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## EARTHCARE Eco Kids celebrate World Migratory Bird Day

By Gail Woon, EARTHCARE

Grand Bahama Island - After working on Our Garden, Community Garden on Saturday morning, October 31st, 2020, the EARTHCARE Eco Kids and EARTHCARE volunteers on Grand Bahama Island settled in to listen to guest speaker, Bridget Davis, Bird Watching Youth Educator. We were celebrating World Migratory Bird Day. Birds Connect Our World. Bridget Davis teaches the Bird Watching class to youth at the Garden of the Groves. We were honoured to have her come to speak with us. We had surprises and giveaways courtesy of BirdsCaribbean. BirdsCaribbean, formerly the Society for the Conservation and Study of Caribbean Birds, is the largest regional organization dedicated to the conservation of wild birds and their habitats in the insular Caribbean (including Bermuda, the Bahamas and all islands within the Caribbean basin).

ecosystems because they provide critical services such as seed dispersal, pollination, pest control and more. They provide major economic benefits and jobs through tourism, research and education, and leisure activities such as bird-watching and photography. Birds inspire us and help us to connect with each other and re-connect with nature.



Bridget Davis told the group, "The world can see what we are doing in The Bahamas. We record our bird sightings on ebird for confirmation purposes to see what birds are still here, what birds we have never seen before perhaps, and just to keep a record of what's going on during the month of October. That is what the World Migratory Bird Day is all about but you can go birding any time. Has anybody birded before? Did you see a bird today out of your window? You can hear them. I hear some right now in the bush. You can learn what you see and how to identify the birds by the way they look, by the way they sound, what habitat they are in, shorebirds on the beach, seagulls and then you could have birds in the bush, the small birds, warblers the small tiny ones and you can see birds in the air, turkey vultures. Birding is something that you can do during the Pandemic. We record our



World Migratory Bird Day highlights the importance of conserving and restoring the ecological connectivity and integrity of ecosystems that support the natural movements of migratory birds and that are essential for their survival and well-being.

Migratory birds are beneficial to us and the planet's

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# Bahamian Receives Award

## By Yasmin Popescu Grand Bahama Sun Writer

Bahamian Duchess Kerrol Williams-Alonga was the recipient of Freedom of the City of London by the Office of the Bahamas High Commission recently.

In the congratulatory letter to Mrs. Williams-Alonga the High Commissioner, Ellison Greenslade said it is "indeed a significant achievement as only a limited number of persons are admitted each year by the Clerk to the Chamberlain of the City of London during a ceremony at Guildhall. I am very pleased that you were recommended for this award and that your application was supported by a suitably qualified proposer and seconder."



*Bahamian Duchess Kerrol Williams-Alonga*

He noted that this award is in recognition of her sacrifices in her chosen field of work and tireless efforts in helping others. He said this is yet another well-deserved honor in a list of impressive achievements over the course of her life.

"Words are insufficient to convey the pride that we feel, as Bahamians, as we reflect upon the sacrifices you have made for our people and our country over so many years here in the UK" he stated as he gave congratulations on behalf of himself and his wife Kimberley.

A native of Nassau, Bahamas Mrs. Williams said she went to the United Kingdom in the early 90s to pursue a Bachelors and Master's Degree in Fashion Design and Marketing at the American College to the Applied Arts London, which is now the American Intercontinental University. After completing her studies, she worked with several international renowned British fashion houses where she gained a vast amount of experience in the industry to aid the development of her own label.

She later got involved with community development work to the point in furthering her training and study in Community Development.

She has worked with diverse communities in the London Borough of Camden, on projects ranging from research projects including refugees and homelessness. Over the years she has participated in Camden projects consulting with residents on a wide variety of issues. These were both paid and unpaid opportunities ranging from facilities for under 5's safeguarding, homeless, NHS/health services, education and volunteering for the local authority.

She is also president of the Bahama Host Association and has organized and facilitated a range of activities and events for the Bahamian Diaspora in the UK. She is an avid supporter and an Executive Committee Member of the Commonwealth Countries League as an ExCon events coordinator. She also helped to organize fundraising events for the CCLEF and soon to be member of the Rotary Club of London.

## Best Affirms Coralisle Group's Financial Strength

The financial strength of Bermuda-based Coralisle Group Ltd. (CG or the Group) has been recognized by AM Best Rating Services, the independent global credit rating agency.

Best affirmed CG's Financial Strength Rating of 'A' after its annual analysis concluded that the Group maintained 'excellent ability to meet its ongoing insurance obligations.'

Best's assessment was based on CG's balance sheet, operating performance, business profile and management of risk.

Best categorized the Group's consolidated balance sheet as 'strongest', citing its 'strongest level' risk-adjusted capitalization and its 'more than adequate' ability to meet current liabilities.

In assessing operating performance, Best pointed to CG's solid earnings, sound profitability metrics and risk-mitigating reinsurance programme.

The Group's business profile was noted for its 'well-diversified' product lines, strong market share in The Bahamas, Cayman and British Virgin Islands and for its expanding geographical presence in the Caribbean.

Best described CG's risk-management programme as 'well-developed', with particular reference to its development of a comprehensive crisis management procedure to minimize business disruptions given the risk of natural disasters in the Caribbean region.

Best concluded a 'stable outlook' for the Group based on the expectation that its rating fundamentals, from balance sheet strength to risk mitigation measures, will remain unchanged over the medium term.

'This is a very positive report reflecting sound business practices, prudent planning and teamwork,' Naz Farrow, CG's Chief Executive Officer, said. 'Best's assessment of the Group's businesses across multiple jurisdictions is a testament to the strength of our management teams and the integrity of our products. Ultimately, Best's assessment underscores our ability to meet the needs of our clients at all times and in all circumstances, validating our people-first approach to the business.'

About Coralisle Group Ltd.

Coralisle Group Ltd. is a Bermuda-based holding company for the Coralisle Group of Companies (CG or the Group), which has commercial operations in Bermuda, the Cayman Islands, The Bahamas, the British Virgin Islands, Barbados and the Turks and Caicos Islands.

The Group comprises independently incorporated companies in these jurisdictions offering property and casualty insurance, employee benefits for pensions and health, life assurance and personal investment products and has received an A rating from AM Best. The Group draws commercial strength from the cohesion of a group of companies accessing a variety of skills, experience and local knowledge in different jurisdictions.

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# Exit of Samaritan's Purse Field Hospital Team from PMH

## By Public Hospitals Authority



On Friday, November 13th, international NGO Samaritan's Purse concludes operations at the

Princess Margaret Hospital (PMH). The organization commenced clinical services of a field hospital providing isolation and treatment of COVID positive patient at PMH on October 19th, 2020. The thirty-three (33) member team from Samaritan's Purse included doctors, nurses, water and sanitation specialists, an electrician, and other key support staff. The team worked closely with PMH clinical staff providing care to patients and conducting training in preparation for Friday's handover.

PMH Hospital Administrator Mary Walker who also serves on the Ministry of Health's COVID19 Executive Operations Committee conveyed appreciation on behalf of the PHA Managing Director, Catherine Weech and noted that the collaboration was one that highlighted the continued strong relationship between Samaritan's Purse and the PHA; a relationship that began after Hurricane Dorian and continues afterwards.

The twenty (20) bedded field hospital was made up of seven tents, a temporary ambulance bay, male and female patient wards, with toilet facilities, donning/doffing

areas for staff personal protective equipment (PPE), staff work areas, staff bathroom facilities and medical supplies.

Nurse Shannon Wood who serves as the Samaritan's Purse prevention and control coordinator said, "We are very grateful for the beautiful collaboration with the staff and leadership of the Princess Margaret Hospital which allowed for treating over forty patients and training over 1,000 medical professionals."

Samaritan's Purse's involvement with IPC training in the Bahamas pulled on past experience treating COVID-19 in Italy and New York City and other infectious diseases such as Ebola, cholera, and diphtheria. Samaritan's Purse trained and equipped Bahamian medical personnel to safely provide care, including how to properly put on and take off Personal Protective Equipment (PPE) and providing recommendations on properly isolating COVID patients.

Samaritan's Purse trained more than 1,000 local healthcare professionals in proper IPC measures. This included virtual training that reached 36 local clinics across 26 islands.

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## Safely Introducing a New Pet to Your Home

**By Dr. Tamarra Moss**  
**Pediatrician**  
**Lucayan Medical Centre**

We recently welcomed a new member into our family – Napoleon “Stitch” Bonaparte Moss – a French bulldog that I am head over heels in love with. While I know that he is going to enrich our lives and bring more love and joy into our home, I also know that even the most docile pet can pose a safety concern to children if the interaction is not supervised and managed correctly. I sometimes see bites and scrapes in the office from interactions gone awry.

Before bringing a new pet into your home, it's important to prepare your kids, your home and yourself to make sure your household (pet included) remains happy and healthy.

Here is some advice from our veterinarian:

*1. Interaction between pets and children should be supervised.*

It's not wise to leave babies or small children alone with a new pet. Kittens and even older cats can play rough. They play with each other by scratching and biting and will likely do the same to a young child. Scratches from kittens in particular can be a serious health risk.



Puppies need time to grow, develop and learn good behavior through positive training techniques. Children need to be instructed on how to properly approach a dog, read its body language, and pet the dog appropriately.

As a general rule, young children under 5 years old should not be left alone with a new pet. Older children need to prove they know how to be gentle and follow petting and play rules before left alone with the pet.

*2. The pet needs time to adjust too*

Introducing a pet to its new surroundings and allowing it to feel secure and comfortable may take a little time. The excitement the children display over the new pet might cause the animal stress.

*Continued On Page 10*

# November Dates



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# Safely Introducing a New Pet to Your Home

*Continued From Page 8*

Kittens and older cats might hide in a closet or under the bed at first. This is normal for that pet, so don't be alarmed. Let the pet adjust, and ask the children to cooperate by leaving it alone until it comes around on its own.

Puppies are different. They require lots of stimulation and new sights and sounds to mature properly. Be sure to supervise all interactions with a new puppy so neither the dog or child gets hurt. Older dogs may need additional training, so take it slow with the children until you understand the character of the dog and how it reacts to people, young and old.

### *3. Let the kids pitch in to help*

If the child is old enough, it's not a bad idea to assign some pet care activities such as replenishing the water bowl or changing the pet's bedding. Help your child become part of the experience and learn responsibility in properly caring for the pet.

Leave the litter box cleaning and poop scooping to adults, however. Animal feces sometimes have intestinal parasites like roundworms, hookworms and whipworms. It's important to wash hands thoroughly, and young children may be more careless.

### *4. Both pets and kids need rules to live by*

Before you bring your new pet home, have a clear idea of where the animal is permitted to eat, sleep and play. Cats love

to jump on counters and climb curtains. Puppies will want to explore all areas of the home and find lots of household or clothing items to chew. It's important to supervise young pets and learn their behavior patterns and compensate with toys, scratching posts and proper sleeping areas if you don't want your favorite couch or shoes ruined.

Children need to be taught when to approach a pet and when to leave it alone. A sleeping dog is best left sleeping rather than woken suddenly by an excited child who might actually frighten the pet and cause it to react aggressively. Teach children to ask permission to interact with the pet, and assist them with their play activities.

### *5. Pets are life-long commitments*

Many pets land right back in shelters where they came from because the new family was not able to integrate the pet into their lifestyle. Do your research beforehand. Let your veterinarian or shelter personnel help you determine the best breed and age of animal to introduce into your home.

Pets are a wonderful addition to any family and can be a lovable companion for kids. Be sure to follow these tips when looking to introduce a new pet to your home so that you can keep your kids (and pets) happy and healthy.



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## Blood Work For Your Pet

**By Dr. Wildgoose  
Veterinarian**

A common scenario in our veterinary hospital here typically plays out this way:

- A pet and her owner walk in.
- The pet is very ill since she just refuses to eat her food and even turns away from her favourite treats.
- The pet owner asks the veterinarian, "What's wrong with Fluffy?"
- Since pets can't explain and veterinarians don't employ the use of all-knowing crystal balls, we have to determine what may be going on with Fluffy via

(a) A physical examination

(b) A deep interrogative session with the owner with hopes of attaining some clues or a history of what Fluffy had been up to AND...

(c) Often times we veterinarians pull out our trump card by offering BLOOD WORK

- Client gasps and asks if animals can have blood work done and if the blood work won't break their bank book!

So, today we will discuss what blood work is and why it is important for veterinarians to perform a blood analysis on your pet and what the parameters and results of the blood analysis mean.

*What is blood work?*

Blood work – before a surgical procedure or if your pet is sick or otherwise - is usually a combination of a complete blood count (CBC) and a blood chemical analysis (chemistry).

*Why is blood work important for my pet?*

Blood work is a basic evaluation tool. No...it will not reveal specifically which disease your pet is plagued with and it will not tell if your pet has

cancer! Blood work gives veterinarians insight into the possible disease processes that may be occurring inside of your pet and blood work allows a veterinarian to monitor the progression of a pet's disease.

Pets, particularly senior ones, should have a CBC at every annual examination... not just 'shots'!

Further, before any surgical procedure involving anaesthesia, a presurgical blood chemistry analysis should be performed on your pet allowing the veterinarian to determine whether or not Fluffy can tolerate typical anaesthetic drugs.

*How is blood work carried out on a pet?*

Blood is drawn from a the a vein in the pet's forearm or it can be drawn from the jugular vein and when the blood sample is drawn from your pet, both the cells and the fluid (serum) they "travel" in are examined. Your veterinarian may have in house blood machines or if not, your pet's blood sample may be sent to a laboratory to be analysed.

*What do the results from the blood work mean?*

The cell part of the blood is examined in the CBC. The CBC determines the number of erythrocytes (red blood cells), the number and type of leukocytes (white blood cells), the number of platelets (thrombocytes), the hemoglobin level, and the hematocrit (packed cell volume, PCV). Erythrocytes carry oxygen throughout the body. Leukocytes fight infection and are part of the immune system.



# Blood Work For Your Pet

*Continued From Page 10*

There are five different types of white blood cells: neutrophils, lymphocytes, basophils, eosinophils, and monocytes. Platelets are clotting proteins and indicate how fast your pet's blood can clot; slow clotting can be a serious problem. A CBC can tell your veterinarian if your pet has an unusual number of erythrocytes (anemia, polycythemia), leukocytes (leukopenia, leukocytosis), or platelets (thrombocytopenia).

A chemistry panel (blood chem, chemistry screen), tests kidney function, liver function, electrolyte levels, etc. Blood chemistries are run on the fluid in the blood sample versus the CBC which as explained prior, is the examination of the cells in the blood sample.

The chemistry panel usually includes the following tests: alkaline phosphatase (SAP, ALP), alanine transaminase (alanine aminotransferase, ALT), bilirubin total (T Bili), blood urea nitrogen (BUN), creatinine, creatine kinase (CK, CPK), sodium, potassium, glucose, total protein, albumin, etc.

Alkaline phosphatase, alanine transaminase, bilirubin, and albumin give your veterinarian information about the pet's liver function. Blood urea nitrogen, creatinine, and creatine kinase tell your veterinarian how well your pet's kidneys are functioning.

Alkaline phosphatase: An elevated alkaline phosphatase is the most common biochemical abnormality seen in "normal" animals. (In other words, clinically normal animals can have mildly elevated levels.) Elevated levels are seen in liver injury, bone injury, pregnancy, dental disease, skeletal growth, reactive hepatopathies, and animals who are or have been taking glucocorticoids.

Growing animals also normally have higher levels of this enzyme. Elevated levels can be used as a tumor marker, particularly with tumors that have metastasized to the liver. Low levels of alkaline phosphatase may not be clinically significant. However, in humans, decreased serum levels have been observed in hypothyroidism, scurvy, achondroplastic dwarfism, magnesium deficiency, malnutrition, cardiac surgery, cardiopulmonary bypass, and hypophosphatasia.

Alanine transaminase: Decreased ALT in combination with increased cholesterol levels is

seen in cases of a congested liver. Increased levels are also seen in liver damage, kidney infection, chemical pollutants, or myocardial infarction.

Bilirubin (total): Elevated in liver disease, hemolytic anemia, low levels of exposure to the sun, and toxic effects to some drugs. Decreased levels are seen in people with an inefficient liver, excessive fat digestion, and possibly a diet low in nitrogen bearing foods.

Blood urea nitrogen: Increases can be caused by excessive protein intake, kidney damage, certain drugs, low fluid intake, intestinal bleeding, exercise, or heart failure. Decreased levels may be due to a poor diet, malabsorption, liver damage, or low nitrogen intake.

Creatinine: Low levels are sometimes seen in kidney damage, protein starvation, liver disease, or pregnancy. Elevated levels are sometimes seen in kidney disease due to the kidneys job of excreting creatinine, muscle degeneration, and some drugs involved in impairment of kidney function.

Glucose: Elevated in diabetes, liver disease, obesity, and pancreatitis due to steroid medications, or during stress. Low levels may be indicative of liver disease, overproduction of insulin, or hypothyroidism.

Total protein: Decreased levels may be due to poor nutrition, liver disease, malabsorption, diarrhea, or severe burns. Increased levels are seen in lupus, liver disease, chronic infections, leukemia, etc.

Albumin: High levels are rarely seen and are primarily due to dehydration. Low levels are seen in poor diets, diarrhea, fever, infection, liver disease, inadequate iron intake, third-degree burns and edemas, and hypocalcemia.

Now, I know that was a whole lot of info, but it is information that you, the pet owner, need to know about blood work. It is a very important diagnostic tool for veterinarians to get to the bottom of what is going on with your pet. It may cost a bit more than you are accustomed to spending at your veterinarians office but it may make the difference between life and death for your pet before a surgery and it may make the difference between guessing what is wrong with Fluffy versus your vet knowing what to correct and treat that had gone wrong or abnormal inside of Fluffy. Ask your veterinarian about blood work for your pet at her next visit!



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## Sausage and Squash Penne



### Ingredients:

- 2 cups uncooked penne pasta
- 1 package (12 ounces) frozen cooked winter squash
- 2 tablespoons olive oil
- 3 cooked Italian sausage links (4 ounces each), sliced
- 1 medium onion, chopped
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon dried parsley flakes
- 1/4 teaspoon pepper
- Optional: Additional grated Parmesan cheese and minced fresh parsley

### Instructions:

1. Cook pasta and squash according to package directions. Meanwhile, in a large skillet, heat oil over medium heat. Add sausage and onion; cook and stir until sausage is browned and onion is tender; keep warm.
2. In a small bowl, mix the cooked squash, cheese, salt, parsley and pepper until blended. Drain pasta; transfer to a serving plate. Spoon squash mixture over pasta; top with sausage mixture. If desired, sprinkle with additional cheese and parsley.



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# Grand Bahamian Doctor Joins Top Medical Practice in Capitol

Nassau, New Providence - RenalMed Associates Medical Centre, a top internal medicine and nephrology practice, located in Nassau, New Providence, announces the addition of Grand Bahamian, Dr. Monique Pratt, to its team. Also, joining RenalMed is Dr. Mucomba Millar. Millar and Pratt join the RenalMed family following the passing of Judson F. Eneas, MD, Founder and Medical Director of RenalMed Associates Medical Centre, earlier this year.

Despite the great loss faced by the management and staff of RenalMed, compounded by the Covid-19 global pandemic, the team has expressed a renewed optimism with the arrival of doctors Millar and Pratt.

"Although this year has not been easy on any of us, we are very grateful to have two esteemed medical doctors join our team in the persons of Dr. Mucomba Millar and Dr. Monique Pratt" said Mrs. Marcheta Eneas, Executive Director of RenalMed Associates Ltd.

Both doctors bring with them internationally recognized expertise and track records that have set them apart from industry peers.

Dr. Mucomba Millar was born and raised in Nassau, Bahamas. He obtained his medical degree at the University of the West Indies in Jamaica. His residency in Family Medicine was at the Bahamas campus of the University of the West Indies and completed fellowships in Gastrointestinal Endoscopy at Siriraj Hospital in Bangkok, Thailand, World Laparoscopy Hospital in New Delhi, India, and the Asian Institute of Gastroenterology in Hyderabad, India.



Dr. Millar is currently a consultant with the Public Hospitals Authority and has a special interest in cancer prevention and screening.

"I am very honored to work with this phenomenal team to serve present and future patients of RenalMed in this new capacity" said Millar.

Dr. Monique Pratt will be serving as Medical Director. She obtained her Bachelor of Arts Degree in Chemistry at Boston University in Boston, Massachusetts. She subsequently attended graduate school at Harvard University Graduate School of Arts and Science/Extension School in Cambridge, Massachusetts receiving a Master of Liberal Arts Degree with a concentration in Biochemistry; also completing Post Baccalaureate Medical School Preparatory Program at the Hahnemann University Medical School in Philadelphia, Pennsylvania.

Dr. Pratt attended medical school at Ross University School of Medicine in Dominica, West Indies. She completed her residency at the University of Medicine & Dentistry of New Jersey (UMDNJ), Robert Wood Johnson Medical School and University Hospital in New Brunswick, New Jersey in Internal Medicine. In 2003 she became board certified and is a Diplomate of the American Board of Internal Medicine.



Dr. Pratt was awarded a 2-year clinical research grant for Hypertension and Vascular Biology from the National Institute of Health. She completed her research fellowship at the University of Alabama in Birmingham, Alabama. She is a primary author on numerous high-ranked, peer-reviewed medical journals and book chapters published throughout the United States. During this time, she became a sub-specialist in Nephrology (kidney disease) and Hypertension, after receiving her fellowship training at the Georgetown University Hospital in Washington, D.C.

She has received many awards and honors during her career and was recognized and ranked as one of the "Top 10 Nephrologists in Florida" after practicing for only 4 years privately in West Palm Beach, prior to returning home to The Bahamas. She has professional membership with the American Medical Association, American Society of Nephrology, American Society of Hypertension, and the National Kidney Foundation.

Dr. Pratt is currently a Consultant in Medicine and Nephrology for the Public Hospitals Authority and is the host of Ask the Doctor, a health tips feature broadcast on ZNS TV.

"I am looking forward to building upon the legacy of Dr. Eneas and continuing to provide high-quality care to kidney and internal medicine patients," said Dr. Pratt.

She added that patient comfort, safety, and satisfaction are of utmost importance, and that the overarching objective remains to make the facility the premier treatment center in The Bahamas.

RenalMed Associates Medical Centre (RenalMed) is a top medical facility providing Hemodialysis, Internal Medicine and Family Practice services; offering its patients specialized care for renal disease, total healthcare solutions and the highest quality of preventive care. RenalMed is located on #84 Soldier Road & Soldier Close, P. O. Box N-1698, Nassau, N.P., The Bahamas. For more information on RenalMed Associates Medical Centre, visit [renalmedbahamas.com](http://renalmedbahamas.com), email [appointment@renalmedbahamas.com](mailto:appointment@renalmedbahamas.com) or contact the facility directly at 242.393.5404 or internationally at 305.454.5793.



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# EARTHCARE Eco Kids celebrate World Migratory Bird Day

*Continued From Page 1*

sightings and important information on ebird. Ebird is a free online web site by Cornell University Ornithology Department. You can attract birds to your yard with bird feeders and bird baths. Just yesterday a beautiful male painted bunting, a winter migrant, came to my bird feeder. When we see birds, we report them to the ebird site and become citizen scientists. Our data is used by researchers all over the world to track migration patterns among other things.”



The flyways used by migratory birds connect different habitats. Migratory birds have evolved incredibly complex migration strategies that require suitable habitats for wintering, stop-over and breeding sites that are crucial for their survival. Flyways transcend national borders, national plans and conservation priorities of any single country. Migratory birds connect countries and their conservation requires cooperation and coordination between countries and across national boundaries as they pass on their journeys.

Migratory birds rely on their natural habitats for food, shelter and nesting. Unsustainable farming has become a threat to the survival of migratory birds. Natural habitats that have their natural food sources are shrinking. Pesticides are dangerous and sometimes fatal for migratory birds. Encroachment of habitat also increases the risk of illegal killing, taking, trade and overexploitation of migratory birds. Pollution is another threat to migratory birds.

Migratory birds need a network of intact habitats along their entire migration routes to survive. Increased global action through multilateral environment treaties such as the Convention on Migratory Species (CMS) and the African-Eurasian Waterbird Agreement (AEWA) is essential to protect migratory birds on their international journeys. Creating protected trans-boundary habitat corridors would be of great benefit to migratory birds and other migratory wildlife, specifically at the landscape scale.

## *What You Can Do:*

Make your garden bird-friendly! Include safe shelters and a bird bath. Make sure that food that is provided is bird-safe and does not cause malnutrition.

Pets are part of our lives, but they can have very negative impacts on birds. Keep an eye on your pets, and make sure any bird areas are out of reach for cats and dogs.

Tell others about the importance of protecting migratory birds and the habitats they need to survive. Write an article, give a presentation or organize an event to help raise awareness.

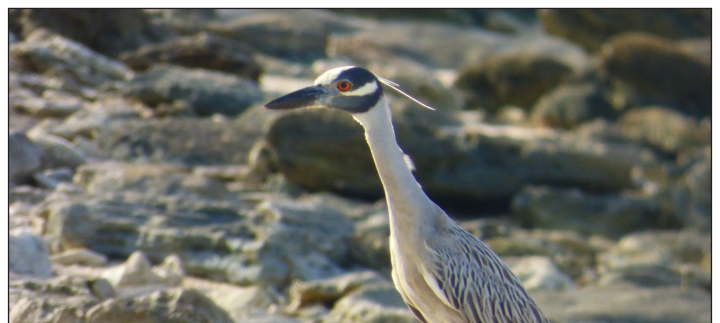
Download and use birding apps. After all, not only do Birds Connect Our World, but they also connect us as individuals. Together, a great deal can be accomplished.

Gail Woon, EARTHCARE Founder, commented, “EARTHCARE Team Leader, Shakada Hutson, an accomplished birder, presented our Speaker, Bridget Davis with an official World Migratory Bird Day 2020 shirt as thanks for giving us all of her knowledge about birds today.”

The group was engaged and many of the EARTHCARE Eco Kids won pins, bracelets, T shirts and BirdsCaribbean Tote Bags for answering a fun round of trivia questions on our Birds.

EARTHCARE was proud to be able to participate this year in World Migratory Bird Day 2020 because in 2019 after the Island of Grand Bahama was devastated by Climate Changed Hurricane Dorian, we were not able to participate because virtually everyone was in survival mode then. Participants were able to sign up for future bird watching classes.

EARTHCARE audience members included: Iram Lewis, Gail Woon, Requal Davis, Nathanael Smith, Leah Davis (1 year old), Tyler Riley, Daphne Riley, Patrizia Palmarini, Deborah Russell, Shakada Hutson, Miquel Sweeting, Micara Sweeting, Arianna Laing, Marcia Winder, Gabby Winder, Trinity McIntosh, Rihanna Smith, Natesha Simmons, Josiah Smith, Jonathan Smith, Tyrie Moss, Latoya McKenzie, Joanna Parker and Theo Parker. EARTHCARE expresses sincere gratitude to all of the participants.





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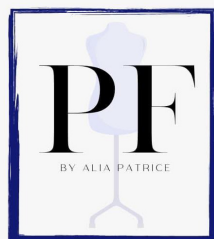
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Nurse Abigail Mosede checks a patient's blood pressure during a busy morning at the McLean's Town Clinic in McLean's Town, East Grand Bahama on Tuesday June 9, 2020. (SURGE Media Photo/Tim Ayler)

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### HEALTH CLINIC IN EAST END NOW PROVIDING MOBILE SERVICE By: Juelanda Thompson

After the passing of hurricane Dorian, the clinics in the Eastern End of Grand Bahama have seen some changes and more recently the re-introduction of operations from McLean's Town. Despite a global pandemic that has also affected The Bahamas, Dr. Dennis Quijano and Staff Nurse Abigail Mosede the east enders are well taken care of.

hypertension, diabetes, chronic illnesses, and arthritis.

"At the moment with our operations on going, the only thing we do need is probably structure for now, otherwise medication and instruments are good for now."

"When the order to lockdown came about," he continued, "we also had to shift the way we conduct our services. In High Rock, we had two tents, one would be dedicated to just respiratory illnesses and one would be for general illnesses, but the two were never compromised and we dealt with the patients in an orderly manner" he informed.

With the assistance of registered Nurse, Abigail Mosede, the two explained to the Grand Bahama Sun that the clinic has an inflow of five to 10 patients per week in McLean's Town and more than 15 in High Rock.

Nurse Abigail Mosede looks for medications for a patient at the McLean's Town Clinic in McLean's Town, East Grand Bahama on Tuesday June 9, 2020. (SURGE Media Photo/Tim Ayler)

Quijano, who is also a resident in East End and an on-call worker, said before Hurricane Dorian they worked weekly in the clinics in Free Town, High Rock, Pelican Point, McClean's Town, Sweetings Cay and Grand Cay. Since the devastation nine months ago, they are currently mobile going from settlement to settlement on certain days.

Providing an essential service, he says the clinic is doing their best as they cater to patients with

Doctor Dennis Quijano makes notes as he consults with a patient during a busy morning at the McLean's Town Clinic in McLean's Town, East Grand Bahama on Tuesday June 9, 2020. (SURGE Media Photo/Tim Ayler)

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