

## NATIONAL



From left, Heart Foundation chiefs Karen Malcolm, Sophie Gardiner Thomas and Dorothea Malcolm, Director of Health Services Dr Rufus Ewing, dietician Maria Gomez, and Kathleen Tuitt, of Baptist Health International Services



Dietician Maria Gomez, of Baptist Health International Services, meets Raymond Gardiner High School student D'Antae Higgs

# Scores turn out for health lectures

ISLANDERS learnt about the importance of keeping a healthy weight and received nutritional tips to help stave off killer conditions.

Dietician, nutritionist and diabetes educator Maria E. Gomez gave a series of lectures across the islands last week.

Ms Gomez, of Baptist Health International Services, told participants about the benefits of eating well and how specific

foods nourish the heart and keep it healthy.

High school pupils at Raymond Gardiner in North Caicos and

Marjorie Basden in South Caicos were among those she called in on.

Ms Gomez also staged a number of public lectures for adults.

## America's Iron Chef visits TCI for culinary extravaganza

The winner of Iron Chef America Chef Beau Macmillan will make a guest appearance at TCI's first annual culinary extravaganza set to take place on November 4 and 5.

Chef Macmillan, who defeated

Chef Bobby Flay, will meet patrons during an exclusive five course meal at Anaconda restaurant on Friday November 4 at 6.30pm.

Diners will also meet Linda and Scott Jenkins of Duckpond Cellars

the source of all the wines served throughout the lavish feast.

The event promises two days of tantalising gourmet experience and will take patrons on a delightfully delicious journey to seven top restaurants on Providenciales.

For a bargain price, diners can be wined and dined by some of TCI's finest chefs who will create course after course of mouth-watering delicacies.

Day two starts at 11am with selections of fine chocolate, cheese, seafood and meat at the Veranda Resort and Residences.

The extravaganza will culminate with a gourmet safari starting at 5.15pm.

Diners will be shuttled from Grace Bay Club to Coyoba where they will enjoy the first course created by Chefs Paul Newman and Martin Davies.

Then onto Seven Stars for a fish course followed by a meat course at Parallel 23 at the Regent Palms.

Guests will then relax under the stars with decadent desserts and cigars at the Gansevoort.

It is a celebration of food and wine that you will want to experience.

For reservations and enquiries call 232-5151 or email info@caribbeanfoodandwinefestivaltcicom.



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## TCI officials introduced to emergency and disaster management plan and procedures

Officials in the disaster management department met this week at a review orientation seminar to discuss the recommended enhancements and/or updates to the national disaster response plan.

There they learnt about the proposed disaster management plan and the National Emergency Operations Centre (NEOC) procedures.

The seminar was hosted by the Department of Disaster Management and Emergencies (DDME) in collaboration with the Caribbean Disaster Emergency Management Agency (CDEMA).

It included a table top exercise

and covered other areas which familiarised participants with CDEMA, the regional response mechanism and the role of their national disaster organisation.

They also sought to agree on the next steps in the plan review process.

In addition, the newly updated NEOC Standard Operating Procedures (SOP) will be used as the vehicle to exercise the plan.

The seminar was conducted on Grand Turk on September 26 and 27 and on September 28 and 29 in Providenciales.

Facilitators for the seminar were CDEMA officers: General Earl Arthurs, Sarah Lionel, and Richardo Yearwood.

## Dance to raise cash for needy kids

FUN-LOVING residents are invited to dig out their dancing shoes and join the party on November 5.

Provo Children's Home (PCH) bosses will host a 'Span the Decades' music extravaganza from 7pm at

Beaches' Treasure Island.

Tickets are \$75 per person; food and drinks included.

A spokeswoman said: "Come join the PCH for a night of dancing, singing and partying like it was before 1999."