



THE SANDY POINT BENEVOLENT SOCIETY

*"Working Together
For a Brighter Future"*

Aug 31, 2019





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PRESIDENT'S MESSAGE



Welcome,

SPBS and Benevolence

I remember the day in 2004 – we were headed to the offices of the late Christina Bridgewater to complete documentation to qualify for a 501(c)3 status. Ms. Bridgewater gave us our name – she coined the name “Sandy Point Benevolent Society”. Over the years, as we have worked to build our brand, we have had folks’ question and complain about our name – and in particular, the word “benevolent”. I was guilty of adding to the confusion – after all “benevolent” sounded old and the only association most local Sandy Pointers had, was to funeral homes.

A funny thing happened this summer. Our patron, Honorable Selwyn Walters, said to me “you guys have truly been benevolent. You have lived up to every meaning of the word.”

And so, I went to work – is the name consistent with our aspirations and have we truly been benevolent?

I reflected on our first charter to implement the Principals Award targeting high school freshmen students. Sure, we have moved the scale of education to offer college scholarships today. We sometimes forget how relevant and compassionate and caring we have been in supporting fire victims, cancer victims, medically challenged colleagues, and most recently in supporting one of our stalwart entertainers who was struggling with his vision. Our altruistic journey has move from individual recognitions to school recognitions and ultimately to community recognition. This is best exemplified by our donating a Steel Orchestra to the CEMSS.

SPBS has a working ideal - we are not interested in preserving the group. Instead we are committed to the ideals of giving - of exploring and delivering on bigger gifts every year.

This year is special. We recognize that as we toil and share the joys of giving to support our beloved native homelands, that others share similar aspirations! So, what if we can bring our fellow volunteers and people servants forward to share our common experiences? What if we can share a common vision on “Working Together for a Brighter Future”? And what if we can ask each team to reflect on how this theme would influence and inform their activities in the near future?

When you dream like SPBS and when you are as benevolent as SPBS, you turn these questions into reality.

I wish to thank all the groups who stepped forward to pronounce a more universal benevolence — what magic we can bring to the table!

Stewart Williams

Stewart Williams, PhD.,

Founder & President

The Sandy Point Benevolent Society, Inc (SPBS)

BANQUET PROGRAM

PART 1

Cocktail and Musical Prelude

PART 2

National Anthems

**The Federation of St. Kitts-Nevis by Abena Amory
The United States of America by Briannaugh Dennehy**

Invocation and Blessing of Food

**Welcome and Acknowledgement of Patron, Awardees & Invited Guests
Dr. Stewart Williams, President of SPBS**

PART 3

**Introduction of Keynote Speaker
The Honorable Selwyn S.C. Walters**

PART 4

**Poem by Glennis Phoenix
Dinner & Entertainment**

PART 5

Presentation of Awards

PART 6

Raffle Drawing

PART 7

Song and Dance: Breakaway Brass Band

DANCE, DANCE,



MEMBERS PROFILE



Dr. Stewart Williams
President



Dr. Mervyn M. Richardson
Vice President



Trevor Duggins
Chairman



Trevor Hanley
Treasurer



Leah Jones-Joseph
Asst. Treasurer



Eloise Herbert
Secretary



Collette Joseph
Co-Secretary



Terniqua Osborne
*PRO &
Editor-in-Chief*



Anthony Warner
Entertainment



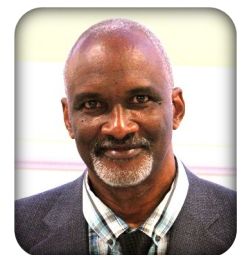
Paulette Mills-Smith
Fund Raiser, Coordinator



Marvin Manning
Editor



Desiree Gumbs
*Mentor
& Contributing Editor*



Stephen Duggins
Local Chairperson—St. Kitts



Winston Benjamin



Charles Mills



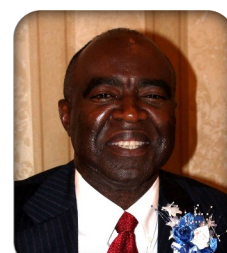
Kenyatta Garvey



Vincent DeSuza
Fund Raising & Entertainment



Dennis Warner



Alrick Warner



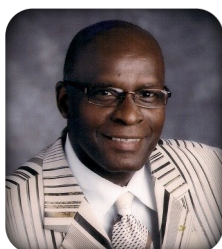
Veronica Assent



Elsa Revan



Hansill Buntin
Fund Raising & Entertainment



William V. Hodge



Ian M. Queeley



Dorita Lewis



Shermin Stevens



Kimarah Isaac



Jackiema Flemming



*From the Desk of Sam Condor
Permanent Representative of St. Kitts and Nevis to
the United Nations*



During my political career, I have witnessed many Nationals and committed Patriots of our independent Federation who epitomize our nation's motto, "Country Above Self." These Nationals understand that despite the myriad challenges in realizing their personal goals and ambitions, service to others is central to their mission and purpose of life and at the heart of their aspirations. These are the selfless and generous Nationals at home and abroad whose devout love for country is the spark that allows them to champion the cause for service to others, and for the good that they can do.

Through its well-oiled machinery, the Sandy Point Benevolent Society has successfully kept its service and outreach initiatives alive. I have personally witnessed the impact of the work they do at home and in the Diaspora. Their commitment is testimony to their love for others and love for country. These are the men and women of our homeland who sacrifice their time and resources for the betterment of others. In fact, the organization's motto is "We give back so others could move forward." Certainly, the Sandy Point Benevolent Society plays an integral role in bringing people together for the greater good.

This year's theme, "Working together for a brighter future" is indicative of its unwavering commitment to changing the lives of our people, with a view to ensure the continued development and prosperity of our twin island nation.

It is truly an honor for me to join with the Sandy Point Benevolent Society in celebrating 22 years of service. May all the honorees use this recognition to ignite that spark for further service to our country.

Sam Terence Condor

Ambassador Extraordinary and Plenipotentiary
Permanent Representative to the UN

Warmest congratulations to the Sandy Point Benevolent Society (SPBS) on it's 2019 Awards Gala. It is my pleasure and an honor to participate in this event celebrating twenty-two years of unwavering service to the people of St. Kitts-Nevis in New York and at home.

I commend the Society for the two decades of very hard work and more importantly, for the exceptional results it has achieved in making our communities a better place.

This year's theme, *Working Together for a Brighter Future*, is fitting because it concentrates our attention and effort on a future that is bright if we work together, and it challenges the belief of individualism with its attendant selfishness, alienation, and divisiveness. "If you want to go fast, go alone. If you want to go far, go together." This African proverb perhaps best sums up this year's theme and SPSB's commendable efforts of forging a path together for Caribbean organizations in the diaspora.



PATRON: & GUEST SPEAKER

SELWYN S.C. WALTERS

Working together to ensure a brighter future is something the Sandy Point Benevolent Society has done well. When a group of Sandy Pointers in New York formed the Society twenty-two years ago, they put aside self-centeredness and committed themselves to recognizing and honoring the significance of each other's contributions, serving the Society with humility, and working together as a unified group for the betterment of the community. The results are indisputable – the Principal Awards, The Sir Hugh and Lady Claudette Rawlings Graduate Scholarship, The Ridley-Guishard Memorial Scholarship, Warner's Excellence of Education Scholarships, and the Society's recent collaboration with Monroe College where it provides up to six scholarships for eligible candidates.

SPSB's commitment to working together for the betterment of all people remains firm. The people and organizations being honored share the Society's mission of a brighter future, and I am encouraged that going forward these individuals and organizations will work together to promote partnerships, future growth, inter-organizational exchanges, and the building of a sound network that will ensure a better future for our communities.

Connectivity is vital to advancing cooperation. I am optimistic that this evening's gala is the beginning of a partnership of connectivity to achieve a better future for all our communities. I am confident that as we work closely together, we will transcend geography, and other artificial designations and embark on a path of win-win collaborations.



Nature's Terrorist Hurricane Irma

(The Unleashing of an Unstoppable Fury on the tiny Island of Anguilla in the Caribbean)

Nature's Terrorist, Hurricane Irma, *The Unleashing of an Unstoppable Fury on the tiny Island of Anguilla in the Caribbean*, is a non-fiction, two hundred and four-page publication, detailing the story of the century's worst storm that swept through the Caribbean and its catastrophic impact on Anguilla on September 6th, 2017; written by J. Christopher Richardson, a native of Sandy Point, St. Kitts who resides in Anguilla. It demonstrates the silver lining the island experience at the end of the darkest of clouds. Chris is also the author of the notable book, "***Looking Back Through the Eyes of a Teacher's Son***," a novel that speaks to the thrills of growing up in Sandy Point, St. Kitts in the 1960s and 1970s.



Sale and book signing will occur during the Dinner event.

Get your Copy at a minimal fee of \$20!

Many Thanks!

**CONGRATULATIONS TO SPBS ON CELEBRATING
YOUR 22ND ANNIVERSARY**

WORKING TOGETHER FOR A BRIGHTER FUTURE

It is without question that the aim of any organization is to attain its stated goals and to achieve success at the highest possible levels. To do this requires a conscious and definitive approach in establishing the conditions that support the primary systems, operations, and activities that are necessary for its accomplishment.

It is important to know and to understand the dynamics at play when establishing conditions and putting in place the necessary systems that provide a certainty of purpose, effectiveness in actions, appropriateness of expectations, adequacy of resources, and commitment to tasks. These are critical base assets upon which the overall success and the outcomes of the organization's goals will rest.

When people come together to work through a situation, develop a project, or chart a course, they bring their built-in presumptions and preconceived notions of the image of the end result. These biases must be recognized and managed effectively in order to lessen or avoid outright misunderstanding and create the capacity for successful outcomes.



Albert A. Evans M.S.Ed.
Educator/Author/
Entrepreneur

Sandy Point Benevolent Society (SPBS) with its aim of working together for a brighter future, can achieve its goal to the highest degree when it is underpinned by a smart response to the understanding of human behavior in life situations. People will not work well together because they are told to work together. People work well together because they want to and because they understand what it takes to make it happen. So, to be smart in its approach, SPBS must ensure that everyone, has bought into every aspect of the endeavor. Anything less is unacceptable and must not be tolerated. Anyone who cannot commit to that standard ought not be a part of the team. We are reminded that the strength of a chain is measured by its weakest link. How you work together is much more significant than who is on the team.

That said, I first heard about a smart approach to successful goal setting in my second year as a school administrator. When I understood the meaning of the acronym, it made sense to me that goals that were sustainable, measurable, attainable, reliable, and time bound had a better chance to succeed than goals that were not. Time bound meaning that the goals had to have a beginning and endpoint. Therefore, I wish to suggest a SMART approach to SPBS working together for a brighter future.

SPBS must ensure that what it does is **Significant**. It cannot be something that others are doing. Replicating what is already in existence is simply more of the same. Rather, it should be of high importance to the communities and people that receive the service.

SPBS must ensure that what it does is **Manageable**. It cannot be out of the reach of its recipient nor below a noble and healthy standard of achievement. It must add to the life and wellbeing, indeed, to the enhancement of the recipient which in turn allows for future growth.

SPBS must ensure that what it does is **Aspirational**. It should inspire reaching for the highest quality. A quality that stretches one higher and wider. It must be without implied or suggested limit.

SPBS must ensure that what it does is **Responsible**. It must adhere to the strictest rules of ethics and law, and must exemplify unwavering moral authority and a stern compliance with civility and decency. Nothing that departs from these cannot be a part of the work of SPBS.

Lastly, SPBS must ensure that what it does is **Tenacious**. It must be principled in its determination as it strives to attain its aims and goals. It must embrace the best in everyone and display fairness and understanding.

That is the approach that working together for a brighter future must look like as SPBS continues to lead the way to a time that many will speak glowingly about in years to come.

Distinguished Community Service Award

Mount Carmel Pentecostal Church, Inc



Our mission: *To be a church community that functions as the body of Christ. Each member of the body committed to the other, with the ultimate purpose being to minister to the "whole man".*

*Inviting/encourage the hopeless, downtrodden, oppressed and all souls to have a relationship with Jesus Christ
"Each One Win One"*

Life is cyclical. Babies are born and offered to the Lord; marriages are performed; seminars, symposiums, concerts, prayer breakfasts and banquets are held. We take time out for comedy, picnic and fun. There are sessions of prayer, praise, worship, Bible studies, etc., all to be of service to our community and edify the "corporate" body of Christ.

Most importantly, however, we are able by the help of the Lord to do exactly what is commanded in Mark 16:15 (NIV), He said to them, "Go into all the world and preach the gospel to all creation," in doing this we offer a service to the community. We feed the hungry, visit the sick, there is missionary outreach, we provide school supplies, we are also a part of the angel tree community which provides gifts to children of prison inmates. We extend our ministry not just outside of the church walls, but outside of the USA. We have provided bed linens for an old age home, clothing and support to other countries and was even blessed to provide financing to dig a well for clean water in Africa.

As noted in the 2018 Diaspora Conference Article, (adaptation), along with my husband Elder Moulton Esdaille Pastoring Mount Carmel Pentecostal Church (MCPC), we have borne the torch of Service, Leadership and Community Building, set alight by my late father, Pioneer of MCPC, Bishop Joseph Anthony Manning and my mother Missionary Cynthia Manning, the first lady of MCPC.

We continue to encourage and engage all, including our youths to be of service to their community. A few of our youths had the distinct honor in July to travel to South Africa on a mission trip.

Judith Esdaille, Pastor
3080 White Plains Road
Bronx, New York, 10467

Distinguished Community Service Award

New York/ St. Peter's Alumni and Friends

New York/St.Peter's Alumni and Friends is a non-Profit organization whose mission is to bridge the gap between the staff and students of Dean Glasford Primary school in the Parish of St. Peter's St. Kitts, (formerly St.Peter's Primary) and Alumni residing in New York.

Established in 2008 and led by its first President, Maureen Rouse, the organization recognizes the need to give back to its community in St. Kitts. Its primary goal is to provide support to the school's programs and projects. Another tenet of the organization is the provision of assistance to charitable organizations. To this end, the Association donates annually to organizations here in the Bronx, New York and on the island of St. Kitts.



The organization provides support to the Dean Glasford Primary school in improving its physical infrastructure as well as through the provision of school supplies and other materials for the students. The aim is to create an environment conducive to learning, which in turn would produce positive outcomes with students striving to achieve their fullest potential.

The Alumni organization provides annual monetary awards to deserving students of Dean Glasford Primary School entering high school on St. Kitts, as well as to high school graduates of Kittitian and Nevisian heritage residing in New York who meet the scholarship committee's application criteria. We congratulate our 2019 New York award recipients, Mr. Trevor Duggins Jr. and Ms. Ayesha Morrishaw.

Our organization recognizes that to execute our plans and fulfill our mandate, vision, team spirit, commitment, sustained efforts, effective planning, hard work, time, persistence and financial resources must be an integral part to achieve the desired outcomes and a measure of our success. Fundraising is therefore critical in achieving our goals. The major annual fundraising events include the annual Christmas Party, our Prayer Breakfast that is held in March and our Father's Day Dinner Dance.

New York St. Peter's Alumni and Friends recognize that the generosity of our fellow Kittitians, nevisians and friends from other islands, have allowed us to achieve our goals on St. Kitts and New York over the past years and we sincerely thank you.

We extend warmest thanks and appreciation to the Sandy Point Benevolent Society for nominating us for your 2019 'Distinguished Community Award'. We are indeed honored to be the recipient of this award and we wish to applaud you for the work that you have done over the past years on St.Kitts and New York. Congratulations and best wishes are extended to your organization as you continue to serve your community.

Distinguished Community Service Award

ST. KITTS & NEVIS NATIONALS ASSOCIATION OF WASHINGTON, DC



The Early Years

Following the Independence of the Federation of St. Kitts and Nevis in 1983, a group of St. Kitts and Nevis nationals in the Washington, DC metropolitan area (DC/MD/VA) got together and started the first nationals association. It was founded in the spring of 1984 with a core membership of 12 nationals and the officers were Dr. Franklyn Musgrave, President, Clifford Thomas, Vice President, Uriel DaSilva, Treasurer, and Shirley Tyson, Secretary. The St. Kitts and Nevis Nationals Association (SKNNA) was instrumental in assembling the nationals in the area for fellowship, mutual support, and information sharing. The group generated a list of professionals that lived throughout North America and documented their individual expertise. The list was ultimately shared with the newly established Embassy of St. Kitts and Nevis in Washington, DC and was used as a communication tool.

A significant portion of the proceeds from the association's first fundraiser was donated to the St. Kitts Children's Home to support their Christmas celebrations. At that time the Home was under the leadership of Mr. Morris L. Woods. The SKNNA continued to function and promote its objectives of bridging the gap between nationals at home and abroad in various areas, such as celebrating the Anniversary of Independence each year and assisting students attending local universities. One of the association's major events was the hosting the Federation's 10th Anniversary of Independence at the Hall of the Americas at the Organization of American States (OAS), Washington, DC. The event attracted over 250 nationals who traveled from St. Kitts and Nevis, the United States and Canada. Other important activities included providing relief to the Federation following the devastation from Hurricane Hugo in 1989 through a massive collaborative effort of various businesses, private donors and fundraising events.

The Middle Years

Like any organization, the association experienced ebbs and flows over the years, with many changes in leadership, and varying levels of commitment and participation. Nevertheless, the association continued to function, focusing on four key events:

- Cancer Walkathon in support of the Pink Lily Foundation of St. Kitts and Nevis

- Summer Family picnic
- 30th Independence Anniversary Celebration
- Christmas Party

During these years, the association made a deliberate effort to create linkages with other Caribbean organizations, most notably, the Institute of Caribbean Studies (ICS). Led by Dr. Claire Nelson of Jamaica, ICS has become the pre-eminent Caribbean organization in North America. ICS promotes the visibility and voice of Caribbean peoples and was instrumental in getting Congress to name June as Caribbean Heritage month. SKNNA-DC worked closely with ICS to support its many activities

Recent History

Leadership

In recent years, the association has been led by the following Presidents:

Valda Morris
William Hodge
Irma Hewlett
Jean Thompson-Henry

Collaboration

The association has always worked closely with the St Kitts and Nevis Embassy in Washington, DC but that collaboration has been strengthened with the appointment of Dr. Thelma Phillip-Browne as our Ambassador. Dr. Phillip-Browne and her staff have invested significant time and resources in support of the group's activities. In turn, group members are willing partners in the activities sponsored by the Embassy.

Charity

The Walkathon has now morphed into the Annual Charity Walk in order to provide flexibility to support a larger number of causes, including: Back packs and schools supplies for over 200 primary school children in St Kitts and Nevis.

Dominica Hurricane Relief Efforts - US\$4,000 donated to Campbell Primary School to help rebuild the school's infrastructure after the devastation inflicted by Tropical Storm Erika in the summer of 2015.

The St Kitts and Nevis Nationals Association of Washington DC (SKNNA-DC) was recognized by the International Association of Emergency Managers' Global Student Council (IAEM GSC) for its contribution of \$4,000 to the Campbell Primary School in Dominica, which was severely damaged by tropical storm Erika.

The International Association of Emergency Managers (IAEM), which has more than 6000 members worldwide, is the preeminent international nonprofit organization of emergency management professionals. IAEM is dedicated to promoting the **Principles of Emergency Management** and representing professionals, whose goals are saving lives and protecting property and the environment during or after emergencies and disasters.

Congratulations to the Sandy Point Benevolent Society (SPBS) on their 21st Anniversary!

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Alrick V. Warner, President & CEO
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Distinguished Community Service Award

ANGUILLA PROGRESSIVE ASSOCIATION OF NEW YORK, INC



The Anguilla Progressive Association of New York, Inc. (APANY), is a 501 (c)(3) nonprofit organization incorporated in New York State since 1996, to create and maintain positive socio-economic and cultural development partnerships between Anguillans at home and throughout the diaspora.

Since our inception during 1996, when the Anguilla Progressive Association of New York, Inc. (APANY) was

founded by a group of concerned Anguillans residing in New York, to provide assistance in response to the destruction caused by Hurricane Luis on Anguilla in September 1995; APANY remains involved with reaching out globally to the Anguillan Diaspora, Friends of Anguilla, donors, volunteers, supporters and our sponsors to provide charitable support for “goodwill projects” to benefit Anguilla’s socio-economic and cultural development.



President



APANY Executive

Based in New York City under the leadership of Carlson Connor its President with a sister chapter in Florida, the Anguilla Progressive Association of New York, Inc., (APANY), is a leader in nonprofit philanthropy that is most recognized, to accept donations from organizations, individuals, donors and supporters who want to support charitable “goodwill projects” on the island nation of Anguilla.

As an illustration of our point, during the immediate aftermath of the devastation of Anguilla by Hurricane Irma in September 2017, the Government of Anguilla authorized the Anguilla Progressive

Association of New York, Inc., (APANY), to serve as the official hurricane relief organization for the island nation of Anguilla.

Shortly thereafter, the Anguilla Progressive Association of New York, Inc., (APANY) officers, members, and supporters spearheaded their own relief efforts by collecting and donating several shipments of food, water, supplies, and other emergency products for distribution among communities across Anguilla.

Also, Friends of Anguilla, generous private donors and supporters contacted APANY and made charitable donations to assist in the recovery and restoration of churches, schools, and Anguilla’s infrastructure.

Based on new developments and charitable “goodwill projects” that are on our agenda, the Anguilla Progressive Association of New York, Inc., (APANY) welcomes your continued support. As you will notice, we have re-designed our website to reflect and provide a better understanding of the scope of those charitable “goodwill projects”.

To be more specific with honorable mention of one of those charitable “goodwill projects”, The Anguilla Progressive Association of New York, Inc. (APANY) is poised to engage in planning and coordinating to host the “**The Anguilla Nevis**

St. Kitts Association Reunion – (ANSAR)” on the island nation of Anguilla during July 10-12, 2020. Visit website www.apa-ny.org for more information.



Distinguished Community Service Award

GREEN VALLEY GLOBAL INC



Green Valley Global, Inc. is a not for profit organization that was founded in New York City on February 23, 2007. The organization's motto is: One People; One Community; One History and its members pride themselves in the community outreach initiatives that form a major part of the organization's thrust.

Although the focus of the organization is on supporting communities in the Federation of St. Kitts and Nevis, the organization engages in various charitable initiatives that benefit Caribbean-Americans and world citizens in general. In fact, in 2017, following the devastation of Hurricanes Irma and Maria, GVG, Inc. shipped relief supplies to Antigua and Barbuda, as well as Dominica.

Since its inception, GVG, Inc. has shipped hundreds of books to the Cayon Elementary and High Schools, medical supplies such as walkers, canes and wheelchairs to individuals in the community, as well as the Cayon Community Health Center in St. Kitts. Green Valley Global, Inc. has also hosted several events to assist athletes in various tournaments and meets. The organizers have successfully hosted Luncheons, Concerts, Galas, and Youth Forums to raise funds for specific causes, particularly to assist Nationals at home and in the Diaspora.

This year, the organization hosted a fun filled Walk through historic Harlem. The initiative raised over \$2000, which was used to support the 2019 Elderly Gala in St. Kitts, held in collaboration with the Green Valley Festival Committee.

Through many of its initiatives, this small but impactful organization has successfully nurtured relationships with other individuals, including young people, and other organizations involved in community service. The GVG, Inc. Executive takes great pride in its partnerships and continues to provide some of the relevant tools to educate people in our communities, thereby serving as an integral player in information sharing for the benefit of all.

twelve years of community service, Green Valley Global, Inc. hopes it can continue to grow its base through its youth initiatives and broaden its scope of community involvement to build healthier and more productive lives among people of all backgrounds.

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Distinguished Community Service Award

THE ST.KITTS AND NEVIS GRADUATES SOCCER CLUB

MISSION

The St Kitts and Nevis Graduates' Soccer Club is committed to be a leader in sports, by providing opportunities for the development of young athletes.

The St Kitts and Nevis Graduates' Soccer Club was founded in 1980 by several former National & First Division players who had migrated to the United States of America and settled in the Tri State area. The founding members retained their insatiable passion for the sport of soccer, and therefore were determined to build an organization principally intended to support and facilitate their love of the game.

In support of this, the organization's main goal was to create a network of support for Kittitian and Nevisian expats, desirous of continuing to play soccer. The Graduates played their first game against the WLIB Hotshots, which they won handsomely, 3 goals to 1.

Since then the Club has become a regular participant in both the Central Brooklyn Soccer League and the Caribbean Cup Tournament, thereby allowing the Graduates to remain competitive on the soccer field. Participating in the competitions has resulted in the Club extending its support to young soccer players both in the New York area and back home in St. Kitts-Nevis.

The St Kitts and Nevis' Graduates Soccer Club's continued participation in such competitions; its ever expanding presence in the community- and growing desire to invest in the youth of St Kitts and Nevis have afforded the forging of numerous mutually beneficial relationships with individuals and organizations in the Federation as well as, the NY Tri-State area. Relationships with the Department of Sport and Ministry of Tourism on St Kitts, as well as that established with the St. Kitts Nevis National Football Association (SKNFA), have been vital in selecting and providing assistance to young soccer players who play with the team here in New York during the summer.

2005 saw the birth of our Annual Awards Presentation & Banquet, during which the Club selects deserving nationals to be honored for their distinguished service to the Nation. Several Nationals who have distinguished themselves in such disciplines as Tourism Development, Athletics, Soccer, American Football, Arts and Culture, Law and Politics have all been duly recognized for their sterling contributions to Nation building. It is the club's intention to find successful nationals and introduce them to the Kittitian and Nevisian community, so they too can serve as role models for our young people who are in search of a path to their future.



The Annual Awards Presentation and Banquet serves as the Club's main fundraising event during the year. The proceeds are used to provide support for the Club's various projects. Such support includes, but is not limited to, stipends for players on loan from the SKNFA during their participation in the Caribbean Cup Tournament and the Central Brooklyn Soccer League; travel expenses; and dues for participation in the League. Over the years the club has assisted soccer players and other athletes in a host of areas. Other fundraising events have included bus trips and raffles.

It is the Club's ultimate goal to be able to provide deserving students from St. Kitts-Nevis with scholarship assistance as they pursue their academic and educational development.

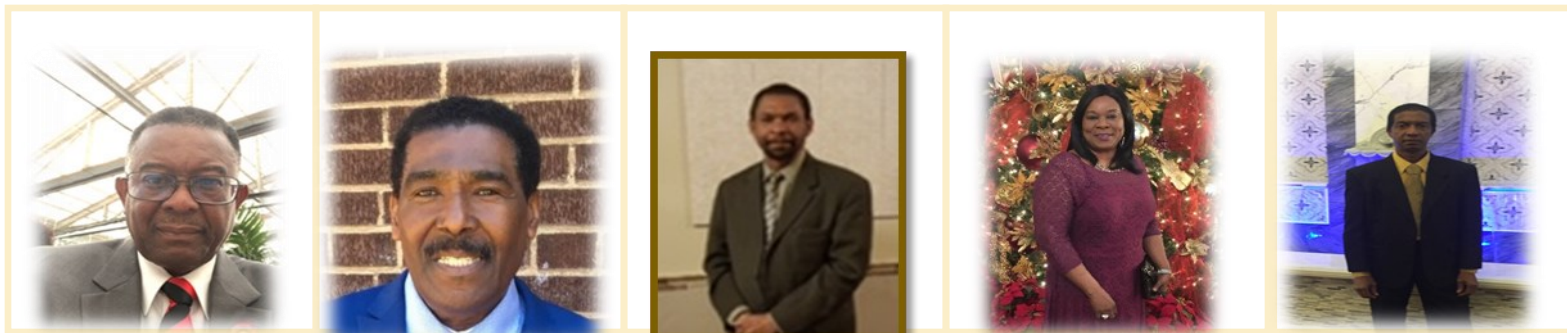


Distinguished Community Service Award

Nevis place holder

Distinguished Community Service Award

Sandy Pointers and Friends



Sandy Pointers and Friends (SPAF) was officially founded in 2002 by a group of Sandy Pointers and friends, under the leadership of Mr. Vince Desuza. It all began at a repass, in conversation, someone came up with the idea that Sandy Pointers need to also meet under more pleasant situations, and the thought was born for a reunion of Sandy Pointers. A group took the trip and, on our return, brainstormed and came up with the idea to assist the Sandy Point Primary School, since everyone else focused on the Sandy Point High School, as so many groups did back then. As our name states, there were friends among us from other villages in St. Kitts that supported the cause, thus the name, Sandy Pointers and Friends. It was therefore decided that we would concentrate on the Primary Schools from Old Road to Dieppe Bay going westward.

We began by sending barrels of school supplies annually. As time went by, we donated computers, televisions, High Speed Cameras, Tents, Refrigerators, a Stove, Science equipment as requested by the various schools. We also donated approximately twelve (12) Clocks to Pogson Medical Center, a Washing Machine to "Save our Sons". The group also supplied barrels of toys and other supplies to pre-schools in the same districts and other individual donations as requested.



Briannagh D

When Briannagh D started singing over a decade ago, never did she imagine that she'd be collaborating with rap battle legend Cassidy for their newest hit "That Feeling." The video has been out for a mere two weeks and by the numbers we are seeing now, we're projecting that this video will be a guaranteed viral hit! The video premiered on MTV, BET Jams, Revolt, and Music Choice. It has also been published on over 300 media internet sites and other celebrities have posted about it on their social media accounts.

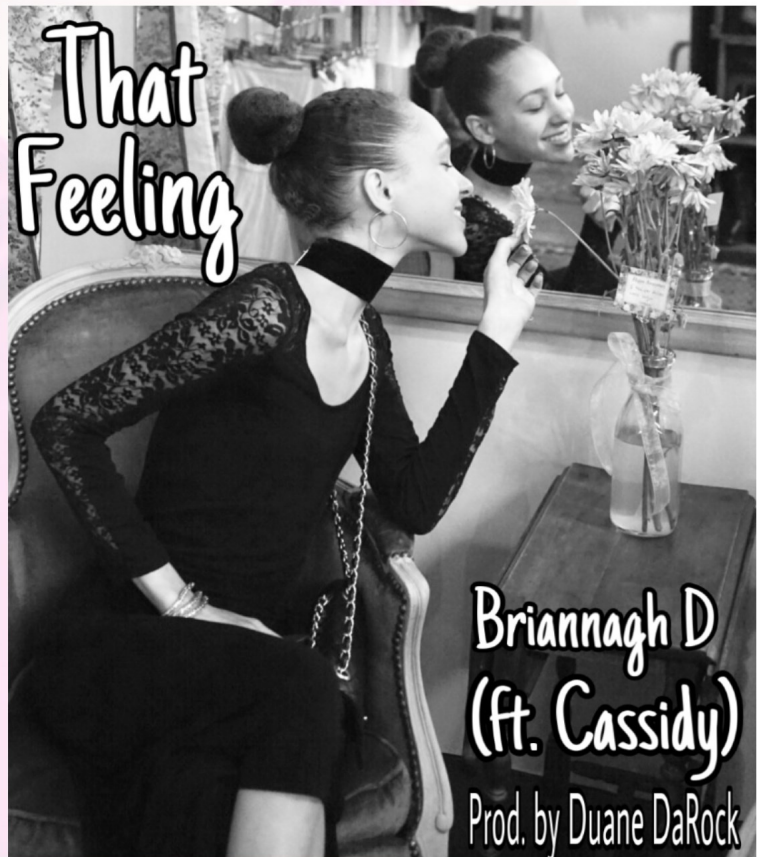
Everyone's Favorite Caribbean Princess is Back at it Again!

Her red carpet style also had people talking as she may not just be music's newest it girl, but fashion's newest it girl too. She has proven that she not only knows how to work a stage, but also a red carpet.

Being half Caribbean, Briannagh D derives lots of musical inspiration from her mother's culture, as is evident from her previous chart-topping single "Feel the Beat" featuring E-Dee the Dancehall Celebrity. The song became so popular that it was later uploaded to WorldStarHipHop.com and now has over one million Facebook views.

Performing at the St. Kitts Music Festival where artists such as Ciara, Lionel Richie, and Patti Label have performed, she was able to receive her "time to shine" on The Hype Magazine and even Sheen Magazine, following her performance. She later received attention for her Labor Day Parade performance in New Jersey which was captured by ABC7 New York. Briannagh D is not only a singer, as she has appeared on Disney Channel's "Bizzardvark." It looks like it's only the beginning for this 17-year-old superstar.

Briannagh D was excited to attend the 2019 MTV VMAs and interview the stars on the red carpet. Artists such as Taylor Swift and Ariana Grande were present at this year's award show.



To follow Briannagh D:

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Briannagh D



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Distinguished Community Service Award

FRIENDS OF KELLITS INC.



In the late 1980's and early 1990's a group of friends would meet in Brooklyn to bring in the New Year. One thing we all had in common was the fact that most of us were immigrants from Jamaica, but even more most of us were from Northern Clarendon. After years of meeting in that format it was suggested that it would be a good idea to form an Association that would be made up of immigrants from the "Hills of Clarendon" and are now living in the state of

New York. This enthusiasm came to fruition in the Summer of 1991 in the Bronx when the concept of the Friends of Kellits was born.

One of the primary functions of the Friends of Kellits Inc. is to give assistance to needy students from Northern Clarendon. Scholarships are awarded yearly to one student from each of the five schools in the area. Students continue to receive these scholarships for the duration of the five years that they are in school.

However, while our primary goal is to help our members here in New York our mission is to provide assistance and support to our communities in Jamaica.

The objectives of the Association shall include:

1. Promoting unity, preserving, perpetuating and maintaining fellowship among members and their guest;
2. Sponsoring and promoting educational and social interaction between members and their guests;
3. Sponsoring, promoting and engaging in ventures of a social, recreational or cultural nature, including the promotion of concerts, contest, dances, dinners, theater events, athletic sport and other activities;
4. Holding and arranging social functions, matches, competitions and displays, an offering or contributing toward prizes, awards and distinctions;
5. Cooperating with other organizations including non-affiliate of our districts, incorporated or not, which have objectives in whole or in part similar to the objectives of the Association;
6. Promoting the ideals of the Association; and
7. Giving assistance whenever possible to the members of the Association and their guests.

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Distinguished Service Leadership In Education

E.SYLVIA MILLS



E. Sylvia Francis was born to Thomas Francis and Sarah (May) Francis in 1928. She attended the St. Paul's Government School from 1933-1939 and the St. Kitts-Nevis Girls' High School from 1939-1946, having won the first Government Scholarship to that school.

Miss Francis began her teaching career as an uncertificated teacher at Bethel Government School, in Parson's Ground, in September 1946 and became a certificated teacher in December of that same year after passing the Leewards Teachers' Certificate Examination in the Principles and Practice of Teaching. In 1947 she attended the Spring Gardens Teachers' Training College in St. John's, Antigua and returned the following year to Bethel School as a Trained Teacher.

In 1955, Miss Francis married the late Honourable Charles E. Mills who had been Headmaster of Bethel School at the same time that she had taught there. The union lasted for 52 years and produced three children Carlene, Sandra and Charlie, who in turn blessed them with eight grandchildren and 1 great grandson.

Mrs. Mills transferred to the Sandy Point Junior School in 1955 and taught there until 1964 when she was offered the opportunity to act as Headteacher at the St. Paul's All Age School. With the introduction of the Comprehensive System of Education in 1966, Mrs. Mills was promoted to become the Headteacher of the Sandy Point Infant School. In 1969, she attended Nottingham University in England where she focused mainly on infant teaching methods, specializing in the Teaching of Reading. On her return, she was posted at the newly-formed St. Kitts-Nevis Teachers' Training College (now the Clarence Fitzroy Bryant College), where she taught budding student teachers how to teach Reading. She continually upgraded her skills in the art of teaching, including pursuing a course of studies in Primary Teaching Methods in Ottawa, Canada in 1972.

By 1975, Mrs. Mills had achieved such success as a teacher of teachers in St. Kitts that she was invited by the Government of Guyana to meet with teachers and give demonstration lessons in the teaching of reading across Guyana. At the same time, her Integrated Approach to the Teaching of Reading was so renowned that samples of her programme were introduced into schools in Dominica, in St. Eustatius, and into a school in England where many West Indian children were attending.

She was also tapped in 1975 by the Canadian Organization for Cooperation in Overseas Development (OCOD) to be host country tutor for St. Kitts-Nevis and for many years thereafter she was integrally involved in the planning and development of topics and materials needed to conduct annual OCOD summer workshops aimed at improving the skills of teachers in St. Kitts-Nevis. Mrs. Mills' versatility further showed itself when, in addition to with her teaching commitments, she performed during the period 1975-1980 the duties of Island Coordinator for the United States Peace Corps Volunteers who were stationed in St Kitts, many of whom were themselves functioning as teachers.

Her enthusiasm to promote reading skills to every child – and not just the gifted ones – was legendary. She began her teaching career with teaching the very young. She invested many of her prime years teaching others how to teach reading to the very young. And well beyond her retirement from the Civil Service in 1983, she continued her commitment to the teaching of the very young by coordinating the plans for the formation of the George Dixon Pre-school at Manchester Hall in Sandy Point.

Mrs. Mills has also always been actively engaged in community work, including the teaching of needlework classes in Dieppe Bay, St Paul's and Newton Ground, and running women's groups in Sandy Point. Additionally, she was organist at the St Paul's Anglican Church for many years and is a founding member of the Robert Llewellyn Bradshaw Memorial Fund.

In 2007, the Ministry of Education of St. Kitts-Nevis awarded Mrs. Mills with the Medal of Appreciation for Service to Education. That same year, on National Heroes Day on the 16th of September, the entire Federation showed its gratitude for her many years of service with excellence to the nation when she was invested as a Companion of the Star of Merit by His Excellency the late Sir Cuthbert Sebastien, Governor-General of St. Kitts and Nevis.

Teacher Miss Mills – as she is fondly called by her many past students – is a lifelong teacher who was, and is, tireless in advocating for good teaching. Her motto is to always be of help to others. But the teaching of Reading has always been her passion.

Distinguished Service Leadership In Education

MS. IRMA OTTLEY



In the 1940s in St. Kitts, there were not many career opportunities available to ambitious young women, even those who had been given the opportunity to attend high school. Ms. Irma Ottley had won a scholarship and attended the Girls' High School in Basseterre, and on successful completion of her studies there, she decided to accept an offer to teach. She was assigned to the Sandy Point Primary School where her primary responsibility was Grade Five. It was a daunting proposition. High school had not prepared her for classroom management but she quickly found that she had an affinity for the job and enjoyed it. She remembers teaching students how to write in cursive and script, showing them how to hold the pencil, guiding their hand to form the letters, then letting go and watching them practice, shakily at first, then with increasing confidence until they were forming perfect letters on their own. "Teaching made me feel I was accomplishing something important," she recalls. Once she decided to follow her mother into the teaching profession, Ms. Ottley took steps to get the training she needed to give the best possible to her students. She took the local teaching certificate exam then went on to study at the Teacher's Training College in Antigua with other aspiring teachers from St. Kitts.

On her return from Antigua, Ms. Ottley recalls waiting to hear about her assignment and receiving word one day that she was to report to work in Basseterre the next day. This involved packing, traveling, finding a place to board, and a few tears all in short order but she answered the call and began an assignment at the Irish Town Primary School. From there she continued to teach, serving in various roles from teacher to principal at Newton Ground Primary School, Middle Island Primary School, and the Basseterre Senior School.

After over twenty-five years of teaching, Ms. Ottley retired in the late 1970s, however, she did not rest for long. Teaching had become an important part of her life, and so, she returned to the profession and accepted a position as head teacher at The Academy on the Bay Road in Basseterre where she molded both teachers and students. She retired once more in the early 1980s, ending a teaching career that spanned over forty years and impacted the lives of many of St. Kitts' most prominent adults today. Hundreds of students passed through her care and remember Ms. Ottley affectionately as a teacher who was strict and demanding, but caring with a great sense of humor.

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Giving back so others can move forward is mantra which is practised by your organization. The Charles E. Mills Secondary School, formerly the Sandy Point School continues to move forward as a result of your invaluable assistance. The society is like a generous Uncle living overseas who looks out for his family back home. This is how fondly we at Charles E. Mills Secondary School think of our benefactor. We appreciate the support given directly to the school on an annual basis and for the scholarship opportunities which benefit our students. We are extremely grateful for your hard work and commitment to us.

The Principal, Staff , Students and the wider community express sincere gratitude and appreciation to you as an organization and to your members individually.

Thank you SPBS and may your efforts continue to prosper and grow far beyond our lifetime.

Congratulations on another successful year.



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TOWARDS A HIGHER PURPOSE

By: Stan Lewis

This year's theme "*working together for a brighter future*" is a perennial aspiration we should all embrace. Such a mantra is always apt as much of what we accomplish even at an early age was by teamwork. Even as infants we had the support of family, relatives, neighbors, friends and the community, a support grid that powered us into the future.

Nevertheless, we usually think of teamwork as a collaborative effort associated with traditional groups and organizations. Perhaps our earliest recollection with such groups is with the church. On Sunday morning dressed in your Sunday best, you were ready for service at the Catholic, Methodist or Anglican Church while believers in need of an alternative spiritual experience worshiped at Grace Gospel Hall, Pilgrim Holiness, Apostolic Faith or Brother Spannerman's. Besides the regular church service, Anglicans had established social groups like the Mother's Union and the Anglican Young People's Association (AYPA). The Boys Brigade were associated with the Methodists while Catholic organizations included the Boys Scouts.



Outside the church, there were instances of the larger community working together. One striking recollection was during a massive fire in the 60's. It happened one night when a gas station close to a building that housed the telephone exchange, court house and the post office went up in flames. It was scary and as the fire raged, the fear of an explosion propelled the community into action. Many came together placing layers of water-soaked crocus bags over the flames while others continuously poured buckets of water. It was a gallant effort that prevented the tank from exploding, demonstrating what can be accomplished when a community work together.

Also, in 1966, the Sandy Point High School was established ushering in a new era in education. It was an exciting time with a bright future. The launching of that school is probably one of the best examples of a community "*working together for a brighter future.*" Its introduction sparked and renewed a new spirit of community partnership and support as the entire district ensured the school's success. Whether it was businesses, individuals, teachers, students or groups, everyone contributed. With the help of the community, the school successfully completed several major projects that laid the foundation for future activities.

Later, groups like SPODACS emerged. This group in particular galvanized community support staging plays and was engaged in community projects and activities. Today, a number of local groups are carrying the mantle. However, SPIRIT is currently leading the charge with Sandy Point's Bang-A-Lang, an annual carnival event. This group is making waves improving the aesthetics of community as well as engaged in neighborhood projects.

Meanwhile, just like in the homeland, there is always a need for teamwork abroad. In this regard, a Sandy Point High School Ex-Student Association (SPHEA) was founded in the USA in 1991 with a primary mission to assist SPHS students, staff and the school. Its charter also subscribed to the notion of helping other schools and social organizations. Another group, Sandy Pointer's and Friends based in New York is focused on assisting Primary Schools while The Sandy Point Benevolent Society has consistently supported students, CEMS, other schools and individuals, providing assistance, mentoring, supplies, equipment and scholarships.

But it is not only Sandy Pointers who are working to achieve this objective. There are several other groups some with a wide spectrum of goodwill while others are focused on a niche. The Kittitian-American Benevolent Association (KABA) founded in 1983 is a dedicated group of nationals, relatives and friends reaching out to the homeland. The Anguilla, Nevis and St. Kitts Association Reunion (ANSAR) also founded in 1983 serves as a forum to renew and strengthen friendships, foster the development of contacts and networking among people from the islands. The St. Kitts Nevis Graduates Soccer Club recognizes those who have contributed to sports at home and abroad and is instrumental in facilitating the hosting of athletes from the homeland, playing abroad. The New York St. Peter's Alumni & Friends too assists communities at home and abroad while Green Valley Global is engaged in charitable work that benefits Nationals, Caribbean-Americans and others and is a principal supporter of the Cayon/Green Valley Festival. Again, this is by no means an exhaustive list as there are many organizations in the diaspora providing similar support.

However, it is not about just working within a group. Various organizations have collaborated on projects and supported each other. There are many instances of groups promoting other group activities, attending other group functions, making donations and we applaud such effort.

Conversely, it is not only groups and organizations that are on this path. There is a long list of individual contributors at home and abroad who support other individuals and organizations in this regard. Some simply make a financial contribution while others donate their time, effort, service and expertise. Usually we are aware of those out front and visible but don't forget those who operate behind the scenes. They function in the shadows, are not easily recognizable but are just as important and an integral part of a team.

Needless to say so much more can be accomplished by teamwork. However, it is not about just being a team member and getting along with the group. It requires dedication, corporation, accepting responsibility, accountability and a commitment to achieving a goal. Our communities make progress when we work together. A shared burden is easier, promotes diversity of ideas, facilitate growth and a path forward. Regardless what we accomplish or achieve, there is always a need for collaboration. Our people, our nation, our future is of utmost importance so it is incumbent on each of us, our team, our organization to continue *"working together for a brighter future."*



2019 PRINCIPAL'S AWARD WINNERS



**Tahlise
Connor**

**St. Paul's
Primary School**

Tahlise was born in 2007 to parents Tressy Connor Morrishaw of St. Paul's and Devon Govia of Phillips Village. Tahlise's education began at the Sandy Point Pre School where she developed her curious, reserved personality. She prefers to observe and process things before she acts. This has served her well in her career as a student. After leaving her Pre School, Tahlise attended the St Pauls Primary School.

Although still a bit reserved, Tahlise carried her inquisitive mind and a competitive attitude with her through school. These attributes continue to help her strive to be the best in whatever she does. After completing seven productive years in Primary School, Tahlise won the St Pauls Primary 2019 Valedictorian title. Although she went up against some impressive competition, it was not surprising that she won this coveted title, as her competitive nature allowed her outperform her peers. Tahlise is also an avid reader and values learning.

When not in school, she can be found at home curled up with a book or watching "how to" videos on YouTube. She has represented her school in a number of competitions, starting with her first Spelling Bee Competition in Kindergarten. She has a love for netball and used her competitive spirit to propel her to captain status on her school's netball team. She also has a passion for baking; a skill she learned at an very early age. When she is not in her books, she assists her cousin who bakes cakes and pastries for sale.

Later this year, Tahlise will be starting her secondary education at the Charles E Mills Secondary School in Sandy Point. Tahlise believes in excellence and that one should always aim for perfection. To Tahlise, competitiveness in all aspects of life while staying humble is incredibly important. This, she says, is what makes a well-rounded and respectable individual. Her goal is to become a lawyer and one day and owning a law firm.

Tahlise has proven over the years that she intends to succeed, and those who know her best have no doubt at all that she will continue to strive for excellence and carry along to her new secondary school those qualities that served her so well in Primary School.



**Josiah
Hodge**

**Sandy Point
Primary School**

Eleven year old **Josiah Hodge** is a talented and intelligent son of the soil. He was born in Sandy Point to the family of Mr. Garfield and Shanine Hodge.

Josiah attends the Apostolic House of Glory Reconciliation Ministries in Sandy Point. As a toddler, Josiah accompanied his parents to Lawton, Oklahoma, where they pursued studies at Cameron University. He began his schooling at Lawton Public Schools from Pre-K

up to the second grade. Upon returning home, he continued his educational journey at Sandy Point Primary School where he excelled in grades three to six. Josiah's hobbies includes singing and art. His goal is to be a fashion designer through his love of realistic art which he does with detailed excellence. When he grows up he would also like to pursue a career in medicine. Josiah was humbled at being named Valedictorian of the Sandy Point Primary school Class of 2019 and he hopes to maintain the immaculate standard of learning throughout his educational development.

Saaika Francis is a twelve year old resident of the Newton Ground community. She is the loving and intelligent daughter of Versilie Berry and Dave Francis. As an active member of the Sandy Point Catholic Church she attends Sunday school, sings, collects offering and reads scripture on Youth Sunday. Saaika is currently President of the Students Council. Within the classroom, she always exerts much effort which results in overall excellence not only in test scores but also in behavior.

Saaika also enjoys reading, dancing, socializing and listening to music in her spare time. Her soft personality contributes to her warm interpersonal skills. Saaika aspires to be an airhostess when she grows up as she wants to explore many different countries. Being named Valedictorian of the Newton Ground Primary School Class of 2019 brings great pride to her family, school and community at large. Saaika hopes to continue on the path of success.



**Saaika
Francis**

**Newton Ground
Primary School**

SPBS SIR HUGH & LADY RAWLINS GRADUATE SCHOLARSHIP WINNER



Jamourne Alford embodies the quotation "A journey of a thousand miles begins with a single step."

Jamourne Jamella Alford hails from the village of St Paul's. She is the daughter of Mrs. Lorna Alford-Malone and Steve Carty and she enjoys doing things that make others happy. She says that she gains satisfaction and a sense of completion knowing that she has improved and or positively impacted the life of another. This passion has its roots in the fact that she was raised in a single-family home of eight (8) siblings. From an early age, she grew to understand the value of a good education and the challenges of gaining it. She outlined that it was her aunt Ms. Phyllis Carty (and other family members to whom she owes a debt of gratitude) who played a major role in her life in ensuring that she was not being deterred by recurring obstacles. She also proudly claims Mr. Vincent Hodge as a mentor who propels her to this day.

JAMOURNE ALFORD

On January 25th, 2018, Jamourne graduated from the University of the Virgin Islands with a bachelor's degree in Accounting. She subsequently decided to pursue a master's degree in the same field at the UVI. She understands the value of higher education and how it would impact her life. She also believes that higher education provides the opportunity to explore new ideas, enhances her skills in her field, and enables her to have a greater chance to succeed in an extremely competitive workforce.

She hopes to build a good future for herself and to contribute to society by helping those who are less fortunate. Thus, after obtaining her Master's degree in Accounting, she plans to share the knowledge she obtained from her studies. She also plans to give annual monetary assistance to young aspiring accountants. Additionally, she intends to help those with small businesses who cannot afford to pay for their accounting needs by doing their accounting work voluntarily. Moreover, she is motivated to help others who face obstacles similar to the ones she faced.

Jamourne's long-term goal is to pursue a career as a Certified Public Accountant, but she is ever mindful that tertiary education is costly. The Sir Hugh & Lady Claudette Rawlins Scholarship awarded through the Sandy Point Benevolent Society is greatly appreciated in her quest to realize her dream. Jamourne said that she is "very thankful for this award, which will definitely help to alleviate my financial burden in completing this Accounting degree at the University of the Virgin Islands." She further expressed her gratitude to SPBS on her own behalf and on behalf of all past recipients of awards whose lives have been impacted positively by SPBS' work. She concluded by wishing continued success to SPBS as it seeks to transform lives through its contributions.

The Sandy Point Benevolent Society congratulates Ms. Jamourne Alford for being selected for this award.

SPBS RIDLEY GUISHARD SCHOLARSHIP WINNER



GARIEL BOWRY

Gariel Bowry, an esteemed product of Sandy Point, is one of the proud recipients of this year's Ridley Guishard scholarship. In her earlier years, she attended the Sandy Point Primary School and became the valedictorian in 2012. In said year, Gariel advanced to the Charles E. Mills Secondary School. As the recipient of the Sandy Point Benevolent Society's Principal Award, she was incorporated in the SPBS mentorship program. Gariel was very dynamic in both her extra-curricular activities and her focus on her academic pursuits. She volunteered her time, tutored, played volleyball and participated in the Pathfinders club. In 2017, Gariel graduated the Charles E. Mills Secondary School with passes in 12 CSEC subjects, ranking in the top 5 students of her graduating class.

In 2017, Gariel was nominated as one of St. Kitts and Nevis' 25 most remarkable teens. Consequently, Gariel migrated to New York to pursue her dream of becoming a therapist, and enrolled in the Eximius College Preparatory Academy. In 2018, she graduated with the distinguished award of being the best student of that year, among other honors. Currently, Gariel is pursuing a bachelor's degree in Psychology at the Medgar Evers College, Brooklyn, where she is on the Dean's List.

Gariel is planning her future, but remains mindful of the entities that have shared her life's journey. She often reminds herself of her family values of dedication and making sacrifices. These continue to emanate in the choices she makes. Gariel is especially grateful to her mother, Doriell Bowry and

her father, Garfield Liburd for always being present in her life. Speaking fondly of her deceased grandmother, Arlene "Neena" Bowry, Gariel avows that whatever she pursues from today forward; it is in honor of her late grandmother.

Clearly, serving others is a dominant theme in Gariel's life. She intends to give back to the Sandy Point community and the Charles E. Mills Secondary School by mentoring students and helping them along their journey, as she was supported in the past. The Ridley Guishard scholarship will help to finance Gariel's Bachelor's degree, thus her goals. For that, she is extremely appreciative. Gariel states, "I would love to give a heartfelt thank you to Dr. Guishard for appointing me with this award; I am very grateful to be considered. I am so thankful that you take the time to give to the students in the community to help us to pursue our dreams. Your kind gesture will not be taken for granted."

SPBS UNDERGRADUATE SCHOLARSHIP WINNER



**JAIIDA
SUTTON**

Jaiida Sutton has made it her life's mission to help others. Her desire to serve coupled with a passion for science, health care, and a genuine love for people fueled her decision to pursue a career in medicine. She confessed that "Medicine has always been my first love. It allows me to

challenge myself as it is a constantly advancing field and it continues to evolve with time."

Born in 1994, Jaiida distinguishes herself as a resident of the town of Sandy Point. When asked to describe herself, she said "Purpose-driven, family-oriented and God-fearing are just a few words I would use to describe myself." She began her formal education at the Sandy Point Primary School. Her secondary education was obtained at the Charles E. Mills Secondary School where she performed very commendably. After graduating C.E.M.S.S, she pursued studies at the Clarence Fitzroy Bryant College and was equally successful.

In 2015, she journeyed to Trinidad to pursue studies at the University of the West Indies- St. Augustine Campus and in 2018, she graduated with First Class Honours when she was awarded Bachelor of Science degree in Biochemistry and Biology (double major). She advanced to the University of the West Indies, Mona Campus-Jamaica where she is currently enrolled in the MBBS Program. She will be starting her second year in September 2019. While in Jamaica, Jaiida was elected as the 2019-2020 President of the St. Kitts-Nevis Student Association of Jamaica.

Upon completion of her studies, it is her intention to return to the Federation to provide quality healthcare to the nation's people, particularly the people of Sandy Point. Additionally, it is her intention to contribute significantly to the field of research. Jaiida has revealed that her ultimate goal is to become a geriatrician. Her interest therefore extends beyond the medical field. She is adamant that older people have made noteworthy contributions to our country's development and as such, they should be given the best affordable medical healthcare in their golden years. Quite passionately, Jaiida believes that having the opportunity to assist others to make healthier decisions and thus prolonging life with the appropriate health care and cure is truly a privilege

Jaiida asserts that education is a vehicle for upward social mobility, however, she acknowledges that quality education comes at a great cost. Thus, she is truly grateful to have been selected as a recipient of the SPBS scholarship for 2019. The funds would help to defray some of the costs affixed to her studies in Jamaica.

The Sandy Point Benevolent Society congratulates Jaiida Sutton for her selection as a scholarship recipient and wishes her every success as she her goals

Give light and people will find the way.

- Ella Baker

SPBS UNDERGRADUATE SCHOLARSHIP WINNER



**JAVONI
ISAAC**

Javoni Isaac, a son of the rich Sandy Point soil, is very pleased and appreciative of his selection as a recipient of the SPBS 2019 Undergraduate scholarship awards.

He attended the Sandy Point Primary School, then moved on to the Sandy Point High School (now the

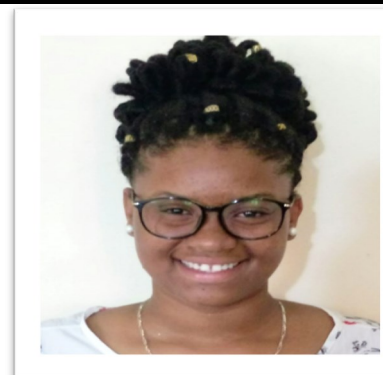
Charles E. Mills Secondary School). He was successful in the CXC examinations and progressed to the Clarence Fitzroy Bryant College in 2011 and graduated from that institution in 2013. Beside his academic pursuits, Javoni was an active youth with many interests which he actively seeks to pursue. He was an active member of the St. Anne's Anglican Young People's Association. His interest in sports took him to the basketball court many times for friendly matches with friends and others. His passion for sports also led him to join the Keith Arthurton Cricket Academy.

In 2017, he was awarded a Taiwanese scholarship to pursue an undergraduate de-

gree in Sustainability Science and Engineering. Javoni plans to pursue a career in Environmental Health upon graduating from Tunghai University. He is about to enter his third year of university and plans to graduate in 2022. He asserts that the environmental difficulties that we face need intelligent solutions and he holds a genuine interest in being part of said solution. He is looking forward to an opportunity to contribute to the welfare of the environment, particularly that of his home town.

By awarding him a SPBS undergraduate scholarship, Javoni asserts that SPBS has lightened his financial burden as this allows him to offset additional costs associated with the upcoming academic year. He contends that the generosity of SPBS to give academic scholarships has inspired him to help think more concretely of ways to give back to the community. He intends to assist through community mentorship programs and his voluntary input in planned health related and environmental works. Javoni concluded, "I truly hope that one day I will be able to pay it forward and help students achieve their goals just as SPBS has helped me."

WARNER SCHOLARSHIP WINNER FOR EDUCATIONAL EXCELLENCE



**ALAYNAH
MITCHELL**

Alaynah can best be described as a dedicated, organized and inventive or resourceful person who often thinks outside the box. I am often described by my teachers as a deep, intuitive thinker, and one who listens well. Over the years, I have developed good interpersonal and communication skills which make me an excellent team worker and leader. I am keen and very willing to learn and to also develop new skills.

In addition, I am reliable, dependable, and one who often seeks out new responsibilities within a wide range of employment areas. I have an active and dynamic approach to work and getting things done. I am determined and decisive among other such positive attitudes and characteristics that have earned me much success in all my endeavours.



TECOYA WARNER

Born in 2001, **Tecoya Warner**, a proud Sandy Pointer, has always had a deep passion for books and dance. Ms. Warner started her education at the Sandy Point Preschool and then graduated to the Sandy Point Primary School in 2006. At this institution, she took part in the student council where she played the role of Vice President and then President. She also participated in the Courts/OECS Reading Competition in 2010. She was named 2013 Valedictorian and as a result of this, received the Sandy Point Benevolent Society (SPBS) Scholarship Award. Ms. Warner is a proud alumni of the Charles E Mills Secondary School (previously called the Sandy Point High School).

The SPBS award has assisted her tremendously both financially and through the mentorship program throughout her entire high school career. In third form, Tecoya, along with three other proficient students entered SCASPA's Best in Class Competition. With arduous work and practices, her team emerged victorious and she tied for

Best Individual Student. In fourth form, she participated and won the 2017 Youth Tourism Congress and was dubbed Junior Minister of Tourism. She further moved on to the regional Youth Congress held in Grenada of that year.

Honorably, she was selected as one of the 25 Most Remarkable Teens in the year 2017 for Community Development and Public Speaking. Following this, Tecoya participated in a beach cleanup and a basket giveaway for an elder. In addition to these accomplishments, she sat and passed a total of 13 CSEC subjects and was named Best Girl for 2018. Currently, Ms. Warner is pursuing a Natural Sciences Associates Degree at the Clarence Fitzroy Bryant College and is writing CAPE examinations in the fields of Science, Mathematics and other electives. She hopes to pursue a career in Psychology and believes that with determination, you can make it anywhere in the world.

Don't feel entitled to anything you didn't sweat and struggle for.

- Marian Wright Edelman



A Friend of a Friend – SPBS Building Bridges: Linking People



Like a bridge connecting two separate spaces and joining them into one, or the World Wide Web linking countless millions creating the global village, Sandy Point Benevolent Society has been using its philanthropic platform to connect people in order to make things happen. A new relationship was forged when the president of the Sandy Point Benevolent Society, Mr. Stewart Williams, reached out to us at the Charles E. Mills Secondary School and spoke of a friend who wanted to contribute to the school. Connections were made and within months, we at the Charles E. Mills Secondary School had two young energetic friends in the persons of Aaron Mentos and Isaiah Marshall – Thomas.



These two young men started a Summer Music Camp at the school in July, 2018 and returned for a second year to continue the program. They have donated a computer with the best studio recording programs and have been working with a team of students and teachers to train them how to use the equipment. This is in keeping with our thrust to expose our children to activities that will develop all their skills and talents.

This relationship will blossom to develop an Audio Visual Club within the school to prepare students to access skills leading to careers in sound engineering, audio and video recording and production. The Sandy Point Benevolent Society has already given the commitment to donate the remaining equipment so the first steps made by Mr. Mentos and Mr. Marshall-Thomas in this direction are on the same path envisioned by the school.

Thanks to the Sandy Point Benevolent Society for introducing us to its friends who have now become our friends. The Charles E. Mills Secondary School formerly the Sandy Point High School salutes Mr. Aaron Mentos and Mr. Isaiah Marshall-Thomas for their contribution to our youth in the area of music, a bridge well built by the Sandy Point Benevolent Society.



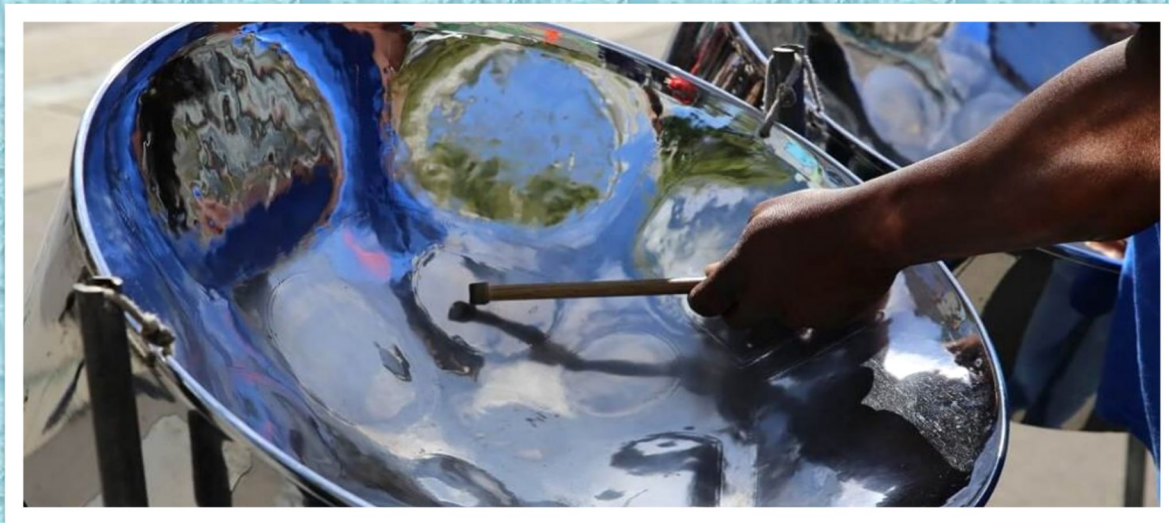
**CHARLES E. MILLS
SECONDARY SCHOOL**

CHARLES E. MILLS SECOND- ARY SCHOOL

A gift of Pan – So Now What? Play Music!

In 2016, the Charles E. Mills Secondary School were the proud recipient of a gift of a forty (40) piece Steel Orchestra from the Sandy Point Benevolent Society. Immediately upon receiving the gift, the school set about to teach its' students how to play. In a few weeks, a group of fifteen (15) students were able to make sweet melody on the skillfully crafted oil drums, we call steel pans.

In December of 2017, the young all student Steel Orchestra went up against veterans in the music industry, some of whom have been playing for three times as long as the oldest student in the Charles E. Mills Secondary School GEMS Steel Orchestra. At the end of that competition the all student band had demonstrated their worth, placing 3rd from a field of five bands.



In December 2018, from a field of six bands and still the only all student band, the Charles E. Mills Secondary School GEMS Steel Orchestra held on to their 3rd place, finish in convincing fashion. The progress the players have made in the short life of the band since obtaining the gift of the pans is astonishing. Such is the skill of the band that their last performance was to serenade the OECS Heads of State at a function at Government House in February, 2019.

We eagerly await the time when the Charles E. Mills Secondary School Gems Steel Orchestra will be in full swing. Currently, they are on a short pause as their tutor, Mr. Dejohn Francis undertaking training in Teacher Education at the Clarence Fitzroy Bryant College. We wish him full success and a speedy return, when we would again hear our children play. Moreover, we must express heartfelt thanks to him for indeed, he has worked magic with the youth placed in his tutelage.

Thanks again to the Sandy Point Benevolent Society for such a significant contribution to our young people. It is truly a major investment in their future.

**Committed to Educating Moulding
and Stimulating Students**

SPBS MENTORSHIP PROGRAMME – STRIVING TO STRENGTHEN BONDS



SPBS President meets mentees

The Sandy Point Benevolent Society's Mentorship Programme continued its work in 2018 and into 2019. We received three (3) new members in first form: Jaidyme Benjamin, De'Anne Abbott and Kayin Thomas who enrolled in form 1 of the Charles E. Mills Secondary School. Ms. Tecoya Warner and Mr. Ziquan Dorsette advanced to CFBC. There were initially 16 mentees until Kydesia Edmeade migrated to Anguilla.

As is customary, the parents of the three (3) first formers were contacted to apprise them of the programme and what it offered their child. With the consent and commitment of the parents, the mentees are invited to a brief orientation meeting with the programme coordinator. They also had opportunities to meet the other mentees within the school and subsequently meet the mentors in the programme.

It was truly a refreshing experience when the mentees had the opportunity in January, 2019 to meet and interact with Dr. Stewart Williams, Chairman and founder of the SPBS.

The mentees were really appreciative of the chance to learn first-hand from Dr. Williams of

how SPBS got started, and how it is kept going. Before concluding Dr. Williams motivated the mentees to give their best and then accepted questions from the mentees.

A critical activity of this year was strengthening the bonds among the mentees as we give greater support to their academic needs. This was manifested in the number of study sessions that were organized in response to the mentees' needs. As the mentees outlined needs for academic support in different subjects, we facilitated. Thus, when one mentee studying for overseas examinations indicated a challenge studying at home, we quickly explored options among mentors and a contingency plan was put in place. This plan allowed several mentees who needed a place away from to study to gather and study their respective disciplines with a mentor present to supervise and/or assist where necessary. Special mention must be made of Mentor Denver Mike accommodated a number of Saturday study sessions for different mentee.

Support sessions for mentees took place wherever we found it convenient to do so. Sessions took place in small groups at schools, on verandahs, at offices and at homes. Those who needed help in Mathematics, History, Physics, Music and Information Technology were able to receive assistance from more competent mentors, and if necessary, from others outside the group.

More mature mentees also provided assistance to mentees in lower forms. It was therefore very heartening to see the fourth formers giving academic guidance to the second and first formers and the fifth formers being of assistance to the third formers. Even mentors who were overseas on study leave, gave assistance to mentees while home on break. Ms. Erian Jeffers surely facilitated many sessions with mentees during the months of May and June. This form of collaboration has certainly worked to create more solid bonds among the mentees and mentors.

Another major activity during the year was the study skills motivational seminar. This highly anticipated activity exposed the mentees to an icebreaker that promoted them to know themselves and utilize their knowledge of others in simple exercise. This was followed by a 5-minute motivational charge by Dottica and Dottisha Taylor who connected with the mentees as they shared/ reflected on what worked well for them in high school and Clarence Fitzroy Bryant College. Thereafter they were taken through an interactive and thought-provoking session on *Prioritizing and Time Management* by mentor, Denver Mike. The motivational seminar concluding with Exam snippets by mentors and a question and answer segment.

The mentors and mentees took place in a major team building exercise during the year. This event took place on the Frigate Bay lawn where all took part in a number of fun activities. It was a delight to see mentees compete among themselves, mentors challenge each other and mentor and mentees becoming invested in the afternoon's fun activities. At the end of the day, mentees and mentors were raving of the wonderful time that they all had. Strengthening bonds also meant supporting the mentees in their undertakings. Mentors and mentees were in attendance to give support at many competitive events when other mentees were participants. We cheered for our mentees who were athletes, cheerleaders and quiz participants. We were present in as far as it was possible and the mentees certainly liked having that form of support. Even at the fifth formers thanksgiving service when our fifth form mentees Aushaun Brown, Shanice Buchanan, Safin Connor and Jameia Clarke were celebrating their completion of high school, other mentees and mentors came out to support. The bonds among the mentees from first to fifth form certainly got stronger over the last year.

During the last year, we welcomed Tecoya Warner and Dr. Duriel Pemberton as mentors. They joined the other mentors (Denver Mike, Sharine Hodge, Azariah Vanterpool, Arljanique Ward, Janecia Williams, Janesha Hyligar, Zonique Browne, and Desiree Gumbs who is also the programme coordinator. Tecoya, like Azariah, Arljanique, Janecia, Janesha, and Zonique, were once mentees in the programme. Dr. Duriel Pemberton was a former recipient of the Dr. Ridley Guishard scholarship but after learning of the mentorship programme and being approached about serving as a mentor, he gave his commitment and has been faithful to it thus far.

At every exercise, the group is reminded that the mentorship programme was framed around Proverbs 27:17, "As iron sharpens iron, so one person sharpens another" and within the Sandy Point Benevolent Society, we "give back so others can move forward".



5th form mentees



CHARLES E. MILLS SECONDARY SCHOOL

Sandy Point High School/ Charles E Mills Secondary School – Winningest Sports School in the Federation



We are running out of space to put them! The Sandy Point High School now Charles E. Mills Secondary School has a long history of being the most outstanding school in the federation in the area of Athletics and Sports. Since its establishment in 1967, it has demonstrated its skill in all areas of sporting endeavor, having won the championship at least once in every sporting discipline.

The school's greatest accomplishment however, has been in the area of Athletics. This year, 2019 marks the 43rd anniversary of the Inter High School Athletic Championship and the school, Sandy Point High School / Charles E. Mills Secondary School, has dominated the winners circle having won the title twice as many times as the school in second place. The 2019 win marks the 26th time the school has won the championship which accounts for 60% of the number of times the event has been held.

The school has enjoyed three instances of a six peat or higher with the highest number of consecutive wins being eight. The highest consecutive wins by another school has been six. This year, the Sandy Point Benevolent Society has supported the team by providing tote bags and water bottles to every member of the Eagles Interschool Athletic Team which helped them to look uniform in the appearance and presentation while enabling them to keep their gear secure.

Thanks Sandy Point Benevolent Society for your contribution, you continue to support us in every area of school life. You are a true partner.

**Committed to Educating Mould-
ing and Stimulating Students**

SPBS RIDLEY GUISHARD SCHOLARSHIP WINNER



**VERDWENCIA
WOODLEY**

1992, she graduated from the SPHS in 2009 with 12 subjects passes and three (3) grade ones. At the SPHS, she was also outstanding in Steel pan, playing the single tenor with the SPHS Sparks Steel Orchestra. She got the Chambers of Industries Award for outstanding CXC CSEC results in the year 2009. She has a passion for helping others and as a result she volunteered to assist teaching Sunday school and Monday school at the Evangelistic Faith Church in Sandy Point where she worshipped.

After SPHS she advanced to the Clarence Fitzroy Bryant College where she successfully completed her two (2) year stint. Thereafter, she worked for the Foundation for National Development (FND) Credit Union between 2012 and 2015. Mindful of her desire to study and her financial constraints, she applied for scholarships to Cuba as well as the Republic of China (Taiwan) in 2014. She was unsuccessful at that time. She applied again in 2015 for both scholarships and was elated when she was successfully granted a scholarship to pursue medicine in Cuba. In Cuba they say, "Gracias a Dios por contestar mis oraciones" (Thank you God for answering my prayers). Now, Verdwenia encourages herself with

Verdwenia S. Woodley is the granddaughter of Ms. Iona Woodley, commonly known as Baby Lou. She was schooled at the Sandy Point Day Care, the Sandy Point Primary School and the then Sandy Point High School (SPHS). Born in

the wise saying, "Nothing in life worth having will come easily".

Having successfully completed her third medical year in Cuba, she has shared that Cuba is extremely difficult and cost of living in the medical faculty and in Guantanamo in particular, is abysmally high. Thus, the Ridley Guishard scholarship would assist her greatly with subsistence and procuring educational resources in her coming year. When Verdwenia completes her studies in Cuba, she intends to return to the Federation. During that time, she will try her best to be an asset to the Federation by providing excellent medical services to all who come within her care. She would like to give back to her community by volunteering as a medic during activities such as Sports days, walkathon, inter-school or any community held activity that may require such services. Additionally, she would like to empower more persons in the community by providing education about the prevention of prevalent diseases such as Diabetes, Mellitus, and Hypertension. She thinks that by doing such education exercises in the community, she will be able to strengthen her hometown by saving and improving the quality of life of fellow Sandy Pointers. This, she hopes, will help to reduce the national cost spent on health care.

Ms. Woodley thanks SPBS for the support given to Sandy Pointers in need. To the provider of the Ridley Guishard scholarship, she expresses sincerest gratitude for making the financial assistance possible. In speaking of her selection for the scholarship and her gratitude to Dr. Hannah Guishard, Verdwenia exclaimed, "I am thrilled to learn my selection for this honour and I am very appreciative of your support. Donors like you make life brighter for us, and I can only hope that one day, I too will be in a position to bring a smile to another needy student."

TWO THOUSAND STEPS

BY: ELOISE HERBERT, MHR, MFA



It's that dream again. It's been reoccurring for years. I'm sitting at a round table with several people, among them Oprah Winfrey, Robin Meade and Tyler Perry. Apparently, we are wrapping up a meeting. No expensive clothes or shoes. No airs. Just creatives sharpening each other's minds and being productive. We're decked out in jeans and t-shirts, with coffee mugs and notepads everywhere. We appear worn, yet accomplished. And my mom is always outside the door with a mug of steaming lemongrass tea waiting for me.

I've had this same dream for years. Every time this dream occurs, a shift in the trajectory of my life occurs. I know I was meant for so much more, but how? That shift to move out of my parents' house. That shift from banking to broadcasting. That shift from St. Kitts-Nevis to the USA to pursue my studies. That shift from the newsroom to film and production. That shift from completing a bachelor's to pursuing a master's-and then completing it. That shift from, "What do I want from them?" to "How can I help them?" That shift from just a single mother, (a societal statistic) to an empowered, resilient, badass woman.

Many dreams, ten years and two babies later, I made the move in faith. As much as my parents wanted to help me financially, they couldn't. All my shifts were dependent on student loans and scholar-

ships. Scholarships like the Sir Hugh and Lady Claudette Rawlins Scholarship for Graduate Studies that caters to students like myself. As a single mother, the guilt that comes from taking time and money away from your kids to pursue an education is very real. For non-traditional, international students like myself, scholarships are extremely hard to come by. Sir Hugh and Lady Claudette Rawlins, your gift was truly an investment in my future. That \$2,000 gave me hope and the impetus to finish out my final year in the Masters of Human Relations program, strong and with clarity of mind. I've also successfully made some headway with my Film studies.

The scholarship allowed me to complete my masters and go from an intern to a full-time professional, aiding some of Oklahoma's most at-risk youth in achieving their goals and leading productive lives. In the near future, I will be transferring my training to the Federation of St. Kitts and Nevis, being a bulwark of support and an emotional resource to fellow constituents who lack these necessities in their everyday lives. I will pay it forward.

I am beyond grateful for the investment by the donors in SPBS's students' futures, especially Sir Hugh and Lady Claudette Rawlins. Hopefully, scholarship donors understand the impact their generosity have on the lives of many students. Every act of kindness is like a ripple in a pond, and the impact reaches far beyond what anyone of us can see. The \$2,000 scholarship was 2,000 steps bringing me closer to my dreams of becoming a problem solver and a creative thinker. Your scholarship brought me to a door of unexplored opportunities and helped me turn the knob.

All great achievements require time

-Maya Angelou



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Trevor Duggins cdep 19



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NADALE BUNTIN EXCELS IN HIS 1ST YEAR AT MONMOUTH UNIVERSITY



Nadale Buntin (son of Richie Buntin) excelled in Football and Track & Field in his senior year of High School.

Joe Riggi remembers a quiet moment he shared with Nadale Buntin, when the J.P. Stevens coach and the senior track star reflected on how the past four

years had flown by almost as fast as Buntin blazing down the track in the 200.

"We've had a bond since his freshman year," Riggi said. "And then going to Meet of Champions and being on the field with him and putting my arm around him and telling him how proud I am of him. It's like you're talking to your son. He became that kind of kid to me. It was like a father-son relationship and to me, he put his arm around me and said, 'We did this together.' That was pretty cool."

Buntin's final season was filled with victories and memories.

At the Greater Middlesex Conference meet in May 2018, he won the 200, 400 and the triple jump and finished third in the long jump. Later that month, he won gold in those four events at the North 2, Group IV sectional. A week later, he won the triple jump and took second in the 200 and 400 at the Group IV meet.

The Home News Tribune Boys Outdoor Track Athlete of the Year capped a brilliant career with a silver medal in the triple jump, a bronze in the 200 meters and a fifth-place finish in the long jump at the Meet of Champions. Not only was it a rare occurrence that an athlete would finish in the top five in the state in three events, but his second-place finish in the triple jump was the best performance by a GMC boy.

Asked if he could have predicted such success for Buntin four years ago, Riggi said, "Definitely not."

Riggi said Buntin was a scrawny but fun-loving kid who didn't know the limits of his potential and wasn't especially focused on unlocking them.



Buntin # 24

As the years passed, however, Riggi said he got bigger, stronger, faster and more determined. Riggi watched him blossom not only on the track but also on the gridiron.

As a senior, he approached Riggi and asked him for his help in making the leap from high school to college.

"His senior year, he matured," Riggi said. "He said, 'OK, we can do this. I can do this. Let's get this done. I'm all in.' He bought in to everything. He wants to go to college to run and asked, 'What do I have to do to get to that level.' He matured on that level and it helped him tremendously."

Buntin was pushed along this season by his younger brother, Naran, and other members of the freshman and sophomore classes. They would challenge Buntin almost daily in practice, forcing Buntin to stay on his toes.



All the hard work paid off. **Buntin headed to Monmouth University** and a new set of challenges.

It has been a bittersweet time for Riggi. Part of him wishes Buntin could stay at J.P. Stevens forever and win race after race. The other part of him,

however, is happy to see his student move on.

"It was like, 'Go spread your wings. They're going to show you things I couldn't show you, and you're going to come back and let me know everything they're teaching you there, so we can make the next generation better,' Riggi said. "He said, 'Don't worry, Coach. I will always come back.'"

Nadale also excelled at football. He hopes to one day to compete in athletics under the Federation of St. Kitts and Nevis flag.

In Buntin's first year at Monmouth, he has continued his winning ways. He is a member of the Track & Field Team.



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DINE WITH DADS

Hosted by SPBS SKB Chapter

Dine with Dads – Another huge success

Fantastic and Enjoyable were two words echoed by the majority of the Patrons at the newly renovated J's Place on June 16th as Dads celebrated Fathers' Day. It was the 3rd Annual **"Dine with Dads"** organized by the Sandy Point Benevolent Society (SPBS)- St. Kitts chapter on the occasion of Fathers' Day. A mixture of colour and elegance engulfed the once famous night club of Sandy Point where the focus was on recognition of Fathers and the role they played.



The venue was new but the flair and décor remained the same as the patrons feasted on some delicious food, great Prizes and mouth-watering entertainment.

Three Fathers were selected based on the image displayed to the public as being dedicated, supportive and loving. These men are exemplary in their roles as fathers and set good examples to other males in the community.

Messers Jevon Charles, Shaun Edwards and Irving Daniel (*left to right in photograph*) are the 2019 distinguished fathers that were honoured. The gesture was significant and timely as there are many challenges facing young males in our communities. Consequently, it is believed that this activity will have a positive impact on important things like gang violence, domestic disputes, single parenting and negligent

fathers.

Each honoree was provided with a beautiful Plaque as a reminder of this memorable occasion. Mr. Shaun Edwards offered words of appreciation on behalf of the distinguished fathers. He expressed pleasure and praised the group for its hard work and commitment to community development. He also encouraged the other fathers present to pay greater attention to their kids and provide the kind of support that can lead to better individuals.

The audience was graced with elegance and beauty by top models and were treated to prizes that included complementary Train rides on scenic Railway, Car rentals, Photo shoot, Haircuts, food vouchers from 2 local supermarkets and several bottles of wine.

Dine with dads continue to be a team effort as members of the group prepared the meals, decorated the venue, and demonstrated modelling skills. However, the tremendous success comes due to the support of the distinguished Honorees and all Patrons. Special thanks are extended to the many Donors, special models, Photographer and owner of J's Place.



Dine with Dads 2019 -



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SALUTE TO HER EXCELLENCY

AMBASSADOR DAME CONSTANCE V. MITCHAM



Her Majesty Queen Elizabeth the Second has been graciously pleased to approve this Award in Her Birthday Honours List 2019 for Dame Commander of the Most Excellent Order of The British Empire (DBE), to **HER EXCELLENCY AMBASSADOR CONSTANCE MITCHAM**, for her contribution to National Development and the Law.

The news was greeted with glee for the nation was happy ...recognizing that no one was more deserving of this honour (the female equivalent of a knighthood) than H.E. Ambassador 'Consie', the first woman to win a parliamentary seat in the St. Kitts and Nevis National Assembly. Her entry into Parliament bespoke of her courage to enter this hitherto all-male world but her entry would also have far reaching effects on every female in the country and every child born out of wedlock.

For the first time women's views were respected at the decision-making levels of government. The first Ministry of Women's Affairs was established.

(i) The draconian rule, which required single women to be dismissed from the civil service, when they became pregnant, was abolished.

(ii) The Status of Children's Act was passed, removing the word "bastard" from our child maintenance laws, and making all children equal for inheritance from their fathers without a will.

(iii) The Severance Payment Fund was established to compensate the laid-off workers, mainly women on the industrial site.

(iv) The new constitution of 1983, for the very first time, included a provision that there must be no discrimination on grounds of sex. There was no such protection in the 1967 Constitution.

The lives of women in St. Kitts and Nevis have never been the same again. This was also a major contribution to stabilizing family life when it is considered that nearly half of nation's households was headed by single mothers.

Dame Consie clearly brought about change in the lives of many.

The nation was therefore grateful that she had begun to get her flowers when she was alive; that she was able to appreciate their gratitude for what she had done. Now, she could also rightfully take her place regionally among other great Dames of the region like Dame Nita Barrow of Barbados, Dame Eugenia Charles of Dominica and Dame Bernice Lake of Anguilla.

Eventually, when the history of this nation is told, it will be revealed that **Dame Consie Mitcham's** influence and actions were even more far reaching than presently known.

Working behind the scenes, with no 'chest-thumping' she acted many times to keep her Party together – not only by generously giving her legal expertise but also working to keep the Party united and strong, always sensitive to the struggles individuals were facing. She also played a major role in the creation of Team Unity. She has acted as the bridge of Unity within the Party but has also reached out to form a bridge between what used to be opposing Parties.

SPBS too wants to salute Dame Constance Mitcham as she served as the Patron to our 5th Annual Awards Gala in NY in 2015. We remember how she answered the call when SPBS approached her to sponsor one of our Principal Awardees to attend the CFBC.

For her passion, compassion, generosity, actions to uplift the nation and equalize the status of its citizens especially but not only at the gender level, and above all for always putting COUNTRY ABOVE SELF,

We salute Dame Constance Mitcham and say THANK YOU for your great contribution to our young nation. We are better because of you!

CONGRATULATIONS!



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CONGRATULATIONS TO SPBS



**“The best way to find yourself is to
lose yourself in the service of others”**

- Mahatma Ghandi



Spencer E. Amory MD

THE POWER OF COMMUNITY

By: T. Coreentje Phipps

In February 2007, a group of St. Kitts and Nevis Nationals who hailed mostly from the Cayon area, founded an organization called Green Valley Global, Inc.

These sons and daughters of the soil had an epiphany of sorts; a renewed commitment to the community that fed them; nurtured them; looked out for them and made them the men and women they had become.

By the end of that cold February back in 2007, Green Valley Global, Inc. had a Motto, a Mission and Members, excitedly ready to take on the challenge of community service. This platform reawakened our commitment to our nation's motto, Country Above Self!

Launching and growing an organization requires the commitment of selfless individuals willing to work collaboratively to impact the lives of others. The journey hasn't been without hiccups, but we have kept the fire of service alight and take great pride in our motto: One People; One Community; One History.

Some twelve years later, Green Valley Global Inc. has grown its base and broadened its reach. It has been able to do this - in part - through the power of its partnerships and strong relationship building tools.

Green Valley Global, Inc. has demonstrated how important partnerships with Nationals, sister groups and other community-based organizations are in order to keep the spirit of service to others alive. From assisting young people at home and in the Diaspora, to providing relief supplies to families displaced as a result of the devastating effects of Hurricane Irma and Maria in 2017, Green Valley Global has not missed a beat. Its members also make a concerted effort to support the work of other organizations

Once it was launched in 2007, Green Valley Global worked with a level of vibrance and purpose that has sometimes seemed unsustainable. From book drives to the shipping of medical supplies, and the hosting of Health Walks, May Fairs, Senior Galas, Children Festivals and Father's Day Shin Digs, Green Valley Global tried its hands at any and every opportunity to impact the lives of others.

The truth of our journey though is that we have not walked this path of service alone. We have built meaningful alliances with other individuals and organizations, sharing ideas and resources along the way, with a view to broaden its reach to Nationals in the Diaspora and at home.

In celebration of World Children's day, recognized in November every year, Green Valley Global, Inc. gives the children of the



Diaspora a stage on which to perform any act they wish to showcase. This stage has graduated many a student from a world of bashfulness to one of confidence and success. It is testimony to our individual and collective commitment to young people.

One of the areas of opportunity organizations in the Diaspora MUST place on the front burner of our service agenda is the absolute inclusion of our millennials and other young patriots. We must ensure they form an integral part of our discussions in defining a path for their service to others, but we also ensure we pass the torch of service to them, making them feel a part of the process and the light that will shine bright after we are gone.

Young people observe what adults do and the impact we have on the world around us BUT our work in the Diaspora is incomplete if we fail to offer these same young people a seat at the decision-making table with us. We should endeavor to capture their diverse skills while our organizations are abuzz with excitement rather than when we are at our weakest and clamoring for members/partners.

Whether we form partnerships with established organizations, young people or influencers within and outside our SKN Diaspora, these collaborations help to transform lives and impact communities in unimaginable ways.

And yes! The anonymous author of the famous quote was right!

"You won't understand the unabashed power of community until you're a part of one."

It is with great pride and respect that I endorse the work of SPBS and all of our SKN Diaspora organizations who simply aim to

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- PROMOTES OR MAINTAINS HEALTHY IMMUNE FUNCTIONS
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GOOD DENTAL HYGIENE

By: Dr. Mervyn Richardson



Did you know that 100 million Americans fail to see a dentist each year, even though regular dental examinations and good oral hygiene can prevent most dental disease?

Regular dental visits are important because they can help spot dental health problems early on when treatment is likely to be simpler and more affordable. They also help prevent many problems from developing in the first place. Visiting your dentist regularly is also important because some diseases or medical conditions have symptoms that can appear in the mouth.

Here are some of the signs that should prompt you to visit your dentist:

- Your teeth are sensitive to hot or cold
- Your gums are puffy and/or they bleed when you brush or floss
- You have fillings, crowns, dental implants, dentures, etc.
- You don't like the way your smile or teeth look
- You have persistent bad breath or bad taste in your mouth
- You are pregnant
- You have pain or swelling in your mouth, face or neck
- You have difficulty chewing or swallowing
- You have a family history of gum disease or tooth decay
- You have a medical condition such as diabetes, cardiovascular disease, eating disorders or are HIV positive
- Your mouth is often dry
- You smoke or use other tobacco products
- You are undergoing medical treatment such as radiation, chemotherapy or hormone replacement therapy
- Your jaw sometimes pops or is painful when opening and closing, chewing or when you first wake up; you have an uneven bite
- You have a spot or sore that doesn't look or feel right in your mouth and it isn't going away

How often do you need to visit your dentist?

Some people need to visit the dentist once or twice a year; others may need more visits. You are a unique individual, with a unique smile and unique needs when it comes to keeping your smile healthy.

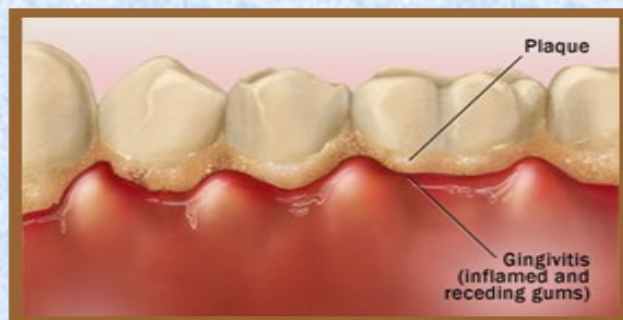
Why do people get cavities?

Did you know your mouth is actually home to multitude of micro-organisms that are recycling your food and drinks? Bacteria which are living beings move, eat, grow, reproduce and discharge waste matter. And, that's how they cause tooth decay in our mouths – by feeding on the sugars in the foods and drinks we consume to grow – then leaving behind the waste, in the form of a biofilm known as **dental plaque**. This plaque allows all those little recyclers to stick around your teeth longer, until eventually they make acids, which wear down the tooth enamel and cause cavities. The bacteria in the plaque that forms near the gums also produce toxic products that enter the gum tissues, causing **gingivitis**. If untreated, gingivitis may become **periodontitis**, a more serious disease where there is bone and tissue loss around the teeth.

Many of the foods you eat cause the bacteria in your mouth to produce acids. **Sugary foods are obvious sources of plaque**, but there are others that you might not realize can cause harm. **Starches—such as bread, crackers, and cereal—also cause acids to form**. The dental plaque created from bacteria also produces substances that irritate the gums, making them red, sensitive, and susceptible to bleeding. This can lead to gum disease, in which gums pull away from the teeth and form pockets that fill with bacteria and pus. If the gums are not treated, the bone around the teeth can be destroyed and teeth may become loose or have to be removed.

And, these bacteria that cause tooth decay are spreadable. According to the science journal Microbiome, **an otherwise innocent ten-second kiss can spread 80 million bacteria between mouths!**

These are the bacteria we need to manage through good oral hygiene practices, healthy diet and dental checkups. **Brushing after meals, using antimicrobial mouthwash, and flossing at least once per day** helps to keep these disease causing bacteria from reproducing in your mouth, and causing tooth decay. And, **healthy diets that minimize sugary and starchy foods also helps** to keep those bad bacterial under control





Fun facts about bacteria:

There are an estimated 300 different species of bacteria living inside our mouths.

A ten-second French kiss can spread as many as 80 million bacteria between mouths.

There are more bacteria on a mobile phone than on a toilet seat.

We have more than 30 trillion bacteria in our body at any given time.

Regular exams allow your dentist to keep your mouth in good shape and monitor conditions that may get worse or lead to problems elsewhere in your body. They can also share recommendations for good nutrition and oral hygiene, and provide counseling on special oral health care needs, such as tobacco cessation.

Regular cleanings help in removing the buildup of plaque and tartar, both of which can lead to cavities and gum diseases like gingivitis or periodontitis. They will remove any stains or deposits on your teeth, and provide instruction on proper brushing and flossing. In addition to the cleaning, the dentist can also provide a fluoride treatment to strengthen the tooth enamel against decay and reduce enamel demineralization.

How do you get rid of dental plaque?

The best way to remove plaque is by brushing and cleaning between your teeth every day. Brushing removes plaque from the tooth surfaces. **Brush your teeth twice per day** with a soft-bristled brush. The size and shape of your toothbrush should fit your mouth and allow you to reach all areas easily. Use an antimicrobial toothpaste containing fluoride, which helps protect your teeth from decay. **Clean between the teeth once a day with floss or interdental cleaners** to remove plaque from between the teeth, where the toothbrush can't reach. **Flossing is essential to prevent gum disease.**

The *American Dental Association* recommends the following techniques for brushing & flossing:

Brushing:

Place your toothbrush at a 45-degree angle against the gums.

Move the brush back and forth gently in short (tooth-wide) strokes.

Brush the outer tooth surfaces, the inner tooth surfaces, and the chewing surfaces of the teeth.

Use the tip of the brush to clean the inside surfaces of the front

teeth, using a gentle up-and-down stroke.

Brush your tongue to remove bacteria and freshen your breath.

Flossing:

Break off about 18 inches of floss and wind it around the middle fingers of each hand. Hold the floss tightly between your thumbs and forefingers.

Guide the floss between your teeth using a gentle rubbing motion.

When the floss reaches the gum line, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth.

Bring the floss back toward the contact point between the teeth and move the floss up or down the other side, conforming the floss to the shape of the tooth.

Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up-and-down motions.

Repeat this method on the rest of your teeth.



Mouth Rinsing:

A mouth rinse, in addition to daily brushing and flossing, can increase the cleanliness of your mouth. Antimicrobial mouth rinses reduce bacteria and

plaque activity, which cause gingivitis and gum disease. Fluoride mouth rinses also help reduce and prevent tooth decay. Always talk to your dentist about any new products you are interested in trying.

Not everyone should use a fluoride mouth rinse. For instance, **fluoride rinses are not recommended for children ages 6 or younger because they may swallow them.** Always check the manufacturer's label for precautions and age recommendations and talk with your dentist about the use of fluoride mouth rinse.

Despite regular brushing, flossing and rinsing of mouth with a mouth wash, one still needs to visit his/her dentist for regular exams.

Regular dental exams are important for detection and prevention of oral diseases. During the dental exam, you will be asked about any health problems you have or medications you're taking and discuss how they might affect your oral health. If you have diabetes, for example, you're at increased risk of gum disease. Your dentist will verify stability of fillings or other restorations, and evaluate your risk of tooth decay, root decay, and gum or bone disease. They will evaluate need for tooth restoration or tooth replacement, and check your bite and jaw for problems. During the dental exam, the dentist will also look for signs of oral cancer in the mouth and throat areas. They may also take X-rays, or perform additional diagnostic procedures to develop a comprehensive treatment plan, which will be reviewed with you at the completion of the exam.

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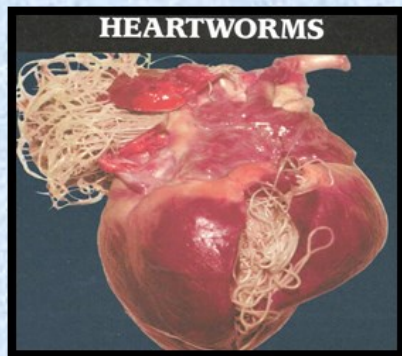
HEARTWORMS



Greetings to my SKN family, especially those from SP. In this edition of Pet Corner, I will discuss **Heartworm Disease**. **Heartworm Disease** is a preventable but fatal disease caused by mosquito. Mosquitoes carry the heartworms larvae called "*microfilariae*" which it transmits from animal to animal during bloodmeal. Heartworms affect mainly dogs, cats and ferrets; but also, wild animals. Human infections have been documented although rare and doesn't cause any illness. Once the *microfilariae* are injected into your pet during bloodmeal, the larvae grow into adult worms "*dirofilaria immitis*" within 6 months. They reside in the blood vessels, heart and lungs up to 5 years.

These worms cause inflammation to the blood vessels, heart and lungs and negative immune reaction.

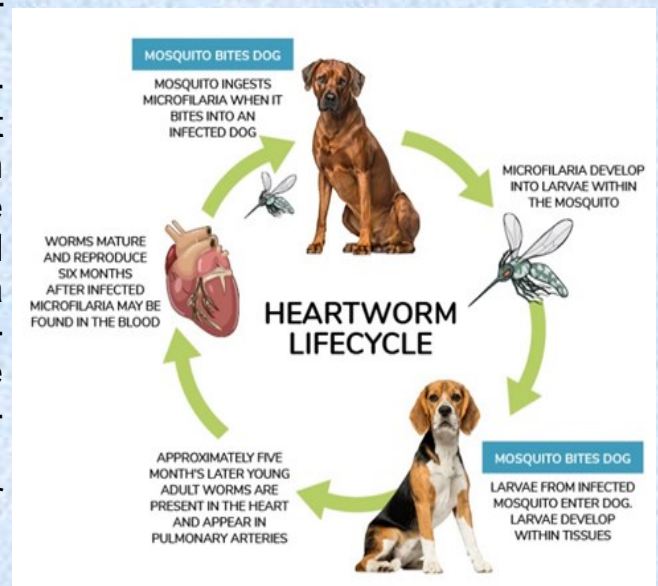
Pet can be re-infected several times if exposed to mosquitoes without prevention. Heartworms are found throughout the USA and in most countries around the world. The risk of contracting heartworms is the highest in pets that live outdoors. Indoor pets are capable of becoming infected with heartworms as mosquitoes enter our homes. One bite from a mosquito carrying the heartworms larvae is all that is required for an infection. Although if infections are diagnosed in medium to large breeds dogs that are 3-8 years old, small pets can get infections also.



The common signs of dog infected with heartworms are *coughing, lethargy, anorexia, exercise intolerance, laboured breathing and nose bleed*. Cats on the other hand exhibit signs such as *vomiting, coughing and difficulty breathing*. Since heartworm is a progressive life-threatening disease, early detection and treatment are critical. This helps to increase the chance of your pet recovery and minimize long term complications such as heart failure.

There are several medications that are safe and effective to prevent heartworms. Prevention can start as early as 6 to 8 weeks of age. Pets seven months older should be tested first to ensure the pet is free of worms. Heartworm preventative is recommended monthly year round. The most important thing for a pet owner is to ensure that your pet receives monthly prevention. Free email reminder services are available by most heartworm prevention manufacturers.

Please visit your veterinarian and make sure your pet's heart stays protected. Good luck!



Dr. G

SHE PLAYED TO WIN

(April 20, 1956 - May 31, 2019)



NADINE E. DUGGINS

FORD

A slim body, humble, quiet but outspoken individual was born in Sandy Point, St. Kitts. Nadine had fond memories with her Parents Mildred “**Miss Lenny**” Warner and George Duggins as well as her siblings Clem, Janice, Sonnie, Trevor, Patty and Paul. Her youthful and athletic years were spent in St. Kitts while her mature and productive years were in the USA.

Head high in the air and body in rhythmic motion and another victory. That’s the way it was during the five years that she attended the Sandy Point High School (now the Charles E Mills Secondary School - CEMSS). Nadine is the only female student to ever accomplished the feat of been Victrix Ludorum for 5 consecutive years. Her weakest event was the 800 meters that she never won but always participated in.

Her accomplishments were not only in Track and field where she represented St. Kitts at the Carifta games held in Barbados but she was also an accomplished netball player. She would play either offense or defense depending on her team requirements. She was always matched against the opposition team best player. Nadine was a complete athlete with raw talents just waiting to be honed into a masterpiece. People often wondered what would have happened to her athletic ability if she had ever received professional coaching.

The sport that Nadine came to love after she migrated to the United States was tennis. She would attend the US Open annually. It’s possible that if she was introduced to the game at an early age in her life she would have been a great player. She would have been a combination of the Williams Sisters. She had the athletic built like Venus and the fierce competitive nature of Serena.

She was one of the most caring person and as expected she would end up in a profession that required her kind personality. She worked as a nurse and really enjoyed helping others especially the elderly who required most care and attention. She believed that the world could be a much better place if everyone showed compassion for each other.

Nadine the athlete, community worker, labour activist and mother succumbed to her illness on May 31, 2019. A woman of great character who played to win in every aspect of her life. Her two children Joseph and Akira Ford have much to be proud of as they reflect on the virtues of a great woman.

May her soul continue to rest in eternal piece!



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IN LOVING MEMORY

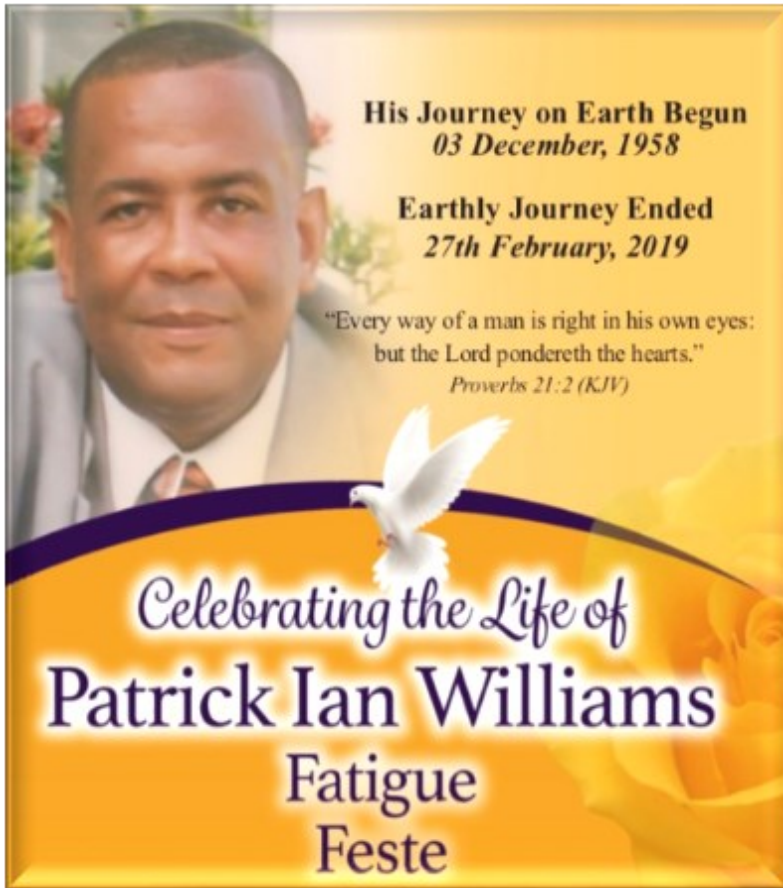


NADINE FORD

APRIL 20 1956 - MAY 31 2019

*You will always be in our Hearts.....
Because in there you are always alive.
-Jamie Cirello*

In Loving Memory



Graduated
Teacher's College
(1983)



Graduated FSU
M.Sc. (1996)



Civil Servant
*Teacher
*Planning Unit
*Electoral Office



Patrick was a true Partner of SPBS. He served as editor of many articles and he was a dependable author and contributor to our souvenir magazine:

- 2018: FLYING EAGLES OF YESTERYEAR AND TODAY
- 2017: SMALL SHOPS ALONG STATION STREET: CAN THEY RETURN?
- 2016: MEMORIES OF MY CHILDHOOD ... CONVERSATIONS WITH MY DAUGHTER
- 2015: THE JOURNEY OF A THOUSAND MILES BEGAN WITH A FEW SMALL STEPS
- 2014: CONCEIVING, BELIEVING AND ACHIEVING: THE STORY BEHIND THE EVOLUTION OF SANDY POINT BUSINESSES
- 2013: HERE COMES THE SUN ... RIGHT?
- 2012: SANDY POINTERS AND YOU: MAKING DREAMS COME TRUE

**GONE WAY TOO SOON
REST IN CELESTIAL PEACE PAT**



11-1-1957

Bernice Catherine Jones

10-18-2017

In Loving memory of our dear aunt, mother, sister and friend of Bourkes Road, Sandy Point, St. Kitts. Her kindness and lovely spirit is greatly missed by all.

From the Jones-Joseph family of Mahopac NY and the Jones family of Sandy Point, St. Kitts.

In Loving Memory of



June 4th 1959

Violet Ethel Jones-Richardson

October 20th, 2014

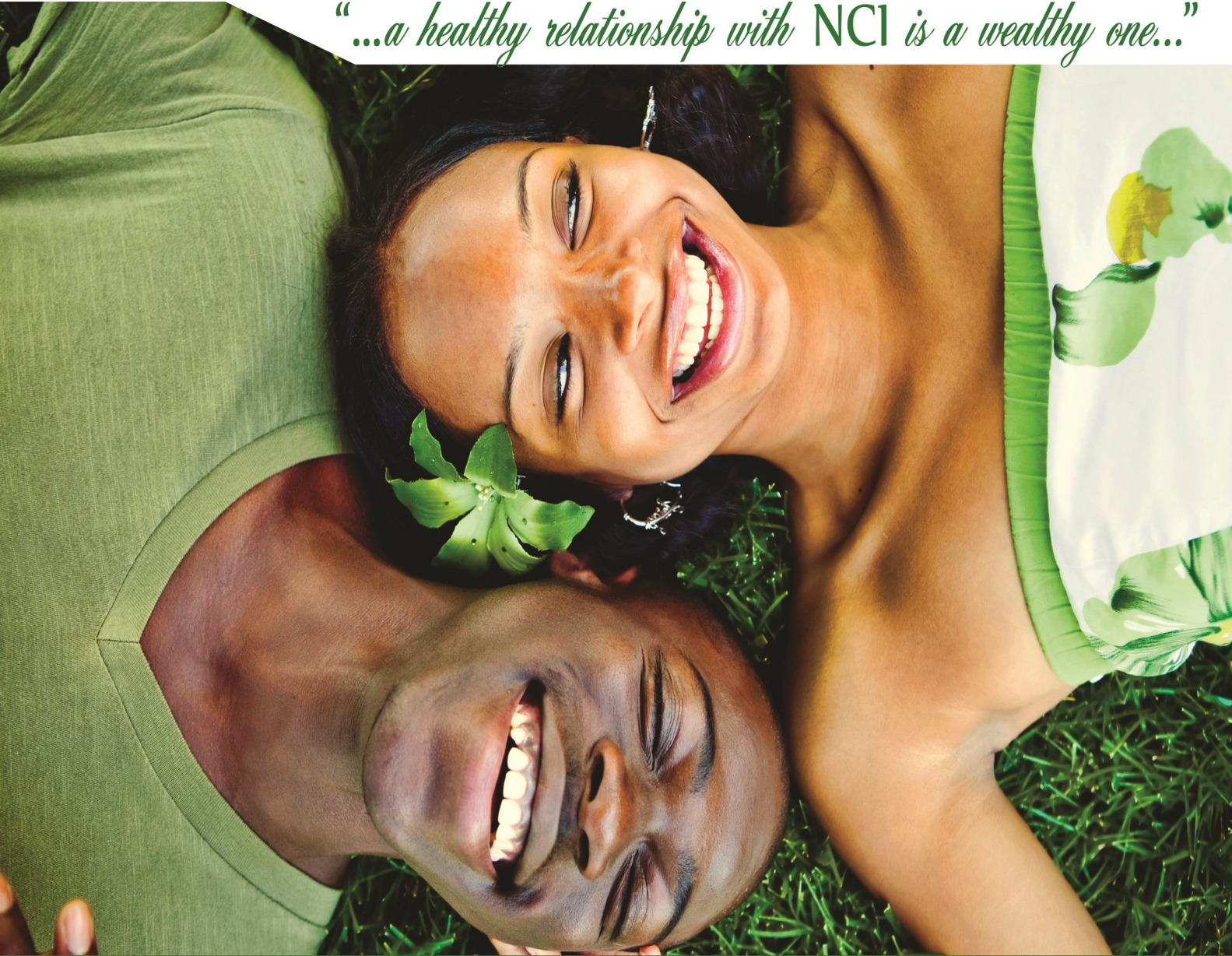
In Loving memory of our dear sister/auntie/friend of The Alley, Sandy Point, St. Kitts, but who at the time of her death resided in West End Village, Anguilla. She is greatly missed by all.

Sleep in heavenly peace

From the Jones-Joseph family of Mahopac, NY and the Jones Family of Sandy Point, St. Kitts

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