



SISTER ISLANDS
NEWSLETTER
3rd Quarter 2025

Celebrating **COMMUNITY, CULTURE & RESILIENCE**

The Sister Islands are more than just stunning landscapes and crystal-clear waters—they are vibrant communities filled with dedicated individuals whose acts of service, creativity, and hard work keep our islands thriving.

From local heroes and healthcare champions to young leaders and entrepreneurs, this quarter's newsletter shines a light on the people and initiatives that make our Sister Islands so extraordinary.

As we reflect on the past months, we are reminded of the strength of community and the importance of working together to protect and preserve our culture and environment. This issue features inspiring stories of resilience and service, helpful health and wellness tips, and a touch of island flavor with a delicious local recipe.

Together, let's continue to build a future where our Sister Islands remain strong, sustainable, and connected for generations to come.





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**Click on the links below to view
FEATURES OF THIS
QUARTER'S EDITION**

Sister Islander of the Quarter	3
Gratitude Corner	4
Youth Feature	6
Back to School Health Tip	7
Small Business Feature	8
Recipe Corner	9
Kids Corner: After The Storm	10
Kids Corner: Hurricane Preparedness	11
Green Tip of the Quarter	11



SISTER ISLANDER OF THE QUARTER **MS. RENNE SINGH**

Jost Van Dyke



Renne Singh is a successful self-made businesswoman and the proud owner of the **Topsy Shark Bar and Café** on Jost Van Dyke. Originally from Guyana, South America, Renne has called the Virgin Islands home for the past twenty-five years.

Her love for cooking was nurtured at a young age by her mother and grandmother. Growing up amidst financial hardships, cooking became more than just a skill for Renne; it was a form of escape and a way to create a peaceful environment where her family could bond. The joy her meals brought to others inspired her to dream of one day owning her own restaurant.

As a young woman with big aspirations, Renne left her home country determined to turn her dream into reality. With a pinch of patience and an enduring amount of hard work, she began her journey in the Virgin Islands, starting her career as a bartender at Ivan's Stress-Free Bar. She later worked at Soggy Dollar, where years of dedication and perseverance earned her a promotion to a managerial position. The invaluable experience she gained in the hospitality industry gave her the confidence and knowledge she needed to take the next big step of opening her own restaurant.

Today, the Topsy Shark Bar and Cafe has been thriving for four years. It is truly a family business: Renne serves as head chef, her brother Randy manages the bar, and her father, Mr. Singh, along with her brother Romel, supply the restaurant with fresh fish and produce.

Beyond fulfilling her entrepreneurial dream, Renne is deeply committed to her community and the environment. When she is not in the kitchen, you'll often find her tending to her garden, a reflection of her close connection to nature. Her love for the land inspired her to organize island-wide beach cleanups, driven by her belief that protecting the environment is essential for the well-being of the community and the sustainability of local tourism. She strongly advocates for the protection of natural resources, emphasizing that tourism is one of the Virgin Islands' primary sources of revenue and must be safeguarded through collective effort and care.

Renne's philosophy is simple yet profound: a life rooted in giving, caring, and cooking not only enriches others but also makes us all a little happier. Her journey is a testament to the power of resilience, passion, and community spirit.

GRATITUDE CORNER



There are gems hidden throughout the Virgin Islands communities. Not just the beaches, boulders, or views, but rather, the people. They do not ask to be recognized and their efforts are not for gain. They contribute to their communities in a positive way out of love. Their collective efforts and acts of service help to preserve the fibre of Virgin Islands culture. The Sister Islands Programme Unit extends sincere gratitude to all who help to maintain the beautiful Territory in which we call "home".

Micheal Glasgow



Mr. Micheal Glasgow, proud father of Malachi (age 7) and Selena (age 5), is currently employed at Top Priority Security Services and serves as a Security Officer at the Nurse Romalia Smith Clinic in Anegada. He firmly believes in maintaining a strong and positive presence in the lives of his children, citing his own father as a prime example of what true fatherhood entails.

Today, we honor Mr. Glasgow, also known as Lion Mike, for his unwavering dedication to serving the Anegada community and, by extension, the territory of the Virgin

Islands. Since joining the Anegada Lions Club Branch in 2023, he has consistently demonstrated the Lions' motto, "We Serve," through meaningful action. His commitment, time, and efforts have not gone unnoticed and continue to make a lasting impact on those around him.



Patricia Allen

For the past three years, Ms. Patricia Allen, Nurse Manager at the Jost Van Dyke Clinic, has been a steadfast presence in the community, serving both residents and visitors with remarkable humility and dignity.

A true advocate for the people, Ms. Allen has played an integral role in a wide range of initiatives, including eye screenings for those living with diabetes and hypertension, community outreach programmes, educational sessions for adolescents, and regular visits to the elderly. Her dedication extends beyond her professional responsibilities, reflecting a deep commitment to the health and well-being of the community she serves.



Ms. Allen's work exemplifies the very best of nursing and community service, and she continues to inspire those around her with her dedication and heart for service.

Virgin Islands Search and Rescue (VISAR)

VISAR is a volunteer-based, non-profit organization dedicated to providing 24/7 professional emergency response throughout the British Virgin Islands. From medical evacuations and vessel incidents to full-scale search and rescue missions, VISAR's highly trained volunteers respond swiftly and effectively to emergencies at sea.

With two strategically located bases in Road Harbour, Tortola and Valley, Virgin Gorda, VISAR operates specialized rescue vessels equipped for both medical and search operations. Their close coordination with local and international agencies ensures seamless, life-saving support for residents and visitors alike. Founded in 1988 following a recommendation from the UK's Foreign and Commonwealth Office, VISAR was modeled after the Royal National Lifeboat Institution

(RNLI). The organization works closely with local police, fire, and ambulance services, clinics and hospital, as well as the US Coast Guard. Funded by charitable donations and grants, VISAR has carried out over 1,600 missions, with volunteers contributing more than 22,000 hours to saving lives at sea.



YOUTH FEATURE



Arieanna Richards

My name is Arieanna Richards, and I hail from the beautiful island of Jost Van Dyke. I am seventeen years old and recently graduated in May from the Martin Luther King Jr. High School in Lithonia, Georgia. I enjoy sailing, reading, and traveling, and I aspire to become a Real Estate Agent.

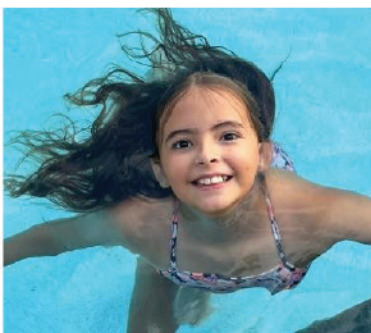
Looking ahead, my plans include enrolling at the Hamilton Lavity Stoutt Community College to further my studies in Business Administration.



Emma Mae Bradley

My name is Emma Mae Bradley. I am ten years old and I live in North Sound, Virgin Gorda. My parents are Andy Bradley and Joanna Morris. I have attended Ciboney Centre for Excellence since I was one year old and have just graduated from Grade Four, and was awarded Honour Roll.

I love nature, animals, and protecting the environment, and I also enjoy reading. One day, I would like to either help run my dad's boatyard business or have a business of my own. Last year, I started a company called Loom Makers, and sold bracelets to my classmates, which I really enjoyed.



I am a member of the Firebird Dance and Gymnastics Group and recently participated in their summer performance on Tortola. The entire VG Firebird crew enjoyed it so much, and it made us very proud. I am also learning to sail in North Sound, which I love, and thanks to Ms. Julie Swartz, I am becoming a strong swimmer, which I think is important, living on an island surrounded by water!



Amiah Chang

Amiah Chang is a charismatic and bright 10-year-old who currently attends the Claudia Creque Educational Centre on Anegada and is in Grade 4. Her favourite colour is pastel purple, and her favourite dish is steak, rice, and caesar salad. Amiah lives by the philosophy: "If your mind can conceive it and you believe it, you can achieve it."

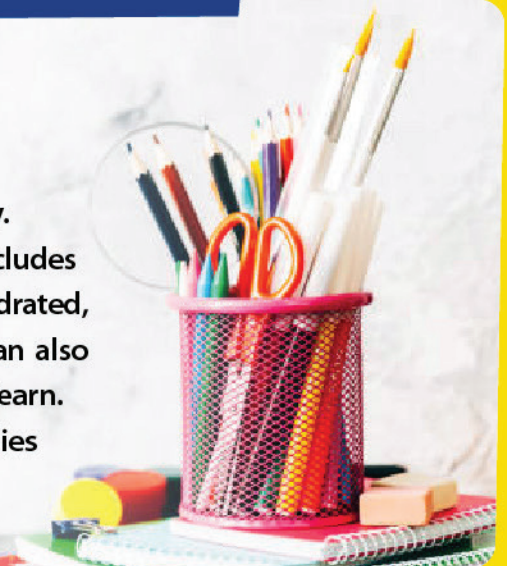


Amiah's Lemonade Stand was founded four years ago and officially launched in 2022 as part of her birthday celebration. She draws inspiration from her mother, whom she describes as the most influential person in her life, as well as from independent and successful women around the world. Amiah aspires to become an educator to the highest level, a philanthropist, and to continue pursuing her entrepreneurial endeavors.

BACK TO SCHOOL HEALTH TIP

Start the Day Right!

A healthy morning sets the tone for a productive school day. Encourage children to eat a balanced breakfast that includes protein, whole grains, and fruits or vegetables. Staying hydrated, getting enough sleep, and practicing good hand hygiene can also help prevent illness and keep students alert and ready to learn. Small daily habits go a long way in supporting healthy bodies and minds!



SMALL BUSINESS FEATURE

by Sabrina Penn

Sabie's Beauty Studio

From a young age, I was captivated by the art of nails, sparked by the beautifully designed nails of my teacher. That early fascination ignited a lifelong passion, and by the grace of God, I fulfilled my dream of opening my own beauty studio, **Sabie's Beauty Studio**. What began with nail technology soon blossomed into a full-service beauty haven offering eyelash extensions, brow services, facials, and more.

Though the beauty industry is ever-changing and fast-paced, I embrace its challenges with love and purpose. There's nothing more rewarding than seeing women leave my space feeling confident, radiant, and empowered.

Currently, I am honoured to serve as Mrs. British Virgin Islands Curvé 2025. My platform, Self-Worth: Anxiety & Depression, speaks to my heart as I advocate for mental wellness and emotional healing. As a proud spokeswoman for WIN BVI, an organization doing remarkable work to support individuals across the territory, I am committed to being a voice for the voiceless.

Through this journey, I hope to uplift, inspire, and remind others, especially women, that their worth is not defined by circumstances but by the strength, resilience, and beauty they carry.



RECIPE CORNER

Ginger Lemon Fizz



What you'll need:

- 50g fresh root ginger roughly chopped
- 300g caster sugar
- 2 lemons sliced, plus extra to serve
- Sparkling water

Directions

Step 1: Place the ginger, sugar and lemon slices in a pan with 150 - 200ml water. Bring to boil, then cook until the sugar dissolves. Take off the heat, leave to cool, then press through a sieve.

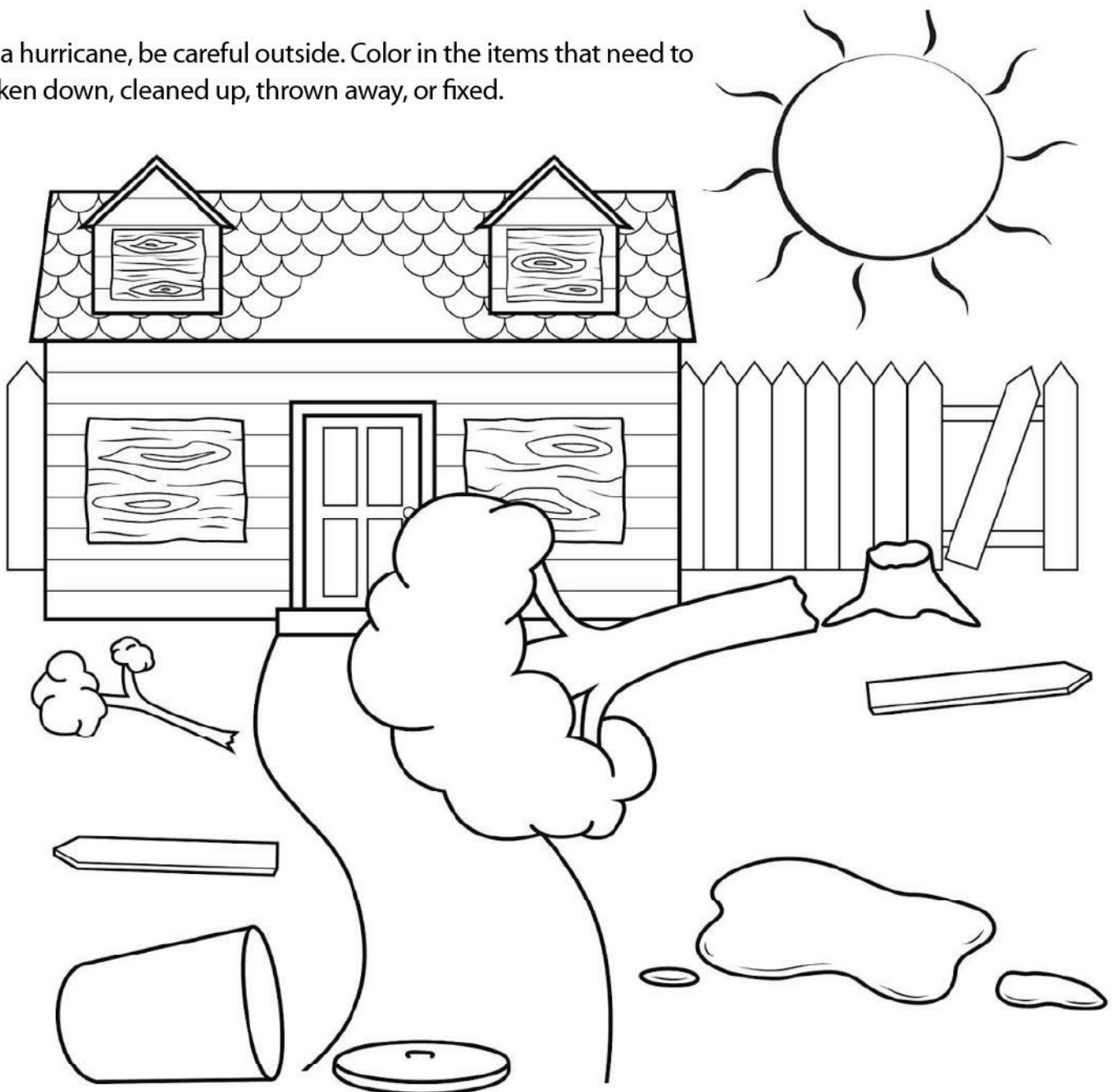
Step 2: To serve, pour into a pitcher and top up with sparkling water and extra lemon slices.



KIDS CORNER **AFTER THE STORM**



After a hurricane, be careful outside. Color in the items that need to be taken down, cleaned up, thrown away, or fixed.



Name: _____ Date: _____

Hurricane Preparedness

R X E N A C I R R U H Q W A T E R
S I N I R H K X F A B Q K Q Q E H
D E V P U L A P G M B D Q X S F C
O E N K A F I R S T A I D D W R B
O B J Z W E T R Q R A I N Z I A S
F W F B K S K A H E E I H Y I D O
D A Q F V F J O J B W P Q Z J I H
E R J P P Y S B V T X O B Q H O C
N Z Z P K H T W L F N K N A F S Z
N R H Q K R B Z B A T T E R I E S
A M K I Z E V A C U A T E V U T U
C B P B V H M S A F E T Y G C Q L
I K B T N I O P R E T S U M X O M
C I N H B J H Q U M F Q N V I V N
C E Q R Z F L A S H L I G H T K X
D T I Y F X Y M R O T S L T X S J
H O J C F M B B O G W I A I V C U

muster-point
hurricane
evacuate
winds
rain

canned-foods
first-aid
stormy
radio

flashlight
batteries
safety
water

green TIP

OF THE QUARTER

Prepare a Sustainable Emergency Kit: Include biodegradable soaps, reusable containers and utensils, and eco-friendly first-aid supplies. By choosing sustainable options, you're not only keeping your family safe but also reducing waste and protecting the islands' environment. Small choices in preparation can make a big difference for both people and nature.





Sister Islands Programme Unit

Office of the Deputy Governor
Government of the Virgin Islands

Tel: (284) 468- 3000

E-mail: sisterislandsoffice@gov.vg