WOMEN IN MARITIME
ECLAC CARIBBEAN’S DIRECTOR ADDRESSES CONFERENCE

TRAINING IN CUBA
ECLAC TRAINS CUBA ENVIRONMENT EXPERTS ON DISASTER ASSESSMENT METHODOLOGY

CLIMATE CHANGE
STUDY ON CLIMATE CHANGE ADAPTATION AND DISASTER RISK REDUCTION IN THE CARIBBEAN
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Issued on a monthly basis, *The Hummingbird* offers strategic insights into the latest projects, publications, technical assistance missions and research carried out by ECLAC Caribbean. In addition to these, sneak previews are provided of the most salient upcoming events, alongside enriching follow-ups to previously covered issues. With a view to featuring a variety of facets of Caribbean life and lifestyle, *The Hummingbird* also zooms in on cultural activities and landmark occurrences through an eye-opening regional round-up.

**EDITORIAL TEAM**

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Please see our contact details on the back cover of this magazine.
November Events

International Day to End Impunity for Crimes against Journalists
2 November 2018

World Diabetes Day
14 November 2018

Universal Children’s Day
20 November 2018

International Day for the Elimination of Violence against Women
25 November 2018
In 2017, Cuba was among the Caribbean countries hard hit by Hurricane Irma. The country suffered widespread electricity outages, lack of drinking water and food scarcity in parts of the island.

The country is now better equipped to deal with potential future threats, following first ECLAC training course on disaster assessment held in Cuba during October 2018.

Participants included representatives from the Ministry of Science, Technology and the Environment, and other professionals involved in the analysis of disaster impact and planning, in such areas as water, sanitation and agriculture.

The opening ceremony was attended by the Vice Minister of Science, Technology and the Environment, Dr. América Santos, the Director of Environment of the Ministry, Dr. Odalys Goicochea, the Main Specialist on Risk Evaluation of the Environmental Agency, Mr. Rudy Montero Mata and the Director of Cuba National Aquarium, Ms. María Los Angeles Serrano.

In her opening remarks, Dr. Santos emphasized the importance of considering disaster risk and climate change impacts in long term planning in Cuba and underscored the importance of fostering cooperation between ECLAC and Cuba in these areas.

The course introduced the multisectoral approach of ECLAC’s Damage and Loss Assessment (DaLA) methodology, which evaluates the situation after a disaster, and provides economic estimates of the damages, losses and additional costs.

The workshop provided an opportunity to share ECLAC’s experience in assessing the impacts of disasters on ecosystems and environmental services in several Caribbean and Latin America countries. There was lively discussion on how environmental aspects can be included in other sectors and how disaster assessments can be used to guide a more environmentally sustainable development planning.

The training was facilitated by Dr. Omar Bello, Coordinator of ECLAC Caribbean’s Sustainable Development Unit, with support from Associate Environmental Affairs Officer, Luciana Meira, ECLAC Mexico’s Economic Affairs Officer, Leda Peralta, and Cuban risk management expert, José Balliesteros.
The Caribbean’s first seabin, a submersible receptacle that collects ocean pollutants including debris and oil slicks, has been put in place in Jamaica, in the Montego Bay Marine Park.

The undertaking is a collaboration involving the Montego Bay Marine Park Trust, National Solid Waste Management Authority (NSWMA), Jamaica Energy Partners (JEP), and Finland-based entity, Wartsila, which manufactures the equipment. Executive Director for the Tourism Enhancement Fund (TEF), Dr. Carey Wallace has described the project as an important step in the thrust to promote proper waste management in Jamaica and safeguard the natural environment.

Dr. Wallace, who represented Tourism Minister Edmund Bartlett at the launch of the facility, said the following. “Our environment is a part what attracts tourists to our shores, therefore, it has to be sustained.”

He also told stakeholders that the Ministry welcomed the installation of the seabin, while emphasizing the importance of collective engagement in alleviating environmental challenges, which he said forms part of the Ministry’s mandate. For his part, Wartsila’s Area General Manager for Marine Solutions, David Gonzalez, said the company embarked on the seabin initiative in a bid to assist in reducing and ultimately eliminating ocean pollutants globally.

He commended the Montego Bay Marine Trust for initiating the facility’s installation. “I want to thank the Montego Bay Marine Park for being the first in the Caribbean basin to have this technology. I challenge stakeholders to take this message forward and to help the seabin become bigger than what it is. At the end of the day, it is the message of environmental preservation that will resonate with the next generation, and spark change,” Gonzalez said.
FEATURE ARTICLE
SECOND CONFERENCE OF THE CARIBBEAN ASSOCIATION OF WOMEN IN THE MARITIME SECTOR
A new mentorship scheme to encourage the next generation of women in the maritime sector was recently launched at the second annual conference of the Women in Maritime Association, Caribbean (WiMAC), which was held in Belize City, Belize (16-19 October 2018).
his initiative is consistent with the International Maritime Organization’s (IMO’s) Women in Maritime programme, which supports the participation of women in both shore-based and sea-going posts, in line with the goals outlined under the United Nations Sustainable Development Goal 5: “Achieve gender equality and empower all women and girls”.

ECLAC Caribbean Director, Diane Quarless, delivered the feature address at the opening of the conference, which provided an opportunity to recognize the participation of women in the Caribbean maritime sector.

In her remarks, Quarless noted that the increasing role being played by women opens up exciting prospect for growth and for the infusion of new dynamism in the economies of the Caribbean subregion. She expressed concern, however, that “so few people seem to be aware of it; that so few decision-makers are giving it the overarching priority attention it deserves. It is a well-kept secret, and it should not be”.

Lauding the theme of the conference, which was “Charting an integrated agenda for the economic and professional empowerment of women in the Caribbean maritime sector”, Quarless said that ECLAC will study this budding phenomenon in-depth, given the lack of data in this area. This she said, would help to convince and bring on board the decision-makers who may still be on the fence, since there is nothing more effective for advocacy than hard cold facts.

Quarless recognized that despite the advances made by women in the maritime field, much more effort was needed given the considerable room for growth in the sector. “There is incredible scope of activity and business potential that the sector promises. And yet this sector, rich with potential, is not operating at optimum levels of productivity.”

In this regard, she emphasized the chronic underemployment facing the maritime sector, of which women represent a mere 2%. It was no secret, she stated, that women have scaled the walls of the sanctuary of so many other traditionally male professions; be attorneys, accountants, or auto mechanics; whether in aviation, law enforcement or science and technology; even as ordained priests, women have taken and held their place with the very best men among them. However, the maritime sector has remained one of the last, resolute hold-outs. Quarless encouraged continuing effort to change these circumstances. In this regard, she welcomed the increase in female students registered at the Caribbean Maritime University in Kingston, Jamaica, offering opportunities to specialize in both shore-based and sea-going areas of the sector, including logistics and freight-forwarding.

The WiMAC conference also discussed ways to increase the visibility of the Association and to advance equal opportunities for women in the industry, including ways to promote career progression and maritime education for women.

Participants came from 15 Caribbean countries and territories, including cadets, coast guard officials, port state control officers, maritime lawyers and other positions within the maritime private sector.
There is incredible scope of activity and business potential that the sector promises.

Diane Quarless - Director, Economic Commission for Latin America and the Caribbean, Subregional Headquarters for the Caribbean.
Data as development-related statistics are often hard to come by in the Caribbean, especially if you are looking in the areas of gender or migration. This challenge was highlighted at a regional migration workshop organized by the International Organization for Migration (IOM) and the United Nations High Commissioner for Refugees (UNHCR), in collaboration with the Government of Jamaica. ECLAC Caribbean encouraged countries to assess their national capacity to generate and use gender data.

ECLAC Caribbean’s Associate Gender Affairs Officer, Lydia Rosa Gény, attended the ‘Caribbean Migration Consultations Workshop on Migration Data Collection and Management’ from 24 to 25 September 2018, in Montego Bay, Jamaica. Gény shared information related to gender data in the context of the implementation of the 2030 Agenda for Sustainable Development and the 17 Sustainable Development Goals (SDGs), the Regional Gender Agenda, and the Global Compact for Migration.

Gény informed that there were several areas to be considered in relation to gender statistics on migration. She encouraged the promotion of stronger collaboration among stakeholders including national statistical offices, migration departments, national machineries for the advancement of women, disaster departments, ministries, academia, non-governmental organizations and the private sector in this regard in order to improve and harmonize methodologies and systems of capturing and reporting disaggregated data.

“We need to be more aware of the value of gender statistics, as it provides an evidence-based approach to policy makers on the specific situation of women and men in each country in the broader context of their progress towards the achievement of gender equality.” She stated.

‘National data collection and studies should mainstream gender in order to develop understanding on migration drivers, recruitment practices in the Caribbean subregion, and socio-economic inclusion of migrant women in the countries of destination,” Gény added.

For policy consideration, she highlighted that more research was needed to better understand the different situations faced by women and men during the migration path, the implications of migrants both male and female returning to their countries of origin, including the social, economic and family dynamics of reunification and for retirement purposes.

“We must include a gender lens when addressing migration in the Caribbean in order to assess the specific challenges faced by migrant women and girls, including those in detention facilities, women deportees, those who are victims of human trafficking and those who are forced to migrate due to disaster-related situations.”

The workshop was organized by the International Office of Migration (IOM) and the United Nations High Commissioner for Refugees (UNHCR), in collaboration with the Planning Institute.
While it’s just about 70 miles distance between the Dutch Caribbean islands of Aruba and Curaçao, there has traditionally been only one way to travel between the two islands: by air.

But after decades of discussion, it’s looking increasingly likely that a ferry service between Aruba and Curaçao will soon become a reality, according to the Aruba Tourism Authority (ATA).

It is likely that the new Aruba-Curaçao ferry will be in operation next year, with a carrying capacity of about 800 passengers along with 300 cars, the ATA said.

Aruba’s government has announced that a contract will be finalized with a ferry provider by the end of 2018, while the governments of both islands are in talks regarding border control issues.

The ferry terminal in Aruba will be located in the up-and-coming town of San Nicolas, a place that is becoming Aruba’s new capital of cool, the ATA said.

At the present time, there are several twenty-minute flights a day between the islands, the price for which ranges between 120 and 160 USD. In comparison, it is expected that the sea crossing should take two hours, at an average speed of 70 km/h, take place twice a day, and cost the equivalent of 55 USD, approximately.

According to Aruban Minister of Transport, Chris Romero, it is difficult to ascertain what the ferry service will mean for the local aviation companies that often have difficulty maintaining the operations between the islands. “We have not met with them yet. It will certainly be a challenge for these companies. But it also offers opportunities to diversify their services.”

The workshop concluded that accurate migration data that include a gender analysis could allow States to strengthen and better focus their responses to human movements and increase the positive impact of interventions, projects and programmes in the implementation of the Global sustainable development agenda and the new migration compact.
Millions of viewers around the world got a firsthand view of Saint Lucia’s most stunning attractions during the world premiere of the Lifetime Network television series, ‘Married at First Sight Honeymoon Island’. The premiere aired on the network on Tuesday, October 23, 2018.

The Saint Lucia Tourism Authority was pleased to have provided support to Kinetic Operations, a Subsidiary of Kinetic Content and LLC, for filming the Married at First Sight Honeymoon Island reality series on the island from August 1st – 26th 2018. The entire 8-episode production was filmed on-site at St. James’s Club Morgan Bay and at 22 of the Island’s most remarkable locations, including Pigeon Island National Landmark, Tet Paul Nature Trail, and the Iconic Castries Market.

This provided an ideal opportunity for the island to be highlighted throughout the season from various locations.

“With millions of viewers tuned in for each episode, this exposure has no doubt helped to increase Saint Lucia’s attractiveness and promote the island as a top romantic tourism destination,” said Tiffany Howard, Acting Chief Executive Officer at the Saint Lucia Tourism Authority.

The Saint Lucia Tourism Authority was pleased with the opportunity to partner with Kinetic Operations, which gave the Authority a valuable boost in marketing and highlighting the destination and all it has to offer.

Saint Lucia is an island celebrated for its romance and honeymoon offerings. Recently the island won the award for the ‘Caribbean’s Leading Honeymoon Destination’ at the 25th Annual World Travel Awards.

Saint Lucia has also been nominated for ‘World Leading Honeymoon Destination 2018’. The grand finale gala awards event, which acknowledges first class excellence of travel brands from across the world, takes place on December 1, 2018 in Lisbon, Portugal.
The National Development Strategy for Trinidad and Tobago (T&T) notes that expanding exports and increasing foreign exchange earnings are a key objective which the country must pursue.

The Government, in its Vision 2030, lists five interconnected pillars to guide policy development. These five pillars are: (1) Putting People First: Nurturing Our Greatest Asset; (2) Delivering Good Governance and Service Excellence; (3) Improving Productivity Through Quality Infrastructure and Transportation; (4) Building Globally Competitive Businesses, and (5) Placing the Environment At The Centre Of Social And Economic Development.

Guided by Pillar 4, the Ministry of Trade and Industry (MTI) focusses its projects and programs on being transformative towards realizing the Vision 2030 goals. In this context, MTI is working towards the development of a new Trade Policy and Strategy 2018-2022.

Over the last few months, ECLAC has collaborated with the MTI to ensure that this Trade Policy offers an overarching framework to allow firms to access the benefits of international trade and to ensure that welfare gains accrue to the country.

To date, ECLAC has been able to review and assess several areas which can impact the new Trade Policy and Strategy, based on other similar initiatives in the Caribbean. These include the identification of challenges and capacity constraints faced by businesses in exploiting trade opportunities for goods and services; the determination of industrial policy measures which can enhance the role of the private sector in the trade environment; and the identification of new areas which Trinidad and Tobago may explore for export specialization.

The draft National Trade Policy and Strategy will be presented to stakeholders and is expected to be finalized by the end of this year.
The Bahamas

CDB ANNOUNCES NEW PROGRAMME

- Oct -
The Caribbean Development Bank (CDB) announced a US $106.5 million programme of assistance for The Bahamas, over the period 2018 - 2022. The programme, was outlined in a new strategy paper for the country, which was approved by the CDB’s board of directors on October 25. The CDB’s strategy is built around three key pillars: Environmental Protection and Infrastructure Enhancement; Inclusive Social Development; Improved Governance and Productivity. Gender equality, energy security and citizen security will also be mainstreamed across all interventions.

EXCHANGE OF DIPLOMATIC NOTES

- Nov -

Cuba

CUBA - SPAIN COOPERATION

- Oct -
The president of Cuba, Miguel Díaz-Canel Bermúdez and the Prime Minister of Spain, Pedro Sánchez Pérez-Castejón signed two memorandums of agreement to establish bilateral consultations within the constitutional frameworks of both nations. One of the agreements aims to broaden ties and lay the groundwork for the treatment of issues of interest while the other intends to stimulate cooperation in the cultural field, and stimulate a greater presence of the culture of Cuba in Spain and vice versa. Spain is currently Cuba’s third largest trading partner and the main one in Europe.

CUBAN OFFICIAL VISITS CANADA

- Nov -
Cuba’s Minister of Foreign Trade and Foreign Investment, Rodrigo Malmierca, made a visit to Canada with the intention of boosting bilateral ties between the Caribbean island and various Canadian provinces. The visit included meetings with authorities and business persons including the Speaker of the Canadian Senate, George J. Furey and the Canadian Minister of International Trade Diversification, James Carr. The Cuban minister and his delegation also made several presentations on potential investment opportunities in Cuba and held conversations with executives of Canadian companies with a long presence in Cuba. Canada is the fourth largest global trading partner of Cuba, the second largest investor and first issuer of tourists to the island.

Guyana

GLOBAL DIPLOMACY

- Nov -
The foreign minister of Guyana, Carl Greenidge, announced to the media that Guyana is exploring the opening of a diplomatic mission in Jakarta, Indonesia, and in West African countries such as Togo, Senegal and Côte d’Ivoire by establishing consulates. The minister also explained that in a separate effort Guyana seeks to secure more visa free travel for its citizens. In the Caribbean, Guyana has stepped up diplomacy by opening embassies and consulates, including the soon to be opened consulate in Jamaica.

DUTCH ARCHIVES RESTORED

- Nov -
In 2016, Guyana and the Netherlands embarked upon a project to preserve and digitize a large portion of Guyana’s National Archives which contain Dutch history. The project was recently completed and to celebrate the achievement, the Dutch ambassador to Guyana, Jacob Frederiks, and the head of the digitization department of the Netherlands’ National Archives, Arjan Agema, attended an official handing over ceremony. Over half of Guyana’s National Archive is in Dutch as the country was a Dutch colony before the year 1831. In a similar effort, the United Nations has agreed to fund the digitalization of the Chinese, Portuguese and Indian indentureship records at the archive.
Given its geographic location, the Caribbean is prone to disasters – this is a well-known fact. The exposures and resulting impacts of these disasters are aggravated by never-ending social, economic and environmental vulnerabilities.

In this context of high vulnerability to recurring disasters and the impact of climate change, ECLAC Caribbean has undertaken a study to identify alternatives for enhancing the overall resilience of energy systems in the region.

The energy sector plays a crucial role in all stages of the disaster risk management cycle; especially considering that all social service systems are heavily reliant on the energy sector for everyday activities, as well as for emergency response and recovery, such as telecommunications, health, and infrastructure.

Fortunately, the region shows great potential for substantial improvements in this direction due to a broader interest of stakeholders to modernize energy systems to increase efficiency, namely in the areas of transportation and buildings, access and cost-effectiveness.

The study will provide evidence to show that climate change and disaster risk management do not only concern ministries of environment and disaster management agencies, but should also be considered by all national institutions in their plans and budgets, since they pose threats to every sector.

ECLAC’s study will explore the importance of overcoming some of these challenges by exploiting the region’s potential for green growth, along with measures to promote low emission and climate resilient development initiatives. This in turn can result in operation costs and create economies of scale, thus enhancing financing opportunities. Look out for this study which will be published soon.
A fter decades of stagnation, the cocoa industry in Trinidad and Tobago is now beginning to re-invent itself as young farmers are breathing new life into the industry.

So said Director of the Cocoa Research Centre of the University of the West Indies, Professor Path Umaharan during the first day of a three-day Australia-Caribbean Cocoa Knowledge Sharing Symposium at the auditorium of the School of Education, on the University’s St. Augustine campus.

The symposium provided an avenue for Australian cocoa farmers to share their knowledge with Caribbean cocoa farmers in an effort to learn new strategies and share some of their own. Umaharan said more people are turning to cocoa farming as they recognise the value of the industry and of diversifying from the oil industry.

“Trinidad was once the largest cocoa producer in the region producing 40,000 tonnes in the 1940’s. Last year we produced 400 tonnes. I think Trinidad has been reliant on oil and gas and by now I think people are realising that we cannot depend on a depleting resource,” Umaharan stated.

“By supporting the rural community, we could also eliminate certain problems arising from urbanisation, and crime. The whole idea is how to build a sustainable industry where you can make profitable livelihoods. How to build a value added sector to this sector that could convert the cocoa into products that you can export.”

Umaharan said the Cocoa industry is gaining new energy as young people are getting into Cocoa farming and chocolate production. He added that since Trinidadian chocolate is considered one of the best in the world, farmers are securing a higher income than they would in previous years.

“There are a lot of people making money from chocolate right now and giving cocoa farmers three to four times more than they would get three years ago,” Umaharan said.

“Different places are doing different things very well. When we share, we can do what we are doing well, even better,” Umaharan said.

“For us it is also a learning exercise, so we could know what our farmers are doing and where we are having challenges, so we can offer more targeted support systems in the region.”

The symposium included presentations on approaches to orchard production, strategies for improving productivity on mixed farms, and strategies for improving productivity on cocoa farms.
everal areas of the work carried out by ECLAC Caribbean, including disaster assessment, de-risking and supporting the region’s decolonization process, were presented at a recent symposium at the University of the West Indies, Saint Augustine, entitled ‘Whither the Non-Independent Caribbean? Perspectives on Regional Cooperation, Paradiplomacy and Constitutional Evolution.’

Associate Programme Management Officer, Amelia Bleeker, represented ECLAC Caribbean and outlined its role in providing opportunities for the participation of its Associate Member Countries (AMCs) in global and regional multilateral cooperation. She highlighted that ECLAC has a unique role in bringing the development experience on the non-independent Caribbean to the international community, as the regional and UN body with the largest membership of these territories.

Bleeker identified the common development needs and priorities of the AMC’s, along with the numerous challenges and uncertainties confronting the region. She noted that ECLAC continues to expand the coverage of its interventions, technical assistance, research and flagship publications to support the development aspirations of its AMCs.

On the issue of de-risking in the Caribbean, which is the “cessation or reduction of business relationships with domestic respondent banks by international correspondent banks”, Bleeker explained that most of the Caribbean economies are heavily dependent on tourism, and while de-risking affects the whole financial sector, tourism is hard hit through disruptions in credit card payments and the settlement of foreign currency cheques.

Financial institutions in at least three AMCs – namely British Virgin Islands, Cayman Islands and Montserrat – have had the correspondent banking relations of at least one of their local banks terminated. ECLAC has produced studies designed to raise awareness of the impact of de-risking on Caribbean sustainable development.

Bleeker also informed about opportunities for enhanced global and regional multilateral cooperation. “The involvement of AMCs in global development processes contribute to their achievement of the SDGs, however, there is a need to increase levels of participation and expand programmes from which the AMCs are excluded.”
Recent Publications

1. Advancing the economic empowerment and autonomy of women in the Caribbean through the 2030 Agenda for Sustainable Development

3. Caribbean synthesis report on the Madrid International Plan of Action on Ageing and the San José Charter on the Rights of Older Persons in Latin America and the Caribbean
Inclusive social protection and demographic change: The implications of population ageing for social expenditure in the Caribbean

Diane’s Corner

The Director’s views and thoughts on the occasion of:

13/10
The International Day for Disaster Reduction
Resilience building requires the engagement of every citizen and every community. It cannot be left for government policy and planning alone. On this day for Disaster Reduction let us commit to play our part in promoting sustained development in our subregion.

26/10
Women in the Maritime Sector
While women have scaled the walls of the sanctuary of so many traditionally male professions, the maritime sector has remained one of the last, resolute hold-outs. The time has come to change this metric.

http://vrb.al/directors-take
United Nations Day was first observed on October 24, 1948. Since then, on and around October 24, many activities are organized across the United Nations system. These include concerts; debates on the relevance of the work of the UN in modern times; and special messages by the UN Secretary-General and Heads of State.

At ECLAC Caribbean, we celebrated the day with an array of dishes from our colleagues’ home countries and sat down together for a meal. The photos on this page commemorate this special event.

Founded in 1945, “to save succeeding generation from the scourge of war”, the UN was originally tasked with maintaining international peace, promoting dialogue, developing friendly relations among nations, and achieving international co-operation for development and collective security. This mandate translated into some of its most widely recognized undertakings, namely peacekeeping, peacebuilding, preventive diplomacy, mediation, counter terrorism, and disarmament missions.

Over the years, the UN has continuously evolved to respond the ever-increasing global challenges posed to people, prosperity and the planet. As a result, the UN has become actively engaged in a wide range of activities to address such issues as sustainable development and human rights, climate change, humanitarian and health emergencies, gender equality, governance and food security, all of which are now embraced in the framework of the 2030 Agenda for sustainable development, adopted by the UN General Assembly in 2015.

Spearheading the implementation of the 2030 Agenda across the Caribbean, ECLAC Caribbean proposes to undertake a number of ambitious tasks, ranging from the promotion of financing for sustainable development through debt sustainability, to the exploration of trade financing and market access opportunities, in addition to the enhancement of social development, the strengthening of statistical and data management capacity, the mainstreaming of disaster risk management and resilience building strategies in national development instruments, and the prioritization of science, technology and innovation to advance the SDGs.
OCTOBER 24TH

UNITED NATIONS DAY
Tutu from Curaçao

What you will need:
1 pound Black eye peas
6 cups water
2 garlic cloves, chopped (or 1-teaspoon Garlic powder)
1 teaspoon salt
¾ cup sugar
1 cup Coconut milk (sugarless)
1¾ cup Yellow corn meal
2 tablespoons butter

What you need to do:
1. Wash peas and soak in water for 2-hours.
2. Drain, add 6 cups fresh water, add chopped garlic, and bring to a slow boil over medium heat.
3. If necessary, add more water, till bean are tender and soapy.
4. Add salt, sugar and Coconut milk, cook for another 10 minutes.
5. Add corn meal a little at a time, while stirring constantly with a wooden spoon.
6. Keep stirring, adding force, to fold the peas with the corn meal. It takes about 20 minutes for the cornmeal to cook thoroughly.
7. Add butter and finish stirring until the butter incorporates well.
8. Damp one flat-dish with water and transfer the “tutu” to the dish.
9. Damp a second dish with water and cover the “tutu,” pressing hard on the dish until the “tutu” starts showing between the dishes.
10. The “tutu” is ready to be enjoyed with cheese or cod fish.

Serve hot.