

Recognizing & Celebrating Excellent Role Models for our Youth.



A Celebration of Excellence!

The Third Annual Awards Banquet Of
The Sandy Point Benevolent Society, Inc.



Held Under the Distinguished Patronage of
Sir Hugh & Lady Rawlins
Eastwood Manor Banquet Hall

3371 Eastchester Road, Bronx, NY

Saturday, August 31, 2013



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**We also
congratulate the
honorees of 2013.**



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EMBASSY OF SAINT KITTS AND NEVIS

AMBASSADOR

August 1, 2013

The Sandy Point Benevolent Society continues to be the catalyst for gathering together nationals and friends of our Federation, particularly those who have deep rooted connections to Sandy Point and to this historic town's institutions of education and religious instruction.

This celebratory banquet has grown into a much anticipated annual feature of the US Labour Day holiday by which we can all make plans to be reacquainted with long lost school mates, to rekindle friendships, and to reflect on how our combined efforts can strengthen the development of our nation's young, productive minds. Just as remarkably, given the commitment of the members drawn from cities and states across the USA, this annual event continues to generate the means by which these young lives can be nurtured, personal aspirations fed, and dreams of success matched with the success they merit.

Our youths are challenged in their daily lives to make critical choices which will impact the direction and trajectory of their individual futures. They deserve our time, our encouragement, the best of our guidance, and especially our dedication to a world in which their promise and potential are given fertile ground in which to thrive. The theme of tonight's banquet *'Recognising and Celebrating Excellent Role models for our youth'* speaks to the service to which many respond in lifting up tomorrow's leaders, our youths. Mentors and role models such as tonight's honourees have served as counselors, guardians, sponsors, and confidants, and have cleared the path to success for many a youth through myriad tangible and intangible gestures. On behalf of the nation, and Kittitians and Nevisians in the USA, I salute them all, and pay them the highest tribute for being the shoulders on which these 'diamonds in the making' could repose their trust as the realities of life shaped them for brilliance.

Once again, I join patrons in highlighting the great work of the Sandy Point Benevolent Society. It is my signal delight to be here to enjoy tonight's banquet among nationals and friends!

Very best regards to all,

Jacinth L Henry-Martin
Ambassador

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PRESIDENT'S MESSAGE

Saturday, August 31, 2013

It is with esteem humility and honor that I greet my fellow Kittitians, Nevisians and other Caribbean brothers and sisters from the Diaspora this evening. This is our 3rd annual banquet and awards and I think we can safely say that on the Saturday night of the Labor Day weekend, this is the place to be, socializing, networking and reminiscing with the members and friends of the Sandy Point Benevolent Society. WELCOME.

I just want to clarify that although the name of the society says Sandy Point, it encompasses ALL who attended the Sandy Point High School, so our brothers and sisters from the feeder schools of Newton Ground, St Paul's, and those who attended from Dieppe Bay, Half Way Tree and Old Road, from even as far back as 1966, this society also represents you, so be a part and feel a part of SPBS.

This year among the honorees is a former Principal of the Sandy Point High School when the group began presenting the annual Principal's award and gift way back in 1997. One year after he migrated to the USA, he joined the group and was its secretary for a number of years. Three years ago, he was elected President and served two successful consecutive years. He is none other than the 6th Principal of the then Sandy Point High School, Immediate Past President and current Vice President of the Sandy Point Benevolent Society, the distinguished Mr. William Vincent A. Hodge. I cannot think of any one person who has left such an indelible mark on the now Charles E. Mills Secondary School. When he was principal, Sandy Point High School was number one in every category you could think about, athletics and academics to name a few. It is because of the great and outstanding leadership and work that he has done that we honor him tonight with the SPBS Distinguished Alumnus and Leadership Award. The other distinguished citizens who share the head table tonight have also made remarkable contributions to the Sandy Point area and the wider Federation in different fields and we salute you.

Sandy Point Benevolent Society, like the Greek philosopher Diogenes Laertius, believes that the foundation of every state is the education of its youth. This year we continue our generosity with the donation of a brand new computer and monitor to the St Paul's Primary School's reading unit, and to the CEMSS, a modern state of the art brand new Public Address system valued at over three thousand dollars. All we ask is that the students and teachers make the best use of what we give and take very good care of the equipment.

This year we are delighted to be launching our inaugural scholarship in the sum of one thousand dollars to assist a student attending a tertiary institution anywhere in the world. I am also taking this opportunity to invite all in attendance to make a generous donation to our scholarship fund by visiting www.spbsinc.org and completing that check or making a payment through our paypal account. Remember the African proverb recently cited by the former first lady Mrs. Hillary Rodham-Clinton, "it takes a village to raise a child". With your assistance we can increase the amount and number of scholarships we offer.

So as you attend this, our banquet, I hope that you would meet old classmates, teachers, and friends and have a ball. May you have a most wonderful Labor Day weekend.

Mervyn Richardson

Mervyn Richardson, PharmD.,
President,
The Sandy Point Benevolent Society, Inc. (SPBS)

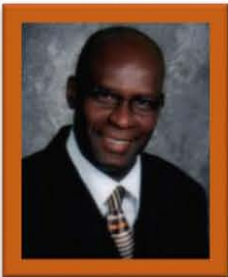
2013 SPBS EXECUTIVE



Charles Mills, Chairman
"Life is a gift. Live it!" Author Un-known.
Telephone #: (609) 630-0426



Dr. Mervyn M Richardson, President
"Teamwork is the ability to work as a group toward a common vision, even if that vision becomes extremely blurry." Author Unknown
Telephone #: (914)-374.3381



William V Hodge, Vice President
"Perfection is not attainable, but if we chase perfection we can catch excellence!" Vince Lombardi
Telephone: (240)463-9079



Collette Joseph, Secretary
"Being happy doesn't mean that everything is perfect, it means you've decided to see beyond the imperfection."
Author Unknown.
Telephone #: (718) 450-8228



Trevor Hanley, Assistant Secretary
"Most people are searching for happiness out-side of themselves. That's a fundamental mistake. Happiness is something you are, and it comes from the way you think." Dr. Wayne W. Dyer

Telephone #: (917) 923-7185



Trevor Duggins, Treasurer
"I cannot do everything, but still I can do something." Helen Keller.
Telephone #: (917) 560-1262



Anthony Warner, Assistant Treasurer
"The most common way people give up their power is by thinking they don't have any. You never know what you can do until you have to do it."
Author Un-known.

Telephone #: (917) 328-6875

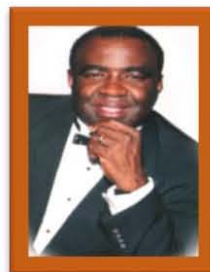


Dr. Stewart Williams, Public Relations Officer
"It takes a village to raise a child." African Proverb made popular by former First Lady, Mrs. Hillary Rodham-Clinton in her Tuesday, Aug. 27, 1996

Speech.
Telephone #: (267) 664-2394



Veronica Assent, Assistant Public Relations Officer
"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."
Margaret Meade
Telephone #: (917)545.2763



Alrick V. Warner, Past Vice President
"Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed...every morning a lion wakes up. It knows it must outrun the slowest

gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle...when the sun comes up, you'd better be running." Author Un-known.

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Board of Directors & Managing Committee Continued

Paulette Mills-Smith, Fund Raising

"A successful man is one who can lay a firm foundation with the bricks others have thrown at him." David Brinkley



Desiree Gumbs, Chief Editor

"If you don't like something, change it. If you can't change it, change your attitude." Maya Angelou



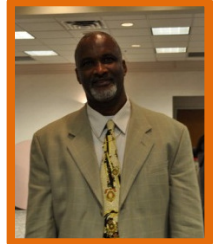
Winston "Junie" Benjamin, Member at Large

"If at first you don't succeed, try, try again. Then quit. There's no point in being a damn fool about it." W. C. Fields



Stephen Duggins, Chief Liaison in St. Kitts

"Defeat is not the worst of failures. Not to have tried is the true failure." George Edward Woodberry



Vince DeSuza, Member at Large

"Any change, even a change for the better, is always accompanied by drawbacks and discomforts." Arnold Bennett



Hansil "Richie" Buntin, Member-at-Large

"We are all strangers to our hidden potential until we confront problems that reveal our capabilities." Apoorve Dubey



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BANQUET PROGRAM

MASTER OF CEREMONY
MR. LIVINGSTON "GILLEY" RICHARDSON

Program Part 1

8:00 – 8:45 pm
Cocktail & Musical Prelude

Program Part 2

8:45 – 9:30 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 & Acknowledgement of Guests
Dr. Mervyn Richardson, President of SPBS

Remarks
Sir Hugh Anthony Rawlins
Former Chief Justice of the Eastern Caribbean Supreme Court

Program Part 3

9:30 – 10:30 pm
Blessing of the Food
Pastor Judith Esdaille

Dinner Served

Presentation in Poetry
Her Excellency, Mrs. Jacinth Henry-Martin,
St. Kitts-Nevis Ambassador to the USA

Cultural Interpretive Dance
Briannagh Dennehy

Announcement of Door Prize Winners - Mr. Vince DeSuza

BANQUET PROGRAM

Program Part 4

10:30 – 11:15 pm

Introduction of the Keynote Speaker

Mrs. Paulette Mills-Smith

Keynote Address

Dr. Spencer Eugene Amory, MD, FACS

Chief of Surgery, Division of General Surgery, New York-Presbyterian Hospital

Program Part 5

Presentation of Awards

Lady Claudette Rawlins

11:15 – 11:45 pm

◆ **Mrs. Jacqueline “Singing Jackie” Hazel-Leader** ◆

SPBS Distinguished Alumna, Educator & Cultural Icon Award

Presenter of Awardee: Mr. Trevor Duggins

◆ **SPIRIT (Sandy Pointers Inspiring Real Improvement Throughout)** ◆

SPBS Distinguished Community Service Award

Presenter of Awardee: Ms. Collette Joseph

◆ **Mr. William Vincent A. Hodge** ◆

SPBS Distinguished Alumnus & Leadership Award

Presenter of Awardee: Mrs. Tazula Clifton-Phipps

Program Part 6

11:45 – 12:00 a.m.

Vote of Thanks

Stewart Williams, PhD

Announcement of Raffle winners

Messrs. Junie “Benjie” Benjamin and Anthony Warner

Entertainment & Dance until 2:00 a.m.

Distinguished Alumna, Educator & Cultural Icon Award

Mrs. Jacqueline "Singing Jackie" Hazel-Leader,

MA. Ed. is a veteran teacher of history, and stoic female calypso icon in St. Kitts. Born and raised in a home of industry and Godly principles in the rural village of Newton Ground, St. Kitts, she developed a strong sense of leadership, positive work ethics, compassion, and a desire to achieve success, regardless of the obstacles.



Jackie, Ms Hazel, Mrs. Leader, Singing Jackie: any of these names by which she is affectionately called by many a student, parent, work colleague and calypso fan, defies mere ordinariness. All speak to the countless lives that she has touched and continues to touch as a teacher and on the calypso stage both at home and abroad. But it is for her long years of meritorious service to the Charles E. Mills Secondary School (formerly Sandy Point High School) and the neighboring communities that it serves that she is bestowed the Distinguished Alumnus and Leadership Award.

Mrs. Hazel-Leader began her teaching career as an untrained teacher at the Newton Ground Primary School in 1976. Two years later, she was transferred to the Sandy Point High School. She knew that teaching was her calling; hence, in that same year she embarked on a one-year in-service teacher-training course of study and officially became a trained teacher in 1979.

Mrs. Hazel-Leader has yielded 19 long years of dedicated and uncompromising service to the Sandy Point High School. Throughout those years, she made her mark as an outstanding teacher of humanities, particularly in the areas of Geography, English Language, English Literature and Caribbean History. But while she gave no less of her time and energy to the teaching of any one of these subjects, it is much to her credit that history was made alive in the classroom. As many of her students claim, Jackie delivered in immaculate ways; she was stunningly motivating and turned what was perceivably, the most boring

of topics, into theatrics. This, more often than not, resulted in her students gaining a deeper understanding and appreciation for history, and ultimately, consistent high performance rates at the CXC level.

Her exemplary performance in the classroom extended to her strategic shepherding of Green House (which held the champion title for several years) as House Master for well over 10 years, as well as her steering the ship as Head of the History department during the period 1987 - 1997 when she resigned to take up residence in the US Virgin Islands.

True to form, she has strengthened her capacity to educate the youth having successfully pursued an Undergraduate Degree in the Social Sciences (Summa Cum Laude) and a Master of Arts Degree in Education from the University of the Virgin Islands. Currently, she serves as the Advanced Placement Teacher of United States History at the Charlotte Amalie High School, St. Thomas.

Mrs. Hazel-Leader is the wife of Mr. Maurice Leader for 23 years now. This union has produced two adorable children: Maurice Jr., affectionately called Omar, and Amara, who died on August 17, 2008.

The Sandy Point Benevolent Society takes pleasure in saluting Mrs. Jackie Hazel-Leader - the leader; the calypsonian; the teacher; the counselor, the wife and mother - the overwhelmingly caring and admirably passionate woman who believes in what she was created to do -

"Challenges makes you more Responsible. Always remember that life without Struggle is a life without success. Don't give up and learn not to quit."

Distinguished Community Service Award



SANDY POINTERS INSPIRING REAL IMPROVEMENT THROUGHOUT

Sandy Pointers Inspiring Real Improvement Throughout ~ SPIRIT

To serve and empower the people of Sandy Point in order to restore, protect and uphold our community values.

In Easter 2010 during a gathering of about 25 young Sandy Pointers of diverse professional and skills sets, the flame was ignited for the emergence of a group of community change-makers. Those present shared a common and passionate love for Sandy Point that sought an avenue for expression with similar others, and a desire to evoke positive social change in the community. This was the genesis of **Sandy Pointers Inspiring Real Improvement Throughout**, or simply **SPIRIT**—a name that lifts people’s hopes for a better Sandy Point. An official launch was held on May 1, 2010 followed by a six-hour community walk-through and an eight-week door-to-door community needs assessment. These two initiatives equipped SPIRIT with a focused appreciation of the concerns of Sandy Pointers, and thereby allowed it to craft its responsive agenda.

SPIRIT’s founding Pride, Virtues and Civics (PVC) Campaign—its longest running - was subsequently launched as a means of encouraging civic engagement, participatory democracy and good governance. It has garnered popular support in its family-focused agenda and its public campaigns against the contested renaming of the Sandy Point High School and the most contentious land-for-debt swap which saw the town of Sandy Point being heavily disadvantaged.

In 3 years of existence, the group has made substantial progress. SPIRIT has cemented linkages with key institutions and has been supportive of emerging ones. Its early partnership with Sandy Point Alliance Against Hunger (SPA AH) – a registered local agricultural cooperative—



led to the refurbishment of the old Sandy Point market, and the accentuation of community concerns as voiced during SPIRIT’s public campaigns regarding land use policy and food security. SPIRIT’s relationship with St. Christopher Air Sea Ports Authority (SCASPA) led to the construction of a bus stop outside the Pogson Medical Centre and the beautification of that area. Through its invaluable linkages forged with the local businesses and national corporate bodies, SPIRIT helped to renew the private sector’s corporate social responsibility.

SPIRIT is also recognised by the National Emergency Management Agency (NEMA) as a key district partner in emergency response. The Department of Youth as well as the Department of Sustainable Development have partnered on different programmes and consultations. Further, two of SPIRIT’s festivals - Chambalay and Black San’ Bang-A-Lang - have been endorsed by the Ministry of Tourism, the Festival Secretariat and are now being promoted as key events on the national calendar.

Chambalay and Black San’ Bang-A-Lang are two of the group’s largest undertakings. Black San’ is now a month-long festival over Easter and has grown to take on a regional dimension, even as it is instrumental in bringing together the young and the old in celebration of Sandy Point values. Chambalay, which started as a one-night precursor to Black San’, has developed into a weekend festival on its own, which is widely praised for its uniqueness in the Federation as it seeks to revive old and dying local traditions. Importantly, SPIRIT is now the single largest funder of community development projects in Sandy Point, and its ‘SPIRIT Pillar of Excellence Award’ has won acclaim at the community’s High School.

Today, SPIRIT has branched out into key pillars including Community Empowerment, Agriculture and Environmental Conservation, and Health, Sports and Fitness. Approaching 2014, the group is undergoing a number of changes to expand and refine its portfolio, specifically as it relates to tourism and culture, environmental conservation and civic lobbying.

«No one can make you feel inferior without your consent»

Distinguished Leadership Award



William V. A. Hodge, M.Ed.

Mr. William V.A. Hodge was born, raised and groomed in the town of Sandy Point. It was there that he received both his elementary and secondary education. After graduating from the Sandy Point High School in 1974, Mr. Hodge entered the teaching fraternity and was assigned to the then Sandy Point

Junior School housed in the Old Boys School in The Alley. He taught Grade 5 for two years before attending the St. Kitts-Nevis Teachers' College as a full time student from 1976 – 1978. On achieving his certification as a trained teacher, he was posted at Verchilds All-Age School. After 14 months there he was reassigned to the Sandy Point Junior School as the Assistant to the revered Head Teacher, the late Rosabelle Warner of Sandy Point.

Mr. Hodge concentrated his efforts on getting his six graders to build a foundation that would enable them to succeed in high school. His personal mission was to ensure that all of his students earned a place in the top academic groups at which ever high school they attended. Even now, he does not pass up an opportunity to give recognition to his sixth grade students.

In 1986 Mr. Hodge was promoted to the rank of Head Teacher and assumed responsibility for the St. Paul's Primary School. In a record three years he became one of the most respected, and well-liked teachers to work in modern day St. Paul's. Mr. Hodge attributes his success at St. Paul's Primary to the quality of his relationship with the parents and the community in general.

In order to equip himself for leadership within the St. Kitts-Nevis education system, Mr. Hodge journeyed to Scotland in the United Kingdom on a British Council scholarship tenable at Moray House College of Education at the University of Edinburgh. In 1991 he graduated with a First Class Honors degree majoring in Educational Management and Administration.

History was created during the Silver Jubilee year of the SPHS when in September of 1991 Mr. Hodge became the FIRST past student of the Sandy Point High School to take the reigns as Principal of that institution; and he was its sixth (6) principal. He identifies the opportunity to lead his alma mater as his major achievement in the field of education. As an instructional leader, Mr. Hodge served the Sandy Point High School and its constituent communities

with distinction, integrity and a sense of distinguished purpose. His passion for excellence in teaching and learning was ignited by his tough love for his students, and by his belief in giving second chances. During his tenure at his alma mater, Sandy Point High School rose to prominence in all areas that it competed in, and the school became well reputed not just locally, but also regionally and internationally. His sterling leadership practices including the creation of a senior management team to assist with administrative matters in schools, and the internal training initiative to educate and empower new teachers, have also been embraced as standard practices in education in the federation.

After 26 years of committed, magnanimous and yeoman service to the children, communities and nation of St. Kitts and Nevis, Mr. Hodge formally retired in 2000. He has since taken up residence in Maryland, USA where he has continued his teaching career since September 2002. His first assignment was that of a professional development specialist. As an educator in his 39th year, Mr. Hodge teaches English to middle school students, and works as an adjunct professor of Reading at the Anne Arundel Community College. He earned his Master's degree in Curriculum and Instruction from George Mason University in Virginia in 2006. In the USA, Mr. Hodge's love and commitment to St. Kitts-Nevis has not diminished. He continues to support any and every initiative that involves past students and colleagues, as well as other persons and institutions from the federation of St. Kitts- Nevis. Currently he holds the post of Vice President of the St. Kitts-Nevis Nationals Association of Washington, D.C.




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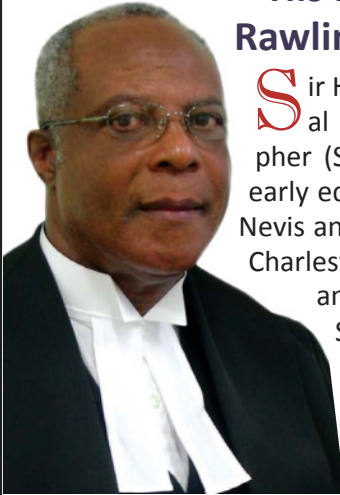
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Biography of Patron

His Lordship, Sir Hugh A. Rawlins, Retired Chief Justice



Sir Hugh Anthony Rawlins is a national of the Federation of St Christopher (St. Kitts) and Nevis, who had his early education in schools in Gingerland, Nevis and his Secondary education at the Charlestown Secondary School, Nevis and the St. Kitts/Nevis Grammar School/Baseterre Senior High School, St. Kitts. He was first a teacher at the Charlestown Secondary, the Baseterre Senior High and the Sandy Point High Schools before entering the Civil Service of St. Kitts and Nevis in 1976.

From 1976 to 1985, he was an Assistant Secretary in the Ministry of Agriculture, Housing and Labour of St. Kitts and Nevis. During this time he acted as the Permanent Secretary in that Ministry, as well as in the Ministry of Communications, Post and Public Utilities on various occasions. He also acted as Head of the Department of Labour.

From 1985 to 1988, Sir Hugh was a Crown Counsel of St. Kitts and Nevis. During the period 1988 to 1989, he held the position of Registrar of the High Court of St. Kitts and Nevis and Additional Magistrate, appointed with full responsibility for District 'B', St. Kitts, which included the area from Palmetto Point through Old Road, Sandy Point, Newton Ground, St. Paul's, Dieppe Bay, Parsons', Saddlers, Tabernacle to Molineux. He was Solicitor General and Permanent Secretary in the Legal Department of St. Kitts and Nevis from October 1989 to January 1995. He then became a full-time Lecturer in Law at the University of the West Indies for the next 5 years, following a temporary stint there in 1994. He left the University in 2000 to join the Judiciary of the Eastern Caribbean Supreme Court as a Master.

Sir Hugh received a B.A. (Hons.) in 1974, and an LL.B. (Hons.) in 1983 both from the University of the West Indies. In 1985, he received the L.E.C. from the Norman Manley Law School in Jamaica, with Honorable Mention in his final year of study. He was the recipient of a UNITAR Fellowship at The Hague Academy of International Law in the Netherlands and a Commonwealth Fellowship at the University of the West Indies, during which time he completed his LL.M. In 1988, he attended the Institute of Advanced Legal Studies at the University of London and studied Legislative Drafting, Administrative Law and Constitutional Law under Sir William Dale, the Director of the Institute and renowned former Chief Parliamentary Counsel of England.

In December 2000, Sir Hugh acted as High Court Judge in St. Lucia and the Commonwealth of Dominica. He was appoint-

ed a High Court Judge of Antigua and Barbuda, the Commonwealth of Dominica and the British Virgin Islands from January 2002 to August 2005. He served as a Justice of Appeal of the Eastern Caribbean Supreme Court from 2005 to 2008, prior to assuming the Office of Chief Justice in April 2008.

During his tenure as a Judge of the Eastern Caribbean Supreme Court, Sir Hugh served on the Advisory Committee of the Commonwealth Judicial Education Institute (CJEL) of Dalhousie University School of Law in Canada for a period from 2006. In March 1995, he became an Associate of the Society of Advanced Legal Studies of the University of London and since July 2004, a Fellow of the Commonwealth Judicial Educational Institute in Canada. From 2004 to 2005 he was a member of the Judicial and Legal Services Commission of the British Virgin Islands. From 2004 to 2006 he was Chairman of the Judicial Ethics Committee of the Eastern Caribbean Supreme Court and from 2004 to 2007, Chairman of the Court's Judicial Education Institute.

On 1st August 2012, Sir Hugh retired from the Office of Chief Justice of the Eastern Caribbean Supreme Court. During his tenure as Chief Justice, he was *ex officio*, the Chairman of the Judicial and Legal Services Commissions of the Eastern Caribbean Supreme Court, and of the Virgin Islands and Anguilla. He was also a member of the Regional Judicial and Legal Services Commission of the Caribbean Court of Justice from 28 January 2010 until he retired.

On his retirement from the Office of Chief Justice on 1st August 2012, Sir Hugh was appointed a Judge of the International Administrative (Appellate) Tribunal of the ILO in Geneva, Switzerland. He was also appointed Course Director of the LL.M. Legislative Drafting Program at the Faculty of Law at the University of the West Indies.

Sir Hugh Rawlins has published a number of articles in Regional and International Law Journals in the areas of Constitutional Law, Administrative Law, Civil Practice, Public Law Remedies and International Commercial Contracts.

Sir Hugh is married to Lady Claudette Rawlins of Barbados. She is a Certified Accountant (CGA) and a Fellow of the Institute of Chartered Corporate Secretaries of Canada (FCIS). Lady Rawlins started her career, on leaving school, with the former East Caribbean Currency Authority now the Eastern Caribbean Central Bank. She then worked with the Central Bank of Barbados in various positions and departments; as a Management Accountant at the Head Office of Shell Antilles and Guianas Limited; as an Accountant with KPMG in the Virgin Islands and subsequently Corporate Manager and Director of Corporate Services with Price-Waterhouse-Coopers, St. Lucia, until July 2012.

Sir Hugh and Lady Rawlins have two daughters, both married, and two grand-daughters.

Biography of Keynote Speaker

Dr. Spencer Eugene Amory is the José M. Ferrer Co-Clinical Professor of Surgery at the Columbia University College of Physicians and Surgeons and Chief of General Surgery at the Columbia University Medical Center.

He was born in Basseterre and schooled at the Basseterre Boys School and the St. Kitts Nevis Grammar School, later the Basseterre High School. He traveled to the U.S and graduated summa cum laude (first class honors) in Chemistry from Long Island University followed by his M.D from the Johns Hopkins University School of Medicine. He completed his specialty training in general surgery at the New York Presbyterian Hospital and is a fellow of the American College of Surgeons.

In 2001 Dr. Amory became the first faculty member of the Columbia University College of Physicians and Surgeons to be selected as "Teacher of the Year" by both the student body and his faculty peers in the same year. In 2006 he was named "Physician of the Year" by the New York Presbyterian Hospital. In 2007 the College of Physicians and Surgeons awarded him the Leonard Tow prize for humanism in medicine and he was honored with an endowed professorship.

Dr. Amory has been active in the health care of nationals living or visiting New York over the last 25 years. This has included providing complimentary surgical care for nationals, assisting in the transfer of patients from the federation, arranging consultations and care with specialists, and visiting nationals who are hospitalized. He has also been a mentor for nationals studying medicine in New York and a supporter of several organizations of nationals in New York.

In October 2004 Dr. Amory established a non-profit program of colon cancer screening in St. Kitts and Nevis. To date he has performed hundreds of colonoscopies, detecting many precancerous and malignant lesions. Proceeds from this activity have been donated to the renovation and youth programs of several local churches.

In 2006 Dr. Amory attracted international attention to his origins in the federation after New York State Governor Pataki requested and was transferred to his care for surgical treatment.



In 2007 Dr. Amory delivered the annual independence lecture which he entitled "A History of Medicine: Service Industry or Charitable Service?" In 2008 he delivered the keynote address to the reunion of nationals in St. Kitts where he detailed a visionary model for sustainable health care in the federation. He was the recipient of the National Medal of Honor at the 2010 independence awards in St. Kitts/Nevis.

Dr. Amory's clinical interests include laparoscopic and gastrointestinal surgery and he performed the first laparoscopic cholecystectomy at the Columbia University Medical Center in 1990. In 2005 he pioneered the use of a robotic surgical assistant. Since 1997 he has conducted medical missions to several countries including Haiti, the Philippines, Guyana, Bolivia, and the Dominican Republic. Currently he serves as a founding member and vice president of the Northeast Mission of Hope, a faith based charitable organization that conducts medical missions.

HOW TO SUCCEED IN LIFE?

Talk - Softly; **Eat - Sensibly;**
Breathe - Deeply; **Sleep - Sufficiently;**
Dress - Smartly; **Act - Fearlessly;**
Work - Patiently; **Think- creatively;**
Behave - Decently; **Earn - Honestly;**
Save - Regularly and Spend - Intelligently

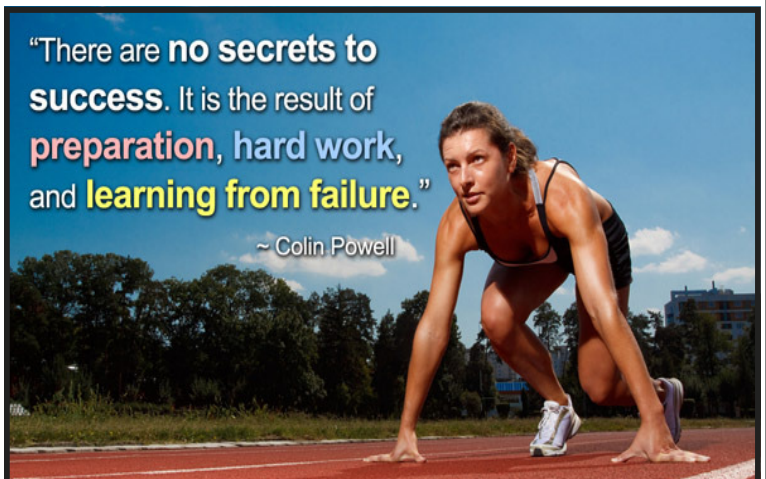


Success is the result of perfection, hard work, learning from failure, loyalty, and persistence.

(Colin Powell)

"There are **no secrets to success**. It is the result of **preparation, hard work, and learning from failure.**"

~ Colin Powell





As we let our own light shine,
we unconsciously give other
people permission to do the
same.—Marianne Williamson



*Congratulations to
SPBS for shinning so
brightly!*



Spencer E Amory M.D

Principal Award Winners

JAMEIA CLARKE

St. Paul's Primary School

On July 29, 2001 Jameia Clarke was born to parents, Judith and James Clarke of Rawlins Avenue, St. Paul's. Jameia attended the Faith Hope and Charity pre-school and St. Paul's Primary School.

Jameia began to excel an early age.

She placed first in every grade of her primary education: Kindergarten through to grade six. It was no surprise; therefore that Jameia won the coveted title of valedictorian of the class of 2013.

Although Jameia was not gifted athletically, she still ensured that she was engaged in extracurricular activities. She is a lover of dance and drama and never missed an opportunity to perform for her school or church. Jameia is also the outgoing president of the St. Paul's Primary School's Student Council; a post she held since she was in grade four.

Jameia 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 humility, 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 being a doctor.



Ziquan Dorsett

Newton Ground Primary

Ziquan Dorsett was born to Harriet Dorsett and Darrell Pemberton on the 24th October 2001. One would describe him as quiet, intelligent and respectful of which he compliments with the smile he always wears on his face.

He enjoys sports, music and spending time with his friends. He is a model student and well respected by his peers and teachers alike.

He received his pre and primary education in the Newton Ground Community where he resides with his family. As his mother always instilled in him to be a Leader and not a follower Ziquan takes his education very seriously thus claiming the top position in his classes for the past four years of primary school. Ziquan represented his school in many quizzes and competitions including the spelling B competition for two (2) consecutive years.

Ziquan proved to his teachers, classmates and family that he

is indeed a Leader when on the 7th of July 2013 he took the title of Valedictorian at the Graduation Ceremony of the Class of 2013 of the Newton Ground Primary School.

He received top marks in both Mathematics and Social Studies while placing second and third in Science and Language Arts respectively. He will continue his educational journey onto the CEMSS in form 1A1.

Ziquan hopes to become an Architect someday and also have a bigger dream of becoming one of his country Leaders.

Tecoya Warner

Sandy Point Primary School

Determined, intelligent, helpful and respectful are just some of the adjectives used to describe Tecoya Warner.

She started her primary school education in September of 2006. Due to her diligence and determination, she was always at the top of her classes as she passed through the respective grades.

Having a passion for reading and academic activities, in 2010 she was awarded the Zonal winner of the Courts/ OECS Reading competition. She also participated in School Based and National Quizzes.

As Tecoya continues on her academic journey, her focus is on becoming a doctor. She loves Science and is intrigued by the subject matter.

During the past three years she has held the post of Vice President and President of the Student Council at her school. She enjoys playing netball and participates in every Track and Field activity even if only for "Heats".

Always willing to give of her time to others has enabled her to be awarded most helpful, best camper and runner up during recent Anglican Young Peoples Association (AYPA) activities.

According to Tecoya, her biggest accomplishment thus far was becoming valedictorian of her class – CLASS OF 2013 OF THE SANDY POINT PRIMARY SCHOOL. Her performance at the National Test of Standards was laudable.

Her success she believes is owed to her very supportive parents, dedicated teachers and most importantly Almighty God.



CONGRATULATIONS, VINCENT!

The life of Vincent Hodge clarifies the meaning of workman in 2 Timothy 2:15.

He is tireless, conscientious, committed in his endeavors;
with him there is never half effort or unfinished tasks.

For his truly exceptional example of an elder brother,

WE, THE MEMBERS OF MEIREAD FREDERICK'S FAMILY

take this opportunity to esteem and delight in
WILLIAM VINCENT AUSTIN HODGE.

We thank the society for bestowing him this honor.

Brother we salute you!



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2013



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Stacey Greene

Miss Caribbean USA

On July 7th 2012 Miss Stacey Greene convincingly captured the crown of Miss Caribbean US in Philadelphia, PA. A young lady who was born and raised in the Newtown and Green Valley, Cayon areas of St. Kitts, she has used this title as the vehicle to be an official ambassadors for the smaller nations of the Caribbean.

Prior to becoming a titleholder and official Caribbean Ambassador, Miss Greene made several major strides in her life both personally and professionally having to her credit a Masters in Business Administration in Project Management and a B.Sc (honors) in Computer Information Systems with a concentration in Database Management. During her academic career, Stacey served in several leadership roles including President of Golden Key International Honor Society, President of the AAUW (American Association for University Women) and President Phi Theta Kappa – DeVry NJ Chapters.

Straight out of college in 2008, Stacey earned a position with Clarix Informatics, which was later acquired by Oracle, Inc. There she worked as an Associate Software Engineer responsible for programming and managing website development for clinical trials of many of the world's Top 50 Pharmaceutical Brands and Companies. She then moved on to be a Technology Manager and her current role as an Incident Manager in Production Assurance with one of the top Banking institutions in the U.S.

A former track and field runner and Netball player, Stacey now maintains an avid love for dance. Her backgrounds spans many reputable groups and associations such as dancer with the CFBC Dance Ensemble, Tutor with The Children's Dance Theatre, as the 1st Assistant Tutor with The Fireflies Dance School, a Senior member of The ViVace Dance Company or by those who attended the Summer Sensation Dance Workshop held in August 2010 (organized and lead by Ms Greene).

A young lady of faith and activism, Stacey is very active at her chosen place of worship of Mother Bethel A.M.E as the Co-Director for the Adult Dance Group and as the church webmaster. Currently she is engaged in honing her public speaking skills on her quest of becoming an



Accredited Speaker and a Distinguished Toastmasters (DTM) – two of the highest honors in Public Speaking. She is also the Immediate Past President of the Panorama Toastmasters of Philadelphia, one of the official clubs of the Toastmasters International Public Speaking and Leadership Organization.

In addition to her interests in dance and public speaking, Stacey also shares a love of reading and is interested in forging more relationships to ensure the love of reading grows and develops more in our youth.

Want to learn more about Stacey, or book her for your next event? Contact her at:

- ◆ E-mail: MissCaribbeanUS2012@gmail.com, or
- ◆ E-mail: GreeneLightLLC@gmail.com
- ◆ LinkedIn: Stacey Greene

Word on the Street

Thanks for your feedback on the Easter Breakfast 2013 and the 2012 Banquet.

- ◆ **Roosevelt Rawlins :** "Very well done! Keep up the good work. I will be back"
- ◆ **Marilyn Belle:** "Seemed well organized. Service great, Environment warm & friendly"
- ◆ **Henry Marsham:** "Everything was great again!"
- ◆ **Troy & Samantha Welsh:** "It was overall a great event. Congrats!"
- ◆ **Marilyn Sadio:** "It was awesome!"



"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

Colin Powell

GIVING IN ACTION – A Reflection on 2013

Sandy Point Benevolent Society remains rooted in its commitment to provide 'Empowerment through Education' and it demonstrated this in its activities during the past year. Here is a snapshot:

Donation of PA System, CEMSS



This gift was put to immediate use in Parent Teachers Association (PTA) Meetings and General Assembly. It will provide base audio support to all activities at CEMSS.

Easter Breakfast: raising funds and linking our folks in the diaspora



>90% of attendees responded favorably to the event and plan to attend in the future

Donation of a new Computer, St. Paul's Primary



Donations targeted the Individual Reading Recovery Program

Donation of a SmartBoard, CEMSS



"Our students are tech savvy and this gift would further enhance integrated classroom learning"

Donation of five (5) flat screen computers, to Save Our Sons (S.O.S) Home



"Thanks for considering us for the computers. We are so grateful for this help. It's just last week we sat in a meeting and decided that the S.O.S needs to have a computer lab and by the following week God answered our prayers. Thanks again..." Pastor Clive Saunders, the Director of Save our Sons (S.O.S)

Inaugural Annual Scholarship, \$1000 US to CEMSS Alumni



SPBS salutes its many patrons who help us touch so many many of our youths

Stick with us!

Congratulations



Congratulations to
Javale M. Jean Pierre

who graduated
Summa Cum Laude
with her
Master's degree
in Media Studies
in the
Spring of 2013.

Congratulations to Stacy Desiree Gumbs



THE SANDY POINT BENEVOLENT SOCIETY, INC.

PROUDLY CONGRATULATES

New York's Columbia University Graduate

Stacy Desiree Gumbs

ON THE ATTAINMENT OF HER
RECENT ACADEMIC QUALIFICATIONS

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IN SOCIAL ORGANIZATIONAL PSYCHOLOGY

**WITH AN ADVANCED CERTIFICATE
IN COOPERATION & CONFLICT RESOLUTION**

SPBS SAYS THANKS FOR YOUR IMMEASURABLE AND DEDICATED CONTRIBUTION OVER THE LAST TWO YEARS, AND WISHES YOU THE BEST FOR THE FUTURE.

AUTOBIOGRAPHY OF THE WINNER OF THE SPBS 2013 SCHOLARSHIP



I am **Sharine Hodge**, a proud citizen of St. Kitts-Nevis who grew up in the town of Sandy Point. I am married to a devoted husband, Garfield Hodge with whom I share two sons, Jamal and Josiah. Growing up, I always had a drive to pursue a higher level of education. Being

the second of seven siblings, as I grew older, it seemed as though this dream would never be fulfilled. My relationship with God and being an active member of the Sandy Point Apostolic Faith Mission from a tender age has helped to direct my life in a positive spiritual direction. Being the youth president and serving as worship leader for many years enabled me to utilize my God given leadership potential throughout my life. My mother, Heather Blake, who has always been a source of strength physically, spiritually, and emotionally helped to pave the way to my solid educational foundation. My father, Elvis Woodley, now deceased always reminded me of my dream of going off to college. The humble beginnings from which I come have being the fuel of the proud successes of my ongoing career.

Mention must be made of my high school principal, the legendary Mr. William Hodge, who has always encouraged excellence through discipline and perseverance. His hard work and dedication to the success of his students went far beyond the call of duty to bring out our fullest potential. Both my high school and primary school teachers have made invaluable contributions to my journey by granting me the best educational background ever. I always boast of the fact that God must have handpicked the best set of teachers for me to meet in my lifetime because they have all shaped me into the person I am now. For which I am eternally grateful.

After completing high school and college I was employed by the Ministry of Education where I taught at the primary level for eight years. Within those years I went on to pursue an Associate's Degree in Elementary Education from the University of the West Indies at the Clarence Fitzroy Bryant College (CFBC). I strove for excellence which resulted in me receiving an award for Excellence in

Science teaching at the graduation ceremony. The drive for me to pursue my Bachelor's Degree arose two years after. Such an unexplainable drive had to be fulfilled, and both my husband and I took the leap of faith to pursue degrees at Cameron University.

I am majoring in Elementary Education as I have a deep desire to see the youth of my country grow successfully. It is my passion to bring out the best in each of them in their foundational years. Such a passion is priceless to the heart and soul. I can hardly wait to return home with the added strategies and skills acquired (and needed in our education system) to continue changing lives of young leaders in our Federation.

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SPBS Announces the 2014 SPBS SCHOLARSHIP

More details at www.spbsinc.org

SPBS started with a focus on supporting our incoming Freshmen to the Charles E Mills Secondary School. Today we have come full circle and now support postsecondary high school education. After a successful launch in 2013, we are soliciting applications for our 2014 Scholarship. Successful candidates will be offered \$1000.00!

Candidate should direct application to SPBS:

Mr. Vincent Hodge
SPBS VP

vincehodge@msn.com

Dr. Mervyn Richardson
SPBS President

mervyn.richardson@spbsinc.org

•Application deadline is July 31st, 2014.

GENERAL INFORMATION		
Student Name:	Date of Birth: / /	Gender F M
Home Phone:	Mobile Phone:	
Email:		
Mailing Address:		
City:	Zip:	Country:
ELIGIBILITY		
Attended SPHS/CEMSS? Yes No	Year Graduated from SPHS/CEMSS: / /	
College/University Level:	Undergraduate	Graduate Post graduate
Status: Full-time Part-time	Field of Study:	
School Name:		
School Address:		
COMMUNITY INVOLVEMENT		
List your most significant service/volunteer work experience. Attach additional documentation if necessary		
Organization	Length of Service	Responsibilities
ESSAY/STATEMENT OF PURPOSE		
Should clearly articulate the following:		
- Relevance of area of study		
- How the scholarship would be of assistance to you		
- How you intend to contribute to community/national development upon completion of your studies		

I certify that all of the statement and information contained in this application are true and complete to the best of my knowledge. I understand that false statements or facts are subject to disqualification.

Student Signature

Date

Parent Signature (if student is under 18 years old)

Date

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CONGRATULATIONS STANFORD DIVANTE FRASER! HOWARD UNIVERSITY CLASS OF 2013

You are indeed “[our] heritage from the Lord” as promised in Psalms 127:3.

During the past four years of study at the Mecca, Howard University, we watched you live out Paul’s admonition to the saints in Philippians 4:8.

In your work with the Collegiate Society of Black Men and the Howard University Student Government you steadfastly strove after and gave your time *to those things that are true, noble, just, pure, lovely, or of good report.* Rejecting popular media attempts to substitute artificiality for substance, you searched for what is of true *virtue* to praise.



Your favorite quotes sound this clarion clear

“The richer we become materially, the poorer we have become both morally and spiritually.”

-MLK

“If you feed a plant poison, it will die. If you feed your brain poison it will do the same”

-Unknown

“You can’t change what’s going on around you without changing what’s going on within you”

-Unknown

Your own words send an echo crystal clear:

Guns and knives shall not be seen when the revolution has its time

An open book, some critical thoughts will be humanity’s crime

Clenched fist and protest filled streets will no longer be in demand

Changing values, enlightened minds will teach love between all men.

-from “The Revolution”

Again, congratulations, Stanford; “rumble young man rumble.”

Your mom, Ermyn Frederick-Murray

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PET CORNER

By Dr. Hannah Guishard



Hello to all Caribbean people, especially those from Sandy Point, St. Kitts. I am embarking on a series of veterinary tips and “need to know.” This first article in the series will be focusing on preventative medicine and treatment.

Preventative medicine and treatments are designed to help pet owners keep their dogs and cats healthy for life. This discussion will be limited to Immunizations, parasite prevention, household hazards and pet identification.

Upon acquiring your new pet, a visit to your local veterinarian is critical. The vet will verify the health status of your pet, and examine for any congenital diseases or birth defects. Listed below are a few important questions to ask your veterinarian on your first visit:

- ◆ How much/often should I feed my dog?
- ◆ What special vitamins and nutrients does my dog need?
- ◆ What is the proper way to care for my dogs’ teeth?
- ◆ How do I brush my dogs teeth?
- ◆ What is the best way to prevent parasites such as fleas/ticks?
- ◆ How do I protect my dog from heartworm disease?
- ◆ What is the appropriate weight for my dog?
- ◆ What should I do if my dog is overweight?
- ◆ Does my dog need a dewormer? If so, how often should I deworm?
- ◆ How frequently should my pet receive vaccinations?
- ◆ Are there any side effects of the vaccinations? If so, what are the side effects?
- ◆ How often should I bring my pet in for routine examinations?
- ◆ Is my pet at risk for any breed specific diseases?
- ◆ When is the best time to have my pet spayed/neutered?
- ◆ How do I introduce my new pet into my household environment and to other household pets?
- ◆ How and when should I socialize my pet?
- ◆ How much exercise does my pet need?
- ◆ Is it safe to take my pet to the dog park or pet stores?
- ◆ Should I have my pet micro-chipped?

Immunization

Many infectious diseases can be prevented through vaccination. By immunizing your pet you can prevent dangerous viruses and diseases that can limit your pets’ quality of life. Vaccination also prevents the transfer of harmful diseases and viruses from pet to human. For puppies and kittens,

these vaccinations are given between 6-8 weeks of age, and continued at 3 week intervals for a total of four sets of vaccinations. Once this series of vaccinations is completed, your pet will only need to be vaccinated on a yearly basis at their Annual Physical Examination. These vaccinations include:

- ◆ **Dogs:** Parvovirus, Hepatitis, Leptospira, Kennel cough, Distemper, Coronavirus, Lyme disease, Rabies.
- ◆ **Cats:** Feline Rhinotracheitis, Herpes, Chlamydia, Pan Leukopenia, Cali virus, Feline Aids, Feline Leukemia, and Rabies.

Rabies, of course, is the most concerning zoonotic virus listed above. Approximately 15% of human untreated bites from an unknown rabid animal become infected. Once signs of rabies develop in humans, it is almost always fatal. You should immediately notify local health department authorities when an animal bite to a human has occurred, or whenever there is a possibility of contact with a rabid animal.

Parasite Prevention

All puppies and kittens should be started and maintained on flea, tick, and intestinal worms, and heartworm prevention year round. These parasites are prevalent in any environment, including your home!!!

Fleas are one of the most common parasites found throughout the USA. In pets, flea bites can lead to an allergic reaction, anemia, and tapeworm infections. An effective measure for keeping adult fleas off your pet is to use a monthly product year-round that kills and prevents flea infestations.

Ticks

Ticks are blood sucking parasites that can cause several devastating diseases in pets. Some of these transmitted diseases include: Lyme disease, Rocky Mountain spotted fever, ehrlichia, babesia, anaplasma. Treatments for such diseases can be costly, as well as complicated for pet owners. Every disease listed above is transmissible to humans. Thus, a year-round preventative product is vital to keep your pet and yourself safe and healthy.

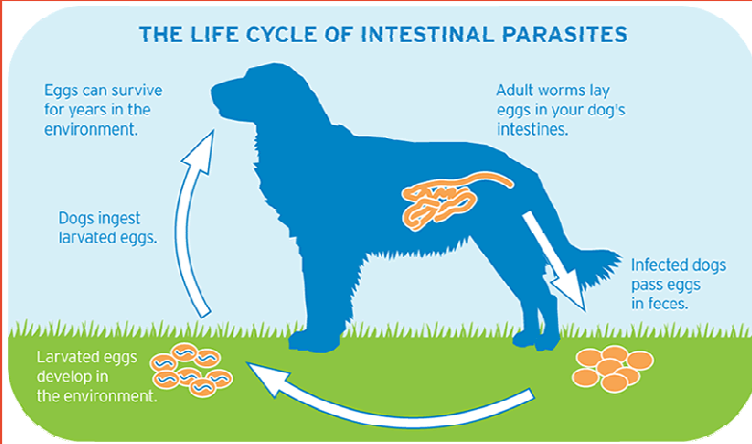
Heartworm Disease

Heartworm Disease is a potentially fatal disease affecting dogs and cats in North America. The disease is transmitted via infected mosquitoes. Some signs of Heartworm disease include: cough, fatigue, weight loss. In more severe cases, heart failure and even death can occur.



Intestinal Parasite Infections

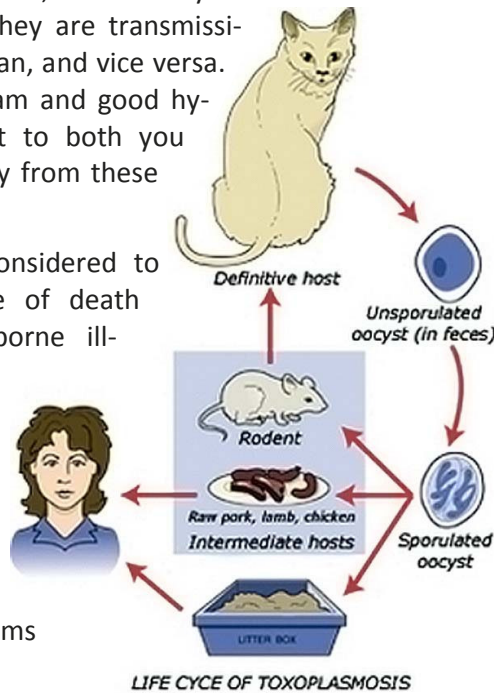
The major problem with intestinal worms is that they can thrive in almost any environment, making it easy for your pet to become infected. In most cases, you may not even realize your pet is infected. The dangers of intestinal parasites include: blood loss, malnutrition, diarrhea, weight loss,



vomiting, and sometimes death. Some of the most common worms that may affect your pet include: Roundworms, Hookworms, Whipworms, and Tapeworms.

What every pet owner should be aware of regarding roundworms and hookworms, is that they are zoonotic, meaning they are transmissible from pet to human, and vice versa. A deworming program and good hygiene are important to both you and your pets' safety from these parasites.

Toxoplasmosis is considered to be a leading cause of death attributed to foodborne illness in the United States. More than 60 million men, women, and children in the U.S. carry the *Toxoplasma* parasite, but very few have symptoms because the immune system usually keeps the parasite from causing illness.



Household Hazards

Many items inside and outside your house can pose a threat to your pet. Here is a list of common household hazards:

- ◆ **Food Hazards:** chocolate, moldy/spoiled foods, coffee, alcohol, avocado, macadamia nuts, grapes, raisins, raw/uncooked meat, raw eggs, onions, garlic, chives, milk, and yeast dough.
- ◆ **Medications:** pain killers, cold medicines, anti-cancer drugs, antidepressants, diet pills, and blood pressure medication.
- ◆ **Indoor Hazards:** fabric softener sheets, electrical cords, mothballs, batteries, paint and solvent, string, yarn, rubber bands, plants and flowers (lilies, tulips, poinsettias, caladiums).

There are many additional items around the house that

could pose a potential threat to your pet, so please consult with your veterinarian if you have any concerns regarding specific items.

Pet Identification

While a collar and tag are critical, many pets manage to lose or escape them while roaming. Microchipping is the best recommendation for permanent pet identification, as it lasts a lifetime with your pet. A microchip is a small implant that is injected under your pets skin between the shoulder blades. This chip contains a code that is unique to each pet; similar to how your social security card is unique to you. This number can be matched to your pets information in the National Database if your pet ever gets lost and is found.

In closing, please remember to take your new pet directly to your local veterinarian and follow up on an annual basis to maintain vaccinations and parasite preventions. This will ensure a long and happy life together for you and your pet.

Good Luck,

Dr. Hannah Guishard



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HERE COMES THE SUN ... RIGHT?

By Patrick Williams

Like other small Caribbean countries, St Kitts and Nevis (SKN) is heavily dependent on diesel generators to supply power to its population of 50,000. Currently, the electricity generation profile for SKN consists almost entirely of diesel-powered generators. As a result, SKN have to import all of its petroleum products. An analysis of the generation costs of power is quite high (over US \$0.40/kWh). Further, the country faces a considerable fuel price risk as a result of the vagaries of international oil markets and the current trend towards higher costs.

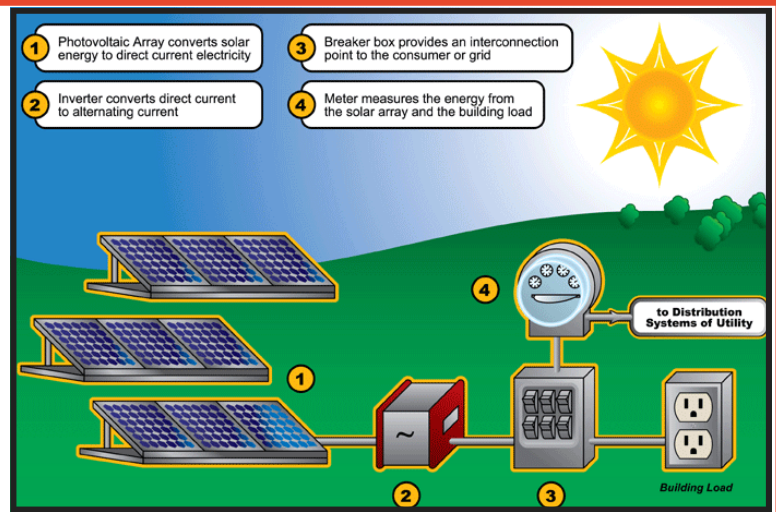
It is no secret that in SKN, sky-high prices for electricity have stirred interest in alternative forms of power like solar, wind, biomass, waste-to-energy and geothermal energy. The Government of St. Kitts and Nevis (GOSKN) wants to introduce renewable form of energy to bring some measure of relief to the populace. The draft Sustainable Energy Plan (SEP) prepared by the Organisation of American States (OAS) and the local "Renewable Energy Committee" identifies alternative energy as energy strategies offering some promise to the island of St. Kitts. The target set by the Ministry of Energy is to have 60% conversion to "green energy" by 2015.

In his 2013 Budget Address, the Prime Minister of SKN, Dr. Denzil L. Douglas, stated that the goal of SKN's Energy Policy is "to transform St. Kitts and Nevis into a country where sustainable, clean, reliable and more affordable energy sources are developed and used. In an effort to advance this goal, we have continued to explore opportunities where alternative energy and energy saving technologies can be integrated into the daily operations of businesses, households and community life."

It is against this backdrop that this article examines some of the reasons why the prospects for green energy in St. Kitts and Nevis have turned dark and the country has been unable to move towards a more energy efficient, environmentally benign future. The question of critical significance is – "Has the sun set on the renewable energy prospects for SKN?"

Solar energy

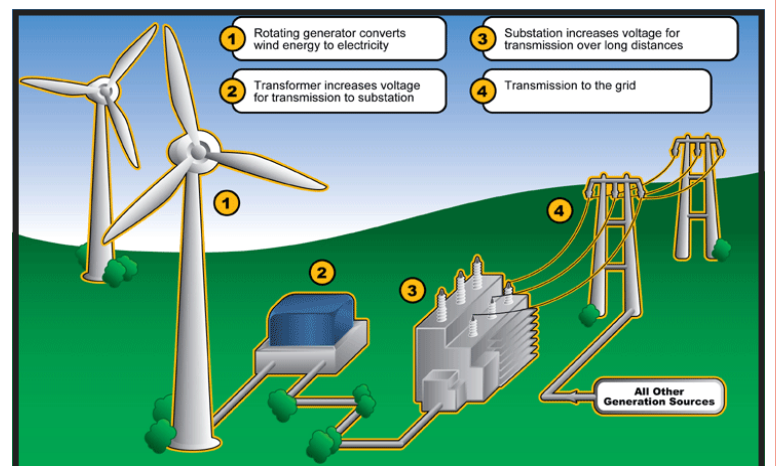
In response to the growing need for "green energy", a local company, ALETECH, headed by local Engineer Malcolm Knight, was launched on Friday, June 1st 2012. The company offers alternative energy technology services in the form of consultancy, design, installation and maintenance. ALETECH expects to embrace all alternative energy sources including wind and solar, and will also be able to advise on bio-fuel/biogas/bio-diesel for vehicles. More recently, GOSKN has been collaborating with the government of Tai-



wan which has funded the operations of a Taiwanese company, Speed Tech Energy Co. Ltd., in setting up two street lighting projects along the Kim Collins Highway and in the rural areas from Sandy Point to St. Pauls as well as a solar farm at the Robert Llewellyn Bradshaw International Airport. Despite a number of government offices, private sector institutions and individual residences with solar panels, the solar power technology has not made any significant inroads into the national psyche, particularly because of the prohibitive cost of the initial investment in solar panels.

Wind energy

North Star, an alternative energy company, is in the process of completing a wind energy project at Belle Vue, St Kitts. The project is being implemented with a US \$16.5m commitment from the US Overseas Project Investment Corporation (OPIC) to fund construction of the first phase of the 5.4MW turbines at the Belle Vue wind farm in St Kitts. Mark Tippit, founder and president of the company anticipates that approximately 10 to 15 percent of the overall capacity of the St Kitts national grid will be supplied by wind energy upon the completion of Phase I of the project. The energy will be generated by three 1.8 megawatt wind turbines (windmills) which are being manufactured by Vestas Wind Systems out of Denmark. These three turbines will produce 5.4 megawatts of power but the con-



stant average supply will be 2.7 megawatts which will power 2,700 homes. This project is currently stalled.

Biomass

In 2006, GOSKN embarked on a “Bio-energy potential of SKN” project. The study explored the possibility of converting two sources of biomass: (a) sugar cane; and, (b) the organic portion of municipal solid waste (MSW) to sustainable energy. The final report, submitted to the Ministry of Sustainable Development (MSD) suggested that there was a reasonable expectation for a competitive bio-energy business based on sugar cane crops. It further recommended that GOSKN should seek viable offers from private sector partners for the development and implementation of this opportunity. The principal product would be dehydrated ethanol.

There simply isn't a lot of space available in St. Kitts to dump municipal solid waste. A key solution to address this dilemma is the proposed Naanovo Energy St. Kitts Ltd.'s (NESK) 7 MW advanced waste-to-energy (WTE) facility at the Conaree Sanitary Landfill. This facility will transform about 180 metric tons of municipal waste a day into energy that will be sold to the local power company, SKELEC – enough to support 7,000 homes, leaving just 10% of the original waste volume as residual ash.

Geothermal energy

The West Indies Power (WIP) company was established to pursue geothermal energy potential in Nevis. To date, WIP has the completed exploratory drilling of three wells in the Spring Hill area. A major difficulty has been the shortage of investment capital to get the project up and running. The aim of the project is to explore the prospect of geothermal energy as a means of reducing the country's dependency on oil. The original objectives of the initial project, though they have failed to materialise, still stands: (a) provision of an initial portable geothermal power plant to supply the island of Nevis with 5 – 6MW of electrical power; (b) replacement of Nevis' baseload electrical power (10 MW) by geothermal energy; and (c) a additional 35MW of electricity which would be sold to the neighbouring island of St. Kitts via submarine electrical transmission cable.

The large geothermal reservoir beneath Nevis offers SKN

the prospects of being the first nation in the world to be self-sufficient from renewable energy sources, and in the process, potentially re-invent the Federation's small tourist-reliant economy. But, the shortage of investment capital mainly caused by the global economic crisis mean that current prospects remain stalled and uncertain.

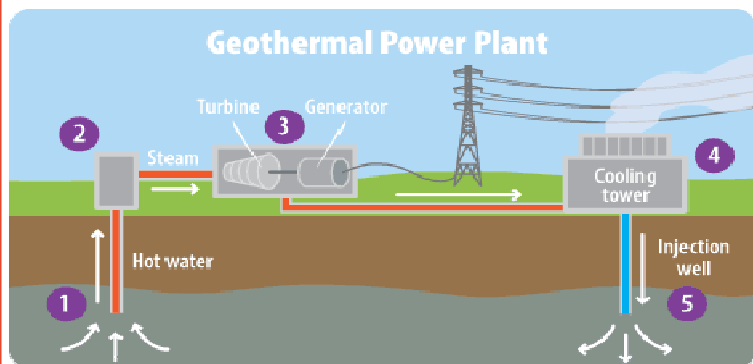
The incentives, economic and environmental, are clear. Nevis, which consumes a maximum of 10 megawatts (MW) of energy annually, spends \$12 million a year on diesel for its power station. Meanwhile it emits 44,000 metric tons of carbon dioxide in the process. St. Kitts, which lies two miles northwest of Nevis, uses 46 MW at most each year, at more than quadruple that cost. Drilling at three sites on Nevis has indicated that the geothermal reservoir is capable of producing up to 500 MW of constant base-load power year-round. That has led SKN to envisage one day exporting all that surplus energy to neighboring islands (including Puerto Rico) via high-voltage alternating-current submarine cables.

The current cost estimates for geo-thermal energy are high. In a 2007 study entitled “The Future of Geothermal Energy”, MIT concluded that “even when adjusted for inflation ... the typical costing at that time for this type of plant in the range of \$1,080 to \$1,889 per kilowatt of capacity.” Local journalist, James Gaskell, who has written extensively on the subject noted on January 13th 2012 that, “the Nevis plant would work out at \$6,470 per kilowatt of capacity.” It has been pointed out by others that this sum, in comparison to other projects, seems “excessive.” Stephen Connors, of MIT's Energy Initiative, says Nevis' isolated location would add significant costs and that the estimates, probably initially too low, are not “inconceivable.”

Conclusions

In St. Kitts, the increasing cost of energy is a real concern. Due to the ever fluid price of fossil fuel, it is becoming increasingly difficult to maintain and/or sustain the cost of fossil fuel consumption generally required by traditional diesel generator sets in the generation of electricity. Investments in green energy have the potential for allowing the economy of St. Kitts to return to positive growth as it represents a sustainable, clean, affordable and reliable energy supply.

Most of the problems in jump starting this sector stems from the credit crisis that has left Wall Street banks reeling. When compounded with the prohibitively high cost of alternative energy investments, it will take some doing to develop the potential for cheaper prices to the consumer offered by greener energy sources.



WISE SAYINGS FROM SANDY POINT, ST. KITTS

Creole Version	Standard English Interpretation	The Meaning
All skin teet nah laugh	Every grin is not laughter	People may smile, but some smiles are deceptive
Before good food waise, belly bus fus	Before good food waste, let belly burst first	Rather than let an opportunity pass, take whatever risk first
De apple doan fall far from de tree	The apple does not fall far from the tree	Children most likely inherit their parents' traits (good or bad)
De dance cyarn pay for de lights	The dance cannot pay for the lights	The fun is not worth all the time, effort (or money) it takes
If you no walk wey fire dey ee nar go bun you	If you do not walk where the fire is, it will not burn you	If you avoid trouble, trouble will not find you.
If you spit up in de shy ee boun to fall back in you eye	If you spit up in the sky it must fall back in your eye	Whatever you cause (good or bad), must have an effect on you
Jumbie know who fe frighten	Jumbies know who they can frighten	People know who they can provoke without suffering the consequences
Moon run til day ketch um	The moon run until day catches it	Take all the chances you can get before the cycle comes to an end
One han cyarn clap	One hand cannot clap	We are like parts on one body; we need to cooperate with each other
Pickny who cyarn hear go feel	Children who cannot hear will feel	Children who do not heed their parents advice will suffer harsh consequences
See me an come live wid me a two difrent ting	Seeing me and living with me are two different things	Meeting people casually does not prepare you for what they will be like in close interaction
Tom drunk Tom no fool	Tom is drunk Tom is not foolish	Misbehaving while in a stupor does not free a man from responsibility for his actions
Today fu me tomorrow fu you	Today is mine, tomorrow is yours	We take turns being hit by difficulties (or pleasures) of life
When you dig a hole fu me dig two.	When you dig a hole for me dig two (the other one for you).	Expect that whatever evil you plan for someone is likely to happen to you.
Wha bun you a wa sweet me.	What burns you is what sweetens me.	The same thing that irritates one person, make another person happy.
Who no wuk a day wuk a night.	Who does not work in the day will have to work in the night.	Who does not perform their duties at the right time, will have to perform it at an inconvenient time.
Wey you ketch you cole, cough it up dey.	Where you catch the cold, cough it up there.	Wherever you got into trouble, go back there to get help with your problems.



I had no idea that being your authentic self could make me as rich as I've become. If I had, I'd have done it a lot earlier.

(Oprah Winfrey)

“ To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment. ”

Ralph Waldo Emerson

The Legendary Teacher Anne

Angeline Revan attended the Sandy Point Girls School where she obtained three standard seven certificates. Ms. Revan entered the teaching profession at the age of sixteen and was employed as a pupil teacher at the then Old Road Primary School. She was later transferred to the Sandy Point Girls School and then Sandy Point Senior School respectively, as an assistant teacher after obtaining a second class and a third class certificate.

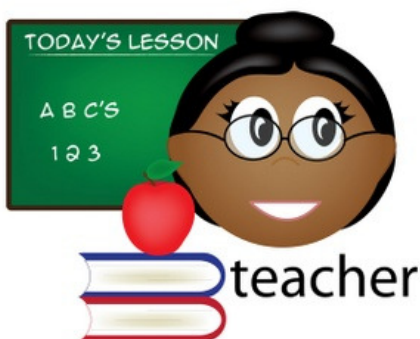
She had the opportunity of attending the Leeward Island Teachers Training College at Golden Grove Antigua for one year. There obtained a General Diploma having studied ten subjects, gaining one distinction, six credits and three passes. On the completion of her course, she reported for duty at the Sandy Point Senior School, where she remained until her retirement some eighteen years later.

During her tenure of service at the high school, she taught English Language, Literature and Hand Work. English language in the fourth and fifth forms was her main subject. Ms. Revan was an after school part-time tutor of English Language at the G.C.E Level at the Technical College, which is now called The Clarence Fitzroy Bryant College.

She was also the pioneer Guidance Counselor for the school which afforded her the opportunity in assisting in the molding of the students.

After her retirement she was the supervisor for the G.C.E exams for many years. The Sandy Point High School was her second home as there were times when she was there morning, noon and night. Teaching is a noble profession and she deems it as one of the means of serving humanity.

Ms. Revan also served as a member of the St. Christopher and Nevis Public Service Commission and the Police Force St. Christopher and Nevis Public Service Commission and the Police Force Commission



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*A good TEACHER
is like a candle - it consumes itself
to LIGHT the way for others.
~ Author Unknown*

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THE SANDY POINT BENEVOLENT SOCIETY (SPBS) CONTINUES ITS ALTRUISTIC MISSION (1997 TO 2013)

Contributed by Patricia Isles-Cesar

The philosophy of the former President of South Africa, the esteemed Nelson Mandela succinctly reveals, "Education is the most powerful weapon which you can use to change the world." In accordance with this expressed sentiment, the Sandy Point Benevolent Society (SPBS) has undertaken that awesome responsibility of being an agent of change and of positively impacting the lives of teachers and students of the Charles E. Mills Secondary School as well as the community of Sandy Point.

In order to implement changes, one first has to be equipped with a vision and this must be accompanied by action in order to come to fruition. It is the vision of making a difference and of giving back to ones alma mater that led to the creation of the Sandy Point Benevolent Society. The organization is the brainchild of Stewart "Peppa Williams" who along with other founding members has worked assiduously to ensure its growth, success and longevity. From its inception, The SPBS has closely aligned itself with the Charles E. Mills Secondary School (formerly the Sandy Point High School) and resultantly has been our main benefactor for the past seventeen years. Initially, the focus of the group was to improve the science labs and stimulate students to pursue professions in Science. However, it has since expanded its scope and now permeates every facet of life at CEMSS.

To date, myriad gifts and donations have been proffered from which students and the institution have benefitted immensely. The Science Department has been enriched by equipment donated between the period 1997 to 2010. These include a full size human skeleton, a chemical water distillation machine and numerous biological charts. The skeleton for instance, is useful in the teaching of the developmental stages within the human body. It is also used to demonstrate bone fusion in the skull, where organs are located, the number and types of bones and so forth. The use of these teaching aids has facilitated the teacher in appealing to the different learning styles of students, in particular, the visual learners.

Furthermore, to enhance the effectiveness of teachers during assembly or on special occasions for example our Annual Speech Day and Prize Giving Ceremony, a public address system was donated as well. Quite recently a more upgraded PA system was received by the Charles E. Mills Secondary School. To enable



the institution to cope with the burgeoning demands of photocopying, another valuable gift in the form of a professional quality printer-copier-scanner was delivered in May 2006. In addition to this, we were the proud recipients of several hundred math and science books, overhead projectors with tripods and audio-visual projector systems.



Additionally, in keeping with the notion that if children do not learn how we teach, then teach them how they learn and to ensure that CEMSS remains on the cutting edge of technology, a smart board was donated this year. The words of Plato come to the fore, "Do not train a child to learn by force or harshness; but direct him to it by what amuses his mind, so that you may be better able to discover with accuracy the peculiar bent of the genius of each." This gift is already allowing the teachers to appeal to the visual millennium learners – the students.

Self motivation is one of the key components for success. Hence, in order to excel, students need to be disciplined, dedicated, determined and focused. However, what can also fuel that desire to succeed are extrinsic rewards. The SPBS is cognizant of this and has generously given financial remuneration to students attending the Charles E. Mills Secondary School. Each year, the Principal's Award of US\$300.00 is given to the valedictorian from the Sandy Point Primary School. For the first time in 2012, this was extended to include the two additional feeder schools: Newton Ground Primary and the St. Paul's Primary. Hence, Misses Janesha Heyliger and Arljanique Ward were able to join Miss Gariel Bowry in being the recipients of the Principal's Award for 2012. Their names will be documented in the annals of their schools' history and act as a stimulus to succeed by students undertaking the Grade six Test of Standards examinations. The afore-mentioned students will also join a group of elite recipients commencing with the first awardee, Mr. Denver Mike (1997). It must be documented that to date, all of the recipients have continued to excel at the secondary and tertiary levels as well as in the world of work. Therefore, they must be commended for being exemplars.

The SPBS must be lauded for its philanthropic ideals, generosity, vision and foresight. The esteemed individuals who are the backbone of the organization are wished continued success as they strive to actualize their motto, "Youth empowerment Through Education." Indeed, their activities have given veracity to the statement: Education is an agent of change. Teachers feel better equipped to kindle that fire in the minds of the children. Simultaneously, both teachers and students are poised to effect even more changes at the individual, communal and societal levels.

CHARLES E. MILLS SECONDARY SCHOOL

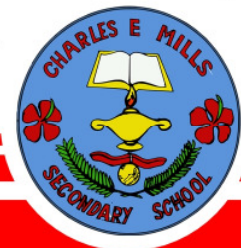


CONGRATS & THANK YOU

Congratulations SPBS! The Principal, Staff and Students of the Charles E. Mills Secondary School acknowledge the sterling contributions made by the Sandy Point Benevolent Society to the Sandy Point Community in general and the Charles E. Mills Secondary School in particular. We wish you every success in your annual benefit gala.

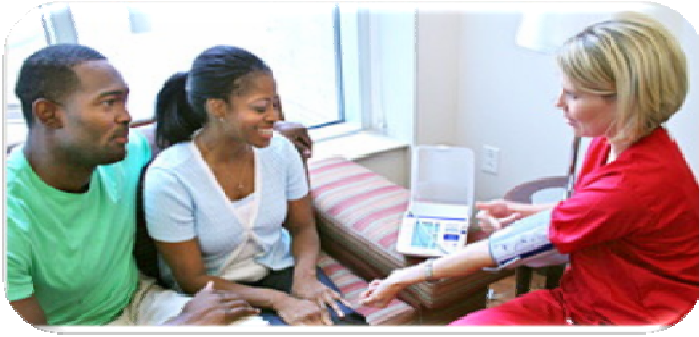
We also wish to recognize the three esteemed sons and daughter of the soil who will be honored this year at your awards ceremony. They are all deserving. Special mention must be made of Mr. Vincent Hodge, affectionately known as Mr. Clarke, whose stint as principal saw a vast improvement in both discipline and academics at the then Sandy Point High School. Similarly, Mrs. Jacqueline Hazel-Leader was a teacher of History par excellence. She utilized her creative and dramatic skills to bring history alive for her students. They are both worthy of emulation and we at Charles E. Mills Secondary feel a sense of pride in their accomplishments.

So congratulations to all and thanks to SPBS for your continued contributions and support.



Committed to Educating, Moulding and Stimulating Students

What is Hypertension (High Blood Pressure or Pressure)?



High blood pressure is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

You can have “pressure” for years without any symptoms. Uncontrolled high blood pressure increases your risk of serious health problems, including **heart attack** and **stroke**.

Hypertension typically develops over many years, and it affects nearly everyone eventually. Fortunately, it can be easily detected. And once you know you have it, you can work with your doctor to control it.

Symptoms

Most people with high “pressure” have no signs or symptoms, even if blood pressure readings reach dangerously high levels. Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal, these signs and symptoms typically don't occur until high blood pressure has reached a severe even life-threatening stage.

Causes

There are two types of high blood pressure.

Primary (Essential) Hypertension

For most adults, there's no identifiable cause of high blood pressure. This type of high blood pressure, tends to develop gradually over many years and accounts for the majority of cases of “Pressure”.

Secondary Hypertension

Some people have high blood pressure caused by an underlying condition. Various conditions and medications can lead to secondary hypertension, including:

- ◇ Kidney problems
- ◇ Adrenal gland tumors
- ◇ Certain congenital defects in blood vessels
- ◇ Certain medications, such as birth control pills, cold reme-

dies, decongestants, over-the-counter pain relievers and some prescription drugs

- ◇ Illegal drugs, such as cocaine and amphetamines

Risk factors

High blood pressure has many risk factors, including:

- **Age.** The risk of high blood pressure increases as you age.
- **Race.** High blood pressure is particularly common among blacks, often developing at an earlier age than it does in whites.
- **Family history.** High blood pressure tends to run in families.
- **Being overweight or obese.** The more you weigh, the greater your chances of becoming hypertensive.
- **Not being physically active.** Could lead to obesity
- **Using tobacco.** This can cause your arteries to narrow, increasing your blood pressure. Second hand smoke also can increase your blood pressure.
- **Too much salt (sodium) in your diet.**

- **Too little potassium in your diet.**

- **Too little vitamin D in your diet**

- **Drinking too much alcohol**

- **Stress.** High levels of stress can lead to a temporary, but dramatic, increase in blood pressure

Certain chronic conditions. Certain chronic conditions also may increase your risk of high blood pressure, including high cholesterol, diabetes, kidney disease and sleep apnea. Sometimes **pregnancy** contributes to high blood pressure, as well.

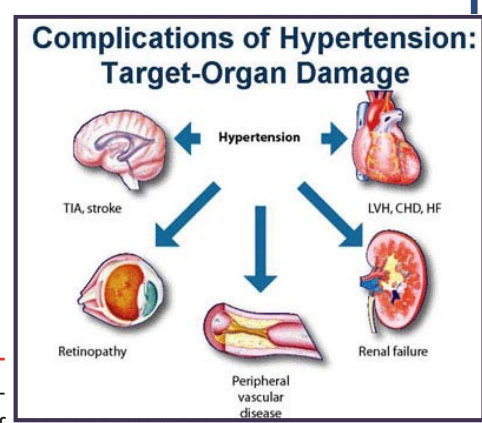
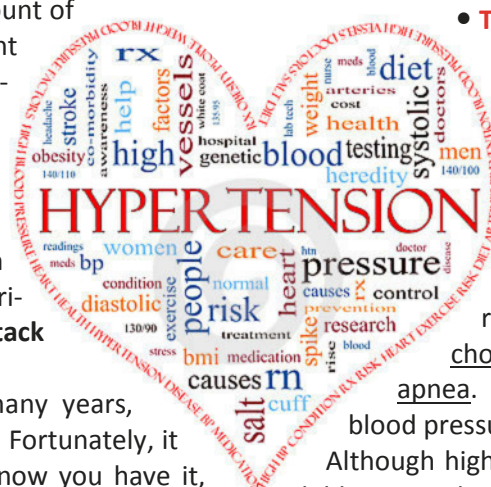
Although high blood pressure is most common in adults, children may be at risk, too. For some children, high blood pressure is caused by problems with the kidneys or heart. But for a growing number of kids, poor lifestyle habits — such as an unhealthy diet and lack of exercise — contribute to high blood pressure.

Complications

Uncontrolled high blood pressure can lead to:

- **Heart attack or stroke**
- **Aneurysm**
- **Heart failure.**
- **Weakened and narrowed blood vessels in your kidneys.**
- **Thickened, narrowed or torn blood vessels in the eyes.** This can result in vision loss.

- **Metabolic syndrome.** This syndrome is a cluster of disorders of your body's metabolism — including increased waist circumference, high triglycerides, low high-density lipoprotein (HDL), or “good,” cholesterol, high blood pres-



sure, and high insulin levels

- **Trouble with memory or understanding.**

Tests and diagnosis

Blood pressure is measured with an inflatable arm cuff and a pressure-measuring gauge. A blood pressure reading, given in millimeters of mercury (mm Hg), has two numbers. The first, or upper, number measures the pressure in your arteries when your heart beats (**systolic pressure**). The second, or lower, number measures the pressure in your arteries between beats (**diastolic pressure**).

Blood pressure measurements fall into four general categories:

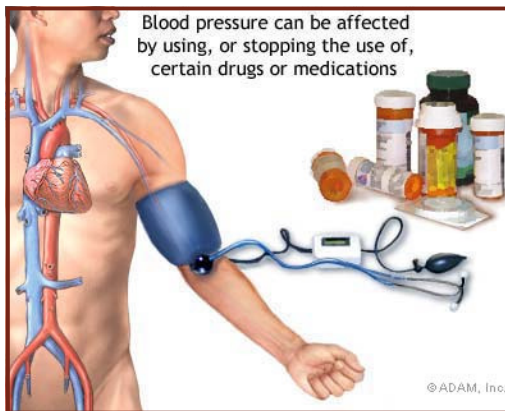
Normal: 115 - 120/75 - 80 mmHg	Above 115/75 mmHg, risk of cardiovascular disease increases
Prehypertension: 120 – 139/80 – 89 mmHg	Prehypertension tends to get worse over time
Stage 1 hypertension: 140 – 159/90 – 99 mmHg	
Stage 2 hypertension: >160/100 mmHg	

Both numbers in a blood pressure reading are important. But after age 50, the systolic reading is even more significant. Isolated systolic hypertension — when diastolic pressure is normal but systolic pressure is high — is the most common type of high blood pressure among people older than 50.

Your doctor will likely take two to three blood pressure readings each at two or more separate appointments before diagnosing you with high blood pressure. This is because blood pressure normally varies throughout the day — and sometimes specifically during visits to the doctor, a condition called white-coat hypertension. Your doctor may ask you to record your blood pressure at home and at work to provide additional information.

Taking your blood pressure at home

An important way to check if your blood pressure treatment is working, or to diagnose worsening high blood pressure, is to monitor your blood pressure at home. Home blood pressure monitors are widely available, and you don't need a prescription to buy one. Talk to your doctor about how to get started.



Home blood pressure monitors are widely available, and you don't need a prescription to buy one. Talk to your doctor about how to get started.

Treatments and drugs

Your blood pressure treatment goal depends on how healthy you are.

Blood pressure treatment goals*

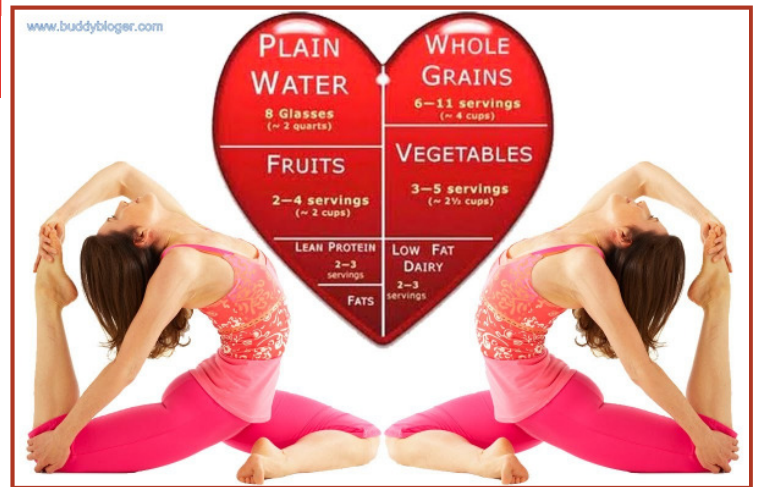
If you're an adult age 80 or older and your blood pressure is very high, your doctor may set a target blood pressure goal for you that's slightly higher than 140/90 mm Hg.

Changing your lifestyle can go a long way toward controlling high blood pressure. But sometimes lifestyle changes aren't

enough. In addition to diet and exercise, your doctor may recommend medication to lower your blood pressure. Which category of medication your doctor prescribes depends on your stage of high blood pressure and whether you also have other medical problems.

140/90 mm Hg or lower	If you are a healthy adult
130/80 mm Hg or lower	If you have chronic kidney disease, diabetes or coronary artery disease or are at high risk of coronary artery disease
120/80 mm Hg or lower	If your heart isn't pumping as well as it should (left ventricular dysfunction or heart failure) or you have severe chronic kidney disease

Lifestyle changes to treat high blood pressure



No matter what medications your doctor prescribes to treat your high blood pressure, you'll need to make lifestyle changes to lower your blood pressure. These changes usually include eating a healthier diet with less salt (the Dietary Approaches to Stop Hypertension, or DASH, diet), exercising more, quitting smoking and losing weight.

Resistant hypertension: When your blood pressure is difficult to control

If your blood pressure remains stubbornly high despite taking at least three different types of high blood pressure drugs, one of which should be a diuretic, you may have resistant hypertension. Resistant hypertension is blood pressure that's resistant to treatment.

If you don't take your high blood pressure medications exactly as directed, your blood pressure can pay the price. If you skip doses because you can't afford the medication, because you have side effects or because you simply forget to take your medications, talk to your doctor about solutions. Don't change your treatment without your doctor's guidance.



The Sandy Point Benevolent Society: Celebrating Our Own

Contributed by T. C. Phipps-Benjamin



Imagine relocating thousands of miles away from the only place you ever called home to begin life afresh.

Imagine the novelty of adapting to new surroundings, new faces, new experiences and new ways of existing.

Imagine your world forever changed.

For many individuals who left the pristine shores of the only home they ever knew as St. Kitts and Nevis, they have done more than imagine change, they have lived it.

In what is often deemed as the progressive transition to new experiences away from "the rock" from which they migrated, some citizens have moved on, no doubt eternally gracious for the foundation that was laid for them, yet entrenched in the new lives they lead, some have never really "looked back".

Some minimize the extent to which they can reciprocate many of those tangible and intangible things which their upbringing afforded them. Others just never really make the time.

But then there is the Sandy Point Benevolent Society; an altruistic group of men and women who largely hail from the former town of Sandy Point and who have proven through their consistent work to be trailblazers in the world of public service, even from a distance.

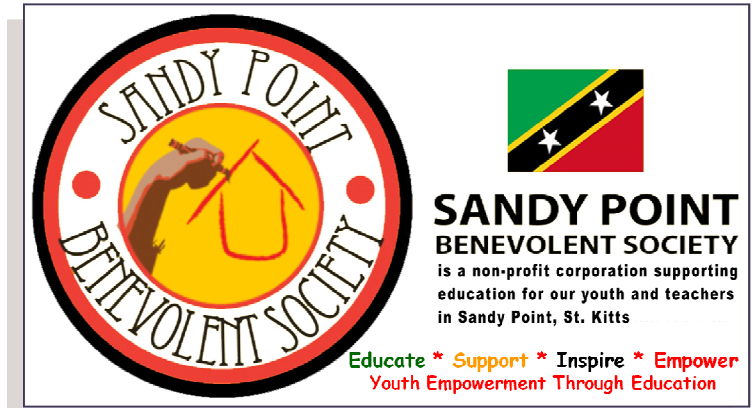
They are the men and women who left their birth home and looked back. They moved up and moved on but remained connected to their foundation. They made the conscientious commitment to identify high need areas in their community that could benefit from their civic mindedness and generous spirit. They are the grateful individuals who continuously look ahead, all the while promoting and supporting the one community in which their ideals were shaped and where their road map to success found its origin.

In the work of the SPBS is a multi fold catalogue of lessons that teach us how to embrace the experiences of the past with a view to benefit our people who are in need today, all the while setting a solid foundation for SPBS's work to continue tomorrow.

Their tireless work recognizes the worth of others who

have single handedly and collectively impacted not just the lives of Sandy Pointers but also the many residents in the environs of Sandy Point and by extension the entire federation.

The people of our communities, particularly the young and impressionable, are hungry for outlets that build character and inspire the spirit of community. SPBS continues its thrust of working diligently to mold our na-



tion's youth, thereby ensuring our communities are strengthened and a brighter outlook for our nation can be anticipated.

Salute to the Deserving 2013 Honorees

We salute the 2013 honorees who are highly regarded as national ambassadors and beacons of hope in their own right.

Bestowing honor on the **Sandy Point Spirit organization** is not just a significant gesture to acknowledge the contribution of this vibrant and youthful group of Sandy Pointers, but it is also a testimony of SPBS's commitment to standing with young people, thereby encouraging continuity and commitment to the mission of community work that changes lives. In only a few short years, the Sandy Point Spirit organization has effectuated real, lasting and positive changes in the community of Sandy Point and their work has not gone unnoticed.



We salute the Sandy Point Spirit members for their pride in community, their spirit of commitment to others and

(Continued on page 39)

their love of nation above themselves. Their success is our federation's success and a glance of a reassuring and exciting future ahead.

Mrs. Jacqueline Hazel-Leader, one of the federation's highly accomplished female educators and acclaimed calypsonians who has made wholesome contributions to the arts for the greater part of her life, standing proudly as an advocate for women and condemning social ills through her songs.

Bestowing honor on Singing Jackie is a timely mark of respect given her years of solid contribution to the cultural, musical, and educational landscape of St. Kitts and Nevis. Singing Jackie has made women proud and she has made her family and our nation proud. There is no better time to celebrate Mrs. Jacqueline Leader than now.



Enough cannot be said about **Mr. William V. Hodge** whose name, when etched in the annals of our nation's history will probably say, "Gone but still at work". Mr. Hodge is one of the SPBS founders who has used the organization as a vehicle to essentially complement the work he has been doing all his life; that of giving back to others and helping to build strong character in our young men and women. Even as he's being honored, bet your sweet life Mr. Hodge is working on some aspect of the development of someone else's life. In his DNA one can surely find the trait "working for the good of others." He remains unquestionably one of our nation's most admirable treasures.

Honoring Mr. Hodge is a timely gesture of appreciation for his unwavering support, hard work, and commitment to the development of others.

The SPBS uplifts and unifies. Irrespective of their religious, political or social differences, Sandy Pointers and their many associates have successfully come together for hours on end to strategize effective ways to impact the lives of others. In the process, SPBS has managed to uplift its people and has built a priceless camaraderie among those committed to the cause of serving others.

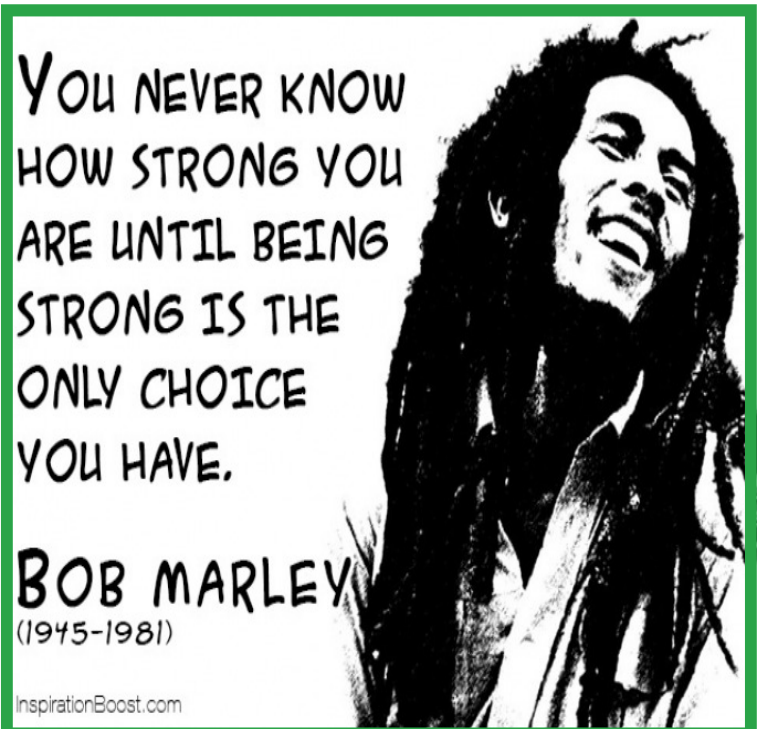


It is fitting that as we honor those who tirelessly give back to their communities and who do so with pride and without prejudice that we remind each and every individual who in any way made the SPBS the reality it has become as an organization that they too are worthy of adulation. They too have set the stage for those who serve to be given the honor for what they do for others and by so doing, continue to motivate all of us to extend that olive branch of friendship that promotes service to others and closes the door on service of self.

Imagine being gifted with an abundance of talents in various facets of one's existence yet reciprocate nothing for lack of interest in helping others. That is the world the SPBS seeks to defy. That is the world all kind hearted human beings fight against on a daily basis.

Spread across the Kittitian and Nevisian diaspora, SPBS continues to touch countless lives, one initiative at a time.

Three cheers for SPBS and the 2013 honorees.



Tribute to Andrew E Weekes-

The Educator, Sportsman, and Umpire

June 25th, 1940 – January 17, 2013



Andrew Emanuel Weekes was born at Fahie's Estate, St. Kitts to the late Octavia and Emanuel Weekes. He completed his formal education at the Sandy Point Senior School in 1954 when he graduated and at age fourteen (14), he commenced his forty-three (43) year teaching career. He taught first at

the Old Road Government School, and then the Verchilds' All-Age School and the St. Paul's All-Age School, before beginning his 28 year stint as a teacher of Mathematics at the St. Theresa's Convent High School (now the Immaculate Conception Catholic School (ICCS)). When Andrew he retired from education in 1997, he had fulfilled multiple roles at the then St. Theresa's Convent School: deputy principal for many years, and most ardent Sports coordinator. Mr. Weekes is fondly recalled by many as being a very dedicated teacher who extended himself well beyond the call of duty to ensure his students learned, understood and succeeded in Mathematics. So convicted was he about the critical role of teachers that once when a friend asked him at work, "Why do you look so tired and burnt out", he responded metaphorically that "teachers are candles, they burn themselves out to light the way for others."

Andrew's commitment to youth development and his passion were not limited to education. As a proud Catholic, he served in multiple capacities: in the Catholic Church he was as a Scout Troupes in Sandy Point and Old Road for more than ten (10) years, an Acolyte (alter-server), a member of the choir for many years, and as a lector (reader) especially during Holy Week. Realizing the value of Sports for individual and youth development in the wider community, Andrew shared much of himself as a footballer for Eagles, Carlisle United and Sandy Point in the 50's & 60's, a cricketer for Sandy Point team in the late 1950s to 1960s, a cricket umpire in the Sandy Point Cricket League in the 1950s, a football referee in the 1960s and 1970s, a domino player for Ox King's Domino Club, as well as a Committee member for both the Sandy Point Hard Court and the Old Sandy Point Recreation Ground.

Locally, regionally, and internationally, Andrew Weekes is probably best known for his role in cricket. While a teacher at the St. Theresa's Convent High School, he was invited to sit the West Indies Cricket Umpires Association's (WICUA) Final Written Exam in July 1978. He received the invitation the day before the exam, but that didn't prohibit his success. Four months later, he travelled to Antigua & Barbuda where he successful sat the second (2nd) and final part of the WICUA

Oral & Practical Exam. Notably, Andrew may very well be the only umpire to be fully qualified (sitting & passing both exams) in four (4) months. There began Andrew's career as a well-respected regional and international cricket umpire.

In 1979, Andrew started umpiring Leeward Islands (LI) cricket tournament matches. He umpired in his first 1st Class (Shell Shield) match in 1980. By 1983, he had made his debut in the One Day International (ODI) arena in Trinidad, and as an international Test Match umpire in Antigua & Barbuda when West Indies played India. Umpire Weekes had the privilege of umpiring in every Caribbean country except Guyana. Regrettably, his career as a test umpire was short with the last match being 1990 when he umpired the West Indies vs England fifth (5th) test match.

He was well ahead of his time in umpiring. Long before the genesis of the off-field assistance in on-field decision-making, Andrew did it. This is now referred to as the third (3rd) or TV umpire or referral system but Andrew was the first to initiate it in the very close Leeward Islands Tournament match (Antigua & Barbuda vs St. Kitts) played in Antigua & Barbuda in 1982, when he consulted the standby umpire to determine the authenticity of a catch of Andy Roberts in the deep. In 2001, Andrew Weekes retired from on-field umpiring, but continued as a trainer and examiner.

Weekes' contribution to cricket was not limited to on-field umpiring; he was also involved in administrative and leadership capacities on the local level. After restructuring the St. Kitts Cricket Umpires Association (SKCUA) in 1979, Andrew became the President, and reignited the Association. He started a recruitment and training program in St. Kitts, and soon saw that many cricket enthusiasts became fully qualified. After his retirement from on-field umpiring, he continued to be active as a trainer and examiner as well as an ardent observer of cricket and umpiring at all levels.



Andrew Weekes was a philosopher, a role model, a motivational mentor, and a historian. He received several awards but the St. Kitts-Nevis Independence Award for Sports at the 1985 Independence Award Ceremonies was his most cherished accolade. To date, St. Kitts-Nevis, and possibly the Leeward Islands, has not produced another cricket umpire who is as decorated as Andrew Weekes nor who has made it to the international arena. Though a tower-house by his accomplishments, Andrew was always a very quiet, humble, unassuming individual who had a huge sense of humor.

In his passing, St. Kitts- Nevis and the entire English-speaking Caribbean lost one of its most humble, knowledgeable, skilled, and passionate Math teacher and cricket umpire. This unsung nation icon has left tremendously large shoes for others to try to fill. May his legacy live on for others to emulate.

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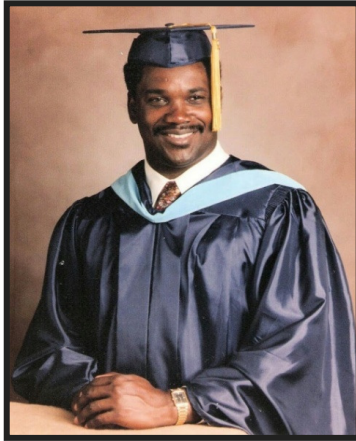


A TRIBUTE TO CARL ERNEST ALLEN

(1954 – 2012)

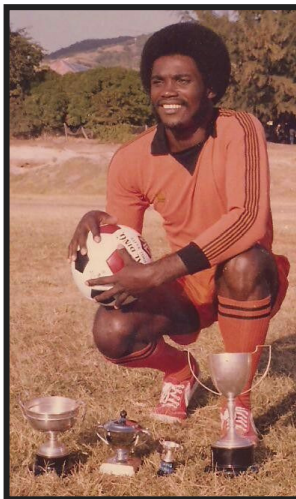
Husband, Father, Scholar, Athlete

Carl Allen, affectionately known throughout the town of Sandy Point, St. Kitts as “Carly”, grew up like the typical young and obstinate boy of the 1950s and 60s. Like all of us boys, Carly was a lover of childhood games. He pitched marbles, played cricket and football in the road, he swam, fished and sailed little boats at Pump Bay. Carly was a very ambitious fellow. He never allowed his humble beginnings to keep him down. And even when he thought he had arrived, he never forgot his childhood playmates, teammates and family. His passion was anchored in his expressed Christian faith, his love of sports, and his love of family – Carly married his high school sweetheart, Sandra Mills, in 1982 and their wonderful union produced three children – Kyle, Sasha and Xylia.



Carly was driven. He migrated to the USA in 1987, and secured his B.Sc. in Mathematics (1991) and a M.Sc. in Education (1993) at Howard University. And just as he did in St. Kitts, he pursued his passion in education by teaching Mathematics at the Bishop McNamara High School for five years before moving to Bowie High School in the Prince George’s County Public School system, where he continued to work until his illness prevented him from doing so.

His legacy in St. Kitts was one of “speed” and “strength”! Carl was a phenomenal athlete and sports personality. He loved sports so much that when he was not playing he was a commentator or coach. He will be remembered for his exploits on the cricket pitch, the football field and athletic track. In Track and Field, Carly was the first real genuine sprinter out of the Sandy Point High School. Carly never lost at Shot Putt and Discus Throwing! Carly excelled at many strength and speed events and



was most feared for his Olympic sprinting times in the 100 meters. He, along with Nadine Duggins and Wynford Hanley – fellow athletes from the Sandy Point High School, represented St. Kitts and Nevis at the Carifta Games. In cricket, he was renowned for his ability to bowl really fast from a short run up and to easily wallop loose balls for six – “I mean, the man coulda lab”!

His brother, Aurelstein remembers Carly as a “a devout Christian, a talented sportsman and a steadfast and dependable family man. He was a Christian since he was 10!” And his cousin Patrick further mused “Carly never swore and was slow to anger. He was always in church, at prayer meetings or leading us boys on the step with his guitar singing gospel songs and carols”.

Even though Carl was colossal in stature, he was a gentle giant. There are so many angles to develop to project his impact and legacy. He built lasting associations and friendships many areas. One dimension of his strength and grace and performance is represented by his exploits for Saho United Football Club. His team mate Joe Woodley remembers Carly as “a great friend”. He recalls those moments when he and Carly would sit and share stories and personal stuff. Many nights, while hanging out they would light the stove and put on a pot. He calls Carly, “a great and prolific goal scorer, Saho could have depended on him for a goal whenever one was needed”.

Whether in victory or defeat, how was Carl able to press forward and accomplish so much? His formidable high school success was molded by his coach – the late Llangdon Peets. His inner strength was forged by his Christian faith – Carl was a leader both at the Methodist Church and the Apostolic Faith church. And his love of family was unyielding and compassionate.

His was a life lost too soon!



A Tribute to Alwyn T. DeCosta

1 August 1924 – 14 January 2013

Born August 1, 1924 to Amy Kelly and Joseph DeCosta, Alwyn T DeCosta, better known as 'Sailor', 'Waterman', 'De King', and 'De Cock' lived a long and fulfilling life! "Dad" as he was affectionately called by his



daughters and those who came to know him personally, was a man among men! As a single parent he raised his four daughters from their pre-teen ages to adulthood, and he made innumerable sacrifices for their wellbeing. A strikingly touching memory of his daughters was when they moved in with him and he gave them his bed and slept in a chair until he was able to afford another bed.

Sailor, as he was also popularly called because of the sailor's uniform that he frequently wore, was parent to many of the children throughout the community. Many have told of the various times when he would have seen them and offered advice or admonition where necessary...and often it was not solicited but one knew it was coming from a good place. His home, though small and simple, was always warm and welcoming and many of his neighbors and his children's friends delighted in eating his food and listening his stories. Of his stories, De King was renowned for his story of the investigative cock with a briefcase that was flown in to help solve hard criminal cases.

He genuinely cared for others and it was from that compassionate lens that he would help others without discrimination. A very grateful recipient of Sailor's merciful acts told of a time when he worked at the Water Department did not install a water metre at their home because he was concerned about how their parents would have been able to pay such a bill and still feed a family of 15. This and other similar stories underscores why Sailor was best known for the exemplary work he did while employed at the Water Department.

Some persons on the western side of the island believe that Sailor was the best waterman St Kitts ever had. He would police the pipes from Sandy Point to Dieppe Bay ensuring that the water was not wasted and the children did not play but rather caught the water and went straight home. In an era without public announcement system, Sailor did a remarkable job of alerting patrons in the communities of the times when water would be turned off. He would even advice you on how much water you should

catch up and how long the anticipated outage would be; and should the water be off for longer, he would come around apologizing. He has also been considered a hero not just because of the seriousness with which he executed his duties, but also because of how helpful he was to many persons who had problems with their water or the meter. So renown was Sailor for his seriousness about water conservation, that whenever someone exclaimed, "Sailor a come" people would scamper away from the water pipes after ensuring that they were tightly turned off. In his brief stint as a Customs Guard at Pump Bay, Sandy Point Town, Sailor elicited the same respect for his dedication to the job.

As he aged and his health continued to deteriorate, Sailor became confined to his home especially after his amputation. In July 2012 his second leg was amputated and he was placed in the Royalty Nursing Home where he could receive the professional care that he needed around the clock. Though not very mobile at this point, Sailor did not lose the strength of 'his tongue'. He would still make sharp remarks, share jokes and tell stories of all the exciting events in his life's journey.

It is for these and other reasons that it has been said that when sailor passed away in January, 2013, Sandy Point lost one of its revered and passionate story teller, humanitarian and a community builder.

Don't Quit

**When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.**

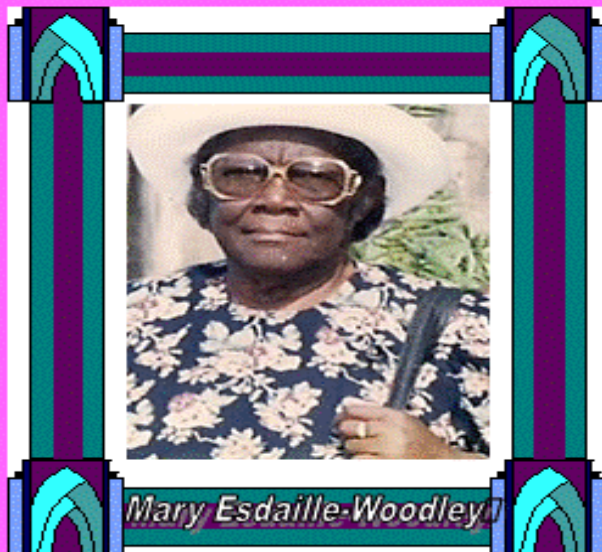
**Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow--
You may succeed with another blow.**

**Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.**

**Success is failure turned inside out--
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit--
It's when things seem worst that you must not quit.**

- Author unknown

Sunrise
1914



Sunset
2000



In Loving Memory of Mary Esdaille - Woodley
Our mother, grand mother, great grand mother, aunt and we all called
her Mamma.



An ardent and devoted child of God. A Prayer
warrior. We miss you Mamma.
Gone but not forgotten. R. I. P



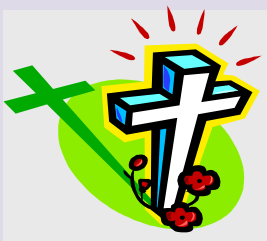
IN LOVING MEMORY OF

GWENETH T. HANLEY

1946 - 2006



Sister, aunt, great aunt, cousin, friend ... An educator par excel-
lence and a true professional who was gifted and generous. Musi-
cian, Organist and Choir Director, Youth Leader and Mentor in
Church, school and the wider community. She lived a life based
on the philosophy "What you leave behind is not what is engraved



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

LYRA EULALIE RAMOS

JULY 29, 1918–NOVEMBER 12, 2011

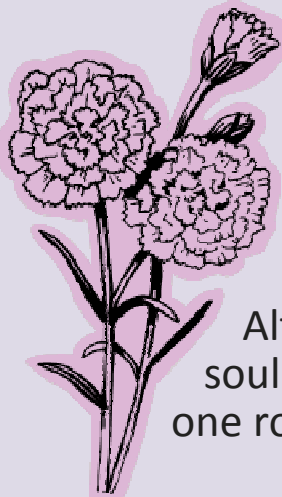
Lyra Ramus was a wonderful mother, grandmother, sister, aunt, cousin, godmother, and friend. She warmed the heart of every person she met with her bright spirit and sharp sense of humor. Into her 80s and 90s her light continued to shine and she was the embodiment of ageing gracefully.



Born in Sandy Point in 1918, she became a teacher and dedicated her life to rearing and encouraging young people. To this day, her students remember her lessons and the influence she had on their lives.

Those who loved her will forever cherish their memories of her kind words of wisdom, caring ways, and her strong faith in God.

Although we miss her dearly, we take comfort in knowing that her soul is resting peacefully, and remember her motto to “never let anyone rob your joy.”



FROM THE PLACE OF HIS HABITATION
HE LOOKETH UPON ALL
THE INHABITANTS OF THE EARTH.

In loving memory of
Our beloved father and grandfather –

Luke E. Joseph, &

Our loving brother and father –

Justin S. Joseph

From the Joseph Family – M



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!



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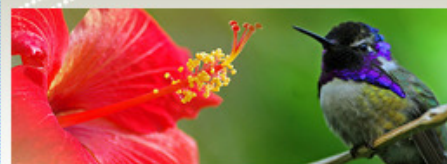
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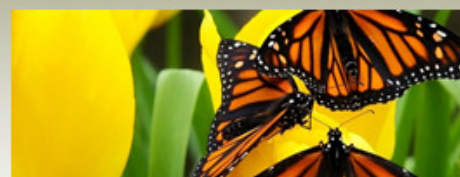
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