



It's Your Association

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PRESIDENT'S REPORT—December 2020

Dear members of the Cap Estate (Residents) Association (CEA). Since our last newsletter in May, your executive committee, CEAC, met twice as a full committee (on 25 June and 02 September) and have been in regular contact with each other and our subcommittees to maintain progress on the various projects/issues affecting Cap Estate. The following, for your benefit, is a brief update:



CEA Registration and Bank Account: In our last Newsletter, it was reported that CEA had been registered as a non-profit Community Based Organization (CBO), and the next step was to open a bank account. However, at our meeting in June, we took a decision to postpone opening the account because of the excessive bureaucracy involved and to save the bank charges. At that time, we expected to use all of the cash on hand (2020 Annual Membership Fees) for Phase 1 of our Street Signs project, which we subsequently did. In the few months since, we have collected new registration fees and, in anticipation of 2021 dues being received early in the new year, the bank account opening process has resumed.

Street Signs Project: You may have noticed the new street signs around Cap, manifestation of the completion of Phase 1. In this phase, 48 signs were erected at a total cost of EC\$6,289. Another 25 signs will be installed in Phase 2 next year, after we have replenished our coffers with the 2021 Membership Fees.

One may follow this link on OpenStreetMap.org (<https://www.openstreetmap.org/#map=16/14.1013/-60.9354>) to see a map with the street names included—see also later in this Newsletter. In time, we hope to get Google Maps and Waze to update their maps also.

Security: Tim Moffat has recently taken over as our Security Sub-committee Leader. He is in discussion with Guardsman Security about ways to improve their patrol service.

Legal: CEAC continues to monitor and lobby against violations of DCA building codes and breaches of our restrictive Cap Estate Covenants. We have managed to block two applications for Change of Use from single dwelling residential and one business operation that had no approval.

Social and Environmental: A vector control exercise on abandoned properties around Cap Estate was conducted on 17 October. Four representatives from the **Ministry of Health Vector Control Unit**, along with a small team of CEAC members, inspected some 15 abandoned houses, two ponds, and two blocked drains, then removed, covered, or emptied small receptacles, and treated the large ones for mosquitoes.

Owing to the renewed Covid-19 restrictions, all Social Events and CleanUps are on hold for the time being.

Communication Channels: “Cap Alerts/Announcements” is the WhatsApp broadcast group used by CEAC for security alerts and important announcements for Cap Residents. It is not a chat/discussion group and only Administrators have access rights to post within it. At this time, membership to this WhatsApp group is not restricted to paid-up CEA Members, but this option is being considered as we have reached the WhatsApp group size limit of 256. Your Committee is also considering moving to another platform (other than WhatsApp) that will allow much larger membership. A decision should be made soon.





“Cap Chat” is another WhatsApp group popular in Cap Estate, but is not controlled by CEAC and is an open forum that allows free discussion.

A third group, “CEAnimals” is also available for animal devotees to discuss and share their special interest in animal husbandry, and brainstorm methods of enforcing the Animals Act, particularly the requirement of dog-owners to constrain their dogs within the curtilage of their property, there having been many incidents of fatal attacks on other small animals, and on dog walkers. In addition, CEAnimals has identified a systemic lack of response by the Authorities to deal with blatant illegal animal cruelty, which needs to be addressed.

There is also our [Cap Estate Community Group Facebook Page](#), Membership of which is available to Cap Estate Residents only.

Public Transport: There is a mini-bus shuttle service in operation between Gros Islet and Cap Estate. It is not on a fixed schedule and the route is not clearly defined, but I am advised that it operates on weekday mornings and afternoons after 2pm. We met with the bus operator and are working together to define the route/routes, and to identify spots for bus stops for passengers. Hopefully, we will be able to place bus stop signs soon, and (who knows) maybe some bus shelters eventually.

Membership: CEA has a total of 68 Registered Members at this time. This is very disappointing, considering that we have more than 300 households in Cap that benefit from the efforts of our Association, and it only costs EC\$100 per year, so hopefully our Membership ranks will grow in 2021. Membership Fees provide the only source of income for CEA at this time, and the more we collect, the more we can achieve. If you wish to join, you can find our Registration Form at the end of this Newsletter.

Annual General Meeting (AGM): According to the CEA Constitution, we should have held our Annual General Meeting before the end of April 2020, but this, of course, did not happen due to the Covid-19 restrictions. If meeting restrictions are still in place by April 2021, we propose to proceed with a remote AGM.

Thanks, and very best Christmas wishes to all,

Andy de Verteuil
CEAC President





Street Signs for Cap Estate

FLAMBOYANT CRESCENT

Phase 1 of Cap Estate Street Signs Installation has been completed! Now you can see your EC\$100 Membership Fees at work for the Community. These signs are a vital security component for our residents as they assist Emergency Services to find us.

After considerable research, the contract was finally awarded to ExelSign Inc., and was overseen by our own President and retired Civil Engineer, Andy de Verteuil. A total of 48 Signs have been erected around Cap Estate so far, with a further 26 planned for installation in Phase 2 next year.

Cap Estate Residents Up-in-Arms Over Treatment of Working Dogs by Security Firm

On 18 March 2020, a troubled Cap Estate Resident raised concerns about a makeshift, restrictive, and ramshackle "kennel", housing three Security Dogs used to patrol the Royalton Hotel in Cap Estate at night, being incarcerated in appalling conditions without food and water or shade from the sun.

This cruel and inhumane treatment of dogs is ILLEGAL in St. Lucia, but we understand the owner is in the habit of keeping all his dogs in this manner in order to make them vicious. Following a mention regarding this matter on DBS television, at time of writing, it appears that the dogs have disappeared from where they were being housed in appalling conditions during the day, and their whereabouts, treatment, and living conditions are now unknown.

St. Lucia Celebrates A Cap Estate Entrepreneurial Businesswoman

In these transformational times, several local businesses are facing the spectre of change, and Marjorie Lambert's Bar on Cas-en-Bas Beach is one such. It having such a long and distinguished presence in the area, on 16 August 2020, many people throughout Saint Lucia decided to support Marjorie's Bar in a mass congregation on the beach to celebrate her 28 years, from just a cool box on Cas-en-Bar Beach to a well-known Restaurant & Bar there that many locals and visitors alike are drawn to.

The event was very well attended and was televised. It has to be said there were not as many masks in evidence as might have been desirable during these Covid times, and there was an illegal music van present, which was prevented from making it a full-blown party by police at the scene. Despite this, however, a good time was had by all, and Marjorie's Bar was very well supported by her fans that day.



A Statement from Cabot St. Lucia

By Kristine Thompson, CEO, Cabot Saint Lucia

This Statement received from Cabot Saint Lucia is reproduced in its entirety.

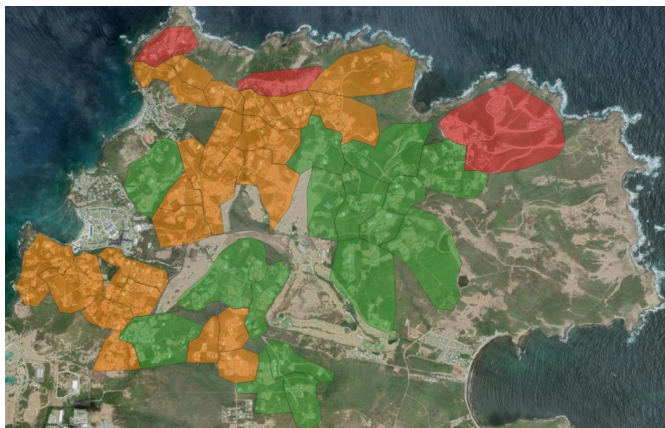
Since assuming my role as Cabot Saint Lucia CEO, one of my main areas of focus has been stakeholder engagement. As we all know, Cabot was the subject of much controversy. When we sensed that the issues crossed into the political realm, we decided to stay out of the public fray, and to instead start to engage one on one with the relevant interest groups. So, for the last two months, I (along with some members of the team) have been meeting with several stakeholders including the Cabinet of Ministers, the Leader of the Opposition, the Saint Lucia National Trust, Marjorie, the Kite Surfers Association and other important stakeholders. Our approach has been to address the issues relevant to each stakeholder group and we have listened attentively to their concerns and presented our point of view, which in many instances, was in consonance with the solutions that they offered. Cabot is an international brand with a stellar reputation, and most of all, heart. Our intention has always been to live in harmony with Saint Lucia and although we are still working through some of the challenges, we are confident that we have begun to assuage the angst which some of the stakeholders have felt. We have committed to ongoing engagement and stand ready to meet with the Cap Estate residents to discuss their specific issues.

We are pleased that our engagements have confirmed resounding support for the development and we intend to nurture that support. Our goal is to ensure that the project proceeds in a sensitive manner, that jobs are created for those that need them most, and that the destination brand is enhanced in the main tourism source markets. An updated Environmental and Social Impact Assessment report was recently submitted to the authorities as part of our ongoing approval process.

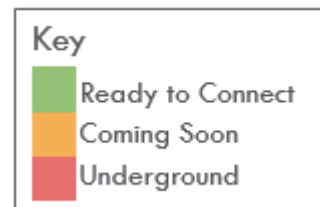
Our golf course construction, which was the first sub-project to be approved, is proceeding according to plan, and will be completed in late 2022. An independent check consultant regularly reviews the site for compliance with an agreed environmental management plan, and he has been pleased with our performance in this regard.

We look forward to becoming an integral part of the Saint Lucian community. May I take this opportunity to wish all of you a very Merry Christmas and best wishes for 2021.

Update from Digicel Fibre Optic Service



Connection Availability:



My Covid Shut-down Experience

By Christopher Kessell, CEAC Treasurer

Unlike a lot of people, I have been fortunate enough to remain fully employed for the entire time that the island has been either shut-down or under Covid-19 restrictions. Only during the week with the 24-hour curfew did I stay at home.

I am self-employed as a Marine Surveyor, which is the job of inspecting boats of all kinds for insurance purposes, or to determine the general condition and value for someone looking to purchase a vessel. As I am the only qualified and experienced Marine Yacht Surveyor in St. Lucia, this means I have been very busy since the first days after the 24-hour curfew shut-down.

I mainly inspect yachts, and due to the restrictions on travel between the islands during the Covid shut-down, a lot of owners had to leave their vessels here in St. Lucia to wait for when the islands would open up again. In a number of cases, this has meant that they could not get their boats down to Grenada where their insurance companies would cover them against hurricane damage; consequently, they had to find other insurance companies that would cover them here in St. Lucia, and I would be tasked with inspecting the yacht to ensure that it was safe to insure.

Many yacht owners plan to go sailing for a particular period of time, and when they ended-up with the boat stuck here in St. Lucia, they have had to cut short their plans and sell the boat, so I have been hired to survey a number of these boats for prospective buyers.

Most of the time, when inspecting a yacht, I am alone so I do not have to wear any PPE like masks, but occasionally the owners are aboard, and wearing masks has been a requirement for both parties when in close proximity.

Fortunately, due to my particular circumstances, my family has been able to continue to employ the same people to keep the house clean and tidy, and maintain the lawn, etc. Additionally, we know how difficult this time has been for so many St. Lucians, so we are happy that we can still contribute towards the economy by continuing to eat out and go to the cinema, etc.

Having said that, I can't wait until life returns to some sense of normalcy, which hopefully will be when a vaccine becomes widespread.

More Covid-19 Information

For your own and others' safety, please click these links to the Saint Lucia Tourism Authority and follow their Covid-19 Travel Guide. Also, please read the Covid19 Response, and the Government Ministry of Health & Wellness' Covid-19 Dashboard for the latest updated information:

[St. Lucia Tourism Authority](https://www.stlucia.org/en/covid-19)



<https://www.stlucia.org/en/covid-19>

<https://www.covid19response.lc>



[Ministry of Health & Wellness \(https://health.govt.lc\)](https://health.govt.lc)



Open Source Tools to keep in touch through Covid-19—FREE for Everyone!

As a service to our Community, CEAC's Secretary and IT Techie, Celia Read, would like to introduce you to long-established and well-known (in the IT industry, at least) Open Source alternatives to the giant corporations to help you traverse these lock-down days securely, and for free. The first suggestion here will save money for businesses, NGOs, and Charities within our Community, who hold meetings for more than 100 participants and/or longer than 40 minutes' duration (the Zoom threshold for free meetings).

Open Source organisations hold the original precepts of the WWW inventor, Tim Berners-Lee—the principles of the [GNU](#) and the [\(FSF\) Free Software Foundation](#) are: “Free software means that the users have the freedom to [run, edit, contribute to, and share](#) the software. Thus, free software is a matter of liberty, not price. We have been defending the rights of all software users for the past 35 years.” As an IT Techie, I have been a fervent advocate of these organisations and their worthy principles for donkey's years, so I am happy to share these gems with you:

Jitsi Video Conferencing: In these lock-down times, when everyone goes first to Zoom for online meetings, the open source software I am recommending is [Jitsi.org](#) as a **free and totally unrestricted Zoom alternative**. Due to its principles, it does not data-mine and profit from your information. It also does not require registration or any download as it works within your chosen browser, and can be found here: <https://Jitsi.org> and <https://meet.jit.si/>. It's very easy to use (just go to the second link and input your chosen meeting name, then invite any number of participants. It costs not one cent, however long your meeting—and it simply works...!

Telegram Messenger: The second software is [Telegram Messenger](#), again a well-known IM (Instant Messenger), and virtually without restriction—read more about it from FAQs [here](#). For example, Groups can have up to 200,000 Members, and “Telegram has no limits on the size of your media and chats.” It is secure and has more functionality even than WhatsApp, including Secret Messaging. Furthermore, they don't data-mine either, as WhatsApp's owner, Facebook, does, and it's against their principles to monetize with advertisements, as WhatsApp is about to.



Another goodie is [LibreOffice](#), an off-shoot by the original developers of OpenOffice, having been around and continuously developed for very many years. It is a wonderful open source alternative to the very expensive Microsoft Office, and is fully compatible with ALL MS Office formats. Apart from the email client, Outlook, it does everything, and more, that MS Office does, and even Outlook can be replaced by the open source [Thunderbird](#) email client, which is infinitely customisable. Furthermore, [LibreOffice](#) is also highly customisable, which is difficult to achieve in any MS Office version since 2007.



Thunderbird

Donation to CEA

We should like to thank Mr. Andrew Desir for his generous donation of EC\$500 towards our cause in return for computer services offered by our Secretary and IT Techie, Celia Read, on behalf of CEAC. All grist to the mill towards our next project in 2021.





NEWSLETTER

Acting for & on behalf of Cap Estate Residents

Issue 006 : Dec. 2020

Christmas Chocolate Yule Log Recipe

By Angela Coleby

Chocolate Yule Log—baked with coconut flour and slathered with a chocolate cream cheese frosting (makes 8 slices)—a low-carbohydrate recipe which is easy to make.
NUTRITION—Serving 1 slice: Calories: 272kcal; Carbohydrates: 9.6g; Protein: 8g; Fat: 24g; Fibre: 4.3g.

Ingredients—SPONGE

- 6 eggs (separated)
- 1 cup [coconut flour](#)
- 1/2 cup [erythritol](#) low carb sweetener (or sugar substitute)
- 1 cup cocoa powder, unsweetened
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt

Ingredients—FILLING

- 1/2 cup heavy/whipped cream (whipped into stiff peaks)
- 2 tablespoons [cranberry chia jam](#) (optional)

Ingredients—TOPPING

- 4 oz butter unsalted (softened)
- 1/4 cup [erythritol](#) or sugar substitute
- 6 oz cream cheese (softened)
- 1/4 cup cocoa powder (unsweetened)



Instructions

1. Pre-heat the oven to 180C/350F degrees.
2. Grease and line a long rectangle baking tin with parchment paper. My tin is about 8 inches by 12 inches.
3. Whisk the egg whites until stiff.
4. In another bowl, whisk the egg yolks and erythritol together.
5. Add the remaining cake ingredients to the egg yolk mixture and combine well.
6. Fold in the egg whites to the cake mixture.
7. Spoon into the baking tin and smooth evenly.
8. Bake for 20 minutes until firm.
9. Remove from the oven and place a piece of parchment paper over the cake whilst still warm (be careful not to burn yourself!).
10. Remove the cake from the tin, keeping the parchment paper on the bottom of the tin so that the cake has parchment paper either side of it.
11. Gently roll the cake from the smaller edge into a swiss roll shape. This will make it easier to unroll and fill later.
12. Set aside to cool.
13. Once the cake is cool, gently unroll the cake from the parchment paper and spread with the cranberry chia jam. Add an even layer of the whipped cream.
14. Gently roll the cake back into the Swiss roll shape.
15. Place in the fridge for at least 30 minutes to help keep its shape.
16. Make the topping by blending the butter and cream cheese together until smooth.
17. Add the erythritol and cocoa powder and beat until smooth and blended.
18. Smooth the topping all over the cake.
19. Keep in the fridge to firm-up the topping.
20. Eat and enjoy!





Christmas Cheesecake Recipe

By Angela Coleby

TRAMASU CHEESECAKE—a low-carbohydrate recipe which is easy to make.
NUTRITION—Serving 1 slice: Calories: 432kcal; Carbohydrates: 5.5g; Protein: 9.4g;
 Fat: 40g; Fibre: 1.9g.

Ingredients—BASE

- 4 eggs
- ½ cup [erythritol](#) low carb sweetener
- ½ cup butter (unsalted & softened)
- 1 cup [almond flour](#)
- ¼ cup cocoa powder (unsweetened)
- 2 tablespoons coffee
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons rum (optional)

Ingredients—CHEESECAKE

- 8 oz mascarpone cheese
- 16 oz cream cheese
- ½ cup [erythritol](#)
- ¼ cup coffee
- ¼ cup rum (optional)

Ingredients—TOPPING

- ¾ cup cream (heavy/whipping)
- 1 tablespoon cocoa powder (unsweetened)

Instructions—BASE

1. Pre-heat the oven to 180C/350F degrees.
2. Beat the eggs and erythritol in a medium bowl until blended and light in colour.
3. Add the butter and continue to mix.
4. Add the remaining ingredients (except for the rum) and whisk until the mixture is smooth and is an even chocolate colour.
5. Place the mixture into a greased, parchment line spring form cake tin (I use an 8 inch size tin).
6. Bake for 20-25 minutes until firm.
7. Remove from the oven and sprinkle the rum over the sponge (optional).

Instructions—CHEESECAKE

8. In a large bowl, beat the cream cheese and mascarpone together until the mixture is smooth.
9. Add the erythritol, coffee and rum (if using rum) and mix until smooth.
10. Spoon on top of the cake base then place in the fridge for at least 3 hours or overnight to set.

Instructions—TOPPING

11. Whip the cream until thick peaks.
12. Pipe the cream on top of the cheesecake.
13. Using a sieve, gently cover the cream with the cocoa powder, shaking it over evenly.





It's Your Association

Who and What are CEAC and CEA?

We are **CAP ESTATE ACTION COMMITTEE (CEAC)**, charged with reconstituting the Cap Estate Residents & Land Owners Association (CERLOA)—now named **CAP ESTATE ASSOCIATION (CEA)**—which had faltered in its mission to bring improvements in Safety & Security and Environmental Conditions to all the residents of Cap Estate. Having achieved our objective to formalise the **CEA Constitution**, we now hope to greatly extend **CEA's** Registered Membership (*see Membership Form on next page*—just EC\$100 per person per annum gives full voting rights) and increase the involvement of all Cap Estate Residents in the improvement of our wonderful community by the effective dissemination of information regarding our existence and our activities.

Current Cap Estate Action Committee (CEAC) Members:

Chair & Legal Sub-committee:	de Verteuil, Andy	716-6168
Secretary, PRO, & Animals Sub-committee Leader:	Read, Celia S.	718-8901
Financial Sub-committee Treasurer:	Kessell, Chris	720-0100
Legal Sub-committee:	Holstein, Lynn	285-3230
Environment & Road Safety Sub-committee Leader:	Floissac, Heather	716-0468
Environment & Road Safety Sub-committee:	Guillaume, Paul	716-2218
Social Sub-committee Leader:	Skinner, Simone	727-7767
Non-voting Adviser & Community Safety & Security Sub-committee Leader:	Moffat, Timothy	724-4343
Non-voting Adviser:	Wagner, Kris	484-3066

Zone Representatives:

1	Becune Park & Point	Raymond Fenelon, Jr.	RaymondFenelon@gmail.com	716-1306
2	Gate Park/Golf Ridge	Phillips, Cuthbert	PhillipsCCD@hotmail.com	720-6096
3	Windward Hills	Holstein, Lynn	LHolstein@yahoo.com	285-3230
4	Smuggler's Cove/Cap Park	de Verteuil, Andy	AJdeVerteuil@gmail.com	716-6168
5	Saline Point	Moffat, Tim	TimMoffat@hotmail.com	724-4343
6E	Central Golf Park	Kessell, Chris	KessellC@gmail.com	720-0100
6W	Central Saddleback	de Verteuil, Andy	AJdeVerteuil@gmail.com	716-6168
7	North—Flamboyant Way to Mount du Cap	Devaux, Bryan	BryanDevaux1@gmail.com	724-9600
8	Anse Galet Hill and East	Bain, Randall	Bain61@gmail.com	720-5491
9	South Hills/Cotton Bay	Hughes-McNamara, Holly	Hollyanya@gmail.com	720-5111

Anyone wishing to join the **CEA** should contact **Celia Read** on 718-8901, or any other member of the **CEAC**.



NEWSLETTER

Acting for & on behalf of Cap Estate Residents

Issue 006 : Dec. 2020



It's Your Association

Identify your Zone...



IDENTIFY YOUR ZONE & REP.

1. Raymond Fenelon Jr. (716-1306)
2. Cuthbert Phillips (720-6096)
3. Lynn Holstein (285-3230)

4. Andy de Verteuil (716-6168)
5. Tim Moffat (724-4343)
- 6W. Andy de Verteuil (716-6168)
- 6E. Chris Kessell (720-0100)

7. Bryan Devaux (724-9600)
8. Randall Bain (720-5491)
9. Holly Hughes-McNamara (720-5111)

Anyone wishing to join the **CEA** should contact Celia Read on 718-8901, or any other member of the **CEAC**.





Cap Estate Action Committee (CEAC)

NEWSLETTER

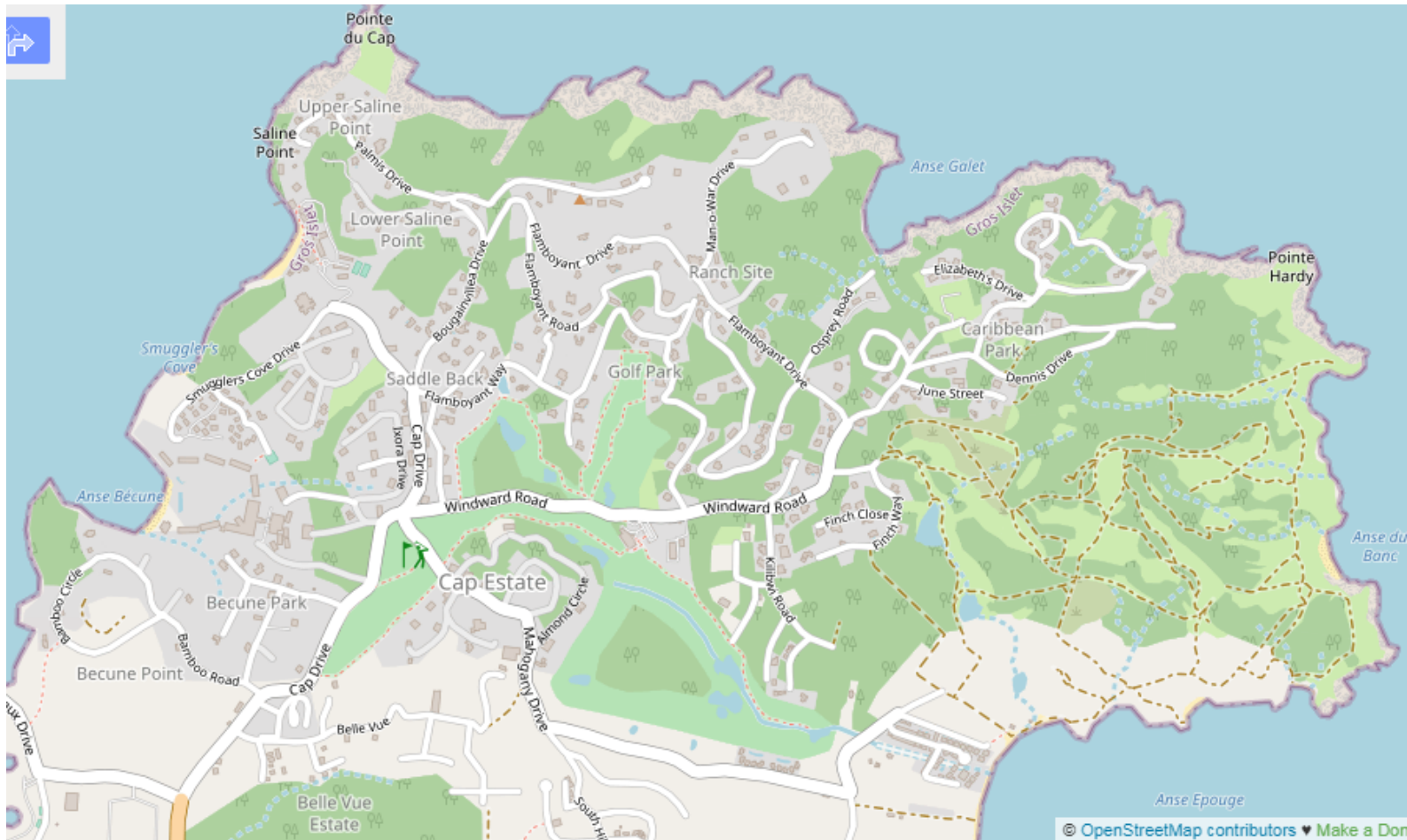
Acting for & on behalf of Cap Estate Residents

Issue 006 : Dec. 2020



It's Your Association

Identify your Street...



Anyone wishing to join the **CEA** should contact Celia Read on 718-8901, or any other member of the **CEAC**.

Acting for & on behalf of



Cap Estate Residents

Cap Estate Association (CEA)

MEMBERSHIP APPLICATION FORM

01 January to 31 December Annually

Facebook Group News: [Cap Estate Community](#) | Join on WhatsApp: [Cap Estate Community](#)

Title:	MR. <input type="checkbox"/>	MRS. <input type="checkbox"/>	MISS <input type="checkbox"/>	MS. <input type="checkbox"/>	DR. <input type="checkbox"/>	Other/ Suffix:	
Name:	LAST NAME		FIRST NAME(S)				
Nationality:				CONFIRM 18+ <input type="checkbox"/>	DATE OF BIRTH: dd/mm/yyyy (Optional)		
Physical Address:					PLOT N ^o :		GUARDSMAN REGd. <input type="checkbox"/>
Postal Address:							
Phone Numbers:	MOBILE(S):		WORK:		HOME &/or OTHER(S):		
Email Address(s):							
SPECIFIC AREAS OF LOCAL CONCERN OR INTEREST <i>(Comments &/or suggestions welcome)</i>							
Community Safety & Security:		<input type="checkbox"/>					
Environment & Road Safety:		<input type="checkbox"/>					
Zonal Matters:		<input type="checkbox"/>					
Other (please specify):							
Other Comments:							
SIGNATURE:					DATE:		
Annual Membership Fee:	Ordinary Member EC\$100.00 per Person <input type="checkbox"/> <i>(Full or part year & non-refundable)</i>			Confirm Fee(s) Attached: <input type="checkbox"/>		Honorary Member Requires CEAC Ratification <input type="checkbox"/> <i>(Free of Charge)</i>	
Thank you for completing this Application Form, and your interest in becoming a Member of CEA							
CEA ADMINISTRATIVE USE ONLY							
MEMBERSHIP NUMBER:				Block Number:			
Issue Date:				Date Paid:			
COMMENTS:							