## HALP HA HINVESTOR





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## **OUR TEAM**



RENALDO BELFON LEAD AGENT, DIRECTOR



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ANEIYA CAMPBELL ADMIN ASSISTANT



JAMES HUNTE
IT OFFICER, DIRECTOR



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The
unveiling of
Guava
Shores,
Castara

A fresh new look









Nestled in the quaint fishing village of Castara on Tobago's north coast, Guava Shores is a boutique guesthouse that offers a taste of paradise.

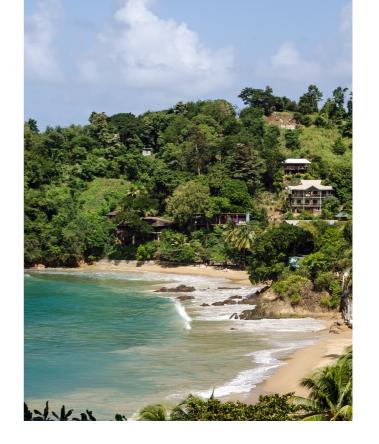
Formerly known as Sea
Level Guesthouse, this
property underwent a
recent renovation and
emerged as Guava Shores, a
name that reflects the lush
guava trees that surround
the property and the
tranquil shores of Castara
Bay.

Just steps from the beach, Guava Shores offers stunning views of the Caribbean Sea, inviting guests to relax and unwind in a truly idyllic setting. For nature lovers, the guesthouse also offers unique hiking and boating excursions with Mr. Roach, the property manager.

The managers of Guava Shores are committed to providing guests with an interactive experience that allows them to connect with the local culture and environment in a meaningful way. They believe that this type of tourism is more sustainable and beneficial for both the community and the visitor.

Whether you're seeking a romantic getaway, a family vacation, or a solo adventure, Guava Shores is the perfect place to escape the hustle and bustle of everyday life and immerse yourself in the beauty of Tobago.

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Tropical Bliss Cupcakes



Christmas Cupcakes



**Black Cake** 

#### This Christmas

## This Christmas



Corporate Cupcakes



Personalized Cupcakes

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#### Market Watch

# What's on sale in the stock market?

Our investing strategy is simple and based on the principles of Terry Smith at Fundsmith Equity Fund:

Invest in truly exceptional high-quality companies with an enduring economic moat.
Buy when these companies are temporarily undervalued. Our recent ebook identifies the quantitative and qualitative aspects of a truly exceptional company, but identifying when these companies are undervalued has

proven to be more challenging...until now.

The Fast Graphs system allows you to visually infer when a company's stock is undervalued based on its level of profitability. We believe that "as the company's underlying profitability goes, so does its stock".

In this system, when the black line (current stock price) is below the blue line (historical profitability) the stock is being undervalued by the market.

Also, when the price (black line) is below the orange line (intrinsic value), it is in fair value territory.

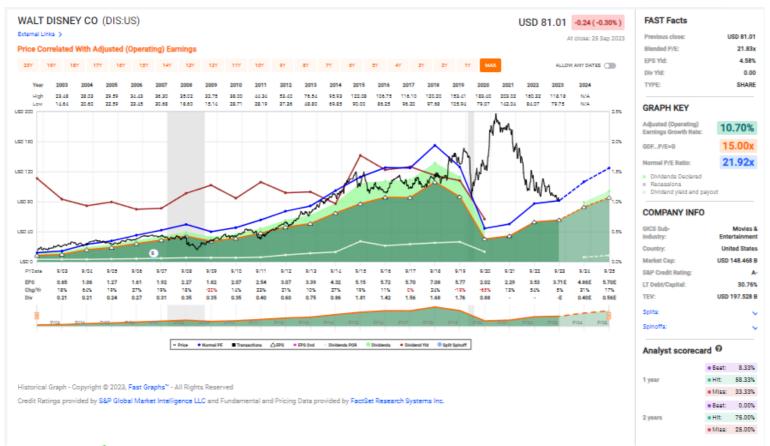
This is not investment advice and we recommend you do further research on the stocks identified below.

"Be fearful when others are greedy and be greedy when others are fearful"

-Warren Buffet



## Walt Disney Company





- .-Iconic brand with global appeal
- -Plan to invest more into theme parks in the US, Europe and Asia benefits from to 'lived experience' trend
- -Selling TV networks to raise money and focus on movies, theme parks and streaming

## XWhat we don't like

- -Spending a lot of money to compete with Netflix and Amazon in "streaming wars"
- -New original media content has not been as successful as in the past

## Veeva Systems Inc





#### What we like

- -Recurring revenue business model very attractive and critical to pharmaceutical companies
- -Seems to be managing client transition away from Salesforce Inc's platform to its internally developed platform well
- -Plans to enter other markets beside life-sciences



- -May face competition if Salesforce Inc enters the life sciences market
- -Clients in the life sciences sector may struggle to attract investors in a high interest rate environment, impacting their budgets and viability

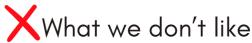
## Paypal





#### What we like

- -Largest payment provider in the world
- -The incoming CEO has experience in the company with a recurring revenue business model



- -Margins relatively low
- -Prospect of increased competition from other payments processors and

# Eat like a MING



#### TWIN ISLAND KING RICE





## Real Estate Review

### Don't wait to buy Real Estate, Buy Real Estate and Wait



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## Courland Estate 1.39M 20,000 sf

#### Features:

- -Exclusive neighbourhood
- -High Short term rental demand
- -Construction ready

## Adventure, Plymouth 495k 6200 sf

#### Features:

- -Near playground
- -Distant Sea View
- -Construction ready



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Coming foon ...

## Hyder Park, Patience Hill 795k 9053 sf

#### Features:

- -New development
- -Underground utilities
- -Near Schools and Hospital
- -Sea and Mountain views

## Patience Hill \$3000 per month

#### Features:

- -Exclusive Neighbourhood
- -Distant Sea View
- -Near Hospital
- -Fully Furnished
- -All Utilities Included



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#### Carnbee \$5750 per month

#### Features:

- -Exclusive Neighbourhood
- -Secure Compound
- -Near Hospital
- -Fully Furnished



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## Courland Estate 1.39M 20,000 sf

#### Features:

- -Exclusive neighbourhood
- -High Short term rental demand
- -Construction ready

## Adventure, Plymouth 495k 6200 sf

#### Features:

- -Near playground
- -Distant Sea View
- -Construction ready



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#### Bethany| 959k 9179 sf

#### Features:

- -New development
- -Underground utilities
- -Near Schools and Hospital
- -Near several beaches



# Castara Cottage



868 720 1520

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## Get to know the "EJ Team"



EJ Engineering and
Construction Consultant
Limited is a small, but
growing construction firm in
Tobago that offers a wide
range of services, including
construction, design,
engineering, architecture
and more. The company
was founded in 2012 by
Ezan Benjamin, a qualified

structural engineer with over 20 years of experience in the construction industry.

The EJ team has a proven track record of success and made waves recently with the unveiling of what many believe to be the most tasteful 'container home' ever constructed in T&T.



#### Metamorphosis

This team's appetite to bring their bold designs to life seems insatiable and will be tested in their next big venture: "The Nest" at Dove Trace, Scarborough.

The EJ Team have put up their own funds to purchase a 3-bedroom home that had been sitting on the market for months. and has set about transforming the structure into a modern home. The designs include openconcept living spaces, an expanded annex apartment, and an outdoor pool.

If you love renovation TV shows, stay tuned for behind-the-scenes footage leading up to the unveiling of this ambitious project.

If the EJ Team's trajectory is anything to go by, you'll be hearing more about their exploits across the globe sooner than you might think

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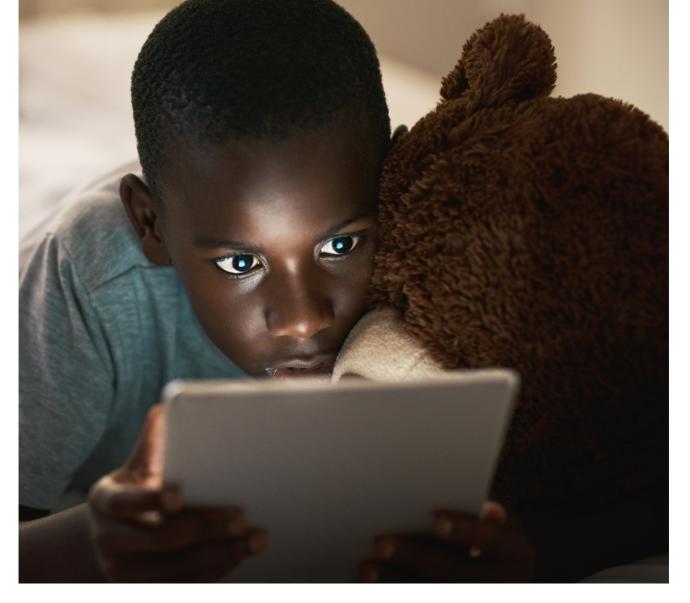
'The Nest" is carded to hit the market at 2.49M when completed but contact us now for special precompletion pricing

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## THE GROWING PROBLEM OF TECHNOLOGY ADDICTION AMONG TEENS AND ITS IMPACT

**April Talens** 

Technology addiction is a growing problem among teens in the digital age. With the widespread use of smartphones, social media, and other forms of technology, it's becoming increasingly common for young people to become addicted to their devices.

Teens who are addicted to technology may find themselves spending excessive amounts of time online, checking their devices constantly, and feeling anxious or irritable when they are unable to access them.

This type of behavior can interfere with school, work, and other important aspects of life. One of the biggest concerns about technology addiction among teens is the impact it can have on their mental health.

It can also lead to a lack of face-to-face interaction, which is essential for healthy social and emotional development.

Additionally, technology addiction can also have a negative impact on physical health.



Excessive use of technology can lead to feelings of anxiety, depression, and social isolation. Studies have shown that spending a lot of time on social media can increase the risk of depression and anxiety, as it can create feelings of inadequacy and low selfesteem.

Spending excessive amounts of time sitting in front of a screen can lead to a sedentary lifestyle, which can increase the risk of obesity, heart disease, and other health problems. Poor sleep patterns, which are often associated with excessive technology use,

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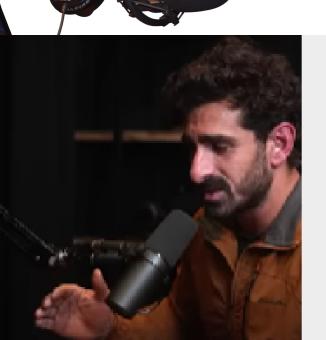
can also have a negative impact on physical and mental health.

To address technology addiction among teens, it's important for parents and other adults to take an active role. This can include setting limits on the amount of time spent using technology devices, establishing clear rules about what types of content are acceptable, and monitoring device usage. It can also be helpful to encourage alternative activities, such as physical exercise, reading, and spending time with friends and family.

It's also important for teens to be educated about the dangers of technology addiction and the importance of developing healthy habits.

This can include learning about the negative impact that excessive technology use can have on mental and physical health, as well as the potential for exposure to harmful content. By teaching teens about the risks associated with technology addiction, we can help them to make informed decisions about their device usage and develop healthy habits that will serve them well into adulthood.

## WHAT WE'RE LISTENING TO



Paul Rosolie: Amazon Jungle, Uncontacted Tribes, Anacondas, and Ayahuasca | Lex Fridman Podcast #369

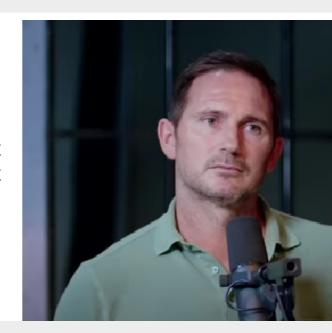
A really engaging discussion on living in, exploring and protecting the Amazon

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#### Frank Lampard Finally Speaks Out About What REALLY Happened At Chelsea | E264

A surprisingly open discussion on the pressures of modern sport that even someone who doesn't support Chelsea would appreciate

**Listen Now** 





#### EFF Leader Malema pays tribute to Mama Winnie

An old speech by the South African politician that is sure to leave your blood pumping even if you don't share his political views. An absolute master-cclass in emotive oration

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