

HEALTH & WELLNESS

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TOILET PAPER HAS A PURPOSE TOO!

Dear Readers,

Nestled on the northeastern side of Florida, approximately 50 miles away, is the island of my birth, Bimini.

Contrary to what many may believe, it is the most internationally known island in The Bahamas, second only to New Providence.

It is here where I spent many days of childhood bliss, nurtured under the caring arms of parents who taught so many

Ask Dr. Pam

with Dr. Pamela Mills



lessons for life long learning. My father, who went several rounds in the boxing ring with

Ernest Hemmingway, fished many great men and women in our transparent turquoise

waters.

My mother, a giant of a woman with a meek spirit, was insightful enough to equip her children (all 17 of them), with all the necessary tools to navigate through life. The second greatest skill taught by both parents, however, is the ability to demonstrate the Spirit of Gratitude (Christian living is the first).

Gratitude is the ability to show genuine appreciation for any kindness that is shown or

expressed to another. In fact, many times we should be grateful for some things that we consider to be unkind gestures, as we can learn from these as well.

Gratitude should be nurtured by Christian virtues. I have worked and lived around some people, (professing Christians), if my salvation had to be garnered from the examples of their lives, I would be straight on my way to Hell!

People need to be more thankful. In this day and time when things are so tough, we need to relish everything that we have and never take anything for granted.

My mother was the type of person you could give a stone for a bed. She would sleep on the stone, fold it the following morning, place it in the corner and say thank you.

Complaining was not her style. She epitomized the adage, "If life gives you lemons, make lemonade."

Two days ago, I stopped at the house of an acquaintance who had purchased some earrings for me. Upon arriving at the house, I was exhausted and asked my older daughter to retrieve the items. She returned to the car with a bewildered look on her face. When questioned about her expression, she held up two rolls of toilet paper.

She said, "She sent these too." My daughter explained how she tried to return the items, but the lady insisted. My daughter further inquired of me, if things were tougher than

she knew. I said to her, "be grateful, toilet paper serves a purpose too."

She flashed me a smile and we went on with our day. When I arrived home, I called the acquaintance and thanked her for the jewelry and the toilet paper.

God has been so faithful to so many of us. We should become responsible stewards, and show God that we are thankful for all of His bountiful blessings. We should also assist those who are less fortunate than we.

If you are a complainer, cease from this behaviour. Take a look around your immediate environment and I guarantee you that you would find at least ten things for which to give thanks.

If it is any consolation to you, remember the Bible tells us that the steps of a righteous man are ordered of God. (Psalm 37 verse 23). Personally, I refuse to allow negative attitudes to cause me to forget my GRATITUDE. I don't give anyone that kind of power in my life.

Dr. Pam

Point to ponder: Gratitude is a learned behaviour; learn it!

Ask Doctor Pam is an advice column that is featured every Tuesday in this journal. Your letters and comments are encouraged. You may e-mail them to askdoctorpam@yahoo.com, or write to Askdoctorpam P.O. Box F43736. Dr. Pam is a Clinical Psychologist trained in all areas of mental health.

CONTINUING THE BLUE FIGHT

Seahorse Institute's Sunny the Seahorse held up as a beacon of hope

SHAVAUGHN MOSS
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The numbers are unchanged from two years ago — one in 68 is the estimate of autism prevalence in children by the United States Center for Disease Control — a number that is high, but that is still a major shift in the past two decades. It was one in 99 children before that, one in 150 children before that, and one in every 2,500 children 20 years ago when Dr. Michelle Major began working with children with disabilities.

Dr. Major who serves as the clinical director of the Seahorse Institute, a non-profit organization that provides intensive research-based and data driven interventions for children, adolescents and adults with autism and other developmental delays (Down Syndrome, intellectual disabilities, language disorders and learning disabilities) says the higher incidence in part can be explained due to better identification and diagnostic assessment.



SUPPORTING THE BLUE CAUSE – Singer Patrice Murrell ties a blue balloon to the hand of a young student.

"The fact of the reality is that there are more children on the autism spectrum disorder (ASD)," said Dr. Major, a psychologist who specializes in the assessment and diagnosis of, as well as intervention for children with autism and low-incidence disabilities.

While Dr. Major says there are no statistics in The Bahamas on disabilities, she said at the Seahorse Institute she diagnoses children with autism at least once a week, and that on average at least three children walk into her office on a weekly basis presenting with autism spectrum disorder characteristics.

At Seahorse, their mission is a unique collaboration of parents, professionals and community
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MINISTRY OF FINANCE

NOTICE TARIFF ACT DECLARATION OF EXIGENCY No.2

WHEREAS the Minister of Finance on the 5th Day of April, 2017, pursuant to the provision of Tariff Code 9817.0000 of Chapter 98 of the First Schedule to the Tariff Act, hereby declares the following Exigency to be an Exigency which qualifies for the purposes of the exemption permitted under the said item 9, namely –

the urgent need for goods specified in Schedule A hereof which the Minister is satisfied are intended for the relief of person in the Islands listed in Schedule B hereof who have suffered hardship or loss as a result of Hurricane Matthew, and whose claims/application in respect of such goods are certified by the Director of The National Emergency Management Agency ("NEMA").

AND WHEREAS the Minister of Finance further declares that –

the importance of the goods under the provision of the said Item 9 are only permitted for a period of ninety (90) days commencing on the 5th day of April, 2017 and ending the 4th day of July, 2017 or for such further period as the Minister of Finance may specify by Notice.

**SCHEDULE A
GOODS
Building materials
Electrical fixtures and materials
Plumbing fixtures and materials
Household furniture, furnishing and appliances
*Motor Vehicles**

*Exemption will be based on the market value of the vehicle destroyed on the date of Hurricane. In the event that the minimum value is less than \$5,000 on the date of the Hurricane a value of \$5,000 would be used. The destroyed vehicle must be turned over to the authority of the Customs Department in all instances.

**SCHEDULE B
ISLANDS
New Providence
Grand Bahama
Berry Islands
North and Central Andros**

Customs Duty and VAT exemption will be granted to registered charitable organization, and individuals whose loss by Hurricane Matthew has been verified by NEMA. All other authorized donations will be deemed a Gift to the Government and will be received and distributed by NEMA.

Any person who knowingly imports any goods for a purpose other than as specifically provided for under the Declaration, commits an offence and is liable to punishment in accordance with section 268 and 292 of the Customs Management Act.

Dated this 5th of April, 2017
Signed Perry G. Christie



Grand Bahama Shipyard
LIMITED

VACANCY NOTICE SENIOR PROJECT PLANNER

MAIN RESPONSIBILITIES:

- Assesses project issues and develops resolutions to meet productivity, quality, and client satisfaction goals and objectives, reviews, prepares and reports on project and budget status, and manages schedules.
- Develop detailed work plans and schedules for all crafts in all aspects of ship repair and construction activities.
- Develop craft goals and budgets for Production Foremen and Managers.
- Assist the Project Managers in all aspects of cost control.
- Develop and produce weekly productivity reports.
- Maintain schedules for the Project Team, Customers and Owner
- Interface with the Project Managers, Ship Managers, Craft Managers, Engineering, Quality Assurance and Production Foremen
- Initiate and deliver concise and accurate oral and written presentations to internal and external customers on project status, changes, and alternative approaches, and complex institutional space and facilities reports for management.
- Ensures all results, processes, and final products meet quality specifications and are completed according to established requirements.
- Monitors and updates schedules with progress for all work package managers, functional departments, sub-contractors and site installation
- Coordinates and integrates various sub-schedules from subcontractors.
- Review construction schedules and Time Impact Analysis
- Maintain program CPM schedule.

QUALIFICATIONS:

- Applicants must have a minimum 4 years of college education from an accredited Maritime Academy. A Bachelor of Science degree is a plus.
- 7-10 years of experience as a planner/scheduler involved in Project planning, scheduling and corresponding progress metrics within the mass transit construction industry..
- 5+ years of experience with Cost concepts (estimating, forecasting, cost controls, etc.).
- Proficient with creating and maintaining schedules in Primavera software (ideally latest P6 version).
- Project scheduling experience supporting new technology implementation in large transit system an asset.
- Able to routinely handle confidential and sensitive information.
- Detail-oriented and able to multi-task.
- International travel is required

Application/Résumés should be submitted to:
The Human Resources Department
Grand Bahama Shipyard Ltd.
P.O. Box F-42623
Freeport, Grand Bahamas
Or email us at
vacancies@gbshipyard.com
CLOSING DATE: April 22, 2017