

# St. Kitts & Nevis



## 5<sup>th</sup> ANNUAL AWARDS BANQUET

**HELD UNDER THE DISTINGUISHED  
PATRONAGE OF THE HONORABLE  
CONSTANCE MITCHAM, ESQ.**

**MAESTRO'S BANQUET HALL,**

1703 BRONXDALE AVENUE, BRONX, NY 10462

**SATURDAY, SEPTEMBER 5, 2015**

**"Stimulating our Youth—Enhancing Their Future"**



[www.spbsinc.com](http://www.spbsinc.com)



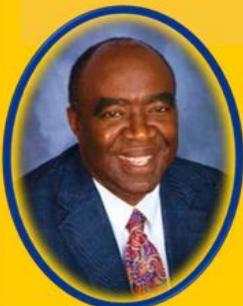
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We are proud to be a major sponsor of  
the Sandy Point Benevolent Society's  
**5<sup>th</sup> Annual Awards Banquet.**

We also congratulate the  
**2015 SPBS honorees!**



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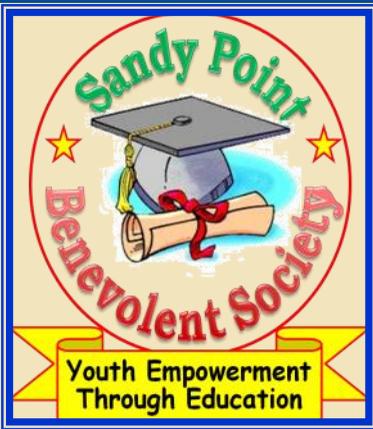
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## Message From the Desk of the President

*Saturday September 5, 2015*

# WELCOME!

My message tonight is bridged by two songs – a soca by Lyrical (*Cloud 9 : Living For Tonight*) and a reggae song that has stood the test of time by the Heptones (*Book of Rules*).

The former song grounds me in why we need to celebrate tonight. SPBS is 18 years old! This longevity is not realized by many volunteer organizations. In many ways it feels as though we have achieved maturity. I enjoy the friendships, hard work and the ways in which we express the essence of who we are. This year's banquet is a first – it will truly complete the circle of educational support and partnership that we offer starting with the Principal's Award which is offered to incoming Freshmen at the Charles E. Mills Secondary School (CEMSS). You will see a Guest Speaker who won the Principal's Award in 2000, and (at the Head Table) you will see our first university scholarship winner who was a Principal's Award winner in 2001. The journey exudes a sense of maturity and fulfillment, and also a sense of excitement with the possibilities that the team aspires to achieve.



In the second song, it says "*common people like you and me will be builders for eternity*"! It is a great opportunity to salute "team SPBS". While the SPBS team members integrate their respective strengths, we are collectively fueled by our volunteers and supporters.

We value our extended teams and describe contributions from some of our many "super volunteers" in the souvenir magazine. So what are we building? In 2015, we made our single largest gift to the CEMSS. We delivered an Intercom Unit (valuing ~\$20,000.00) to promote safety and allow for timely communication across the hundreds of students at the school. We will contribute roughly \$5000.00 in scholarship winnings in 2015. And perhaps most exciting is the fact that in 2016, we are poised to ADD two new scholarships to our arsenal and we hope to take the Awards Gala to St. Kitts as a part of the 50th year Celebrations of SPS/CEMSS.



We value the time you spend with us. With your support, we are prepared go forth and build a stronger SPBS in 2016 and beyond.

**Stewart Williams**

**Stewart Williams, PhD.,**

Founder & President

The Sandy Point Benevolent Society, Inc (SPBS)



July 28, 2015

My Fellow Nationals, friends of St. Kitts- Nevis, all

It is with a sense of deep pride, love and satisfaction that I greet you, one and all, on this your Fifth Annual Awards Banquet.

The Strength of a country, it has been long recognized, lies in its people; and this includes not only those living at home, but also those members of its Diaspora. Certainly, the Sandy Point Benevolent Society, accepting the far reaching power of the Diaspora, has proven time and again to be a practical and strategic partner and an integral part of the greatness of our beloved Native Land.

The Society has grown over the last eighteen years to be a formidable support base, providing significant assistance to the people of Sandy Point and of St. Kitts and Nevis in general. Your motto, "Empowerment through Education" shows that you have your finger on the pulse of the needs of our Country.

Undoubtedly, Education is one of the most important facets of growth and development. I praise your initiative and commend your hard work as you promote the theme of "Stimulating our youths-Enhancing their future," for this year's Banquet. This demonstrates that you are not concerned only with our current society, but with our future generations as well.

As Ambassador of St. Kitts and Nevis to the United Nations, this is my first time joining you. I am indeed truly honoured and pleased to be associated with such an important philanthropic undertaking. Our Nation's youth look to us to set good examples, provide guidance, stimulate their development, and foster opportunities, and certainly the Sandy Point Benevolent Society continues to do all this. I look forward to working with you as we promote the interests of St. Kitts and Nevis at home and abroad.

I congratulate and celebrate with you tonight's honourees, for providing that light that illuminates the pathway to the development and overall success of our youth. We give thanks as you continue to be role models. I applaud also, our scholars here tonight for your accomplishments; well done. This is evidence of the greatness yet to come.

I wish you all a festive filled Banquet, and continued success in your future endeavours.

One love!

Sam Terence Condor

Ambassador Extraordinary and Plenipotentiary  
Permanent Representative to the UN

# BANQUET PROGRAM

**MASTER OF CEREMONIES**  
**MR. TONY HADLEY**

## **PROGRAM PART 1**

*8:00— 8:45 pm*

*Social Hour — Steel Pan Music*

## **PROGRAM PART 2**

*8:45— 9:35 pm*

**The National Anthem of the United States of America**

*Briannagh Dennehy*

**The National Anthem of the Federation of St. Kitts & Nevis**

*Hansil “Richie” Buntin*

**Welcome & President’s Address**

*Dr. Stewart Williams, Founder & President of SPBS*

**Scholarship Recognition**

*Mr. William V. Hodge, Vice President*

**Greetings**

*Her Excellency Constance V. Mitcham, Esq.*

*Ambassador Extraordinary & Plenipotentiary*

**Dance— Lisa Marie Nisbett**

## **PROGRAM PART 3**

*9:35— 10:35 pm*

**Blessing of the Food**

*Pastor Judith Esdaille*

**DINNER— Buffet Style**

**Song— Briannagh [Recording Artist]**

**Songs— King Richie Buntin**

*Thanks for your support—SPBS*

# BANQUET PROGRAM

## PROGRAM PART 4

*10:35— 10:55 pm*

Introduction of Keynote Speaker

*Mrs. Collette Joseph*

Keynote Address

*Mr. Lerone Joseph*

## Announcement of Door Prize Winners

## PROGRAM PART 5

*11:00— 11:35 pm*

Presentation of Awards

- ◆ Mr. Alrick V. Warner — Distinguished Alumnus & Leadership
- ◆ ACP Ian M. Queeley — Distinguished Alumnus & Leadership
- ◆ Pastor Clive C. Saunders — Distinguished Alumnus & Community Service
- ◆ Brimstone Hill Fortress National Society - Distinguished Community Services

## PROGRAM PART 6

*11:35 — 11:55 pm*

- ◇ Raffle Drawing
- ◇ Entertainment

## PROGRAM PART 7

- ◇ Vote of Thanks

# Dance until 2 am

*Thanks for your support—SPBS*



# EXECUTIVE PROFILE

## A word from the Executive Members



**Charles Mills**

**Title: Chairman**

“It is particularly easy to give with all your heart and all your soul when you *know* that what you do makes a *real* difference in the lives of *real* people. SPBS *does*.”



**Collette Joseph**

**Title: Secretary**

IT'S AN HONOR TO BE ABLE TO:  
**S**upport  
**P**romote  
**B**elieve in the  
**S**tudents at CEMSS



**Dr. Stewart Williams**

**Title: President**

“SPBS is 18 years old! This longevity is not realized by many volunteer organization. In many ways it feels as though we have achieved maturity. I enjoy the friendships, hard work and the ways in which we express.”



**Trevor Hanley**

**Title: Fund Raiser- Raffle**

“SPBS provides a great opportunity for me to stay connected with and at the same time, give back to the Sandy Point community. An excellent way of enriching the educational experience of both staff and student.”



**William V. Hodge**

**Title: Vice-President**

“Often I wonder why I spend my money and my time working so hard for SPBS. The same answer keeps coming back – your support is helping children and young people to be successful. Their successes continue to energize me to work even harder for SPBS.”



**Anthony Warner**

**Title: Assistant Treasurer**

“I became a member of SPBS because I wanted to help the underprivileged students of SPHS. My greatest ambition is to witness a full scholarship given to a student of SPHS by SPBS.”



**Dr. Mervyn M. Richardson**

**Title: PRO**

“When I reflected on the stories my mother told me about poverty and how difficult she had it growing up, I jumped at the opportunity to give back when I was asked to be a part of SPBS. I just wanted to make it a little easier for someone else.”



**Trevor Duggins**

**Title: Treasurer**

“Thank you for your support for the past 18 years. The longevity of any successful organization is based on leadership, togetherness and a common goal. Let us continue to give *back* so others can move *forward*.”



**Veronica Assent**

**Title: Assistant Secretary**

“Over the years, observing the dedication and commitment of SPBS, has been an inspiration to me.”



**Paulette Mills-Smith**

**Title: Fund Raiser, Breakfast Coordinator**

"Although I am not in the classroom my interaction with students gave me the inspiration to become a member of Sandy Point Benevolent Society (SPBS) as we continue to assist students to realize their dreams".



**Winston "Junie" Benjamin**

**Title: Entertainment**

"From Manchester to Diamond, CEMSS continues to mold great Leaders and Builders for our communities and our country."



**Stacey Green**

**Title: Social Media**

"The SPBS provides a unique opportunity to engage in nation building and individual growth. The volunteer opportunities are vast yet fulfilling."



**Desiree Gumbs**

**Title: Mentor & Contributing Editor**

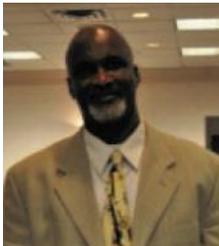
"I am convinced that SPBS is genuinely interested in the empowerment of the youth and working to not only enhance our hometown, Sandy Point, but also the nation of St. Kitts-Nevis in the long run."



**Vashti Atarah**

**Title: Fund Raising & Social Media**

"I am always scouting my environment for ways to make my existence meaningful. SPBS helped to shape who I am so when the opportunity to join the SPBS team presented itself I couldn't walk away. It's truly satisfying work & my way of giving back."



**Stephen Duggins**

**Title: Chief Liaison in St. Kitts**

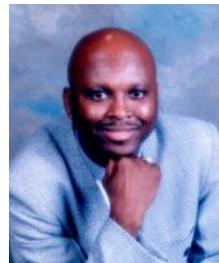
"I have witnessed this group grow in stature and feel fortunate to liaise since inception with key institutions in SKB."



**Marvin "Junie" Manning**

**Title: Chief Editor**

**Dreaming** is a blessing! Dr. Martin L. King's "I Had A Dream" bestowed "**The Dreamer**" in him which changed many lives & then President Barack Obama's "achievements" harmonizes with "**The Dream**"! Together with SPBS our nation's dreams are attainable!"



**Hansil "King Richie" Buntin**

**Title: Entertainment**

"SPBS has enable me to lead with my music!"



**Vincent "Vince" DeSuza**

**Title: Fund Raising & Entertainment**

"Giving back to Sandy Point was always a desire of mine; becoming a member of SPBS provided the unique opportunity to fulfill that dream in a meaningful way."



# Biography of Patron

## THE HONORABLE CONSTANCE V. MITCHAM, ESQ.

Lawyer, parliamentarian, Pioneer, women's rights activist, diplomat and humanitarian are the key characteristics that embody the rich academic, professional and business life of the Honorable

### Constance Viola Mitcham, Esq.

Constance was born in the town of Sandy Point, St. Kitts to her parents, Mrs. Rosina Mitcham and the late Mr. Arthur Williams. She is the younger of two daughters, the older being Mrs. Pearl Sylvester.

She attended primary and secondary school in St. Kitts. Upon completing her secondary education at The Girl's High School, she journeyed to England where she enrolled in North Western College in London, and pursued her Advanced Level studies in British Constitution and Modern History for the General Certificate of Education (GCE) Examination Board. What would become Constance's life's work started when she graduated in 1971 from Kingston University College of Law, in Surrey, England, with an LL.B. (Honor's) degree. In 1972, Miss. Mitcham completed her pupillage at the Inns of Court, Middle Temple, in London, England, and obtained the Barrister-at-Law Certificate. Having accomplished this, she was called to the Bar of England and Wales, a dream come true. At that juncture in her life, her career in law was then poised for take off.

In 1974, Miss Mitcham returned to the Caribbean and was called to the Bar of several Caribbean jurisdictions including St. Kitts, Nevis and Anguilla, the British Virgin Islands (BVI) and Antigua. She served as High Court Registrar and Chief Magistrate of the BVI. during the period 1974 to 1977. In 1980 she served in her native St. Kitts-Nevis as a senior magistrate. Throughout her legal career, Miss. Mitcham represented several high profile clients in civil proceedings and Commissions of Inquiry. Her clients included the first and former Prime Minister of the Federation of St. Kitts and Nevis, the Rt. Hon. Dr. Sir Kennedy A. Simmonds, and other Leaders of the People's Action Movement (PAM). It was the quality of such representations that brought international acclaim for the brilliance of this legal mind.

Miss. Mitcham's legal education and training and her respect for the rule of law made her a much sought after legal luminary in the national, regional and international arenas. Her legal and professional accomplishments earned her employment, membership of and participation in several public and social organizations and institutions. On the national front, her vast leadership experience provided her with the competence to serve as Vice President and President of the St. Kitts Nevis Bar Association. Miss. Mitcham also rendered her services as Chair of the Cable Television Company, Chair of the St. Kitts and Nevis Social Security Board, and Chair of the Development Bank of St. Kitts



and Nevis. On the regional scene, the British Virgin Islands government recognized the caliber of this British trained lawyer and appointed her as Supervisor of the 1975 General Elections held in that British Territory.

The name Constance Viola Mitcham will be forever etched in the annals of our nation's history as a pioneer as it pertains to women in law, women in politics and women's rights in St. Kitts and Nevis. Her work as a woman in law, in politics and as an advocate for women's rights did not only impact the women of our Federation, but women across the Caribbean and the world as well. Miss. Mitcham served as President of the Caribbean Institute for Democratic Women. In 1975 Ms. Mitcham was appointed Country Vice President of the International Federation of Female Lawyers. Additionally, she carried the office of Vice President of the Inter American Commission of Women at the Organization of American States in Washington, DC.

It is the view of many, especially the women folk of our Federation, that Constance Mitcham's greatest contribution to the national development of our country lies in her three consecutive terms as a Federal Minister of Health, Women's Affairs and Labor, in the People's Action Movement (PAM) Administration. In 1984 history was created when the Honorable Constance became the first woman to be elected to the Federal Parliament of St. Christopher and Nevis. During the fifteen year rule of the People's Action Movement, Miss. Mitcham was appointed by the Governor General to act in several other posts including that of Acting Prime Minister of St. Kitts and Nevis in May of 1995. She remained an elected representative for the Electoral District of St. Christopher 4 until 1995, when she retired from active politics undefeated and returned to private legal practice in St. Kitts, Nevis, Anguilla, the British Virgin Islands, and Antigua.

Today, Miss. Mitcham is still very active in the legal fraternity in her homeland of St. Kitts Nevis and beyond. She is well known and recognized as Founder and Head of the reputable Caribbean Legal firm of Mitcham & Benjamin with Chambers, in Basseterre, St. Kitts. Following the 2015 change of government in the Federation, Miss. Mitcham was appointed Ambassador Extraordinary and Plenipotentiary and a special Adviser to the Prime Minister of the Unity Government of St. Kitts and Nevis. The Sandy Point Benevolent Society is pleased to salute Her Excellency, Constance V. Mitcham on her recent appointment and thank her for the many years of yeoman's service to our beloved country.

**"All great achievements require time"**  
- Maya Angelou

# Biography of Guest Speaker

Mr. Lerone Joseph, B.S., M.Sc.

A distinguished son of the soil, a proud Sandy Pointer, the third son of Hillary Joseph and Pamela Broadbelt-Joseph of Sandy Point, St. Kitts. **Mr. Lerone Joseph** acquired his formative education at the Sandy Point Primary School where he graduated top of his class becoming the 2000 SPBS Principal's Award Winner. He graduated from the Sandy Point High School in 2005 with nine CXC subjects, and attended the Clarence Fitzroy Bryant College for one year.

From his elementary school years, Lerone has built a brilliant educational record. In 2011 he graduated with honors from the University at Albany in New York and was awarded a Bachelor's of Arts degree. As an undergraduate he doubled majored in Sociology and Criminology, and minored in Mathematics with a concentration in Statistical Analysis. The fall of 2011 saw Lerone continuing his academic and professional career at one of the nation's leading research schools in Criminal Justice and Forensic Science at the University of New Haven. There he pursued a Master's of Science degree in Criminal Justice with a concentration in Justice Management and Administration. In addition to being awarded his M.Sc. in January 2013, Lerone earned a graduate certificate in Public Administration. One of his academic goals is to complete a PhD in Criminology and become a university professor.

Coupled with Lerone's exceptional performance in the classroom, he completed several internships that provided him with the required work experience for his future professional career. Most notable were his 2010 fall internship with Albany County Crime Victims and Sexual Violence Center, and the 2011 spring attachment to the Albany County Department of Probation as Victim Advocate. His internship experience also took him to the University at Albany Student Group Affairs as a Compliance Officer.

Lerone's work experience and career path are as equally impressive as his academic accomplishments. At the University at Albany he worked as a Resident Assistant, Orientation Assistant, and Housing Manager. While at New Ha-



ven University, Lerone worked as a Resident Director for the Department of Residential Life from 2011 to 2013. In 2013 Winston Salem State University in North Carolina became the beneficiary of his expertise when he served as one of its Hall Directors for two years.

In June of this year Lerone accepted a position with Auburn University in Alabama as one of its Area Directors for University Housing and Residence Life.

Mr. Joseph's scholarship, his intellectual acumen and impeccable quality of his work have not gone unnoticed. As an undergrad, the University at Albany, in March 2011, honored him with its *Presidential Award for Leadership*. This award gives recognition to undergraduate students who have made significant contributions to enhance the quality of life at UA in the area of extraordinary leadership, service, academic achievement, and involvement in the university community. Winston Salem State University recognized his work with the *Hall Director of the Year Award and the Ordinary Men Award for 2014*. Lerone's scholarly work also earned him recognition when he was adjudged the *NEACUHO 2012 Case Study Winner*. These accomplishments speak volumes of the caliber of this young, humble Sandy Pointer.

Amidst his busy schedule, and true to his nature, Lerone finds time to give back to the Winston Salem community by volunteering with the Cooperate Reads Program and the Big Brother & Big Sister Mentorship Program. The Sandy Point Benevolent Society, Inc. is proud to salute Mr. Lerone Joseph, its 2000 Principal's Award Winner!

***"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead."***

- Nelson Mandela

# SALUTING SBPS ALUMNUS — HON. SHAWN K. RICHARDS,

## DEPUTY PRIME MINISTER

The Buchanan family, the alumni of the Sandy Point High School, and the community of Sandy Point, are quite proud to have a son of the rich Sandy Point soil as our Federation's Deputy Prime Minister. Shawn Kenneth Richards was born on 8<sup>th</sup> December 1972 to Kenneth and Marilyn Richards of Downing Street, Sandy Point.



He was educated at the Sandy Point Primary and Sandy Point High Schools. In 1989 when he graduated

from high school, Shawn was an outstanding student. In 1990, he travelled to St. Thomas with his parents and there, at the University of the Virgin Islands (UVI), he pursued a Bachelor's degree in Business Administration. Shawn returned to his beloved country and worked for a short while. It is worthy of note that when there was need for a teacher of Business at his High School, Shawn voluntarily taught the areas at the school and faithfully reported to the classes. Subsequently, he travelled to Cleveland, Ohio to pursue further studies. Shortly after, he graduated with a Master's degree from Cleveland State University.

After working for a short time in St. Thomas USVI, Shawn again returned home to make a contribution to the land of his birth as auditor to the Government of St. Kitts and Nevis and later served as Internal Auditor for the St. Kitts Nevis Trading Development Corporation (TDC).

Shawn has always been actively involved in the service and development of people. This is evident in his assistance for many years of the Sandy Point High School's debating team. Over the years, he enjoyed mentoring many students who sat the Caribbean Examinations, devoting much of his time to assisting with the editing and guidance of students while they completed their SBAs towards final exams. His home has the venue for many compilation and printing of quite a many SBAs.

Shawn's was an athlete for Orange House during his years at high school. He has, from the commencement of his working sojourn in St. Kitts and Nevis ardently sponsored many sporting competitions and has been fortunate to serve on many sports committee in his home town of Sandy Point. Even after his entire family decided to migrate to the United States Virgin Islands, Shawn decided to stay in St. Kitts and Nevis to make what he felt was an important contribution to his community and country. Within his community, Shawn was meaningfully involved in different ways. At his church, Shawn was involved in the Sandy Point Methodist Church Youth Fellow-

ship, where he served a short but impactful stint as President of that group.

Equal to his personal life, is Shawn's dedication to his political life, the nucleus of which is the real and tangible advancement of the life for the people of his electoral constituency of St. Christopher # 5, Sandy Point and Fig Tree. Shawn moved from a young Pamite to Political candidate. In his early thirties, Shawn entered active politics to take on the



then Constituency Representative, Mrs. Jacinth Henry Martin. He was victorious in the 2004 General Elections and thereafter his momentum continued to grow. It was no surprise that Shawn soon advanced to the post of Deputy Leader of the People's Action Movement Party around 2002.

In 2009 when the matter of dual citizenship was raised leading up to the next General Election, Shawn, against the advice of many, renounced his United States Citizenship in order to contest the 2010 General Elections. Such an act was seen by many as a very selfless and profoundly meaningful show of love of country. For this, love for Shawn continued to grow. It was no doubt that he was again successful in the 2010 General Elections. Since then, he has advanced further up the political ladder of success to become the political leader of the P.A.M in 2012, and now the nation's Deputy Prime Minister.

The growing popularity of Shawn as a young dynamic leader continues to catch the eyes of many citizens. He has been greatly admired for his astute leadership and the manner in which he is able to confront his political opponents with the most progressive democratic thoughts as it pertains to the country. This distinguished gentleman is fearless and he has the force of personality to extract a deep measure of respect, even from his foremost critics in politics.

Shawn is the first past student of the Sandy Point High School to rise to the post of Deputy Prime Minister in our nation. It is for us, the Buchanan family, a proud and distinct honour to congratulate a leader in our family for his ascension to one of the highest positions in government. May he garner the strength to continue to serve our community and nation with humility and grace.

# Distinguished Alumnus and Leadership Award

## ALRICK VINCENT WARNER

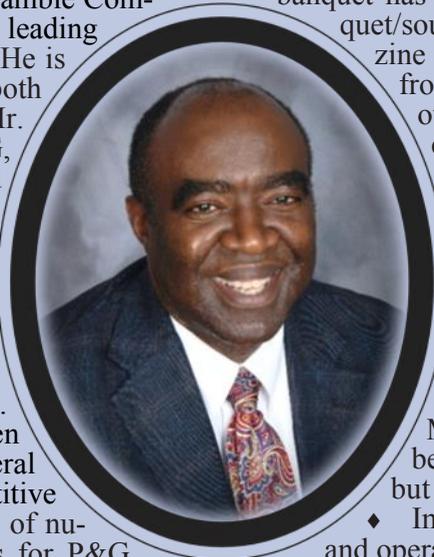
**Mr. Alrick Warner** is a Research Fellow (Distinguished Engineer/Scientist) at The Procter and Gamble Company where he is highly regarded as the leading printing, ink, and coating technologist. He is considered a key thought leader for both analog and digital industrial printing. Mr. Warner is a 30-year veteran with P&G, responsible for the upstream ink and printing developments and improvements in a number of baby and feminine care-related products and substrates.

He is a popular mentor, and also one of their leading experts on polyethylene films, paper making, and packaging. Mr. Warner is named inventor of over a dozen key P&G granted patents giving several billion dollar brands a distinct competitive advantage. He has led the development of numerous novel and patented innovations for P&G including the Pampers diaper rash guard lotion, Pampers high speed printing, Bounty paper making and printing. These breakthroughs have led to significant improvements in consumer preference, profitability and sustainable competitive advantage for such billion dollar P&G brands as Pampers®, Luvs®, Bounty®, Always® and Charmin®. Alrick is also the founder and leader of the popular P&G Print Expo which brings hundreds of leading global print suppliers to P&G every two years.

Mr. Warner expertise and technical mastery in printing was recently recognized by his election to the board of directors of RadTech International North America. RadTech is a non-profit organization dedicated to the advancement of ultraviolet (UV) and electron beam (a.k.a. EB or E-Beam) technologies. "With the rapid emergence of UV and E-Beam in a number of printing, products and packaging applications, we are honored to have Warner's wide-ranging experience and expertise," said Peter Weismann of Quaker Chemical and president of RadTech's Board. "We look forward to his leadership as we continue to develop new, enabling manufacturing methods."

Mr. Warner has also contributed to Maxwell House's Freeze dried and fast-roast coffee before joining P&G, while living in Houston, Texas. In Houston, Mr. Warner founded the Houston Council on Caribbean Affairs, the Caribbean Student Council at the University of Houston, and the ever popular and growing Houston Carnival.

Mr. Warner has served SPBS in many leadership capacities. He served two terms as Chairman of the Board and two terms as Vice President from 2010 to 2012. During his tenure as Vice President SPBS initiated and successfully executed two of its signature fundraising events – the inaugural Awards Banquet in September 2011 and its inaugural Easter Breakfast in April of 2012. Mr. Warner played a dynamic role in ensuring the success of these events even after his departure from the post of Vice President.



Mr. Warner's signature contribution to the annual awards banquet has been in the form of the production of the banquet/souvenir magazine. The production of this magazine has brought numerous compliments to SPBS from far and wide. The amount of the time and other resources that Mr. Warner has expended on creating and producing this masterpiece of a magazine should not go unnoticed. His contribution to this particular activity to ensure that the goals and programs of SPBS are achieved has been nothing short of being sacrificial. Mr. Warner has "given freely of his time and talent" and has "provided sustained support" for the advancement of SPBS from its humble beginning nearly 18 years ago.

Mr. Warner's commitment to and for SPBS has been demonstrated in many ways. These include but not limited to:

- ♦ Improving the governance, fiscal responsibility and operations of SPBS.
- ♦ Improving the professional look and image of SPBS: the logo, tickets, fliers, business cards, brochure, polo shirts, website, magazine, etc.
- ♦ His willingness to travel at his own expense to New York and Pennsylvania to attend SPBS events and meeting bears testimony of this.
- ♦ Giving freely of his time to do many things for us even while traveling for business or pleasure.
- ♦ Worthy of note also is Mr. Warner's initiative to use his business contacts and connections to secure the printing of tickets and flyers all SPBS events without cost to our association.

Mr. Warner's association with our alma mater did not stop at his graduation in 1974. Mr. Warner rendered yeoman service to Sandy Point High School as a teacher. After emigrating from the island Mr. Warner gave many donations to SPHS in a private capacity. One of his noteworthy contributions to the school was the introduction of "Sarah Pearline Warner, MBE Award" of EC\$500.00 given to the male and female students returning the best CXC results. This award was honored annually for well over a decade.

Mr. Warner is deserving of this honor in recognition of his unselfish service to his alma mater, his community and SPBS.

**The Sandy Point Benevolent Society salutes Mr. Alrick Warner with its Distinguished Alumnus and Leadership Award for his extensive and selfless contribution to SPBS and to the Sandy Point High School/Charles E. Mills Secondary School.**



# Distinguished Alumnus and Leadership Award

## ASSISTANT COMMISSIONER of POLICE IAN QUEELEY

Assistant Commissioner of Police (ACP), **Ian M.**



**Queeley** is a serving member of the Royal St. Kitts-Nevis Police Force (RSKNPF). He has been a member of that noble Law Enforcement Institution for the past thirty (30) years. Fifteen (15) of which have been at the Strategic management and Executive levels.

Upon successful completion of his initial police training, he worked at several departments and stations doing general policing, but it was while posted at the Drug Squad (where he spent approximately thirteen (13) years) that he truly distinguished himself. During this time he was seconded to the Central Liaison Office of the Regional Security System (RSS) in Barbados for a period of three (3) years as a Permanent Instructor. In that role, he had special responsibilities for Physical Training, Weapon Training and Internal Security.

Upon his return to his Parent Force (RSKNPF), he was posted at the Police Training School for a number of years and worked his way up to the position of Chief Instructor. In January 2000 he was promoted to Inspector, completed the on-going Recruit Training Course then was transferred to the Frigate Bay Police Station, as the Officer Commanding. After 4 years, he was again promoted to Superintendent and went on to assume other Senior Management and Command Positions (to include the Force Personnel Officer, Divisional Commander for St. Christopher Divisions A and B and later ACP - Operations). In 2008, he was again seconded to Regional Security System (RSS) for another stint lasting almost three (3) years, in the capacity of Director of Plans, Intelligence and Law Enforcement.

During his career, he has had the benefit of several Training Courses in varying aspects of policing with particular emphasis on Drug Interdiction/Investigations, Financial Investigations, Criminal Investigations, Intelligence, Management and Leadership; to name a few. He is a qualified Regional Instructor and Firing Range Officer and the Senior Explosives (Bomb) Technician within the RSKNPF.

He is also a graduate with distinction of three (3) of the

world's most prestigious Law Enforcement Institutions. In 2000, he successfully completed the Senior Police Administration Course at the Royal Canadian Mounted Police College, in Canada. In 2004, he successfully completed the International Commanders' Program at the Bramshill Police Staff College (now renamed the College of Policing) in England. Two (2) years later, he successfully completed a course of study at the FBI National Academy in the United States. Additionally, he is also a graduate of the National Defense University in Washington, where he studied Caribbean Defense and Security at the Centre for Hemispheric Defense Studies (CHDS).

ACP Queeley is a member of several International Organizations, such as the Federal Bureau of Investigations National Academy Associates (FBINAA), the International Association of Bomb Technician and Investigators (IABTI), the National Organization of Black Law Enforcement Executives (NOBLE) and the International Association of Chiefs' of Police (IACP). He is also an Alumni of the Centre for Hemispheric Defense Studies (CHDS) in Washington DC, the College of Policing (COP) in England, the United Nations Asian and Far East Institute (UNAFEI) in Japan and the Singapore Aviation Authority.

To compliment his Police related training and professional qualifications ACP Queeley's academic qualifications include, a Post Graduate Diploma in Criminal Justice and Police Management from the University of Leicester, a Post Graduate Certificate in Criminal Justice from the University of Virginia, a Post Graduate Diploma in Security Administration, from the UWI, (St. Augustine, Trinidad) and Masters' in Business Administration – *with Distinction*, from the UWI, Cave Hill, Barbados.

In relation to his involvement in the wider community, ACP Queeley has represented the Police Force in Cricket, Football and Dominoes. He also served for many years on the management of the Police Cooperative Credit Union as a member of the Board of Directors and later as the President. He was also the Director of Security for the St. Kitts Music Festival for over ten (10) years and the Police Force's representative on the National Carnival Committee and other Major Events to include but not limited to Cricket World Cup (CWC) 2007.

**Sandy Point Benevolent Society salutes ASP Ian Queeley with its Distinguished Alumnus and Leadership Award for your work trying to protect us all.**

# Distinguished Alumnus and Community Service Award

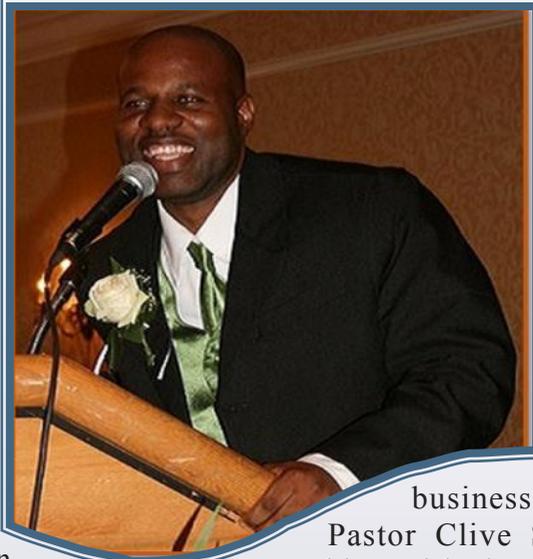
## PASTOR CLIVE CLEMENT SAUNDERS

**Pastor Clive Clement Saunders** is the founding Pastor of the Unique Touch Christian Centre located in Romney Ground, Sandy Point, St. Kitts. Under his dynamic leadership, Unique Touch Christian Centre has grown exponentially since its inception and had become one of the fastest growing churches in St. Kitts. Unique Touch Christian Centre is a 12-year old congregation with over 120 members and 13 active ministries.

The young powerful Pastor, Preacher, Teacher and leader is able to build bridges and reach across generations, gender, race, culture and ethnicity that changes, rebuilds and restores lives. Parents and youth in search of the partnerships instead of persecution, guidance instead of guilt, and opportunity instead of opposition often join after just one visit. According to Pastor Saunders, people frequent Unique Touch Christian Centre because they feel the warmth and love upon entering the church doors. The church stresses kinship over membership. Pastor Saunders maintains that members are not joining the Church - they are joining the family.

Although only 38, pastor Saunders has achieved much. He is the Founder and Director of **SOS - Save Our Sons** Boys Home in Cleverly Hill, Sandy Point, St. Kitts for the past ten years. Save Our Sons is a residential treatment home for troubled boys. Pastor Saunders believes that love and discipline in a controlled environment is the key to changing destructive behavior. SOS provides care for young men who currently need a change in environment. SOS is responsible for the basic necessities of food, shelter and clothing for those young men as well as responsibility of molding the character of each of our residents. Pastor Saunders states that "No boy will ever be denied because of his family's financial circumstances."

He is the Director of Boys Of Standard the only male gospel singing group in the Town of Sandy Point. Pastor Saunders is also the Group Scout Leader for the Sandy Point Scout group, Newton Ground Scout Group, and Verchilds High School Scout Group. He



also works as a Guidance Counselor at the Verchilds High School for the past ten years. He is a popular Radio Host on Dominion Radio 91.5 FM on Saturdays from 11:00 am to 12:30 pm. The name of his radio program is Youth Rap. Many lives are touched by the life changing, inspirational, uplifting, saving and spirit filled message of the gospel.

Pastor Clive Saunders also founded the Splash Down Barbershop, where he encourage and train young men to use their skills to operate their own business.

Pastor Clive Saunders Teaching with clarity, preaching with simplicity and giving with charity.

**The Sandy Point Benevolent Society salutes Pastor Clive Saunders with its Distinguished Alumnus & Community Service Award for your tireless work in the community.**



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# Distinguished Community Services Award

## BRIMSTONE HILL FORTRESS NATIONAL PARK SOCIETY

The Society for the Restoration of Brimstone Hill was founded by volunteers on 10 April 1965. In 1987 Brimstone Hill Fortress was designated a National Monument under the National Conservation and Environmental Protection Act (NCEPA) and the Society's name was changed to the Brimstone Hill Fortress National Park Society (BHFNPS). The Society's board, known as the Council of Management, is made up of unpaid volunteers who have distinguished themselves in local society. The current President of the Council is Sir Probyn Inniss, a former Governor of St. Kitts and Nevis. Day to day operations of the Society are the responsibility of a small, extremely hardworking and loyal paid staff. The General Manager is the Chief Executive Officer and also holds a non-voting seat on Council. The BHFNPS has the distinction of being one of the few NGOs in the world given a legal mandate to manage a National Park and set all necessary regulations.

In 1999 Brimstone Hill Fortress National Park was designated a World Heritage Site of "Outstanding Universal Value" by the United Nations Educational, Scientific and Cultural Organization (UNESCO). Brimstone Hill Fortress was the first cultural heritage (man-made) site in the Eastern Caribbean

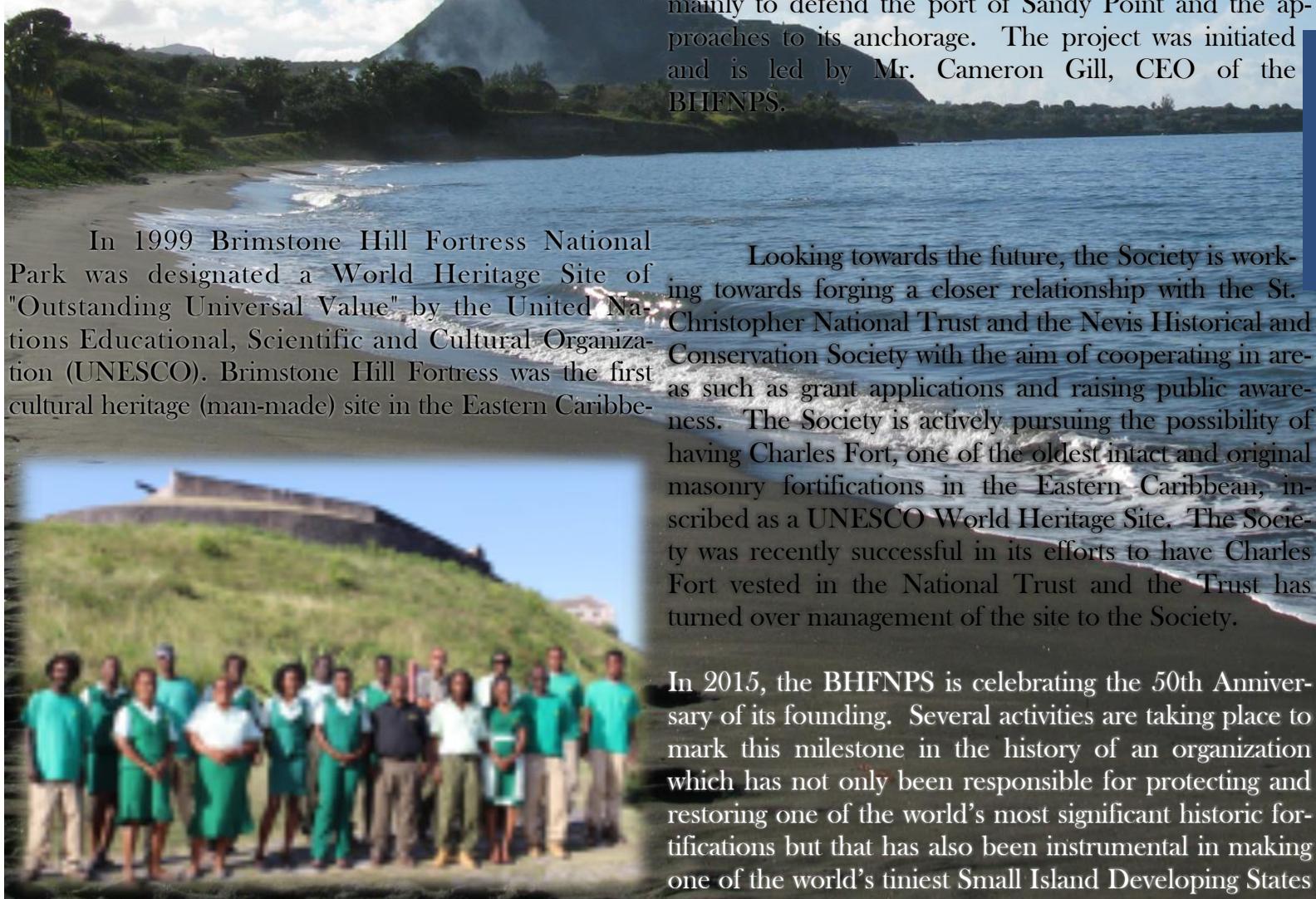
to be inscribed on UNESCO's World Heritage List.

The BHFNPS, also known as the Society, undertakes several outreach activities with the aim of raising awareness of our country's rich heritage. These include the History & Heritage Month of Activities, which is conducted in collaboration with several governmental and non-governmental partners; the Easter Cannonball Hunt; the Emancipation Festival and the Independence Anniversary Brimstone Hill Run for the Fit and Fearless.

The Society, in partnership with Leiden University in the Netherlands and the Foundation for Maritime Archaeology in Curacao (STIMACUR), has since 2012 been engaged in a long term historical and archaeological research project on the historic port of Sandy Point and its anchorage. The Brimstone Hill Fortress and its sister fort, Charles Fort (along with several other fortifications), were constructed from the 17<sup>th</sup> century onwards mainly to defend the port of Sandy Point and the approaches to its anchorage. The project was initiated and is led by Mr. Cameron Gill, CEO of the BHFNPS.

Looking towards the future, the Society is working towards forging a closer relationship with the St. Christopher National Trust and the Nevis Historical and Conservation Society with the aim of cooperating in areas such as grant applications and raising public awareness. The Society is actively pursuing the possibility of having Charles Fort, one of the oldest intact and original masonry fortifications in the Eastern Caribbean, inscribed as a UNESCO World Heritage Site. The Society was recently successful in its efforts to have Charles Fort vested in the National Trust and the Trust has turned over management of the site to the Society.

In 2015, the BHFNPS is celebrating the 50th Anniversary of its founding. Several activities are taking place to mark this milestone in the history of an organization which has not only been responsible for protecting and restoring one of the world's most significant historic fortifications but that has also been instrumental in making one of the world's tiniest Small Island Developing States



# Super Volunteers – Our True Heroes

## Sandy Point Benevolent Society Salutes Its “Super-Volunteers”

Volunteering is one of the most humbling and rewarding modes through which the spirit of humanity is shared with others. It is a gift which imparts value on many of life's intangibles, including building character, fostering healthy relationships and commitment to nation building.

Volunteers are a noble lot.

They sacrifice their time and energies to a cause near and dear to them with absolutely no expectation of anything in return.

This year marks five years since the Sandy Point Benevolent Society (SPBS) has hosted an elaborate gala that recognizes the selfless contributions of individuals who help to effectuate positive change in their communities in the federation of St. Kitts and Nevis.

As an organization with well over fifteen years of solid community service, specifically to the students and families of the Sandy Point secondary school, officially called the Charles E. Mills Secondary School (CEMSS), much attention has been given to the generous benefactors who support the initiatives of the SPBS. Without their financial backing, many of the scholarships, equipment and overall funding extended by the organization would be but a dream in a bottle. Thankfully, these philanthropists in their own right, have placed their stamp of approval on the SPBS initiatives by opening their hearts and their checkbooks.

The students, teachers, parents and communities of our independent nation owe a debt of gratitude to the committed donors who understand the value of their generosity and the importance of the spirit of volunteerism.

The volunteers of the SPBS continue to amaze the entire nation as they rise above and beyond the causes they support, serving as role models, icons and "super men and women" in the seamless delivery of results driven initiatives. They have proven to be exceptional in every task they undertake and their positive attitude helps to keep the flame of volunteering alight.

These humble human beings prefer to marvel at the end result of their hard work rather than be singled out for the super volunteer spirit they epitomize.

Sorry volunteers but the SPBS wants the world to know who you are so that your energies, passion and hard work can be captured for posterity.

The secret is out!

Our 21st century SUPER VOLUNTEERS are being celebrated not only for their hard work and commitment to serving others but because they are the model citizens who our young people can emulate.

The SPBS is proud to salute our men and women who exemplify the genuine spirit of volunteerism!

### Cheers to our SUPER VOLUNTEERS.

We first present Merle Joseph!

“Marvelous Merle” has made a couple of our signature events her very own. We have an “after party” where we celebrate the success of our Awards Banquet with ALL. Merle spends the entire



evening cooking for this event. We all enjoy the local dishes and drinks. In addition, she opens her house and hosts the event. The second



event is our Annual Easter Breakfast. No exaggeration – we typically need two SUV's to transport the number of dishes that Merle prepares. *SPBS salutes Merle Joseph.*

Secondly, we want to recognize Mr. Desmond Warner. For as



long as we have celebrated our signature events, Desmond has remained a consistent leading ticket seller. Beyond selling tickets, he has been resourceful in rationalizing and securing key selections for entertainment and

recognition.

Our third super volunteer is Desiree Gumbs! “Dedicated Desiree” served as “editor in chief” while completing her studies here in the New York. Upon returning to St. Kitts, she implemented our Mentoring Program. One highlight has been her success to get Devatrea





Mike into CFBC College. Another one of her mentees, Louvella O'Flaherty, is in Monroe College in NY and will receive an SPBS Scholarship this year.

Our fourth volunteer is **Robelto**

**"Tango" Glasgow**. "Tenacious Tango" was recognized by

SPBS with a Distinguished Alumnus and Service Award in

2014. He was particularly recognized for his success in business and his unwavering generosity. Tango sprung into action when we solicited his support for providing ongoing financial support to Devatrea

Mike (our CFBC and mentoring candidate). Tango's support was critical to deliver this 1<sup>st</sup> time activity.

Among our special volunteer are **Sir Hugh and lady Claudette Rawlins**. Sir "Honorable

Hugh" was introduced to the workings of SPBS when he participated as our Honorary Patron in 2013. His enthusiasm for our mission was quickly reduced to action. Amongst other things Sir Hugh & Lady Claudette, now sponsor the Sir Hugh & Lady Rawlins Graduate Fellowship and the plaques for

the honorees.

In addition, we would like to recognize a truly premier volunteer in **Stachio Williams** (and his SKNVibes team).

"Super Stachio" and his team are solely responsible for the sophisticated that is [www.spbsinc.org](http://www.spbsinc.org). In 2015 alone they developed programs to enable on-line applications for both our college scholarships, and they developed our capabilities to run Raffles on-line – no small feat!



Hi **Shermel Duggins**. "Sensational Shermel" finds her way to our annual breakfast from Maryland on public transportation to assist with the serving. Wow!!! She is really SUPER. See you next Easter Shermel.



Our last, but certainly not least Super Volunteer is **Stephen Duggins**, who has served faithfully as our longest liaison in St. Kitts. "Sterling Stephen" has been instrumental in delivering ads from our Silver sponsors in St. Kitts, representing SPBS at Speech



Day, as well as coordinating donations across St. Kitts. We are immensely appreciative of Stephen's commitment and selflessness. We strive as an organization because of individuals like Stephen.



Not so fast!! How can we say "Thank You" to someone most of us have never met. **Kirk Schulz**, a real Super Volunteer who upon hearing about SPBS, instantly volunteered to print ALL our tickets for every function annually. "Captain Kirk" and the Premier Southern Ticket Company.



So many more are also SUPER VOLUNTEERS, Thank You, continue to be an example for others to emulate. Like President Obama said "The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope."

Crafted by Coreentje Phipps-Benjamin

THANK



YOU

**Azariah adds to her list of accolades/**

**AZARIAH VANTERPOOL – Miss CEMSS 2012-2013**

Quite unequivocally, fifteen year old Azariah Vanterpool marches to her own drumbeat. This does not preclude rejecting input from others, but it speaks to a young lady who possesses steely determination and acute stereoscopic vision.

Resultantly, she forges her own pathway. She allows no one to define who she is or put parameters or limitations on what she can achieve. In fact, she subscribes to the philosophy of J. Donald Walters which states, “Be true to yourself and less concerned with what others think of you. Don’t accept their definition of you, but grow into a self-identification of your own.”

This quiet self-assurance is rather uncanny in one so young. Azariah, who was born on the 5<sup>th</sup> December, 1999 to Mr. and Mrs. Patrick Vanterpool, is the first of four siblings. She feels that it behooves her to set a good example for her off springs to emulate. This is not a difficult undertaking because her mother, Yulanda, is her role model and has been instrumental in depicting what a principled individual and a person of character, integrity and self-worth entails. She credits her parents for providing a solid foundation upon which she can build as well as that much needed anchoring influence. Above all, she credits her heavenly father for all of her accomplishments to date. She possesses unwavering faith in God and is an avid church member of Grace Gospel Hall. She plays key roles in church as a member of the Grace Sanctified Praise Dancers and by engaging in the rotation of the projector.

In just a short period of time, Azariah has accomplished much. She was the first female president of the Sandy Point Primary School Student Council. In 2012, she had the honour bestowed upon her of being the Principal Awardee of the Sandy Point Benevolent Society. In September of that

said year she matriculated into the Charles E. Mills Secondary School as a student of form 1A1. Currently, she is a student of form 4A1. Her favorite subjects are Principles of Accounts, Principles of Business and Office Administration.

Therefore, it is no mystery as to why she is desirous of becoming an entrepreneur particularly in the fashion industry. She remains undaunted by gender and ethnicity and opines that the catalyst for success is provided by her personal motto, “There is no elevator to success; you have to take the stairs.” Hence, she is prepared to work assiduously to accomplish her goals.

The words penned by the late eminent William Shakespeare also act as stimuli for venturing into pageants. He posits, “Our doubts are traitors and make us lose the good we oft might win by fearing to attempt.” Not plagued by self-doubts and totally uninhibited, Miss Vanterpool has entered a number of pageants. In December 2012 she entered the Charles E. Mills Secondary School Talented Teen Pageant and won a number of segments: Miss Photogenic, Best Talent, Best Formal Wear and Best on Stage Interview. She also won Best on Stage Interview in the annual Talented Teen Pageant held as part of the Carnival celebrations in 2015. She walked away with the third place position in this event. Other significant contributions to the upliftment of her alma mater include representing the school in the annual independence High School Elocution Contest where she placed third and won the Best Prepared Speech category in 2014. Azariah also functioned in the capacity as First Form Student Council Representative (2012). Moreover, she will come to school early and clean the classroom although it is not her duty for the week. This speaks volume for school pride and school spirit.

# 2015 PBS **PRINCIPAL** **AWARD** **WINNERS**

## ZANIQUE WILLIAMS

### St. Paul's Primary School

Zanique was born on February 1, 2003 to parents, Mrs. Erica Liddie-Williams of St. Paul's and Mr. Ersdaine Williams of Sandy Point. Zanique's schooling began at the Baptiste Pre-school in St. Paul's and Sandy Point Pre-school before she graduated to the St. Paul's Pri-



mary School where she spent seven fruitful years.

Winning the coveted title of valedictorian of the class of 2015 came as no surprise as Zanique was able to place first in every grade during her primary school tenure. She is a very well rounded student who is passionate about Mathematics and Science. However, her love for Language Arts and Social Studies cannot be under estimated. Zanique returned a national average of 87% on this year's Test of Standards.

Zanique is not a gifted athlete, but this does not deter her from participating in every sporting opportunity her school provided. She also was involved in extracurricular activities such as drama and sewing. As a matter of fact, her sewing abilities are excellent for someone her age.

Zanique is about to commence her secondary education at the Charles E. Mills Secondary School in the town of Sandy Point. She is fully confident that her modesty, respect for self and others coupled with hard work and perseverance that she will no doubt be able to set the foundation for her career goal of becoming an obstetrician.

## JOHNISHA RAWLINS

### Newton Ground Primary School

Johnisha Rawlins was born to Calvin Berry and Joanne Rawlins on February 09, 2003. Johnisha can

be described as intelligent and soft spoken.

She is a kind individual with a gentle manner. Despite her quiet demeanor, Johnisha is not a shy person and is definitely comfortable sharing her ideas and opinions with others.

Throughout her school career, she has managed to maintain a high and impressive standard of

work. Johnisha has represented her school in many competitions related to reading and spelling. Although Johnisha is not an athlete, she is very active. She enjoys drama and dance and is a member of the Sandy Point Sacred Heart Roman Catholic Church senior dance group. Johnisha treasures every opportunity to showcase her talents.

Johnisha proved to her support system that she has indeed been taking to heart all the lessons imparted to her by earning the title of Valedictorian at the graduation ceremony of the Class of 2015 of the Newtown Ground Primary School. Johnisha received top marks in Mathematics, Social Studies, Language and Science. She will continue her educational journey in form 1A1 at the Charles E. Mills Secondary School in Sandy Point. She is excited for her future and looks forward to the academic and extracurricular adventures that await.

Johnisha welcomes this new phase of life with confidence for she feels that the academic foundation laid for her at the Newton Ground Primary School couples with the moral compass nurtured in her by her parents and family will guide her to a bright future. With perseverance and a sense of respect for herself and others, Johnisha aspires to give back to her community one day through her service as a medical doctor. Johnisha is keen to saying thanks and owes her success to a very supportive network of friends, family, dedicated teachers and most importantly, Almighty God.

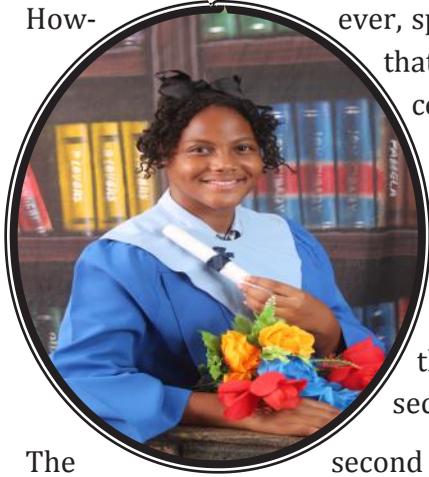


## DARIELA WARNER

### Sandy Point Primary School

Who could expect anything less than intelligence of **Dariela Warner** – coming from parents (Darryl and Maria Warner) who are both doctors? On entering grade six, her intelligence was quite obvious even though at first she did not embrace the vision of being the valedictorian.

However, speaking with her revealed that she was confident she could be the valedictorian *if she wanted to*. And that says a lot because one must first want something to work towards it and achieve it. So during the first term she came in second to her closest rival.



The second term began a new era in Dariela's life. She now *wanted to* be the valedictorian. Even though her words did not say it, her every action did. She became focused and took her work very seriously. She queried every item she got wrong if she did not see it. This she did, not just to get more marks but to ensure she grasped the concept clearly to get it correct when it mattered most.

A very poised and responsible Dariela emerged at the very onset of the third term. Now she was determined to excel as she agreed to take up the challenge of attaining four 'Excellents' (80% and over in every subject) in the Federal Test of Standards. Though this was no mean feat, it was most definitely within her grasp. She had a plan. She knew her only weak area was the Language Arts so she worked ardently at improving it. And that she did. Even though she was three points shy of her desired goal, it was quite evident that she had improved. In the end, she garnered for herself three 'E's' and one G (good), putting her in the elite group of three, to be the first to be placed in 1A1 at Charles E. Mills Secondary School during the Placement exercise.

Dariela is not only intelligent, but very responsible, reliable and helpful. She willingly accepted the task of tutoring her classmates in her study group and encouraged them to settle down, focus and take their work seriously. She was like a little mother to those under her control. She also readily accepted the role of writing the notes on the board when my hand was sick and keeping the text books and other class materials in an orderly fashion in the cupboards. She truly exhibited responsible behavior there.

Dariela loves to play. She loves to laugh and have fun. Netball was fun for her and she looked forward to Thursday mornings when she could play freely and relax while playing the game with her friends and classmates. One day she will become a serious netballer – I think. Dariela also participated in athletics during the sports term. Though not an astute athlete, she is not daunted by the challenges of being one and happily makes the attempt for her blue house at every heat event.

As most Kittitian children, Dariela attends church and Sunday school regularly. She attends the Bethany Gospel Hall in Sandy Point with her grandmother. Even though she now lives in Basseterre with her parents, she frequently returns to Sandy Point on weekends to attend the services there.

Dariela is a leader who has the potential to become whatever her heart desires. She has made her entire family proud. The Sandy Point Primary School is extremely proud of her accomplishments and wishes her every success in her future endeavors.

**"Don't take rest after your first victory, because if you fail in the second, more lips are waiting to say, that your first victory was just luck."**

- Abdul Kalam

## Shernel Alford

2015 SIR HUGH & LADY CLAUDETTE RAWLINS SCHOLARSHIP WINNER



I am **Shernel Alford**, born on February 11, 1986 to Lorna Alford and Steve Carty. I was raised in the small community of St Paul's, St. Kitts, where my family endured the strug-

gles of living in an underserved community. Despite the limitations I always strove to overlook my circumstance and pressed on with my future in mind. Due to financial difficulties I was unable to experience day-care or pre-schooling days. When it was time to begin my formal education at the St Paul's Primary School, I actually enrolled a few months later than my peers due to the unavailability of school uniform and supplies. This set back, however did not hinder me from being successful in academics and track and field.

In 1998 I graduated from my premier learning institution and entered the Sandy Point High School (SPHS) now the Charles E. Mills Secondary School (CEMSS). There my reign continued in athletics while my academic performance suffered. My tenure at SPHS saw me placing first each year in the Cross Country run and setting records in both the 800 meter and 1500 meter events. I was a proud Green Houser. In 2003 I graduated as the most improved student passing six (6) subjects with the Caribbean Examinations Council - CESC Level. This achievement was bitter sweet because I was the only one of my group of friends who passed enough subjects to move on to the Clarence Fitzroy Bryant College (CFBC). Two years later I graduated from that institution with my Associate's degree.

It was then time to confront the world of work. After my failed attempt to become a police constable with the Royal St. Christopher and Nevis Police Force, my search took me to the St. Kitts Marriott Hotel where I landed a position as a central cashier. I served in that capacity for two years and as a night audit clerk for one year. Though I was extremely grateful for the opportunity to work there, I seized the opportunity to work with the Government of St Kitts and Nevis at the Department of Labour. I was appointed as a Labour Officer with additional responsibilities as Severance Payment Officer. While working a full time job, I made a very challenging decision to enroll in an online degree program with Ashworth College. In 2013 I successfully completed my studies and graduated as an honor's student with a Bachelor's of Science degree in Business Administration.

A career in criminal justice and law has always been an area of great desire and passion. I believe that I would be able to make a greater impact on the youth of our Federation. This is why I am preparing myself for a career in which I can help steer our youth away from a life of crime. To better serve my community and country I made a life changing decision to advance my education with the hope of acquiring the knowledge and skills that will enable me to better understand human behavior. And more importantly to be equip to implement initiatives that will help to curb the deviant behavior plaguing the youth of St. Kitts and Nevis. This life changing decision led me to pursue a Master's degree in Criminal Justice at the King Graduate School at Monroe College.

I offer my sincere appreciation to Sir Hugh and Lady Claudette Rawlins and to the Sandy Point Benevolent Society for this scholarship that will assist me tremendously in attaining my goal.

# Kareem Yohan Rogers

## 2015 SBPS UNDERGRADUATE SCHOLARSHIP WINNER

**Kareem Yohan Rogers** was born on September 22, 1991 and raised in the town of Sandy Point by his mother, Miss. Hillarine Rogers of Fahies Street. During his formative years, from September 1996 to July 2001, he attended St. Theresa's Convent School in Basseterre where he began his formal education. Subsequently, he was enrolled at the George Moody Stuart Primary School where he completed his primary school education. After graduating in 2003, he moved on to the then named Sandy Point High School (SPHS) now the Charles. E. Mills Secondary School (CEMSS) spending the next five years climbing the educational ladder.

As a teenager growing up in the Sandy Point community, Kareem was actively involved in a number of extracurricular activities and organizations such as the Anglican Young People Association (AYPA) and Junior Achievement Club. Kareem was noted by his peers and teachers as being a focused and hardworking individual who went the extra mile to achieve his academic goals, and refusing to give up on his dreams. He successfully completed his secondary education in 2008 and obtained seven (7) General CSEC Subjects in the May-June 2008 sitting of the Caribbean Examinations Council. But Kareem did not stop there. His quest to advance his knowledge base and to become more marketable in the world of work, motivated him to enroll in the Clarence Fitzroy Bryant College (CFBC). In 2010, he achieved an Associate's Degree in Business Related Studies from that institution.

With a tertiary level education under his belt, he proceeded to enter the world of work. He was employed at the Royal Bank of Canada as a Document Processing Agent, where he spent three (3) years cultivating skills such as *Time and Money Management, Organizational Skills and Team Work*. In 2013, Kareem spent almost twelve (12) months conducting interviews and online research in order to pursue his dream in the field of study that he has always being passionate about - *Aeronautics*.



His extensive search was over when he applied to and gained acceptance at Kent State University in Ohio. After obtaining his acceptance letter in the summer of 2014, he immediately jumped at the opportunity and matriculated in the fall of that same year. Kareem is now in his sophomore year pursuing a Bachelor of Science Degree in Aeronautics with a concentration in *Aviation Management and a Minor in Business Management*. Upon completion Kareem, intends to return home to make his contribution to his hometown of Sandy Point that helped to fashion the young man that he has become.

In keeping with his future career goal, Kareem is also equipping himself to make a sterling contribution to the national development of the country that gave him birth. With extensive knowledge of the aviation industry, intertwined with effective management of our airports, Kareem intends to use his skills to enhance the airport facilities in the Federation of St. Kitts and Nevis, and to ensure all airport operations are in accordance with *International Standards*. In this regard, he feels that the newly created Ministry of Aviation headed by the Hon. Mark Brantley would create opportunities for youngsters like himself to use their education and training in building a solid infrastructure in St. Kitts and Nevis.

The Sandy Point Benevolent Society, Inc. is pleased to honor Kareem Yohan Rogers by awarding him its 2015 Scholarship for Undergraduate Studies; and to wish him the very best for a bright and successful future.

**Education is one  
of the keys to  
success**

*Lovilla O'Flaherty*  
**2015 SPBS UNDERGRADUATE SCHOLARSHIP WINNER**

My journey has not always been easy, but it has been rewarding. Let me begin, when I received the SPBS award for top student entering the Sandy Point High School, coming from the Sandy Point Primary School. I was extremely thrilled as academics were always important to me. This was quite evident throughout my Primary education as I would often tussle between first and second place. I was truly honored, as this was confirmation to me that my hard work paid off. I progressed throughout High School steadily maintaining academic consistency, and partaking in a few activities consisting of the School's Choir, The Debating Club, and the RBTT Young Leaders. Taking on a leadership role was never new to me especially when I became a fifth form prefect. I graduated with all nine subject passes and two distinctions in the CSEC examinations. Continuing on to The Clarence Fitzroy Bryant College, I graduated with an Associate's Degree in Business Management. I have always had an interest in the Business field which is why my choices included the business subjects at both 'O' and 'A' Levels. Then my career path begun.

As most can say, they have been given the opportunity to experience different career paths. However, I have fallen in the minority. In 2008 I started my six (6) year stint with the Bank of Nova Scotia. I can indeed say that the opportunities to develop were not minimal. I entered as a Junior Teller then moved on to the Senior Teller post, both of which were short lived. There was always the need for me to develop myself more and to advance. I had a great team of support around me who helped to fuel my enthusiasm and potential. This took me to the dual role of a Retail



Administrative Clerk and Personal Banking Assistant. After my final position as a Personal Banking Officer, I departed my knowledgeable and developmental experience with the bank in August of 2014 because of that special feeling that there was more for me to accomplish both academically and professionally. Currently, I am pursuing my Bachelor's Degree in Business Management at Monroe College, New Rochelle, New York. It has been my life long goal to be an entrepreneur and give of myself as others have given to me. Thus my favorite quote, *"You give but little when you give of your possessions. It is when you give of yourself that you truly give."* – Kahlil Gibran, The Prophet. To date, this year's long journey has brought me the proud accomplishment of being on the President's and Dean's List which I was awarded for at Monroe's annual President's and Dean's dinner. Additionally, I have been afforded the opportunity to study abroad in Belgium for one semester which is scheduled for the near future. I am most humbled for being awarded once more by the SPBS Group. It is through them I can truly say that hard work doesn't go unrewarded.

***If you think Education is  
expensive, try***

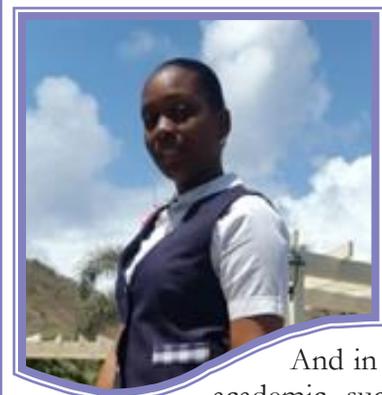
***IGNORANCE***

## BACKING OUR CHATS - THE DEVATREA MIKE SCHOLARSHIP TO CFBC

The **Sandy Point Benevolent Society** (SPBS) has always maintained that it was not just concerned about the high school education of those who received the Principal's Award entering the Sandy Point High/Charles E. Mills Secondary School. And this declaration was really tested when one of the recipients of the Principal's Award, **Ms. Devatrea Annique Mike**, graduated high school with outstanding results but for financial reasons, was unable to attend the local community college, Clarence Fitzroy Bryant College. In following up on her Devatrea's academic progress, it became clear that she was not enrolled to attend the CFB College.

At this point, SPBS was faced with a test of its mettle. Devatrea graduated from high school with 11 CXC CSEC passes with grade 1s in English A, French, Principles of Business, Human & Social Biology, Grade 2s in Biology, Physics, Spanish and Caribbean History, and Grade 3s in Mathematics, Principles of Accounts and Chemistry. Not only did she accomplish such an outstanding performance, on Speech Day she also received 'The Patricia Isles- Caesar Award for the

best results in English'. Ms. Mike's high school successes were anticipated as she was an outstanding student throughout her five year stint. Each year at the secondary level, Ms. Mike was on the Honour Roll and the Principal's list and was awarded as one of the top two students of each form level.



And in addition to her commitment to academic successes, while at high school, Devatrea participated in the drama and poetry club, was a member of the Prefect Association, and played netball well enough to be selected as a member of the St. Kitts Under 13 Netball Team.

Cognisant of Devatrea's capabilities, and her limited financial situation, SPBS was propelled to act on her behalf to enable her to improve her life by enrolling at CFBC for an Associate Degree in the Division of Arts, Science & General Studies (ASGS). Thus, during the 2013-2014 academic year, SPBS began to engage Devatrea about enrolling in CFBC during the upcoming academic year with the group's support for the 2 years. Though not fully aware of the quantum of the necessary investment for this scholarship to CFBC for Devatrea, SPBS solicited the input of Ms. S. Desiree Gumbs, Senior



Lecturer at CFBC and facilitator of the SPBS Mentorship programme, to generate essential information and to be the Administrator of the Scholarship to CFBC.

In August, 2014, Devatrea successfully enrolled in the ASGS Division at CFBC. She registered for CXC Advanced Proficiency Education (CAPE) Unit 1 examinations in Management of Business, Economics, French, Applied Mathematics, and Communication Studies. To date,

Devatrea has been provided with everything that she would possibly need for success at CFBC. Her registration fee, examination fee, school uniforms, text and note books, stationery, as well as transportation and lunch costs have been covered primarily by funds raised by SPBS.

Without a doubt, Devatrea has made good on this initial investment. Her first semester results in these areas were commendable, and as expected, Devatrea performed very commendably in the recently released CXC Advanced Proficiency Examinations (CAPE). Devatrea attained Grades 2 in Communication Studies and Economics Unit 1, and Grades 3 in Applied Mathematics Unit 1, French Unit 1, and Management of Business Unit 1. Ms. Mike has one more year of studies at CFB College to gain her Associate Degree and she remains totally reliant on the goodwill of SPBS to see her through.

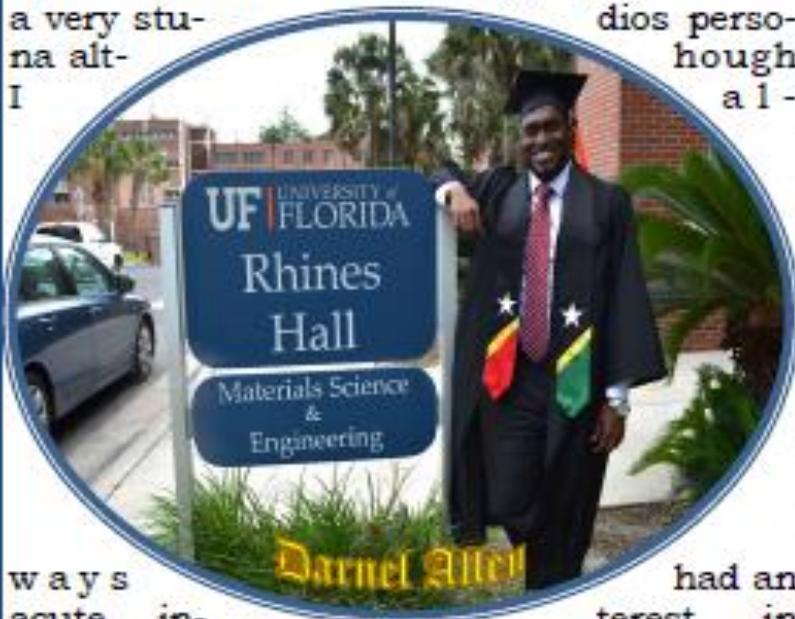
Though this is a substantial financial undertaking, SPBS is committed to see Devatrea through CFBC and welcomes the financial and material contributions of others who feel moved to make tertiary level education a reality for this promising daughter of the Sandy Point soil. We are hoping that "helping Devetra through CFB College would not only improve her life options considerably but would also yield invaluable dividends in the future by inculcating in her a deep sense of social responsibility and civic-mindedness".

Devatrea expresses profound gratitude to SPBS for its committed and consistent support/scholarship thus far during her tertiary level education. Devatrea says she is humbled and motivated by this confidence and investment of SPBS in her, and she is determined to "make myself and everyone who have helped me, extremely proud."

*"Education is the key to unlocking the world, a passport to freedom"*  
- Oprah Winfrey

# 2014 SPBS SCHOLARSHIP WINNER GAINS B.S. DEGREE

My academic career started at the Sandy Point preschool, then on to the Sandy Point Primary and Sandy Point High School respectively. From a very early age, I took on a very studious persona although I



ways I had an acute interest in sports and was actively engaged in youth and community organizations. And being raised in a home of industry and strong moral support, I was never short of hearing about the importance of education for my mother, herself an educator, "kept [me] at bay with [my] schoolwork".

I am **Darnel Allen** and I always had a knack for designing in the technical field. For the most part of my years in school, I desired to be an engineer and so, with the guidance of my teachers and family I opted for physics, chemistry, and technical drawing as complements to the other subjects taken at the CSEC level. Suffice it to say, I was very successful at the CSEC exams and later, CAPE, where I focused on an Associates degree in Science.

At the University of the Virgin Islands (UVI) and the University of Florida (UF), I was a candidate in the *3-2 Engineering Program*, where I pursued a dual degree obtaining a *Bachelor of Science degree in Applied Mathematics and Materials Science and Engineering*. Becoming an engineer has

always been a dream of mine and this was not a stroll in the park. Although, it was very difficult, it was very satisfying to walk across that stage knowing that I have finished my first degree in Engineering. During my time as an undergraduate, I was also fortunate to conduct advanced research in materials at the Brookhaven National Laboratory in New York for the past three summers as an international student with Dr. Wayne Archibald, a professor at UVI, who is also from St. Kitts. This degree has helped me to develop my research skills. *The journey continues.* This fall, I will be pursuing my PhD in Mechanical Engineering with my research focus in Computational Materials Science at the University of Wyoming. Using this type of study, our focus will be on interface structures and atomic chemistry, nuclear energy, materials design and radiation effects on these materials. After, completion of my PhD and my postdoctoral term, I would like to be a research scientist or a professor mainly to pursue my own research interests. Then, hopefully I can also begin to help aspiring students from St. Kitts and Nevis, who are interested in pursuing a degree in Science, Technology, Engineering and Math. I hope to also provide more information for students about these disciplines so that they can be well informed and they can know exactly where they would like to pursue their career. I am thankful to the Sandy Point Benevolent Society executive members and their member supporters for providing aid for students from Sandy Point. This has definitely encouraged me to further my studies and to help others as well and I hope they will continue to grow in the future.

**"Without Education, you are not going anywhere in the world."**

- Malcolm X

## **COLORECTAL CANCER**

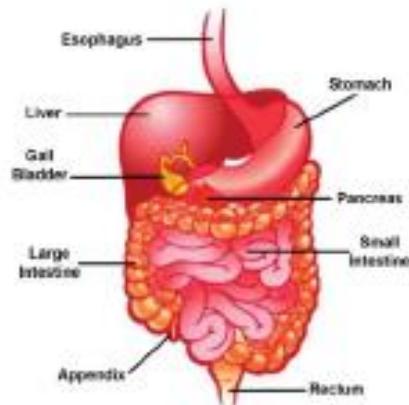
Colorectal cancer is a term for cancer that starts in either the colon or the rectum. Colon cancer and rectal cancer have many features in common.



This article will review the GI tract, risk factors, screening and preventative measures. Treatment modalities are beyond the scope of this article and will not be discussed.

### ***The Gastro-Intestinal Tract***

After food is chewed and swallowed, it travels to the stomach. There it is partly broken down and sent to the small intestine. The small intestine is only called small because it isn't very wide compared to the colon. In fact, the small intestine is the longest part of the digestive system -- about 20 feet. The small intestine also breaks down the food and absorbs most of the nutrients.



What remains goes into the colon (large intestine), a muscular tube about 5 feet long. The colon absorbs water and nutrients from the food and also serves as a storage place for waste matter (feces). Feces moves from the colon into the rectum, which is the last 6 inches of the digestive system. From

there, stool passes out of the body through the opening called the anus.

The colon begins at the end of the small intestine – on the right side of the body at a place called the cecum. It goes up (the ascending colon in the picture) and bends to go across the top of the belly (the transverse colon in the picture), and turns down again on the left side (the descending colon in the picture). The rectum is in the lower part of the pelvis.

Most colorectal cancers start as a **polyp** – a growth that starts in the inner lining of the colon or rectum and grows toward the center. Most polyps are not cancer. Only certain types of polyps (called adenomas) can become cancer. Taking out a polyp early, when it is small, may keep it from becoming cancer.

Over 95% of colon and rectal cancers are **adenocarcinomas**. These are cancers that start in gland

cells, like the cells that line the inside of the colon and rectum. There are some other, more rare, types of tumors of the colon and rectum.

### ***Statistics about Colorectal Cancer***

The American Cancer Society's estimates for colorectal cancer in the United States for 2015 are:

- About 93,090 new cases of colon cancer
- About 39,610 new cases of rectal cancer
- About 49,700 deaths from colorectal cancer

Not counting skin cancers, colorectal cancer is the **third most common cancer found in men and women** in this country. Overall, the lifetime risk of developing colorectal cancer is about 1 in 20.

The death rate from colorectal cancer has been going down for more than 20 years.

### ***What are the risk factors for Colorectal Cancer?***

While we do not know the exact cause of most colorectal cancers, there are certain known risk factors. A risk factor is something that affects a person's chance of getting a disease. Some risk factors, like smoking, can be controlled. Others, such as a person's age, can't be changed. But risk factors don't tell us everything. Having a risk factor, or even several, does not mean that you will get the disease. And some people who get colorectal cancer may not have any known risk factors. Even if a person with colorectal cancer has a risk factor, it is often very hard to know what part that risk factor may have played in the development of the disease.

Researchers have found some risk factors that may increase a person's chance of getting polyps or colorectal cancer.

### ***Risk factors one cannot change***

- ✓ Age: your risk gets higher as you get older
- ✓ Having had colorectal cancer or certain kinds of polyps before
- ✓ Having a history of **ulcerative colitis** or **Crohn's disease**
- ✓ Family history of colorectal cancer
- ✓ Race or ethnic background, such as being **African American** or **Ashkenazi Jews**
- ✓ Type 2 diabetes
- ✓ Certain family syndromes, like **familial adenomatous polyposis (FAP)** or **hereditary non-polyposis colon cancer (HNPCC, also called Lynch syndrome)**

## ***Risk factors linked to habits***

- ❖ Certain types of diets: one that is high in **red meats** (beef, lamb, or liver) and **processed meats** (like hot dogs, bologna, and lunch meat) can increase your colorectal cancer risk.
- ❖ Cooking meats at very high heat (frying, broiling, or grilling) can create chemicals that might increase cancer risk.
- ❖ **Lack of exercise**
- ❖ Being very **overweight** (or obese)
- ❖ **Smoking**
- ❖ **Heavy alcohol use**

## ***Signs and Symptoms of Colon Cancer***

Early colorectal cancers may not cause any symptoms. This is why screening is recommended.

Colorectal cancer may cause one or more of these symptoms:

- ⬇ A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- ⬇ A feeling that you need to have a bowel movement that is not relieved by doing so
- ⬇ Rectal bleeding
- ⬇ Blood in the stool, which may cause the stool to look dark
- ⬇ Cramping or abdominal (belly) pain
- ⬇ Weakness and fatigue
- ⬇ Unintended weight loss

Colorectal cancers can bleed. While sometimes the blood can be seen in the stool or make it look darker, often the stool looks normal. Sometimes the first sign of colorectal cancer is a blood test showing a low red blood cell count (anemia).

Most of these problems are more often caused by conditions other than colorectal cancer, such as infection, hemorrhoids, irritable bowel syndrome, or inflammatory bowel disease. Still, if you have any of these problems, it's important to see your doctor right away so the cause can be found and treated, if needed.

## ***Can Colorectal Cancer be prevented?***

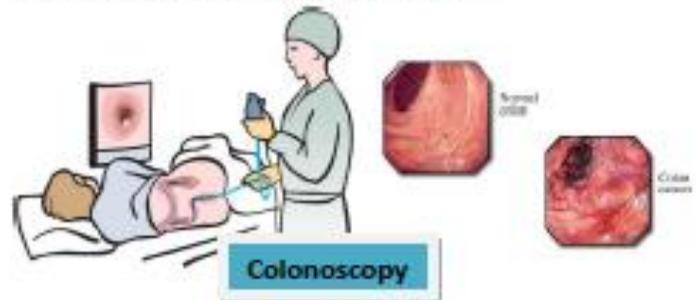
We don't know the exact cause of most colorectal cancers. However, it is possible to prevent many of them.

## ***Screening***

Regular colorectal cancer screening is one of the most powerful weapons for preventing colorectal cancer. Screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. From the time the first abnormal cells start to grow into polyps, it usually takes about 10 to 15 years for them to

Some lifestyle-related factors have been linked to a higher risk of colorectal cancer.

develop into colorectal cancer. Regular screening can, in many cases, prevent colorectal cancer altogether. This is because most polyps can be found and removed before they turn into cancer. Screening can also find colorectal cancer early, when it is highly curable. People who have no identified risk factors (other than age) **should begin regular screening at age 50**. Those who have a family history or other risk factors for colorectal polyps or cancer, such as inflammatory bowel disease, should talk with their doctor about starting screening at a younger age, about getting screened more frequently, and about which tests are best for them.



**Colonoscopy:** a Doctor -Surgeon or gastroenterologist- performs a colonoscopy. During a colonoscopy, a long, flexible tube (colonoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to view the inside of the entire colon. If necessary, polyps or other types of abnormal tissue can be removed through the scope during a colonoscopy. Tissue samples (biopsies) can be taken during a colonoscopy as well.

Patient is kept asleep during the procedure.

- Done every 10 years

### **Double-contrast barium enema (DCBE)**

- Done every 5 years
- X-ray done of GI tract

### **CT Colonography (Virtual colonoscopy)**

- Done every 5 years

### **Guaiaac-based fecal occult blood test**

- Sample done at home
- Done annually

### **Stool DNA test**

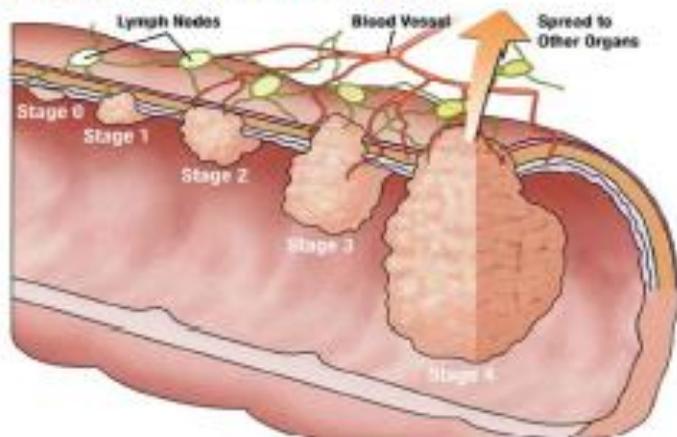
- Sample done at home
- Done every 3 years

### **Fecal immunochemical test (FIT)**

- Sample done at home
- Done annually



## Stages of Colon Cancer



As the stages go higher it decreases the chance of cure.  
Stage 0 has the best chance of cure

- **In situ (Stage 0):** Cancers that have not yet begun to invade the wall of the colon or rectum; these preinvasive lesions are not included in the cancer statistics provided in this report.
- **Local (Stages 1 & 2):** Cancers that have grown into the wall of the colon or rectum, but have not extended through the wall to invade nearby tissues
- **Regional (Stage 3):** Cancers that have spread through the wall of the colon or rectum and have invaded nearby tissue, or that have spread to nearby lymph nodes
- **Distant (Stage 4):** Cancers that have spread to other parts of the body, such as the liver or lung

## Diet, Exercise and Body weight

Other things that can help lower your risk are eating a **healthy diet**, **getting exercise**, and maintaining a **healthy weight**.

### Reduce your risk of colorectal cancer.

1. Get screened regularly.
2. Maintain a healthy weight throughout life.
3. Adopt a physically active lifestyle.
4. Consume a healthy diet with an emphasis on plant sources; specifically:
  - a. Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
  - b. Limit consumption of red and processed meat.
  - c. Eat at least 2½ cups of vegetables and fruits each day.
  - d. Choose whole grains instead of refined grain products.
5. If you drink alcoholic beverages, limit consumption.
6. Consume the recommended levels of calcium, & Vitamin D primarily through food sources

Lisa-Marie Nisbett is a national of St. Kitts and Nevis. She attended the Basseterre High School, The Clarence Fitzroy Bryant College and was a member of the Children's Dance Theatre and later, the CFBC Dance Ensemble. Lisa came to the United States to pursue studies, but at the same time she continued her dance training, first at Long Island University and then at the Woodbury Studio of Dance Arts in Hicksville, NY. This training has been mainly in Ballet, Jazz and African Dance.

Lisa holds both a Bachelor's and a Master's of Science in Biology, and is currently in a Doctoral Program for Biochemistry and Structural Biology.

Tonight, her dance presentation is dedicated to Miss Constance Mitcham (Aunty Consie) who has given her guidance and moral support throughout her life. Her dance is just one small way of expressing her appreciation and admiration for Miss Constance Mitcham, one of the pioneers of women's equality in our Federation of St. Kitts and Nevis.



Lisa-Marie Nisbett

# SPBS Mentorship Programme Continues to Strengthen Bonds Among its Members ....

Continuing on the thrust of attempting to strengthen the bonds among the recipients of the Sandy Point Benevolent Society's Principal's Award over the past years, the SPBS Mentorship programme moved into its second year of operations. 03479177 At the start of the 2014-2015 academic year, the Mentorship programme said a temporary farewell to Ms. Lovilla O'Flaherty



who moved to New York to pursue further studies. Joining the SPBS Mentorship family were the best students coming in from Sandy Point Primary, Newton Ground Primary, and St. Paul's Primary Schools, namely Ashaune Browne, Safin Connor and Shanice Buchanan, respectively . Initial meeting was held

with the Co-ordinator of the Mentorship programme, Ms. S. Desiree Gumbs and the 2014 SPBS Principal's Award recipients and the three new members coming in to Form 1 of the high school. These three academically outstanding first formers were provided with an overview of the programme, and subsequently acquainted with the other mentees in the second and third forms. It was also heartening to receive back in the Sandy Point Community, Denver Mike and Sicjah Mike, former Principal's Award recipients who were away studying at University of the Virgin Islands (UVI). The return of the Mike siblings has definitely increased the number of mentors and enabled the maintenance of, as close as possible, a one to one ratio between mentors and mentees.

Throughout the past year, the mentees have been deepening their bonds. They have been making contacts with, and seeking support from others within the school and within the grade/form above their own. It was quite encouraging to see mentees across different form levels assisting each other for example, with homework either by providing advice, resources and/or practical help. Also worthy of note was the mentees making increasing use of the coordinator for guidance in many areas, for example subject choices, homework, study techniques, personal matters. The realization by the mentees that there are others who genuinely support them seems to be taking root. Parents too have been reaching out to the mentorship programme coordinator and mentors helping to share insight of how we can better assist their children.

Highlights of the past year



Highlights of the past year



included the mentees Saturday night out to the Leeward Islands Debating Competition semi-finals, and the annual Motivational Study Skills Seminar. The Saturday night out to the Leeward Islands

Debating Competition semi-finals provided the mentees with opportunities to be exposed to quality debating by eloquent youth, to share their views subsequently on the topics debated, and then to share light refreshments on the way home. There was general appreciation for this exposure which would serve to bolster their communication skills.

The Motivational Study Skills Seminar was held in Term 3 to better help the mentees in their preparation for the end of year examinations. During that session there was quite a lot of interaction, sharing, learning and encouragement. In his brief Motivational presentation, Denver Mike focused on the relevance of studying. He, with his usual charisma and conviction, outlined how beneficial studying is in the short, medium and long term. He outlined how as a poor student he was afforded innumerable opportunities locally and regionally, during high school and beyond, because he studied hard and did well. In closing, Denver left the mentees with some simple and effective tips for studying and Arnold Glasgow's definition of success- "Success is simple. Success is simple. Do what's right, the right way, at the right time." The mentees were very receptive and appreciative, and they stayed on interacting and seeking guidance even after the Motivational Study Skills Seminar ended. Subsequently some small group, subject specific sessions were organized for different mentees based on the needs they shared.

During the year, data was gathered from the Mentees about their experiences within the Mentorship programme and how they perceive they can be better supported. The feedback generally was that they would prefer more opportunities for face to face interactions with mentors and more social activities. The mentors have been encouraged to improvement in this respect. After a group goal-setting exercise, it was determined what the next major whole-group activity would be. Social activity for the mentors and mentees is slated for before the start of the new academic year.

There are a number of possible activities being planned for the 2015- 2016 academic year. The hope is that the mentorship



Cont'd on pg: 31

# The 2010 SPBS Principal Awards Recipient Shines

Janecia speaks...

**Janecia Zarina Marique Williams** is the name that was given to me at birth. As described by my names, I am golden and a star of the sea. Born in the month of November 1998, I am currently 16 years of age. Like many, I describe myself as pragmatic, thorough, strong-willed, practical and stubborn at times.



I am a hardworking, independent young girl yet inquisitive and highly interested in research. On the other hand, I possess an outgoing, fun-loving, quirky, enthusiastic spirit.

For as long as I could remember having both parents, Mario Williams and Janel Murray have been immensely involved in my life, Particularly with my school work, it was instilled in me at a young age that "education is the key to success" and that "a mind is a terrible thing to waste." Thanks to my parents, I now hold both of these quotes as being two of my most valued morals. In addition, I also am indescribably indebted to them for helping to make me the person I am today.

Growing up I could recall my love of medicine blossoming in the third grade. I was fascinated yet shocked at the things doctors had to do and could do. I remember thinking to myself "I want to become one of those someday." As I grew my passion of becoming a doctor flourished even more. However, I was met with some trials. Being devoted to learning brought insults, such as "bookworm" and you "only having book sense."

However, I did not let that deter me; instead it just gave me greater confidence to succeed. I later went on to become the valedictorian of the Sandy Point Primary School in 2010.

High school, in some ways it was a breeze, and at other times it was challenging. Like any other person, I had my share of good days and bad days. However, I was still able to achieve Honor Roll for each term of each school year and Principal's Award for each school year. The results of the CXC Secondary Examinations have just arrived and I have attained passed in the 10 subject areas I sat. I have earned grade 1s in English, English Literature, French and Principles of Business; grade 2s for Biology, Caribbean History, Chemistry, and Human & Social Biology; and grade 3s in Mathematics and Physics. My academic accomplishment is one I must say, I'm overly proud of.

My choice of subjects at my high school (Charles E. Mills Secondary School) was to set the foundation as I plan to become a doctor and more... As I awaited my CXC Secondary examinations results, I was confident I would reap the rewards of my hard work. This I hope would not only make me proud, but also my parents, my mentor, my relatives, my friends and others.

Now I am finished with high school and am looking forward to my entry in the Arts, Science and General Studies Division at the Clarence Fitzroy Bryant College. There I will be pursuing the Associate degree in Natural Sciences. I want to move on to bigger, better, greater things and one day make my hopes and dreams a reality. My name is Janecia Williams and working hard to achieve my goals is my game.

## SPBS Mentorship Programme cont'd from (pg: 30)

programme would not only support the academic performance of the mentees but also contribute to their overall holistic development. May the roots of the spirit of civic consciousness and social responsibility continue to deep and mentees and mentors gain greater appreciation of what they gain as members of the greater SPBS family.

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# SANDY POINT APPOINTED COMMISSIONER ULESTER DOUGLAS

On Monday, July 27, **Ulester Douglas** of Sandy Point was sworn in as a Commissioner in Atlanta, Georgia by Governor Nathan Deal. The Governor appointed Mr. Douglas to the Georgia Commission on Family Violence due to his outstanding 20 years championing the cause to end domestic violence against women and girls. This appointment was the latest in an impressive assembly of awards and honors in recognition of his extraordinary leadership and service.

Ulester is the Executive Director of Men Stopping Violence (MSV), a nationally acclaimed organization dedicated to ending male violence against women. He is also a licensed psychotherapist, and has just finished his third year as an adjunct professor at Emory University in Atlanta. He has authored and co-authored curriculum, books chapters and peer reviewed articles on family violence and has been interviewed by national media including The New York Times, CNN, and The Tom Joyner Morning show.

Ulester is frequently called upon for commentary and advice when there is a high-profile case of domestic violence, as we saw on CNN last year during the events involving NFL foot-



ball player, Ray Rice. Also, he provides training, keynotes and consultation in this field nationally, as well as internationally. His most rewarding engagement was an assignment by the U.S. State Department to provide consultation and training in St. Kitts, Nevis and Barbados; his most exciting was an invitation to the White House in 2010, to join the President and Vice President for the launch of the administration's domestic violence initiatives.

Ulester attended Sandy Point High School (now known as Charles E. Mills High School), and earned his undergraduate and graduate degrees from The University of Michigan, Ann Arbor. He is the son of Elaine Douglas and Joseph Harris, Sr. of Sandy Point.

Also present at the swearing-in ceremony, were his sister, Lindley Cole (Teacher Lindy), her husband, Maurice Cole and a family friend, Christopher Cadlaon. Our congratulations to Commissioner Ulester Douglas. You make us proud.

SPBS congratulates Mr. Ulester Douglas, an Alumnus of SPHS/CEMSS, on his recent achievement and wishes him all the best as he continues to make us and the Federation of St. Kitts and Nevis proud.

## Congratulations to Hon. Shawn K. Richards Deputy Prime Minister of St. Kitts & Nevis



Congratulations on being the first past student of the Sandy Point High School to become the Deputy Prime Minister of the Federation of St. Kitts & Nevis.

We wish you long life, health, strength and God's wisdom as you continue to serve the town of Sandy Point and the Federation of St. Kitts and Nevis.

# PET CORNER – THE SENIOR PET

By Dr. Hannah Guishard, D.V.M.

Hello to all my fellow Caribbean folks, especially those from Sandy Point, St. Kitts.

This episode of Pet Corner will focus on the senior pet.



Just as people are living longer than they did in the past, many pets are living longer too. Most pets begin to experience age-related diseases between the age of 7 and 12 years of age. Although aging is a natural process, many illnesses accompany advancing years.

The health of your pet can change rapidly as he/she ages and many of these changes can go unnoticed. The more common senior disease I will discuss are dental, liver, kidney, heart and lungs, joint, endocrine (hormone), cancer, ocular (eye) and the gastrointestinal systems.

**Dental diseases** are exceptionally common. About 85% of pets over 6 years of age have periodontal disease, gingivitis and/or oral cancer. Typical signs to look for are bad breath, redness of the gums, swollen gums and oral masses or growths. These conditions, if left untreated, can lead to heart disease, tooth loss, kidney and liver disease, or cancer.

**Liver disease** is more common in older dogs and less common in cats. Conditions included would be inflammatory, degenerative and cancerous liver disease. The most common signs are decreased appetite, weight loss, vomiting, diarrhea, increased thirst or urination. Liver abnormalities can progress to anemia, a bleeding disorder, or liver failure.

**Kidney disease** affects about 10% of dogs over the age of 12 and 1% of pets of all ages. Kidney failure, kidney stones, kidney infection, kidney insufficiency are a few of the conditions that affect senior pets. Clinical signs to look for are increased thirst and urination, decreased appetite, weight loss, vomiting, diarrhea and back pain. If left untreated, kidney disease would progress to kidney failure, heart disease and even death.

Problems in the **heart and lungs** affect about 6% of all pets. Examples include cardiac (heart) disease, pneumonia, bronchitis and emphysema. The clinical signs to look for are decreased stamina, coughing, difficulty breathing, weight loss and a distended abdomen (belly). If left untreated, heart disease can progress to kidney and liver disease and eventually lead to death.

**Joint disease** can affect about 20% of dogs and 10% of cats. Common examples include arthritis, back disease, hip dysplasia. Some of the classic signs of joint disease include lameness, reluctance to walk or exercise, decreased appetite and discomfort or pain.

Many other pets can develop problems with their **Endocrine (hormone) system**. Common conditions include, but are not

limited to, diabetes, hyperthyroidism, hypothyroidism, hypoadrenocorticism and hyperadrenocorticism. This disease has a 5-10% prevalence in older pets. The noticeable changes include increased appetite without weight gain, vomiting, increased thirst, frequent urination and a change in energy level. If left untreated, these can result in heart and kidney failure.

Just like in humans, pets can develop cancer. An average of

Cat/Dog years	Human years (Cat)	Human years (Dogs)[* Size-lbs]	
		Small – Med	Large – Very Large
7	45	44 - 47	50 - 58
10	58	56 - 60	66 - 78
15	75	76 - 83	93 - 115
20	98	96 - 105	120

\*Small: 0-20lbs; Medium 21-50lbs; Large: 51-90lbs; V. Large: > 90lbs

50% of pets over 10 years old are affected with some form of cancer. Some of the more common cancers to affect older pets include skin cancer, brain cancer, liver cancer and lymphoma. Some of the more common signs are lumps, irritated skin, swollen lymph nodes, bleeding, vomiting and diarrhea. If left untreated, cancer can lead to organ failure and even death.

As with humans, as pets age sometimes their eyes can develop problems that affect their ability to see. Some of the more common eye conditions affecting the senior pet include cataracts, dry eye and glaucoma. Most eye diseases are inherited and often develop after 8 years of age. Signs commonly noted are gray/bluish hue at the center of the eye, excessive rubbing of the eyes, tearing and swollen eyes, red and irritated eyes. These conditions can lead to difficulty seeing, corneal ulcers, blindness and in extreme cases, loss of the eyes themselves.

**Gastrointestinal system disorders** are very common among both cats and dogs. Examples of these are inflammatory bowel disease, pancreatitis, cancer and colitis. Common signs include vomiting, diarrhea, weight loss and fluid gain. These signs can eventually progress to emaciation and potentially death if left untreated.

Your veterinarian may recommend an oral exam, x-rays, urinalysis, bloodwork, blood pressure check, ultrasound, EKG, biopsy or a fecal examination on your senior pet to correctly identify health risks before they become more evident. It is very important to schedule routine check-ups and speak up for your pet. Discuss any changes you've observed including weight, appetite elimination, behavior skin/coat and mobility to help the veterinarian determine if there are any health risks.



Always remember that early detection can save lives and prolong a great quality of your pet's life.

Good luck! Dr. G

## My Sandy Point

I know that Brimstone Hill forms a halo over you, protecting you  
Because Cleverly Hill is where you begin to unfold your mysteries  
Where on All Souls Day the Catholic burial ground comes alive

With the awakening of the dead,  
Dancing under the sand way trees  
As candles flicker in the breeze

Then I walk down by the Leper Home and pick a few rosy cheeks  
Wiping them on my clothes, while taking the back road down the  
The lane, grabbing a bunch of genips, running up to the road

I passed by Fraites shop and the drunks  
Were already at their spots and places  
Teasing those who were making faces

To many people were at the water pipe, so I walked down the street Greeting as I  
go by, I smelled a jasmin flower at Aunt Lulu's fence then Got a cake from Mrs.  
Lapy. I saw the cane stealers at Bourkes Road

Breaking and taking some specials  
Ripping and chewing the sweetness  
Of the juice, flowing down their chin

At Gathan Road I got a cool drink of water at the pipe, while the lips  
Are wet, your thirst is quenched, but your stomach is aching for the  
Hot bread that permeates the air with an aroma only from Mrs. Warner

I'm at the threshold of the Ally  
And my heart is longing for some of  
Alice pull-pull and jawbone breakers

The old Boys School where girls are the majority has fun memories  
The path is still there leading to the bay, where jacks were plentiful  
Jumping and frolicking in the nets of the weary and tired fishermen

Mugu where are you? Guarding your shop  
Or resting on the steps of Saint Anne's  
Trying to purge your soul or just confessing?

At the Grounds where the first Sandy Point High School opened its Door I'm  
looking through the window as I'm searching for me, kind of Confused, wonder-  
ing where am I, what happened to me, still searching

But I'm not there  
Because I went to Basseterre  
Still looking, now I'm here

I ducked under the fence; I'm at the Pogson Hospital, pass the orderly At the gate, talking about cricket. I browse in Mrs. Mack store, not a Penny in my pocket. Mt. Idle here I come, I make the sign of the cross

Standing in front of the Catholic Church  
I credit an ounce of ham, bread and a Fanta  
From Mrs. Paul, I wondered if I paid her.

Guess what? I'm at the crossroads, the big water pipe, I must decide if I go to the Ghaut via Downing Street or Crab Hill to see Panya Ground Passing Farm's Site. I have decided, my familiar ground first, got to be

Crab Hill here I come, I'm at the Methodist Church  
Remembering my Ethel singing sweetly  
"All things bright and beautiful"

I turned around; walk by the old Ghaut that once produced such big Pumpkins, sweet potatoes, yams and cassavas. I went down Fahie's Street and look at the other side of the Ghaut, the ocean took it away

I ran and I ran now I'm back at the crossroads  
Walking to my destination, looking for faces  
Going to different places

In our beautiful Sandy Point, it is where; we got permission to live life To the fullest. Even though we sojourn in another land you will always Be in our hearts giving us the solitude and peace we need to survive

That's why we are

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**A**wesome

**R**ice

**D**auntless

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**T**ogetherness

**By Valarie I. Hart-lake**

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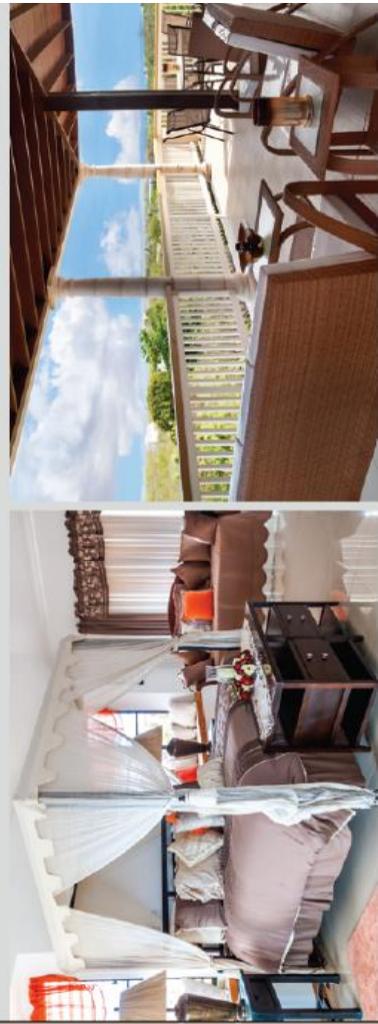


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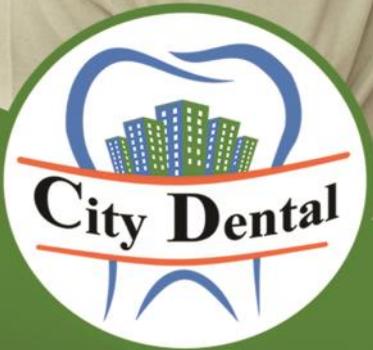
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# The Journey of a thousand miles began with a few small steps ....

By Patrick Williams

It seems like only yesterday when I fell down those accursed steps at Circus Bar and Grill on Friday April 11th 2014 ... a life



changer, a game changer! In only one week, "poof", I had lost my right leg due to this freak and bizarre accident. This could not have happened to me ... hell no,

but the truth is that it did! What was I to do now with only one leg? I knew I had to work like hell to reclaim my independence, to reclaim my life!

When I calmed down, my thoughts returned to the advice of one of my lecturers during my Master's planning classes, "Patrick, you have got to plan your work, and work your plan!" And so began my thousand mile journey to walk again. My wife and I planned and planned and planned again! Some of the initial ideas were so silly, were we to reveal them they would be the source of personal comic relief or the butt jokes of comedians on stage.



I had always been an active person and was determined to continue my physically active lifestyle. However, many times encountering challenges from performing simple daily activities

proved to be my undoing. This spurred me on even more. I have had to undergo intensive physio-therapy to rebuild my upper body strength. This was crucial in helping me perform the simplest of tasks such as getting into and out of my wheelchair, lifting my body to get in and out of bed, opening doors and getting into my vehicle.

Determined to walk again, my wife and I took our first small step. We hosted a series of fund-raising activities to procure a prosthetic leg. Our first fundraiser was held on June 13th 2014. We partnered with the Sandy Point Methodist Church, a number



of local artistes and business houses to pull off a "fantastic" show. Thanks to all including those individuals who paid for a ticket and gave it back so

that we could "re-sell it to someone else", those who paid an extra \$5 or \$10 for a \$15 ticket, and individuals and companies that cooked the food, donated drinks, food, chairs and sound equipment as well as family members who assisted by selling food and drinks, keeping the gate and cleaning up after the concert. I came to tears when my son played the steelpan and my, otherwise, shy daughter sang publicly on stage for the first time in honour of their daddy.

Motivated by the success of the first fundraiser, we quickly followed up with a "Cards for a Cause" event and public auction at PJs Bar and Restaurant on June 30th 2014, a beach lime at Reggae Walks beach bar in collaboration with the St. Kitts and Nevis Hash House Harriers on August 30th 2014, a raffle with donated prizes that was drawn on Independence Day (Sept. 19th 2014) and a Charitable Gala Dinner at Marshall's Restaurant on September 25th 2014. All of these events were well supported by those persons who attended as well as a number of business houses.



While all of these fundraisers were taking place, we took a second small step. We opened up a special account at National Bank that allowed individuals and groups to make donations via cash, cheques, wire transfers and credit card. This actually turned out to be a big step for monies poured in from friends and family in the diaspora, mostly the USA (particularly the members of the Sandy Point Benevolent Society) and from as far away as Africa and Europe and the Chancellor Hall fraternity of UWI's Mona Campus, Jamaica). I must also express my gratitude to those individuals who transferred monies to the special account at National Bank as well as a number of anonymous donors.

Then came those nauseating questions! A number of close friends advised that our fundraising activities should be transparent. They expressed a fear that some persons would think that my family and I would "tief de money". We responded to this concern by taking another small step. We asked Maurice Widdowson, a friend and well respected business man, to chair the Patrick Williams Walk Again Committee (PWWAC). Further, we approached Mr. Schneidman Warner, Accountant, to provide accounting, book-keeping and auditing services to the Fund. Once this level of comfort was provided, the donations increased significantly.

The next step was to create a website (<http://helppatrick.weebly.com>) allowing persons to make credit card donations to a special account created at the National Bank. We also placed a "goal meter" on the website to allow everyone to witness our progress. All of the services at the <http://helppatrick.weebly.com> website were provided by Rodney Brown and his eCaribbean Ltd. company. Rodney, kudos to

you! I am at this point largely because of your contribution. Nor can I ignore the contributions of Stachio Williams at SKNVibes and Clive Bachhus and Toni Frederick-Armstrong at WINNFM in advertising our fundraising events.

Another small step taken was involving a number of service organisations in our campaign to have me walking again. In this regard, a



huge thank you goes out to the Rotary Club of St. Kitts which was able to use its various networks and hook up with Rotarians in the USA. Special thanks to President Patricia Mourillon, Secretary Rhon Boddie, Charles Wilkin Q.C.,

other supportive members of Rotary (St. Kitts) as well as Rotarian Werner Hein in Miami for creating the necessary contacts with the Limbs for Life Foundation of Oklahoma and the Hanger Clinic of Miami to enable me to secure a prosthetic leg. I walked using my new prosthesis for the first time on December 24<sup>th</sup> 2014 ... the perfect Christmas gift. Nine months after my unfortunate incident, my initial "thousand mile journey" came to an end because of a few "small steps". I am at the point where I am walking again, thanks to the benevolence of a long list of individuals, businesses and organisations in St. Kitts and Nevis and beyond. On behalf of the entire Williams family, thank you all so very, very, very much!!!

It was during my rehabilitation period that I became acutely aware of and recognised the challenges and obstacles that amputees, and other physically-challenged persons, in St. Kitts and Nevis face on a daily

basis. During this process, I came to realise and value the benefit of focused physio-therapy as it helped me not only physically, but also mentally. Further, it increased my self-esteem and confidence. I also found out that the mental aspects are as important as the physical changes that happen. It was during



my road to recovery that I became conscious of just how many persons in St. Kitts and Nevis were in my position. I had chronicled my experiences from depression, loneliness, fatigue and fundraising, and it was these experiences that inspired me to give something back – to assist other amputees in St. Kitts and Nevis – by creating a public charity.

Co-founder of this public charity, my wife, who has been beside me throughout my entire ordeal, had one desire – to see her husband "whole again". This desire was the catalyst for the formation of a support group that caters to the spiritual, social, physical, recreational and financial needs of amputees in St. Kitts and Nevis. Allowing amputees to become "whole again" by returning to their former state of independence by becoming stronger physically and mentally and to find strength when they are at their lowest ebb is the overall mission of this new national charitable organisation – the Whole Again Foundation (WAF). Today, I have started a second 1,000 mile journey with a few small steps, and hope that you will join me in this new venture.

## ***Congratulations Sherice Warner!***



**"To an optimist the glass is half-full; To a Pessimist, half-empty; but to an Engineer the glass is simply too big" - Anonymous**

**Sherice Debienique Warner, from Christiansted, St. Croix is a member of the Loyola University Maryland class of 2015. Throughout her college career, Sherice maintained a GPA of 3.5 or above and as a result, has been named to the Dean's List all four years. She graduated Cum Luade with a Bachelor of Science in Mechanical Engineering and a minor in Mathematics. Sherice's plan for the next chapter in life is to accomplish a lifelong goal of creating innovative, contemporary, and reliable design solutions. It is her hope to mechanically engineer something that changes the world!**

***Congratulations! We are so proud of you.***

***With love,  
Everet, Elise, Jénel and Lémond Warner***



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# CONGRATULATIONS

**Dr. Kadeem Y. Richardson, MD**

Never stop dreaming as dreams can surely become a reality.



Wishing you much success as you continue up the ladder.

From your parents, Dr. Mervyn Richardson & Ms. Yvette Solomon, siblings, grand parents especially Mrs. Enid Richardson, and other relatives.

# CONGRATULATIONS

**Dr. Ashanda Esdaille, MD**

Don't stop reaching for the stars.



Well done, we are so proud of you.

From your parents, Dr. Eustace Esdaille and Ms. Dahlia Phillip-Esdaille, siblings, relatives and friends.



## Wedding Bells



### HEARTIEST CONGRATULATIONS

### Colin and Jacquelyn Smith

on the celebration of your marriage. May the Marital Bliss that you now share lives forever.

SPBS would also like to thank you for your annual financial contribution in support of its mission. Your generosity is remarkable .

*From Sandy Point Benevolent Society, Inc.*



### Congratulations Merlette!



From Your mom, Elise Frederick-Huggins, and siblings

### Sandy Point Educator named Spotlight Honoree:

Mrs. Williams is a consummate professional and serves as a positive role model for the entire Hemmenway learning community. In her daily actions, our students, staff and families are able to see the care and concern that she puts into ensuring that all students feel capable, connected and valued. Mrs. Williams is a deep thinker and reflective practitioner, who willingly shares her experience, new learning and resources. She is always working to perfect her craft and thankfully, takes all of us on the journey with her.

- Dr Jae Simpson-Butler, Principal  
Hemmenway Elementary School  
Katy, Texas

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**RENEE STEVENS**

Proud Sandy Pointer from humble beginnings, have continued to climb to the top.

General Manager of a Best Western Hotel in Alberta, Canada is indeed an awesome accomplishment. We wish you all the best in your new position.

*From: Your entire Family*



**The Whole Again Foundation (WAF) is a registered, non-profit, non-governmental charity organization created to return amputees in St. Kitts & Nevis to a state of independence!**

**We seek the support of Kittitians & Nevisians in the diaspora to support our cause. Amputees should not be left at home in a depressed lonely state. Crutches & walkers can help them move around! Amputees should not have to wait on a family member for a bath. Grab bars & bath stools will make them feel useful!**

**Amputees should be able to get out of bed comfortably. Bedrails & bed pans can be the first step to regaining their independence!**

**Your Contributions and cheques can be forwarded to us via mail at:**

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*Suspicio Lecessum, "I take up the challenge"*

# Happy 85th Birthday

**Jane E. Lake-Hodge**

**aka AnJane**



*From Your children - Valarie, Clarence, Trevor & Dede;  
your grand children and your great grandchildren.*



## **Hillery Augustus Mordeci Hunkins**

1960 – 2010

**Lovingly remembered  
on the 5<sup>th</sup> anniversary of his passing by his  
widow, mother, sons, grand-  
daughter, siblings, nieces, nephews,  
cousins, all.**

**May His Soul Rest in  
Eternal Peace!**



**IN LOVING MEMORY OF  
Rosalie Veronica  
Lake**

**1934–2006**

**R.I.P.**



**Miss Ronnie (Shenkay) as she was affectionately called  
was a teacher by profession for over  
40 years.**

**We give God thanks for her sterling contribution in  
molding and educating so many lives.**

**God wanted her so he took her to a better place.**

**We will always love you**

**Elsa, Jimmy, Taz, Nardo, Narje and Naiya**



IN LOVING  
MEMORY

OF OUR BROTHER

Gus Williams

August 22, 1948 – February 4, 2013

Valerie Lake-Hart & Family – Boston, MA

Lorna George & Family – Birmingham, England



IN LOVING MEMORY OF LORNA

**LOVELY** daughter, beautiful sister, Mother and friend

**OH** so controversial, couldn't break her strong will

**RED** lipstick and red nail polish, her color of passion

**NICE**, most of the times, could be naughty to "The Bones"

**ALWAYS** kind, loving and caring, a good friend to all.

Remembered by Big Sister Valerie & Family!



# SALUTING THE TWO PILLARS EDUCATION PIONEERS IN SANDY POINT

**Annie Maude Matilda Locker** was born in Montserrat on the 2<sup>nd</sup> of August 1893. She was the eldest of three daughters of Michael Locker and his wife Ellen. Annie was in Montserrat and Antigua. At the age of twelve when her father transferred to the Leeward Islands Police Force was transferred to the police station. She attended the St. Michael Moravian School and in 1909 became a teacher at the Dieppe Bay Methodist School. It was there that she taught a class and was still tutored by the head teacher in preparation for the examination which had to be taken every year. This was a condition for anyone who wanted to remain in the service and advance to appointment as an Assistant Teacher. She was later transferred to **Sandy Point Girls' Primary School** in 1912.

She was able to win a scholarship to the Spring Gardens Teachers' College in Antigua. This College was a training school for female teachers in the Leeward Islands, and offered one scholarship annually to third-year pupil teachers.

**Annie Locker** was appointed head teacher at Sandy Point Girls' School in January 1927. In 1937 Annie Locker married Milton Allen and took long leave to accompany him to New York. While in the United States she pursued studies in teaching and industrial arts at Columbia University. Mrs. Locker-Allen was painfully aware of the emphasis on theory and the lack of practical applications within the education system in St. Kitts. In order to compensate for this deficiency, she often provided at her own expense, the necessary material and equipment required to introduce Domestic Science and the different techniques of embroidery at her school in Sandy Point where she served until 1944.

It was during this time that she founded the first Girl Guides Company in the rural area. Her main objective was the development of self-worth among girls and young women. This she attempted to achieve by encouraging the girls entrusted to her care some of whom, from time to time, lived in her household, to participate in activities that broadened their horizons. She often warned them: "It is better to wear out than to rust out." The Third St. Kitts Guide Company was made up of predominantly country girls from working class backgrounds. Urged by their

founder, they attended every rally and meeting to keep abreast of developments in the world at large. In the days when private vehicles were few and public transportation practically non-existent, she along with her students, still managed to attend concerts and cultural events in Basseterre. Her good relationship with people of all classes usually guaranteed a ride home at the end of the evening. In Sandy Point and the surrounding communities, Mrs. Allen was a highly respected person and there were many households where decisions would not be taken unless she was consulted.

On the 6<sup>th</sup> January 1945, Mrs. Allen was appointed the head teacher of the Basseterre Girls' School which at the time had a roll of five hundred students and a staff of fifteen mostly pupil teachers. In 1951 Mrs. Allen became the first primary school teacher to be awarded an honorary title of Member of the British Empire (MBE). Two years later she retired from active teaching but social and church work continued to keep her busy.

In 1969, when her husband became the first national of the state to serve in the position as Governor she was able to support him in his official duties. Her excellent conversational skills, her refined good manners and taste for good clothes stood her in good stead. Sir Milton and Lady Allen brought a special dignity to the office and this was warmly appreciated by the citizens. Former colleagues were not forgotten. On the 6<sup>th</sup> March 1975, Lady Allen realized her desire to entertain teachers at Government House. Among those attending the "at home" were several retired teachers who had been students of Lady Allen.

Some of her pupils were, Ann Revan, Lyra Ramus, Enid Hanley, Pearline Warner, Erminie Buchanan, and Edna Tyrrell.

**"Nothing will work unless you do it"**

- Maya Angelou

# SALUTING THE TWO PILLARS EDUCATION PIONEERS IN SANDY POINT

**John Edgar Hanley** was born in Nevis in 1880. In 1902 he arrived in Sandy Point and became the Head Master of the *Sandy Point Boys' School*. Edgar Hanley a self taught man never spared any effort to gain new knowledge so that he could impart to his young pupils of Sandy Point. Apart from the basic Reading, Writing and Arithmetic, Mr. Hanley was able to teach his students, geometry, algebra and trigonometry. His music classes were well organized as he was able to write read and teach “tonic sol-fa” He was able to collaborate and organize concerts with Mrs. Locker-Allen whose husband sent printed music sheets from New York.

He was known to be a disciplinarian. And there have been several accounts where he administered corporal punishment on some of his pupils' parents who dared to challenge him. He spared no effort in preparing his students for the annual scholarship exams. Some of his students were forced by him to repeat the final year of school (7<sup>th</sup> standard) because they were not able to find work. In other cases he made them his assistants.

While we do not have much written account of Mr. Hanley as the head teacher of the Sandy Point Boys' School, his influence is ever present in the lives he impacted, and the domino effect that his contribution is still evolving. John Edgar Hanley served as principal of the Sandy Point Boys' School until 1945, when he was transferred to the Basseterre Boys' School. By this time the “powers that be” realized that the success rate at the Sandy Point Boys' School was not being achieved in Basseterre. Listed below are some of his students:-

- |                                 |  |
|---------------------------------|--|
| <b>Joseph Manchester</b>        | <b>Scholarship winner to College in Trinidad. Became Principal of the Sandy Point High School, now the Charles E. Mills Secondary School.</b>  |
| <b>Anthony Rebeiro</b>          | <b>Scholarship winner to College in Trinidad. Became Principal of the Grammar School.</b>  |
| <b>Charles E. Mills</b>         | <b>Scholarship winner to College in Trinidad. Served as Principal of the Schools in Anguilla and St. Kitts, and a former Chief Education Officer.</b>  |
| <b>Claude 'Croquet' Edwards</b> | <b>Scholarship winner to College in Trinidad. Served as Principal of the Saddlers Primary School, and a former Education Officer.</b>  |
| <b>Arlington Peets</b>          | <b>Scholarship winner to College in Trinidad. Taught at the Basseterre Boys' School and the Basseterre Senior School.</b>  |
| <b>Ivan Buchanan</b>            | <b>Assistant teacher to Mr. Hanley at the Boys' School in Sandy Point, taught in Anguilla, Served as Chief Public Health Inspector, and became speaker of The Parliament “National Assembly” of St. Kitts and Nevis.</b> |

*Salutations are in order to these two individuals who created the first generation of scholars from Sandy Point.*



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# CHARLES E. MILLS

## SECONDARY SCHOOL



Intercom System



CEMSS Eagle



Athletics



CEMSS Queen Show

### CONGRATS & THANK YOU

*Committed to excellence in education and the empowerment of young people, the Sandy Point Benevolent Society continues to uphold its philanthropic ideals. Resultantly, the organization has assisted us at Charles E. Mills Secondary in our quest to secure school wide reform, improve the basic functionality of the institution and aid in the holistic transformation of the students. Manifestations of the critical role of the principal benefactor in this broad stakeholder relationship include a boost to school security as is evident in the most recent donation of a State of the Art Intercom System to the school.*

*Highest commendations are extended to the SPBS family in general and more specifically to the honorees for this year: Pastor Clive Saunders, Mr. Ian Queeley and Mr. Alrick Warner, all of whom we are justly proud. We also extend heartfelt congratulations to the Brimstone Hill Fortress National Park Society. We are immensely proud of Mr. Lerone Joseph, the distinguished guest speaker for the event. Congratulations to all and hearty congratulations to SPBS for its continued esteemed support and for advancing national development by investing in its young people.*

*Thank You SPBS. We remain forever grateful.*



**Committed to Educating, Moulding and Stimulating Students**

**The Honorable Kenrick W. Clifton, Esq.  
Town Councillor, Randolph, MA  
and Family**



**Extend congratulations to the Sandy  
Point Benevolent Society (SPBS) for its  
contribution to Nation Building and to the  
Recipients of Awards for their distinguished  
accomplishments.**

# HOW CAN WE WET YOUR APPETITE? FOODS OF THE CARIBBEAN

**What Fruits are Native to the Caribbean ?**

**What are some of the health benefits?**

**Are there experiences others won't have?**

**What time of the year can they be harvest?**

**Can you think of the health benefits?**

**Why was the fruit brought to our shores?**

**Which item has an Institute and where?**

**What comes to mind as your mouth water?**

*Note: Don't limit yourself to the fruit think of the tree*

- ◇ **Vitamins A & C**
- ◇ **Vitamin C**
- ◇ **Seeds source of fiber**
- ◇ **Promotes Good Skin**
- ◇ **Eliminate The Malignant Cells**
- ◇ **Hawaii**
- ◇ **Antioxidant**
- ◇ **Fiber**
- ◇ **Energy**
- ◇ **Jamaica**
- ◇ **Potassium**
- ◇ **Water**
- ◇ **Tahiti**
- ◇ **Infant Food**
- ◇ **Calcium**
- ◇ **Insect Repellent**
- ◇ **Magnesium**
- ◇ **Iron**
- ◇ **United States**
- ◇ **Japan**
- ◇ **Electrolytes**



- ◇ **Soursop**
- ◇ **Passion Fruit**
- ◇ **Pomegranate**
- ◇ **Mombin**
- ◇ **Mammee Apple**
- ◇ **Starfruit**
- ◇ **Cashew Nut**
- ◇ **Barbados-Cherry**
- ◇ **Hog Plum**
- ◇ **Graviola**
- ◇ **Red Custard Apple**
- ◇ **Stinking Toe**
- ◇ **Five-finger**
- ◇ **Kaffir Plum**
- ◇ **Spanish Lime**
- ◇ **Guava**

- ◇ **Pineapple**
- ◇ **Genip**
- ◇ **Jocote**
- ◇ **Breadnut**
- ◇ **Artocarpus Altilis**
- ◇ **Guanabana**
- ◇ **Quenepa**
- ◇ **Ciruella**
- ◇ **Papaya**
- ◇ **Artocarpus c**
- ◇ **Sugar Apple**
- ◇ **Sea Grapes**
- ◇ **Carambola**
- ◇ **Cashew Apple**
- ◇ **Tamarind**
- ◇ **Acerola**

- ◇ **Asian Guava**
- ◇ **Bread Fruit**
- ◇ **Brazilian Guava**
- ◇ **Mango**



# HOW CAN WE WET YOUR APPETITE? FOODS OF THE CARIBBEAN

## Season for Harvesting

- ◇ Year round
- ◇ May - July
- ◇ May - September
- ◇ May - November
- ◇ August—March
- ◇ July - September
- ◇ August - November
- ◇ Spring
- ◇ Summer
- ◇ Late Spring
- ◇ Late Spring - Summer
- ◇ May to October
- ◇ Spring, Summer





**Goodness flows unceasingly either  
through us or past us**

**Congratulations to the  
honorees for being portals for  
the flow of good**



*Spencer C Amory M.D.*

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