



STAY READY **STAY SAFE** **STAY CONNECTED**

As we have entered the 2026 Atlantic Hurricane Season, we are reminded of the importance of preparedness, resilience, and unity. Within these pages, we celebrate outstanding individuals making meaningful contributions, recognise the achievements of our youth, share practical health and green living tips, and provide resources to help keep our communities informed and connected.

From honouring dedicated public servants and community leaders to showcasing young creative talent, this edition reflects the spirit, compassion, and determination that define the Sister Islands. We hope this newsletter inspires, informs, and encourages continued collaboration as we work together to build safer, healthier, and stronger communities for all.

Click on the links below to view

Features of this Quarter's Edition

Sister Islander of the Quarter	3
Safety Tips for the 2026 Atlantic Hurricane Season	4
Green Tip of the Quarter	5
Youth Feature	6
Gratitude Corner	7
Small Business Feature	8
Recipe Corner	9
Kids Corner	10
Health Tip of the Quarter	11
Sister Islands Emergency Contact Numbers	11



STAY READY
STAY SAFE
STAY CONNECTED

SISTER ISLANDER OF THE QUARTER

Gabriel A. Winchester

Virgin Gorda



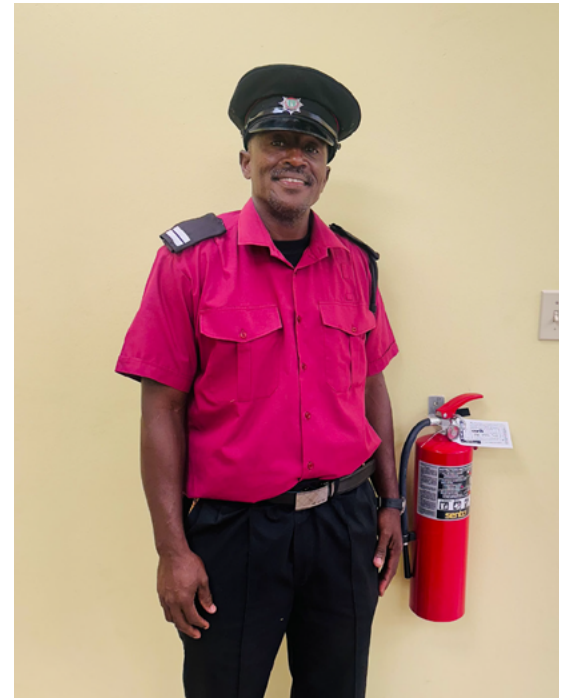
Mr. Gabriel A. Winchester, affectionately known to many as “Tony,” is a husband and father of three. He currently serves as the Sub Fire Officer at the Virgin Islands Fire and Rescue Service Virgin Gorda Fire Station. Mr. Winchester has worked with the Virgin Islands Fire and Rescue Service for the past twenty-four years. His day-to-day duties include managing operations at the Virgin Gorda Fire Station, supervising Fire Officers, conducting relevant training exercises and drills, assessing and maintaining equipment, and participating in emergency response activities.

Mr. Winchester is an active member of St. Ursula’s Catholic Church and has contributed to the Virgin Gorda community in many ways. He has supported his children’s Parent-Teacher Associations throughout their academic years, participated in emergency response and preparedness campaigns, and previously served as President of cricket clubs.

In his spare time, Mr. Winchester enjoys exercising, whether through jogging, swimming, or cycling. One of his greatest passions, he shared, is giving back to his community and mentoring young men. He is actively involved in the Men’s Ministry at his church, which engages in outreach activities.

Mr. Winchester expressed that he has a genuine love for people. He cited John 15:13 as his favourite Bible verse: “Greater love has no one than this: to lay down one’s life for one’s friends.” He explained that this verse has served as his motivation for joining the Virgin Islands Fire and Rescue Service.

Mr. Winchester is recognised for his unwavering dedication, selfless service, and lasting contributions to the Virgin Gorda community. His commitment to protecting and uplifting others continues to inspire those around him, and we commend him for the positive impact he has made throughout the Territory.



STAY READY STAY SAFE STAY CONNECTED

2ND QUARTER 2026



SAFETY TIPS FOR THE 2026 ATLANTIC HURRICANE SEASON

1 BEFORE HURRICANE SEASON (PREPAREDNESS PHASE)



- Review and update your household emergency plan (include evacuation routes and meeting points).



- Assemble or refresh emergency supply kits:
 - Drinking water (at least 1 gallon per person per day for 3–7 days)
 - Non-perishable food
 - Flashlights, batteries, portable radio
 - First aid kit and essential medications



- Secure important documents (IDs, insurance, medical records) in waterproof containers or digital backups.



- Inspect and strengthen your home:
 - Reinforce roofs, windows, and doors (install shutters if possible)
 - Trim trees and remove loose outdoor items



- Identify the nearest shelters and understand official evacuation procedures.



- Prepare for power outages:
 - Charge devices and backup batteries
 - Service generators safely (store fuel properly)



- Make arrangements for pets and livestock.



- Stay informed through official communication channels and sign up for alerts.



BE PREPARED. BE SAFE. **STAY RESILIENT.**
WE ARE STRONGER TOGETHER.



SAFETY TIPS FOR THE 2026 ATLANTIC HURRICANE SEASON

2 DURING A HURRICANE (RESPONSE PHASE)



- Monitor official updates via radio, government alerts, or trusted sources.



- Follow evacuation orders immediately if issued.



- Stay indoors in a secure, windowless room away from doors and glass.



- Avoid going outside, even if conditions temporarily calm (eye of the storm).



- Turn off utilities if instructed (electricity, gas, water).



- Keep emergency supplies within reach.



- Use flashlights instead of candles to reduce fire risk.



- Do not attempt to drive or walk through floodwaters.



LISTEN. FOLLOW. STAY SAFE.
YOUR SAFETY IS THE PRIORITY.



For official alerts and updates, follow the Department of Disaster Management. **Together we can weather any storm**





SAFETY TIPS

FOR THE **2026**
ATLANTIC HURRICANE SEASON

3

AFTER A HURRICANE (RECOVERY PHASE)



- Wait for official clearance before leaving shelter or returning home.



- Watch for hazards:
 - Downed power lines
 - Flooded areas and unstable structures



- Avoid contact with floodwater (may be contaminated).



- Check on neighbors, especially the elderly and vulnerable.



- Use generators outdoors only and away from windows to prevent carbon monoxide poisoning.



- Document property damage (photos/videos) for insurance claims.



- Dispose of spoiled food and debris safely.



- Follow public health guidance to prevent illness.



- Seek support services if needed (relief aid, counseling, housing assistance).



RECOVER. REBUILD. RISE TOGETHER.
OUR COMMUNITY. OUR STRENGTH.



green TIP

OF THE QUARTER



Prepare a Sustainable Emergency Kit

Include reusable utensils, cloth towels, rechargeable batteries, and washable food containers in your hurricane kit.

For official alerts and updates, follow the Department of Disaster Management. Together we can weather any storm



YOUTH Feature



Ciara Evans

This quarter, we are proud to highlight 13-year-old Ciara Evans, a Grade 8 student on Anegada. Ciara is a dedicated student who has earned a place on the High Honour Roll and is an active member of the Claudia Creque Educational Centre Art Club.

Beyond her academic achievements, Ciara is a well-rounded individual with a passion for singing, dancing, cooking, and the visual arts. Her creativity and entrepreneurial spirit were showcased at the 3rd Annual DYAS Youth Business Expo in November 2025, where she presented a vibrant collection of canvas paintings alongside handcrafted bags made from upcycled denim.

Ciara's outstanding presentation skills and innovative ideas earned her the Best Business Pitch Award. She now proudly operates under the name Cici's Creative Crafts, offering unique, custom-made items.

Her artistic journey continues to flourish. In April, seven of Ciara's pieces were featured in the Birds of the BVI Art Exhibit hosted by Creative Waves—an impressive achievement that reflects her dedication and talent.

Looking ahead, Ciara hopes to inspire others through her work, expand her creative pursuits, and attend university after completing Grade 12.

We celebrate Ciara's achievements and look forward to all she will accomplish in the future!



GRATITUDE Corner



There are gems hidden throughout the communities of the Virgin Islands—not only in the beaches, boulders, and breathtaking views, but most importantly, in the people. These individuals do not seek recognition, nor are their efforts motivated by personal gain. Instead, they contribute positively to their communities out of love, compassion, and a genuine desire to serve others.

Their collective efforts and acts of service help preserve the fabric of Virgin Islands culture and strengthen the spirit of community throughout the Territory. The Sister Islands Programme Unit extends sincere gratitude to all those who continue to help maintain and uplift this beautiful place that we proudly call “home.”

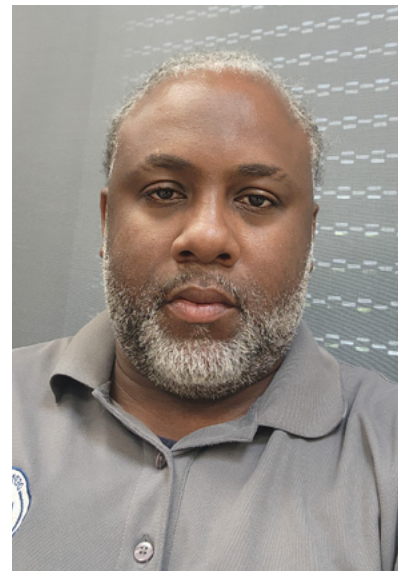
Mr. Mark Noel

In this issue of the Sister Islands Newsletter, we are proud to recognise Mr. Mark Noel for his outstanding contributions to the Virgin Gorda community.

Mr. Noel currently serves as a Mechanical Inspector II with the Department of Motor Vehicles (DMV) on Virgin Gorda. Known for his helpful nature and easy-going personality, he consistently goes above and beyond in both his professional and community roles.

Deeply committed to community service, Mr. Noel generously dedicates his time and energy to several important initiatives on Virgin Gorda, including:

- Member of the Virgin Gorda Community Emergency Response Team (CERT)
- Board Member of the BVI Recreation Trust
- Member of the Virgin Gorda Resilience Team
- Member of the Virgin Gorda Basketball Association



His dedication and willingness to serve make him a valued asset to the Virgin Gorda community. The Sister Islands Programme Unit sincerely thanks Mr. Mark Noel for his continued contributions and commends him for the positive impact he continues to make throughout the community.

SMALL BUSINESS Feature Serenity Soaps and More



By T'Keyah Richardson

The journey of Serenity Soaps & More began in November 2020, amidst the uncertainty of the COVID-19 pandemic. Working only part-time, times were incredibly challenging and my paycheck could barely stretch past the grocery counter. Rather than searching for another job, I felt a calling to create something of my own.

Soap making immediately stood out to me. Whenever I traveled to other Caribbean islands, I found myself captivated by local, artisanal soaps, filling my bags with them and using nothing else until the very last bubble was gone. Inspired by that love for authentic island skincare, I began diving into extensive research and officially registered the business in December 2020.

Driven by a desire for perfection, I spent months refining my craft before officially launching in May 2021. Looking back at those early days, I thought I was at my peak, but the growth since then has been monumental. May 2026 officially marks our 5-year milestone, and today, Serenity Soaps & More has evolved into something far greater than a business venture. It is my true passion. I see God's hand in every step of this journey, knowing this is exactly what He planned for my life, and I am confident there is still so much more growth to come.

Currently, Serenity Soaps & More offers a luxurious range of handcrafted soap bars, body butters, and body scrubs, with exciting new product expansions on the horizon. Our products are uniquely enriched with fresh, local ingredients like aloe vera, soursop, neem and lemongrass harvested right from my own garden. Our formulations are mindfully crafted to benefit those dealing with skin conditions such as eczema, psoriasis, dry skin, and hyperpigmentation, as well as anyone who simply desires clean, natural, and nourishing skincare for their body.

HANDCRAFTED WITH LOVE



Connect with us:

Facebook: Serenity Soaps & More

Instagram: @serenitysoaps.more

TikTok: @serenitysoaps.more

Email: serenitysoaps.more@gmail.com

Website: www.serenitysoaps.online

Phone number: (284) 5472488

RECIPE Corner

Caribbean Vegetable Curry



What you'll need:

- 1/2 tsp cumin seeds
- 1 onion, sliced
- 2 spring onions, chopped
- 10g thyme
- 1 tbsp green seasoning
- 6 garlic cloves, finely chopped
- 1-2 tsp chopped scotch bonnet (or as much as you want)
- 2 tbsp West Indian curry powder
- 2 400g can chickpeas (about 480g drained weight), drained
- 300g sweet potato, peeled and finely chopped
- 50g spinach
- 2 tbsp chopped coriander
- 1 tsp pepper sauce (optional)
- Oil, salt

Directions

1. In a large frying pan over a medium heat, add 1-2 tbsp of oil. Once hot, add the cumin seeds and cook for about 1-2 minutes, until they're fragrant and toasted.
2. Add the onion, spring onion, thyme, green seasoning and a good pinch of salt. Cook until softened, about 5-8 minutes.
3. Add the garlic, scotch bonnet and curry powder. Cook for 2 minutes, stir often.
4. Add the chickpeas, sweet potato and enough boiling water to cover the potato. Bring to a simmer and cook until the potatoes are tender, about 10 minutes.
5. Using a potato masher or hand held blender, mash about 1/4 of the chickpeas and potatoes. This step is optional but I like the added creaminess it gives!
6. Stir in the spinach and cook until wilted.
7. And the chopped coriander and pepper sauce (if using). And that's it!



STAY READY STAY SAFE STAY CONNECTED

2ND QUARTER 2026

KIDS Corner



HURRICANE SEASON

BE PREPARED, STAY SAFE!

FUN ACTIVITIES TO HELP YOU GET READY!

Learn, Prepare, and Protect Your Family and Community

1. MATCH IT!

Draw a line to match each item to what it is used for.



- Helps you hear important news and updates.



- Gives you light when the power goes out.



- Helps you call for help in an emergency.



- Keeps you hydrated with clean water.



- Helps you treat cuts and injuries.

2. SPOT THE DIFFERENCES

Look at the two pictures. Circle 5 differences in the bottom picture.



3. DESIGN YOUR EMERGENCY KIT

Draw and color 5 important items you would put in your emergency kit.



4. TRUE OR FALSE?

Check (✓) True or (X) False.

	TRUE	FALSE
1. I should ignore warnings about storms.	☐	☐
2. It's important to have clean water.	☐	☐
3. I should go outside during the storm.	☐	☐
4. Turning off utilities can help prevent fires.	☐	☐
5. Helping others is a good thing to do.	☐	☐

5. SAFETY SMARTS

Circle the best choice.

- What should you do when a storm warning is issued?
 - Play outside
 - Stay informed and follow instructions
 - Go to the beach
- Where is the safest place during a hurricane?
 - Near windows
 - In a low-lying area
 - In an interior room away from windows
- What should you do if the power goes out?
 - Use candles
 - Use a flashlight
 - Open the refrigerator often



REMEMBER:



KNOW YOUR PLAN
Make a plan and practice it with your family.



PACK YOUR KIT
Have the supplies you need before a storm.



STAY INFORMED
Listen to updates from trusted sources.



LOOK OUT FOR OTHERS
Check on family, friends, and neighbors.



Health Tip OF THE QUARTER

After a full night's rest, your body wakes up naturally dehydrated. Drinking a glass of water first thing in the morning helps rehydrate you, boost alertness, and support digestion right from the start of your day.

For an extra boost, add a slice of lemon—this can provide a bit of vitamin C and make hydration more enjoyable.

Make it a habit:

Keep water by your bedside

Drink before coffee or breakfast

Add lemon, cucumber, or mint for flavor

Why it matters:

Small daily habits like this can improve energy, focus, and overall wellness over time.



SISTER ISLANDS EMERGENCY CONTACT NUMBERS

IMPORTANT NUMBERS.



WHEN YOU NEED THEM MOST.

ANEGADA

	Royal Virgin Islands Police Force	311 / 368-9137
	Fire and Rescue Services	911 / 468-9298 / 468-4268
	VISAR	767 / 499-0911
	Nurse Romalia Smith Clinic	442-3315 / 440-1646 852-7786 / 852-7787
	BVI Health Services	852-7500 / 440-1621
	BVI Electricity Corporation	852-4600

VIRGIN GORDA

	Royal Virgin Islands Police Force	311 / 368-9552
	Fire and Rescue Services	911 / 468-6530 / 468-9512
	VISAR	767 / 499-0911
	Nurse Iris O'Neal Clinic	852-7730 / 440-1661 345-2613
	BVI Health Services	852-7500
	BVI Electricity Corporation	852-4600
	Veterinary Services	541-5662 541-7313

JOST VAN DYKE

	Royal Virgin Islands Police Force	311 / 368-9211
	Fire and Rescue Services	911 / 468-9297 / 494-3473
	VISAR	767 / 499-0911
	Jost Van Dyke Clinic	440-3429
	BVI Health Services	852-7500 / 394-3497
	BVI Electricity Corporation	852-4600



IN AN EMERGENCY
DIAL 911



STAY SAFE.
STAY PREPARED.



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