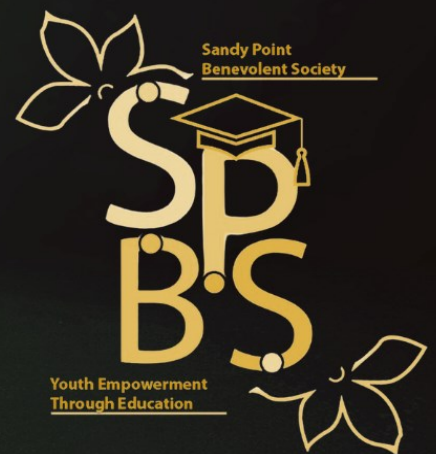


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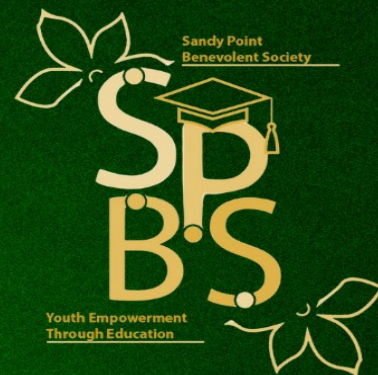
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We Forge the Path to a Brighter Future

Throughout our lives, we've been witness to and active participants in extraordinary moments that required unwavering resolve in the face of daunting challenges. These were not abstract events, but experiences etched into our collective memory, testaments to the incredible resilience of the human spirit. New York City, a beacon of hope and determination, faced an incomprehensible tragedy when it lost three thousand of its citizens in a single act of terror on September 11, 2001. What followed was nothing short of miraculous. Not only did New York City recover, it thrived in the face of adversity. Today, it boasts a significant population growth in Lower Manhattan since that fateful day, demonstrating an extraordinary renewal of spirit, determination, and a refusal to be defeated.



**Dr. Stewart
Williams**
(President, SPBS)



**Ms. Shermin
Stevens**
(President, SPBS
St. Kitts)

Most recently, the Covid Global Pandemic stands as the most profound challenge of our times, reshaping our lives in unexpected ways:

1. Education: The statistics paint a stark picture - students lost up to a full year of educational progress during the pandemic. Remote learning, while a lifeline, was not equitably distributed. Economically disadvantaged areas bore the brunt of educational disparities. However, this crisis also accelerated the adoption of innovative virtual learning tools, heralding a new era in education.

2. Work: Much like in education, the way we work underwent a seismic shift. The ongoing debate revolves around the future of office work. We ponder whether the workforce will return to traditional office settings or embrace a more flexible and dynamic remote work model.

3. Economic Transformation: Will we revert to the pre-pandemic norm? As businesses adapted to a remote workforce, technology and enterprises supporting remote work flourished. Today, our challenge is not merely restoring our office towers but also revitalizing major cities, which are the engines of global economic progress. To put it in perspective, the economic impact of Covid-19 in the US is estimated at an astounding \$14 trillion, eclipsing even the toll of 9/11. The impact rippled across the globe, including the Caribbean, with 90% of businesses reporting negative effects due to the pandemic.

The world we envisioned at the Sandy Point Benevolent Society (SPBS) in 2019 bears little resemblance to the one we must navigate in 2023 and beyond. Our gathering in St. Kitts this year was rescheduled due to Covid, underscoring the profound transformations that have forced us to adapt and innovate.

One pressing issue that demands our collective focus is the socio-economic impact of Covid in the Caribbean, including St. Kitts-Nevis. SPBS remains unwavering in its commitment to facilitate this transition. Our mission is steadfast: to glean invaluable insights from every challenge, offer critical support where it's needed most, and adapt to remain relevant in the face of monumental global shifts.

Reflecting on our 2023 Awards Gala theme, "Preserving and Securing the Future for the Next Generation," we now aim to redefine it as "Crafting Economic Resilience in a Post-Covid World."

Our resolve to ease this transition and build resilience in these changing times demands concrete action. In our ongoing commitment to facilitate the transition to a post-Covid world, SPBS is actively engaging in several initiatives. We are working to provide increased access to quality education for students, to include those who experienced setbacks during the pandemic, particularly in economically challenged areas. We are also collaborating with local businesses to create more philanthropic opportunities and exploring innovative ways to revitalize our mission of "giving back so others can move forward."

We invite you to join us in these endeavors. Your support and collaboration are instrumental in our mission to shape a brighter future. Together, we can turn these challenges into opportunities for growth and progress, ensuring a world of boundless possibilities for the next generation. Collective action is our most potent weapon against the challenges we confront. Let us unite our efforts, share our collective wisdom, and stride hand in hand toward a future that outshines our past.

In closing, we extend our heartfelt thanks and deep appreciation for your unwavering support and attendance at this year's Awards Gala. Your presence and commitment are the pillars upon which we build a brighter future.

Thank you.



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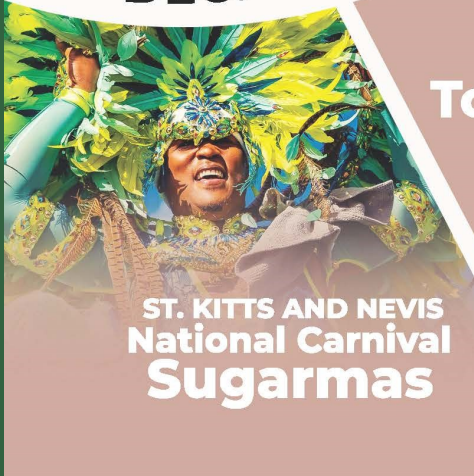
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PROGRAM



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PROGRAM PART I **Cocktail Hour**

PROGRAM PART II **Invocation** *Eisha Jackson*

Welcome *Dr. Stewart Williams (USA)* *Shermin Stevens (SK)*

National Anthem *Arljanique Ward,* *Sharine Woodley, Josiah Hodge*

Greetings from the Patron *Mr. William Vincent A. Hodge*

Entertainment *Abena* *Singing Jackie*

PROGRAM PART III

Dinner

Entertainment *Briannagh Dennehy*

PROGRAM PART IV **Keynote Speaker** *Hon. Joyelle Clarke*

PROGRAM PART V **Presentation of Awards** *Mr. Vincent William A. Hodge*

PROGRAM PART VI **Entertainment** *King Star Shield*

Door Prizes & Raffle *Jackiema Flemming & Trevor Hanley*

PROGRAM PART VII **Expression of Gratitude** *Dr. Mervyn Richardson (USA)* *Elsa Revan (SK)*

Entertainment *Socrates Band & DJ*

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MR. WILLIAM VINCENT AUSTIN HODGE

P A T R O N

Mr. William Vincent Austin Hodge is a long-standing and celebrated icon with 48 years of unwavering service in the field of education at the local, national, regional, and international levels. In the Federation of St. Kitts-Nevis, particularly in St. Kitts, where the majority of those years have been served, he is acclaimed for his deep commitment to excellence in teaching and learning, for his strict disciplinary practices; for his dynamic, efficient, visionary, and transformative leadership; his astute planning and task completion; his adeptness at problem-solving; and for championing the cause of underprivileged children, especially those coming from lower-income households.

His career in education began in 1974 at the Sandy Point Junior School where he taught as an untrained Grade Five teacher for two years before pursuing a two-year course of Professional training as a full-time trainee at the then St. Kitts-Nevis Teachers Training College. Upon graduating in 1978, he assumed responsibility as a trained Grade Six Teacher at the Verchilds All-aged School for one year, before his placement at the Sandy Point Junior School in 1979.

There, he taught Grade Six for three years (1979-1983) and transitioned smoothly into the post of Deputy Head Teacher of the Sandy Point Primary School to which it was later renamed. His uncompromising service as a teacher was punctuated only by developmental pursuits to acquire higher qualifications, first at the University of Edinburgh, Scotland where he graduated in 1991 with a Bachelor of Education in Educational Management and Administration (with First Class Honours), and in 2006 at the George Mason University in Virginia with a Master of Education in Curriculum and Instruction.

From 1986 onwards, he made his mark at a higher level of school leadership in several capacities. They include Head Teacher of the St. Paul's Primary School (1986-89), and Principal of his alma mater, the Sandy Point High School (1991-2000). Not only was he one of the longest serving Principals to date, but he also made his mark as the first former student to have served in this capacity. While Principal, he earned the community-ascribed title of Mr. Clark for his strict exercise of discipline and his unmatched ability to promote a culture of school excellence, accountability, and transparency in teacher performance, which dramatically transformed the Sandy Point High School in record time. Under his leadership, the Sandy Point High School received the top CXC results for most of his nine-year tenure; won eight (8) consecutive National Inter-school Athletic Championships; and won several national debating championships. Further, the number of students entering Sixth Form grew from a mere two (2) in 1991 to approximately 30 in 2000, and a yearly average of 20 entrants. Under his leadership, Sandy Point High School won its first National Talented Teen pageant in 1995. He also exercised his leadership by championing the cause for teenage mothers to return to school – a privilege that is well enjoyed by teenage mothers today.

Mr. Hodge's vast experience has spread to other countries, having served as a teacher of English Literature in the British Virgin Islands (BVI) (2000-2002); Tutor in the BVI's In-service Teacher Training Programme; Grade Six teacher at various Middle Schools in the State of Maryland, USA; Reading Instructor at Anne Arundel Community College in the State of Maryland (2005-2016).

This education icon is also credited for his pioneering work and outstanding contributions to various educational initiatives over the years in the areas of Teacher Training, Test and Measurement, as well as Schools National Independence celebrations. His highest ascension to leadership in education was in the substantive post of Permanent Secretary Education, which he held from 2016 up to his official retirement in October 2022.

This revered son of the Kittitian soil is hailed as a man of ideas, a stickler for 'class acts', a motivator and role model. He makes no bones in declaring his pride as a Sandy Pointer and community activist. He is on the records as a past President, Vice-President, and Secretary of the Sandy Point Benevolent Society and remains an active and committed member to this very day. It was during his tenure as President that the inaugural SPBS Gala was held in 2011. Mr. Hodge is a devoted Christian and an avid worker in the Methodist Church community in the Federation. He is exceptionally proud to extend his distinguished patronage to the 2023 SPBS Gala.



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SENATOR DR. JOYELLE TRIZIA CLARKE

KEYNOTE SPEAKER

The Honourable Senator Dr. Joyelle Trizia Clarke, Minister of Sustainable Development, Environment, Climate Action and Constituency Empowerment is easily described as a Climate Action advocate, defender of youth involvement in decision-making, and a climate and gender justice activist. Professionally, she became one of the youngest women to become a Director of a government office, namely, the Department of Constituency Empowerment, in 2012.

Shortly thereafter, Dr. Joyelle Clarke worked as an educator, bridging her passion for environment and youth together under the banner of one of the strongest youth-led environmental programs in St Kitts and Nevis. Dr. Clarke has been involved in Social Impact Assessments and sustainable livelihoods research for over 15 years. During this time, she has led projects on livelihoods-transition, conducted research and developed programs in various capacities as a government official and community activist.



Her key livelihoods research focused on assessing the transition through re-tooling and re-skilling of former female sugar workers to tourism and agricultural livelihoods, post-sugar production in St Kitts. These, she feels were and continue to be necessary assets for succeeding in new tourism-based livelihoods, for example, the Capisterre Women for Development Group. Moreover, the Honourable Minister's project-related work ranges from livelihood support, community-based development initiatives, sustainable tourism, and environmental conservation. She was engaged in developing and executing community-based projects in collaboration with community groups on behalf of the Government of St. Kitts and Nevis. Projects included climate change initiatives such as reforestation programs, and the establishment of school-based agricultural programs. She has been intimately involved in the work of female farm cooperatives, assisting with the transition from traditional farming to environmentally friendly, climate resilient farming methods.

In addition, Senator Clarke has co-founded a Mentorship Program called, "Women Empowering Girls". She serves as a mentor in Girls Care Jamaica and is the Co-founder of Relate Consultancy, a consultancy firm that assists companies and communities to shape mutually beneficial relationships. Fittingly, the town of Sandy Point, with its academic fabric has clothed this giant, in her own right, from the Sandy Point Preschool to the Sandy Point Primary School, and finally, to the Sandy Point High School. Her hard work over the years, passion and dedication have now transitioned to this period of public service, as she holds the title of Minister of Sustainable Development, Environment, Climate Action, and Constituency Empowerment. A portfolio aligned with her lifelong passion, training, and advocacy.

"At its core, the issue of a clean environment is a matter of public health."— Gina McCarthy

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CORRIS "ZILEY" DOUGLAS

Corris "Ziley" Douglas, a name synonymous with unwavering dedication to community betterment and philanthropy, was born and raised in the Town of Sandy Point, St. Kitts-Nevis. With humble beginnings that shaped his character, Ziley's "can-do" attitude has transformed challenges into boundless opportunities, not only for himself but for his family, friends, and the entire town of Sandy Point.



Born in 1970 in the village of SOHO, Sandy Point, Ziley was recognized early on as a young leader destined to make a difference in his community. His reputation as a "doer and a giver" began to take root during his early years at Sandy Point Primary and Secondary schools. He was not only academically inclined but also a phenomenal athlete, excelling in Track and Field, football, volleyball, and basketball. In 1987, he held the Sandy Point High School "Class 1" Boys high jump record.

After graduating from high school, Mr. Douglas felt a strong call to serve his country and embarked on a career in law enforcement by joining the Royal St. Christopher and Nevis Police Force in 1989. During his decade-long tenure, he stood out in various roles, eventually becoming a part of the prestigious Regional Security System (RSS) team. Ziley's impressive service led to his role as an RSS instructor, where he contributed to the training of over 500 students. Simultaneously, he continued his active involvement in community and philanthropic initiatives, supporting the Police Force and participating in sports and community activities in Sandy Point.

Ziley's community engagement extended to his longstanding membership in the Sandy Point Catholic Church, where he spearheaded numerous fundraising activities and even drove the church bus. He also served as the captain and coach of the Crab Hill Football Team for many years.

In 1999, Mr. Douglas embarked on a new chapter by migrating to the United States of America (USA), where he resided for seven years. During his time in the USA, he remained resolutely committed to the idea of returning home to establish a business that would serve Sandy Point and its surrounding communities effectively and efficiently.

In 2006, Ziley realized this dream when he returned home and, in early 2007, used his own funds to open the now-renowned "E&K Mini Mart" grocery store. This marked the beginning of an incredible success story that continues to inspire. Despite facing challenges and obstacles, Ziley's "can-do" spirit prevailed, driven by his belief that his undertaking was a path to set an example for others and provide a blueprint for future entrepreneurs and small business owners.

Beyond entrepreneurship, Ziley's philanthropic efforts have left an indelible mark on Sandy Point and its residents. He has consistently employed community members in his businesses, generously supported the Sandy Point football and basketball teams, and provided essential supplies to those in need. His dedication reached new heights during the COVID-19 Pandemic when he distributed food vouchers to the unemployed and delivered groceries free of charge to his customers.

In December 2022, Ziley collaborated with ESTAR INITIATIVES, a non-profit organization, to provide \$250.00 food vouchers to 25 families in the Sandy Point community, demonstrating his unwavering commitment to uplifting his community.

Mr. Douglas is also a stellar supporter of the Sandy Point Benevolent Society (SPBS) organization, embodying SPBS's motto of "Giving back so others can move forward." His life's journey stands as a testament to the transformative power of giving back, a legacy that continues to inspire and uplift those fortunate enough to know him.



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ALEXANDRINA GEORGINA CAESAR

Alexandrina Georgina Caesar, often fondly known as Mrs. Caesar, is a remarkable individual whose life has been marked by unwavering dedication and a profound commitment to the field of education, community service, and her faith. Her extraordinary journey spans over several decades, leaving an indelible mark on the hearts and minds of those she has touched.

Mrs. Caesar's journey, in the field of education, began in 1953 when she received her first appointment as a first-year pupil teacher at the then Sandy Point Elementary School. Her passion for teaching and her steadfast dedication to her students were evident from the start. Over the years, she passed the required examinations with flying colors, earning her status as a Certified Teacher in 1960.



During that year, Mrs. Caesar's dedication and exceptional abilities earned her a place at the prestigious Leeward Island Teachers' College in Antigua, where she excelled with distinction. Armed with newfound knowledge and a deep passion for education, she returned to continue her service, initially at the Newton Ground All Age School and later at the Sandy Point Infants School.

In September 1970, recognizing her dedication and potential impact, Mrs. Caesar was selected to pursue a course of study in slow learners at the Murray House College in Edinburgh, Scotland, where she earned a Diploma in Special Education. Her journey then led her to Dieppe Bay, a challenging yet rewarding experience as the Head Teacher in a then-depressed area. Through hard work, patience, and cooperation with staff and parents, she made a significantly positive impact during her tenure there.

In 1981, Mrs. Caesar was transferred to the Newton Ground Primary School, where she played a pivotal role in establishing a strong Parent-Teachers Association and pioneered the creation of a Pre-School, which has since evolved into a full-fledged Government Pre-School after years of determination and effort. She introduced graduation exercises at the school, marking a significant milestone in the school's history.

Throughout her teaching career, Mrs. Caesar was not only dedicated to her students but also committed to her own professional development. She traveled to various places, including Winnipeg, Barbados, Antigua, and Israel, to participate in training sessions, for the teaching of reading. Her pursuit of knowledge and her desire to be a better educator were evident in her regular involvement during summer vacations, in Reading Workshops for Temporary Teachers that were conducted by the Canadian Organization for Cooperation in Overseas Development (OCOD). One of the most enriching moments in her teaching career was a six-month stay in Israel from 1980 to 1981, where she pursued a course in Early Childhood Education. This experience allowed her to visit biblical sites, adding a profound spiritual dimension to her educational journey.

Beyond her remarkable teaching career, Mrs. Caesar is an active born-again Christian church worker. She currently holds the position of Chairperson in the Gospel Hall Assemblies Women's Outreach Committee, where she reaches out to the needy, sick, and shut-in, ministering to their spiritual and material needs. Her contributions extend to her church involvement, including Bethany Gospel Hall in Sandy Point and Nazareth Gospel Hall in Fig Tree, where she conducts sewing classes for teenagers, plays the piano, directs the Church Choir, leads the Women's Meeting, and serves as a dedicated Sunday School Teacher.

Since her retirement in December 1991, Mrs. Caesar has ventured into her own business and now proudly owns Caesar's Department Store. However, her greatest satisfaction lies in seeing the slow learners she once taught, learning to read and thriving in society today.

Alexandrina Georgina Caesar's life journey is a testament to the transformative power of dedication, lifelong learning, community service, and faith. Her impact on education and her community is immeasurable, leaving an enduring legacy that continues to inspire generations to come.

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STEWART "DAFF" RAWLINS

Stewart "Daff" Rawlins stands as a true sports icon, whose remarkable contributions and unwavering dedication to the field have shaped generations of athletes in St. Kitts. With an illustrious career spanning over four decades, his exceptional achievements and transformative impact have led him to receive the esteemed "Distinguished Service in Sports" Award at the 11th Annual Awards Gala of the Sandy Point Benevolent Society (SPBS).

A Teacher and Sports Master

For an impressive 43 years, Stewart Rawlins has been a fixture in the educational landscape of St. Kitts. He has imparted knowledge and values to generations of young minds, leaving an enduring impact beyond the classroom. As the Sports Master of various schools, including Sandy Point High, Sandy Point Primary, Bronte Welsh Primary, Dr. William Connor Primary, and George Moody Stuart, Mr. Rawlins has nurtured sporting talents and instilled a sense of discipline, teamwork, and sportsmanship in countless young minds.



Track and Field Triumphs

Daff's accomplishments in Track and Field are nothing short of extraordinary. As a standout athlete, he dominated the track during his years at the then Sandy Point High School (SPHS) [now renamed Charles E. Mills Secondary School (CEMSS)], securing titles such as Class I Champion, and Victor Lodorum. His representation of SPHS at the TDC High School Track and Field Championship showcased his prowess, earning him medals in events like the 200m, 400m, 4x100m relay, and 4x400m relay. Rawlins' name became synonymous with speed, as he set records that endured for decades, including the SPHS 400m record.

A Multifaceted Football Legacy

Stewart's influence on the football field is equally impressive. Representing Sandy Point for over a decade, he exhibited exceptional skills that earned him the coveted Footballer of the Year (MVP) title in the Sandy Point League. His contributions to the sport extended beyond playing, as he transitioned into coaching and refereeing. As a referee, Stewart achieved numerous accolades, including Referee of the Year, and officiating in high-stakes finals. His leadership extended to administrative roles, as President of the St. Kitts-Nevis Referees Association and as Executive Member of the St. Kitts-Nevis Football Association (SKNFA), where he displayed exemplary leadership and vision, striving to improve the standard of officiating and the overall development of football in the nation.

Cricket Maestro

Rawlins' cricketing journey is a tapestry of accomplishments and milestones. His presence as an all-rounder for Sandy Point spanned an astounding 36 years, with top performances in both batting and bowling. Notably, Rawlins stood out as a top run scorer in the St. Kitts Cricket Competition, consistently proving his mettle. His influence extended to captaining and coaching; and his appointment as a current Match Referee for Cricket West Indies is a testament to his reputation and expertise in maintaining the integrity of the game.

A Mentor and Coach of Champions

Stewart's impact on the next generation of athletes has been profound. As the Manager of various national youth football teams and Sports Master at multiple schools, he has nurtured talent, fostering a culture of excellence and passion for sports. His role as a Cricket West Indies Grass Roots Coach and his organization of Cricket Coaching Clinics for young kids have sown the seeds for future cricket stars, inspiring them to embrace the spirit of the game. Mr. Rawlins' influence on nurturing nationally recognized athletes has been unmistakable, including a pair of Sandy Point's very own sporting superstars, Jason Rogers and Jahzara Claxton, both of whom were mentored and coached by Mr. Rawlins in primary school.

A Sporting Ambassador of St. Kitts

Rawlins' achievements have resonated not only at the national level but also on the international stage. As a Leeward Islands Selector and a Match Referee for Cricket West Indies, he has represented St. Kitts with distinction, exemplifying the spirit of sportsmanship and camaraderie that transcends borders.

A Legacy of Dedication and Excellence

Throughout his distinguished career, Mr. Rawlins has displayed a steadfast commitment to sports, earning the admiration and respect of athletes, colleagues, and fans alike. His exemplary achievements in football, cricket, and track and field, coupled with his leadership and coaching prowess, have made a profound impact on the sporting community of St. Kitts.

In honouring Stewart "Daff" Rawlins with the "Distinguished Service in Sports" Award, SPBS celebrates a lifetime devoted to the growth, enrichment, and advancement of sports in St. Kitts. Mr. Rawlins' legacy will continue to inspire generations to come, reminding us all that passion, dedication, and perseverance can create a lasting impact on the sporting landscape.



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WALSTON "KING STARSHIELD" SHIELD

Walston "King Starshield" Shield, a true luminary of the calypso and entertainment world, has left an indelible mark on the cultural landscape of St. Kitts. His journey from humble beginnings to becoming a celebrated calypsonian, composer, and performer showcases his unwavering dedication to music and his profound impact on the local and global stage. As he is honoured with the "Distinguished Service in Culture" award, at the 11th Annual Awards Gala of the SPBS, we celebrate his remarkable achievements and contributions.

A Humble Beginning

Born in Crab Hill, Sandy Point, Walston's early years were infused with the melodious sounds of his father's guitar and his brother's banjo. His family's move to England in the early 1960s and eventual return to St. Kitts later that decade, nurtured his passion and set the stage for his extraordinary career. Influenced by legendary acts like the Beatles and Rolling Stones, Walston aspired to grace television screens and stages, a dream he would ultimately fulfill in spectacular fashion.

The Musical Journey Unfolds

Walston's musical journey gained momentum under the guidance of his father, whose dedication to music left an indelible mark on his young son. Fueled by a desire to play music like his father and his older brother, Walston learned to read music from his father's extensive collection of music sheets. Gifted a cuatro by his mother, he swiftly mastered its chords, setting the stage for his musical legacy. Observing musicians in Sandy Point, he honed his playing skills and, at just 11 years old, found himself performing alongside older musicians in the Sandy Point High School (SPHS) band, which would later evolve into the foundation of the renowned Dynamics Band.

A Rising Star in Calypso

In a moment that would change the trajectory of his career, Walston's introduction to the Junior Calypso King Competition marked the dawn of a new era. Under the moniker "Starshield," he captured hearts with his song "Historical Importance" clinching third place and garnering adoration from young admirers. This accolade inspired Starshield to triumph as the Junior Calypso King, in only his second year in the competition in 1974 with the compelling melody, "Congratulations to the Older Generation."

Mastering the Craft

Starshield's dedication and talent were showcased in his thought-provoking compositions that addressed pressing societal issues, weaving messages into his musical tapestries. His captivating performances earned him a devoted fan base and numerous accolades. A pivotal moment came when he clinched the Senior Calypso King title in 1977, with the songs "Justice on the Ole Hog" and "Prayer for Progress." These anthems resonated deeply, solidifying his status as a musical luminary. A few years later in 1981, King Starshield went on to capture the St. Kitts Road March crown with "Hooray Mas."

A Global Stage

Starshield's musical prowess transcended borders, carrying the spirit of Caribbean culture to audiences around the world. He has represented St. Kitts and Nevis with distinction, claiming victory in various prestigious events, including the "Calypso King of Prestige" show in New York City, where he triumphed over international competition. He has been instrumental in spreading the rich tapestry of Caribbean culture via cross-continental tours in Asia, Europe, and North America, further highlighting his global appeal and musical versatility. He has graced stages with renowned artists such as the Mighty Sparrow, Winston Soso, and Arrow of Montserrat, showcasing his versatility and profound appreciation for music.

A Melodic Message of Empowerment

King Starshield's calypso repertoire has been a captivating blend of social commentary and rhythmic melodies. His songs, including "Money Crisis," "Good vs. Evil," and "The Vicious Circle," reflect his unwavering commitment to addressing pertinent issues within society. A master storyteller through music, he uses his platform to inspire change, advocate for justice, and celebrate the vibrant Caribbean spirit. His unforgettable melodies have resonated with people across the globe, earning him a string of number one hits in various countries. His iconic songs, including "The Good Shepherd" and "Hooray Mas," have become timeless classics that continue to captivate new generations, solidifying his status as a true musical legend.

A Heartfelt Influence

Starshield's journey was shaped by the influence of revered calypsonians such as Mighty Sparrow and Lord Maestro. Drawn by the resonant messages of calypso, Starshield found his voice and a platform to express profound truths through his own compositions. His admiration for local luminaries like King Morrow, underscored his appreciation for the artistry that molded his own creative path.

A Versatile Entertainer

Beyond the calypso stage, Starshield's artistic versatility knows no bounds. His magnetic presence has graced diverse genres, from the emotive strains of pop ballads like "Just Out of Reach" to spirited renditions of iconic hits. His gospel tour across North America reflects his commitment to uplifting souls through his music, spreading joy, and bridging cultural divides. His captivating performances, often showcased locally at the Jack Tar Hotel, have resonated with diverse audiences drawn from around the world, affirming his status as a true musical ambassador.

As we honour Walston "King Starshield" Shield with the "Distinguished Service in Culture" award, we recognize his remarkable journey from a young dreamer to a revered cultural icon. His enduring commitment to music, his community, and the preservation of the rich cultural heritage of St. Kitts and Nevis, serves as an inspiration to all. Walston's legacy is a testament to the transformative power of music and the indomitable spirit of a true cultural ambassador.



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DISTINGUISHED COMMUNITY SERVICE AWARD

JAMES "BUNNY" PEMBERTON

Born in 1960, James "Bunny" Pemberton is not just a community servant; he's a living legend in the vibrant tapestry of Sandy Point. His service journey commenced at age five, joining the Boys Brigade Troop, eventually rising to Captain at the Emmanuel Methodist Church.

Beyond the Brigade, Bunny's legacy sprawls across Track and Field athletics, marking him as the longest-serving track and field official in the Caribbean. Notably, he was the first Sandy Pointer to try out for the Caribbean Free Trade Association (CARIFTA) Games, and he later pioneered as the first Sandy Pointer to coach the Track and Field National Team from 1987 to 1992. Bunny's influence extends throughout the rural west, where he coached the Track and Field team from Challengers to Dieppe Bay. His commitment transcends athletics, co-founding the Sandy Point Junior Football team, and serving voluntarily as a firefighter from 1978 to 2004, with the St. Kitts and Nevis Firefighter Services.



A true community builder, Bunny was a founding member of the Sandy Point Red Cross in 1986. He also served in the St. Kitts and Nevis Defense Force from 1978 to 1993 and presided over the Sandy Point 4H Club from 1975 to 1978. His creativity knows no bounds, evident in writing short plays for the Boys Brigade and crafting captivating calypso songs for the Charles E. Mills Secondary School (formerly the Sandy Point High School) for 27 years. Bunny's organizational prowess shines through in founding three sports clubs—Texas Rangers, Atom Bomb, and Blueprint. As a versatile artisan, he contributed as a costume maker for Sandy Point Primary School. Notably, Bunny served as Captain for various Boys Brigade companies—Sandy Point, Old Road, Challengers, and Dieppe Bay. His multifaceted dedication is further illustrated by his role as a civil servant, including positions as a postman and social services worker until his retirement in 2021.

In essence, James "Bunny" Pemberton is not just a pillar; he's a stalwart of the Sandy Point community. His legacy reflects the values of service, knowledge-sharing, and advocacy. His unwavering commitment to the betterment of his hometown and its people rightly earns him the title of Distinguished Community Leader, deserving of the highest accolades.

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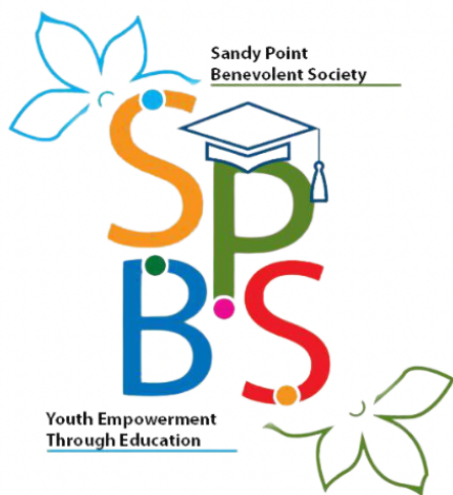
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RUAN T. WILTSHIRE

SIR HUGH & CLAUDETTE LADY RAWLINS SCHOLARSHIP

Ruan T. Wiltshire was born in 1987 in the proud town of Sandy Point. He attended the Sandy Point Primary School and graduated in 1999. That year, Ruan won the Bertram Gilfillan Award and was the valedictorian for that graduating class. He also received the best local examination results nationwide, having been the only student to obtain all excellent grades, above 80%. Apart from academics, Ruan was quite involved in sports; namely, track and field. He was the top sprinter in his school and went on to represent his country at regional events. Mr. Wiltshire continued to be active in sports during his teenage years at the Sandy Point High School. Apart from sports, he also played active roles in organizations, such as the 2nd St. Kitts Boys Brigade, the School's Debating Club, as well as its Choir. Ruan graduated from Sandy Point High School in 2004 and received the Award for the best results in sciences for his class in the CXC examinations. He then attended the Clarence Fitzroy Bryant College for 2 years, where he graduated earning an Associate Degree in General Sciences.

After college, Ruan served as a substitute teacher at the Basseterre High School for two years, where he taught Mathematics. It was also at that time that he discovered a passion for music and quickly became an adept bass guitarist, playing for his church, as well as for numerous local bands. He also proceeded to work at the Builders' Paradise Hardware Store as Store Supervisor and Inventory Controller. In August 2019, Mr. Wiltshire pursued a Bachelor's degree in the field of Mechanical Engineering at the Kun Shan University in Taiwan. He graduated in the class of 2023. During his stay in Taiwan, he was employed part-time as an English teacher, and taught English for the last three years. He is presently pursuing a Master's degree in Mechatronics Engineering.



KIZWANA PROCTOR

UNDERGRADUATE SCHOLARSHIP

Kizwana Proctor, a product of the close-knit community of Sandy Point, attributes her success to unwavering values of hard work, diligence, and dedication. Her educational journey commenced at the Dieppe Day Care Centre and Sandy Point Primary School, culminating in her graduation as the Salutatorian of the Class of 2012.

Transitioning to Charles E. Mills Secondary School, Kizwana excelled, achieving the best results in the Caribbean Secondary Education Certificate (CSEC) in the 2017 graduating class, earning her the Valedictorian title. In 2017, she furthered her education at Clarence Fitzroy Bryant College, completing a Caribbean Advanced Proficiency Examination (CAPE) Associate Degree in Humanities and Accounting. Her outstanding performance led to her being named the 2019 St. Kitts-Nevis State Scholar.

Currently pursuing a Bachelor's Degree in Accounting at the University of the West Indies Global Campus, Kizwana's passion for numbers drives her aspiration for a career in Accounting and Finance. Beyond her individual pursuits, Kizwana actively engages in community development. She collaborates with groups to support students in challenging subjects and was a vital member of the non-profit organization ESTAR Initiatives. This organization aimed to provide academic assistance and school supplies to less fortunate students in Sandy Point.

Kizwana takes immense pride in her academic achievements and family values, acknowledging that her accomplishments are attributed to the guidance of the Almighty. Her journey is a testament to her commitment to personal growth and community betterment.



A stylized illustration of a beach shack at night. The shack has a thatched roof and is lit up with warm yellow lights. A large palm tree is in the foreground on the left. The sky is a mix of orange, yellow, and blue, suggesting sunset or sunrise. The shack has a sign that says "Mr. X's Shiggidy Shack" and another that says "Bar & Grill".

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KHALE THOMAS

SPBS VERCHILDS HIGH SCHOOL SCHOLARSHIP

Ambitious, diligent, eloquent, hardworking, and intelligent aptly describe the demeanor of this year's SPBS Verchilds High School scholarship recipient, 24-year-old Khale Thomas. Khale Thomas is a member of the Old Road community where he was born and raised. He is known by many for his academic achievements at the Verchilds High School and the Clarence Fitzroy Bryant College. His unwavering commitment to attaining personal success drove his academic achievements, resulting in numerous accolades earned throughout his journey. At the Verchilds High School, Khale Thomas attained credits for 16 CXC CSEC subjects in 2016. He also received the 10th highest grade in CSEC Geography in the Caribbean, which made him the FIRST student from the Verchilds High School to earn a position on the CXC CSEC regional merit list. In addition, Khale was the FIRST student in the school's history to earn a grade "one" in CSEC Physics. Given his accomplishments, he graduated from the Verchilds High School as the Valedictorian of the School.



Likewise, his academic achievements continued at the Clarence Fitzroy Bryant College where he took 11 CXC CAPE subject units, obtaining eight (8) grade "ones." In 2017, Khale received the ninth (9th) highest grade in the Caribbean, in the CXC CAPE Geography Unit "one" examination. He ultimately graduated as the Most Outstanding Student in the ASGS division of the Clarence Fitzroy Bryant College, and the 2018 State Scholar of St. Kitts and Nevis. Remaining steadfast in his pursuit of excellence, Khale Thomas embarked on a journey to Jamaica on August 31, 2022, to pursue a Bachelor of Medicine, Bachelor of Surgery (MBBS) at the University of the West Indies, Mona. Khale's choice of pursuing a career in medicine was not impulsive. It was a well-thought-out decision that harmonized seamlessly with his personal values, aspirations, and an innate drive to contribute to his community and country. From a tender age, Khale found himself captivated by the intricate workings of the human body and the incredible potential of healthcare to alleviate suffering and restore well-being. Opting for a career in medicine represents a path where he can seamlessly merge his intellectual curiosity, boundless empathy, and unwavering dedication, to make a profound positive impact on individuals and communities.

This journey allows him to champion health and healing within a profession that truly ignites his passion. Khale acknowledges that the path to studying medicine is both intellectually challenging and financially demanding. As an ardent aspiring doctor, Khale fully appreciates the substantial importance of receiving a scholarship to alleviate the considerable financial challenges associated with medical education. With the SPBS Verchilds High School scholarship, the financial burden associated with the exorbitant costs of medical school will be significantly lightened for Mr. Thomas. The scholarship will help him purchase the costly medical equipment required for his hospital rotations, ultimately enabling him to provide superior care to his future patients. Khale Thomas is a past recipient of the Warner Scholarship for Educational Excellence and the Pearline Warner Memorial Award for Verchilds High School. He encourages current students and alumni to aspire towards these scholarships, which reward diligence, hard work, and determination. Upon completing his medical studies, Khale plans to contribute to the development of his community and nation by improving access to quality healthcare services through outreach programs and medical assistance. Khale plans to develop innovative solutions to prevalent health issues, mentor aspiring medical professionals, and make a lasting impact on the well-being of individuals and society. He expresses gratitude to the Sandy Point Benevolent Society for awarding him the SPBS Verchilds High School scholarship and is determined to utilize it to further his medical studies.



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AIDEN VERSAILLES

SANDY POINT PRIMARY SCHOOL PRINCIPAL'S AWARD

Aiden Versailles is an exceptional student who recently graduated from the Sandy Point Primary School. He was recognized as the Most Outstanding Student in his grade, and his hard work and dedication helped him achieve the Valedictorian status. Aiden was born on August 25, 2011, and is the proud son of Mr. Stuart Versailles and Mrs. Therez Ambrose-Versailles, both from the picturesque Crab Hill Heights in Sandy Point. Aiden's academic journey began at the Heart to Heart Christian Preschool, followed by a stint at the Immaculate Conception Catholic School. He then joined the Sandy Point Primary School in 2020, where he truly shone. Throughout his primary school years, Aiden's well-rounded personality made him stand out. He has consistently ranked among the top students in his class, earning him various awards and accolades. At his graduation ceremony, Aiden was recognized for his achievements with numerous awards, including the SPBS Principal's Award, First Class Honour Roll, Joevarny Flemming Social Studies Award, Elmo Burke Mathematics Award, Island Purified Water Best Student Award, Marilyn Maynard Mathematics Award, Mrs. Valarie Richardson Mason Triple A Award, Dwayne Rawlins Best in Science and Mathematics Award, and the Best Male Student Award. Aiden has always been a leader, and his leadership qualities caught the attention of his teachers and peers, leading him to share the role of class Prefect in Grades 5 and 6. Aiden's love for sports and dedication helped him represent his school in the 2023 RAMS Inter-Primary School Under-13 High Jump Competition. Aiden credits his success to the hardworking teachers and staff at Sandy Point Primary School and his parents, who have always encouraged him to do his best. He has been a role model for his younger brothers Ryan and Ian Versailles, and takes this responsibility very seriously. Aiden is also a member of the Youth Fellowship Group at the Half Way Tree Church of God. Currently, Aiden is a Form 1 student at the prestigious Charles E. Milles Secondary School. He has a passion for gaming and mathematics and aspires to become a Game Developer in the future. He plans to attend the St. Kitts Robotics Society Summer Camp to develop the necessary skills and knowledge to succeed in his chosen career.

DEVARIE BOYLES

ST. PAUL'S PRIMARY SCHOOL PRINCIPAL'S AWARD

Lively, curious, assertive are words that have been used to describe the St. Paul's Primary School's Principal Award recipient for 2023. Mr. Devarie Boyles was born on 20th September, 2011 to proud parents Ms. Valerie Connor of St Paul's and Mr. Kenville Boyles of Sandy Point. Devarie received his preschool education at the Half Way Tree Preschool, where his teachers observed that he was very kind and inquisitive, and always wanted to understand why things were the way they were. From early on, he has also been described as very tenacious in problem solving. Devarie persists with a matter until he gets a handle on it, whether understanding it or figuring it out. He is one who persists with tasks towards completion, and this has contributed significantly to his successes over the years. In 2023, amongst some very intelligent peers at the St. Paul's Primary School, Devarie Boyles emerged as the valedictorian at the school. He has demonstrated his brilliance from kindergarten through Grade 6 and has been the top student in all his classes throughout primary school. His hard work and dedication make him a shining example for his peers. During his tenure at St. Paul's Primary School, Devarie represented his school in numerous competitions and his successes helped to inspire school pride. Among the contests in which Devarie participated were the Rotary Club of Liamuiga Spelling Competition, the Courts Reading Competition, the Independence Elocution Contest, the Brimstone Hill Know Your Country Quiz, the Consumer Affairs Quiz. He placed consistently among the top three finishers. The competitive spirit of the school was strengthened by Devarie's successes in all these competitions, and his energetic and vivacious spirit served as a source of motivation for fellow classmates. Devarie has demonstrated that simple attributes such as focus, determination, discipline and humility can propel us towards greatness, even in the early stages of our lives. Becoming valedictorian and the Principal's Award recipient have been very proud moments for Devarie. In September 2023, Devarie started as a student at the Charles E. Mills Secondary School, and he is already making positive waves in the school. He enjoys playing basketball, football, and martial arts, and he has high expectations of becoming an actor. In the minds of his family, teachers, and friends, there is absolutely no doubt that Devarie will continue his journey towards greatness and accomplish all that he aspires to achieve.

SHASTON POWELL

NEWTON GROUND PRIMARY SCHOOL PRINCIPAL'S AWARD

The SPBS Newton Ground Primary School Principal's Award recipient is Mr. Shaston Soluz Powell. He is a remarkable youth whose passion, discipline, and determination have set him on a path towards a bright future. At the tender age of 7, Shaston began documenting his aspirations in his diary, offering a window into the dreams that would guide his journey. With a deep love for music, Shaston's diary entries depict his affinity for drumming and singing, an artistic outlet that brings him immense joy. However, nestled within these entries lies an even more profound ambition — to become a pilot. Shaston's fascination with airplanes and the wonders of nature has ignited a desire to take flight and explore the world from a bird's eye view. Now an alumnus of Newton Ground Primary School, Shaston exemplifies the very definition of dedication and respect in his academic endeavors. He graduated as the valedictorian of the class of 2023, a testament to his hard work and commitment. Currently, Shaston is furthering his education at the Charles E. Mills Secondary School, carrying with him the same thirst for knowledge and excellence. His academic achievements are extremely laudable, with average marks of above 90 per cent throughout his primary education. His insatiable curiosity and eagerness to learn have always been the driving force behind his educational accomplishments. Shaston Soluz Powell is a well-rounded individual who has excelled academically and beyond. He is equipped with life-saving skills from successfully completing a Basic First Aid Training Course and is a skilled drummer and sports enthusiast. Shaston is a proud member of the Explorers Youth Club and Explorers Drum Corp, and he enjoys playing football and cricket. He also has a keen fascination with heavy equipment and is always eager to learn. Shaston epitomizes the principles of hard work and commitment, inspiring those around him to achieve their goals.

Congratulations



Aiden Versailles
SPPS



Devarie Boyles
SPPS



Shaston Powell
NGPS

Award Winners!

SPBS MENTORSHIP PROGRAMME MAKES 10 YEARS!

The Mentorship Programme of the Sandy Point Benevolent Society (SPBS) is marking its 10th anniversary since its launch in October 2013. The programme aims to support the holistic development of participants through self-development exercises, academic support, and social activities. While its focus is on academic advancement, the programme also caters to social and emotional development. The SPBS mentorship programme connects each Principal Award recipients with mentors to provide academic and personal support.

Mentors, mostly previous SPBS awardees, build respect and trust with mentees through individual and group sessions, and the programme aims to help mentees succeed at the Charles E. Mills Secondary School (CEMSS) by providing a network of support. The experience varies based on the mentor-mentee relationship, but mentees are assured that they are not alone. Mentors make a hugely positive impact on mentees by doing seemingly simple things, such as waking them up; helping with schoolwork and resources; providing opportunities; and offering emotional support. These actions often boost the self-confidence of their mentees and provide a safe place for the mentees to grow. Several mentees have also shared how their Form-level 'SPBS sibling' in the mentorship programme have looked out for them, both in their presence and their absence. Mentees have also been able to tap into the experiences of peer mentees to navigate their way through school-related matters.

The mentorship programme not only benefits mentees but also creates a community of support amongst the mentors. They build bonds of camaraderie, support, and collaboration, providing coaching, references, referrals, and guidance to each other. Mentors and mentees have had opportunities to secure real-world experiences and career guidance, leading to professional networking opportunities and ultimately to advancement. Mentors have also helped each other pursue employment prospects and navigate through tertiary education. In the SPBS mentorship programme, efforts are made to not only track mentors as they pursue their professional goals but also to celebrate them, in all their endeavours.

This year, we are very excited by the pursuits of mentees who ultimately also became mentors, and who are currently overseas pursuing bachelor's degrees. Ms. Tecoya Warner, the national State Scholar of 2020, is currently studying Neuroscience in Canada, which she is due to complete in 2026. Also due to graduate in 2026 is Ms. Jameia Clarke who is in Florida working towards a degree in Agricultural Science with a minor in Pre-law. Finally, there is Mr. Safin Connor who is in Romania pursuing a degree in Information Technology which he is due to complete in 2025.



Safin Connor



Tecoya Warner



Jameia Clarke

We also hail the achievements of the mentors who are highlighted below, and as we congratulate and cheer them on, we share their reflections on the mentorship programme:

"I am Dr. Joyan Wiltshire, one of the mentors of the SPBS Mentorship Programme. I have been a part of SPBS Mentorship Programme since the beginning and I have always participated as a mentor to some of the young ladies. There was a 7 year pause when I left to pursue my Medical Degree overseas, but I have since resumed mentoring upon my return.

The programme on a whole is essential for both mentors and mentees as it develops leadership skills, boosts strong communication skills, assists in mastering the art of delivering feedback, and provides participants with new and different perspectives. The programme's aura also allows building in self-confidence and increases self-awareness, as everyone gets an equal opportunity to express themselves and to share different ideas and concerns. The programme also allows the mentees to be supported by someone who is not a relative, it helps to improve their goal setting skills and increases the capacity to self-reflect. Overall, it benefits both mentees and mentors in widening their personal network, growing their confidence and knowledge and in turn preparing one for life and the world. At the end of it all I view everyone in the SPBS Mentorship Programme as one big family since it establishes bonds, love, and care for each other."



Dr. Joyan Wiltshire

"Being a recipient of an SPBS award in 2012 was a major accomplishment. I was able to be mentored by great people who motivated me to push towards my goals. Through the years, with the assistance of SPBS, I was able to receive a grant which helped me pursue my Bachelor's Degree in Psychology. At times when I feel like I was falling short, I could rely on my fellow colleagues of the mentorship programme to keep me going. I was able to complete my Bachelor's degree at Medgar Evers College, and I am currently pursuing my Master's degree in Clinical Mental Health Counseling while working as a low-risk Family Functional Therapist. I will always be grateful for this program and I will also dedicate my time to give back to this great program to help others just like myself strive for excellence."



Gariela Bowry

"I had long been involved in the mentorship arm of SPBS, of which we are celebrating our tenth anniversary. Although my role as a mentor was automatic since I was a past Principal Award Winner, ten years later I am still honoured to be a part of such an initiative having been able to, and continue to, provide holistic support to our young scholars. The mentorship programme has time and time again afforded me the opportunity to give guidance through my knowledge and experiences and it truly is rewarding to know that I can make a life a little easier simply because of my journey through life. Cheers to ten more years!!!!"



Dr. Erian Jeffers

"The mentorship programme first came into being shortly after I graduated from high-school. I joined the programme as one of the first mentors. It was a safe haven for children to believe and acknowledge that it is okay to be smart. An initiative such as this was very much needed in an environment where being smart wasn't "cool" and ideal as a teenager in high school. Mentors were there to provide guidance, and also to give mentees a preview of how it can and will work out. Mentees were given a safety net and a place to safely fire off concerns to those who have walked similar paths. I hope to continue being there in whatever capacity I can because this endeavour is very much needed."



Dr. Jeles Dolphin

Ms. Zonya Williams, 2023 CFBC graduate with an Associate degree in Hospitality Studies:

"In 2016 I was welcomed into a new community, the Sandy Point Benevolent Society Mentorship Group. Throughout my 7 years spent as a recipient of this award I have had great mentors and assistance throughout my high school years from a group of people I would now call family, whom I can still call upon to this day. A continuous stream of support has always been outpoured whenever I may have fallen short or needed an extra boost, whether it be academically or just needed a listening ear. Upon graduating high school, I transitioned into being a mentor myself, and take pride in ensuring my mentee knows that she has a safe space in me and a helping hand wherever may be needed. I always try to contribute to the society that has poured so much into me by participating in all SPBS mentorship programme events possible and providing whatever may be needed to have a smooth event, offering tips on studying to the new generation of mentees when a chance is granted, and making myself available to whomever may need assistance. The Sandy Point Benevolent Society Mentorship Programme has helped to mold me into who I am today and has left me with lifelong friends and memories, I would love to see the programme continue to grow and be able to give other individuals the same opportunity as I was blessed to have had."



Zonya Williams

Ms. Dariela Warner, 2022 Runner Up State Scholar:

"I first became a part of the lovely family that is, the Sandy Point Benevolent Society Mentorship programme, in the year 2015. I can still remember sitting in my first meeting with a plethora of emotions sitting on my heart. Being a part of a program was novel to me. Eight years have now passed and I am forever grateful to be a part of this society, one which I hold dear and near to my heart. I entered as a mentee of the mentorship programme and was provided not only financial support but also emotional and academic support from my mentor and other members of the society. I then became a mentor upon my departure from high school and it is a role that I treasure profoundly. The mentors of the programme helped me as a blooming teenager and now that I am undertaking that role, I can provide academic and emotional support to the upcoming and present members be it mentees or peers. I have contributed to the Sandy Point Benevolent Society in a number of ways. This contribution includes but is not limited to giving advice to the young members on study tips, being a pillar of help in any school material that may be too complex to grasp, and contributing to the proper execution of any meetings or events that are held by SPBS. Moreover, I would like to continue to contribute as I grow and as the capacity for me to contribute more increases. The Sandy Point Benevolent Society Mentorship Group is a family that has guided me and also given me the platform to improve myself and others and as a result it is an organization I would like to see grow and flourish in any way possible."



Dariela Warner

Ms. Zanique Williams, Currently completing her Associate degree in Architectural Design at CFBC:

"I am one who became a recipient of an SPBS scholarship, graduating valedictorian from the St. Paul's Primary School in the year 2015.

Thanks to all the general contributions and assistance and for those who even go as far as to look out for us on a personal level. This is good work. I was a mentee from 2015. My involvement currently is as a mentor, working with the younger students relieving them of the academic workload. I became a mentor in the year 2020, I hope to further support the mentorship programme by being of assistance to any student that I can help. This could be in giving wise counsel, monetary, helping with research or just being a friend."



Zanique Williams

Mr. Ruan Wiltshire, 2023 Graduate with a Bachelor's degree and currently pursuing his masters in Mechatronics Engineering in Taiwan:

"After graduating high school, I learned what the SPBS represented, their goals and mission, and their impact on the Sandy Point community directly. After being sensitized about the mentorship programme by Ms. Desiree Gumbs, I felt a sense of responsibility to invest my time, knowledge, and skills to help develop the upcoming youths of the Sandy Point High School, preparing them for exams, college and the professional world of work. I do hope to continue to support the mentorship program as it has been very effective and has provided many positive results for mentees. It's my dream to promote an even greater love for the sciences and mathematics among those youths, and guide their minds to be innovative of ideas rather than dependent."



Ruan Wiltshire

Ms. Zonique Browne, 2023 graduate with a Bachelor's degree

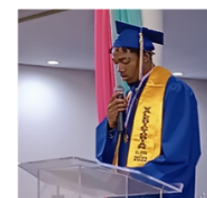
"Having a consistent source of support is incredibly valuable in achieving academic success. Throughout my academic journey, the SPBS has been pivotal in facilitating my academic achievement and motivating me to keep striving for excellence. I recall each contribution that I've received from SPBS. No other group has consistently supported me from Primary Education to Tertiary Education. I feel that strong sense of belonging which propels me to be an ambassador of the society. I remain indebted and grateful."



Zonique Browne

Mr. Tivadi Herbert, Valedictorian at the CEMSS in 2022,

"Being a part of the SPBS has made me feel as though I was a part of another family. Whenever I was in need of academic assistance they all would always find a way to help, whether it was someone in the group to helping me directly, or connecting me with someone outside of the group. We would sometimes get together as a group, and every time I left that meeting, I would feel better as an individual because I was able to suggest solutions to a problem someone else might be facing, or somebody else will do the same for me. The most outstanding thing to me is everyone there is so positive. I intend to give back to this community by offering assistance to the younger ones, whether it is academics. or they simply need guidance so that they could move forward and make headlines for themselves."



Tivadi Herbert

Mr. Kahyl-EI Ward, 2022 graduate of CEMSS and current student at the CFBC

"I feel very privileged and touched to receive the support of the SPBS throughout my secondary endeavours. It is such an amazing emotion for me personally to know that there are always these networks of support assisting us students in our educational pursuits. As I continue to be a part of this programme while assisting other students such as myself, I hope to gift others with experiences that would foster the gratitude that I have felt."



Kahyl-EI Ward

EXPLORING EXCELLENCE AT CHARLES E. MILLS SECONDARY SCHOOL

Nestled within the lush landscapes and seaside of Sandy Point, Saint Kitts, the Charles E. Mills Secondary School stands as a beacon of holistic excellence. This institution, often hailed as a gem of the nation, has been nurturing young minds and fostering a sense of community since its establishment. This prestigious institution is being led by its 15th Principal, Mrs. Eisha Jackson. Academic excellence, artistic inspiration, athletic dominance and cultural prowess are the hallmarks of this prestigious institution, propelling it to the international stage.

A Legacy of Learning

Founded in 1966, the Charles E. Mills Secondary School, originally established as the Sandy Point High School, has a rich history deeply intertwined with the development of Saint Kitts and Nevis. Named after the nation's esteemed educator, Charles E. Mills, whose far-reaching vision led to the establishment of free comprehensive secondary education in St. Kitts and Nevis, the school carries forward its legacy of education to empower generations. Our commitment to scholarly preeminence is evoked by both our original motto Scholastic Perseverance Harvests Success, and our current motto Committed to Educating, Moulding and Stimulating Students.

Innovation in Education

One of the remarkable aspects of the school is its commitment to innovation in education. We have been plagued with challenges with regards to the much-needed electrical upgrades and wireless internet connectivity which are necessary to include modern teaching methodology using technology to create an engaging and dynamic learning environment. Amidst the obstacles faced in and out of the classroom our dedicated educators make the best use of the resources available to them to prepare students to face the challenges of the 21st century. Our students' artistic talents continue to be showcased on a national level captivating audiences in the Federation. To date, Josiah Hodge a form five student and a SPBS scholar created the winning design for the Ministry of Youth Empowerment T-Shirt Design Challenge, used for the 2023 National Summer Camp. Devynne Morris and Lesanique Ryan both of form five were finalists in the aforementioned competition. Josiah Hodge once again claimed winner in the TDC Toyota Car Design Competition 2023. In the realm of technology Rianna Heyliger captured 2nd and Kronique Drew 3rd place in the International Girl in ICT best in Canva poster competition and overall, the CEMSS team placed 3rd.

Athletic Supremacy

The Charles E. Mills Secondary School continues to dominate athletic competitions, winning the 2023 TDC Interschool-Championships and becoming double champions at the Giant Malt Relay Festival. CEMSS has been the reigning champions for the last decade, winning a total of 27 championships out of 44 since the competition's inception in 1977. CEMSS is home to many rising sports stars, including Jérmahd Huggins and Jahzara Claxton. Both have represented their country in the CARIFTA games, with Jérmahd winning a medal in 2022 and Jahzara being an Under-19 West Indies female cricketer. They have also won numerous awards and competitions, such as the National Inter-school Victor Ludorum and Victrix Ludorum. CEMSS has a reputation for producing remarkable male and female students who excel in various sports, including cricket, basketball, football, netball, and track and field, bringing success to the school on an international level.

Cultural Mosaic

Charles E. Mills Secondary School celebrates diversity through vibrant cultural festivals, talent shows, and art exhibitions showcasing the talents of its students. The school's modern language sector pays homage to iconic French and Spanish events and festivals with displays of cultural outfits, cuisine, and enthusiastic teacher and student engagement. The reintroduction of the Miss Talented Teen Pageant and Eagle-lypso Monarch competition provides a platform for positive change and promotes cultural art forms. The CEMSS Gems Steel Band Orchestra continues to thrive with the generous contribution of a drum set from SPBS.

Community Engagement

The school prioritizes community engagement and social responsibility through outreach programs, environmental initiatives, and charity events. The PTA, Guidance Counselling Department, and Building Social Skills activities foster strong relationships between teachers, parents, and students. The school also gives back to the community, including hampers for the elderly and an open day for parents to interact with teachers and collect progress reports.

Achievements Beyond Boundaries

Charles E. Mills Secondary School has a track record of producing exceptional alumni, including doctors, lawyers, engineers, artists, and sports ambassadors who have excelled internationally. Notable healthcare practitioners include Dr. Yanick Henry, Dr. Joylette Woodley-Phasal, Dr. Xavier Browne, and Dr. Mareska Phipps, among others. The school's teachers also make significant contributions in their respective fields, with Ms. Roatter Johnson being a world athletics level three certified jumps coach and sports coordinator for CEMSS, and Mr. Vikell Edwards-Douglas serving as the treasurer, chief protocol officer, and youth parliamentarian in the St. Kitts National Youth Parliament Association. Mrs. Karina Wilson-Charles was nominated to sit on the CXC board for her expertise in information technology. The school has also recorded the most nominees and awardees for the 25 Most Remarkable Teens- St. Kitts and Nevis.

A Promising Future

Charles E. Mills Secondary School has produced successful alumni in various fields, from medicine to sports to academia. The school's teachers are also breaking barriers in their respective fields. The school is committed to nurturing talent, fostering innovation, and promoting values that transcend borders. It is introducing new programs such as Mandarin Chinese, auto mechanic engineering, and agricultural sustainability. Charles E. Mills Secondary School is a place where academic achievement, cultural richness, and community spirit converge to create a remarkable educational experience.



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JAHZARA CLAXTON

AN AMAZING TEEN & RISING SPORTS STAR

Alrick V. Warner

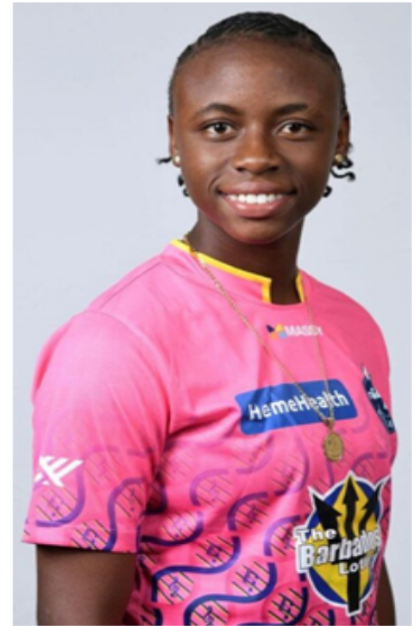
Jahzara Keanna Chloe Claxton is a 17-year-old student athlete from Sandy Point, Saint Kitts. Jahzara has been described as a natural athlete, who is supremely fit, versatile, skillful, disciplined, and very passionate about winning. She is a footballer, a cricketer, and a track and field star, who has represented the Federation and the West Indies at various levels.

Jahzara is not only a gifted athlete, but also a remarkable student and a role model for her community. She attends the Charles E. Mills Secondary School, where she excels academically and participates in various extracurricular activities. She is also involved in social work, volunteering for various causes and organizations. She was recently recognized by the National Assembly of Saint Kitts and Nevis as one of the 25 Most Remarkable Teens in the country.

In cricket, Jahzara is a right-arm fast-medium bowler and left-handed batter. She is the first female cricketer from St. Kitts & Nevis, and the Leeward Islands to be selected to the West Indies U19 and A-Team squads. She participated with the team at the 2023 ICC Under-19 Women's T20 World Cup. She was also selected for the inaugural West Indies Women's Academy Camp this summer. She played for the Barbados Royals which won the Women's Caribbean Premier T20 League. At just 17-years old, Jahzara was selected to the West Indies Women's A-Team that recently toured Pakistan. She took 4 wickets for 19 runs in 6 overs in her first ODI (50 overs) game. She was voted MVP of that match & West Indies A team won the series 2-1.

In football, Jahzara plays as a forward for Newtown United FC and the Saint Kitts and Nevis women's national team. She made her senior debut in February 2022, scoring a goal in a 3-0 win over Anguilla. She also scored the winning goal in a 2-1 victory over Guatemala in the 2022 CONCACAF W Championship qualification. She has been the second top goal-scorer for Caribbean U20 girls, scoring six goals in nine games. **In track and field**, Jahzara is a sprinter who has competed in various events at the national and regional level. She has won medals in the 100 m, 200 m, and 4x100 m relay at the CARIFTA Games and the OECS Championships. She has also qualified for the 2023 World Athletics U20 Championships.

So, it is obvious that Jahzara is a remarkable teen who has great talent and promise. She is "going places" literally and figuratively! She is an inspiration to the youth of Saint Kitts & Nevis (and beyond). She has received support and recognition from the Saint Kitts and Nevis Ministry of Sports, which awarded her a financial contribution to develop her skills further. She is a rising sports star. She has a bright future ahead of her. SPBS wishes her the very best in her pro-cricket career.



Weddings, Parties, Christenings, Retirements, Graduations

A promotional graphic for DJ KUE. It features a silhouette of a DJ with headphones and a photo of DJ Kue, a man with a beard and glasses, wearing a blue shirt. The text "DJ KUE" is in large, stylized letters, with "AXA SKB" below it. At the bottom, it says "You name it & we will play for it" and "(264)-476-7034". The email address "DJKUEI@YAHOO.COM" is also visible.

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Good to the last drop

REFRESHING DRINK

A promotional graphic for MAUBY. It features a portrait of a man with a beard and sunglasses, wearing a blue shirt. The text "BEARDED GUY" is above "MAUBY" in large, stylized letters. Below "MAUBY" is "MAUBY BARK - BROWN SUGAR - SPICES". At the bottom, it says "P:1(264) 476 - 7034". There is also a small circular logo with "NATURAL INGREDIENTS" and a globe.

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ONLY SO MUCH WE CAN DO

By Ciaran "Science" Phillip, M.S.

"We're not going to do that on Friday."

It was a crisp and final statement delivered in her trademark British accent. She barely paused after her full stop before adding: "We're having some challenges acquiring the necessary materials."

Dianelys felt her eyes roll across her forehead, catching herself just as her mouth fixed to make a strupes. Sitting two benches away from Ms. Kaur was enough of a cushion to avoid the lecturer's keen eyes but not enough to escape her acute ears. Dianelys had been called rude by Ms. Kaur in front of the whole class once, and she was not going to take a second shame so easily. However, Dianelys was finding it hard to hide her disappointment, even while paying attention to the stern swagger of Ms. Kaur's voice.

"So, ahmm...Miss Kaur?" Julian started, "we gon' jus' miss a whole experiment jus' so?" His voice bubbled out from behind Dianelys, cutting off Ms. Kaur without her indicating he could speak. Dianelys knew what was coming next.

"Young man! Don't! Speak! When! ! Speak!" Ms. Kaur hit each phrase like Haley Matthews hitting six 6's around Kensington Oval in Barbados. Then came her distinct catchphrase delivered in a mixed British and Kittitian accent: "Yuh too bloody ruuude!" Dianelys and her classmates immediately sat up straight on their lab stools, with some turning to the wall and some placing a hand over their lips to hide their smirks. Julian walked into that one and they all felt it.

"And it's MIZ Kaur. MISTER Blackman."

"Ss...sorry Mi...miz Kaur." Julian managed to stammer. He then raised his hand, as he should have done in the first place.

"Yes," prompted Ms. Kaur.


"Mi...miz Kaur. I was wondering if we could miss out a experiment. Because CXC put it on di syllabus, and they say we have to do dem all."

"They say that every year Julian, and every year I speak to the Dean about it because," Ms. Kaur's tone softened as she leaned into her next phrase, "we can't do experiments we have neither reagents nor instruments for." Dianelys saw her lecturer make eye contact with Julian and then Ms. Kaur's gaze locked on to her own. "There's only so much we can do."

After class that Friday, Dianelys stood next to the Charles A. Halbert Public Library, waiting for a bus. She had spent the entire two hours of Chemistry Lab class sitting on a stiff metal lab stool, leaning over a cracked wooden benchtop. Now there was a thin brown line going across the middle of her white blouse under her unbuttoned royal blue waistcoat. A nasty looking stain, but better than a rip across the thigh of her royal blue trousers. It was also the result of sitting relatively still to pay attention to Ms. Kaur lecturing on the chemical synthesis of 2-acetoxybenzoic acid. Dianelys remembered how the process involved reacting acetic anhydride with 2-hydroxybenzoic acid in water using sulfuric acid as a catalyst. That reaction produced impure 2-acetoxybenzoic acid dissolved in water. The reaction mixture would then be cooled to form crystals of the impure product. Next, the crystals were washed and dried by vacuum filtration with a Büchner funnel. After that, they were dissolved in ethanol, and recrystallized in mostly pure form by a second vacuum filtration with a Büchner funnel. At that point a chemist would confirm the identity of the solid product with three methods. First, reacting it with iron III chloride. Second, determine its melting point using a melting point apparatus. And third, discern its chemical composition using a Fourier transform infrared (FTIR) spectrometer.

Dianelys' lips and teeth met to spit out a loud strupes, with the final 'S' hissing through Cunningham Street. "I jus' spend two hours out'a me good good Friday lis'ning da woman baii?" Dianelys seethed out loud. "Talk 'bout somet'ing I should'a been doin' wid me han'?"

2-acetoxybenzoic acid, aka Aspirin is one of the most widely used pain medicines in the world. Synthesizing it is relatively simple, and can be performed by college students in a basic laboratory on a Caribbean island, which is why CXC decided to put it on the syllabus for its Caribbean Advanced Proficiency Examination (CAPE) Chemistry course. Yet, Dianelys could not do it at St. Kitts and Nevis' national college.



As the bus zoomed along the Bay Road, Dianelys' memories hit her like the breeze flooding through the open windows. "How two different t'ings could mix togeder an' form somet'ing else new, Mr. Walters?" she remembered asking the teacher in the clustered space of the Washington Archibald High School Chemistry Lab.

"God works in mysterious ways, Diane" he replied with the bass in his voice thumping her chest almost like Grand Masters' full sound system.

"DEE-AN-AY-LEASE, Walters! You always callin' me name wrong!"

"M'ain' goin' up dere wid you," Mr. Walters laughed. "You got to teach me Spanish, but you got to pass me class fus." Dianelys smiled at the memory of that exchange. She had passed CSEC Chemistry with a 1 and Walters had posted a picture of her on his WhatsApp status. "Big up me long time student Dianelys!" was his caption, spelling her name right even though he always called it wrong. Dianelys remembered her mother made about 100 WhatsApp calls that same day. "Una chica inteligente! Mi Dianelys!" her mother repeated over and over. It was as if the woman wanted it to be bigger news in the Dominican Republic than it was in St. Kitts.

"Mommy, you ain tired chat me business?" Dianelys playfully mocked in her memories. The bus came to a swift stop on Pond Road across from Police Training School, jolting Dianelys back to the present. Soon she was in the heart of Newtown surrounded by jovial Kittitian insults clashing with the Spanish lyrics of bachata music. This was her family's bar on a Friday.

Dianelys retreated to her room. Lying on her bed, headphones in ear and YouTube open on her smartphone, she watched Chemistry students in the US demonstrate the same experiment Ms. Kaur talked through earlier. They were girls her age; wearing safety glasses, nitrile gloves, and lab coats; handling clean glassware, modern hotplates, and high-tech laboratory instruments on shiny black benchtops. "There's only so much we can do," Ms. Kaur's words seemed to whisper through Dianelys' headphones.

"Only so much we could do, eh?" Dianelys clapped back at the whisper. "Fus of all right, how we suppose to pass di course an' we ain' do di experiment dem? WE NEED ALL WE CHEMICALS DEM! Secondly right, y'all need to find a proper bench for me to wuk on. Way dutty board a go? An' doan talk 'bout dem stool," Dianelys let out a stinging strupes. "Baii dem dere mus' be from when Fitzroy Bryan' been a teach! T'ird t'ing. Di Dean cyaan find money to get some new Büchner funnel till now? Funnel you say nuh...But a guess it mek sense because ah sure dem second years say, Miz Kaur say, di Dean say dey was gettin' a FTIR las' year. Well, he nah say a t'ing 'bout dat now!"

Dianelys paused after that sentence. She could feel her temples clenching. "Wha' ah really gone College go do Chemistry for?!" Dianelys almost shouted at herself. Mr. Walters had told her that Chemistry was not only about forming new things but also about refreshing things already used, like turning used plastic bottles into reusable shopping bags. "Is t'ings like da we need," she sighed. "How Drew t'ink we gon' come a 'sustainable island state' if we ain' gah no chemist?" Her question went unanswered like a DM left on read. "Ain' even mek sense for me to go university go do it because if dem man ain' treatin' it serious now, den when agen?"

That Monday Dianelys eased her way past the navy blue and white bodies choking CFBC's Main Office. Finally out the door, she was surprised to come face to face with Ms. Kaur.

"You dropped Chemistry?" more a statement than a question. "You're an intelligent girl, Dianelys. We need chemists like you to preserve and secure the future for the next generation."

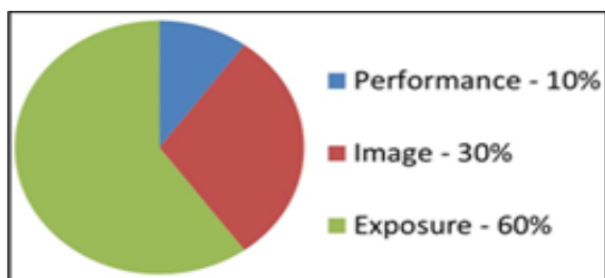
"Thanks, Ms. Kaur," Dianelys blushed at the compliment. "You well up in me business though," both women smirked knowingly. "I jus' as smart as them students in the States nuh Ms. Kaur, but Chemistry ain' a serious thing here. We could barely get gloves, an' up there FTIR knocking dog. And nothing against you Ms. Kaur but I can't do a nex' lab wid jus' talkin'." Her gaze locked onto her lecturer's eyes. "I know is only so much we can do, but if this is how it is now then it already too late for di future."

Let's support science education in our schools. It's one more way for us to contribute towards "Preserving & securing the future for the next generation".

The P.I.E. Concept: A Key to Career Success

Alrick V. Warner, Research Fellow, Retired, The Procter & Gamble Company

In my 34-year career I met lots of employees (young and old around the globe) who ask me the same question, “How do I get ahead?” They don’t understand why they’ve worked so hard, for so long, and still haven’t reached the level of career success they truly desire. This is a global frustration in any type of organization or business – large or small. If you are about to enter the world of work, or already in it, you may think that the most important factor for your career success is how well you perform your job. However, according to Harvey Coleman, author of “Empowering Yourself, The Organizational Game Revealed”, performance is only one piece of the P.I.E. concept, which stands for Performance, Image, and Exposure. These are the three elements that determine your career advancement and satisfaction.



Your **Performance** is the quality and quantity of the work that you do and the results you deliver. It is the foundation of your career, but it only accounts for 10% of your success, according to Coleman. This means that doing your job well is necessary, but not sufficient, for getting ahead.

Your **Image** is the impression you make on others and how they perceive you. It includes your appearance, attitude, communication skills, and personal brand. It accounts for 30% of your success, according to Coleman. This means that you need to cultivate a positive and professional image that matches your desired role and goals. This is **Brand YOU!**

Your **Exposure** is the extent to which the right people know about you and what you do. It includes your network, visibility, and influence within and outside your organization. It accounts for 60% of your success, according to Coleman. This means that you need to proactively seek opportunities to showcase your skills and achievements, and to connect with key decision-makers and influencers.

The P.I.E. concept may surprise and even frustrate you because it challenges the conventional wisdom, especially here in the Caribbean, that hard work, good grades, and lots of letters behind your name will ensure career success. This is false! Career growth is a multifaceted “game!” Coleman suggests that you should spend time on three interdependent areas: 10% on performance, 30% on image, and 60% on exposure. Therefore, if you want to succeed in your career, you need to pay attention to all three pieces of the P.I.E. concept. You need to perform well, cultivate a positive image, and manage your exposure so that the right people will know you and what you do. By doing so, you can increase your chances of getting recognized, rewarded, and promoted in your chosen field.

To leverage the PIE theory for your career progression, I strongly suggest that you consider the following strategy:

Focus on Performance Excellence: Continually strive for excellence in your work. Seek opportunities for professional development and acquire the necessary skills to deliver exceptional results.

Build a Positive Image: You are always “on screen!” Cultivate a professional image by demonstrating your expertise, taking on leadership roles, and maintaining a strong work ethic. Seek feedback and act on it to improve your image.

Seek Visibility: Look for opportunities to showcase your talents, results, and skills. Volunteer for challenging assignments, collaborate with influential colleagues, and actively participate in industry events or conferences.

Nurture a Strong Network: Develop and maintain meaningful positive, collaborative, connections with colleagues, mentors, and industry professionals. Network strategically to increase your exposure and access new opportunities.

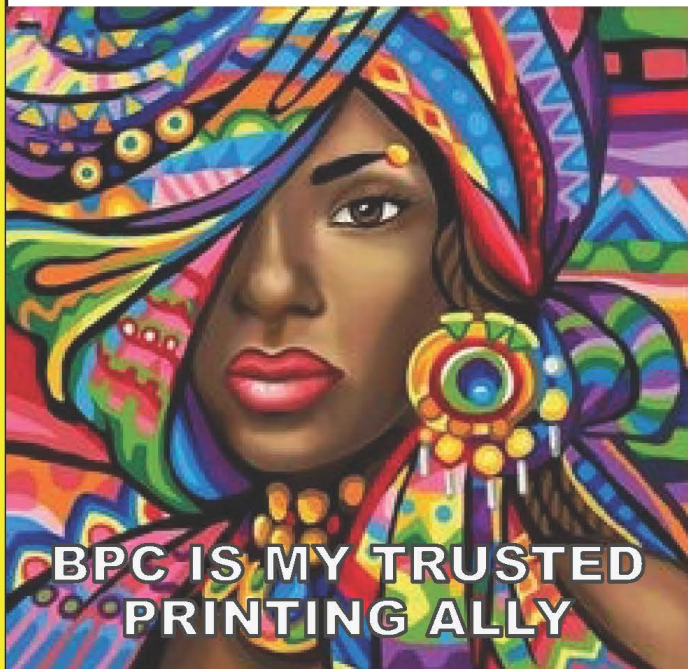
By paying attention to all three elements of P.I.E., you can increase your chances of getting recognized, promoted, and rewarded in your chosen field. You will also achieve greater career satisfaction and fulfillment. However, you should also remember that P.I.E. is not a fixed formula, but a dynamic process that requires constant adaptation and improvement. You should also balance P.I.E. with your personal values, interests, and passions.

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AMBASSADOR IAN M. QUEELEY: A TRAILBLAZER IN LAW ENFORCEMENT AND A DISTINGUISHED DIPLOMAT, HONORED WITH NATIONAL AWARD

By Trace Livingston

In the heart of St. Kitts and Nevis, a remarkable narrative unfolds—a tale of commitment, leadership, and the seamless transition from Law Enforcement to Diplomacy. His Excellency, Ambassador Ian M. Queeley, recently nominated to receive the National Award of “The Companion of the Star of Merit,” the second-highest recognition any citizen in the Federation can receive, stands as a testament to the enduring link between exceptional law enforcement service and diplomatic distinction. This Award is presented to nationals of the Federation for outstanding, meritorious, loyal, and devoted service to the Nation.

Ambassador Queeley has dedicated all his adult life to the service of the people of our beloved Federation in the field of Public Service, but more specifically in the area of Public Safety and Law Enforcement. His journey commenced on the frontlines of law enforcement, where he not only upheld the principles of justice but also defined them. As a dedicated Police Officer for over thirty-five (35) years, his footsteps echoed with a sense of duty that transcended the routine—it was a calling. His leadership qualities, a fusion of strategy, vision and empathy, became increasingly evident as he ascended through the ranks.

The pinnacle of his law enforcement career was marked by his tenure as the Commissioner of Police, a position where his strategic acumen steered the force through one of the most difficult and challenging periods, fostering a safer environment for the citizens he swore to protect. It was a chapter in his life that laid the groundwork for a subsequent and equally illustrious diplomatic venture. Ambassador Queeley's transition from the Commissioner of Police to a diplomatic envoy signifies not just a change in roles but a testament to the interconnectedness of security and international relations. His ability to seamlessly navigate the complexities of both landscapes showcases a rare blend of versatility and adaptability, qualities finely honed during his years of service in law enforcement.

Beyond the realms of official duties, Ambassador Queeley has left an indelible mark through outstanding community service and mentorship. His commitment to uplifting the community goes above and beyond the call of duty, exemplifying a leader deeply rooted in the philosophy of the well-being of his fellow citizens. Through knowledge transfer and mentorship initiatives, he has aptly prepared, inspired and guided the next generation of law enforcement professionals, imparting not only knowledge but also a sense of civic responsibility and ethical conduct.



The recent accolade, “The Companion of the Star of Merit,” crowns Ambassador Queeley's career, recognizing not only his diplomatic finesse but also the enduring impact of his legacy in law enforcement. This prestigious honor is more than a symbol; it is a testament to a lifetime commitment to the safety and security and by extension, the welfare of St. Kitts and Nevis.

As we celebrate Ambassador Ian M. Queeley's extraordinary journey, we acknowledge that the seeds of diplomacy are often sown in the crucible of law enforcement. His story serves as an impactful inspiration, illustrating that an exceptional leader, like Ambassador Queeley, can seamlessly bridge the realms of security and international representation, leaving an indelible mark on the history of a nation.

In the legacy of Ambassador Queeley, we find a narrative that transcends titles—a narrative of a law enforcement luminary turned diplomat, whose impact echoes not just in accolades but in the collective resilience and progress of a nation.

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We Give Back So Others Can Move Forward

By Trace Livingston

In a world often consumed by the relentless pursuit of individual success and personal gain, there remains a timeless truth: "We give back so others can move forward." This simple yet powerful concept underscores the very essence of human compassion and community spirit. It speaks to our shared responsibility to lift one another up, to extend a helping hand, and to foster a society where progress is not just a solitary endeavor but a collective journey.

Picture a world where selflessness thrives, where kindness knows no bounds, and where the act of giving becomes a transformative force. In the paragraphs that follow, I will embark on a journey to explore the remarkable stories and ripple effects of individuals who have harnessed the magic of giving back to enrich lives, to mend broken spirits, and to pave the path toward brighter tomorrows. These stories remind us that the act of giving isn't merely an act of charity; it's an investment in our shared future—a future where each step forward is a victory for all.

Amidst the complexities of our world, there are extraordinary individuals who embody the spirit of giving back in remarkable ways. Consider the inspirational journeys of some of our 2023 SPBS Award recipients... Mrs. Alexandrina Caesar, Corris "Ziley" Douglas, and James "Bunny" Pemberton, all pillars of unwavering dedication to community betterment and philanthropy.

Mrs. Caesar, an active born-again Christian church worker, currently chairs the Gospel Hall Assemblies Women's Outreach Committee. She tirelessly ministers to the spiritual and material needs of the needy, sick, and shut-in, wearing many hats in local churches to impart life skills and share her passion for music.

Similarly, Mr. Douglas, with his "can-do" attitude, transforms challenges into opportunities, not just for himself but for the entire Sandy Point community. While serving in law enforcement, Ziley remains an active force for good, engaging in philanthropic initiatives and supporting community activities and sports. His life's journey stands as a testament to the transformative power of giving back.

James "Bunny" Pemberton, from joining the Boys Brigade Troop at the age of five to becoming the Captain, exemplifies the spirit of a dedicated community servant. Beyond his involvement with the Boys Brigade, Bunny's commitment extends to track and field, local history, and advocacy for the common man. His lifelong dedication makes him a truly worthy recipient of the Distinguished Community Service Award.

These stories, like countless others, demonstrate that giving back comes in myriad forms. Whether through small acts of kindness or monumental initiatives, the common thread is a commitment to making the world a better place, one gesture at a time.

The beauty of giving back lies not only in its immediate impact, but also in the ripple effect it sets in motion. Each act of kindness sends waves through the sea of humanity, touching lives far beyond the initial gesture. It fosters a sense of unity, reminding us that we are all interconnected, our destinies intertwined.

Reflecting on these stories, we cannot escape the truth: we give back, not out of obligation, but from a shared desire to see all flourish. Mrs. Caesar, Ziley Douglas, and Bunny Pemberton inspire us to be active participants in a cycle of compassion, architects of a world where progress is measured by the upliftment of all.

In conclusion, we give back so others can move forward, but in doing so, we find our own purpose, our own fulfillment. Let these stories inspire us to be active participants in this cycle of compassion, to be the architects of a world where progress is measured not just by personal achievements, but by the upliftment of all. Together, we build a future where everyone has the chance to take a step forward, hand in hand, towards a brighter, more inclusive world.

We give back so others can move forward and in doing so, we preserve and secure the future for the next generation.

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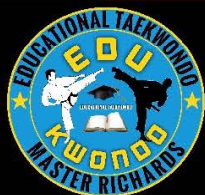
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SICKLE CELL DISEASE (SCD)

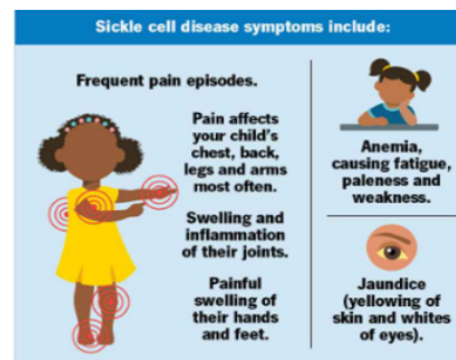
By Dr. Mervyn Richardson

Sickle Cell Disease, also known as SCD, is a group of inherited red blood cell disorders. Healthy red blood cells are round, and they move through small blood vessels to carry oxygen to all parts of the body. In someone who has SCD, the red blood cells become hard and sticky and look like a C-shaped farm tool called a “sickle”. The sickle cells die early, which causes a constant shortage of red blood cells. Also, when they travel through small blood vessels, they get stuck and clog the blood flow. This can cause pain and other serious problems such as infection, acute chest syndrome and stroke. With proper care and treatment, those living with SCD can manage the condition and live long, healthy lives. It was thought that the sickle cell gene evolved to combat a deadly strain of malaria. Those with sickle cell traits were less likely to contract malaria. SCD, however, is still a Rare Disease affecting only 100 thousand Americans. It is especially prevalent among African descendants (1 in 365) and Hispanic Americans (1 in 1000-1400) according to the National Institutes of Health. Sickle Cell Disease treatment is very limited. It is more common in those with ancestors from these regions:

Sub-Saharan Africa, Central and South America, the Caribbean, Asia, India, and the Mediterranean. In the US, SCD affects about 1 in 16,300 Hispanic

American births and about 1 in 13 Black or African American babies is born with sickle cell trait (SCT).

Sickle cell disease affects approximately 1 in 16,300 Hispanic American births and sickle cell trait is present in 1 in 13 Black or African American babies.



Normally, red blood cells live for about 120 days before new ones replace them. People with sickle cell conditions make a different form of hemoglobin called hemoglobin S (S stands for sickle). Red blood cells containing mostly hemoglobin S do not live as long as normal red blood cells, they only live for about 16 days.

CHILDREN AND SCD

Sickle cell conditions are inherited from parents. If a child receives two sickle cell genes - one from each parent - they may develop sickle cell disease. For instance, if one parent has Sickle Cell Anemia and the other is Normal, the children will have sickle cell trait. If both parents have Sickle Cell Trait, they have a 25% chance of having a baby with sickle cell disease.

SICKLE CELL DISEASE CAN BE FATAL

The “sickle shaped” cells are easily snagged in the smaller blood vessels in tissues and organs. This causes a blockage in the blood flow. This leads to a condition called ischemia, which is an inadequate amount of blood flow to a part of the body. This can be seen with these patients having ulcers around the ankle area. When that happens in the heart it is called myocardial ischemia, which can be fatal.

MOST COMMON PROBLEMS

The pain associated with vaso-occlusive crisis (VOC) is the most common complaint by patients. These episodes of pain are intermittent and unpredictable and often drive SCD patients to the Emergency Room. In VOC, blood flow is seriously interrupted to tissues leading to pain, and issues like acute chest syndrome, stroke, or priapism. VOC can also lead to chronic organ damage.

SIGNIFICANT IMPACT ON THE SPLEEN

The spleen is especially vulnerable to vaso-occlusive crisis (VOC). VOC can cause a condition called “asplenicism” which is a reduced function of the spleen. When the spleen is not functioning normally, patients become more prone to certain types of bacterial infections. Sickle cell patients are often seen with “big stomach” due to this asplenicism.

SCD AND QUALITY OF LIFE

Patients with sickle cell disease (SCD) can now live a long, quality life, with more than 95% of newborns with SCD living to adulthood. Regular checkups, following treatments, preventing infections, and practicing healthy habits like drinking plenty of water and eating nutritious food can lower the chances of complications. It's crucial to receive appropriate care from healthcare professionals and stay informed about SCD to manage the condition effectively and lead a healthy life.

PAIN MANAGEMENT INCLUDES OPIOIDS

The pain associated with Sickle Cell Disease is often treated with opioids. With the opioid crisis we want to make sure we are astute clinicians and don't overdo things. At the same time, we also don't want to undertreat. These are folks that you want to make sure are getting adequate pain management.

NEW TREATMENTS

There is reason to be hopeful, because as of May 2018 SCD had only two drugs, hydroxyurea (an anti-cancer agent that reduces the frequency of vaso-occlusion crisis) and L-glutamine (prevents damage to red blood cells). The Food and Drug Administration (FDA) has approved the following agents as treatments for this disease since 2018:

1. Crizanlizumab that prevents VOC.
2. Voxelotor which reduces cell damage in SCD



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...GIVING IN SPITE OF...

By Dennis "Shungbung" Warner Hancock

The phone kept ringing and seemed like it would never stop. Agnes sat next to it deciding whether she should or should not answer it. She had had a long day, for the third day in a row job hunting, and it had broken her spirit. Her little savings were getting low, and she began to get nervous. She had submitted so many applications and resumes. Finally, Agnes answered the phone reluctantly, avoiding giving her name.

"Hello, this is the Rogers Residence. How can I help you?" she asked. "Thanks for answering, my name is Janice, and I am calling as we usually do around this time for your annual donations. Clothing, monetary or otherwise. Last year your donation enabled us to help so many souls. This year we are hoping we will be able to do the same with help from people like you. Can we count on you once again?" the caller asked. There was a long pause. "Hello, are you still there?" inquired the caller. "Oh yes! Yes! I am still here," Agnes replied. "I can call back at your convenience if this is a bad time to call," said the caller. "No! No! It's ok. It's just that I am a bit tired at the moment but it's all good. Sorry about that," Agnes replied. "I understand," said the caller.

Agnes always felt the need to give, and that "down spirit" would not deter her from what had become her custom. She loves giving. "I am so glad you called. I have my annual donation all ready, packed and ready to go. I can get it to you tomorrow around midday. I will drop them off, so no need to send your guys."

Agnes felt a calmness come over her as she conversed with the caller. "Ok, thank you so much for your contribution. It really does help a lot. Thank you kindly," said the caller who then hung up.

The conversation had lasted about five minutes and Agnes was now preoccupied thinking about how early she should go to her storage in the morning to sort out the shoes, the bags, the toys and the other items she longed to give to charity. Some of the items were still unopened, specially gathered for that purpose.

All the preparations were done and now she would get them in her little Escort car. Feeling much better than earlier, she walked to the kitchen, and she retrieved and poured herself a cold drink of her home-made lemonade. She added a few cubes of ice to it. She loves her drinks cold.

"Oh my God, it sure was a long day. I hope I will soon get a break - my funds are running out. Something's got to happen. I was never this broke in my thirty-five years of working for myself," Agnes muttered to herself. She then chuckled, "At least I still have a roof over my head and food in my pantry. I even got a six pack of Man's best friend: 'The old Guinness that never failed...'"

The Guinness reminded her of the visit of her friend David who came to town a month ago. Her face broke out in a smile as she gracefully undressed, getting herself ready for her evening bath. The smell of chamomile coupled with her favorite scent of the dancing candle lights inviting her to the warmth of the already foamy tub awaiting her languid movement as she slowly immersed her nakedness to the noise and the eagerness of the swirling foamy tub.

The hour of the evening swiftly went by, ending the romance and the long shadow and movement of Agnes, which displayed taunting games on the walls of the bathroom, even to Agnes herself. It was nightfall and the already croaking frogs and howling dogs, accompanied by the neighbor's braying donkey, was the signal for bedtime.

Agnes awoke refreshed and ready to take on another day. She had already prayed her silent prayer. She said it's not everything the Devil should hear. Only "Amen" the Devil was privy to hear from her. As she descended the stairs, she felt the urge to say, "God is good" aloud, so much so that the neighbor downstairs responded "All the time my friend, all the time! God is always good." Agnes made it to her car while she kept saying, "Today will be a great day for me." She had said that each day before, and that had not borne good results to her getting a job. "Today will be different. I can feel it." She looked poised and confident. "Yes, today is my day," she repeated.

Fifteen minutes was all it took for Agnes to get to the storage gate. She put in her code and like magic the gate opened. In a short while, she had already loaded her small Escort and was at the back gate making her exit, doing her magic again as the gate opened. She slowly made her way out but was distracted by a notice. It read "LOOKING FOR AN EXPERIENCED MANAGER". It was in big bold letters. She thought for a while, then realizing the exit gate was closing in on her, she reversed just in time to avoid the heavy metal gate.

The interview went well. Agnes got the job, and was elated. She dropped off the donation much too early and had to wait in her car for almost an hour. She thanked Janice for calling her that evening to ask about her donation. "Thank God, I was not too tired to give. By being ready to give, I have received. God is surely good to those who give." Her eyes were wet, and she wiped them, even in a smile...



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INTESTINAL PARASITES

By Dr. Hannah Guishard DVM



Hello to my fellow Kittians, especially those from Sandy Point. The focus this year is Internal Parasites.

Internal parasites are organisms that live inside of other living organisms. Most people think of fleas and ticks when thinking of parasites; however, the majority of parasites are internal. Most parasites can be found in sandboxes, dirt, and grass. Parasite eggs can live in your pet's feces outdoors for months. The most common parasites are Roundworms, Hookworms, Tapeworms, Giardia, Coccidia and Heartworms. Roundworms and Hookworms are the most common parasites that transmit to humans.

Roundworms are found in the small intestine, although the larvae can travel to the lungs, living and other organs. The larvae can cause damage to the nerves in the eye. In some cases, they cause diarrhea, vomiting and in extreme cases pneumonia and intestinal obstruction.

Hookworm larvae move about within the skin causing inflammation. Hookworms can penetrate into deeper tissue and cause more serious damage to the intestines. Hookworms "hook" onto the intestinal wall and feast on the pet's blood.

Tapeworms are found in the small intestines. These worms grow to 6 inches or longer. Tapeworms are transmitted from pets ingesting fleas exclusively. Tapeworm segments look like sesame seeds and are usually found near pets' bedding.

Giardia is another parasite found in the small intestines causing massive diarrhea. This parasite is common in shelters where large groups of animals are housed. Giardia can potentially infect humans. Giardia is transmitted through contaminated water, licking fur that has been in contact with infected feces.

Coccidia is a protozoan parasite of the small intestine. This parasite is more common in puppies and kittens. Pets become infected by swallowing dirt with contaminated feces. Clinical signs include watery diarrhea, lack of appetite, dehydration and in severe cases, can lead to death.

Heartworm disease is a serious and fatal disease in pets. These worms live in the heart lungs and blood vessels in pets causing severe lung disease and heart failure. Heartworms are transmitted by the bite of a mosquito with the heartworm larvae for heartworms. Signs of heartworm disease include persistent Cough, reluctance to exercise, easy to fatigue, decreased appetite and weight loss. Heartworms can live for 5 to 7 years in dogs and 2 to 3 years in cats. The most common signs of parasite infection in pets are diarrhea, vomiting, pot-belly look, poor haircoat, decreased appetite, weight loss, coughing, allergic reactions, anemia, nutrient loss, and toxicity. Fecal exams are a part of your early detection program. Parasite infection in humans presents digestive Problems, liver damage, lung damage, blindness, skin lesions and itchy skin. Children are more vulnerable to worm infection, due to playing on the ground with contaminated dirt. Some kids also go through stages in which they eat dirt.

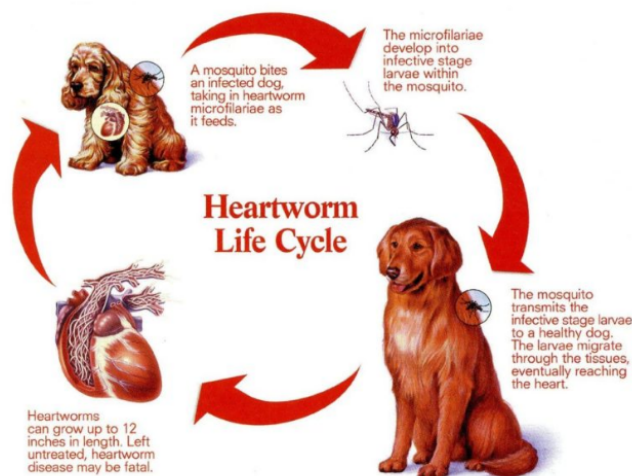
How to protect yourself and your pets against worm infection?

- ☒ See your vet annually and test regularly for parasites.
- ☒ Remove the pet's feces from the yard often.
- ☒ Wash your hands after playing with pets.

- ☒ Teach your kids not to eat dirt.
- ☒ Check your pet's bedding frequently.
- ☒ Don't let your pets lick you on the mouth.

Good hygiene and proper disposal of feces are important in minimizing the risks of transmission of parasites to humans or other pets. Your vet can recommend treatment to eliminate and help prevent worm infections.

Peace,
Dr. G



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“HECKLING”

By: Chris Richardson, Motivational Speaker, and Author

The act of being bullied has always been a part of our social life, particularly at school and in the alleys where we pitched marbles or spun “tops.” I guess those games are now dated with the advent of smartphones, social media, and video games.

As a Sandy Pointer, I always thought we were too hard on each other. If a team lost a football match, we did not reserve our comments of the foolish plays that were made by the losing team. We were never quick to encourage the losing team to build on their skills so that they could be more competitive in the next round of games.

The fancy name for it today is bullying. Bullying: we called it “heckling.” And we did this on several occasions until the heckled got what we called, “the haigs.” Many times, fist fights erupted. On rare occasions someone may have gotten a bite or “chop” from a stone. No guns were part of this activity. At the end of it all, we understood we are Sandy Pointers, and we must live together as one people.

We “heckled” those from the outer villages who were bused to high school in Sandy Point. For some reason, we felt those who came from the surrounding villages to attend the high school should never outshine us in sports or education. I was always mindful of the fact that my mother was born and raised in the village of St Paul's and my father's formative years were molded in St Paul's. Hence, I was always neutral on such matters and at times came to their defense. I saw us as one people.

On reflection, “heckling” was a necessary evil. It taught us to avoid many mishaps and it also strengthened us to face an outside world that can be heartless and cruel. It emboldened us to stand firm in times of adversity. It encouraged us to stand our resolve in the face of opposition and walk away without being intimidated, hurt, or distracted from our ultimate purpose.

I recalled traveling to Basseterre on my own at the age of ten on a bus owned and operated by a notable bus driver, David Sampson, from Half Way Tree. We sped to Basseterre and as I disembarked the bus, I heard someone from Basseterre saying, “Look at all them people from Country; I wonder why they don't get their own town.”

I did not withhold my tongue from that young lady. I made it clear to her that Sandy Point is a town and as bright as the people from Basseterre may be, a man from the country, Mr. Bradshaw, who was from St Paul's is running the country. Mr. Bradshaw was the Premier of St. Kitts, Nevis and Anguilla at the time. Mr. Sampson laughed hilariously and remarked, “That's the best one I have heard so far, he is a true Sandy Pointer.” The lady hugged me and thought I was smart. Her embrace caused me to reflect on how hard we play as Sandy Pointers, but it built character out of us.

Despite the “heckling”, Sandy Pointers shared a love that was demonstrated in the form of giving, which is in fact the true essence of love. Once, on my way from Basseterre, I was short of bus fare since I had taken some of the money to buy raisin rolls. Amory Bakery made the best ones, and I couldn't resist buying a couple after I had a tooth extraction. I always enjoyed eating - hence I was called “the fat boy for Mrs. Richardson.” I decided to walk it to Sandy Point, which was a ten-mile journey because my pride got the best of me. Buses stopped to give me a ride, but I declined. Eventually, when I reached in the village of Old Road, a young man from Sandy Point stopped his truck and had me jump into the front with him. He questioned my reason for walking, and I told him what had happened. He stopped the truck and gave me the bus fare to continue to Sandy Point. He scolded me and told me that's not the way Sandy Pointers live; we are a people who care for each other. He stopped a bus owned by a gentle man we called Bullman and told him to take me home. He further told Bullman what had happened. Bullman was quite upset with me and told me I needed lashes with a cloth belt through Sandy Point. When I reached my home, he stopped and told me I owed him nothing. He further stated that our love as a community was boundless.

I have grown over the years to appreciate and recognize in my travels that all of us as Caribbean people are one, no matter where in the world we may call home. We share a common history. While the subregion has engaged in numerous treaties ostensibly to demonstrate our oneness, given the many failures (Haiti I'm sorry), we as Sandy Pointers, and Kittitians and Nevisians must see ourselves as part of a region with a rich heritage, which must be passed to our next generation with pride.

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ISLAND MORNING

By Jacinth L Henry-Martin ©



Me
I wake to the sound of morning here...
The sound of morning bathed in sun and smelling like tropical
perfume
seeps beyond my doze and dream to promise and excite
insisting I unwrap the offerings of my paradise
at the brazen erupting dawn after a blissful night.

Day is life and light,
awakening savoury, flavoured hues that inspire song and dance.
Cadences of lyrical accents in voices strong and proud
waft across the village greens of backyard gardens
as Caribbean as reggae and soca
and just as colourful and loud.

Who can deny the hand of God
in painting my islands' abstracts and the bold?
Or resist the urge to find escape in soothing vistas
that massage the soul?

Mountains shaped by original design of the Omnipotent
whisper constant greetings from skyline to the sea.
I bask enraptured in the glory of black sand and juicy mangoes,
sour sop, breadfruit, steel pan,
maiden apple, and guava from the garden
calypso and folklore abundantly...
christened at each dawn in brown sugar sweetened bush tea.

The day is mine here...
and the moon and the stars at night
brimming over with brand new tomorrows
that hum the sun's promises in delicious rhythms
intoxically.

I wake to the sound of Caribbean morning
served up again and again...
warm, yet on the rocks...
the bay side rocks
washed by caressing turquoise ebbs and flows
infinitely.

I am thankful...
aware of my own blessings...
for if I were anyone else on God's green earth
I would be profoundly envious of me.

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SPBS FIRST CRIME INTERVENTION SOCCER CAMP

By John Bergan

Basseterre, 26/10/2023 – The Sandy Point Benevolent Society, based in the USA, has taken a prominent role as one of the major sponsors of the groundbreaking Summer Soccer Camp for the youth of St. Kitts and Nevis. In a generous gesture, the society provided more than two hundred camp t- shirts for the campers, coaches, and volunteer staff as part of its commitment to support this innovative program.

The Security Forces United Football Team launched an extraordinary crime intervention initiative aimed at curbing criminal activities and nurturing positive youth development. This initiative has come to fruition through the inception of the Crime Intervention Summer Soccer Camp, which was held in collaboration with coaches from prestigious American colleges and academies from July 17th to 28th, 2023.

In the face of a distressing surge in criminal activity and its devastating impact on the younger generation, the annual crime intervention soccer camp takes on profound significance. Too many young lives have been tragically lost, families shattered, and children left without fathers. Recognizing the urgent need for community policing and youth engagement, the Security Forces United Football Team has embarked on this remarkable endeavor, targeting youths across the federation. The Crime Intervention Summer Soccer Camp not only aimed to hone soccer skills but also foster personal growth among its participants. Expert soccer coaches from the UK and American colleges and academies led the camp, imparting their knowledge to the aspiring young players. Beyond drawing a new generation to the sport, this project aspires to cultivate top sportsmen and women in St. Kitts & Nevis, while motivating young individuals to excel academically in tandem with their pursuit of sporting excellence. By offering positive alternatives to crime and antisocial behavior, the camp seeks to pave the way for a brighter future for the nation's youth. Inspector John Bergan, the driving force behind this crime intervention initiative, has underscored the historic significance of the Crime Intervention Summer Soccer Camp. He envisions it as a transformative milestone in the growth and development of youth soccer in the federation. Inspector Bergan expressed his gratitude, stating, "We are immensely grateful for the show of support from the Sandy Point Benevolent Society, as this demonstrates that by partnering with organizations in the diaspora, we can fortify our efforts to address youth crime and expand sporting opportunities for our young people across the federation."

The camp also presented a remarkable opportunity for the participating American coaches, who, in addition to their coaching duties, were scouting for soccer talent within the federation. The talent identification process was geared towards offering athletic scholarships to promising players, affording them opportunities to attend colleges in the United States and explore semi- professional prospects. Moreover, the camp aimed to forge enduring relationships within the soccer community, fostering camaraderie through equipment donations and the sharing of expertise. The success of this impactful event was made possible through the collaborative efforts of the Security Forces United Football Club, the government of St. Kitts and Nevis, the Ministry of National Security led by Prime Minister Dr. Terrance Drew, local businesses, the Dr. Denzil Douglas Global Lifestyle Foundation charity, and the US branch of the Reach One Teach One Building Bridges to Success organization. Together, they have created a memorable and life-changing experience for the youths of St. Kitts and Nevis, shaping their future through the power of soccer.

For more information, please contact: Inspector John Bergan
Phone: 1 (869) 662 1180 Email: john.bergan@police.kn





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THE CHALLENGES, CAREERS, AND OPPORTUNITIES IN ADDRESSING CLIMATE CHANGE

By Andy Liburd – Communications Consultant

The beautiful twin island federation of St. Kitts and Nevis, not unlike the many island nations here in the Caribbean and across the globe, are at the very epicentre of a raging storm known as climate change.

The threat is ubiquitous in its vastness as sea level rise and devastating storms threaten to undermine our unique and stunning coastlines and threaten the lives and livelihoods of the inhabitants of these islands.

But hope is an eternal wellspring from which we can summon the will and fortitude to overcome our darkest fears and the challenges that bring darkened clouds over our future. St. Kitts and Nevis is part of a fearless collective of nations who found a rallying point around an ominous threat to islands across the globe exposed to the devastating consequences of climate change.

We could not sit idly by as developed nations acted indiscriminately in acquiescing to the will of an industrial age that allowed harmful pollutants to escape into the atmosphere, setting off an existential threat to humanity that islands like ours did not cause.

St. Kitts and Nevis is a member of the Alliance of Small Island States (AOSIS) which for several decades has pursued a heroic effort to bring attention to the impact of climate change on island nations to the international community. It has amassed a body of work, strengthened and fortified by legal arguments and scientific evidence, that makes the compelling and irrefutable case that the actions of industrialised nation are at the very centre of the increase in frequency and intensity of the various climatic conditions and weather systems we are seeing today.

We have constantly and persistently advocated at the level of the United Nations for the industrialised world to pay for its misdeeds and reduce its dependence on fossil fuels which science has proven is the main cause for climate change. But there's been resistance to our every effort to ensure that the lives and livelihoods of our people here in St. Kitts and Nevis are protected.

The race to find solutions is not a sprint but a long and arduous journey littered with countless disappointments as might, though not right, continues to hold the ascendancy. But we cannot and must not give up. Our future is at stake and it demands more hands to the wheel. The advocacy needs more of our intellectual minds to deepen and reinforce our case at the highest possible international level. It spells opportunity for all those who are thinking about their future careers and the choices they make in helping not only to change St. Kitts and Nevis but the world for the better.

For the writer or any person gifted in the field of communications, our stories need to be told so that we can play a leading role in modelling a narrative that defines our challenging existence. Environmental law has become a specialised area that would help the cause of island nations as we construct sound legal precedent that builds a solid and incontrovertible case about our special circumstances. Our unique vulnerabilities as a small state make it mandatory that we build economies and infrastructure that are resilient to the unprecedented pressures of external threats.



The future, as bleak as it may look presently for island nations, is filled with opportunity for new soldiers to join the frontlines in the fight against climate change and to build sustainable economies. A recent report coming out of the US indicates that careers in environmental science and related fields should grow as much as eight percent over the next five years. Plant the seeds now so that they can be grown into something tangible, productive, necessary and rewarding for the future of St. Kitts and Nevis.



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CELEBRATING MR. MELROY HENRY: A STALWART STATISTICIAN'S 38-YEAR JOURNEY IN THE OECS

By Trace Livingston and HE CoP (Ret'd) Ian M. Queeley

In the intricate tapestry of statistical prowess, Mr. Melroy Henry, affectionately known as "De Bobby," emerges as a venerable luminary from the verdant soil of St. Kitts-Nevis. Recognized as one of the longest-serving statisticians within the Organization of Eastern Caribbean States (OECS), his enduring commitment of over 38 years at the Statistics Department of the Ministry of Sustainable Development exemplifies a rare dedication to his craft, leaving an indelible mark locally, regionally, and internationally.

A scion of the Sandy Point community, Mr. Henry's early brilliance in mathematical subjects illuminated the classrooms of his primary and secondary education. His innate love for numbers, coupled with an aptitude for unraveling complex mathematical concepts, signaled a journey marked by precision and analytical acumen. This passion for numbers transcended mere academic mastery; it became a genuine fascination that fueled his intellectual curiosity, laying the foundation for a career marked by the highest standards of statistical practice.

Transitioning from secondary to post-secondary education, Mr. Henry recognized the importance of technology in statistics, and embarked on an academic journey at the University of the West Indies, guided by the national motto, "Country Above Self." His stellar performance in mathematics foreshadowed his future accomplishments, not only facilitating his academic success but also establishing the cornerstone of a career dedicated to meticulous and accurate data analysis.

The love for numbers that propelled De Bobby through his formative years has left an indelible mark on the statistical landscape of St. Kitts-Nevis and the broader OECS. His profound understanding of mathematical intricacies translated into a career shaping statistical methodologies that not only ensured accuracy but also aligned with the dynamic needs of sustainable development.

Throughout his extensive tenure at the Statistics Department, De Bobby played a pivotal role in shaping methodologies underpinning sustainable development initiatives. His commitment to excellence and attention to detail provided policymakers with reliable data crucial for informed decision-making. Spanning four different administrations, his professionalism and dedication to knowledge transfer make him a repository and role model within the department.

Beyond borders, Mr. Henry's impact is globally recognized. His expertise as a lauded statistician has contributed to the international discourse on statistical methodologies, emphasizing the role of accurate data in addressing complex challenges. His legacy extends beyond technical expertise, encompassing a commitment to leadership and mentorship. Colleagues and aspiring statisticians alike have benefited from his guidance, shaping a new generation equipped for the evolving field of statistics.

As we celebrate the remarkable career of Mr. Melroy Henry aka De Bobby, we acknowledge not just the years of service but the enduring impact of a statistician whose dedication has shaped statistical practices in the OECS and beyond. His legacy stands as a testament to the profound influence one individual can have in advancing the crucial field of statistics, leaving a lasting imprint on sustainable development initiatives and inspiring future generations of statisticians.

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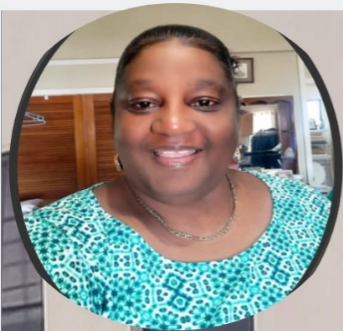
By Ermyn Fredrick- Murray

"We give back, so others can move forward." Catchy theme. Nice play on two familiar concepts, back and forth. It affirms the organization's mission; declares it without reservation or prevarication. It describes who its members are and speaks to a well-defined demographic group. Brilliant really. Still, the deeply contemplative soul, so like an obstinate student, poses the question, why? Why is this so important to you? Why do you gather like this every year? Why employ this particular format?

Above all else, we, whom Lloyd Best, the former ambassador of Trinidad and Tobago, call Afro Saxons, are a people of faith. Our values are firmly grounded in Judeo-Christianity. True, with a vertically pointing index finger and wry smile, some proclaim a belief in science, not faith. As if one nullifies the other. Nonetheless, we are who we are because we attended six different Sunday schools weekly. One of them may even have met on Monday afternoon. Then, in the summer, at least three Vacation Bible School sessions. Without this grounding, the Sandy Point Benevolent Society (SPBS) does not exist, its work is undone.

In one of those Sunday school classes, we all sang Isaiah 40:41: "They that wait upon the Lord shall renew their strength..." Great beat, just the way we like it. And forty, fifty, sixty years later our souls remember it; it still moves us. We didn't consciously choose to examine the lyrics, but year after year we sang it, read it, and heard it spoken to us. And, somehow, the essence of that scripture seeped into our psyche. We learned that waiting on the Lord is not a passive thing. It is not about standing still and being patient, careful not to get ahead of him, but allowing him to lead. All good things; sound judgment. But that is not the message of this scripture. Waiting on the Lord is dynamic. Waiting in this context is synonymous with serving. Instead of images of someone positioning themselves perhaps leaning on a post, we understand that waiting on the Lord is performative; it is about doing for the Lord. We must do something to be strengthened, work through some challenges to develop resilience.

Doubtless the founders of SPBS settled on education partly because of the admonishment to "study to show thyself approved unto God, [so as] a workman [you] need not be ashamed..." II Timothy 2:15. But the actual passion that drives the work lies in the words of Micah and Isaiah. Micah declares, "He has shown you, oh mortals, what is good. And what does the Lord require of you? To act justly, to love faithfulness and to walk humbly with your God" 6:8. Though he precedes him chronologically, Isaiah in Chapter 1 Verse 17 builds on it and leaves no room for misunderstanding; precisely what God requires, no matter the translation. "Learn to do good/right; seek justice/ root out poverty; relieve the oppressed/ correct the oppressor; support the fatherless and plead the cause of the widow." Helen of Troy's beauty launched a thousand ships. Micah's and Isaiah's words shift the earth beneath a million feet. Their words burrow inside, reverberating like a tight drum, taking hold, firing up passions. They just make it impossible to stand still. Transformative action naturally follows. This is why! SPBS recognizes that each generation must be the bridge that the younger generation walks across to a brighter future. SPBS understands that we are where we are because our forebears did not grow weary in doing us good. We stand today as their reward, because they did not faint. We are the tides; our motion is swaying back and forth, back and forth. This work is our service; this is how we wait on our God: We give back, so others can move forward. Simple, majestic, plain common sense, yet so profound.



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IS JOURNALISM ACTIVISM?

Trevor Duggins Jr.



Where do you stand?



"Journalism and activism are inextricably linked. The Merriam-Webster dictionary defines activism as "a doctrine or practice emphasizing direct vigorous action, especially in support of or opposition to one side of a controversial issue." As it pertains to journalism, activism comes in the form of what is chosen to be reported on and what facts are presented.

There is clearly a rational basis for considering journalism as activism. Objectivity should be the main priority when tackling a story, but bias creeps into the vast majority of stories, no matter what form they take. Producers are constantly making choices in their coverage that will dictate how the public will view a piece. Coverage of the George Floyd tragedy is a prime example. The subsequent portrayal and analysis of the events from different news organizations were their own forms of activism. Some outlets chose to show the violence that broke out and painted the demonstrators as dangerous rioters. Others focused on the peaceful marches and interviewed people at the scene. This coupled with staunch analysis from both sides painted a very clear picture of how editors wanted this story to be viewed. It can be argued what coverage strategy this event deserved, but they both deployed facts as their basis and were undoubtedly journalistic approaches to the story. It is activism because every choice made leads the audience "in support of or opposition to one side."

Even choosing not to cover a story is a form of activism. During the 2020 US election, journalists decided not to air some of the former president's rallies because they could not be fact-checked in real-time. Can journalists remain objective while covering a speech they refuse to air? It is an interesting question, but there is no doubt that their decision impacts the way the public will view the story. And that impact will bring them closer to forming an opinion. These ideas are most prevalent when dealing with enterprise journalism. Certain stories are consciously underrepresented and get picked up by reporters who want to shine a light on that particular issue. But what makes a reporter choose a story about an undocumented immigrant who served in the US Army? Or a story about Somali teenagers coming to terms with their culture in an American high school? In this sense, these pieces are the clearest forms of activism. They have clear agendas and ask essential questions that lead the audience to come to specific conclusions.

If the media's goal is to provide information that will help the public make enlightened decisions, then journalism must be activism. It is the media's responsibility to present the truth, but it is impossible to inform all sides of every story at the same time, all the time. Therefore, choices must be made about what is most important for people to hear – and beyond that, how the facts are presented in those stories. For these reasons and more, it is important for everyone to come at news stories with critical eyes and always look beyond the information they receive.



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bell peppers.
1 large onion diced.
5 large cloves garlic finely
chopped.
2 tbsp fresh thyme
1/4 cup chopped fresh parsley.
1 tbsp red pepper flakes
1/4 cup vegetable oil
Juice of 2 lemons/ 3tbsp apple
cider vinegar
2 tbsp granulated sugar
1 chicken cube
1/4 cup tap water.

DIRECTIONS

1. Wash, peel and cut breadfruit into large dices.
2. Cook in boiling salted water, until cooked but firm.
3. Drain water and set aside.
4. Heat oil in pan and sauté all vegetables, pepper flakes, cube.
5. Add vinegar/ lemon juice and just enough water to coat breadfruit (1/4 cup) and stir.
6. Add breadfruit and stir, coating fully with sautéed vegetables.
7. Serve with meat of choice.
a. Recommend with Stewed Saltfish or Steamed Fish.



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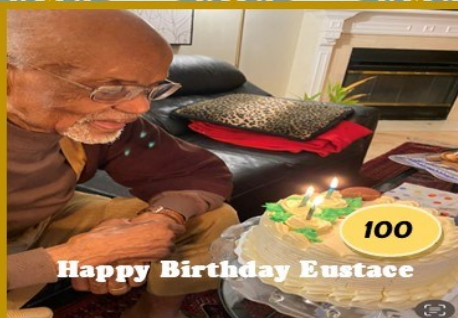
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Bernice Jones

1/11/1957 - 18/10/2017

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4/6/1959 - 20/10/2014

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2 Corinthians 5:1





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VIV' ST. KITTS!

By Dr. Maritza Paul

One may deny me the claim that the beautiful SKN is indeed “me borning land.” By conventional definition, the land of one’s birth refers to the actual physical space. However, in this piece, I am advocating for the adoption of a more nuanced definition of “born ya.” It is against this backdrop, that I say with authority, confidence and pride that St Kitts is “my home sweet home.”

One of the complexities inherent in being born and bred in the Caribbean is the reality of simultaneously belonging yet feeling like a nomad, simply drifting out to sea. Multiple Caribbean writers, particularly females, have discussed ad nauseum, the perpetual sensation of being shipwrecked, occupying multiple identities and spaces yet owning none. This vertigo experience defines the life of an immigrant. Herein begins my story.

My immigrant identity began to take shape long before I arrived in St. Kitts in July 1967. Born to a Kittitian mother and a St. Lucian father, my physical birthplace is Curacao. I have zero memories of my actual birth island and have only returned once. By age three, my family and I had left Curacao and relocated to St Lucia. At age eight, I boarded a ship, the Federal Maple, and sailed to St Kitts with four of my sisters and mother. Immediately upon disembarking onto foreign soil, we became a spectacle. All eyes were glued to the five sisters all adorned in green dresses and tall straw hats, speaking a French-based creole.

This aura of exoticism, that we unconsciously exuded, accompanied us to the village of St Paul’s where we took up residence. Crowds of students flocked to us daily at school. They made fun of our names, our clothes and our accent. One very extraordinary teacher decided to introduce us to the entire student body by parading my sisters and me on stage. Like a band of traveling performers, we sat in a group and responded to all his questions in patois while the rest of the student body sat spellbound. However well-intentioned the exercise, he placed an even bigger bullseye on our backs. The harassment intensified until a couple of our older male cousins became our personal secret service and started escorting us around. That was until the novelty of being ‘the other’ wore off, and we became part of the tribe.

For the next 17 years of my life, I lived in St Kitts. Under the powerful influence of a strong-willed mother, a scholarly aunt, effective and dedicated teachers and a small Pilgrim Holiness Church, that preached spirituality and nurtured the mind, I developed a set of core values that has propelled me into an unimaginable future. The most grounded and centered I have felt as a human being occurred during those years. Spiritually, professionally, socially and politically, I had assumed my voice and became an active contributing member of all these communities.

My power to rebound from fragmentation and exile was birthed in the village of St. Paul’s. The audacity to embark on a journey towards spiritual wholeness and self-awareness was awakened while sitting on some hard and uncomfortable church pews and classroom benches. My curiosity and imagination were peaked, lying on a tomb in the Anglican churchyard cemetery, when Ms. Louvina Warner, my 3rd grade teacher, took us to the graveyard to write a story entitled, “My Most Frightful Experience.” She insisted that we experience an authentic setting to spin a credible tale. Traveling to other countries is a desire that was instilled in me by my now deceased aunt (Enrica Walters) who consistently supplied me with books to read each summer. These are some of the influencers who significantly shaped my belief that even a broken, wayfaring, immigrant child could believe in the promise of a secure future.

However, when the political tides turned in 1981, I was once again relegated to the status of unwanted immigrant and foreigner. This time, the disorienting and decentering of my life felt even more poignant. Being an adult and having the core of your identity devalued and invalidated is a rather traumatizing experience. Even more disempowering was the recognition that the communities by which I once defined myself, were themselves driven by fear and powerless to help me. I was not just a Kittitian; I was a St. Paulian. The latter identity bore any number of stigmas. To further complicate matters, my not being “born ya” was also used as a reason to delegitimize my rights to live and work in St. Kitts. I was being erased!

By 1984, I had migrated to the US on a quest to rediscover my shattered dreams of a promising future and find some healing along the way. Thirty-nine years later, my journey continues towards self-actualization and the positive engaging of curious young minds. Interestingly enough, a common part of the journey is wandering, meandering and drifting through waves that often leave me breathless and unanchored. It’s in these moments of feeling unmoored and off course, that I see, feel and experience the beauty, breadth, depth and strength of my love for St Kitts. During these times of unknowing and wondering, the Cradle of the Caribbean rocks me gently, sometimes vigorously, to awaken me to the power that lies within me. Through a dormant memory, a forgotten face, a hardly remembered song, or an insignificant place, she conjures up an image of herself as the Mother, and I can breathe again. Clarity returns. Resiliency rules. The center holds.

It is no wonder that whenever I disembark from an airplane at Robert Llewelyn Bradshaw International Airport, my entire being exhales. My spirit feels liberated and embraces the freedom to be authentically me. My acceptance of St Kitts as home is not based on a romantic or whimsical notion, for I continue to live its complexities, contradictions and rejections. It remains a place of temperamental rhythms. St Kitts, the Motherland, is still, however, a fertile birthplace of secure and promising futures for its citizens and generations yet unborn.



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