

FEATURES

A naturalist's view of La Foret

THE Trinidad and Tobago Field Naturalist's Club journeyed to La Foret in north-east Trinidad last November. Located due south of Galera Point, the rocky coastline may not be very attractive to sea bathers, but the area offers scenic views and a chance to explore the shoreline environment.

Along the shoreline you can find plants like the seaside grape (*Coccoloba uvifera*) which is easily identified by its broad oval leaves. A few trees were in fruit and the grape-like clusters make identification even easier (the ripe fruit are edible). Also growing along the shoreline (and also edible) was the fat pork (*Chrysobalanus icaco*). This shrub produces a large globular fruit, the skin of which is generally pink. The pulp is soft, white and mildly sweet.

The crashing waves have eroded the rocks along the beach, creating some fasci-



Rugged beauty at La Foret.

nating formations including small sea arches and shallow caves.

Despite the natural beauty of La Foret, there were many signs of human visitation.

VIEW Continues on page 7B



Badly burnt trunk of a Sea Almond - *Terminalia catappa*



SALE

Ex-Factory

4 x 8 x 16 \$5.05
 6 x 8 x 16 \$6.65
 8 x 8 x 16 \$8.20
 Grade 1 Hollow Clay - \$2.95

Cement
\$56.95



Roofing Materials

2 x 4 x 19 I Beam - \$199.99
 2 x 4 x 30 I Beam - \$439.99
 2 x 4 x 20 (1.2) Z Purlin - \$94.99
 29g Unpainted Galvanise - \$8.75 per ft

1/2" & 5/8" Corrugated Steel - \$4295.00
 3/8" Corrugated Steel - \$5150.00
 6 x 6 x 10g BRC - \$159.99
 6 X 6 X 5G BRC - \$1049.99

Polythene - \$89.99
 Tying wire - \$199.99

5/8" Construction ply - \$159.99

20% OFF

All Safety Items
 Coveralls,
 Steel tip boots,
 Vest etc



Window profile,
 L,T & Z(1.5)
 \$83.00

15% OFF

ALL POWER TOOLS



20% OFF

Welding rods 10g & 12g - \$60.00

SALE



REAL TUFF BUILDERS

13-15 Boundary Road San Juan
 Tel: 638-7555 / 638-8558
 Fax: 675-8369
 EMAIL: realtuffbuilders@gmail.com

 Find us on Facebook

Opening Carnival Mon. & Tues
 8:00am to 1:00pm

FEATURES

Cooking fires destroy almond tree

VIEW from page 6B

Discarded tarpaulin shelters, bottles and abandoned fishing gear were just a few of the indications.

Even worse was the badly burnt trunk of a sea almond (Terminalia catappa). Sadly, visitors had repeatedly used the roots to shelter their cooking fires and more than half of the trunk is now gone.

For more info on our natural environment contact the Trinidad and Tobago Field Naturalists' Club at admin@ttfnc.org or visit website at www.ttfnc.org, Facebook or YouTube pages. The club's next monthly meeting will be held on February 11 at St Mary's College, Port-of-Spain. Lecture: "Human disturbance and tropical freshwater communities" by Amy Deacon.



Flower of the Tobago Sandbox - Apeiba schomburgkii



The fat pork fruit - Chrysobalanus icaco

PUBLIC NOTICE



CLOSURE OF CENTRAL MARKET

The Port of Spain Corporation advises members of the public that the Central Market, Beetham Highway will be **CLOSED** on **Monday 8th and Tuesday 9th February 2016 (Carnival Monday and Tuesday)**.

The Market will be open for business as usual on **Wednesday 10th February, 2016**.

Chief Executive Officer

PRESTIGE HOLDINGS LTD.

A Restaurant Management Company

47-49 Sackville Street, Port of Spain, P.O. Box 3012 • Tel: (868) 623-2646/8058 • Fax: (868) 623-6580

THE SUPPLY OF MOTORCYCLES FOR HOME DELIVERY SERVICE FOR PERIOD 2016-2018

Prestige Holdings Limited invites Tenders from suitably qualified Firms for the following:

The supply and maintenance of motorcycles for home delivery service for period 2016-2018.

- Tender documents can be obtained during the hours 8.00 a.m. to 4.00 p.m. (Monday to Friday) at Prestige Holdings Limited located at Sackville Street, Port of Spain Trinidad and Tobago upon payment of a **non-refundable fee of TT\$150.00 payable by cash to Prestige Holdings Limited.**
- Tenders are to remain valid for a period of **thirty (30) days** from the closing date of the Tender and must be accompanied by:

- Valid Income Tax Certificate (where applicable)
- Valid VAT Clearance Certificate (where applicable)
- Copy of Receipt for Purchase of Tender Package

Both 1 and 2 must be dated not more than six (6) months prior to the date fixed for the close of Tenders.

- The original (1) and four (4) copies of the tenders should be placed in sealed envelopes addressed to **The Chairman, Tenders Committee, Prestige Holdings Limited, Sackville Street Port of Spain Trinidad and Tobago**, clearly marked on the outside:-

"THE SUPPLY AND MAINTENANCE OF MOTORCYCLES FOR HOME DELIVERY SERVICE FOR PERIOD 2016-2018"

- Tenders can be delivered to Prestige Holdings Limited at the address stated above **not later than 2.00 p.m. on February 29th 2016.**
- Prestige Holdings Limited does not bind itself to accept the lowest or any other tender.
- Prestige Holdings Limited reserves the right to cancel the present notice in its entirety or even partially, without defraying any cost incurred by any firm in submitting their tender.



NOTICE UNCLAIMED BODIES



The North Central Regional Health Authority (NCRHA) wishes to advise that the following bodies remain unclaimed at the Mortuary of the Eric Williams Medical Sciences Complex (EWMSC):

- **Theodora Vayonille**
Sex/Age: Female, 78 | Died at Adult Patient Care Facility | Eric Williams Medical Sciences Complex | on 16th December, 2015
- **Donald Charles**
Sex/Age: Male, 46 | Died at Adult Medical Ward 4 | Eric Williams Medical Sciences Complex | on 27th December, 2015
- **Carl Coating**
Sex/Age: Male, 60 | Died at Adult Patient Care Facility | Eric Williams Medical Sciences Complex | on 16th December, 2015

The NCRHA would like any known relatives or next of kin of the above mentioned, to kindly contact the Eric Williams Medical Sciences Complex urgently at the following contact numbers:

☎ Hospital PBX : 225-4673 / 645-3232
☎ Extensions: 2340

Arrangements for disposal will be made by the NCRHA after seven (7) days of this notice.

Reference: 2016/UB2