April Showers Bring Beautiful Flowers

The month of April is usually associated with rain and as an old adage says, “April showers bring May flowers”. Take this opportunity to beautify your gardens and take advantage of the rains that will come. The “Garden of the Month” competition is currently underway and is open to all the residents of The Villages at Coverley. A winner has been selected for the first “Garden of the Month” and congratulations are in order for the owner of Lot 961; kudos on your beautiful garden! The next judging is scheduled for the end of June and you too, can be featured! Here are a few tips to assist you in preparing your garden:

- The next time you boil or steam vegetables, don’t pour the water down the drain, use it to water potted patio plants, and you’ll be amazed at how the plants respond to the “vegetable soup.”
- Use leftover tea and coffee grounds to acidify the soil of acid-loving plants such as azaleas, rhododendrons, camellias, gardenias and even blueberries. A light sprinkling of about one-quarter of an inch applied once a month will keep the pH of the soil on the acidic side.

Hello – My Name Is Camille Alleyne” (Mango Villas)

“The Villages at Coverley, for us, is a new place to call home in more ways than one. In other words, we don’t just enjoy living in the house we occupy where we can relax on our deck in the back and watch monkeys play amongst the dunk trees a few metres away, but just outside our front door, we have an entire facility available to us, every day of the year. Where else in Barbados would we benefit from a lifestyle, filled with an array of recreational and sporting activities, night life, restaurants and shopping opportunities?

Our family is home-schooled and comprises of two adults and four children (including two teens) – each of us with different needs and interests. In spite of these differences, all of us adore living in The Villages at Coverley, where there is always somewhere to go and something to do.

When my husband and I want to have fun, we go to the Recreation Centre for Table Tennis or Scrabble. We often exercise on the playing field before having lessons on the benches near the pavilion. On hot days, the airconditioned comfort of the Recreation Centre is ideal, plus, the patio just outside The Hibiscus Room, has a beautiful view of the playing field and it is a peaceful, cool and breezy option. When our teenage sons need to get away to study, they can choose to sit by any of the fish ponds in the square.

There is so much more to say about The Villages at Coverley, like the opportunities for volunteerism and the friendly and considerate neighbours, as well as the pleasant and helpful staff. However, we will just say that we are extremely happy that we chose to live in this community.”
UPCOMING EVENTS
April Events in Coverley Square

Karaoke
Every Wednesday - 8:00 pm – Midnight in Coverley Square.
We are gearing up and getting close to the Crop-Over Season. Come out and sing your favourite Soca Hits or croon those sweet songs from Celine Dion or Aretha Franklin!

The Villages Farmers’ Market
Every Saturday - 7:30 am – 12:30 pm in Coverley Square
A variety of plants, fruits, vegetables and other great items are there just for you!

Financial Planning Session
Is becoming a homeowner something you would like to accomplish? The Villages’ team can help make this dream a reality! Come and see for yourself during our free Financial Planning session on Saturday, April 26th, 2014 from 1:00 pm to 3:00 pm. To reserve your place at this session, kindly contact Nancy Cumberbatch at 627-4229 or email ncumberbatch@villagesatcoverley.net.

The Villages Month-End Flea Market
Saturday April 26th - 9:00 am – 5:00 pm in Coverley Square
Everybody likes a good bargain, but it is better when you get good bargains on quality items. We have vendors who have a range of cosmetics, plants, fruits and vegetables, clothing, shoes and more at great prices!

Save The Date
Easter In The Villages Fun Day!
Saturday, April 12th
11:00AM - 3:00PM – ADMISSION FREE!!
Venue: Coverley Square & Playing Field

On April 12th, The Villages presents Easter in The Villages Fun Day! We guarantee a great time for everyone! An Easter Bonnet Parade, Egg Painting, Games on the playing field (which will include egg & spoon races, sac races, 3-legged races and more!) and even a Magic Show are in store!

In preparation for the Easter Bonnet Parade, we had sessions during the month of March and the last session will be tomorrow, April 5th in the Recreation from 2:00 pm to 4:00 pm. The kids worked hard on their bonnets and it will be a treat for everyone to see these works of art.

Parents, come out and encourage all the kids and cheer them on as they parade their handiwork and compete in the activities!
Kids Corner - Enter Into A World Of Fun!
One reason that makes The Villages your new place to call home is that it is a perfect place to build a family in an environment that's safe, nurturing, stimulating, educational, healthy and fun! We have plenty of activities for everybody!

The Coppin Cricket Academy offers cricket lessons at The Villages!
The Coppin Cricket Academy (CCA) is targeting the development stages of our youth from ages 6 to 15, and aims to teach the benefits of "skill development phases, teamwork and life skills" to improve their performance, through a number of exciting games and implicit training methods.

CRICKET SCHEDULE:
- Saturday Program – From May 3rd
- Easter holiday cricket Camp - April 7th to April 18th
- Summer holiday cricket Camp - July 28th-August 29th

The Coppin Cricket Academy was born out of Wendell Coppin's experiences over the past 10 years, where he worked as West Indies Cricket Board's (WICB) Development Officer and subsequently the International Cricket Council's (ICC) Regional Development Officer with responsibilities for the Americas. In that time, Mr. Coppin had the responsibility of leading the education of coaches, officials and players across the Caribbean and North and South America. Therefore the aim of the academy is to build on the legacy left by our cricketing legends of the past, with a view to making Barbados, and by extension West Indies cricket, strong again.

For information on fees, please contact Wendell Coppin on 420-1807 or 233-1021 email: cricketacademy@caribsurf.com.

Share The Lifestyle
Do you know a family member or even a friend who you know will love our Lifestyle Development just as much as you do?
If you do…. be rewarded:
Remember, you can earn a year of FREE Property Maintenance valued at $117.50 per month or a special landscaping package, valued at $1400.00 when you refer someone to The Villages at Coverley who in turn purchases a home.

These stickers are available at the Recreation Centre, come and collect yours!
Business of the Month

Aeropost facilitates the process of online shopping, from the moment the order is placed to the time it is received by the consumer. A USA address is provided to each customer, which allows them to shop from anywhere in the world. Parcels are shipped to their Miami address, at which point, a text/email is sent to notify of the package’s arrival.

Almost anything legal can be shipped via Aeropost at low rates. In addition to signing up or finding our rates on our site - www.aeropost.com/bgi - you can also shop at our built-in virtual mall which is powered by Amazon or click on one of the many links we have to major online stores like Forever21, JCPenny, OldNay, Aeropostale, ToysRUs, eBay, to just name a few or get 20% off the “must have” brands like Perry Ellis, Rafaella, C&C California, Cubavera, Penguin and as much as 50% by using our coupons and sales link.

Our branch at The Villages at Coverley was opened with our customers in mind, with convenient and flexible opening hours.

Let’s Do It Barbados
De-Clutter Your Mind

You cannot find the real you in clutter.
Release that which is hiding you and keeping your true genius from emerging – Mary-Francis Winters

A cluttered mind is restless and unfocused. It tries to move in many different directions at once and the result is that very little gets done.

Clear out the space in your head so that you can be the best you! Here are just a few ways of achieving a clear and clutter-free mind.

1. De-clutter your physical environment. Physical clutter leads to mental clutter.
2. Write it down. Not everything needs to be stored in your head. Make list of things that need to be done and cross them off when you have completed them.
3. Let go of the past. Mind clutter is often related to the past. Let it go and live in the present.
4. Stop multi-tasking. Push all of your mental clutter aside and focus on the task at hand.
5. Be decisive. If you put off making decisions then your brain will be filled or overflowing with all of the decisions you need to make. Be decisive.
6. Prioritize. Accept that you can't do it all, and choose to focus on the things that are most important to you.
7. Learn to meditate. Meditation teaches you to focus the mind completely on the present moment. When you learn to put all of you attention on one thing all other thoughts disappear.

Absorb what is useful, discard what is not, add what is uniquely your own.

CHALLENGE OF THE MONTH

Draw the Hopscotch figure shown below without taking your pencil off the paper or going along the same line twice.

![Hopscotch Figure]