



Tommy Goes to School

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U.S. Virgin Islands Hotel & Tourism Association



Friends,

I hope your year has been going as well as mine. I am happy to bring you the new newsletter. You'll learn about the exciting world of scuba diving, the cultural importance of the head tie, and see the Tommy Contest Winner with our Governor. Make sure you enter our new contest. The crossword puzzle should be easy to complete if you read the newsletter. I hope you Find this issue interesting. Enjoy the rest of the school year.

Tommy

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New Tommy Contest

Topic: **What is Ecotourism and how can Tommy implement it in the US Virgin Islands?** Each student can submit one original essay, poem or picture that best depicts the VI experience.

Contest rules: Student entries will be judged on originality, clarity and creativity. **The winning entry will receive a \$250 Savings Bond and recognition at the Tommy Star Awards. Deadline for entry:** May 1, 2010. Entries can be mailed to: USVI Hotel & Tourism Association, 4002 Raphune Hill, Ste. 304, St. Thomas, VI 00802; or emailed to nicole@virgin-islands-hotels.com. Good Luck!

Spotlight Tourism Position.....Scuba Diving Master

You've been to aquariums like Coral World and seen interesting and diverse marine life. But if you want to see them in their own habitat then scuba diving is the best way. SCUBA, which stands for self contained underwater breathing apparatus, let's you explore the wonders of oceans far and wide. To dive you need a tank, regulator, wet suit, mask, fins, BCD (buoyancy control device) and a weight belt. Dive master Andre Webber of the St. Thomas Diving Club has been diving for 32 years and says "one of the most exciting things about diving is that you have the possibility to see something new on every dive." Being a dive master or even an instructor requires years of training. As a master, Webber is certified to teach at least 5 specialty courses. Certification is issued either by the Professional Association of Diving Instructors (PADI) or the National Association of Underwater Instructors (NAUI). Before completing certification, students must swim 200 feet (any stroke, no time limit) and float or tread water for 10 minutes. For 2 years, a group of 7 students from the Boy Scouts Ventures co-ed Club have been participating in a certification class launched by the Marine Vocation Program led by Jimmy Loveland. The students, Kyle Williams, Tyric Isles, Jane Questel, Lawrence Edwards, Johnathan Senelis Jose, Gaby Querrard, and group leader Jerome Hodge (pictured right) have completed rescue diving, open water and advanced open water certification. Jose said "I had a phobia of the water but I just love diving. Learning how to scuba dive has given me an option for a future career." Webber notes that students who want to explore diving can take a "Discover Scuba Diving" course which is offered by most dive shops.



Tommy Contest Winner

Akeiba Barnard, the 2009 Tommy Student Contest Winner, poses with the Honorable Governor John P. de Jongh at the Tommy Star Awards. Akeiba's winning essay earned her a Tommy Star Award and a \$250 savings bond. She is currently a 7th grader at the Addelita Cancryn Junior High School.

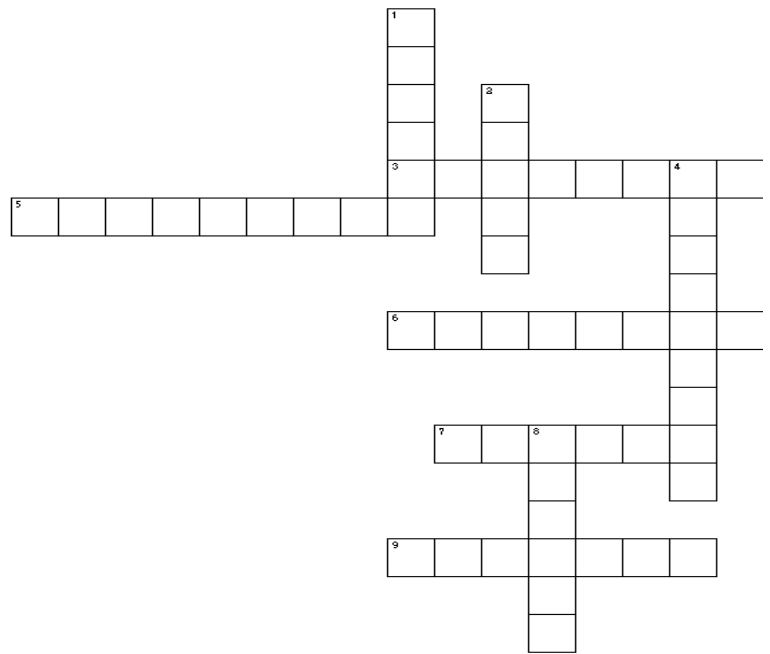
Culture Corner—Traditional Head Tie



Quadrille dancing remains an important part of Virgin Island's culture. Originally a European square dance, African slaves changed the steps and instruments thus quadrille as we know it was born. The music

accompanying the dance is known as quelbe or scratch band music. The costume is made of colorful madras and is not complete without the signature pointed "hat" or head tie. The head ties are made with four different points which indicate the marital status of the women wearing them. Master head tie maker Bradley Christian of St. Croix explains what each point stands for. "1 point means the woman is single; 2 points means she's a respectable married woman; 3 points means she's a widow or divorced and available; and 4 points means she will welcome any suitor." The meanings of the points and the style of head ties vary from country to country. Christian notes "I learned to make head ties early in my life. They are really one of our great cultural art forms and I'm doing my best to teach our youth the craft." Test your knowledge of the points the next time you see quadrille dancers.

Solve the Tommy Puzzle



Across

- 3 The "b" in BCD
- 5 Head tie is part of costume for this type of dancing
- 6 Tommy is this type of marine animal
- 7 First name of Tommy contest winner
- 9 The business of welcoming visitors

Down

- 1 Kind of music played for quadrille dancing
- 2 Abbreviation for self contained underwater breathing apparatus
- 4 Master head tie maker
- 8 Unplugging the cell phone charger saves this

7 Energy Saving Tips

One way to help keep Earth healthy is by saving energy and water. Here are 7 easy things you can do at home to help protect the Earth.

1. Replace the old light bulbs around the house with compact fluorescent light bulbs (CFLs). CFLs use up to 75% less energy than a regular bulb.
2. Always turn off electronics when you're not using them – that means the TV, computer, and especially lights.
3. Decide what you want to eat before opening the refrigerator.
4. Don't let the water run when you brush your teeth or wash your face. Saving water is an important part of protecting the environment.
5. If you see a faucet dripping, turn it off, or tell your parents to get it fixed. Dripping water can add up and can waste more water than you usually use.
6. To keep cool – try using a ceiling fan instead of the air conditioner.
7. Ask your parents to help you plant a tree to shade your house. Shade can cool your house down without using any energy.



Tips courtesy of the Virgin Islands Energy Office