In response to this our body drops fat into our blood stream because it now thinks that we are starving.

What happens in our body when we eat fruit? The blood sugar will go up as from all foods but it will not overshoot, no over release of insulin, and there will not be a hypoglycemic dip.

And what makes the difference?

The soluble fiber in fruit has a gelling effect that slows down the release of sugars. But it is not just because of the fiber found in fruit. The phytonutrients inhibit the sugar transportation through the intestinal wall into our blood stream.

You can't eat that much carbs!

We live in a society that have taught us to be afraid of carbohydrates. It is important not to draw all carbohydrates under one line. Of course it is much healthier to eat whole unrefined carbohydrates like whole grains, vegetables, legumes and fruit than eating refined carbohydrates like white bread, cookies, white pasta and white rice. Can you guess why? It is because the nutrients are gone in refined carbohydrates and contain much less or no fiber at all.

Much of the low-carb philosophy revolves around insulin. The most ironic part here though is that food even without carbohydrates make your insulin go up. Meat for example increase your insulin more that fruit does and as much as refined sugar.

Carbohydrates are so important for several reasons, they provide energy, reduce risk of diseases, nutrient dense and low in calories compared to fats. Our bodies thrive on carbohydrates because they are the easiest foods to convert into glucose. And glucose is the brain's, some nervous systems and the red blood cells primarily energy source. Nutritionists and health-minded diet professionals agree that we need about 70-80% of our calories to come from carbohydrates.



How much fruit is too much?

There are actually studies on how much fruit is too much. In one study, seventeen people were made to eat 20 servings a day of fruit. The sugar content were about 200 grams per day, or the same amount as in 8 cans of soda. There were still no adverse effects for body weight, blood pressure, insulin, and lipid levels (fat levels) after three to six months.

More recently, a study put people on a 20 servings of fruit a day diet for a few weeks with no adverse effects on weight, blood pressure, or triglycerides (fats) and an astounding drop in LDL cholesterol. The nutritional problems of fructose and sugar come when they are added to foods. Whole fruit, on the other hand, is beneficial in any amount.

[Read more ►](#)



Does fruit cause weight gain?

To answer the question “Does fruit cause weight gain?” – No, fruit is not the cause of weight gain. Studies show that even adding fruit into the diet is associated with weight loss. But then, if we eat an unhealthy meal and then eat an apple as a “dessert” it is pretty easy to blame the apple for weight gain because it contains sugar (which I hope you now see that this is not the case). Anyhow, there are SO many benefits with eating more fruit!

- **Fruit has antioxidants!** While not eating fruit you would cut out a broad spectrum of antioxidants that are unique to specific fruits.
- **Fruit is good for your skin!** Antioxidants affect the skin pigment and improve circulation which may contribute to a natural glow.
- **Fruit gives you energy!** Fruit digests super fast and will give you energy fast.
- **Fruit hydrates you!** Since fruit contain 60-90% water they will hydrate you and keep your digestive system feeling good.
- **Fruit provides you with fiber!** Fiber is SUPER important for your gut health, fruit (and all plant foods) provide you with complex different types of fiber. ■

www.fivesec.co

No, fruit is NOT the cause of weight gain.



Perennial Corporation

... forward thinking...



*Happy
Holidays*

Wishing you a season of joy and great
success in the coming year.

5 Christmas Recipes

to try out this year



Wedge Christmas Tree Salad

Allergens: Recipe may contain milk, soy, sesame, egg and lactose.

Ingredients

10 baby coliban (chat) potatoes
150g short cut bacon rashers
1 tbsp olive oil
2 iceberg lettuces (see note)
4 hard-boiled eggs, peeled, quartered
30g feta, crumbled
Chopped fresh chives, to serve
Ranch dressing
80g (1/3 cup) whole egg mayonnaise
85g (1/3 cup) sour cream
3 tsp apple cider vinegar
2 tbsp buttermilk
2 tsp Dijon mustard
1 garlic clove, crushed
1 tbsp chopped fresh chives

Step 1

Place potatoes in a large saucepan and cover with plenty of cold water. Bring to the boil over high heat. Cook for 15 minutes or until tender. Drain. Set aside to cool slightly. Cut each potato in half.

Step 2

Meanwhile, use a 5cm-diameter star pastry cutter to cut a star out of one of the bacon rashers. Use a 5cm-diameter square pastry cutter a square out of another bacon rasher to create a base for the tree. Chop the remaining bacon into 1cm pieces.

Step 3

Heat the oil in a non-stick frying pan over medium high heat. Add the bacon star and square and cook for 2 minutes each side or until light golden. Transfer to a plate. Add the chopped bacon to the pan and cook, stirring, for 2-3 minutes or until golden. Transfer to plate.

Step 4

To make the ranch dressing, whisk together the mayonnaise, sour cream, vinegar, buttermilk and mustard in a jug. Stir in the garlic and chives. Season.

Step 5

Cut each iceberg lettuce into 15 wedges. Arrange the wedges on a serving platter in a tree shape (use the picture as a guide). Place the bacon star at the top and square at the base.

Step 6

Top the lettuce with the potato, egg and chopped bacon. Sprinkle with the feta and chives.



Caramilk Eggnog

Allergens: Recipe may contain gluten, peanuts, tree nuts, milk and sesame.

Ingredients

180g packet Cadbury Caramilk chocolate
250ml (1 cup) thickened cream
250ml (1 cup) milk
4 egg yolks
1 tsp vanilla extract
55g (1/4 cup) caster sugar
60ml (1/4 cup) spiced rum
60ml (1/4 cup) spiced rum
Ground nutmeg, to serve

Step 1

Use a vegetable peeler to slice the side of the chocolate block into 1 tbsp of shavings. Finely chop the remaining chocolate.

Step 2

Place the chopped chocolate, cream and milk in a saucepan over low heat. Cook, stirring, until chocolate has melted and mixture just comes to the boil. Remove from heat.

Step 3

Use a balloon whisk to whisk the egg yolks, vanilla and sugar in a large bowl until pale and thickened. Gradually whisk in the hot cream mixture. Return mixture to saucepan over medium-low heat. Cook, stirring constantly, for 8-10 minutes or until mixture thickens slightly (it should coat the back of a spoon). Do not let the mixture boil. Stir in the rum.

Step 4

Divide mixture between 2 heatproof serving glasses. Top with whipped cream. Sprinkle with the chocolate shavings and nutmeg.



Sweet chilli honey prawns

Ingredients

75g (1/2 cup) self-raising flour
100g (2/3 cup) cornflour
1 egg
185ml (3/4 cup) cold water
Canola oil, to deep fry
750g green prawns, peeled, deveined, tails intact
Sesame seeds, to serve
Sliced green shallot, to serve
Steamed rice, to serve
Steamed broccolini, to serve
honey chilli sauce
80ml (1/3 cup) honey
1 tbsp sweet chilli sauce
1 tsp tomato paste
1 tsp sesame oil

Step 1

To make the sauce combine the honey, sweet chilli, tomato paste and sesame oil in a frying pan over medium-low heat. Cook for 1 minute to heat through.

Step 2

Sift the flour and half of the cornflour into a large bowl. Season with salt. Make a well in centre. Add egg and cold water. Whisk until smooth.

Step 3

Pour canola oil into a large saucepan to come one-third of the way up side of pan. Place over high heat. Heat to 180C on a cook's thermometer (when oil is ready, a cube of bread will turn golden in 15 seconds). Place the remaining cornflour in a dish. Coat the prawns in cornflour, shaking off excess. Dip prawns, 1 at a time, in batter. Deep-fry prawns, in batches, for 3-4 minutes or until golden. Place on a wire rack to drain. Fry prawns again, in batches, for 1 minute or until crisp. Drain and toss in honey sauce. Sprinkle with sesame seeds and shallot. Serve with rice and broccolini.





Choc-mint dessert wreath

Allergens: Recipe may contain gluten, peanuts, tree nuts, milk and sesame.

Ingredients

375ml (1 1/2 cups) thickened cream
125ml (1/2 cup) double cream
1 tsp peppermint extract
Green food colouring, to tint
3 x 155g packet Mr Kipling Chocolate Slices
118g packet Nestlé Aero Mint chocolate, cut into shards
35g Nestlé Peppermint Crisp bar, broken into shards
10 spearmint leaves lollies
5 Lindt Lindor Mint Collection Milk & White Chocolates balls
Chocolate sauce, to serve
Mini red and green M&Ms, to serve

Step 1

Use electric beaters to beat the thickened cream, double cream and peppermint in a bowl. Add food colouring to tint green. Beat until evenly coloured and firm peaks form. Spoon mixture into a large piping bag fitted with a 1.5cm fluted nozzle.

Step 2

Pipe 3 peaks onto the top of each Chocolate Slice. Place each iced Chocolate Slice on its side, just touching, around the edge of a large serving plate to form a wreath.

Step 3

Pipe small peaks of cream mixture on top (use picture as a guide). Top with Aero, peppermint crisp, lollies and Lindor balls. Drizzle over chocolate sauce. Decorate with M&Ms.



Gin star martini

Ingredients

1 Method Steps
3 passionfruit
125ml (1/2 cup) gin
750ml (3 cups) Fever Tree Elderflower Tonic Water, chilled

Step 1

Spoon the passionfruit pulp among six champagne flutes. Add 1 tbsp gin to each glass. Divide tonic water among glasses.

Michelle Southan; Food Director
www.taste.com.au

PORT ST. MAARTEN

THE GATEWAY - CONTINUING TO MAKE MEMORABLE EXPERIENCES IN 2023

The Supervisory Board, Management and Staff at Port St. Maarten Group (PSG), wishes the residents and visitors Happy Holidays and a Happy, Healthy and Prosperous 2023. PSG would also like to thank all stakeholders for their support throughout 2022 and look forward to working with them in the New Year.



PSG HIGHLIGHTS IN 2022:

February 2022 - Port St. Maarten Group Congratulates Tourism Sector on International Tourist Guide Day.

March 2022 - Wonder of the Seas Capt. Says St. Maarten is a premier port destination.

May 2022 - Seatrade Cruise Global Conferences Gives Strong Indications of a Sustainable Global Cruise Recovery.

June 2022 - FCCA Cruise Summit Showcases Importance of Education and Environment Resilience.

August 2022 - PSG Reminds Port Users about Compliance Requirements for Conducting Business at Dr. A.C. Wathey Cruise & Cargo Facilities.

PSG cruise arrivals near 500,000 in first eight months. Outpaces the forecast period.

September 2022 - PSG Invites Small Contractors to Register for Port Improvement Projects at Dr. A.C. Wathey Cruise & Cargo Facilities.

PSG Prepares for Sustained Growth in Cargo Division. Employs First Female Crane Operator.

PSGs Strategic High-Level Plan 2031 Approved by the Council of Ministers will Shape the Future.

October 2022 - Port St. Maarten Forecast One Million Cruise Passengers for the Next Six-Months: Nov'22-Apr'23.

PSG host Beach Clean up in collaboration with Nature Foundation.

Luxurious Cruise Yacht Sea Dream II to Homeport out of Port St. Maarten.

Ritz-Carlton Yacht Inaugural Season to Homeport out of St. Maarten.

November 2022 - Porthole Cruise and Travel 2022 Readers' Choice Award, Best Caribbean Shopping Port.

The Minister of TEATT Announces Vision for Waterpark and Boutique Hotel Development Near Port St. Maarten.

#CRUISESXMSTYLE

 @PortofStmaarten

 @PortofStmaarten



WWW.PORTSTMAARTEN.SX

 @PortStmaarten

 @PortStmaarten

Sint Maarten Executive.com



Happy New Year

Looking
Towards
a Bright
Future

visit us

Diamond Road
Simpson Bay
Sint Maarten
Dutch West Indies

contact us

1 721 522 9220
sales@sxmexecutive.com
www.sxmexecutive.com

follow us

Sint Maarten Executive.com



distribution:

St. Maarten, Netherlands,
Toronto, Miami, New York,
Caribbean, Dubai, India