



Pride in Our People Heart in Our *Home*

In this issue of the Sister Islands Programme Unit's 2026 First Quarter Newsletter, we highlight key individuals, initiatives, and community developments across our Sister Islands.

Each quarter, we take a moment to reflect on the people, ideas, and efforts that continue to shape life across Anegada, Virgin Gorda, and Jost Van Dyke.

This edition features Ms. Loraine Wheatley as our Sister Islander of the Quarter, recognizing her commitment to resilience, service, and community development. In our Gratitude Corner, we acknowledge the quiet

generosity of Mr. Dalvin Callwood and his meaningful contributions to community life. We also spotlight innovation and entrepreneurship through the journey of Vivimara, Anegada's first sushi restaurant.

Additionally, we highlight the promise of our future through young achiever Shanae Benjamin. Readers will also find practical health and green living tips, along with a featured local recipe in our Recipe Corner.

Together, these stories provide a snapshot of the character, compassion, and enterprise that continue to define our Sister Islands.





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SISTER ISLANDER OF THE QUARTER

Ms. Loraine Wheatley

Anegada



Loraine was born on the island of Anegada to the late Lowell Wheatley and his wife, Vivian Wheatley. She earned her Bachelor's degree in Hospitality Management, with a concentration in Food & Beverage, from Bethune-Cookman College and later obtained her Master's degree in Human Resources from Webster University.

After completing her studies, Ms. Wheatley returned to Anegada to manage and operate the family business, the Anegada Reef Hotel. She currently serves as President of the Anegada Resilience Team and is a Board Member of the BVI Tourist Board.

A proud mother of four, Loraine considers her children her greatest joy. Guided by her personal motto, "Strive for progress, not perfection," she reminds herself daily that no matter how challenging life may become, with God by her side, she can overcome any obstacle.



green TIPS OF THE QUARTER

- Compost food waste and reduce landfill by diverting organic materials from household trash and turning them into nutrient-rich compost.
- Plant trees, support reforestation, and love nature by participating in tree-planting initiatives and protecting our natural environment.
- Reduce meat consumption and go plant-based by incorporating more plant-based meals into your diet to help lower your environmental impact.



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GRATITUDE Corner



There are gems hidden throughout 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”.

Mr. Dalvin Callwood



Here is a true gem from the island of Jost Van Dyke, Mr. Dalvin Callwood, affectionately known as Din Din.

Mr. Callwood is a shining beacon of kindness to both residents and visitors alike. He never hesitates to put aside his own tasks to guide visitors around the island, always making them feel welcomed and cared for.

He is especially known for his compassion during times of loss, thoughtfully assisting at funerals by sharing water, providing booklets, and offering directions whenever needed. His generosity and selflessness do not go unnoticed and are deeply appreciated by all.

We sincerely thank Mr. Callwood for being an exceptional neighbour and a constant helping hand.

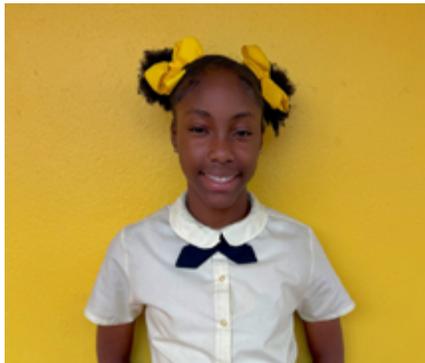


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YOUTH Feature



Shanae Benjamin

Shanae Benjamin is a 12-year-old Grade 6 student at the Bregado Flax Educational Centre (Primary Division) and a resident of North Sound, Virgin Gorda. She is a thriving young athlete whose dedication, resilience, and positive attitude shine both in and out of the classroom. Friendly, outgoing, and dependable, Shanae can always be relied upon as a willing and enthusiastic participant in any task or activity.



An active member of the Our Children for God Dance Ministry at the New Testament Church of God (NTCOG) Sanctuary of Hope, Shanae consistently demonstrates discipline, confidence, and a strong spirit of service. She is also an honour roll student who successfully balances academic excellence with high-level athletic achievement.



As a proud member of the Bladerz Track Club of Virgin Gorda, Shanae earned the titles of 2025 Division Champion and Victrix at the BFEC Primary Inter-House Sports. She also captured the 2025 Inter-Primary 13+ Female Division Championship and was named Victrix Ludorum.

Despite facing personal challenges along her journey, Shanae has persevered with remarkable strength and determination, emerging as a focused, confident, and inspiring student-athlete with a bright and promising future ahead.



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SMALL BUSINESS Feature Vivimara



Throughout 2025, the couple dedicated themselves fully to turning their dream into reality. They invested countless hours in training, planning, licensing, branding, and refining their offerings, determined not to let delays define the outcome. That perseverance paid off when Vivimara officially launched during Anegada's 2025 Lobster Festival, where the team sold out of food and drinks, an early signal of strong community support. Vivimara offers customers on Anegada the convenience of online ordering and island-wide delivery.

Vivimara, Anegada's first Sushi Restaurant

Vivimara, Anegada's first sushi restaurant, has officially opened, co-founded by Lawrence "Bunchie" Kirton-Wheatley and his wife, Nia Douglas-Wheatley.

The locally owned venture brings a distinctive fusion of Asian-inspired cuisine, specialty coffee, and handcrafted canned beverages to Anegada's dining scene.

The journey to opening Vivimara was not without challenges. Rather than giving up, the couple chose to push forward with determination and purpose.

"Even when things didn't work out the way we expected, we knew we still had a vision worth fighting for," said Lawrence. "Setbacks forced us to think creatively and trust the process."

The menu features handcrafted sushi rolls, bao buns, dumplings, onigiri, sashimi, and nigiri, alongside specialty coffee, matcha drinks, milkshakes, and signature beverages. Adding another innovative element, Vivimara also produces its own line of handcrafted canned drinks.



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Nia oversees branding, marketing, and communications, while Lawrence leads food preparation and beverage production.

“This business exists because we refused to let disappointment define us. Hard work brought Vivimara to life,” Nia said.

“I want to encourage other young entrepreneurs to persevere, even when it feels like you have no support. I’m glad that I did,” Lawrence added.

Vivimara welcomes the wider Virgin Islands community to be part of their journey. Customers can interact with the business, place orders, and stay updated by following Vivimara on Facebook, Instagram, and TikTok.

Health Tips OF THE QUARTER

Simple preventive measures that can help reduce the spread of colds, flu, and other respiratory illnesses:

- **Practice good hygiene:** Wash hands often, use hand sanitizer when needed, and avoid touching your face.
- **Be mindful in crowded indoor spaces:** Poor ventilation increases risk, consider masking if illness levels are high.
- **Stay home when sick:** Rest early to recover faster and protect others.
- **Support your immune system:** Get enough sleep, eat well, stay hydrated, and manage stress.
- **Know when to seek care:** Get medical help for high fever, breathing difficulties, or worsening symptoms.



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RECIPE Corner

Virgin Islands Fruit Punch



What you'll need:

- 2 cups pineapple juice
- 2 cups orange juice
- 1 cup guava juice
- ½ or 1 cup grenadine (to taste, for color and sweetness)
- Ice

Directions

1. In a large pitcher, combine pineapple juice, orange juice, and guava juice.
2. Stir in grenadine until you get that deep pink-red island color.
3. Chill well or serve immediately over ice.



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Name _____

Date _____

KIDS Corner



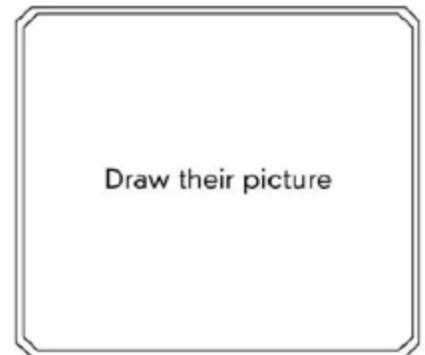
BLACK HISTORY MONTH

Research about any personality for Black History Month and write about the impact they made

Name: _____

Birthday: _____

Country: _____



What impact did _____ make ?





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